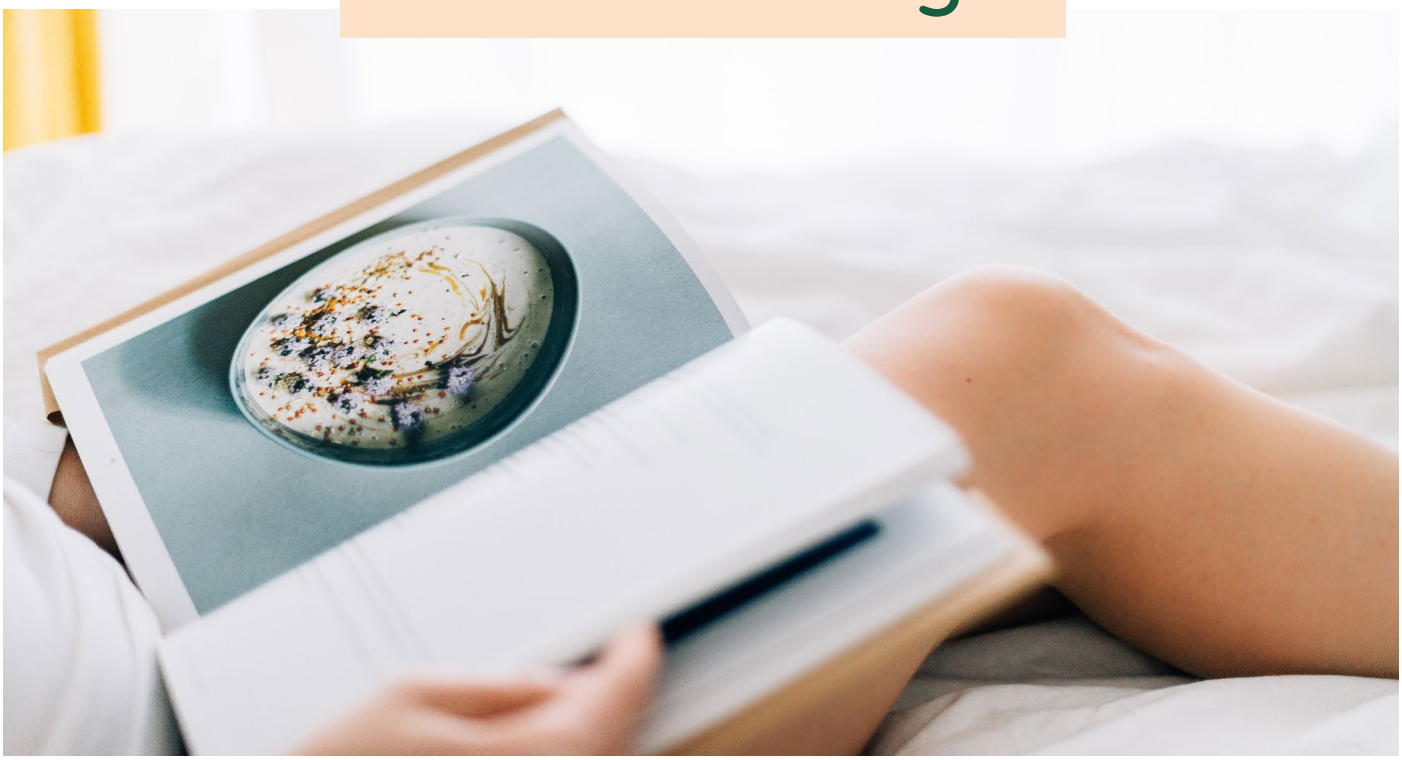
# Recipe Pack 2

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



# Contents Page



## Breakfast


Page 3 - Breakfast hash

Page 4 - Green Smoothie

Page 5 - Breakfast bowl

Page 6 - Breakfast Turkey Patties

Page 7 - Grapefruit & Avocado Salad


## Lunch


Page 8 - Buddha Bowl

Page 9 - Balsamic Vinaigrette

Page 10 - Chicken Zoodles

Page 11 - Chicken & Vegetable Soup

Page 12 - Courgette & Pea Soup

Page 13 - Thai Fish Soup

Page 14 - Sweet Potato Fishcakes

Page 15 - Tuna Niçoise

Page 16 - Spring Vegetable Cauliflower Tabbouleh

Page 17 - Wilted Kale Salad with Grilled Salmon

Page 18 - Sardine Salad


## Dinner


Page 19 - Roasted Pesto Chicken with Vegetables

Page 20 - Lamb Meatballs

Page 21 - Simply Steak

Page 22 - No bread Burgers

Page 23 - Courgette Bolognese

Page 24 - Mild Chicken & Vegetable Curry

Page 25 - Pan Fried Seabass with Broccoli Mash

Page 26 - Baked Lemon Cod with Wedges

Page 27 - Chicken & Vegetable Tray Bake


## Side Dishes


Page 28 - Cauliflower Rice

Page 29 - Sweet Potato Wedges


## Snacks


Page 30 - Black Olive Tapenade

Page 31 - Beetroot Hummus with Crudités

Page 32 - Healthy Guacamole

Page 33 - Lemon Herb Rounds

Breakfast

# Breakfast Hash



## Serves 3

1 tbsp coconut oil
2 garlic cloves, crushed
2 medium sweet potato,
peeled and diced into small cubes
1 tbsp fresh rosemary, chopped
1 onion, diced
400g sausages, skins removed
250g spinach
Sea salt, to taste

1. In a large frying pan, heat the oil over a medium heat and sauté the garlic for 1 minute.

2. Add in the sweet potato and rosemary and stir. After 4-5 minutes, add in the onion. Cook for about 5 minutes, stirring occasionally.

3. Mix in the sausage, breaking it into small pieces as you stir. Cook until the sausage is no longer pink.

4. Add the spinach, and cook for 2-3 minutes, or until wilted.

5. Ensure the sweet potato is cooked but not mushy before removing the pan from the heat. Season to taste and serve hot.



## Serves 1-2

1 medium green apple, deseeded
½ cucumber, peeled
1 stick celery, chopped
½ lime, juiced
½ lemon, juiced
1 tbsp fresh ginger, peeled and chopped
100g kale, stems discarded
250ml coconut water/ coconut milk
1 tbsp collagen/ gelatin powder

Breakfast

# Green Smoothie

1. Place all ingredients in a high speed blender and mix on high for 20 seconds, until all the ingredients are well blended.

2. Drink immediately.

## Serves 2

1 tbsp coconut oil
200g chestnut mushrooms, sliced
2 garlic cloves, finely chopped
1 tsp fresh thyme, chopped (or ¼ tsp dried thyme)
250g turkey or pork mince
Pinch of sea salt, garlic powder, onion powder, turmeric, cinnamon, oregano, sage
100g Kale, destalked and sliced
1 avocado, sliced
4 radishes, sliced



Breakfast

# Breakfast Bowl

1. Melt the coconut oil in a large saucepan over a medium heat. Add the mushrooms, garlic and thyme and sauté for approx. 10 minutes until the mushrooms have released most of their liquid.

2. In another pan, add the ground turkey or pork and cook over a medium heat until browned. Add the salt, dried herbs and spices and mix thoroughly.

3. Once the mushrooms are ready, remove them from the pan and add the kale to the same pan, allowing it to cook over a medium heat for a few minutes until wilted.

4. To serve divide the meat mixture, mushrooms and kale between 2 bowls and add the sliced avocado and radishes. Eat whilst warm.

# Breakfast Turkey Patties

## Serves 4-5

500g ground turkey
120g sweet potato, shredded
40g spinach, finely chopped
60g apple, finely diced
3 slices bacon, finely diced
1 tsp ground sage
1 tsp dried rosemary
½ tsp sea salt
2 tbsp coconut oil, melted
2 tbsp coconut flour

Make these in advance for a quick, easy and tasty breakfast.

1. Preheat the oven to 200C and line a baking tray with baking paper.

2. In a large mixing bowl combine the turkey, sweet potato, spinach, apple, bacon, sage, rosemary and salt and mix to thoroughly combine.

3. Add the coconut oil and flour and combine well into a large ball.

4. Taking small amounts, roll the mixture into small balls, flattening them slightly into pattie shapes with your hands. Place them on a plate. You should make roughly 20-22.

5. Using a large frying pan, fry the patties over a medium high heat for a minute on each side to brown before placing onto the baking tray. Bake in the oven for 10-15 minutes until fully cooked.

6. Serve immediately or allow to cool and store in the fridge or freezer in batches for another day. Serve with a large handful of salad leaves or some more spinach wilted down.





Breakfast

# Grapefruit & Avocado Salad

## Serves 1-2

100g baby spinach
1 ruby red grapefruit, peeled and segmented
1 ripe avocado, destoned and sliced/ diced
80g pomegranate
Fresh basil, finely chopped (to serve)
Sea salt
½ lime, juiced
Olive oil, for drizzling

1. Arrange the baby spinach, grapefruit segments and avocado over two plates.

2. Sprinkle over the pomegranate and a little finely chopped basil.

3. When ready to serve, sprinkle with sea salt, lime juice and a drizzle of olive oil.

4. This can also be served with 75g fresh prawns per person.



Lunch

# Buddha Bowl

The amounts suggested are per portion, however it is recommended to make a few at the same time, store in jars in the fridge, and lunch is prepared for the next few days.

PICK A PROTEIN: (100g)

Chicken | prawns | mackerel | salmon (canned / fresh) | tuna

PICK A GREEN LEAFY VEGETABLE

(large handful)Rocket | watercress | spinach | romaine | mixed leaves

PICK YOUR VEGETABLES (80g)

Onion | cucumber | cooked /raw broccoli | radish | celery | roasted / raw cauliflower

PICK A CARBOHYDRATE:

Roasted sweet potato (½ small) | roasted butternut squash (75g) I roasted carrot / parsnip (1 medium) I roasted beetroot (1 medium)

PICK A HEALTHY FAT:

10 olives | ½ avocado

FERMENTED VEGETABLES: (1 tbsp)

Sauerkraut | fermented vegetables e.g. beets / carrots / purple cabbage

Lunch

# Balsamic Vinaigrette

(makes enough to use on multiple Buddha bowls/ salads)

½ tsp dried basil
½ tsp garlic powder
½ tsp onion powder
½ tsp dried oregano
1 tsp Himalayan sea salt
40ml balsamic vinegar
40ml apple cider vinegar
2 tbsp water
160ml extra virgin olive oil
2 tbsp honey

1. Simply layer all of the ingredients into a bowl/ jar.
2. To make the dressing, mix the dry seasonings in a small bowl.
3. Add the vinegars, water, olive oil and honey to the dry mixture and whisk until all ingredients are fully combined.
4. Pour into a glass jar for storage and add to your Buddha bowl just before serving.



Lunch

# Chicken Zoodles



## Serves 4

FOR THE SAUCE:

25g coriander (large handful)

80g olive oil

2 tbsp lime juice

¼ tsp sea salt

1 garlic clove

1 tbsp coconut oil

1 onion, diced

3 garlic cloves, minced

600g chicken thighs, boned and skinned, cut into 1 ½ inch chunks

2 courgette, spiralized

2 carrots, spiralized

½ tsp sea salt

Coriander, thinly-sliced radishes, lime wedges, and avocado slices, for garnish (optional)

1. Make the sauce by placing all of the ingredients in a blender and blending until thoroughly combined. Set aside.

2. Melt the coconut oil in a frying pan over a medium heat. Add the onion and cook for five minutes, or until lightly browned. Add the garlic and cook for another 30 seconds, until fragrant.

3. Turn the heat to high. Add the chicken and allow to cook for 1-2 minutes without stirring, to allow the bottom of the chicken pieces to brown. Give them a good stir and continue to cook through.

4. While the chicken is cooking, place the zoodles (courgette and carrots) into a medium saucepan and toss with the dressing. Warm through over a medium heat, stirring occasionally. These will soften a little.

5. When the chicken is cooked, add in the zoodles and toss together. Season with salt.

6. Serve garnished with additional coriander leaves, radish slices, a lime wedge, and avocado slices if desired.



Lunch

# Chicken & Vegetable Soup

This is one soup that is all about using up what you have in your fridge. It's a great one for using up the leftover chicken from a Sunday roast. This soup can be kept chunky or blitzed smooth and can be as thick or thin as you like.

1. Heat the oil in a large saucepan and over a medium heat, sweat down the onions, celery, leeks and carrot for 7-8 minutes, stirring occasionally until softened.

2. Add the stock, salt and the cooked chicken and allow to simmer over a low heat for 25-30 minutes.

3. This can be served as it is or it can be blitzed to create a smooth soup. Garnish with fresh parsley.

## Serves 6

1.5 tbsp coconut oil
1 large onion, diced
4 celery sticks, sliced
1 large leek (300g), sliced
6 carrots (500g), sliced
2 litres stock
1 tsp sea salt
600g cooked chicken, roughly chopped
Fresh parsley to garnish



Lunch

# Pea & Courgette Soup

## Serves 3

4 large courgettes, chopped into 3cm chunks
3 garlic cloves, crushed
2 tbsp coconut oil
200g frozen peas
1 large lime, zested and juiced
Large handful fresh parsley, roughly chopped
400ml can coconut milk
200ml stock

1. Preheat the oven to 180C.

2. Place the courgettes onto a baking tray with the garlic and spread over the coconut oil. Bake them for 5 minutes, then toss and return to the oven for a further 25-30 minutes until soft but not overcooked.

3. Steam the peas for 3-4 minutes until soft.

4. Add the lime zest and juice, parsley, coconut milk and stock to a blender. Add the cooked courgette and blitz the mixture together. Add the peas and blitz again - how smooth you want the soup is up to you.

5. Heat the soup and serve.





## Serves 3

1 stalk lemongrass
1 tbsp coconut oil
½ red onion, finely diced
1 garlic clove, finely diced
2cm fresh root ginger, peeled and finely chopped
2 kaffir lime leaves
400ml coconut milk
2 salmon fillets, skinned and cut into 2cm cubes
180g cooked king prawns
50g baby spinach
100g sugar snaps / mangetout
½ lime, juiced

TO SERVE:
handful of fresh coriander leaves, torn and some spring onion, chopped

Lunch

# Thai Fish Soup

1. Bash the lemongrass stalk to release the fragrant oils- a rolling pin is useful for this.
2. Heat the oil in a large pan and add the onion, garlic, ginger, kaffir lime leaves and lemongrass. Cook gently for 4-5 minutes, or until the onion has softened.
3. Add the coconut milk and 150ml water and allow to simmer for 15 minutes.
4. Add the salmon pieces and simmer again until cooked- about 5 minutes.
5. Add the prawns, spinach, sugar snaps/ mangetout and simmer for a further 2 minutes.
6. Remove the lemongrass and lime leaves and squeeze in the lime juice.
7. Serve scattered with fresh coriander leaves and spring onion.

Lunch

# Sweet Potato Fishcakes

These are great for breakfast, lunch or dinner!

## Serves 2-3

400g sweet potatoes, peeled and cut into medium chunks
1 tbsp olive oil
240g salmon fillets
150g frozen peas
Large handful fresh coriander/parsley, chopped
Coconut oil for frying
Green salad
1 lemon, cut into wedges

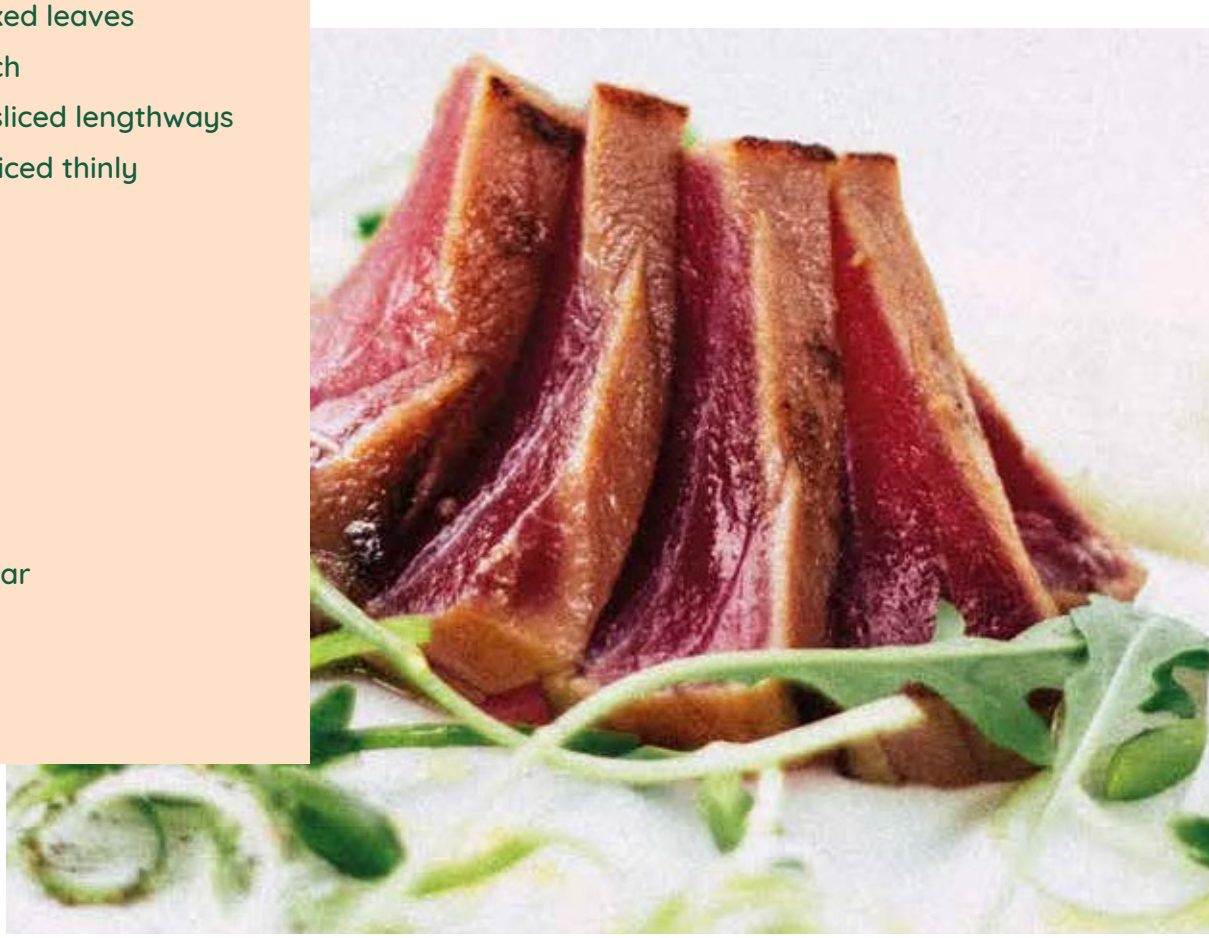
1. Preheat the oven to 180C.
2. Place the sweet potatoes on a baking tray, toss them in the olive oil and roast until they are soft, approximately 15-20 minutes.
3. Meanwhile, steam the salmon for approximately 10 minutes and the peas until soft, 3-4 minutes.
4. Mash the sweet potatoes and add the peas and coriander/ parsley. Mix together.
5. Remove the skin from the salmon and finely flake it into the potato mixture.
6. Divide the mixture into 6 portions and shape them into patties.
7. Heat the coconut oil in a large frying pan and fry the fishcakes over a medium-high heat for approximately 4 minutes on each side until browned.
8. Serve with a green salad and a wedge or two of lemon.



## Serves 1

Handful rocket / mixed leaves
Handful baby spinach
6 raw green beans, sliced lengthways
½ small red onion, sliced thinly
8 black olives, pitted
5 anchovies, drained
Olive oil for cooking
1 fresh tuna steak

FOR THE DRESSING:
2 tbsp olive oil
2 tsp balsamic vinegar
Sea salt
Lime juice, optional



Lunch

# Tuna Niçoise

1. Arrange the rocket and spinach on a plate and top with scattered green beans, red onion and olives.

2. Place the anchovies over the salad.

3. Heat a frying pan with a little olive oil over a medium high heat. Add the tuna steak and cook for approximately 3 minutes on each side, so that it is still slightly pink in the middle. Remove from the heat.

4. Combine the dressing ingredients and season.

5. Slice the tuna and arrange on top of the salad. Drizzle over the dressing and a squeeze of lime juice (optional) before serving.

## Serves 4



2 tbsp coconut oil
1 cauliflower (approx. 550g), riced
sea salt
60ml vegetable/ bone broth
125g fine asparagus, chopped into small lengths
1 courgette, cut into small cubes
1 small red onion, diced
2 lemons, zested and juice of 1
2 tbsp capers, drained and chopped
3 tbsp extra virgin olive oil
50g parsley, leaves only, finely chopped
2 spring onions, finely sliced

TO SERVE: grilled / pan fried seabass / salmon / cod / chicken / lean pork chop

Lunch

# Spring Vegetable Cauliflower Tabbouleh

1. Heat 1 tbsp of the coconut oil in a large pan and add the cauliflower rice, seasoning with a little salt. Fry over a medium heat for 3 minutes, stirring regularly.

2. Add the broth, stir, then cover the pan and allow to cook for 2 minutes. Remove to a large bowl and allow to cool. Wipe out the pan.

3. Add the remaining coconut oil to the pan and add the asparagus, courgette and red onion. Season and cook on a high heat for 4-5 minutes until turning golden. Leave to cool.

4. Mix the lemon zest and juice, capers, olive oil and a pinch of salt together in a small bowl.

5. Into the cooled cauliflower, tip in the parsley, spring onions and vegetable mixture.

6. When ready to eat, add the dressing and mix well.

7. Serve drizzled with a little more olive oil and a wedge of the spare zested lemon alongside your chosen source of protein - grilled / pan fried seabas s/ salmon / cod / chicken / lean pork chop.



## Serves 3

200g kale, washed and destalked
1 tsp Himalayan sea salt
3 tbsp extra virgin olive oil
1 large ripe avocado
1 small red onion, finely diced
½ lemon, juiced
3 salmon fillets

Lunch

# Wilted Kale Salad with Grilled Salmon

1. Pat dry the kale to remove any excess water from washing and place in a large bowl. Add the sea salt and olive oil and massage into the kale until it starts to wilt.

2. Add the avocado flesh and again massage into the kale to make the leaves creamy.

3. Add the red onion and lemon juice and mix together. More lemon juice can be added to taste.

4. 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.

5. Serve each fillet with 1/3 of the kale salad.

6. This can also be served with grilled tuna, sardines, prawns or roasted chicken.



Lunch

# Sardine Salad

## Serves 2

160g bag mixed salad leaves
2 spring onions, finely sliced
Handful black or green olives, sliced
1 tbsp capers, drained
1 avocado, sliced
2 x cans sardines in olive oil, drained
(1 tbsp of the oil reserved)
1 tbsp red wine vinegar

1. Divide the salad leaves between 2 plates, then sprinkle over the spring onions, olives and capers. Add the sliced avocado.

2. Roughly break up the sardines and add to the salad.

3. Mix the reserved oil with the red wine vinegar and drizzle over the salad before serving.

Dinner

# Roasted Pesto Chicken with Vegetables

1. Preheat the oven to 200C.
2. To make the pesto, combine the basil, oil, lemon juice and garlic in a blender and process until smooth. Add salt to taste.
3. In a large ovenproof tray, toss 2/3 of the pesto with the carrots, courgette, squash, and onion. Spread out in an even layer and roast for 15 minutes.
4. In a small bowl, toss the chicken with the remaining pesto.
5. Remove the vegetables from the oven and add the chicken. Roast for a further 25-30 minutes until the chicken is cooked through and the vegetables are tender, stirring once, halfway through.



## Serves 4

2 cups (roughly 50g) basil
40ml olive oil
50ml fresh lemon juice
1 garlic cloves, minced
½-1 tsp sea salt
2 carrots, sliced
2 courgettes, chopped into quarter moons
1 butternut squash, peeled and chopped into 2cm cubes
1 small red onion, sliced
500g chicken breast, chopped into bite sized chunks

Dinner

# Lamb Meatballs



## Serves 4

FOR THE MEATBALLS:

500g ground lamb
1 tsp fresh thyme, minced
1 tsp sea salt
3 garlic cloves, minced
1 lemon, zested

FOR THE VEGETABLES:

1 cauliflower, chopped into florets
1 bok choy, chopped, washed and dried
200g mushrooms, sliced
2 tbsp olive oil
2 tsp fresh thyme, minced
1 tsp sea salt
1 lemon, juiced

1. Preheat the oven to 200C. Set aside a large ovenproof dish.

2. By hand in a medium bowl, mix all the meatball ingredients together thoroughly. Form into roughly 12 meatballs. Set aside.

3. Add all of the vegetables to the ovenproof dish. Combine the olive oil, thyme, salt and lemon in a small bowl and pour over the vegetables. Stir well to ensure they are well coated with oil and seasoning.

4. Place the meatballs evenly spaced among the vegetables and bake for approximately 30 minutes, checking and stirring once during cooking.

5. This can be served as it is or with a side of steamed green beans.



Dinner

# Simply Steak

## Serves 2

2 x 6oz lean sirloin steaks
1 tbsp coconut/olive oil
150g chestnut mushrooms, sliced
1 medium onion, finely sliced
120g asparagus, trimmed
1/3 cucumber
2 spring onions
120g mixed leaves
1 tbsp balsamic vinegar
2 tbsp olive oil

1. Remove the steaks from their packaging and allow to rest at room temperature for 30 minutes, if possible.

2. Oil the steaks on each side using melted coconut oil or olive oil.

3. Heat a large frying pan over a medium-high heat and fry the steaks for 3-4 minutes on each side, or cook to your preference. Place on two warmed plates and leave to rest.

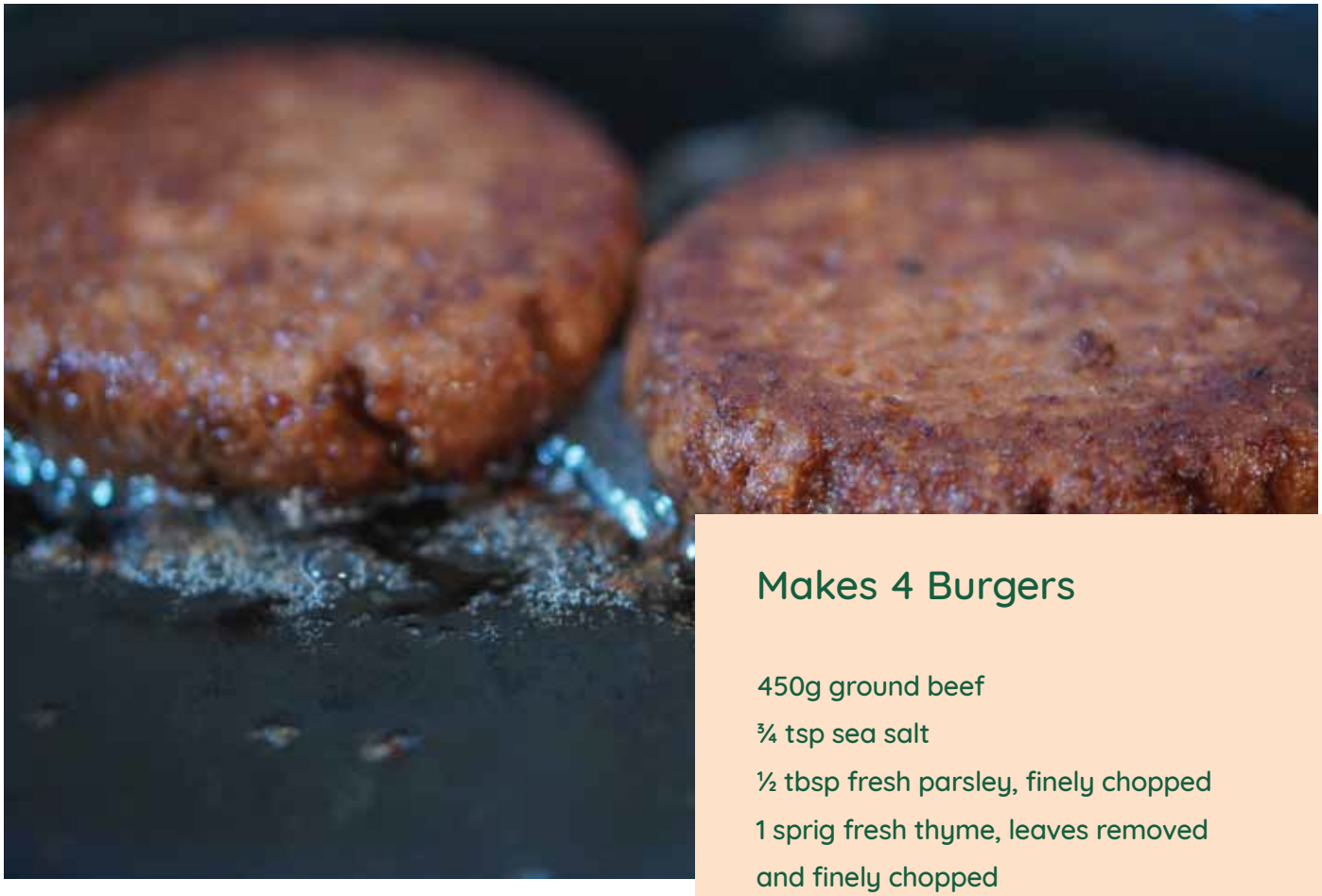
4. Add the sliced mushrooms, onion and asparagus to the same pan and cook for 3-4 mins, stirring regularly until browned. Spoon on top of the steaks.

5. To make the salad, slice the cucumber and trim and finely slice the spring onions. Add to a bowl with the mixed leaves and toss lightly with the balsamic vinegar and olive oil.

6. Serve alongside the steak and cooked vegetables.

Dinner

# No Bread Burgers



## Makes 4 Burgers

450g ground beef
¾ tsp sea salt
½ tbsp fresh parsley, finely chopped
1 sprig fresh thyme, leaves removed and finely chopped
½ tsp dried oregano
½ medium onion, finely diced
2 garlic cloves, minced finely
Lettuce leaves to serve as burger buns

1. Add all burger ingredients to a mixing bowl and mix well using your hands.

2. Form the mixture into 4 patties of equal size.

3. Fry or barbecue for approximately 4-5 minutes on each side or until cooked.

4. Serve in lettuce leaf wraps with a large salad of your choice or with sweet potato wedges (p29) and a selection of green vegetables.

Dinner

# Courgetti Bolognese

1. To a large pan, add the mince, onion and garlic and allow to cook over a medium heat until the meat has browned.

2. Add the mushrooms and allow to cook for a further 3-4 minutes until softened.

3. Add the broth, passata sauce and mixed herbs and allow to simmer for 20-25 minutes to reduce the sauce and build flavour. Stir occasionally to prevent the sauce sticking to the pan. Add the spinach balls halfway through cooking.

4. To cook the courgetti, place a dash of water into a large pan over a high heat. Add the courgetti and cook until all the moisture in the pan has evaporated, and the strands are cooked through, about 1-2 minutes. Season with a little Himalayan sea salt to taste.

5. To serve, add the courgetti to each plate topped with a generous helping of Bolognese sauce.

## Serves 4

400g ground steak mince
1 medium onion, peeled and finely diced
3 cloves garlic, finely minced
150g mushrooms, sliced
200ml beef broth
600ml passata sauce
¼ tsp mixed herbs
6 frozen spinach balls
3 large courgettes, spiralised
Himalayan sea salt





Dinner

# Mild Chicken & Vegetable Curry

## Serves 3-4

1 tin full-fat coconut milk
2 tbsp ginger, minced
4 garlic cloves, minced
2 large carrots, peeled and sliced
1 large broccoli, chopped into florets
1 tbsp coconut oil
2 chicken breasts, chopped into bite sized pieces
1 medium onion, sliced
1 butternut squash, chopped into small chunks
3 tbsp tamari
1 tsp ground turmeric
½ tsp ground cinnamon
½ tsp sea salt to taste
Cauliflower rice to serve
1 lime cut into wedges to serve
Large handful fresh basil chopped for serving

1. Pour ¼ of the coconut milk into a large saucepan and heat to medium. Add the ginger and garlic, and cook until fragrant, about 2-3 minutes.

2. Add the carrots and broccoli and cover. Cook until the vegetables have softened but are still al dente, about 3 minutes.

3. Heat the coconut oil in a separate frying pan over a medium heat and add the chicken and onion. Brown the chicken until a great deal of liquid comes out, about 5 minutes. Strain the liquid from the chicken and onion, then add them to the pan with the vegetables.

4. Add the rest of the coconut milk, the squash, tamari, turmeric and cinnamon to the pan with the vegetables and chicken. Stir well and bring to a boil, then reduce the heat to a simmer and cover. Cook 15 minutes, uncover and continue cooking another 8-10 minutes, until the curry has thickened and chicken is cooked through.

5. Add sea salt if required.

6. Serve with cauliflower rice (p28) and garnish with lime wedges and basil.





Dinner

# Pan Fried Sea Bass with Broccoli Mash

## Serves 2

2 sea bass fillets
Himalayan sea salt
2 tbsp capers
1 head broccoli, roughly chopped
2 tbsp coconut oil
1 onion, finely diced
2 garlic cloves, finely minced
1 tbsp olive oil
Salt and pepper

1. Rub the sea bass fillets with salt and set to one side.
2. Heat a small frying pan to a medium-high heat and quickly cook the capers for a few minutes then transfer to a plate.
3. Steam the broccoli for 5-6 minutes until cooked through.
4. Heat half of the coconut oil in a frying pan on a medium heat, add the onion and cook for 5 minutes. Add the garlic and cook for a further minute stirring well.
5. Mash the cooked broccoli then blend with the onion mix and a pinch of salt, adding a little olive oil if needed.
6. Heat the remaining coconut oil. Sear the fish, skin side down, for 3 minutes until the skin is crisp. Flip the fish and cook for a further minute until just cooked through.
7. Mix the capers with some olive oil.
8. Spoon the mash onto two plates, top with the fish and sprinkle over the capers.

Dinner

# Baked Lemon Cod with Wedges

## Serves 2

(easily doubled to serve a family fo 4)

1 large sweet potato, wedged
1 tsp dried rosemary, roughly chopped
1 tbsp coconut oil
2 tbsp fresh lemon juice
2 tbsp olive oil
1 garlic clove, finely diced
25g coconut flour
¼ tsp sea salt
2 cod fillets
Your choice of green vegetables to serve

1. Preheat the oven to 180C/ gas mark 4.
2. Place the sweet potato wedges into a baking dish and scatter the rosemary. Add the coconut oil and place in the oven for 15 minutes.
3. In a small bowl add the lemon juice and olive oil.
4. Mix the garlic, coconut flour and salt on a small plate.
5. Place each piece of cod in the lemon/oil mixture and coat well. Then place in the flour mixture, coating each side well. Place in a baking dish and cook for 12-15 minutes until cooked through and flaky.
6. In the meantime, check the sweet potato wedges, turn, ensuring they are covered in the coconut oil before returning to the oven for a further 10-15 minutes until soft.
7. Remove both the fish and wedges from the oven and serve topped with a slice of lemon and ½ plate of your favourite steamed vegetables.



Dinner

# Chicken & Vegetable Tray Bake

1. Preheat the oven to 180C.

2. Add the chicken thighs, butternut squash and mushrooms to a large baking dish and scatter the olives.

3. Add the garlic and rosemary to a small bowl with the olive oil and balsamic vinegar and mix well. Add this on top of the chicken and vegetable mix.

4. Using your hands, massage the marinade into the chicken and vegetables. Season with sea salt and place in the oven for 45-50 mins, stirring once.

5. Serve when the chicken is cooked through, and the butternut squash is tender.

6. Delicious served with some steamed broccoli, asparagus, green beans or simply a side salad.

## Serves 4

8 chicken thighs, skinned and boned
1 butternut squash, peeled and diced
150g chestnut mushrooms, quartered
100g pitted black olives
4 garlic cloves, finely chopped
1 tbsp fresh rosemary, finely chopped
2 tbsp olive oil
2 tbsp balsamic vinegar
Sea Salt

Serves 4

1 cauliflower
1-2 tbsps coconut / olive oil

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 coconut aminos, salt or fresh herbs).



Side Dishes

# Sweet Potato Wedges

1. Preheat the oven to 180C.
2. Wash the sweet potato and, leaving the skin on, chop it into wedge type pieces.
3. Lay flat on a lipped baking tray and sprinkle over the rosemary and some sea salt.
4. Add the coconut oil to the wedges and place in the oven.
5. Allow to heat for 5 minutes before removing the tray and turning the wedges, ensuring they are coated in the oil. Return to the oven and cook for 25-30 minutes until soft.

## Serves 2

1 large sweet potato
½-1 tsp dried rosemary
Sea Salt
1 tbsp coconut oil



Snacks

# Black Olive Tapenade

## Serves 4-6

250g black olives (drained weight)
5g fresh basil
5g fresh flat leaf parsley
1 garlic clove
30g capers
1 tbsp lemon juice
50g olive oil



1. Place all of the ingredients into the food processor and process until a paste is formed. Stop to scrape down the bowl if necessary.

2. Serve with crudités.



## Serves 7-8

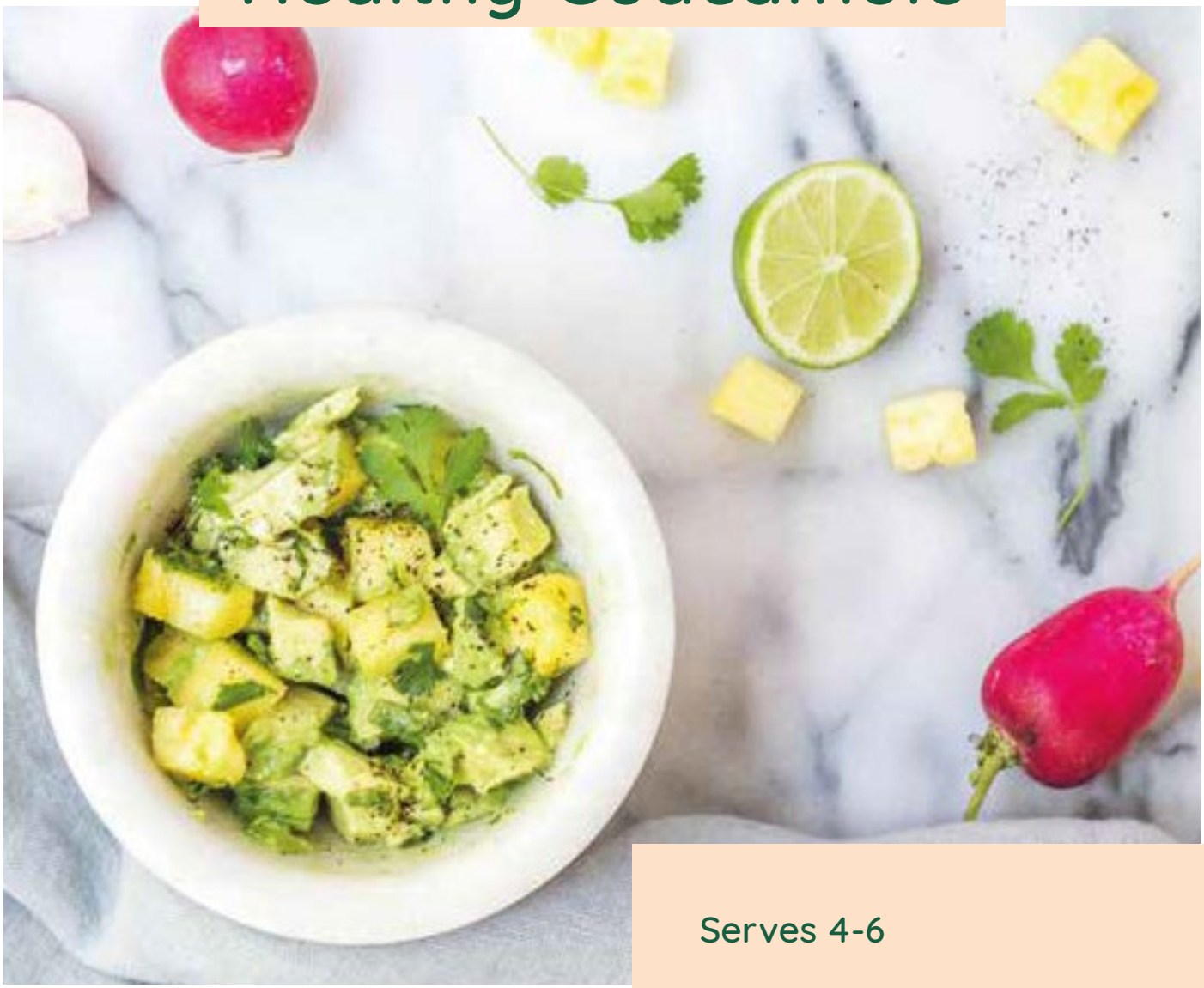
4 very small or 2 medium-sized beets, peeled and chopped into small chunks
1 medium cauliflower, florets separated
1 garlic clove, minced
½ lemon, juiced
40ml olive oil
1 tsp salt

Snacks

# Beetroot Hummus

1. Boil the beetroot and steam the cauliflower until soft, about 10-15 minutes.
2. Strain the vegetables, reserving a cup of the beet water.
3. Place all ingredients into the blender with about a 1/3 - 1/4 cup of the beet water. Blend on high until smooth. Add more water as necessary. You will want a smooth dippable consistency.
4. Allow to chill on the counter until cool enough to refrigerate.
5. Best consumed chilled with crudités.

# Healthy Guacamole



## Serves 4-6

140g frozen peas, slightly thawed
1 lime, juiced
1 small red onion, diced
1 garlic clove, minced
15g fresh coriander, chopped
½ tsp sea salt
1 medium avocado, pitted and chopped

1. Place the peas into a food processor and pulse until smooth.

2. Place the peas into a medium bowl and add the lime juice, onion, garlic, coriander and salt. Stir well with a fork.

3. Add the avocado chunks to the bowl and mix well, mashing the avocado as you stir.

4. Serve with crudités or add to the side of any salad.

Snacks

# Lemon Herb Rounds

## Serves 10-12

60g coconut flour, sifted
2 tbsp arrowroot flour
Pinch of salt
80g coconut oil, melted
1 tbsp lemon juice
2 tbsp honey
1 lemon, zested
1 ½ tsp fresh rosemary, chopped
3 tbsp water
Sea salt to sprinkle on top

1. Preheat the oven to 150C. Line a baking sheet with parchment paper.

2. In a medium bowl combine the coconut flour, arrowroot flour and pinch of salt.

3. Make a well in the centre and add the melted coconut oil, lemon juice, honey, lemon zest and chopped rosemary. Stir thoroughly.Add the water and continue to stir until you have a nice dough. This dough will thicken as you stir.

4. Using your hands, roll and flatten 10-12 small balls of dough into rounds and place on the baking tray.

5. Sprinkle the shortbread with sea salt. Place in the oven and bake for 15 minutes until lightly golden.

6. Remove from the oven and allow to cool for 10 minutes before transferring to a wire rack to cool completely.

