



Favourite Healthy Recipes



Smoothies





SMOOTHIE GUIDELINES

1. Add liquid, powders, fruit, and then spinach or kale
2. Prep and wash all produce
3. Freeze your kale
4. Freeze left over fruits for Smoothies
5. If adding milk – use unsweetened almond milk or coconut milk
6. You can use coconut water too
7. Avoid adding fruit juice
8. Blend to desired texture

TIP -----

In any Smoothie you can add: (antioxidant power foods) such as: Chia Seeds, Goji Berries, Maca Powder, Flax Seeds or Flaxseed Oil, Cacao, Kale, Spinach, 6-8 Raw Almonds.

Experiment with different fruits and mixed greens to find your favourite blend.

You can also add 2-3 ice cubes to any smoothie that hasn't got frozen fruit in it, for a refreshing cool drink.

SMOOTHIE RECIPES

GREEN -----

Spinach or kale
Fruit (any)
Water or almond or coconut milk

BANANA STRAWBERRY BLAST -----

1 banana
½ cup of strawberries
1-2 cups of spinach
1 cup of water

TROPICAL DELIGHT -----

1 cup of pineapple
1 medium orange
½ papaya
½ banana
1 cup of spinach
1 cup of water

CHOCOLATE MINT BANANA -----

1 banana
2 tsps of cacao powder
1 medium pear
4-5 mint leaves to taste
1 cup of water

BERRY POWER PACK BLAST -----

½ cup of strawberries
¼ cup of blueberries
¼ cup goji berries
1 tsp maca powder
1 tsp chia seeds
1 tsp hemp seeds
2 cup of spinach
1 cup of water

PURPLE SUMMER SPLASH -----

½ Banana
4 frozen kale leaves
¼ medium beetroot
½ cup of blueberries
1 cup of water or nut milk

PEACHES AND CREAM -----

2 peaches, cored
8 strawberries
2 tbsps cashews
1 tsp vanilla extract (non-alcohol)
1 tbsp chia seeds, soaked
3 cups baby spinach
8 ounces (236 ml) unsweetened almond milk

PEAR BERRY -----

1 pear, cored
1 cup blackberries
2 tbsps chia seeds, soaked
1 medjool date, pitted (optional)
2 cups kale, stems removed
8 ounces (236 ml) coconut water

BERRY BOK CHOY -----

2 peaches, cored
½ cup blueberries
½ tsp ground cinnamon
2 cups baby bok choy leaves
2 tbsps chia seeds, soaked
8 ounces (236 ml) unsweetened coconut milk

STRAWBERRY OAT -----

10 strawberries
1 banana, peeled
4 tbsps oats
¼ tsp vanilla extract (non-alcohol)
2 cups fresh baby bok choy leaves or spinach
8 ounces (236 ml) unsweetened almond milk

COCONUT KALE -----

1 mango, peeled and pitted
1 orange, peeled and deseeded
1 small carrot, chopped
2 cups kale, stems removed
8 ounces (236 ml) unsweetened coconut milk

STRAWBERRY SHORTCAKE -----

10 medium strawberries
3 tbsps whole cashews
1 banana, peeled
¼ tsp nutmeg
½ tsp cinnamon
1 tbsp chia seeds, soaked
2 cups baby spinach
8 ounces (236 ml) water

BLUEBERRY BOK CHOY -----

1 banana, peeled
1 cup blueberries
4 tbsps oats
2 cups chopped baby bok choy leaves
½ tsp cinnamon
8 ounces (236 ml) unsweetened almond milk

BANANA CASHEW -----

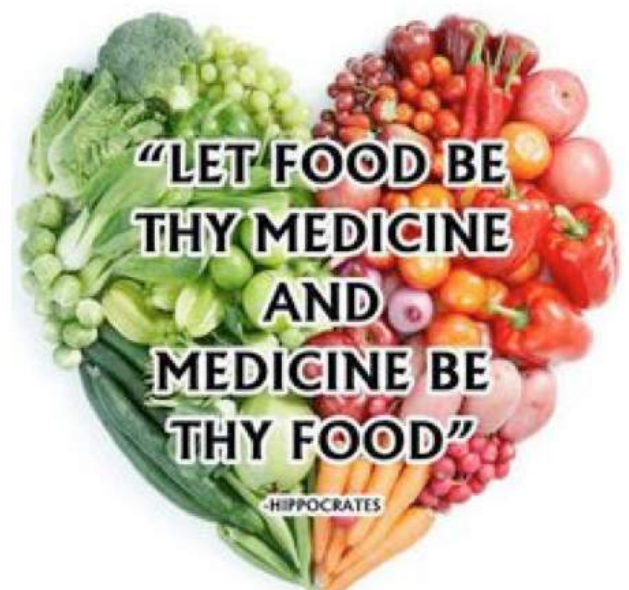
1 banana, peeled
¼ cup whole cashews
¼ tsp ginger
1 small carrot, chopped
3 cups baby spinach
8 ounces (236 ml) unsweetened almond milk

STRAWBERRY LEMONADE -----

10 medium strawberries
½ lemon, peeled and deseeded
1½ frozen bananas, peeled
3 large collard leaves, stems removed
2 tbsps chia seeds, soaked
8 ounces (236 ml) unsweetened almond milk

CINNAMON PEAR -----

1 large pear, cored
½ tsp cinnamon
1 tsp lemon juice
2 tbsps chia seeds, soaked
2 cups kale, stems removed
2 to 6 ounces unsweetened almond milk





LOVE THE SKIN YOU'RE IN - - - -

25g dark chocolate (85% cocoa solids), roughly chopped OR 1 tbsp unsweetened cocoa powder
 150ml unsweetened almond milk or water, at room temperature
 100g strawberries, hulled
 ½ ripe tomato, roughly chopped
 ½ carrot, peeled and roughly chopped
 3 walnut halves
 ¼ tsp ground cinnamon

TIP

Melt the chocolate in a small pan on the hob or in a bowl in the microwave. Remove and leave to cool. Skip this if using the cocoa powder instead.

BREAKFAST GREEN SUPER SMOOTHIE WITH KALE AND PEAR - - - -

125g kale, woody stems removed
 2 small pears, cored and roughly chopped
 1 Medjool date, pitted
 1cm piece of fresh ginger, peeled
 2 tbsps flaxseeds
 1 tsp turmeric powder (optional)
 375ml water

BRIGHT EYED AND BUSHY TAILED - - - -

200ml unsweetened almond milk or water
 50g fresh or frozen blackcurrants
 25g oats
 15g spinach
 ¼ yellow pepper, deseeded and roughly chopped
 1 tbsp sunflower seeds
 1 medjool date (pitted)

MANGO AND PINEAPPLE NUTRIBLAST

1/2 a mango
 1 cup of pineapple
 1.5 cups of almond milk
 1 tbsp of coconut oil
 1 tbsp of chia seeds
 1 tsp of honey (optional)



Soups





CUCUMBER & AVOCADO

INGREDIENTS

- 1 cucumber
- 3 small avocados
- 1 handful of coriander
- ¼ tsp. ground cumin
- 1 tbsp. lime juice
- 1 tsp. sea salt
- 1 can of chicken broth
- 2 green onions, thinly sliced to garnish

METHOD

- 1 --
Peel cucumber, cut it in half lengthways and scrape out the seeds. Chop and place in a blender.
- 2 --
Peel and dice avocados and add to the blender.
- 3 --
Add the coriander, cumin, lime juice, salt, and 1/2 can of the broth. Blend until pureed.
- 4 --
Pour in remaining broth and filter water to thin the soup.
- 5 --
Cover and refrigerate until well chilled.
- 6 --
When ready to serve, add a dash of salt and pepper and garnish with green onion.



HOMEMADE CHICKEN

INGREDIENTS

- 2 chicken breasts on the bone skin removed (preferably organic)
- 1 onion peeled sliced in half, then slice each half down the middle and cut onion into ¼" slices
- 2 celery stalks, rinsed and sliced into ¼" pieces
- 3 carrots, peeled, and sliced into ½" pieces
- 1 turnip, peeled and cut into cubes
- 1 bunch fresh dill, rinsed
- Salt and pepper to taste
- 2-3 tbsp. olive oil
- 1lb baby spinach

METHOD

- 1 --
Place Extra Virgin Olive Oil in large heavy stock pot. On medium heat put in chicken and lightly brown on top and bottom. Remove from pot and add onions. Season onions with salt and pepper and cook until tender and lightly golden. Return chicken to the pot and add enough water to cover chicken about 1" higher.
- 2 --
Bring to a boil and add all the vegetables and dill. Bring to a simmer and cook with the pot half covered for about 30 minutes until all the vegetable are tender when pierced with a small knife.
- 3 --
Remove the chicken and let cool until you are able to handle it with your hands. Shred the chicken and return to the pot. Remove the dill.
- 4 --
Season the broth with salt and pepper. Add the spinach. The heat from the soup will cook the spinach. If you like you can put some sliced avocado on top.



LEEK AND POTATO

INGREDIENTS

- 1 large onion, peeled and finely chopped.
- 2 bay leaves
- 1.2 litres vegetable stock
- 700g potatoes, peeled and finely diced
- 1 large leek, trimmed and sliced, plus extra shredded and cooked leek to garnish (optional)
- Salt and freshly ground black pepper
- 150g fat free natural fromage frais

METHOD

- 1 -- Place the onion in a large saucepan with bay leaves and 150ml of stock. Bring to boil, cover and simmer for 5 minutes.
- 2 -- Add the potatoes and leek to the pan. Pour in the remaining stock and season well. Bring to the boil, cover and simmer for 25 minutes until tender.
- 3 -- Discard the bay leaves and transfer the mixture to a food processor or blender.
- 4 -- Blend until smooth and return to the saucepan.
- 5 -- Stir in the fromage frais and reheat to soup gently, without letting it boil.
- 6 -- Season to taste and serve, garnished with shredded and cooked leek (if using).



CARROT AND GINGER

INGREDIENTS

- Olive oil or any nut oil for cooking
- 1 onion peeled and chopped
- 2 celery stick chopped
- 2 garlic cloves peeled and chopped
- 1.5cm piece root ginger peeled and finely grated
- 1 litre vegetable stock
- 600g carrots peeled and roughly chopped
- Salt and freshly ground black pepper
- Natural yoghurt and chopped fresh flat leaf parsley to garnish.

METHOD

- 1 -- Heat oil of choice and cook the onion, celery, garlic and ginger for 2 – 3 minutes. Add the stock and carrots and bring to the boil. Reduce the heat and simmer for 20 minutes or until the carrots are tender. Season well.
- 2 -- Transfer the mixture to a blender or food processor and blend until almost smooth. Serve the soup with a swirl of yoghurt and sprinkling of parsley.



MOROCCAN ROASTED SWEET POTATO

INGREDIENTS

- 700g sweet potatoes peeled and cut into big chunks
- 6 large shallots peeled and quartered
- 3 plump garlic cloves unpeeled
- 1 carrot peeled and cut into big chunks
- 1 tbsp harissa paste plus extra to serve
- 1 tbsp olive oil
- Salt and freshly ground black pepper
- 1 litre hot vegetable stock
- 1 tsp runny honey
- Generous squeeze of lemon juice
- Natural yoghurt to serve

METHOD

1 - -

Preheat the oven to 200/Fan 180/Gas 6. Put the sweet potatoes, shallots, garlic and carrot in a roasting tin. Mix the harissa with the oil, then pour over the vegetables and toss together so they are all well coated. Season and roast in the oven, turning occasionally, for 40 minutes or until tender and golden. Remove from the oven.

2 - -

Squeeze the garlic cloves out of their skins into the roasting tin. Stir in the stock and honey, then scrape up all the bits from the bottom of the tin. Carefully transfer to a blender and whizz until smooth (you may need to do this in batches) Pour into a saucepan and reheat gently.

3 - -

Add a good squeeze of lemon juice and season to taste. Swirl the yoghurt with a little harissa and top each bowl with a spoonful before serving.



TOMATO, LENTIL & VEGETABLE

INGREDIENTS

- Olive oil or Nut oil for cooking
- 1 onion peeled and finely chopped
- 2 garlic cloves peeled and crushed
- 2cm piece root ginger peeled and finely grated
- 2 celery sticks, finely chopped
- 1 large potato peeled and cut in 1.5cm dice
- 1 large carrot, peeled and cut into 1.5cm dice
- 600 ml boiling hot vegetable stock
- 1 tbsp mild curry powder
- 125g dried red lentils rinsed and drained
- 600ml passata
- Salt and freshly ground black pepper
- Chopped fresh coriander to serve

METHOD

1 - -

Heat the oil and place over a high heat. Add the onion, garlic, ginger, celery, potato and carrot and stir fry for 1 – 2 minutes.

2 - -

Add the remaining ingredients, except the seasoning and bring to the boil. Cover and simmer gently for 15 – 20 minutes or until the lentils are cooked.

3 - -

Season well and serve sprinkled with coriander



MINISTRONE

INGREDIENTS

- 1 onion, peeled and finely chopped
- 1 carrot, peeled and diced
- 2 celery sticks, chopped
- 1 garlic clove, peeled and crushed
- 1 large potato, peeled and diced
- 60g dried pasta
- 1 litre vegetable stock
- 400g can chopped tomatoes
- 400g can cannellini beans, drained
- 60g savoy cabbage leaves, cut into strips
- Fresh Basil
- Salt and Freshly Ground Black Pepper

METHOD

1 --
Place the onion, carrot, celery, garlic and potato in a large pan, along with the pasta and stock. Bring to the boil, reduce the heat, cover and simmer for 15 minutes or until the vegetables are tender.

2 --
Stir in the tomatoes and beans and simmer for 5 minutes. Add the cabbage and basil and cook until the cabbage started to wilt.

3 --
Season to taste before serving.



LETTUCE WITH PEAS

INGREDIENTS

- 125g shelled fresh peas
- 1 small garlic clove
- A pinch of coarse salt
- 2 medium rounds of lettuce (cleaned and torn into pieces)
- 250g natural yogurt
- 2cm piece root ginger, peels and finely grated.
- A handful of fresh mint leaves
- Juice of ½ a lemon
- Salt and Pepper to taste

METHOD

1 --
Bring small amount of water to the boil in a pan, add the peas and cook for 1 minute. Drain, reserving the cooking water, cool under cold running water and refrigerate. Cut the garlic in half, remove any green at the centre and discard. Crush the halves with a pinch of coarse salt.

2 --
Combine the garlic with all the other ingredients, except the peas, in a food processor or blender, adding just enough of the reserved cooking water to get the blades moving or until the desired consistency is achieved – this will vary according to the type of lettuce and the kind of machine you are using, but you need to aim to get it fairly smooth.

3 --
Season to taste, transfer the soup to a large bowl and chill for 30 minutes. When ready to service, stir through the cooked peas, reserving a few for garnish.



CREAMED CARROT & BEETROOT

INGREDIENTS

- 4 large carrots, peeled and chopped
- 400g beetroot (fresh or vacuum packed), peeled and chopped
- 3 garlic cloves, peeled and crushed
- 4 leeks, trimmed and finely sliced
- 1.2 litres vegetable stock
- 1 bay leaf
- 75g natural fromage frais
- Freshly ground black pepper
- Chopped chives for garnish

METHOD

- 1 -- Place the carrots, beetroot, garlic, leeks, stock and bay leaf in a large saucepan. Cover tightly and cook for 40 minutes, or until the vegetables are tender. Remove the bay leaf and allow to cool slightly.
- 2 -- Transfer the mixture to a food processor, add the fromage frais and blend until smooth.
- 3 -- Return the soup to the pan and reheat gently.
- 4 -- Sprinkle with freshly ground black pepper, chives and a drizzle of fromage frais to serve.



FRENCH ONION

INGREDIENTS

- 6 medium onions, peeled and thinly sliced
- 1 garlic clove, peeled and thinly sliced
- 1 tbsp fresh thyme leaves, plus thyme leaves for garnish
- 1 litre vegetable stock
- Salt and Pepper to taste

METHOD

- 1 -- Spray a heavy based saucepan with oil, add onions and garlic and sauté for 20-25 minutes over a low heat, until golden brown.
- 2 -- Stir well before adding the thyme and stock, bring to the boil and simmer for around 10 minutes.
- 3 -- Season and serve.



PEA AND HAM

INGREDIENTS

- 1 onion, peeled and finely chopped
- 1 medium potato, peeled and finely chopped
- 800ml vegetable stock
- 400g frozen peas
- 2 tbsps finely chopped tarragon
- 200g premium lean ham, cut into small dice
- Salt and Pepper

METHOD

1 - -

Place the onion, potato, stock and peas in a large saucepan. Bring to the boil then reduce the heat and simmer gently for 20 minutes or until the potatoes are tender.

2 - -

Stir in the tarragon and, using a stick blender, process the soup until smooth.

3 - -

Stir in the ham, reserving some to garnish and bring back to boil.

4 - -

Season and serve.



CREAMY MUSHROOM

INGREDIENTS

- 2 onions, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 1 large potato, peeled and diced
- 500g button or chestnut mushrooms, finely chopped
- 1.5 litres vegetable stock
- Salt and Pepper

METHOD

1 - -

Spray a saucepan with oil and place over a medium heat, add the onions, garlic, potato and mushrooms and stir-fry over a high heat for 5-6 minutes.

2 - -

Add the stock and bring back to boil. Cover and cook gently for 15-20 minutes or until the vegetables are tender. Season well.

3 - -

Remove from the heat and stir in the parsley. Using a stick blender or food processor, blend the soup until smooth.

4 - -

Garnish and serve.



Main Meals





BBQ PULLED PORK

INGREDIENTS

- 1.5kg pork shoulder
- 5 tbsps Worcester sauce
- 1 tsp mustard powder
- 500g passata
- 3 tbsps balsamic vinegar
- 2 tbsps apple puree
- 2 cloves garlic
- Salt n pepper

METHOD

1 - -

Mix passata Worcester sauce, balsamic vinegar, mustard, garlic, & seasoning. Transfer to small pan and simmer for 15 minutes.

2 - -

Sear all sides of trimmed pork, transfer to tinfoil line tin and pour over sauce.

3 - -

Cover and bake at 160 for 4-5 hours

TIP:

This can also be cooked in the slow cooker, just put all the ingredients into the slow cooker and cook overnight on low.



KEEMA CURRY

INGREDIENTS

- 400g mince
- 1 chopped onion
- 1 chopped carrot
- 1 chopped celery stick
- 3 cloves garlic
- 1 heaped tsp grated ginger
- 2 tsps ground coriander
- 2 tsps chilli powder
- 1 tsp garam masala
- 1 tsp turmeric
- 1 cup frozen peas
- 4 tbsps tomato puree
- 500ml beef stock

METHOD

1 - -

Place onion, garlic, celery and ginger into frying pan and cook for 5 minutes

2 - -

Add mince and brown

3 - -

Stir in all spices (plus green chilli if using) and tomato paste. Mix well.

4 - -

Add stock and bring to boil, reduce heat and simmer for 30 minutes

5 - -

Stir in peas a few minutes before cooking time ends

6 - -

Serve sprinkled with fresh coriander



SZECHUAN BEEF

INGREDIENTS

- 2 tbsps soy sauce
- 2 tsps rice vinegar or white wine vinegar
- Salt n pepper
- 1 level tsp corn flour
- 2cm piece of root ginger, peeled and sliced
- 500g diced steak
- 2 cloves garlic
- 1 tbsp apple puree
- 2 red chillies, deseeded and thinly sliced
- ¼ tsp Szechuan peppercorns, crushed
- Good pinch of Chinese five spices
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 1 spring onion to garnish

METHOD

1 - -

Put the soy sauce, vinegar, ½ tsp. salt, corn flour and ginger in a bowl with 1 tbsp. of water and mix together. Add the steak and stir to coat well. Cover and leave to marinate in a cool place for 30 minutes.

2 - -

Spray a non-stick wok with oil and place on high heat. Add the garlic, chilli, Szechuan peppercorns and five spice and cook for 1 minute. Add the marinated beef (reserving the marinade), stir fry for 2-3 minutes, remove and keep warm.

3 - - Add peppers to the wok and stir fry for 2 minutes, then return the steak and the reserved marinade to the wok. Stir fry over a medium heat for a few minutes, until the meat is cooked.

4 - -

Season to taste, scatter spring onion and extra chilli over the dish. Serve.



SKINNY SEVEN LAYER DIP

INGREDIENTS

- 1 8oz container sour cream
- 2 cloves garlic
- 1 fresh jalapeno pepper, finely diced
- 1 tbsp chopped fresh cilantro (optional)
- 1oz packet taco seasoning
- 5 dashes hot pepper sauce
- 1 lemon, juiced
- 2 avocados – peeled, pitted and mashed
- 3 cups shredded lettuce
- 1 15oz can black beans, rinsed and drained
- 2 11oz cans Mexican style corn, drained
- 1 cup chunky salsa
- 1 cup shredded Mexican cheese blend
- 1 2.25 ounce can sliced black olives, drained
- ¼ cup sliced green onions
- 1 Roma (plum) tomato chopped

METHOD

1 - -

Mix together the sour cream, garlic, jalapeno pepper, cilantro, taco seasoning, hot pepper sauce, and ½ of the lemon juice in a bowl until well blended.

2 - -

In another bowl, mash the avocado with the remaining lemon juice, set aside.

3 - -

Spread the shredded lettuce over a 12 in serving platter. Layer the black beans evenly on top, followed by the Mexican-style corn

4 - -

Spread the prepared sour cream mixture over the corn. Gently spread the avocado mixture on top of the sour cream.

5 - -

Pour the salsa evenly over the avocado mixture.

6 - -

Sprinkle the Mexican cheese blend, olives, green onions and tomato on top.



VEGGIE CHILLI

INGREDIENTS

- 2 medium sized sweet potatoes approx 500g
- 1 level tsp cayenne pepper, plus extra for sprinkling
- 1 heaped tsp. ground cumin, plus extra for sprinkling
- 1 level tsp. ground cinnamon, plus extra for sprinkling
- Sea salt and Freshly ground black pepper
- Olive oil
- 1 each onion, red and yellow pepper
- 2 cloves garlic
- A bunch of fresh coriander
- 1 each fresh red and green chilli
- 400g tinned beans such as kidney, chickpea, pinto, cannellini
- 2 x 400g tinned chopped tomatoes

METHOD

- 1 - -
Preheat the oven to 200C/400F/gas 6
- 2 - -
Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch each of cayenne, cumin, cinnamon, salt n pepper. Drizzle with olive and toss to coat, then spread out on a baking tray and set aside.
- 3 - -
Peel and roughly chop the onion. Halve, deseed and roughly chop the peppers. Peel and finely chop the garlic.
- 4 - -
Pick the coriander leaves and put aside, then finely chop the stalks. Deseed and finely chop the chillies.
- 5 - -
Place the sweet potatoes in the hot oven for 40 minutes, or until soft and golden.

- 6 - -
Meanwhile, put a large pan over a medium high heat and add a couple lugs of olive oil. Add the onion, peppers and garlic and cook for five minutes.
- 7 - -
Add the coriander stalks, chilli and spices and cook for another 5 to 10 minutes, or until softened, stirring every couple of minutes.
- 8 - -
Drain the beans, and then tip them into the pan with the tinned tomatoes. Stir well and bring to the boil, then reduce to a medium low heat and leave to tick away for 25-30 minutes, or until thickened and reduced. Keep an eye on it, and add a splash of water if it gets a bit thick.
- 9 - -
Stir the roasted sweet potato through your chilli with most of the coriander leaves. Taste and season with salt and pepper, if you think it needs it.
- 10 - -
Scatter the remaining leaves over the top, and serve with some soured cream, guacamole and rice or tortilla chips.

**“Every time you
eat or drink,
you are either
feeding disease
or
fighting it.”**

- Heather Morgan, MS, NLC



BEEFY MEXI "CAULI" RICE

INGREDIENTS

- 1 small head of cauliflower (grated to create "rice")
- 6oz steak mince
- 1 small can chopped tomatoes (with onion & garlic if you prefer)
- 1 Heaped tbsp. of chilli powder
- Garlic salt to taste
- ½ medium avocado
- Dollop of Dairy-free Sour Cream

METHOD

- 1 - -
In a pan, add the grated cauliflower, mince and tomatoes
- 2 - -
Cook on a medium-high heat until beef is no longer pink
- 3 - -
Add chilli powder and garlic salt to taste
- 4 - -
Turn heat on high to cook off liquid (optional)
- 5 - -
Serve in a large salad bowl and top with avocado & sour cream



WHOLE30 CHICKEN HASH

INGREDIENTS

- 2 tbsps cooking fat
- 450g boneless, skinless, diced chicken thighs
- ½ tsp salt
- ½ tsp black pepper
- 30g chopped walnuts
- 1 sweet potato, peeled and grated
- 1 granny smith apple, cored, peeled and diced
- ½ tsp crushed chilli flakes
- 4 tbsps unsweetened apple juice
- 2 generous handfuls rocket or baby spinach

METHOD

- 1 - -
Heat the cooking fat in a large frying pan over a medium heat, coating the bottom of the pan. When the fat is hot, add the chicken, salt and pepper. Cook until browned.
- 2 - -
Add walnuts and cook for a further 2-3 minutes, then add the sweet potato, apple and chilli flakes and cook, stirring often until the chicken is fully cooked.
- 3 - -
Add the apple juice and mix through, add the rocket or spinach for the last 30 seconds of cooking, serve.



EASY BOLOGNESE

INGREDIENTS

- Fresh mince
- 1-2 tins chopped tomatoes
- Mushrooms
- Onion
- Peppers

METHOD

- 1 - -
Brown mince
- 2 - -
Add all other ingredients, simmer until ready.
- 3 - -
Serve with zoodles (shredded/zoodled courgette) or cauliflower rice
- 4 - -
Serve

Told you it was easy!!



STOVIES

INGREDIENTS

- Mince
- Onion
- Carrot
- Turnip
- Potatoes

METHOD

- 1 - -
Brown mince
- 2 - -
Add onion and cook down.
- 3 - -
Boil potatoes, carrot and turnip.
- 4 - -
Once your food is ready add mince and onion to the other ingredients and simply "Bash together"
- 5 - -
Serve with other veg of your choice.

TIP:

This is also delish with beef which has be done in the slow cooker, then shredded instead of the mince



LINDA'S HAIRY CHICKEN

(It's really a Hairy Biker's Chicken Jalfrezi recipe)

INGREDIENTS

- 6 long green chillies
- 4 boneless, skinless chicken breasts
- 2 tbsps oil
- 2 garlic cloves, peeled and finely chopped
- 3 ripe tomatoes, chopped
- 1 tbsps ground cumin
- 1 tbsps garam masala
- 1 tsp ground turmeric
- 1 tbsps caster sugar
- 1 tsp flaked sea salt
- 200 ml cold water
- 2 tbsps natural yogurt
- 1 medium onion cut into 12 wedges
- 1 green pepper, deseeded and cut into chunks
- 2 tomatoes, quartered
- 2 tsps Corn flour
- 1 tbsps water

METHOD

1 - -

Finely chop 4 of the chillies – deseed a couple or all of them first if you don't like it very spicy. Split the other 2 chillies from stalk to tip on 1 side without opening or removing the seeds. Cut each chicken breast into 7 or 8 bite-sized chunks

2 - -

Heat a tbsp. of oil in a large, fairly deep, non-stick frying pan (or wok) over a high heat. Add the garlic, chopped chillies, chopped tomatoes, cumin, garam, masala, turmeric, sugar and salt then stir fry for 3-4 minutes until the vegetables soften. Don't let the garlic or spices burn or they will add a bitter flavour to the sauce.

3 - -

Next, add the chicken pieces and whole chillies and cook for 3 minutes, turning the chicken regularly. Pour over the 200ml of water stir in the yogurt and reduce the heat only slightly – you want the sauce to simmer. Cook for about 8 minutes, stirring occasionally until the chicken is tender and cooked through and the sauce has reduced by about a third. The yogurt may separate to begin with but will disappear into the sauce.

4 - -

While the chicken is cooking, heat the remaining tbsp. of oil in a clean pan and stir-fry the onion and pepper over a high heat for 3-4 minutes until lightly browned. Add the quartered tomatoes and fry for 2-3 minutes, stirring until the vegetables are just tender. Mix the corn flour with the tbsp. of water to form a smooth paste.

5 - -

When the chicken is cooked, stir in the corn flour mix and simmer for a few seconds until the sauce thickens, stirring constantly. Remove from the heat, add the hot stir-fried vegetables and toss together lightly. Serve immediately. And, just in case you are wondering, don't eat the whole chillies.



CRACKLIN' CHICKEN

INGREDIENTS

- 8 bone-in, skin on chicken thighs
- 1 tbsp salt
- 2 tsps extra virgin olive oil
- 2 tsps seasoning of your choice

METHOD

- 1 -- Carefully cut out the bone from the chicken thighs, kitchen scissors work best.
 - 2 -- Flatten the chicken with a meat pounder to ensure even cooking.
 - 3 -- Turn the chicken skin-side up and sprinkle salt over it.
 - 4 -- Heat your oil in a large frying pan, and place chicken skin side down in the hot pan.
 - 5 -- Season the meat side with your favourite spices.
 - 6 -- Let the skin fry undisturbed until crispy and golden brown, around 7-10 minutes, but you can easily see when it is crispy. A spatter guard might be handy at this bit because it can get a bit lively!
 - 7 -- Once skin is crispy, flip the chicken and cook the rest of the chicken through.
 - 8 -- Remove from heat and allow to sit on a wire rack for 5 minutes.
- Serve with a huge salad.



TOMATO & ROCKET FRITTATAS

INGREDIENTS

- 1 tbsp olive oil or coconut oil
- 1 onion, chopped
- 6 eggs
- 3 tsps almond milk
- 6 cherry tomatoes – quartered
- Handful of rocket

METHOD

- 1 -- Preheat the oven to 350 F. grease a 6-hole muffin pan (coconut oil spray). Heat the olive oil in a skillet and pan fry onion over low heat until caramelized (8-10 minutes)
- 2 -- In a bowl, whisk the eggs and almond milk together, and then stir in the tomatoes, rocket, and onions.
- 3 -- Season with sea salt and ground pepper. Divide mixture into muffin tin holes and bake for 20 minutes.
- 4 -- Allow to set. Serves 3.



CRUSTLESS QUICHE

INGREDIENTS

- 8 eggs
- ½ cup almond milk
- ½ tsp sea salt
- 1½ cups sautéed and chopped veggies, such as onions, garlic, spinach, courgette, red bell pepper, tomato, and rocket

METHOD

- 1 -- Preheat the oven to 350 F. Grease an 8.5 inch diameter dish.
- 2 -- Whisk eggs, then add and whisk almond milk in.
- 3 -- Scatter the veggies in the dish and then pour egg mixture over the veggies.
- 4 -- Bake 20-25 minutes. The top will be lightly browned when done.



TURKEY & VEGGIE OMELETTE

INGREDIENTS

- 3 eggs
- 4oz. turkey breast
- 5-6 spinach leaves, chopped
- ½ tomato, chopped
- ¼ cup broccoli, finely chopped
- Dash Hot Sauce or Homemade Salsa as topping

METHOD

- 1 -- Mix all ingredients except topping in a medium size bowl.
- 2 -- Use coconut oil to grease the pan.
- 3 -- Cook until eggs are cooked.
- 4 -- Top with hot sauce or salsa and enjoy.



YUMMY FRENCH TOAST

INGREDIENTS

- 8 egg whites
- ½ tsp cinnamon
- A few drops vanilla extract

METHOD

- 1 -- Combine egg whites with cinnamon and vanilla extract.
- 2 -- Pour mixture into a pan coated with Pam Cooking Spray.
- 3 -- Fry like a pancake.
- 4 -- Top with some blueberries. Optional: organic butter.



SALMON & TURNIP PATTIES (serves 6)

INGREDIENTS

- 2 courgette, grated
- 1 large turnip, peeled and grated
- 4oz salmon, well drained and broken up
- 2 eggs, beaten
- Olive/Coconut oil, for pan frying

METHOD

- 1 -- Squeeze out the excess water in the courgette and turnip.
- 2 -- Place courgette and salmon, and eggs in a bowl season with sea salt and ground pepper.
- 3 -- Divide into 6 patties.
- 4 -- Heat the olive oil in a skillet and pan fry the patties over medium heat until lightly brown and cooked through, about 5 minutes each.



PROTEIN SPRING ROLL

INGREDIENTS

- 4oz chicken breast
- 2 cabbage leaves
- 1/2 cup shredded cabbage
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp paprika
- ¼ tsp chilli pepper

METHOD

1 --
Grill or bake chicken.

2 --
While chicken is cooking steam cabbage leaves in steamer for 5 minutes. After 5 minutes of steaming cabbage leaves add in the shredded cabbage and steam for 5 more minutes. Blend spices together into small dish and set aside.

3 --
Combine steamed shredded cabbage, chicken and spices in a bowl.

4 --
Scoop out a portion and place in the belly of a cabbage leaf. Fold one side of the cabbage leaf up to create a pouch and roll cabbage leaf with stuffing inside.



WHOLE30 MAYONNAISE

INGREDIENTS

- 1 egg
- 1 cup extra light tasting olive oil (the “Tasting” part is important)
- Juice of ½ a lemon (or lime)
- Pinch of salt

OPTIONAL FLAVOURS:

- Tsp mustard
- Tsp garlic
- Tsp tomato puree
- Pinch cracked black pepper

METHOD

1 --
Put egg in tall tub, like a measuring jug.

2 --
Add lemon juice and any other optional ingredients.

3 --
Pour in oil, let the egg settle.

4 --
Using a stick blender, blend for 20 seconds without moving the blender.

5 --
As you see the mayo forming, start raising the stick blender to mix through ingredients.

6 --
Store in air tight tub/jar for up to 5 days.



PAKORA

INGREDIENTS

- 1-2 Sweet Potato, par boiled
- 1 red onion
- 1 chilli pepper (more if you like it hot!)
- 1 red pepper
- ½ tsp Garam Masala
- ½ tsp chilli powder
- ½ tsp curry powder

METHOD

- 1 --
Add all ingredients to a bowl and mash together.
- 2 --
Shape into balls, and place on a greased baking tray.
- 3 --
Cook for 30-40 minutes until deep brown.

TIP:

Make them the day before you are cooking them and store in the fridge overnight, they firm up overnight. If mixture is too "wet", add a couple of tbsp's of coconut flour to the mix.



PAKORA SAUCE

INGREDIENTS

- 1 tin chopped tomatoes
- Generous squirt of tomato puree
- 1 tsp cayenne pepper
- 2 tsps paprika
- 1 tsp hot chilli sauce
- 1 beef oxo cube or similar

METHOD

- 1 --
Mix all ingredients in a small pan, bring to simmer, stirring until the oxo cube has dissolved.
- 2 --
Pour into serving dish, leave to cool.





LAMB AND SWEET POTATO CURRY

INGREDIENTS

- 450g/1 lb lean lamb shoulder or leg, cut into 2.5cm/1 inch cubes
- 30ml/2 tbsp. oil
- 1 red onion, peeled and sliced
- 1 garlic clove, peeled and finely chopped or crushed
- 1 x 2.5cm/1 inch piece fresh root ginger, peeled and finely chopped or grated
- 5ml/1 tsp ground turmeric
- 45ml/3 tbsps garam masala
- 1 x 400g x canned chopped tomatoes
- 200ml/7 fl oz good, hot lamb stock 3 green chillies, finely chopped (optional)
- Salt and freshly milled black pepper
- 1 small sweet potato, peeled and cubed
- Juice of 1/2 lime
- Large handful of freshly chopped coriander
- Black mustard seeds to garnish, optional

METHOD

1 --

Heat half the oil in a large non-stick pan and brown the lamb in batches for 3-4 minutes. Spoon into a 1.2L/2 pint heatproof casserole dish.

2 --

Add the remaining oil to the same pan and cook the onion, garlic, ginger and spices for 3-4 minutes or until soft and golden. Spoon into the casserole dish.

3 --

Add the tomatoes, stock and chillies (if used). Bring to the boil, reduce the heat, cover and cook for 2-2½ hours or until the lamb is tender, stirring occasionally. Season if required.

4 --

20 minutes before the end of the cooking time add the potato and lime juice.

5 --

Garnish with the coriander and black mustard seeds and serve with cauliflower rice or on a bed of spinach



SIMPLE SLOW COOKER CHICKEN RECIPE

INGREDIENTS

- 4 bone-in, skin on chicken breasts
- 2 red onions, sliced
- 1 tbsp chilli powder
- 1/2 tbsp paprika
- 2 tpsps garlic powder
- Sea salt and freshly ground black pepper

METHOD

1 --

In a bowl, combine the chilli powder, paprika, and garlic. Season generously with salt and pepper.

2 --

Rub the chicken breasts with the chilli powder mixture.

3 --

Arrange the onions in a single layer at the bottom of the slow cooker.

4 --

Place the chicken breasts on top of the bed of onions, and cook on high for 3 to 4 hours.

5 --

Brush the chicken breasts with the liquid from the bottom of the slow cooker and serve.



BREAKFAST CASSEROLE

INGREDIENTS

- Coconut oil, butter or ghee, for greasing.
- 2 beef or pork sausages (make your own using minced beef or pork, no hidden nasty stuff).
- 3 turnips, peeled.
- 3 green shallots, chopped.
- 4 eggs, beaten.
- 1/2 cup Cheddar cheese

METHOD

1 --

Preheat the oven to 190°C/375°F/Gas Mark 5 and grease a small glass or ceramic baking dish.

2 --

Grate the turnips, using a food processor if you have one.

3 --

If using sausages, remove the meat and discard the casings. Brown the meat with a little oil in a large hot frying pan until not quite cooked through, breaking it up into small pieces with a spoon or spatula.

4 --

Toss in the rest of the ingredients and stir, then spoon into the baking dish. Top with cheese.

5 --

Bake for 45 minutes. Let it stand for a few minutes so the casserole sets before you cut into it.

6 --

Cut into four portions. Freeze two portions. Serve one portion warm for breakfast. Place remaining portion in a lunchbox in the fridge for tomorrow.



SLOW COOKER 3 INGREDIENT BALSAMIC CHICKEN

INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- 16 oz home made salsa (recipe in Sides section)
- 1/2 cup balsamic vinegar

METHOD

1 --

Add chicken breasts to the slow cooker, pour salsa and balsamic on top. Cover and cook on low for 6 hours or high for 4 hours.

Serve with cauli rice, spinach or shredded for a "pulled" chicken dish.

**30% Gym
70% Diet**
*Ab's are made
in the kitchen
not in the Gym*



STEAK COURGETTE BOATS

INGREDIENTS

- 4 courgettes, sliced in half lengthwise
- 1 lb thinly sliced steak
- 1 large onion, sliced
- 2 garlic cloves, minced
- 6oz button mushrooms, sliced
- 1 bell pepper, chopped
- 1 tsp olive oil
- Sea salt and freshly ground black pepper

METHOD

- 1 --
Preheat oven to 400F.
- 2 --
Scoop out the centre of each courgette half to create "boats" with a hollow centre, but make sure to leave a thick rim.
- 3 --
Brush the courgettes with olive oil and season with salt and pepper.
- 4 --
Bake the courgettes in the oven for 15-20 minutes.
- 5 --
Heat some olive oil in a pan and sauté the onion and garlic for 2-3 minutes.
- 6 --
Add in the steak strips, the bell pepper and mushrooms. Cook until ready, roughly 5-10 minutes.
- 7 --
Season everything to taste, fill each courgette with the beef mixture and serve.



CINNAMON PECAN GRANOLA

INGREDIENTS

- 2½ cups oats
- 1 cup pecans
- ½ cup almonds
- ½ cup flax seeds
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 1 cup raisins
- 3 tbsps coconut oil
- 3 tbsps honey
- 3 tbsps cinnamon

METHOD

- 1 --
Place the pecans and almonds in a food processor and pulse for about 30 seconds so that they are partially crushed. Then add them to a large mixing bowl with all the other dry ingredients, except the raisins and cinnamon, and stir together.
- 2 --
Next, melt the coconut oil with the honey and cinnamon in a pot, once it has dissolved into a sweet liquid add it to the dry bowl and mix well. This should form a delicious oaty nutty bowl, which is slightly sticky.
- 3 --
Place the mixture into a baking tray and bake for about 30-40 minutes at 180C, until crunchy. During this time you'll need to stir the mixture to ensure that every bit of the granola gets nicely toasted and the top doesn't burn.
- 4 --
Once the granola is cooked perfectly remove the tray from the oven and allow it to cool, then stir in the raisins. Store the granola in an air-tight container to keep it wonderfully fresh and crunchy.



ONE POT BLACK PEPPER CHICKEN

INGREDIENTS

- 1½ lbs boneless, skinless chicken breasts, cut into cubes
- 1 red bell pepper, seeded and cut into strips
- 1½ tsps freshly ground black pepper
- 1 inch fresh ginger root, peeled and finely chopped
- 2 cloves garlic, peeled and finely minced
- 3 tsps light soy sauce, divided (optional, coconut aminos, Tamari)
- 3 tsps white vinegar, divided
- 1 tbsp coconut, palm sugar or honey
- 2 tsps olive oil

METHOD

1 -- Whisk together in a medium sized bowl, half of the soy sauce, half of the vinegar, and the sweetener. Add the chicken and toss to coat. Place in the fridge to marinate for 30 minutes.

2 -- Add oil to a skillet and heat to medium-low. Add the garlic and ginger and cook for 30 seconds, just until garlic is golden and fragrant, but not burnt.

3 -- Add the marinated chicken with any juices in the bowl and cook for 3 minutes. Add the bell pepper strips, remaining soy sauce and vinegar, and black pepper and stir. Cook for about 10 minutes until peppers have softened and chicken is cooked through.



EGG PUFFS

INGREDIENTS

- 4 eggs
- ¼ cup grated Dubliner Irish Cheddar (or parmesan, asiago, aged cheddar)
- salt and pepper to taste
- butter

METHOD

1 --

Preheat oven to 450 degrees

2 --

Separate egg whites from yolks, putting the egg whites into a mixing bowl and the egg yolks each into a separate small bowl

3 --

With electric mixer, beat egg whites until stiff peaks form (2 or 3 minutes)

4 --

Gently fold in the grated cheese

5 --

Form 4 puffs on the baking mat with an indent in each puff (see photo)

6 --

Bake for 3 minutes. (You could put in the egg yolks now if you like them a little more cooked)

7 --

Remove from oven, drop one egg yolk into each indented puff.

8 --

Bake for 3 more minutes.

9 --

Remove from baking sheet with a spatula, sprinkle with salt and pepper, add your butter on top and eat!



CHICKEN SOUVLAKI

INGREDIENTS

- 1½ boneless, skinless chicken breasts cut into chunks
- ¼ cup olive oil
- 2 garlic cloves, minced
- 2 tbsps fresh lemon juice
- 2 tsps oregano
- Sea Salt and freshly ground black pepper

METHOD

1 - -

In a bowl, combine the olive oil, garlic, lemon juice, oregano and season with the salt and pepper to taste.

2 - -

Place the chicken in a marinating container, pour the olive oil marinade on top and toss to coat.

3 - -

Marinate in the refrigerator for 2 hours minimum, but preferably overnight.

4 - -

Preheat your grill to medium/high.

5 - -

Remove the chicken from the marinade and thread on to wooden or metal skewers.

6 - -

Place the souvlaki on the preheated grill and cook for 6 to 8 minutes per side, turning frequently.

7 - -

Serve the souvlaki with a Greek salad.



BEEF AND VEGETABLE STIR FRY

INGREDIENTS

- 250 g dried medium egg noodles
- Olive oil
- 350 g quality steak, thinly sliced
- 2 cloves garlic, peeled and finely sliced
- 1 thumb-sized piece fresh ginger, peeled and finely sliced
- 1-2 large fresh red chillies, finely sliced
- 200 g peanut shoots or bean sprouts
- Soy sauce
- Sesame oil
- ½ lime, juice of
- 1 large red pepper, deseeded and finely sliced
- 1 handful snow peas, finely sliced
- 1 handful baby corn, quartered lengthways
- 6 spring onions, trimmed and finely sliced
- 1 bunch fresh coriander, leaves picked and roughly chopped
- Cos lettuce leaves, to serve

METHOD

The veg in this beef stir-fry really picks up the incredible juicy flavours from the meat.

1 - -

Cook the egg noodles in boiling, salted water until just tender. Drain, place in a bowl and set aside.

2 - -

Heat a large wok or a heavy-based frying pan until very hot. Add a splash of vegetable oil, then stir-fry the beef slices with the sliced garlic, ginger and chillies until just cooked. Add the shoots or bean sprouts, a good splash of soy sauce and sesame oil and the lime juice for the last 30 seconds of cooking.

3 - -

Tip the contents of the wok into a large bowl,

including all the lovely juices. Put the wok back on the heat, add a splash more vegetable oil and all the vegetables. Stir-fry for 1 to 2 minutes, then add the cooked noodles and toss well over the heat.

4 - -

Divide the fried vegetables and noodles between 4 plates. Return the beef and juices to the wok and stir-fry until heated through. Add the coriander and toss until well mixed with the beef. Arrange on top of the noodles and garnish with a cos lettuce leaf.



HONEY & SESAME CHICKEN STIR FRY

INGREDIENTS

- Coconut Oil
- Crushed garlic
- Chicken
- Honey
- Soy Sauce
- Sesame seeds
- Squeeze of lime
- Veg

METHOD

1 - -

Add coconut oil to the pan and once hot add the crushed garlic and then chicken.

2 - -

Once the chicken has started to brown, add the honey and soya sauce followed by the sesame seeds and a squeeze of lime juice (bottled or fresh both work as good as each other). Then add whatever veg you like in a stir fry.

3 - -

Serve with basmati rice or healthy fried rice (brown rice boiled and then cooled, add to hot sesame oil and mix through and then add eggs to make fried rice)



SAUSAGE & POTATO PIE

INGREDIENTS

- Coconut oil
- Onions
- Mushrooms
- Crushed garlic
- Chopped toms
- Red peppers
- Chicken stock
- Sweet potatoes
- Sausages

METHOD

1 - -

Add coconut oil to the pan followed by the onions, mushrooms and crushed garlic.

2 - -

Once they've softened add in the chopped toms, red peppers and sweet potatoes (micro the sweet pots for about 1.30 to soften before putting in the pan), then add chicken stock.

3 - -

Squeeze the sausages out of their skin in to the pan (or make your own, no hidden nasties then!).

4 - -

Transfer it all to an oven dish and top with parmesan cheese and pop it in the oven until cheese has melted.



CHICKEN CACCIATORE WITH PORCINI, BAY AND BORLOTTI

INGREDIENTS

- 2 tbsps butter
- 1 large onion, roughly chopped
- 1 handful of porcini mushrooms
- 2 x 400g tins of chopped tomatoes
- Leaves from 3 sprigs of fresh thyme
- Leaves from 2 sprigs of fresh rosemary
- 2 tsps paprika
- 1 tsp cayenne pepper
- 3 Medjool dates, pitted
- 1 garlic clove, finely chopped
- 8 chicken pieces on the bone (eg thighs, drumsticks or on the bone breast)
- 2 bay leaves
- 200g chestnut mushrooms, sliced
- 400g tin of borlotti or cannellini beans
- Handful of pitted olives (optional)

METHOD

1 - -

Heat 1 tbsp of the butter in a large sauté pan with a lid over a medium/high heat. Add the onion and cook for about 10 minutes, stirring from time to time. The onion should take on a good brown colour but still retain some of its crunchy texture.

2 - -

As this cooks, place the porcini mushrooms into a small bowl and pour over enough boiling water to just cover. Leave aside to soak.

3 - -

Put the chopped tomatoes, thyme, rosemary, paprika, cayenne pepper, dates and a little salt and pepper into a blender or processor and blitz them all together until smooth.

4 - -

Once the onion is cooked, add the garlic, cook for 1 minute and then tip onto a plate.

5 - -

Return the pan to a high heat with the remaining tbsp of butter. Season the chicken pieces well with salt and some black pepper, then cook them for about 2 minutes per side (taking care not to overcrowd the pan otherwise the chicken will boil and not brown). Do this in two batches, placing the chicken on the plate with the onion and mix once they are all browned.

6 - -

Once all the chicken is browned, return it to the pan along with the onion and the tomato mixtures and add the bay leaves. Drain the porcini mushrooms well, roughly chop them, and add them also. Pop on a lid and once boiling, reduce the heat to simmer away gently for about 10 minutes (it will need about 25 minutes in total). After this time, stir in the chestnut mushrooms, re-cover and simmer for another 10 minutes. Stir through the beans and olives, if using, and give it a final 5 minutes of simmering.

7 - -

When cooked, the mushrooms should be soft and the chicken's juices run clear. Season the sauce to taste and serve with a large handful of chopped parsley on top, and some cauli rice.

**3 MONTHS
FROM NOW,
YOU WILL
THANK
YOURSELF.**



CHERMOULA ROAST SALMON WITH CUMIN AND CORIANDER

INGREDIENTS

- 2 tsps ground cumin
- 2 tsps paprika (optional)
- 2 tsps ground cinnamon
- 1 tsp ground coriander
- 1 tsp turmeric powder
- Leaves from 1 bunch of fresh flat-leaf parsley
- Leaves from 1 bunch of fresh coriander
- 2-3 cloves of garlic, roughly chopped
- Juice of 1 lemon
- 50ml extra virgin olive oil
- 4 x 175g salmon fillets, skin on
- Sea salt and freshly ground black pepper

METHOD

1 --

Put the cumin, paprika, cinnamon, coriander and turmeric into a dry medium frying pan over a medium heat. Toast the spices for 2-3 minutes shaking the pan now and again so nothing burns, until you just start to smell the aroma of the spices.

2 --

Tip the spices into a food processor with the parsley, all but a few of the coriander leaves, the garlic, lemon juice, olive oil, salt and pepper. Pulse it several times,

scraping down the sides occasionally to give a rough but slightly wet paste. Tip this into a baking dish that will fit the four salmon fillets.

3 --

Place the salmon fillets on top of the chermoula and toss them all around carefully until evenly coated. Leave the fillets skin side down, cover with cling film then pop into the fridge for an hour, or overnight, to marinate.

4 --

Preheat oven to 180C (fan 160C), 350F or gas mark 4, remove cling film from baking dish.

5 --

Pop the baking dish of fish and marinade into the oven and roast for 15-20 minutes, depending on the thickness of your salmon.

6 --

Once cooked, garnish with remaining coriander and serve.



BAKED CHIPOTLE CHILL HADDOCK WITH A RED PEPPER AND ONION RELISH AND CAPERS

INGREDIENTS

- 2 red peppers, deseeded and cut into strips
- 2 yellow peppers, deseeded and cut into strips
- 2 red onions, cut into thin slices
- 4 haddock fillets (not smoked)
- 2 tsps chipotle chilli flakes (or regular!)
- 4 tbsps capers, drained and rinsed
- 3 tbsps extra virgin olive oil, plus extra for frying
- Sea salt and freshly ground black pepper

METHOD

1 --

Preheat oven to 200C (Fan 180), 400F or Gas Mark 6.

2 --

Heat 1 tbsp of oil in a frying pan, then add the peppers and the onion, cook for around 20 minutes over a low heat, shaking the pan from time to time so that the vegetables do not burn.

3 --

As the pepper mix cooks, place one of the haddock fillets onto a square of tin foil, big enough to wrap the fish in. Season the fillet with a tiny bit of salt and

some chilli flakes, then wrap up the fish making a parcel, then repeat for the remaining fillets.

4 --

Place the fish parcels onto a baking tray and pop into the oven for around 10-12 minutes, or until the fish is completely cooked.

5 --

Once cooked, remove from the oven and set aside for a moment. Tip the peppers into a small bowl, then add the capers, and extra virgin olive oil and mix together. Season to taste, then set aside.

6 --

Put some watercress down on a plate, place the fish on top of that and finish by piling the red pepper relish on top. Sprinkle with parsley or basil, then serve.



QUICK CREAMY “BUTTER CHICKEN” WITH CASHEW NUT RICE

INGREDIENTS

RICE

- 75g cashew nuts, roughly chopped
- 250g brown basmati rice

CURRY

- 5 cardamom pods
- 1 tbsp garam masala
- 2 tsps ground cumini
- 1-2 tsps chilli powder or chilli flakes
- 1 tsp turmeric powder
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp fenugreek seeds
- 1 tsp ground cloves
- 1 tbsp oil
- 1 large onion, diced into fairly large chunks
- 4cm piece of fresh ginger, peeled and finely chopped
- 4 chicken breasts, cut into bite-sized chunks
- 2 garlic cloves, finely chopped
- 200ml passata
- 2 tsps tomato puree
- 200g natural yogurt
- Handful of fresh coriander leaves or chives roughly chopped
- Sea salt and freshly ground black pepper

METHOD

1 - -

Toast the cashew nuts in a dry, small frying pan over a medium heat for 20 minutes or until they look nice and toasty, then tip them onto a small plate for later.

2 - -

Slam the cardamom pods open with the side of a large knife and pop them in a large pan with the garam masala, cumin, chilli powder, turmeric, cinnamon, ground coriander, fenugreek and ground cloves. Toast over a medium heat for a few minutes until you begin to smell the aromas, then add the oil, onion and ginger and cook for 5 minutes, stirring occasionally, until softened.

3 - -

Meanwhile, get the rice on to cook according to the packet instructions.

4 - -

Once the onion has softened, add the chicken and cook for 4-5 minutes, stirring regularly until golden. Next add the garlic and cook for 1 minute more. Stir in the passata and tomato puree, bring to the boil and reduce the heat to simmer for 40 minutes until the chicken is completely cooked through.

5 - -

Once the rice is cooked, drain if need be and return to the pan. Stir in the toasted cashews and set aside for a moment to keep warm.

6 - -

Remove the sauce from the heat, stir in the yogurt and return it to a very gentle heat for 2-3 minutes. Don't boil it at this stage or the yogurt will curdle. Season to taste and remove from the heat.

7 - -

Divide the rice among the serving plates, spoon the butter chicken curry over, scatter with coriander leaves or chives, and serve.



GINGER & CHILLI CHICKEN

INGREDIENTS

- Coconut oil
- Onions
- Fresh ginger
- Chicken
- Red peppers
- Green chilli
- Soy sauce
- Brown rice

METHOD

- 1 --
Add the coconut oil to the pan along with the onions and ginger.
- 2 --
Add the chicken followed by the red peppers and green chilli and soy sauce.
- 3 --
Once cooked, serve with brown rice



CHICKEN TIKKA

INGREDIENTS

- Coconut oil
- Chicken
- Tikka seasoning
- Fresh chilli
- Mixed peppers

METHOD

- 1 --
Add the coconut oil to the pan along with the chicken.
- 2 --
Add in the tikka seasoning and cover all the chicken.
- 3 --
Once browned add the chilli and peppers and a little water to make in to a sauce.
- 4 --
Serve

It's all about creating
HEALTHY habits, rather
than *restrictions*.



FAKEAWAY

INGREDIENTS

- 1 Packet of quinoa
- 2 Chicken breasts
- Cashew nuts
- Coconut oil
- 1 tsp of Chinese 5 spice
- Peppers
- Spring onion
- 2 Cloves of garlic (crushed)
- White onion
- 2 Red chillies
- 1 Quarter inch ginger grated (or dried)

TO MAKE SAUCE:

Add 1 chicken stock cube to 100ml of water and add 3 tsps of soy sauce in a jug.

METHOD

1 - -

Add 2 tsps of Chinese 5 spice to quinoa

2 - -

Cook quinoa according to packet instructions

3 - -

Toast some cashew nuts in a dry pan to brown then set aside.

4 - -

Add peppers ,white onion ,spring onion and garlic, chillies , ginger , chilli flakes into a frying pan and fry them all together. Once almost cooked remove from the heat and set aside.

5 - -

Make sauce accordingly

6 - -

Add the sauce and cashew nuts to the chicken and vegetables and place back on heat until ingredients are at your desired temperature

7 - -

Drain quinoa and serve with chicken and veg mix

TIP

If you feel that the consistency of your sauce is runny, mix up a tsp of cornflour with water and add to the sauce to thicken.



QUINOA PLUS

INGREDIENTS

- 1 cup dry quinoa
- 2 medium sized avocados
- 3oz baby spinach
- 8oz cherry tomatoes
- 3 green onions

TO MAKE DRESSING:

- 1-2 cloves of garlic minced
- 2 tbsps red wine vinegar
- 2 tbsps olive oil
- 1/8 tsp salt

METHOD

1 --

Cook quinoa according to packet

2 --

Whilst quinoa is cooking prepare the dressing in a small bowl, whisk ingredients together and set aside .

3 --

Roughly chop the spinach and place in a large bowl.

4 --

Slice the green onions, halve the cherry tomatoes and dice the avocado.

5 --

When the quinoa is cooked add it to the large bowl with the spinach and toss.

6 --

Add the green onions ,tomatoes and dressing, then stir to combine (the heat from the quinoa will lightly wilt the spinach).

7 --

Add the avocado and toss lightly, serve immediately or refrigerate to allow flavours to blend.

strengt**H**
ex**E**rcise
e**A**t
Live
fi**T**ness
c**H**allenge
enjo**Y**



Sides





SPICY OVEN-ROASTED CHICKPEAS

INGREDIENTS

- 2 (15oz) cans chickpeas, also known as garbanzo beans, thoroughly drained and rinsed (about 3 cups)
- 2 tbsps olive oil
- 1 tsp chilli powder
- ½ tsp cayenne pepper
- ½ tsp sea salt

METHOD

1 --

Heat the oven to 400F and arrange a rack in the middle.

2 --

Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

3 --

Enjoy!



MASHED CAULIFLOWER

INGREDIENTS

- 1 large head cauliflower, finely chopped (about 2lbs)
- 1 cup chicken stock
- 2 tbsps roasted garlic
- Sea salt and freshly ground black pepper
- ¼ cup almond milk
- ¼ cup sour cream
- 2 tbsps chopped chives

METHOD

1 --

Add the cauliflower to a medium-sized saucepan along with the chicken stock. Bring to a simmer over medium-high heat and cook until tender, about 8 to 10 minutes.

2 --

Add the roasted garlic and season with salt and pepper, to taste. Stir in the milk and puree with an immersion blender until smooth.

3 --

Transfer the mixture to a serving bowl and garnish with sour cream and chives.



GRILLED VEGETABLE KEBABS (serves up to 6)

INGREDIENTS

- ½ pound of whole small mushrooms
- 1½ pound courgette, cut into 1-inch slices
- 12 to 16 cherry tomatoes
- Italian salad dressing or other marinade mixture
- 9 to 12 pineapple chunks

METHOD

1 - -

Wash mushrooms, remove and discard stems. Place mushrooms, sliced courgette, and cherry tomatoes in salad dressing. Marinate in refrigerator for at least 4 hours.

2 - -

Drain vegetables, reserving marinade. Thread vegetables alternately with pineapple onto skewers.

3 - -

Cook on grill over medium heat for about 10 minutes, turning occasionally and basting with reserved marinade.

TIP:

Any vegetables you like can be added to these, experiment with your favourites



SWEET POTATO FRIES

INGREDIENTS

- 2 large sweet potatoes, peeled or unpeeled, cut into 4-inch long and ¼ to ½ inch thick fries
- 2 tbsp. olive oil or more as needed
- 1 tsp paprika
- 1/2 tsp chilli powder
- 1/2 tsp ground coriander
- Coarse ground rock salt and freshly ground black pepper, to taste

METHOD

1 - -

Preheat your oven to 450 degrees F. Line a baking sheet with aluminium foil and set aside.

2 - -

Place the sweet potatoes in a large bowl and toss with olive oil until the sweet potatoes are coated. Add the paprika, chilli powder, coriander, salt, and pepper; toss to distribute evenly.

3 - -

Arrange the coated fries in a single layer on the prepared pan. Bake for 20 minutes on the lower rack until the sweet potatoes soften. Transfer the pan to the upper rack of the oven and bake 10 minutes longer, until fries are crispy.



EASY BALSAMIC ROASTED BRUSSEL SPROUTS

INGREDIENTS

- 2- 3 cups brussel sprouts, sliced in half
- Dash sea salt and pepper, to taste
- 3 tbsps balsamic vinegar
- 3 tbsps extra virgin olive oil

METHOD

1 - -

Pre-heat oven to 375 degrees.

2 - -

Whisk together the vinegar, salt and pepper into a small bowl. Slowly incorporate the olive oil until a dressing is formed. Place the brussel sprouts in a single layer on a baking sheet. Drizzle the oil and vinegar over the sprouts and gently toss to coat.

3 - -

Bake for 25 minutes, turning once. Sprouts are done when they are lightly browned.

TIP:

Chop some bacon up and fry it off, then mix it through.



HOMEMADE GUACAMOLE

INGREDIENTS

- 3 medium avocados, remove skin and core
- 4 green onions, thinly sliced
- 2 garlic cloves
- 1 tbs lime juice
- 3 tsps lemon juice
- 1 medium tomato, chopped
- 1 small handful of coriander
- ¼ tsp Celtic sea salt

METHOD

1 - -

Combine all the ingredients in a bowl and mix thoroughly.



HOMEMADE SALSA

INGREDIENTS

- 1 large tomato -chopped
- 3 green onions with green tops
- ½ red pepper, chopped
- ½ green pepper, diced
- 5 tbsps chopped fresh coriander, diced
- Optional: ¼ cup of black beans
- Dried oregano and basil, dash
- 1 tbsp fresh lime juice
- 1 tbsp jalapeno, chopped
- Two cloves garlic
- ½ tsp sea salt

METHOD

- 1 --
Combine all the ingredients in a bowl; mix well.
- 2 --
Leave about 30-60 minutes to set in all the flavours

TIP:

Add some chopped mango or peach for a different taste or black beans for a protein power punch.



KALE CHIPS

INGREDIENTS

- 1 head kale, washed and thoroughly dried
- 2 tbsps olive oil
- Sea salt, for sprinkling

METHOD

- 1 --
Preheat the oven to 275 degrees F.
- 2 --
Remove the ribs from the kale and cut into 1 1/2-inch pieces.
- 3 --
Lie on a baking sheet and toss with the olive oil and salt.
- 4 --
Bake until crisp, turning the leaves halfway through, about 20 minutes.





STEWED BREAKFAST APPLES WITH CINNAMON AND GINGER

INGREDIENTS

- 2 red apples
- handful of blueberries
- ½ inch of fresh ginger
- heaped tspn cinnamon
- ½ can of coconut milk

METHOD

1 --

Start by peeling your apples. Then cut them into bite-sized pieces, discarding the core. Place the pieces in a sauce pan with the blueberries, cinnamon and date syrup and cover the bottom few cm's of the saucepan in coconut milk. Allow the pan to start simmering on a low heat. As it cooks just watch that there's always enough liquid and the apples aren't sticking and burning to the bottom of the pan. If this is happening just add a little more coconut milk or some water.

2 --

Peel your ginger and then grate it onto a plate, then add this to the pan. (I grate it on a plate not straight into the pan as most graters are metal and they get very hot when used above heat!)

3 --

Allow the apple mix to cook for about twenty minutes, at which point all the coconut milk should be evaporated or absorbed.

4 --

Place the apples in a bowl and use the pan to heat up the remaining coconut milk for a minute or two, then pour this over the apples, add your granola and enjoy!

You can make the apples in big batches, allow them to cool and then store them in an air-tight container in the fridge if you want a speedy breakfast! They should last about five days if stored this way. These go perfectly with the Cinnamon Pecan Granola for a hearty warm breakfast.



ALMOND BUTTER APPLE SANDWICHES

INGREDIENTS

- 2 large crunchy apples
- 6 tbsps almond butter
- 25g raisins, dried cranberries or gogi berries

METHOD

1 --

Remove the apple cores using an apple corer. Cut each apple into six or seven even sized slices.

2 --

Lay the apple slices out in pairs so that each apple round has a "mate" which is more or less the same size. Put the basis in one row and tops in the row above.

3 --

Spread each base with 1 tbsp of peanut butter and sprinkle with the dried fruit, if using, pop the tops on each one and serve.

4 --

You could also add some of the Cinnamon Pecan Granola (recipe in the Mains section) and have this as a filling breakfast.



AVOCADO AND BLACK BEAN SALAD

INGREDIENTS

- 1 can of rinsed and drained black beans
- 4 tbsps balsamic vinegar
- 2 diced avocados
- Diced red onion
- Sliced tomatoes
- Chopped coriander
- 1 clove of garlic
- ½ cup of sweetcorn
- Lime juice, salt, pepper, olive oil

METHOD

- 1 - - Drain the black beans and mix them with the balsamic vinegar in a bowl.
- 2 - - In another bowl, mix the avocado, red onion, tomatoes, coriander together.
- 3 - - In a small dish make a mixture of the lime juice and olive oil.
- 4 - - Combine both the bowls together and pour over the lime juice/olive oil mixture, mix together and serve immediately.



CREAMY HOME-MADE UNSWEETENED NUT MILK

INGREDIENTS

- 165g blanched almonds
- Seeds of 1 vanilla pod (optional)
- 1 Medjool date, pitted (optional)

METHOD

- 1 - - Put the almonds in a bowl and pour over enough water to cover the almonds by about 2cm. Leave the almonds to soak for about 8 hours or overnight, then pour off the soaking water and rinse them gently under cold water. Pop the almonds in a blender and add 450ml water. Blend the almonds for about 4-5 minutes, scraping down the sides two or three times to make sure everything is blended nicely.
- 2 - - Using a piece of muslin/cheesecloth over a sieve tip the almond mixture into the sieve. Squeeze out all the almond milk. Once you have all the milk out of the mixture, put the sieve and almond mush aside and taste the milk.
- 3 - - Add some vanilla seeds and a date (optional) and mix well together. Store in the fridge for up to two days.



HOME-MADE NUT BUTTERS

INGREDIENTS

- 4-6oz of your chosen nuts in a food processor/nutribullet

METHOD

1 - -

Turn on the food processor/nutribullet and let it do its job!

2 - -

At first you will have nothing but nut dust, and you will have to scrape down the sides of your processor with a spoon a few times.

3 - -

Allow the processor to continue running, eventually your nut butter will start to clump, keep the processor running and eventually you will get the desired consistency. It will go creamy.

4 - -

You can add anything you want to the nut butter e.g. salt, cinnamon, vanilla etc, or just leave it plain. Have fun experimenting with different nuts! Roasted Pecan and Roasted Cashew-Almond butter are to die for.

TIP

If you prefer roasted nut butters, simply place your raw nuts on a greaseproof lined tray and roast in a 350 degree oven for 10-15 minutes, stirring them once to prevent burning.

2



3



4





FLATBREAD

INGREDIENTS

- 3 tbsps Coconut Flour
- 2 tbsps Coconut Oil
- 2 Eggs
- ¼ tsp salt
- ½ tsp baking powder

METHOD

- 1 -- Preheat oven to 350°F.
- 2 -- Mix flour, salt and baking powder.
- 3 -- Add egg and combine with melted coconut oil.
- 4 -- Let batter rest for 10 minutes.
- 5 -- Spread batter into baking tray, bake for 10-15 minutes until golden brown.

TIP

These can be used alongside curry dishes. Add a little garlic to some olive oil, paste on top for garlic “naan”. These can also be used as a “pizza” base. Add some crushed tomato on top, then add your toppings and bake until ready. They are very filling and you would only need one per person, this recipe makes around two small dinner plate-sized flat-breads.





Healthy Snacks





TRAIL MIX

Here are some great ideas for a trail mix to pre-make and pack into snack size bags or Tupperware dishes.

You can prep on Sundays and put in the refrigerator to keep them fresh.

INGREDIENTS

*Choose organic items whenever possible and sulphite free

- Cacao Nibs
- Goji Berries
- Raw Nuts (best: almonds, walnuts, pistachios)
- Chia Seeds
- Sunflower & Pumpkin Seeds
- Organic Raisins – sulphite free

METHOD

- 1 -- Mix together and store in a cool dry place (¼ cup is one serving)



HEATHER'S BANANA AND PEANUT BUTTER OAT BARS

INGREDIENTS

- 3 very ripe Bananas
- 1 tbsp of coconut oil or Butter
- 1 tbsp of honey
- 2 tbsps of crunchy peanut butter
- 280g of porridge oats
- 2 tbsps of flax seed
- 1x8 inch square baking tray

METHOD

- 1 -- Preheat oven 180c
- 2 -- Mash bananas.
- 3 -- Melt coconut oil, honey, and peanut butter together in a pan over a medium heat.
- 4 -- Once melted stir in the mashed banana.
- 5 -- Once thoroughly mixed stir in the oats and flax seed, mix this until a sticky mixture is formed.
- 6 -- Transfer to a greased baking tray and place in the preheated oven for 20 min or until golden brown.

TIP:

Push the Mixture down well to ensure it is compact, before placing in the oven.



ENERGY BITES

INGREDIENTS

- 1 cup pitted dates
- 1/2 cup raw cashews
- 1 tsp pure vanilla extract
- Unsweetened coconut

METHOD

- 1 -- Place all into a blender and intermittently blitz until broken down, then whizz up until ingredients form a large ball.
- 2 -- Break into about 10 small balls and roll in coconut if desired. Wrap individually in foil and freeze or eat chilled.
- 3 -- Place all ingredients into a food processor and intermittently blitz until broken down and forming together. (I find it easier to do the dates and nuts separately, then mix all together).
- 4 -- Tip out the mixture onto a plate and form into balls.
- 5 -- Toss the balls in unsweetened coconut.
- 6 -- These can be frozen if desired, store in the fridge.



KEY LIME COCONUT BITES

INGREDIENTS

- ½ cup almonds
- ½ cup cashews
- 1½ Medjool dates, pitted
- Zest and Juice from 3 limes
- ½ cup unsweetened coconut

METHOD

- 1 -- Add the almonds and cashews to the bowl of a food processor. Pulse until nuts are finely chopped (but do not pulse too long as you don't want it to turn to a paste). Add the dates, lime juice and zest.
- 2 -- Pulse until the dates are finely chopped and the mixture starts to clump.
- 3 -- Tip out the mixture onto a plate and form into balls.
- 4 -- Toss the balls in unsweetened coconut.
- 5 -- These can be frozen if desired, store in the fridge.



PALEO BANANA BREAD

INGREDIENTS

- 8 very ripe mashed bananas
- 1 cup coconut oil
- 8 eggs
- 2 tsps vanilla extract
- 3 tsps cinnamon
- 1 cup coconut flour
- 2 tsps baking soda
- ½ tsp salt
- ½ cup choc chips (optional) or ½ cup chopped dates (optional)

METHOD

- 1 --
Preheat oven to 350°F.
- 2 --
Add all the ingredients into a bowl and mix until well combined.
- 3 --
Pour ingredients into 2 lightly greased pans (I use coconut oil to grease pans)
- 4 --
Bake for around 45-60 minutes, until the centre is set and the top is golden.



RECOMMENDED STOCK

SWISS VEGETABLE BOUILLON





CHILLI LIME MIXED NUTS

INGREDIENTS

- 1 cup raw cashews
- 1 cup raw almonds
- 1 cup raw pecans
- 3 tbsps butter – melted
- 1 lime – juiced
- 1 tsp chilli powder
- 1 tsp cumin
- 1/2 tsp garlic salt
- 1/2 tsp onion powder

METHOD

- 1 -- Preheat oven to 350° and line a baking sheet with parchment paper.
- 2 -- In a large mixing bowl combine nuts, melted butter, juice of 1 fresh lime, chilli powder, cumin, garlic salt, and onion powder.
- 3 -- Pour nut mixture in a single layer and spread evenly across the parchment paper.
- 4 -- Bake for 10-15 minutes. Let cool before serving.



TURMERIC CASHEWS WITH TOASTED COCONUT

INGREDIENTS

- 2 cups cashews
- 1 1/2 tsps coconut oil
- Pinch of sea salt and freshly cracked pepper
- 1 tsp turmeric
- 1/2 cup coconut flakes

METHOD

- 1 -- Preheat oven to 180C and line a tray with baking paper.
- 2 -- Place all ingredients besides the coconut flakes onto the baking tray and toss together with your fingers. Place in the oven and cook for 10 minutes, tossing after 5 minutes. In the last 2 minutes toss through the coconut flakes and cook until everything is lightly browned.
- 3 -- Once cooked, remove from the oven and allow to cool before serving



BANANA ICE CREAM

INGREDIENTS

- 6 Large, ripe bananas

TO SERVE (OPTIONAL)

- 4 tpsps chopped mixed nuts
- Good pinch of ground cinnamon
- Fresh mint leaves

METHOD

1 - -

Peel the bananas and cut them into 2cm thick slices, tip them into a plastic container, suitable for the freezer), secure the lid and put in the freezer for 3-4 hours.

2 - -

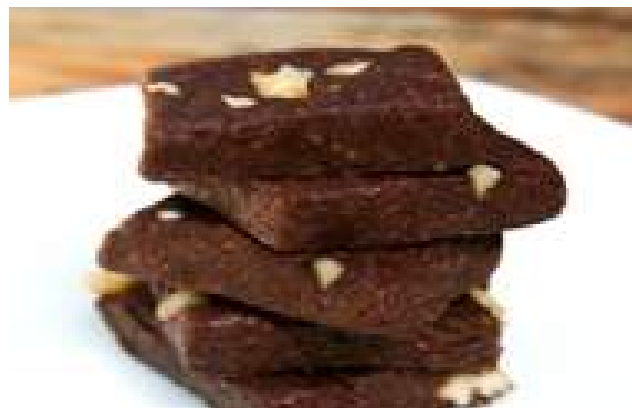
Once the bananas are frozen, empty them into a food processor and whiz them for a good few minutes. They will start banging around the food processor but will gradually turn into a smooth but thick banana cream.

3 - -

Scoop out into four serving bowls, sprinkle with some (or all) of the optional ingredients.

4 - -

Serve immediately



NO BAKE CHOCOLATE BROWNIES

INGREDIENTS

- Oil for greasing
- 125g ground almonds
- 100g pecan nuts, plus an additional 16 for decorating
- 75g unsweetened cocoa powder
- 125g pitted dates
- 175g Medjool dates, pitted

METHOD

1 - -

Grease and line an 18cm square baking tin or dish with baking parchment and set aside.

2 - -

Place all of the ingredients (except the 16 pecan nuts) in a food processor and blitz everything together until it forms crumbs, which, if you squeeze together will hold and stick. Then tip the mixture into the tin and level it out evenly using the back of a spoon or small step palette knife.

3 - -

Once flat, mark out 16 even sized square portions with the tip of a sharp knife. Press a pecan nut firmly into the centre of each square to decorate, then pop in the fridge until set.

4 - -

Once set, it will still be fairly pliable, but it should be set enough for it to be cut, removed from the tin, cut into the sixteen marked out squares and served.

5 - -

These brownies will keep layered between parchment paper in an airtight container in the fridge for a couple of weeks.



MIGHTY ENERGY BARS

INGREDIENTS

- 150g organic goji berries
- 100g organic pumpkin seeds
- 100g organic sunflower seeds
- 50g organic sesame seeds
- 2 heaped tbsps raw organic coconut oil

METHOD

- 1 --
Melt the coconut oil in a pan.
- 2 --
Meanwhile, add all other ingredients into a food processor and blast until ground down.
- 3 --
Add the ground down seed mix to the coconut oil and mix thoroughly.
- 4 --
Then shape the sticky mix into bite size balls, or snack size bars. Put them in the fridge until firm.



CONNOR'S MANGO CHUTNEY

INGREDIENTS

- 1 Mango
- 1 Red Pepper
- 1 Red Onion
- Small Green Chilli

METHOD

Chop them all finely and then add the juice of a lime





BANANA AND PEANUT OAT BARS

INGREDIENTS

- 3 very ripe bananas
- 1 tbsp coconut oil
- 1 tbsp honey
- 2 tbsps crunchy peanut butter
- 280g porridge oats
- 2 tbsps flax seeds
-
- Preheat oven to 180°C
- 1x8 inch square baking tin

METHOD

1 --

Start by mashing all the bananas in a bowl

2 --

Combine the coconut oil, honey and peanut butter in a pan and melt over a medium heat

3 --

Once melted add the mashed banana to the pan and stir

4 --

Once the bananas have been thoroughly mixed, stir in the oats and flax seeds and then mix again until you have a sticky consistency

5 --

Transfer your mixture into a greased baking tin and push down well to ensure that the mixture is compact

6 --

Bake in a preheated oven at 180°C for 20min or until the top is just turning golden brown.

7 --

Allow to cool and cut into squares



MUFFINS

INGREDIENTS

- 2 cups of rolled oats
- 2 ripe bananas
- 2 eggs
- 1 cup Greek yogurt
- 3 tbsps honey
- 1-1.5 tsps of baking powder
- 1/2 tsps of baking soda
- 1/2 tsps of vanilla extract
- Dash of salt

TOPPING SUGGESTIONS :

Cinnamon – apple chunks

Strawberries – Blueberries

Chocolate chips – almonds

Strawberries – and chocolate chips

Unsweetened coconut

METHOD

1 --

Preheat oven to 400°F and place 12 pieces of parchment paper or muffin-cup liners into muffin cups or spray with cooking oil

2 --

Throw all your ingredients into a blender and blend until smooth and creamy (approx 1-2 mins)

3 --

Divide batter evenly among prepared muffin cups and sprinkle with toppings of your choice.

4 --

Bake at 400°F for 15 mins or until a toothpick inserted into the centre comes out clean.

5 --

Cool muffins in a pan for 5 minutes, remove and place onto a wire rack and allow to cool fully before serving.



PALEO CARROT AND GINGER MUFFINS

INGREDIENTS

- 2 cups blanched almond flour
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1/2 tsp of spice
- 1/2 tsp powdered ginger
- A pinch of clove
- 1/2 cup shredded coconut shreds (unsweetened)
- 3 eggs
- 1/2 cup coconut oil, melted
- 1/2 cup maple syrup or honey
- 1-2 tsp grated fresh ginger
- 1 cup grated carrot
- 3/4 cup raisins, soaked in water for 15 minutes and drained

METHOD

1 - -

In a large bowl, combine almond flour, salt, baking soda, spices and coconut shreds.

2 - -

In a smaller bowl whisk together eggs, oil and syrup. Add fresh ginger, grated carrot and raisins.

3 - -

Stir the wet ingredients into the dry ones.

4 - -

Spoon batter into paper-lined muffin tins.

5 - -

Bake at 350°F for 18-20 mins for mini muffins or 24-26 minutes for regular muffins.

6 - -

Allow to cool and serve.



OVERNIGHT OATS

(1 serving). Refrigerate overnight or minimum 5 hours

FLAVOUR SUGGESTIONS

- Blueberries + pecans + honey
- Coconut flakes + almonds + lemon Zest
- Apples + cinnamon + maple syrup
- Peanut butter + banana

INGREDIENTS

- 1/3 – 1/2 cup rolled oats
- 1/3 – 1/2 cup liquid of choice
- 1/3 – 1/2 cup of natural yogurt (optional)
- 1/2 banana mashed (optional)
- 1 tsp chia seeds

METHOD

1 - -

Add the desired base ingredients to a jar or container of your choice and stir ingredients together, refrigerate overnight or for a minimum of 5 hours.

2 - -

In the morning add additional liquid if you'd like.

3 - -

Once the desired consistency is achieved add any other toppings that you have on hand.

TIPS:

This mixture will keep for up to two days – if you don't add the banana.

You needn't limit this recipe to breakfast. Overnight oats make for a great snack pre or post-workout.



HEY, W30, MAKE ME A SANDWICH

INGREDIENTS

SWEET POTATO (SLICES OR SPLIT AND STUFFED)

These can be used around a burger, but are also a good bottom-and-top or 'container' for just about anything. A perfect ground meat mixture, a chicken breast, a hot dog (with sweet potato as the "bun!"), or your favorite egg-and-veggie scramble will all go perfectly into this 'sandwich'.

PORTOBELLO MUSHROOM CAPS

These are another good burger 'bun' option, as their meaty nature and rich flavour lend them to heartier protein options, but you can also stuff the caps with a more traditional Whole30 mixture using shrimp, sausage, or pork.

EGGPLANT SLICES

Like portobellos, these are another good burger 'bun' option. They can also be a good 'base' for an Italian-style ground meat or chicken mixture.

ROASTED RED PEPPERS

Like tomatoes, you can either slice these the long way to make a 'sandwich', or roast them whole and stuff them with brisket, your favourite pulled pork, a ground meat mixture, or scrambled eggs with veggies.

ZUCCHINI OR SUMMER SQUASH

Sliced these the long way, hollow them out, and stuff them with any warm protein and your favorite veggies. Try chicken, thinly sliced steak, or a ground meat mixture, plus spinach, diced peppers and onions, and top with tomato sauce, pesto or ranch.



BANUTTY CHOC ICES

INGREDIENTS

- 4 bananas
- 150g peanuts
- Handful of cocoa nibs (optional)
- Sea salt, for sprinkling (optional)

FOR THE SAUCE

- 2 tbsps smooth peanut butter (crunchy also works)
- 1 tbsp cacao powder
- 1 tsp vanilla extract
- a pinch of chilli
- 1 tsp ground cinnamon
- a small pinch of sea salt
- 1 tbsp raw honey (optional)

METHOD

Freeze banana, melt sauce ingredients, dip frozen banana in sauce, then roll in chopped nuts and pop back in the freezer.



HOME-MADE ALMOND MILK

INGREDIENTS

- 1 cup of almonds

METHOD

1 --

Soak a cup of almonds overnight

2 --

Drain in morning and add into a blender/nutribullet with 2-3 cups of water, a couple of medjool dates and some vanilla if you want

3 --

Blend it.

4 --

You can then strain it if you want it smooth like milk or you can leave it with the bits in it if you like it thicker.

**HEALTHY BODY =
HEALTHY MIND &
HEALTHY IMAGE**



Making things from scratch keeps you in control of the ingredients, and out of the hands of the unethical food companies who make foods as addictive as possible for you.

All the very best of luck in implementing these healthy recipes into your daily nutritional intake. Change your relationship with food and you really will change your life.

If you'd like further help with your nutrition and fitness, then get in touch with me, and my team and I will do our very best to help you to get the best possible ReZults.

Thanks *Derek*

This Healthy Recipes Book is comprised of contributions from ReZults clients and was kindly edited by Michelle Rice, Tony Bibby, Jamie Duncan and Derek Thomson. Disclaimer: The recipes and images in this booklet are ReZults clients' favourites and as such are taken from relevant websites and recipe books. They are not owned by ReZults Personal Training and Group Fitness. July 2015

