Recipe Pack 1

Your recipe pack is based on nutrient-dense whole foods whilst at the same time providing delicious meals and plenty of choice.

The meals on the programme are varied to provide choice and balance. However they help to encourage:

- At least 5-7 portions of fruits and vegetables per day
- Increased intake of phytoestrogens – plenty of flaxseed, lentils, chickpeas etc included
- Increased fibre intake through vegetables, fruits, wholegrains and legumes
- Consumption of good fats such as avocado, nuts, seeds, olive oil, oily fish
- Reduced animal fats: the plan does not include red meat or dairy; eggs are included.
- Minimal processed sugar: ½ of the snack recipes are savoury, ½ are sweet. These do use dates and a little maple syrup / Troo chicory root fibre syrup; however, the quantities per portion are small. These recipes can be removed completely from the pack if you wish to omit all sweet foods fromthe plan altogether (the ywill be placed at the end).

The plan should also encourage:

- Plenty of water
- Elimination of caffeine and alcohol
- Use of organic products as much as possible
- Avoidance of processed foods and artificial sweeteners
- The avoidance of xenoestrogens in foods, plastics, cleaning products and skincare.

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Breakfast Smoothie



Serves 1

1 tbsp ground flaxseed
1 tbsp almond butter
1 tsp maca powder
1 tbsp protein powder (wild berry or vanilla)
250ml coconut milk
2 handfuls spinach
1 ripe kiwi fruit, peeled

1. Place all the ingredients into a cup blender.
2. Blend until smooth.
3. Best eaten straightaway, however the ingredients can be packed together the night before for a quick blend in the morning.



Breakfast

Overnight Oats

Oats are such a versatile food and can help you to stay fuller for longer as it's a slow releasing carbohydrate. You can mix and match toppings and fillings to ensure that you get a good balance of healthy fats, protein and at least one portion of fruit to set you up for the day.

Choose an item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight and it's ready for you first thing in the morning!

Serves 1

BASE (40G)
oats / quinoa flakes / buckwheat flakes

LIQUID (150ML UNSWEETENED)
almond milk / hemp milk / coconut milk

PROTEIN
1 tbsp protein powder / 1 tbsp almond butter / 20g chopped nuts

SEEDS (1 TBSP)
sesame seeds / flaxseed / pumpkin seeds / sunflower seeds

SPICES
½ tsp ground cinnamon / ½ tsp ground ginger

TOPPINGS
1 handful frozen / fresh berries
1 chopped apple / pear / peach / nectarine
2 chopped plums / apricots

Breakfast

Cinnamon Fruit Porridge

Serves 1

40g whole porridge oats
150-200ml almond or coconut milk
1/2 - 1 tsp ground cinnamon
1 tbsp ground flaxseed
1 tbsp mixed seeds
80g berries of your choice

1. Place the oats in a pan and cover with your chosen milk.
2. Bring to the boil, then gently simmer, stirring until the porridge thickens and the oats soften.
3. Stir the cinnamon and flaxseed into the porridge before transferring it to a bowl.
4. Scatter the mixed seeds and berries onto the porridge and serve.





Breakfast

Chia Pudding

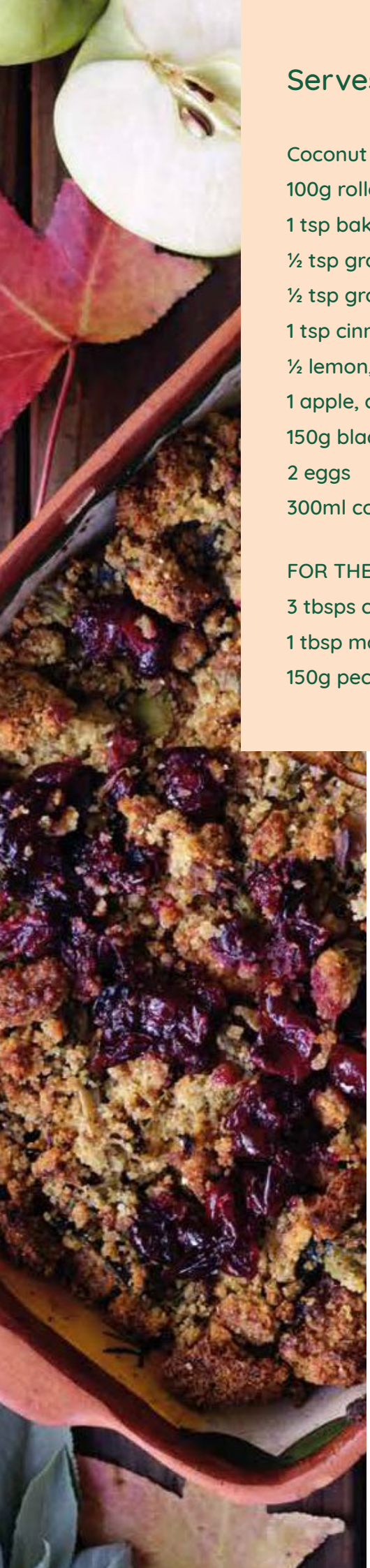
Serves 2

300ml coconut/ almond milk
1 ripe banana
2 tbsp almond butter
Large handful of frozen/ fresh berries
1 tsp maca powder
6 tbsp chia seeds
Mixed seeds to garnish
Extra berries to garnish

1. Place the milk, banana, almond butter, berries and maca powder into a blender and blend until smooth.

2. Pour the mixture into 2 glasses / jars and stir 3 tbsp of chia seeds into each. Cover and refrigerate overnight.

3. Garnish with mixed seeds and a few extra berries or eat straight from the fridge.



Breakfast

Apple & Blackberry Baked Oats

Serves 5

Coconut oil, for greasing
100g rolled oats
1 tsp baking powder
½ tsp ground ginger
½ tsp ground nutmeg
1 tsp cinnamon
½ lemon, zested
1 apple, cored and diced
150g blackberries
2 eggs
300ml coconut milk

FOR THE TOPPING
3 tbsps coconut oil
1 tbsp maple syrup
150g pecans, roughly crushed

1. Preheat the oven to 180C/ Gas Mark 4.
2. Grease a medium baking dish with coconut oil and set to one side.
3. Place the rolled oats, baking powder, ginger, nutmeg, cinnamon and lemon zest into a large bowl and mix well.
4. Add the apple and blackberries to the mixture and combine before spreading evenly on the baking tray.
5. In the same bowl, whisk together the eggs and milk and evenly pour the mixture on top of the dry ingredients in the baking tray.
6. Heat the coconut oil in a saucepan over a low heat until melted. Turn off the heat and add the maple syrup.
7. Combine before pouring over the pecans. Massage well so that the pecans are covered, then sprinkle the nuts over the top of the baking tray.
8. Bake for approximately 30 minutes or until the oatmeal has set and the top is golden and crunchy.
9. To serve add a dollop of coconut yoghurt.
10. This can be made in advance and stored in the fridge for up to 3 days.

Breakfast

Banana Bread

Makes 10 - 12 slice loaf . 1 slice - 1 portion

Serve with your choice of nut butters and fresh berries for a filling breakfast.

150g pecan nuts
100g flaxseed
50g sunflower seeds
½tsp cream of tartar
½tsp baking soda
1 tsp cinnamon
4 free-range eggs
1 large ripe banana
2 tbsp coconut oil, melted
1 tbsp maple syrup



1. Preheat the oven to 180C.
2. Place the pecans, flaxseed and sunflower seeds into the blender and process to form a fine meal.
3. Place in a large bowl with the other dry ingredients and mix.
4. Place the eggs, banana, oil and maple syrup in the blender and process until smooth.
5. Pour into the dry ingredients and mix thoroughly.
6. Spoon into a lined loaf pan and bake for 40—45 mins until firm to the touch.
7. Allow to cool for 5 mins before turning out.

Breakfast

Granola

1. Preheat the oven to 140C.
2. Into a large oven proof dish add the porridge oats, almonds, cashews, pumpkin and sunflower seeds and coconut flakes/ desiccated coconut.
3. Melt the coconut oil on a low heat and add in the maple syrup and vanilla extract.
4. Combine the wet ingredients, with the dry ingredients ensuring the nuts, seeds and oats are coated in the oil /syrup mixture.
5. Bake in the oven for 20-25 minutes until golden brown.
6. Allow to cool and store in an airtight container for up to 1 month.
7. To serve, add to a bowl with 2 tbsp coconut yoghurt and a handful of berries or 1 tbsp of stewed apple.



Serves 8-10

120g porridge oats
120g almonds
120g cashews
50g pumpkin seeds
50g sunflower seeds
50g unsweetened coconut flakes/desiccated coconut
40g coconut oil
40g maple syrup
1 tsp vanilla extract

Breakfast

Pea Fritters with Poached Eggs

Serves 2

200g frozen peas
2 spring onions, roughly chopped
½ tsp chilli flakes
2 garlic cloves, peeled
70g buckwheat flour
3 large eggs
Salt and pepper
Coconut oil for frying
1 large avocado
½ lime, juiced
1 tsp apple cider vinegar

1. Blanch the peas in a bowl of boiling water for 1 minute, then drain.

2. Blitz the peas, spring onions, chilli flakes, garlic, buckwheat flour and 1 of the eggs together in a food processor with a pinch of salt and pepper until chunky but combined.

3. Heat ½ tsp coconut oil in a small frying pan. Using your hands or a spoon, add a palm sized ball of mixture to the pan and cook for a few minutes until golden. Carefully flip it over and cook on the other side in the same way.

4. Repeat until all the mixture has gone - this should make 4 fritters.

5. Cut the avocado in half, removing the stone and skin. Place the flesh in a bowl and mash with a fork. Add the lime juice and a good pinch of salt. Mix together and set to the side.

6. Boil a small saucepan of water, enough to ensure the water is at least 4cm deep. Add the apple cider vinegar to the water. When at a high simmer, crack the eggs individually into the pan, a little apart, poaching for 2-3 minutes, or a few minutes longer for hard yolks. Remove with a slotted spoon.

7. To serve, place one fritter per plate, top with half the mashed avocado and sandwich together with another fritter. Top each stack with a poached egg.



Breakfast

Huevos Rancheros

Serves 2

2 kale leaves, destalked and finely chopped
1/2 onion, finely chopped
1/2 green pepper, finely chopped
1/2 red pepper, finely chopped
1/2 small bird's eye chilli, deseeded and finely chopped
1/2 courgette, finely chopped
1 garlic clove, finely chopped
800ml tomato passata
Salt and freshly ground black pepper
1 tbsp olive oil
4 free-range eggs
Coriander leaves to serve
Chives, finely chopped, to serve

1. To make the salsa, put the kale, onion, peppers, chilli, courgette, garlic and passata into a bowl. Season with salt and pepper and mix well.

2. Heat the oil in a medium lidded frying pan over a medium heat and add the salsa. Cook gently for 5-6 minutes, then make two holes in the salsa.

3. Break 2 eggs into each space. Put the lid on the pan and cook for 6-8 minutes.

4. The dish is ready when the eggs are cooked into the salsa and the whites are firm.

5. To serve, sprinkle with coriander leaves and chives.

Breakfast

Scrambled Tofu & Avocado

Serves 3

400g firm tofu, drained
1 tbsp extra virgin olive oil
6 mushrooms, thinly sliced
2 garlic cloves, crushed
1 tbsp miso paste
200ml vegetable stock
150g spinach
1 ½ avocados
2 spring onions
Sea salt and pepper

1. Tightly wrap the tofu in a clean tea towel. Over the sink, squeeze the tofu tightly to extract as much of the water as possible. Unwrap and crumble into a bowl.

2. Heat the oil in a large frying pan over a medium heat. Add the tofu and stir fry for 4 -5 minutes. Add the mushrooms and garlic and fry for another minute until aromatic.

3. Combine the miso paste and stock together and add to the pan to cook for a further 3-5 minutes along with the spinach until the stock has reduced, the spinach has wilted, and you are left with soft scrambled tofu. Season to taste and divide between two plates.

4. Serve with ½ avocado per person and a sprinkling of spring onions.

Breakfast

Flaxseed Bread

This is a great bread for a quick breakfast or to accompany lunch - try with some almond butter and sliced banana or some smashed avocado.



2 thin slices - 1 portion

320g flaxseed, ground
1 tbsp baking powder
¾ tsp sea salt
4 eggs
120ml water
70g coconut oil, melted

1. Preheat oven to 180C.
2. Mix the ground flaxseed, baking powder and salt in a large bowl.
3. In a separate bowl, beat the eggs and add the water and melted coconut oil - mix until combined.
4. Add the wet ingredients to the dry and stir. Let the batter sit to thicken for 1-2 minutes.
5. Put the mixture into a lined loaf tin and bake for 50 minutes or until set and browned.
6. Once cooled, store in the fridge for up to 7 days or slice and keep it in the freezer for a month.

Lunch

Chicken & Lentil Curried Soup



Serves 4

225g chicken breast
1 tbsp olive or coconut oil
1 medium onion, finely diced
2 peppers, any colour, chopped into 1.5cm chunks
2 tbsp mild or medium curry powder
1 tin chopped tomatoes
1 chicken stock cube
1 litre water
100g dried red split lentils
Sea salt and black pepper
200g spinach
Lemon wedges

1. Preheat the oven to 180C and place a chicken breast on a baking tray. Bake in the oven for 20-25 minutes until cooked through.

2. Heat the oil in a large saucepan and gently fry the onions and peppers for 5 minutes, until softened.

3. Stir in the curry powder and cook for a few seconds more.

4. Add the tomatoes and bring to the boil. Crumble over the stock cube and add the water.

5. Rinse the lentils thoroughly and add them to the pan, bringing it to a simmer. Season well with sea salt and lots of black pepper. Cook for 10-15 minutes, stirring regularly.

6. Slice the cooked chicken and add it to the pan alongside the spinach for 8-10 minutes, until the lentils are soft and the spinach has wilted.

7. Serve with lemon wedges for squeezing over.



Lunch

Tomato Gazpacho

This soup takes 5 minutes to make and tastes delicious cold. However, if you want to warm it up on a cold day, it tastes just as good. Serve with a slice of flaxseed bread or two flaxseed crackers (see recipe on page 13) to increase the protein content of this meal.

1. Place all the ingredients into the blender with a big pinch of salt and pepper and blend until smooth. Taste and add more seasoning if required.

2. Serve cold in bowls topped with fresh herbs (basil and coriander are delicious) and seeds (pumpkin/ sesame/ flax).

Serves 2

1 tbsp olive oil
4 spring onions, finely chopped
2 garlic cloves, crushed
1 tbsp ginger, freshly grated
1 tsp cumin
1 tsp smoked paprika
2 tbsp almond butter
400g tin chopped tomatoes
400g tin coconut milk
2 tbsp tomato purée
Salt and pepper
Fresh herbs and seeds to serve

Lunch

Puy Lentil Salad

Serves 4

2 vegetable stock cubes
1 litre water
200g Puy lentils
200g tenderstem broccoli
140g frozen edamame beans
160g sugar snap peas
1 red chilli, deseeded and sliced

FOR THE DRESSING:
2 tbsp sesame oil
1 lemon, juiced
1 garlic clove, chopped finely
40ml tamari
3cm piece ginger, finely grated
1 tbsp clear honey
Salt and pepper

1. Dissolve the stock cubes in the boiling water in a medium saucepan. Add the lentils to the stock and cook until tender, for about 15 mins. Drain, then tip into a large bowl.

2. Bring a saucepan of salted water to the boil, add the broccoli for 2 minutes, then add the edamame beans and peas for 1 minute more. Drain, then cool under cold water. Pat dry, then add to the bowl with the lentils.

3. Mix the dressing ingredients together. Pour over the lentil mixture, then mix in well with the chopped chilli.

4. Place all onto a serving platter or divide between 4 plates and serve.



Lunch

Super Greens Soup

Serves 3-4

1 tbsp olive oil
1 large onion, finely chopped
300g leeks, sliced
2 vegetable stock cubes
1.5 litres of water
½ green cabbage (sweetheart or Savoy), shredded
150g green lentils, rinsed
125g spinach
1 large bunch parsley

1. Heat the oil in a large saucepan and lightly sauté the onion over a low heat.
2. Once soft and translucent, add the sliced leeks and sauté until soft.
3. Make up the stock by dissolving the stock cubes in 1.5 litres of boiling water.
4. Add the shredded cabbage to the pan along with the stock and the green lentils.
5. Cook for 30 minutes until the lentils soften.
6. Add the spinach and parsley, remove from the heat once wilted.
7. Allow to cool slightly before pouring the soup into a blender (in batches). Blitz for 60 seconds until the mixture is smooth and green.



Serves 3 (makes 6 crêpes)

160g buckwheat flour
1 medium cooked or raw beetroot, grated
1 egg
320ml almond milk
Pinch of salt
Coconut oil for frying
1.5 avocados, peeled and stoned
1 lemon, juiced
Pinch sea salt
200g hummus
80g pomegranate seeds
20g alfalfa/ broccoli sprouts
Bag of rocket/ mixed leaves

Lunch

Filled Beetroot Crêpes

1. Combine the flour, beetroot, egg, milk and salt in a large bowl.
2. Heat enough coconut oil to cover the base of a small frying pan (approx. 1 tsp) on a medium heat. Pour enough batter into the pan to cover the base in a thin layer.
3. Cook for 1-2 minutes each side until golden and cooked through.
4. Repeat with the remaining batter to create 6 crêpes.
5. Thinly slice the avocado and sprinkle with lemon juice and salt.
6. Spread some hummus onto each crêpe, topped with the avocado, pomegranate seeds and alfalfa/ broccoli sprouts.
7. Serve with some rocket/ mixed leaves.

Lunch

Smoked Mackerel Paté

Serves 2

3 smoked mackerel fillets
3 tbsp coconut yoghurt
½ lemon, juiced
2 spring onions, finely sliced
1 tbsp capers, drained and roughly chopped
Sea salt and pepper, to taste
Salad/ crudités to serve

1. Using a fork, flake the mackerel fillets into a bowl, discarding the skin. Add the yoghurt and lemon juice. Season with salt and a generous helping of black pepper.

2. Stir in the spring onions and capers, reserving a few capers to garnish.

3. Serve with a large green salad or vegetable crudités.





Lunch

Buddha Bowl

1. Simply layer the ingredients into a bowl.
2. Mix up the dressing and drizzle over.

Serves 1

PICK A PROTEIN (100g)

Chicken, prawns, mackerel, salmon, firm tofu, chickpeas, cooked lentils

PICK A GREEN LEAFY VEGETABLE

(large handful) Rocket, watercress, spinach, lettuce

PICK YOUR VEGETABLES (80g)

Carrot, beetroot, tomatoes, peppers, onion, cucumber, cooked / raw broccoli, radish, celery

PICK A PORTION FROM A JAR OF ROAST ANTIPASTI (1 tbsp)

Roasted peppers, roasted artichoke, roasted aubergine, sundried tomatoes, olives

PICK A CARBOHYDRATE:

Wholegrain rice (40g dry weight), quinoa (50g dry weight), sweet potato wedges (½ small), roased butternut squash (50g)

PICK A HEALTHY FAT

25g hummus, ½ smashed avocado, 1 tbsp chopped nuts

PICK A SEED: (1 tbsp)

Pumpkin seeds, sunflower seeds, sesame seeds

PICK A DRESSING:

- 1 tbsp balsamic vinegar, 2 tbsp olive oil, 1 tsp wholegrain mustard and ½ chopped garlic clove
- 1 tbsp no added sugar peanut butter, 1 tsp tamari, ½ tsp smoked paprika, 1 tsp sesame oil
- 2 tbsp tamari, 2 tbsp sesame seeds, 2 tbsp sesame oil, juice of ½ lime, ¼ tsp of chilli flakes and 1 tsp honey

Lunch

Seeded Crackers

Makes 16 crackers

½ red pepper, roughly chopped
75g / 3/4 cup sunflower seeds
150g / 1 cup flaxseed
1 garlic clove, crushed
1 tomato, chopped
1 nori sheet, crumbled
60g /2 oz / ½ cup sundried tomatoes
2 tbsp sesame seeds
2 tbsp hemp seeds
1 tsp sea salt
1 tsp ground cumin
1 tsp ground coriander
pinch of cayenne pepper
Juice of ½ lemon

1. Preheat the oven to 150C.
2. Place the pepper, sunflower seeds and flaxseed into the food processor and process to break up. Add all of the remaining ingredients and process again to combine.
3. Spread the mixture thinly onto non-stick baking parchment. Placing another sheet of baking parchment on top, roll the mixture thinly. Place onto a baking tray.
4. Shape into a rectangle and mark into 16 squares.
5. Bake for 30-45 minutes until golden and crisp.
6. Enjoy 2 of these with avocado spiced hummus alongside any salad or with a warming bowl of soup.

Lunch

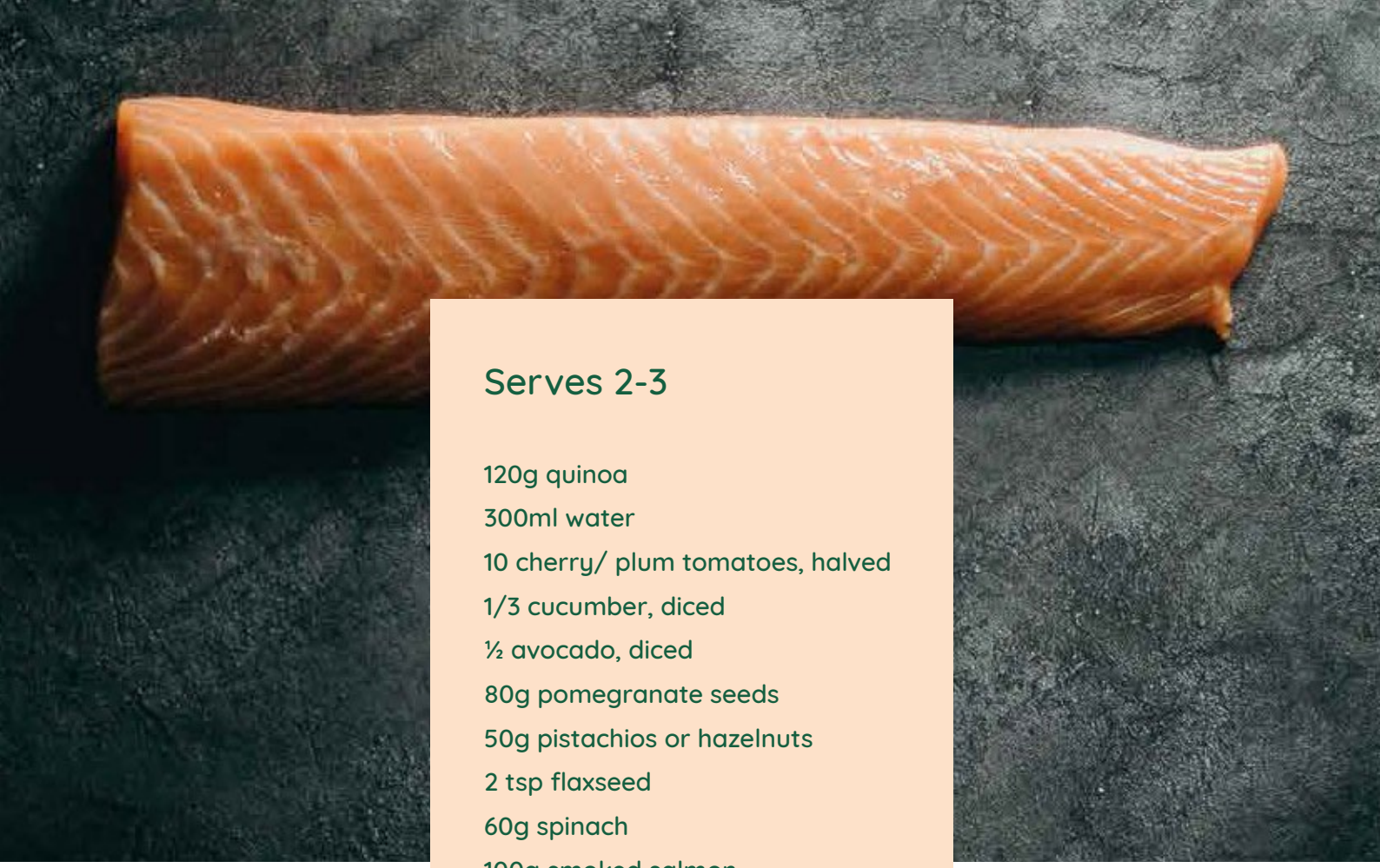
Chilli Bean Soup

Serves 2-3

1 tbsp coconut oil
1 red onion, diced
2 garlic cloves, crushed
2 celery sticks, finely sliced
1 carrot, diced
Pinch chilli flakes
½ tsp cumin
1 vegetable stock cube (or homemade stock)
400ml hot water
400g tin chopped tomatoes
400g tin adzuki or kidney beans, rinsed and drained
120g coconut yoghurt
Handful coriander, chopped
Sea salt and black pepper

1. Heat the coconut oil in a pan and sauté the onion, garlic, celery and carrot for 3-4 minutes until softened.
2. Add the chilli flakes and cumin and cook for a minute.
3. Make the stock by dissolving the stock cube in the hot water.
4. Pour in the tomatoes, stock and beans, then simmer for 15-20 minutes, until the vegetables are tender.
5. Mix together the yoghurt and coriander and season with salt and pepper.
6. Spoon the soup into bowls and top with the yoghurt to serve.





Serves 2-3

120g quinoa
300ml water
10 cherry/ plum tomatoes, halved
1/3 cucumber, diced
½ avocado, diced
80g pomegranate seeds
50g pistachios or hazelnuts
2 tsp flaxseed
60g spinach
100g smoked salmon
2 lemon wedges

Lunch

Jewelled Quinoa with Smoked Salmon

1. Rinse the quinoa, add it to a saucepan with the water and bring to the boil. Cover with a lid, reduce to a simmer and cook for 10 minutes.

2. Add the tomatoes, cucumber and avocado to a medium-sized bowl along with the pomegranate and pistachios/ hazelnuts. Sprinkle over the flaxseed.

3. Once cooked, turn off the heat but leave the lid on and allow the quinoa to sit for a further 5 minutes. Remove the lid and fluff with a fork. Allow to cool for 5 minutes.

4. Add the quinoa to the bowl and mix through. Add the spinach and mix again.

5. Serve with smoked salmon and a wedge of lemon per person.

Lunch

Oriental Chicken Salad

Serves 2

2 skinless chicken breasts, cooked and shredded
1 medium carrot, grated
¼ cucumber, grated
½ small red onion, grated
2 handfuls bean sprouts
Small handful fresh mint leaves
1 red pepper, sliced
25g unsalted cashew nuts, roughly chopped

DRESSING:
½ tbsp olive oil
½ tsp tamari
½ tsp sesame oil
½ tsp grated ginger
1 small garlic clove, peeled and crushed
½ lime, juiced

1. Mix all the vegetables, mint, nuts and chicken in a bowl.

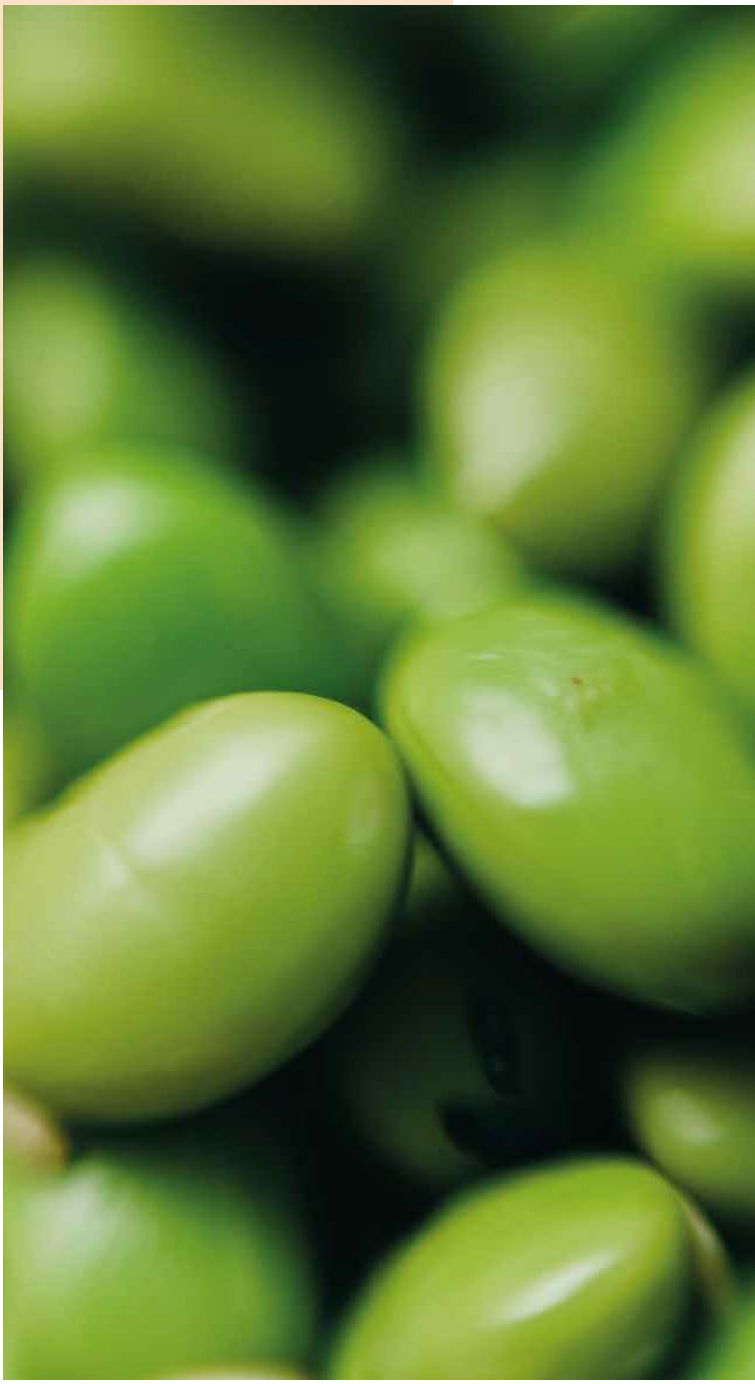
2. Mix together the dressing ingredients in a bowl. Pour over the salad, mix well and serve.

Lunch

Tune & Soya Bean Salad

Serves 2

200g frozen soya beans
2 spring onions, thinly sliced
1 can of tuna, drained
Handful of fresh coriander or flat leaf parsley, leaves roughly chopped
12 olives
10 cherry/ plum cherry tomatoes, sliced
2 tbsp apple cider vinegar
2 tbsp extra virgin olive oil
Sea salt & pepper
2 large handfuls of mixed leaves/ rocket



1. Cook the soya beans in some boiling water for 6-7 minutes before draining.

2. Place the spring onions, tuna, herbs, olives, tomatoes and soya beans into a large bowl and, using a fork, break the tuna into flakes.

3. Drizzle the vinegar and olive oil over the salad, seasoning with sea salt and black pepper. Toss well.

4. Fold in the leaves before serving.

Dinner

Cauliflower & Chickpea Curry



Serves 2

2 tbsp coconut oil
3 tbsp medium curry paste
2 large onions, finely diced
1 red pepper, cut into bite sized pieces
½ cauliflower, broken into small florets
400g tin chickpeas, rinsed and drained
400g tin chopped tomatoes
100ml hot vegetable stock
Sea salt & pepper, to taste
Handful fresh coriander, chopped or torn, to serve

1. Heat the oil and curry paste in a large frying pan.
2. Add the onions and red pepper and fry over a medium heat to soften.
3. Add the cauliflower and chickpeas, then stir to coat them in the curry paste mix.
4. Pour in the chopped tomatoes and the vegetable stock, stir, then bring to the boil.
5. Cover the pan and simmer over a gentle heat for 30 minutes until the cauliflower is fairly soft. Add a little extra stock, if required to loosen.
6. Season to taste.
7. Sprinkle over fresh coriander to serve.

Serves 2

1 tbsp coconut oil
1 large onion, finely diced
4 cloves garlic, crushed
150g mushrooms, sliced and diced
2 peppers, any colour, finely chopped
2 tins cooked green lentils, rinsed and drained
2 tsp mixed dried herbs
2 tins chopped tomatoes
1 heaped tbsp. tomato purée
Salt and pepper
2 large courgettes, spiralised or 200g edamame spaghetti, to serve

Dinner

Lentil Bolognese

1. Heat the oil in a large saucepan and cook the onion and garlic for 4-5 minutes until the onion softens. Add the mushrooms and peppers and continue to cook on a medium heat for a further 5 minutes.

2. Drain and rinse the lentils. Add to the pan alongside the dried herbs, chopped tomatoes and tomato purée. Season and simmer for 15-20 minutes to allow the flavours to develop.

3. Adjust seasoning to taste.

4. Serve with spiralised courgette spaghetti or edamame spaghetti.



Dinner

Moroccan Chickpea Stew

Serves 2-3

3 tbsp extra virgin olive oil
1 onion, finely diced
3 celery sticks, finely sliced
1 carrot, finely diced
1 yellow/ red pepper, diced
1 red chilli, deseeded and finely chopped
4 garlic cloves, crushed
2 cm fresh ginger, grated
1 tbsp cumin seeds
2 tsp turmeric
2 tsp smoked paprika
2 tsp cinnamon
3 tbsp tomato purée
1 litre vegetable stock
2 tins chopped tomatoes
2 tins chickpeas, rinsed and drained
150g green lentils, rinsed
Large handful flat leaf parsley
Sea salt and black pepper
Lemon wedges, to serve
Cauliflower rice, to serve (see recipe on page 38)

1. Put the oil into a large pan over a medium heat. Add the onions, celery, carrot, pepper and chilli and cook for 6-8 minutes until the onions have softened.

2. Add the garlic, ginger, all the dried spices and the tomato purée and cook for another 2-3 minutes, stirring continuously, until fragrant.

3. Add the stock, chopped tomatoes, chickpeas and lentils and bring to the boil. Reduce the heat to a gentle simmer, stirring frequently, for 30-35 minutes until the lentils are tender and the stew has thickened a little.

4. Stir in most of the parsley and season to taste.

5. Serve scattered with the remaining parsley, a wedge of lemon and a portion of cauliflower rice.

Dinner

Sweet Potato Miso Stew

Serves 3

1 large red onion, finely chopped
2 garlic cloves, crushed
1 medium sweet potato
1 tbsp coconut oil
Salt & pepper
200g red lentils, washed and drained
1 heaped tbsp miso paste
1 tin butter beans, drained and rinsed



1. Finely chop the onion and garlic and, keeping the skin on, dice the sweet potato into small cubes.

2. Heat the oil in a saucepan over a medium heat. Sauté the onion and garlic, along with some salt and pepper, until the onion is soft.

3. Add the lentils to the pan with the sweet potato and enough water to almost cover the contents of the pan (approximately 500ml). Bring to a simmer.

4. Add the miso paste and stir well until dissolved.

5. Continue to simmer until the sweet potato has softened and the lentils are soft and semi broken down. This should create a thick stew.

6. Add the butter beans and mix well.

7. Serve with some steamed kale/cabbage/collard greens and season to taste.

Serves 2

4 tbsp extra virgin olive oil
400g firm tofu, drained and cut into bite sized pieces
3 tsp garam masala
1 tsp turmeric
1 tsp sea salt
½ tsp black pepper
1 large onion, finely chopped
6 garlic cloves, crushed
4 cm fresh ginger, finely chopped
1 tsp ground cumin
1 tsp smoked paprika
2 tbsp tomato purée
400g tin chopped tomatoes
2 peppers, any colour, roughly diced
150ml coconut yoghurt
1 tbsp lemon juice
100g spinach
Coriander, to serve
Quinoa, brown basmati rice or cauliflower rice (see recipe on page 38), to serve

Dinner

Tofu Masala

1. Put half the oil into a large saucepan and set over a medium heat. Add the tofu, half the garam masala and half the turmeric, the salt and pepper. Toss everything together and fry for 5 minutes until golden and fragrant. Place in a bowl and return the pan to the heat.

2. Add the remaining oil and the onions to the pan and fry for 5-6 minutes until soft. Add the garlic and ginger, and on a lower heat, fry for a further 5 minutes until fragrant.

3. Add the remaining garam masala, turmeric, cumin and smoked paprika and combine.

4. Add the tomato purée, chopped tomatoes and peppers to the pan and bring to the boil. Reduce the heat and simmer for 10 minutes, until the peppers soften.

5. Stir in the yoghurt, lemon juice and spinach and cook until the spinach wilts.

6. Stir the tofu back into the sauce and warm through.

7. Serve with coriander and quinoa (65g uncooked weight per person), brown basmati rice (40g uncooked weight per person) or cauliflower rice (unlimited amount).

Dinner

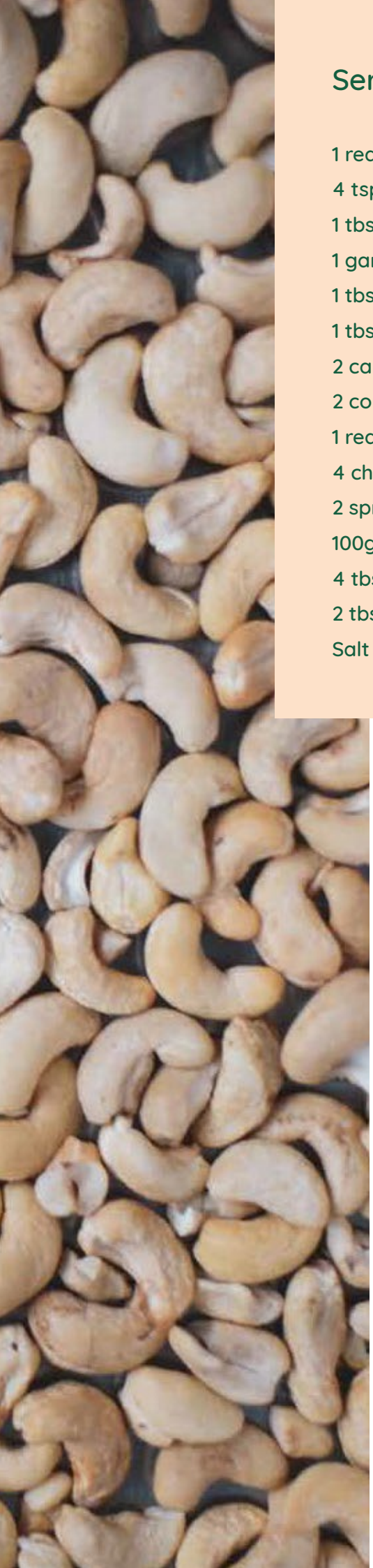
Sesame Salmon

Serves 2

2 tsp olive oil
2 salmon fillets
6 spring onions, trimmed and cut into 3 pieces
12 cherry tomatoes
Black pepper
200g long-stemmed broccoli, trimmed
1 tbsp tamari
1 tsp sesame oil
½ tsp crushed chilli flakes (optional)
2 tsp sesame seeds

1. Preheat the oven to 200C. Drizzle a baking tray with olive oil.
2. Place the salmon fillets onto the tray, skin side down. Add the spring onions and tomatoes and season with black pepper. Bake for 8 minutes.
3. Steam the broccoli for 5 minutes.
4. Remove the tray from the oven and add the broccoli. Drizzle the tamari and sesame oil over the fish and sprinkle everything with the chilli flakes and sesame seeds.
5. Return to the oven for 4-5 minutes or until the salmon is just cooked.





Serves 4

1 red chilli, deseeded and finely chopped
4 tsp tamari
1 tbsp ginger, freshly grated
1 garlic clove, crushed
1 tbsp sesame oil
1 tbsp coconut oil
2 carrots, cut into matchsticks
2 courgettes, julienned, or green beans, sliced
1 red pepper, sliced
4 chicken breasts, cut into 1cm strips
2 spring onions
100g cashews
4 tbsp fresh coriander, chopped
2 tbsp sesame seeds
Salt and pepper

Dinner

Chicken Stir-fry with Cashews

1. Mix the chilli with the tamari, ginger, garlic and sesame oil to create the chilli sauce.

2. Put the coconut oil into a large pan on a high heat. Add the carrots, courgettes / green beans and pepper and stir fry for a few minutes. Add 1 tbsp of the chilli sauce, stirring well.

3. Add the chicken, spring onions, cashews and the rest of the sauce. Stir for 5-7 minutes until the chicken is cooked. Taste and season if required.

4. Serve topped with fresh coriander and sesame seeds.

5. Goes well with a portion of cauliflower rice. (see recipe on page 38)

Dinner

Mackerel with Garlic and Thyme Roasted Celeriac

Serves 4

1 medium celeriac, peeled and cut into chunks
4 sprigs of thyme
6 cloves of garlic, skin on
1 lemon, juiced and zested
Olive oil, to drizzle and fry
Sea salt & pepper
200g kale, destalked and roughly chopped
Handful parsley, leaves roughly chopped and stalks finely chopped
4 fresh mackerel fillets, skin on & pin boned
Pinch of cayenne pepper

1. Preheat the oven to 180C.

2. Place the celeriac into an ovenproof dish. Add the thyme, garlic cloves (skin on) and lemon zest. Drizzle with olive oil and season. Toss to combine flavours.

3. Roast in the oven for 25 minutes. Remove, toss and return to the oven for a further 15 minutes, or until soft and slightly coloured. Remove from the oven.

4. Add the kale to a steamer basket and steam for 4-5 minutes until wilted but still bright green. Add to a bowl and combine with the roasted celeriac, chopped parsley and lemon juice.

5. Pat the mackerel fillets dry with some kitchen roll and season well.

6. Heat a little olive oil in a frying pan over a medium-high heat. Add the fillets, skin side down and, as they curl up, gently push the fillets down, so the skin is in contact with the pan. Cook for 1-2 minutes, depending on how thick the fillets are.

7. Turnover and cook for a further minute before removing the pan from the heat.

8. Serve with the celeriac and kale and a sprinkling of cayenne pepper.



Dinner

Slow Cooker turkey Chilli

Serves 4

1 tsp coconut oil
500g minced turkey
1 onion, diced
1 red & 1 green pepper, diced
1 red chilli, finely chopped
3 cloves garlic, crushed
2 x 400g tin tomatoes
2 x 400g tins kidney beans, rinsed and drained
1 tsp chilli powder
1 tsp ground cumin
Salt & pepper
1 tsp dried oregano
Fresh coriander, to serve
2 avocados, sliced, to serve

1. In a large frying pan heat the oil and add the minced turkey. Crumble and cook for 4—5 minutes until almost cooked through.

2. Add the turkey to the slow cooker along with all the remaining ingredients (except the coriander and avocado). Stir until combined and cook on low for 6 hours, or high for 4 hours.

3. Once cooked, taste and adjust seasoning as desired.

4. Ladle into individual serving bowls and top with coriander and sliced avocado.

5. This can also be served with 3 tbsp of cooked quinoa or unlimited cauliflower / broccoli rice.



Serves 2

2 medium chicken breasts
3 lemons, juiced
2 garlic cloves, finely chopped
Handful coriander, finely chopped
Bag of mixed leaf salad
½ cucumber, diced
2 tbsp sundried tomatoes or 12 baby plum tomatoes, chopped
2 spring onions thinly sliced
1 handful of pine nuts
1 tbsp flaxseed
1 tbsp olive oil
1 tbsp balsamic vinegar
Black pepper to taste



Dinner

Zingy Chicken Salad

1. Butterfly the chicken breasts, leaving a hinge on the thickest edge.
2. Marinate the chicken in the lemon juice, garlic and coriander for at least 1 hour in the fridge.
3. Grill the chicken breasts for approx. 5 mins each side (until cooked through).
4. Whilst the chicken is cooking, mix the leaves, cucumber, tomatoes and spring onions in a bowl.
5. Toast the pine nuts for a few minutes in a hot oven or frying pan until golden. Add to the salad.
6. Cut the chicken into strips, add it to the salad along with the flaxseed, oil, vinegar and pepper and mix well before serving.

Dinner

Spiced turkey Meatball Stew

Serves 4

FOR THE SAUCE:

1 tbsp olive oil
1 red onion, finely diced
2 carrots, finely diced
2 celery sticks, finely sliced
2 garlic cloves, thinly sliced
500g carton of passata
500ml chicken stock or 1 chicken stock cube dissolved in 500ml hot water
2 tbsp chopped parsley
2 tins cannellini beans

FOR THE MEATBALLS:

1 tsp olive oil or coconut oil
2 large cloves garlic, crushed
1/2 tsp paprika
500g minced turkey
4 tbsp porridge oats
1 tbsp sundried tomato paste
1 tbsp tamari
1 tbsp lemon juice
Freshly ground black pepper
Cabbage/ kale/ broccoli to serve

1. Make the sauce: Heat the oil in a large non-stick frying pan with a lid, then tip in the onion, carrots, celery and garlic and stir well. Cover the pan and cook over a medium heat for 8 minutes, stirring every now and then.

2. Pour in the passata and stock, cover and leave to simmer for 20 minutes.

3. Meanwhile, to make the meatballs, heat the oil and fry the garlic and paprika for 1-2 minutes to soften.

4. Tip the mixture into a large bowl with the turkey mince. Add the oats, tomato paste, tamari, lemon juice and plenty of black pepper, and mix in with your hands. Lightly shape into 16 meatballs about the size of a golf ball.

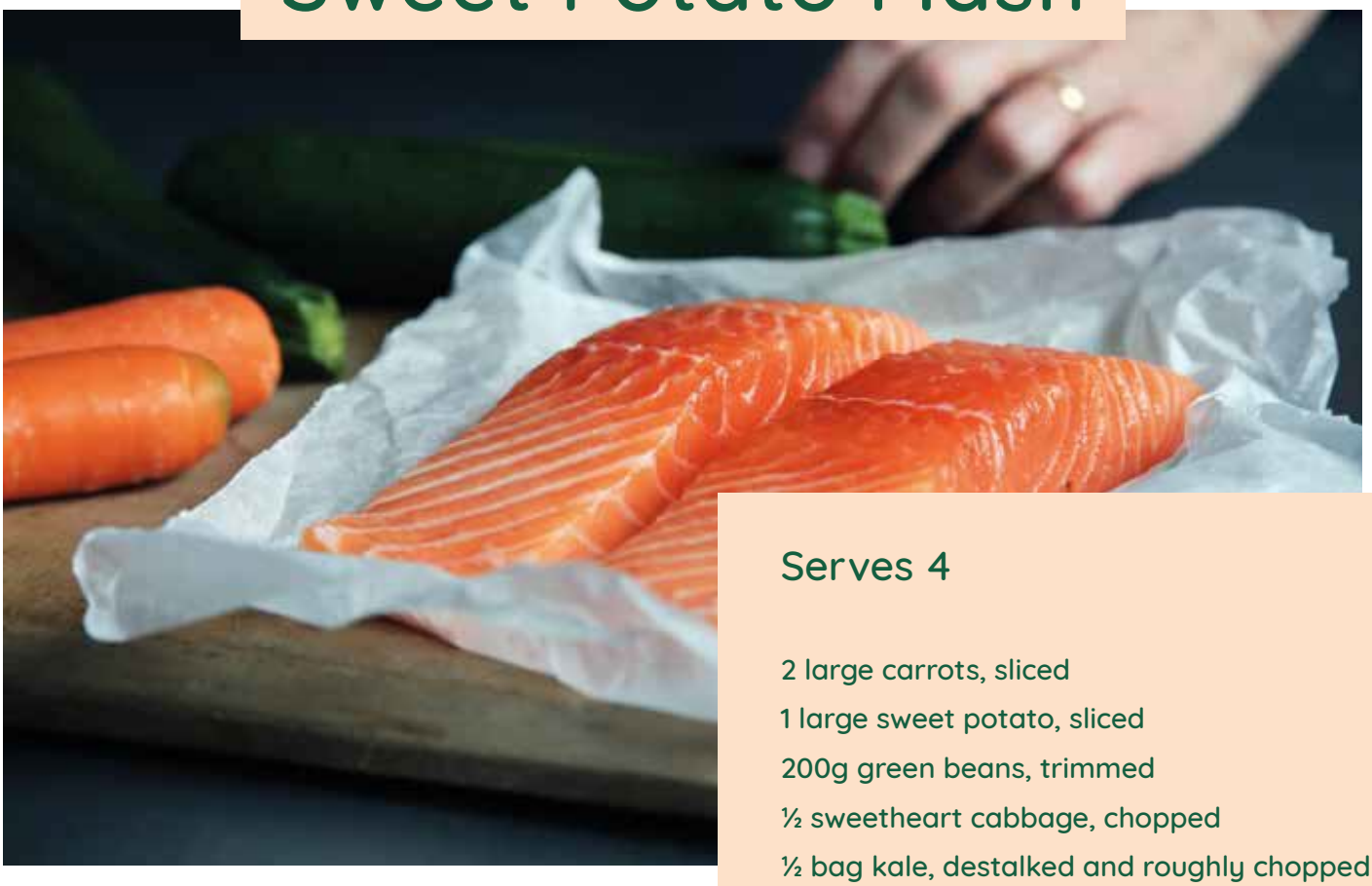
5. Rub a non-stick pan with a little oil and gently cook the meatballs until they take on a little colour.

6. Give the sauce a stir, then add the meatballs, the cannellini beans and parsley. Cover and cook for 10 mins until they are cooked through, and the vegetables in the sauce are tender.

7. Serve with a side of steamed vegetables.

Dinner

Grilled Salmon with Spiced Carrot and Sweet Potato Mash



Serves 4

2 large carrots, sliced
1 large sweet potato, sliced
200g green beans, trimmed
½ sweetheart cabbage, chopped
½ bag kale, destalked and roughly chopped
4 salmon fillets
½ tsp mixed spice
Sea salt & black pepper
Lemon wedges, to serve

1. Steam the carrots and sweet potato in a steamer basket for 10 minutes before adding the green beans, cabbage and kale on top in another basket. Cook until tender.

2. Preheat the grill to high. Place the salmon fillets, skin side down on a baking tray and cook under the grill for 8-10 minutes, or until beginning to turn golden brown.

3. Remove the carrots and sweet potato from the steamer and place in a large bowl. Mash with a potato masher before adding the mixed spice. Season with salt and pepper and mash again until a smooth consistency is achieved.

4. Serve each salmon fillet on a bed of mash and steamed vegetables.

5. Serve with lemon wedges.

Side Dishes

Cauliflower Rice

1. To make the cauliflower resemble rice you can either use a box grater with the medium-size holes traditionally used for cheese, or a food processor with the grater blade to blitz it into small pieces. With both techniques you're aiming for little pieces the size of rice.

2. If your 'rice' seems to contain excess moisture, transfer it to a large paper towel or absorbent dish towel and squeeze / press to remove any remaining water. This ensures no excess moisture remains, which can make your rice soggy.

3. To cook, heat the oil in a large frying/saucepan and add the cauliflower. Use a lid to cover so the cauliflower steams and becomes tender. Cook for a total of approximately 5 minutes, stirring occasionally, then season as desired (such as with tamari or salt and pepper).



Serves 4

1 cauliflower

1-2 tbsps coconut/ olive oil

Side Dishes

Quinoa

Serves 2-3

120g quinoa

300ml water

1. Rinse the quinoa and combine with the water in a saucepan, bringing to the boil.
2. Cover, reduce to a simmer and cook for 10 minutes.
3. Turn the heat off, leave the lid on and allow thequinoa to sit on the burner for a further 5-7 minutes.
4. Remove the lid and fluff with a fork before serving.





Snacks

Avocado Spiced Hummus

Serves 2-3

2 small garlic cloves, crushed
1 ripe avocado, destoned
1 tin chickpeas, drained and rinsed
1 lemon, juiced
½ tsp ground cumin
2 tbsp tahini
1 tbsp olive oil
2 tsp nutritional yeast flakes (optional)
½ tsp smoked paprika
Sea salt to taste

1. Add the garlic cloves to the food processor. Blitz for a few seconds until finely chopped.

2. Place the flesh of the avocado, the chickpeas, lemon juice, cumin, tahini, olive oil, nutritional yeast and smoked paprika into the food processor. Blend until smooth.

3. Add salt to taste.

4. Serve with a range of vegetable crudités or a couple of seeded crackers (see recipe on page 24) from lunch.

Snacks

Mexican Bean Dip

Serves 4

1 garlic clove, crushed
2 tsp olive oil
4 tsp lemon juice
400g tin kidney beans, drained and rinsed
2 tbsp coconut yoghurt
½ tsp cayenne pepper
Salt & pepper, to taste



1. Blend the garlic in the food processor before adding all of the other ingredients. Blend until smooth and creamy, then season.

2. Serve with oatcakes, flaxseed crackers or vegetable crudités.

Snacks

Kale Crisps

1. Preheat the oven to 140C.

2. Blend the tahini, cashew nuts, nutritional yeast flakes, lemon juice, garlic granules, sea salt and 2-3 tbsp water to create a thick sauce.

3. Put the kale in a large bowl and pour over the tahini mixture, massaging the sauce into the kale using your hands, until it is thoroughly coated. The kale should start to wilt.

4. Grease a baking sheet with a little coconut oil and arrange a single layer of kale on top. Bake for approximately 10 minutes before flipping with a fork and bake for a further 10 minutes, until crisp but not burnt.

5. Allow to cool and store in an airtight container.



Serves 4

1 tbsp tahini
60g cashew nuts
2 tbsp nutritional yeast flakes
2 tbsp lemon juice
½ tsp garlic granules
½ tsp sea salt
200g kale, washed, destalked and chopped into 5cm pieces
Coconut oil, for greasing



Makes 20-24

2 tins black beans
6 tbsp cacao powder
80g oats, ground
4 tbsp maple syrup
12 pitted dates
4 tbsp melted coconut oil
4 tsp vanilla extract
3-4 tbsps coconut milk
1 tsp baking powder

Snacks

Black Bean Chocolate Brownies

1. Preheat oven to 180C.
2. Place the oats into the food processor and blitz to create a coarse flour.
3. Add everything else, except the milk, in the food processor and mix until smooth, scraping down the sides if necessary.
4. Add the milk and blend again to achieve a loose, but not runny mixture.
5. Line a Swiss roll tray with baking paper and spoon the mixture onto the tray.
6. Bake in the oven for 16-20 minutes until a skewer comes out cleanly.
7. Cool, then cut and serve.
8. Best eaten in the first few days, however can be kept in the fridge for 5-6 days, or freeze in portions for up to 1 month.

Snacks

Granola Squares

1. Preheat the oven to 180C and line a 20cm square baking tray with baking paper.

2. Put the nut butters, syrup and coconut oil into a small pan over a low heat and warm until melted. Stir well.

3. Put the rest of the ingredients into a large bowl and stir, so that they are evenly distributed. Pour in the wet ingredients and stir until well combined and all of the mixture is coated.

4. Press into the baking tray and, using a sharp knife, lightly score the top into a grid of 12-16 squares or rectangles. This will make it easier to cut them when baked.

5. Bake for approximately 15 minutes until browned and firm to the touch. Leave to cool fully before slicing along the pre-scored lines.

Makes 12-16

50g smooth almond butter
50g smooth peanut butter
65g maple syrup/ Troo chicory root fibre syrup
30g coconut oil
150g porridge oats
25g desiccated coconut
40g dried apricots, chopped, or goji berries
35g flaxseed
25g sunflower seeds
25g sesame seeds



Snacks

Protein Balls

1. Place all of the ingredients into a food processor and blitz until the mixture comes together in a large ball.

2. Roll into 9 equal sized balls and roll in sesame seeds to coat.

3. Chill in the fridge until ready to eat.

4. These will keep for a week in an airtight container in the fridge or for a month in the freezer.



Makes 8

30g porridge oats
2 tbsp (roughly 20g) chocolate protein powder (plant-based)
2 tbsp flaxseed, ground
2 tbsp almond butter/ tahini
1 tbsp raw cacao powder
1 tsp ground cinnamon
1 tsp maca powder
1 tbsp maple syrup
75ml warm coconut milk
Sesame seeds to coat