



PRESENTS FOOD, HEALTH, AND YOU



INSTASHRED MEAL PLAN

21

GUT FLORA SLIM
DOWN MEAL
PLAN

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WEEK 1 Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Vegetarian Scrambled Egg Wraps	Breakfast Burrito	Vegetable & Tumeric Frittata	Easy Pancakes	Salmon Breakfast	Bacon & Mushroom Quiche	Apple Banana Cinnamon Pancakes
Snack 1	Cranberry Trail Mix	Berry Muffins	Bacon & Guacamole Snacks	Avocado Smash	Cauliflower Rice	Summer Salad	Citrus & Avocado Salad
Lunch	Kumara Rosti with Mushroom Ragout	Vegetable Noodle Stir-Fry	Tomato Soup	Vegan Skewers with Balsamic & Chili	Roast Vegetable Salad	Honey Mustard Chicken Salad	Roasted Beetroot & Mushroom Salad
Snack 2	Peach, Mango, & Almond Smoothie	Mango & Spinach Smoothie	Banana & Raspberry Smoothie	Beetroot & Apple Smoothie	Apple & Kiwi Fruit Smoothie	Grapefruit & Strawberry Smoothie	Carrot & Orange Smoothie
Dinner	Green Roasted Salad	Creamy Broccoli & Vegetable Soup	Curry Vegetables & Mushrooms	Herb Roasted Vegetable Tower	Lamb Steaks in Turmeric Yoghurt Marinade	Cajun Scallop & Prawn Zucchini Pasta	Vegan Burrito
Snack 3	Choco & Avocado Mouse	Chocolate Almond Bliss	Fruit Salad	Cinnamon & Coconut Baked Pears	Cinnamon Kale Chips	Tropical Mint Smoothie	Creamy Apple & Cinnamon Smoothie

VEGETARIAN SCRAMBLED EGG WRAPS

 Serves 4
  Prep 15 mins
 Fat 1
  Cook 35 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	64.2mcg
Thiamine (Vitamin B1)	0.5mg
Riboflavin (Vitamin B2)	2.1mg
Niacin (Vitamin B3)	15.9mg
Pyridoxine (Vitamin B6)	1mg
Calciferol (Vitamin D)	30.8IU
Omega-3	218mg
Iron	6.7mg

Ingredients

Vegetarian Scrambled Egg Wraps

- ½ tablespoon olive oil
- 8 free range eggs
- 15 mushrooms, diced
- 15 cherry tomatoes
- 2 garlic cloves, crushed
- 1 brown onion, finely diced
- 2 green onions, finely chopped
- 1 iceberg lettuce

Sweet Potato Fries

- 5 medium-sized sweet potatoes
- 3 tablespoons dried rosemary
- 2 teaspoons ground chili
- 1 teaspoon cumin
- 1 tablespoon olive oil

Method

Vegetarian Scrambled Egg Wraps

1. Heat olive oil in a frying pan.
2. Add garlic, onion, and mushrooms into the pan and cook for about 5 minutes, until lightly browned.
3. Add the green onion and tomatoes into the pan. Stir and cook for 1 minute.
4. Crack eggs into a bowl and whisk them together. Once whisked, pour the eggs over the ingredients in the pan and mix in. Cook for another couple of minutes until the egg is cooked, then remove from heat.
5. Wash the iceberg lettuce leaves, then lay them out individually on your serving dish. In the hollow in the center of each leaf, spoon in some of the scrambled egg mix, followed by a small amount of Paleo Mayo (if desired).
6. Wrap up the lettuce leaf and then place a toothpick in the center to hold it together. Repeat this process until your ingredients are used up.
7. Serve alone or with the sweet potato fries below.

Sweet Potato Fries

1. Preheat the oven to 400F (200C) on fan bake.
2. Peel the sweet potatoes and slice them into fries (as thick or thin as you like).
3. Place the sliced sweet potatoes into a plastic seasoning bag and then add the rosemary, cumin, ground chili, and olive oil. Seal the bag and give it a toss, so that the seasoning coats all of the fries.
4. Lay the seasoned fries over an oven tray and place the tray in the oven to cook for 35 minutes.
5. Remove the fries from the oven, serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	5.7mcg
Thiamine (Vitamin B1)	0.6mg
Riboflavin (Vitamin B2)	1mg
Niacin (Vitamin B3)	5.4mg
Pyridoxine (Vitamin B6)	0.6mg
Omega-3	120mg
Iron	7.4mg

Ingredients

- 2 cup bleached almonds
- 1 cup macadamia nuts
- ¾ cup raw pistachio nuts
- 1 cup dried cranberries
- 1/3 cup walnuts pieces
- 2 cups almonds

- 2 tablespoons sesame seeds
- 3 tablespoons honey, melted
- 1 tablespoon vanilla extract

Method

1. Preheat the oven at 450F (220C) on fan bake
2. In a large mixing bowl, add all the nuts and mix.
3. Pour in the honey and mix.
4. Add in the vanilla extract and mix again.
5. Add in the cranberries and mix.
6. On a lined flat baking tray add the trail mix and evenly space out, place in the oven to cook for 20 minutes. Keep an eye on it as they honey can burn.
7. Remove from the oven and let sit for 5 minutes.
8. Sprinkle over sesame seeds and break the mix up into small clusters. Place in an air tight container and enjoy!


CRANBERRY TRAIL MIX

 Serves 5  Prep 5 mins

 Cook 20 mins

KUMARA ROSTI TOPPED WITH MUSHROOM RAGOUT

 Serves 6  Prep 30 mins

 Cook 30 mins

Ingredients

- 3 large orange kumara peeled and grated
- 1 red onion diced
- 1 pound of white button mushrooms sliced
- 1 pound of portabella sliced
- 1 cup baby spinach
- 2 cans of coconut cream
- 1 cup of vegetable stock or white wine
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme chopped
- 1 tablespoon fresh rosemary chopped
- 3 tablespoons ground flaxseed
- 1 cup olive oil
- 6 tablespoons of water
- ½ cup of tapioca flour
- Salt and freshly ground pepper (to taste)

Method

1. Mix ground flax seed with water and allow to rest for 5 mins to make flax egg. Sprinkle grated kumara with salt and mix through to draw out the liquid.
2. Squeeze liquid out of the kumara after 5 mins.
3. Add flax egg, onion and tapioca flour to drained kumara. Season with pepper. Form into round patties. Preheat an oven to 350 degrees Fahrenheit. Heat two large frying pans with half the olive oil each.
4. Fry off the Kumara patties on medium high heat till golden on each side. Place onto an oven tray and bake for 25 mins..
5. In the second pan add mushrooms and fresh herbs cook for 5 mins on medium high heat until tender. Deglaze pan with stock or white wine. Add coconut cream and baby spinach. Season with salt and pepper. Add Dijon mustard. Mix through and reduce to a simmer.
6. Serve mushrooms on top of roasted kumara pattie.
7. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	78.4mg
Protein	6.8g
Omega-3	38.2mg
Selenium	1.6mcg
Pyridoxine (Vitamin B6)	0.3mg
Vitamin K	5.7mcg

Ingredients

- 1 cup ice
- 1 cup (250ml) water
- 2 peaches, stones removed
- 1 mango
- 1/2 cup ground almonds
- 1 banana, peeled

Method

1. Add ice, water, peaches and mango into the blender.
2. Pulse until smooth.
3. Add in the ground almonds and banana.
4. Blend together until smooth. You can add in extra water if you desire.
5. Serve and enjoy!

PEACH, MANGO & ALMOND SMOOTHIE

 Serves 3  Prep 5 mins

 Cook 5 mins



GREEN ROASTED SALAD

 Serves 6  Prep 30 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	3.1mcg
Thiamine (Vitamin B1)	0.3mg
Riboflavin (Vitamin B2)	0.6mg
Niacin (Vitamin B3)	5.1mg
Pyridoxine (Vitamin B6)	1mg
Omega-3	445mg
Iron	5.2mg

Ingredients

- 3 eggplants
- 4 zucchinis
- 1/2 cup sun-dried tomatoes
- 1/2 cup choice of vinaigrette
- 1 bunch of asparagus
- 2 avocados
- 500 grams of spinach
- 1/2 cup of olive oil
- 1 tablespoon of smoked paprika
- 1 tablespoon of chili powder

Method

1. Peel and dice eggplant and zucchinis.
2. Peel asparagus, break off bottom's
3. Slice sun-dried tomatoes
4. Preheat oven to 350 degrees Fahrenheit.
5. Toss eggplant, zucchini and asparagus in a bowl with oil and spices, sprinkle with salt and pepper.
6. Line a baking sheet with aluminum foil and lay oiled veggies on till flat, cook in preheated oven for 20 minutes.
7. Remove veggies from oven and allow to cool to room temperature.

Ingredients

- 4 cans of coconut cream chilled for 30 mins or longer
- 3 avocados peeled and deseeded
- 4 tablespoons of cocoa powder
- 4 table spoons of maple syrup
- 6 nectarines deseeded and quartered

Method

1. Chill the coconut cream, a large bowl and the Whisk attachments for a hand mixer in the fridge for 30mins-1hour. Preheat an oven to 350 degrees Fahrenheit.
2. Put the flesh of the tavadocoes into a food processor and blend till completely smooth. 3-5mins
3. After everything is appropriately chilled, scoop the cream of the top of the coconut cream(avoid using the extra liquid at the bottom as much as possible) add it to the chilled bowl, add 2 tablespoons of maple syrup and the cocoa powder.
4. Whisk the coconut cream, maple syrup and cocoa powder together. Begin at a low speed and gradually increase.
5. After the coconut cream begins to thicken add in the pureed avocado. Whisk till it thickens even further. Wrap the bowl with cling wrap and place it in the fridge to allow it to set. (It will also thicken further in the fridge)
6. In a separate bowl toss the quartered nectarines in the remaining maple syrup. Place on an oven tray and roast in the preheated oven for 15-20 mins.
7. Allow nectarines to cool slightly, serve mousse in a bowl and garnish with roasted nectarines.
8. Enjoy!

CHOCOLATE AND AVOCADO MOUSE WITH MAPLE ROASTED NECTARINES

 Serves 6-8  Prep 20 mins

 Cook 15-20 mins | Cool 40 mins - 1.5 hrs



BREAKFAST BURRITO

 Serves 6  Prep 15 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	153mcg
Thiamine (Vitamin B1)	0.4mg
Riboflavin (Vitamin B2)	3.2mg
Niacin (Vitamin B3)	7.3mg
Pyridoxine (Vitamin B6)	0.5mg
Calciferol (Vitamin D)	6.5IU
Omega-3	289mg
Iron	1.8mg

Ingredients

Burrito Fillings

- 6 rashers of streaky bacon (1 piece per burrito)
- 2 avocados
- 2-3 tomatoes
- 10-12 mushrooms
- Salad greens

Burrito Wraps

- 16 egg whites
- 6 tablespoons coconut flour
- 6 tablespoons arrowroot flour
- ½ teaspoon baking powder
- 1 teaspoon sea salt (optional)
- 1 cup water
- 6 teaspoons coconut oil

Method

1. Mix the arrowroot flour, coconut flour, baking powder and sea salt (optional) together in a bowl.
2. Separate the egg whites from the egg yolks and then add the egg whites to the flour mix.
3. Add 1 cup of water to the bowl, and use a whisk or a hand-held blender to whisk the ingredients together until smooth, light and fluffy.
4. Heat 1 teaspoon of coconut oil in a large fry pan.
5. Spoon 4 tablespoons of the wrap mixture into the pan and evenly spread it out into a round shape.
6. Cook for 3 minutes on each side (flipping halfway), and then repeat with the remaining mix.
7. To prepare your burrito fillings, mash the avocados, thinly slice tomatoes and slice mushrooms.
8. In another fry pan, cook the streaky bacon in a little bit of coconut oil for about 5-7 minutes until nice and crispy. Add in the sliced mushrooms for the last 2 minutes of cook time.
9. To fill the wraps, start by spreading the avocado over the middle of the burrito wraps. Top with tomato, mushrooms, bacon and salad greens.
10. Fold together and eat while warm!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	10.2mcg
Riboflavin (Vitamin B2)	0.2mg
Niacin (Vitamin B3)	0.4mg
Pyridoxine (Vitamin B6)	0.1mg
Calciferol (Vitamin D)	10.3IU
Omega-3	32.2mg
Iron	1.2mg

Ingredients

- 1/2 cup blueberries
- 1/2 cup raspberries
- 2/3 cup almond flour
- 1/4 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt (optional)
- 8 free range eggs
- 1/2 cup coconut oil
- 1/2 cup coconut milk
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- Ground almonds (optional)

Method

1. Preheat the oven to 350F (175C) on bake.

2. Place 12 paper muffin holders into a muffin tray (you may need two muffin trays).
3. Add almond flour, cinnamon, baking soda and sea salt (optional) to a large mixing bowl. Mix together.
4. Crack the eggs into the bowl with the dry ingredients, then add in the maple syrup, coconut milk and vanilla extract.
5. Using a hand blender, blend everything in the mixing bowl together.
6. Once blended, add in the blueberries and raspberries and stir into the mixture.
7. Spoon the muffin mixture into the muffin holders. Fill them until they are about half-full (as they will rise).
8. If you would like to, you can sprinkle ground almonds over the top of the muffins.
9. Place muffin trays in the oven and cook for about 30 minutes.
10. Once cooked, remove from oven and allow to cool for 15-20 minutes.
11. Enjoy this delicious treat!

BERRY MUFFINS

 Serves 12  Prep 15 mins

 Fat 3  Cook 30 mins

VEGETABLE NOODLE STIR-FRY

 Serves 5  Prep 20 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	205mg
Protein	20.5g
Omega-3	286mg
Selenium	42.6mcg
Pyridoxine (Vitamin B6)	1.8mg
Vitamin K	115mcg

Ingredients

- 5 tablespoon coconut oil
- 2 garlic cloves, crushed
- 20 button mushrooms, quartered
- 10 carrots, spiralized
- 12 zucchinis, spiralized
- 5 tablespoons coconut aminos
- 1 teaspoon chili flakes
- 3/4 cup ground cashew nuts, or 3 tablespoons cashew butter
- 1/2 cabbage, chopped

- 2 teaspoons black pepper
- Sea salt, to taste
- Sesame seeds, to garnish

Method

1. Heat a fry pan on medium-high heat, add in the coconut oil and crushed garlic.
2. Cook the garlic for 30 seconds, then add in the mushrooms and allow to cook for 3-5 minutes while mixing them.
3. Toss in the spiralized carrots and zucchini, mix together.
4. Add in the coconut aminos, chili flakes, ground cashew nuts and cabbage. Mix all ingredients and let cook for 5-10 minutes to infuse the flavors.
5. When the noodles are soft and have soaked in all those delicious flavors, feel free to add salt and pepper to taste.
6. Sprinkle over a generous amount of sesame seeds on each serving, enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	70.8mg
Protein	3.9g
Omega-3	85.6mg
Selenium	6.1mcg
Pyridoxine (Vitamin B6)	0.3mg
Vitamin K	103mcg

Ingredients

- 1 cup ice (6 ice cubes)
- 2 mangos, peeled & diced
- 2 cups spinach, washed
- 1 cup (250ml) coconut milk
- 2 kiwifruit, peeled
- Juice of 1 lime
- 1 cup (250ml) fresh apple juice

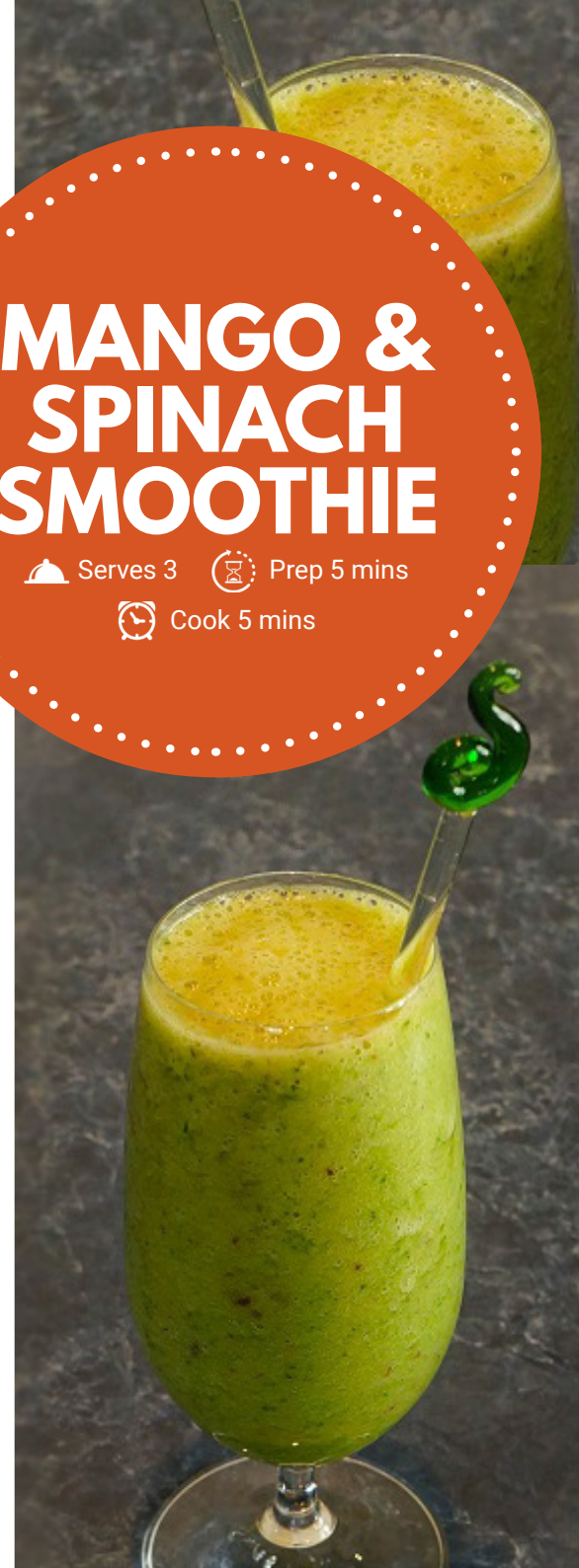
Method

1. Place ice cubes and diced mango into the blender and pulse until blended.
2. Add half of the spinach and half of the coconut milk to the blender and pulse. Once blended, add in the rest of the spinach and coconut milk.
3. Add the kiwifruit, lime juice and apple juice to the blender.
4. Pulse until the texture is smooth.
5. Serve and enjoy this delicious smoothie!

MANGO & SPINACH SMOOTHIE

 Serves 3  Prep 5 mins


 Cook 5 mins





CREAMY BROCCOLI AND VEGETABLE SOUP

 Serves 6-8  Prep 20 mins

 Cook 20 mins

Ingredients

- 3 heads of broccoli cut into florets
- 3 parsnips peeled and small diced
- 1 bulb of garlic minced
- 1 pound of Brussel sprouts stems removed
- 1 large white onion
- 1 litre of vegetable stock
- 4 courgettes diced
- Salt and pepper
- 2 cans of coconut cream
- 1.5 litres of water
- ¼ cup olive oil
- 2 stalks of celery diced
- 1 tablespoon apple cider vinegar

Method

1. Heat a large pot on medium high heat with the olive oil.
2. When hot, add garlic, onion, parsnip, and celery. Season with salt and pepper. Cook till onions are transparent. 3-5 mins
3. Add stock, add broccoli and brussels sprouts. Use enough water to slightly submerge all the vegetables.
4. Bring heat up to a boil and allow to cook for 10-15 mins.
5. Check to ensure greens are soft when poked with a knife, add coconut cream and apple cider vinegar, blend till smooth with a stick blender.
6. Taste, season with salt and pepper if needed. Simmer on low heat for 3-5 mins.
7. Serve and Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	134mg
Protein	17g
Omega-3	416mg
Selenium	11.8mcg
Pyridoxine (Vitamin B6)	0.3mg
Vitamin K	18mcg

Ingredients

- 1 cup almonds
- 1 cup walnuts
- 3 cups cashews
- 3 tablespoons of cocoa powder (plus an additional 1/4 cup)
- 3 1/2 tablespoons of maple syrup (plus an additional 1/3 of a cup)
- 2 tablespoons of coconut oil
- 1/2 cup shredded coconut
- 5 dates (pitted)
- 1/2 cup almond butter
- 1/4 cup fresh lemon juice
- 1 tablespoon vanilla

Method

1. Soak in water 2 cups of cashews for minimum 1 hour maximum 24 hours.
2. Preheat oven to 350 degrees Fahrenheit.
3. Crust; in a food processor blend, almonds, walnuts, dates, shredded coconut, 2 tablespoons cocoa powder, 3 1/2 tablespoons of maple syrup (blitz till combined 2-3 mins).
4. Empty crust ingredients into a separate bowl.
5. Filling; In a food processor blitz soaked cashew, almond butter, lemon juice, 1/3 cup maple syrup, 1/4 cup cocoa powder, vanilla.
6. Grease a silicon muffin tray with coconut oil, pack the crust mixture into the bottom of each firmly, use a spoon to spread the filling mixture over the top of the crusts.
7. Cover with cling wrap and place in the freezer for 1 hour to allow it to set.

CHOCOLATE ALMOND BLISS

 Serves 8  Prep 30 mins
 Cook 1 hr

MIXED VEGETABLE TURMERIC FRITTATA

 Serves 5  Prep 10 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	30.3mcg
Thiamine (Vitamin B1)	0.1mg
Riboflavin (Vitamin B2)	0.6mg
Niacin (Vitamin B3)	1.6mg
Pyridoxine (Vitamin B6)	0.4mg
Calciferol (Vitamin D)	30.8IU
Omega-3	125mg
Iron	2.9mg

Ingredients

- 2 tablespoons coconut oil
- 10 eggs
- 2 teaspoons turmeric
- Salt and pepper, to taste
- 1 cup button mushrooms, chopped
- 1/2 onion, diced
- 2 cups kale, chopped
- 1 cup green and red peppers, diced
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved

Method

1. Preheat the oven to 350F (180C) on bake. Grease a large oven-safe baking pan with 1 tablespoon melted coconut oil. Set the baking pan aside.
2. Whisk the eggs in a large bowl. Add the turmeric, salt and pepper to the mixture and stir. Set the bowl aside.
3. Melt the remaining 1 tablespoon of coconut oil over medium heat in a fry pan.
4. Add the mushrooms and the onions to the pan. Lightly fry for 3-5 minutes.
5. Add the peppers, kale and the garlic to the pan. Lightly fry for an additional 3-5 minutes.
6. Transfer the contents of the fry pan to the baking pan. Slowly pour the egg mixture over the vegetables. Add the tomatoes.
7. Place the pan in the oven for 30-35 minutes, or until the top of the frittata becomes golden in color and the inside is fully cooked.
8. Remove the baking pan from the oven and allow it cool for 5-10 minutes.
9. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	28mcg
Thiamine (Vitamin B1)	0.6mg
Riboflavin (Vitamin B2)	0.5mg
Niacin (Vitamin B3)	9.2mg
Pyridoxine (Vitamin B6)	0.9mg
Omega-3	635mg
Iron	2.7mg

Ingredients

- 10-12 rashers of middle bacon, fat removed
- Olive oil
- 1 iceberg lettuce
- 3 avocados, mashed
- 10 cherry tomatoes, chopped in half
- 1/2 red onion, diced
- Toothpicks

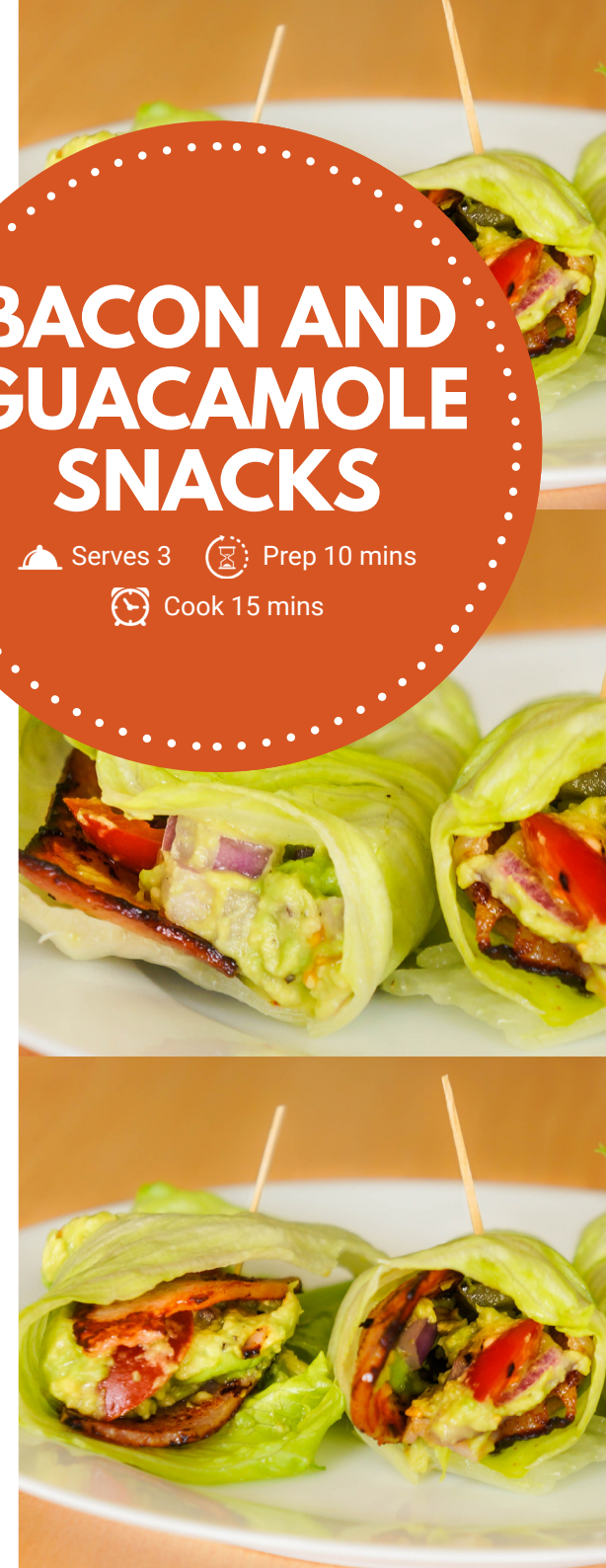
Method

1. Preheat the fry pan on a medium-high heat and add olive oil.
2. Once heated, add in the bacon rashers and cook for about 5 minutes.
3. Add in the chopped cherry tomatoes and red onion to the mashed avocado. Mix well.
4. Once the bacon rashers are lightly crisped, turn off heat and remove them from the pan.
5. To each leaf of lettuce, place a piece of bacon on top with some guacamole. Place another piece of bacon on top.
6. Wrap up the lettuce and place a toothpick through the center to hold the wrap together.
7. Serve and enjoy!

BACON AND GUACAMOLE SNACKS

 Serves 3  Prep 10 mins

 Cook 15 mins



TOMATO SOUP

 Serves 5  Prep 20 mins

 Fat 1  Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	4.9mcg
Thiamine (Vitamin B1)	0.2mg
Riboflavin (Vitamin B2)	0.2mg
Niacin (Vitamin B3)	5.4mg
Pyridoxine (Vitamin B6)	0.5mg
Omega-3	103mg
Iron	3.7mg

Ingredients

- 10 tomatoes, halved
- 1 tablespoon thyme
- 1 tablespoon tarragon
- 1 tablespoon sweet basil
- Black pepper, to taste
- 3 tablespoons olive oil
- 2 large brown onions, peeled and diced
- 5 garlic cloves, chopped
- 4 cups (1000ml) vegetable stock
- 1 3/4 cups (400ml) coconut cream

Method

1. Preheat oven to 400F (200C) on fan bake.
2. Place the tomatoes in a large bowl and add thyme, tarragon, sweet basil, and 2 tablespoons olive oil. Crack in black pepper and mix well with your hands.
3. Line an oven tray with aluminum foil and brush olive oil over it.
4. Place the spice-coated tomatoes on the lined oven tray with their cut side facing upward. Place in the oven for 30 minutes.
5. Heat 1 tablespoon of olive oil in a fry pan.
6. Place the onions and the garlic in the fry pan to brown off. Stir constantly to avoid burning.
7. When the onions have turned brown in color, remove them from the pan and set aside.
8. Remove the tomatoes from the oven.
9. Place a stock pot on the stove, add the vegetable stock, coconut cream, tomatoes, onions and garlic. Simmer for 5-10 minutes.
10. Using a hand-blender, blend until smooth and creamy.
11. Season with black pepper then serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	30.7mg
Protein	2.4g
Omega-3	148mg
Selenium	1.4mcg
Pyridoxine (Vitamin B6)	0.5mg
Vitamin K	7.8mcg

Ingredients

- 1/2 cup ice cubes (6 ice cubes)
- 1/2 cup (125ml) water
- 2 bananas, peeled
- 1 1/2 cups of frozen or fresh raspberries

Method

1. Add ice cubes, water and bananas to the blender.
2. Blend until smooth.
3. Add in the raspberries and blend again until smooth. You may add more water to achieve the consistency you desire.
4. Serve and enjoy!

BANANA & RASPBERRY SMOOTHIE



Serves 2



Prep 5 mins



Cook 5 mins





ROAST CURRY VEGETABLES & MUSHROOM MEDLEY

 Serves 6-8  Prep 30 mins

 Cook 45 mins

Ingredients

- 2 large orange sweet potatoes peeled and diced
- 2 pounds of yams (ends removed, sliced in half then chopped into thirds)
- 1-pound white button mushrooms quartered
- 1-pound swiss brown mushrooms quartered
- 500 grams portobello mushrooms quartered
- 1 bulb of garlic peeled and minced
- 4 beetroots peeled and sliced
- ¼ cup madras curry spice
- ¾ cup of olive oil
- Salt and pepper
- 250 grams of kale stem removed and chopped
- 250 grams of spinach stem removed and chopped
- 100 grams pumpkin seeds toasted
- 100 grams sunflower seeds toasted

Method

1. Preheat oven to 350 degrees Fahrenheit.
2. Place diced sweet potato, diced pumpkin, and chopped yams into a large bowl. Pour 1/3 of a cup of olive oil and the madras curry spice over the diced vegetables and mix till fully coated.
3. Line a large baking tray with aluminum foil and lay curried vegetables flat and bake in the preheated oven for 40 mins. Until tender.
4. In a separate bowl place cut mushrooms, minced garlic and 1/3 cup olive oil and season with salt and pepper. Mix till fully coated.
5. Line a second baking tray with aluminum and lay seasoned mushrooms flat on the tray. Bake in preheated oven for 20 mins.
6. Lay peeled and slice beetroot on an oven tray and bake for 20-30 mins until tender.
7. Heat a large frying pan with the remaining 1/3 cup olive oil. Sautee kale and spinach on low heat with salt and pepper until slightly wilted and bright green.
8. Plating, layer all roasted vegetables with veges, greens, mushrooms and toasted seeds
9. Enjoy!

A healthy, hearty variety of nutrient rich wholesome food.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	48.6mg
Protein	2.6g
Omega-3	97.2mg
Selenium	0.6mcg
Pyridoxine (Vitamin B6)	0.2mg
Vitamin K	18mcg

Ingredients

Fresh Fruit

- 3 slices fresh pineapple
- 1/2 rockmelon
- 1/2 pawpaw
- 4 kiwifruit
- 1 1/2 cups blueberries
- 1 1/2 cups grapes
- 1 punnet (1/2 pound) strawberries

Fruit Salad Drizzle

- 2 tablespoons honey
- 2 teaspoons orange zest
- 1 teaspoon lime zest
- Juice of 1 orange
- Juice of 1 lime
- 4 sprigs of mint, finely chopped

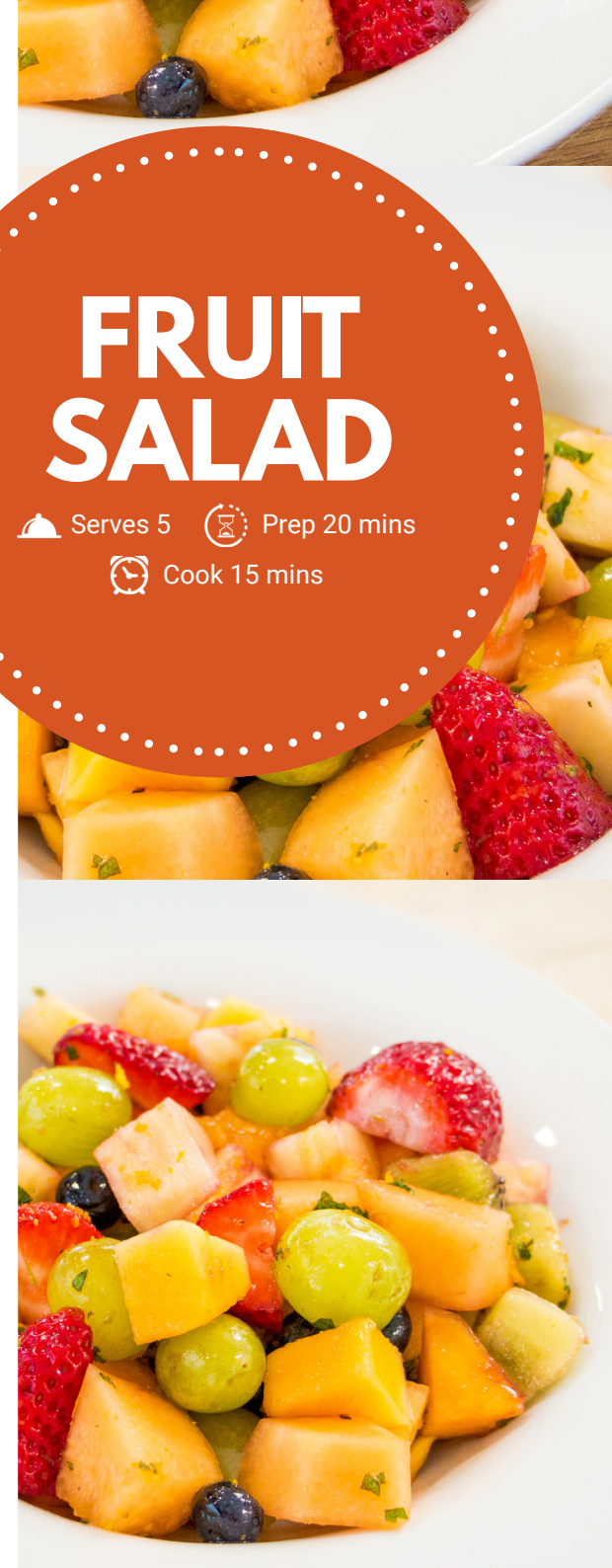
Method

1. Slice and cube the pineapple, rockmelon, pawpaw, and kiwifruit and add to a large bowl.
2. Add blueberries, grapes, and quartered strawberries.
3. For the drizzle, add honey to a mixing jug and microwave for 30 seconds to make it runny. Add zest of orange and lime juice, and mint.
4. Stir briskly until well mixed and pour over fruit salad.
5. Mix drizzle through fruit salad lightly and serve immediately.
6. Enjoy!

FRUIT SALAD

 Serves 5  Prep 20 mins

 Cook 15 mins



EASY PANCAKES

 Serves 2  Prep 5 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	15.9mcg
Thiamine (Vitamin B1)	0.1mg
Riboflavin (Vitamin B2)	0.3mg
Niacin (Vitamin B3)	0.8mg
Pyridoxine (Vitamin B6)	0.4mg
Calciferol (Vitamin D)	15.4IU
Omega-3	60.2mg
Iron	3.1mg

Ingredients

- 1 ½ large ripe bananas
- 2 eggs, whisked
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon baking powder
- Maple syrup (optional)
- Fresh fruits (optional)

Method

1. In a bowl, lightly mash the bananas with a potato masher or a fork.
2. Add the whisked egg, baking soda, vanilla, and cinnamon. Stir until well combined.
3. Pour about 2 tablespoons of the batter onto a skillet over medium-low heat and cook until the bottom appears set (about 1 to 2 minutes). Flip with a spatula and cook for another minute.
4. Serve immediately.
5. Top with fresh fruits and maple syrup (optional).

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	120mg
Protein	6.9g
Omega-3	288mg
Selenium	3mcg
Pyridoxine (Vitamin B6)	0.7mg
Vitamin K	138mcg

Ingredients

- 10 small avocados
- 4 small lemons
- 50 grams fresh coriander
- Salt & pepper, to taste

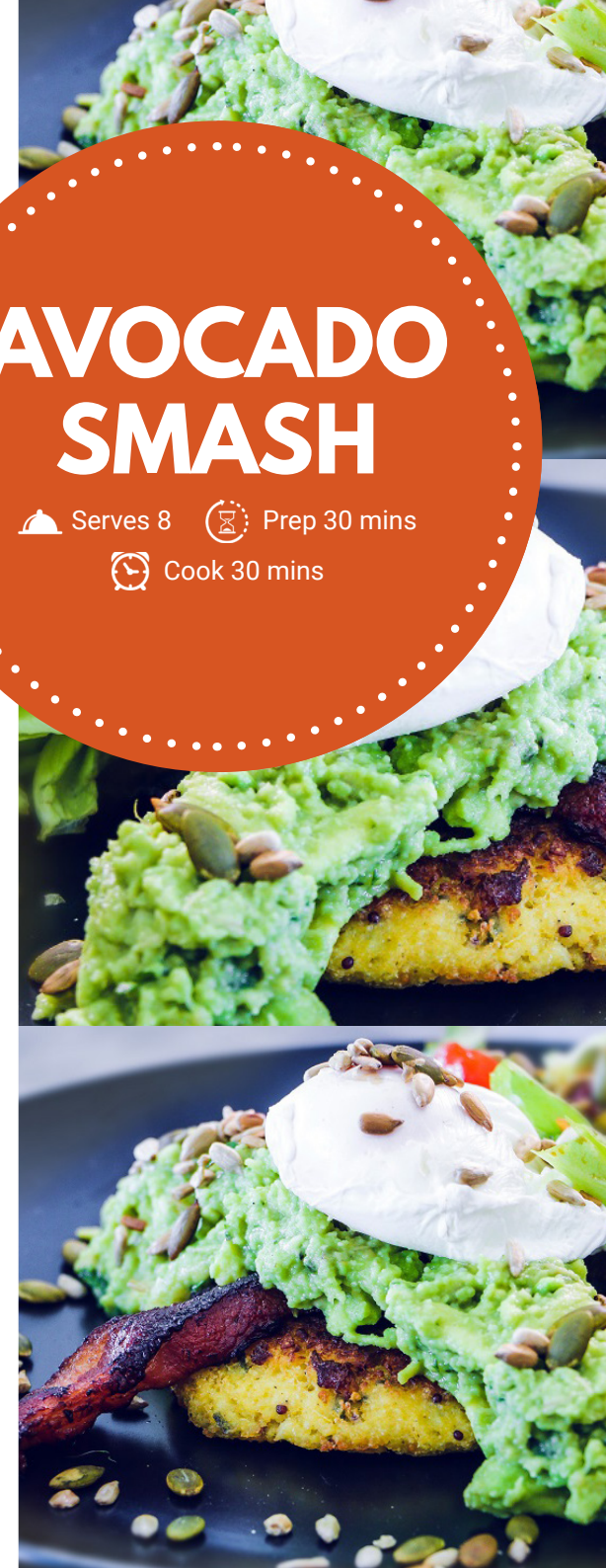
Method

1. Cut open avocado and remove stones place in a large bowl.
2. Cut lemons in half and squeeze the juice through a sieve onto the avos.
3. Remove stems from coriander and finely dice the leaves and to avos and lemon juice.
4. Add salt and pepper to taste.
5. Mash with a masher or hands until fully combined and slightly chunky.

AVOCADO SMASH

 Serves 8  Prep 30 mins

 Cook 30 mins



VEGAN SKEWERS WITH BALSAMIC & CHILI

 Serves 6  Prep 45 mins

 Cook 45 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	89.9mg
Protein	6.7g
Omega-3	162mg
Selenium	2.3mcg
Pyridoxine (Vitamin B6)	1mg
Vitamin K	29mcg

Ingredients

- 3 eggplants
- 4 zucchini
- 2 yellow peppers
- 3 red peppers
- 1 mango
- 1 pineapple
- 2 parsnips
- 1/2 cup olive oil
- 1/4 cup of balsamic vinegar
- 1 and 1/2 teaspoons of smoked paprika

- 1 teaspoon of chili flakes
- 20 long skewers
- Salt and pepper

Method

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl mix together olive oil, balsamic vinegar, chili flakes, smoked paprika and some salt and pepper, whisk till combined.
3. Peel all fruit and vegetables and cut them into 1 inch squares or rounds.
4. Toss all fruit and vegetables into the oil and balsamic mixture and coat thoroughly.
5. Alternate placement of the marinated fruit and vegetables onto the skewers.
6. Line an oven tray with aluminum foil and place completed skewers onto the tray
7. Cook in the preheated oven until tender

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	58mg
Protein	1.5g
Omega-3	17.8mg
Selenium	0.5mcg
Pyridoxine (Vitamin B6)	0.2mg
Vitamin K	8mcg

Ingredients

- 1 cup ice (6 ice cubes)
- 1 cup (250ml) water
- 2 oranges
- 2 apples
- 2 carrots, diced
- 1 beetroot

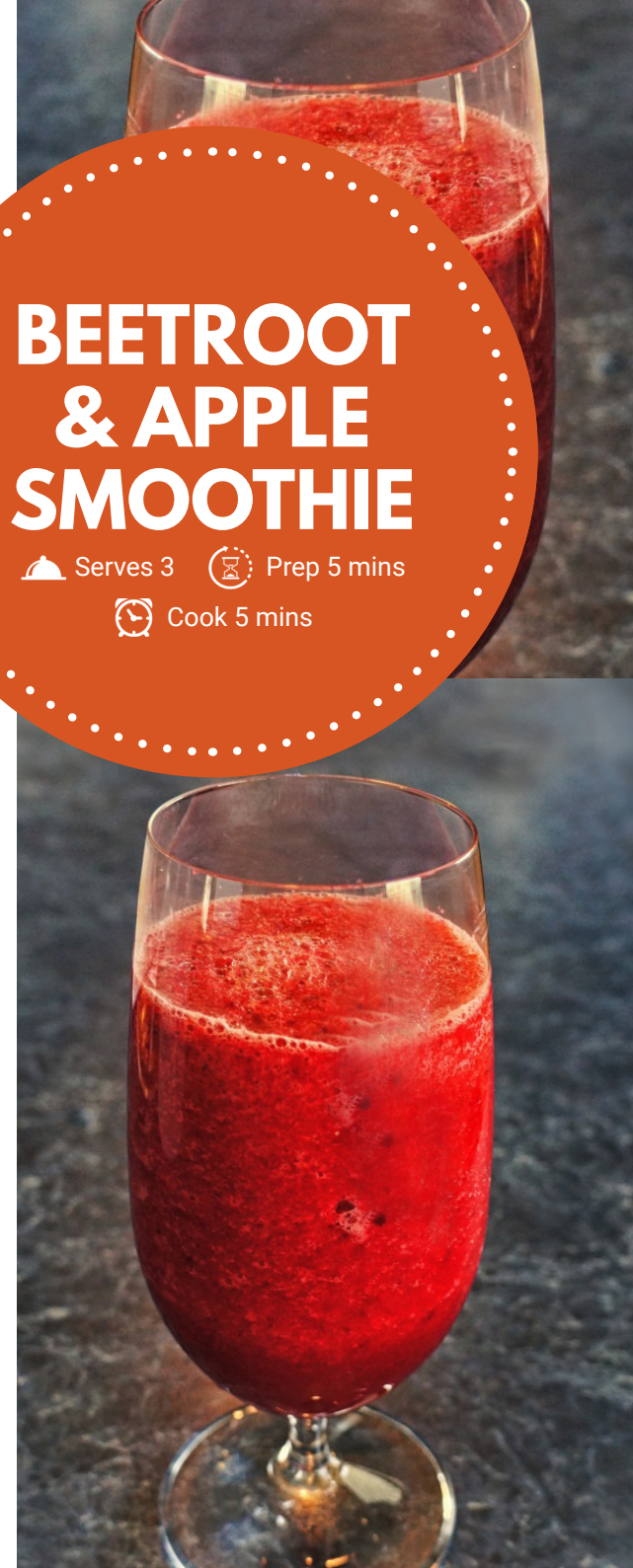
Method

1. Add ice, water, oranges and apples to the blender.
2. Pulse the blender until the mix is smooth.
3. Add the carrots and beetroot to the blender.
4. Blend until smooth. Add more water to get to your desired consistency if needed.
5. Serve and enjoy this great smoothie!

BEETROOT & APPLE SMOOTHIE

 Serves 3  Prep 5 mins


 Cook 5 mins





HERB ROASTED VEGETABLE TOWER

 Serves 6-8  Prep 40 mins

 Cook 40 mins

Ingredients

- 3 red peppers deseeded and quartered
- 3 yellow peppers deseeded and quartered
- 8 portabella mushrooms spores removed
- 5 beetroots peeled and sliced
- 3 eggplants sliced thick
- 4 red onions skin removed and halved
- 2 large sweet potatoes peeled and sliced medium thick
- 1 bunch of kale 200grams sliced
- 250 grams of spinach sliced
- 4 tomatoes stem remove and cut into thirds
- 1 bulb of garlic minced
- 1 cup of olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon of dried rosemary
- 1 tablespoon of dried thyme
- Salt and pepper

Method

1. Preheat the oven to 350 degrees Fahrenheit. Line 2-3 large baking trays with aluminum foil.
2. In a bowl whisk together olive oil, minced garlic, vinegar and dried herbs.
3. Toss all prepared vegetables (excluding spinach and kale) through the oil mixture, taking the time to coat them but shaking off any excess.
4. Lay them all flat across the baking trays. Season with salt and pepper. Bake in the preheated oven for 30-40 minutes until all are tender.
5. Heat a large pan with the remaining olive oil mixture. Sautee the spinach and kale (season with salt and pepper) in the pan until it begins to soften and wilt. 3-5 minutes.
6. Plating; use the wilted greens as a base to hold your tower up, build by alternating vegetables as you stack them. A skewer can also be used to hold them in place.
7. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	32.6mg
Protein	0.9g
Omega-3	3.8mg
Selenium	0.3mcg
Pyridoxine (Vitamin B6)	0.1mg
Vitamin K	8.4mcg

Ingredients

- 6 ripe pears
- 1 heaped tablespoon of cinnamon powder
- 1 large lemon

Method

1. Peel and core pears.
2. Fill a large pot with enough water to submerge your pears.
3. Juice the lemon into the pot of water.
4. Place the pot of water and lemon juice on heat and bring to a boil.
5. Add your pears to the boiling water and lemon juice, cook for 5-8 mins until you can slightly pierce the pears with a knife.
6. Strain pears from liquid and place in the fridge to allow them to cool.
7. Preheat your oven to 180 degrees.
8. Once cooled roll your pears in the cinnamon powder mixture.
9. Place on a baking tray and bake for a further 10-15 minutes until the sugar begins to caramelize on the outside of the pears.

CINNAMON & COCONUT BAKED PEARS

 Serves 6  Prep 15 mins

 Cook 25 mins



SALMON BREAKFAST WITH PEACH AND MANGO SALSA

 Serves 4  Prep 15 mins
 Fat 1  Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	69.1mcg
Thiamine (Vitamin B1)	0.7mg
Riboflavin (Vitamin B2)	1.3mg
Niacin (Vitamin B3)	19.1mg
Pyridoxine (Vitamin B6)	2.2mg
Calciferol (Vitamin D)	15.4IU
Omega-3	4195mg
Iron	5.5mg

Ingredients

- 4 salmon fillets, deboned
- 3 lemons
- 2 bunches of asparagus, ends sliced off
- 3 limes
- 2 peaches, skinned and diced
- 1 mango, skinned and diced
- Cracked black pepper, to taste
- 2 avocados, skinned and diced
- 1 red onion, finely diced
- 4 free range eggs, 1 per person

Method

1. Pre heat oven to 400F (200C) on fan bake.
2. Line an oven tray with tin foil and lay the salmon fillets over the foil.
3. Crack black pepper and squeeze the juice of 1 lemon over the fillets. Place them in the oven to bake for 10 minutes.
4. Boil a pot of water, and then add in the asparagus.
5. To make the salsa, mix together the avocado, peaches, mango and red onion in a mixing bowl.
6. Squeeze the juice of 2 limes into the bowl and mix in.
7. Boil water in a pan and crack in the eggs to poach. Once poached, remove from heat.
8. Remove the salmon from the oven and serve each fillet alongside the peach and mango salsa, asparagus and a poached egg.
9. Season with cracked black pepper as desired, and enjoy this delicious breakfast!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	48.7mg
Protein	4.2g
Omega-3	48.5mg
Selenium	1.3mcg
Pyridoxine (Vitamin B6)	0.5mg
Vitamin K	34.4mcg

Ingredients

- 1 large cauliflower, cut into florets
- 1 tablespoon coconut oil
- Sea salt and ground black pepper, to taste

Method

1. In large fry pan, heat the oil and cook the cauliflower until lightly browned. Season with pepper.
2. Serve as a side with your favorite meals.

CAULIFLOWER RICE

 Serves 4  Prep 10 mins

 Cook 10 mins

ROAST VEGETABLE SALAD

 Serves 4  Prep 15 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	16.8mg
Thiamine (Vitamin B1)	0.7mg
Riboflavin (Vitamin B2)	0.7mg
Niacin (Vitamin B3)	6.9mg
Pyridoxine (Vitamin B6)	1.3mg
Omega-3	928mg
Iron	6.6mg

Ingredients

Roast Vegetable Salad

- 1/4 pumpkin, skinless, deseeded & diced
- 2 sweet potatoes, peeled & diced
- 7 yams, sliced into rings
- 2 tablespoons olive oil
- 1 tablespoon oregano
- Olive oil, for frying as needed
- 7 ounces (200 grams) middle bacon, diced
- 1 yellow pepper, deseeded & diced
- 2 zucchinis, sliced
- 1 large handful salad greens
- 10-15 cherry tomatoes, halved

Pesto Mayo

- 1 cup (250ml) olive oil
- 1 egg
- 1 tablespoon basil pesto

Method

1. Preheat oven to 360F (180C) on fan bake.
2. Mix the pumpkin, sweet potatoes, yams, olive oil and oregano in a large bowl. Then transfer onto a baking paper lined oven tray and place in the oven for 40 minutes.
3. While the vegetables are roasting off, heat some olive oil in a fry pan cook the bacon for 5 minutes, or until crispy.
4. Add the yellow pepper to the pan.
5. Add the zucchini to the pan with the bacon and capsicum to cook for another 5 minutes.
6. Add the pesto mayo ingredients to a tall container and using a stick blender, blend for 20-30secs
7. Remove the vegetables from the oven and rest on bench for 3 minutes.
8. In a large bowl add the roasted vegetables, the mix from the pan, and the pesto mayo and mix gently.
9. Add the handful of salad green and the cherry tomatoes and mix again.
10. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	50mg
Protein	1.5g
Omega-3	9mg
Selenium	0.2mcg
Pyridoxine (Vitamin B6)	0.1mg
Vitamin K	4mcg

Ingredients

- 1 cup (250ml) water
- 1 carrot, chopped into chunks
- 2 apples, cored & quartered
- 1 orange, peeled
- 2 slices of ginger
- 3 kiwifruit, peeled

Method

1. Add water and carrot to the blender.
2. Pulse until smooth.
3. Add in the apples and pulse again.
4. Add in the orange, ginger and kiwifruit.
5. Blend until smooth.
6. Serve and enjoy!

APPLE & KIWIFRUIT SMOOTHIE

 Serves 3  Prep 5 mins

 Cook 5 mins



LAMB STEAKS IN TURMERIC YOGHURT MARINADE

 Serves 6  Prep 1 hr 10 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Carbohydrates	1g
Fats	11.9g
Protein	25.7g

Ingredients

- 6 lamb steaks
- 1 large clove garlic
- 1 teaspoon fennel seeds
- 2 teaspoons ground turmeric
- 2 teaspoons ground cilantro
- ½ teaspoon black pepper
- 1 cup coconut yoghurt

Method

1. Peel a large clove of garlic and crush using a mortar and pestle. Add fennel seeds, turmeric, cilantro and pepper to the mortar and pestle and pound until it forms a paste.
2. Put the yogurt into a medium sized mixing bowl, then add the spice paste and mix well.
3. Add the lamb steaks into the yogurt and cover with cling film and leave for an hour to marinate in the fridge.
4. Once you have finished marinating the lamb, heat a large fry pan on a hot heat. Cook until a crust starts to form on one side and then turn and cook the other side until a crust form about 4-5 minutes.
5. Cover the meat with tinfoil and allow the meat to rest for 5 minutes before serving.

The following nutrients are contained in this recipe, here are the approximate amounts
PER SERVING:

Selenium	0.1mcg
Niacin (Vitamin B3)	0.1mg
Omega-3	15.1mg
Iron	0.2mg

Ingredients

- 12 whole large kale leaves, washed & dried
- 3 tablespoons coconut oil, melted
- ½ tablespoon rock salt
- ½ tablespoon ground cinnamon

Method

1. Preheat oven on fan bake to 400F (200C).
2. Separate each leaf into two by removing the inner stalk and place on a baking tray.
3. Mix coconut oil, salt and cinnamon in a small jug and drizzle over the kale leaves.
4. Toss the leaves to fully coat with sauce.
5. Bake for 5-10 minutes, watching closely as they can burn quickly.
6. Enjoy!

CINNAMON KALE CHIPS

 Serves 8  Prep 10 mins

 Cook 10 mins

BACON AND MUSHROOM QUICHE

 Serves 4
  Prep 15 mins
 Fat 2
  Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	55.8mcg
Thiamine (Vitamin B1)	0.4mg
Riboflavin (Vitamin B2)	1.2mg
Niacin (Vitamin B3)	10.9mg
Pyridoxine (Vitamin B6)	0.5mg
Calciferol (Vitamin D)	23.1IU
Omega-3	199mg
Iron	4mg

Ingredients

- 1 cup coconut milk
- Coconut oil, for cooking
- Cracked black pepper, to taste
- 6 free range eggs
- ½ pound (250 grams) bacon, diced
- 8 Portobello mushrooms, sliced
- 1 teaspoon basil
- 1 teaspoon oregano
- 1-2 tomatoes, sliced

Method

1. Preheat the oven to 360F (180C).
2. In a frying pan, heat a little bit of oil and cook the bacon and mushrooms until lightly brown.
3. Stir in the herbs. Cook for less than a minute, remove from the heat and set aside.
4. In a bowl, whisk together the eggs, coconut milk and some black pepper.
5. Brush an oven dish with coconut oil. Add the cooked bacon and mushrooms, and pour over the egg mixture. Mix well.
6. Place the tomato slices carefully on top of the mix (optional) and place tray in the oven to cook for 30 minutes.
7. Remove from the oven, slice and serve alone or with a fresh green salad!

Ingredients

- 1 mango peeled and diced
- 1 pineapple peeled and small diced
- 1 papaya peeled and diced seeds removed
- 1 cucumber deseeded and diced
- 2 stalks of celery diced
- 1 punnet Strawberries stem removed sliced
- 1 bunch of kale (250Grams)
- 1 bunch of spinach (250 grams)
- 1 butter lettuce
- 1 cup frozen mixed berries
- 1 cup olive oil
- 1/3 cup balsamic
- 1 tablespoon apple cider vinegar
- Salt And pepper
- 1 cup toasted walnut

Method

1. Tear and wash spinach, kale and butter lettuce.
2. In a large bowl mix together mango, papaya, pineapple, cucumber, celery, & strawberries.
3. Preheat an oven to 350 degrees Fahrenheit and toast walnuts for 6-10 minutes.
4. Toss torn greens into the large bowl with the diced fruit and veggies.
5. In a blender combine frozen berries, balsamic vinegar, apple cider vinegar, olive oil and salt and pepper. Blend till smooth and fully emulsified (combined).
6. To serve, place greens and tossed fruit and veggies onto a plate. Garnish with toasted walnuts and drizzle with dressing.
7. Enjoy!

SUMMER SALAD WITH BALSAMIC BERRY VINAIGRETTE



Serves 6



Prep 20 mins



Cook 10 mins





HONEY MUSTARD CHICKEN SALAD

 Serves 4  Prep 20 mins

 Cook 35 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	27mcg
Thiamine (Vitamin B1)	0.3mg
Riboflavin (Vitamin B2)	0.3mg
Niacin (Vitamin B3)	12.9mg
Pyridoxine (Vitamin B6)	1.1mg
Omega-3	390mg
Iron	4.5mg

Ingredients

- 4 sweet potatoes, peeled & diced
- Coconut oil
- Cracked black pepper, to taste
- Sea salt, to taste
- 1 teaspoon oregano
- 3 chicken breasts, diced
- 1 tablespoon wholegrain mustard
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- Paleo Mayonnaise
- 1 bag baby spinach leaves
- 10-15 cherry tomatoes

Method

1. Preheat oven to 400F (200C).
2. Coat the sweet potatoes with some coconut oil, cracked black pepper and sea salt (optional), and 1/2 teaspoon oregano for seasoning while cooking.

3. Line an oven tray with aluminum foil and brush with coconut oil.
4. Spread the sweet potatoes evenly on the oven tray and place in the oven to cook for 35 minutes. After 15 minutes of cooking, toss the sweet potatoes.
5. Heat some coconut oil in an electric fry pan.
6. Mix the chicken, 1/2 teaspoon oregano, cracked black pepper, and sea salt in a large bowl.
7. Add the chicken to the pan to cook on a medium heat for 10-15 minutes.
8. In a small bowl add the wholegrain mustard, Dijon mustard, and honey and mix together.
9. Make the Paleo Mayonnaise.
10. Now add the mustard mix to the paleo mayo and stir.
11. Add the sweet potatoes to the pan, remove heat and stir.
12. Serve by placing the sweet potatoes in a bowl then a handful of fresh washed baby spinach leaves, add the chicken followed by cherry tomatoes and lastly drizzle the mustard sauce over the top. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	16.3mg
Protein	0.9g
Omega-3	15.7mg
Selenium	0.1mcg
Pyridoxine (Vitamin B6)	0.1mg
Vitamin K	5.8mcg

Ingredients

- 8-10 ice cubes
- 1 cup of water
- 1 pear, core removed
- 1 grapefruit, skin removed
- 2 apples, cores removed
- 1 punnet strawberries
- 1 peach, core removed

Method

1. Add the ice cubes and water to the blender.
2. Add in the pear and grapefruit, then blend.
3. Once smooth, add in the apples, strawberries, and peach.
4. Blend again until smooth.
5. Serve in tall glasses and enjoy this delicious fresh fruit smoothie!

GRAPEFRUIT & STRAWBERRY SMOOTHIE


 Serves 4  Prep 5 mins

 Cook 5 mins



CAJUN SCALLOP & PRAWN ZUCCHINI PASTA

 Serves 6  Prep 45 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Carbohydrates	43.4g
Fats	6.7g
Protein	19.6g

Ingredients

- 6 zucchinis
- 3 eggplants
- 1 bunch asparagus
- 2 carrots
- 2 red onion
- 2 lemons
- 5 cloves of garlic
- 1 tablespoon of chili flakes
- salt and pepper
- 2 tablespoons of coconut oil
- 1 mango
- 20 prawns
- 300 grams of scallops

Method

1. Peel and chop onions, garlic, carrots, mango, asparagus into small dice.
2. Cut zucchini into thin strips on a mandolin then slice into thin strips.
3. Cut eggplant into small diced cubes.
4. Place a large pot of water on the heat and bring to a boil.
5. Place a large pan on the heat with 1 tablespoon of coconut oil, once hot saute onions, carrots, garlic and asparagus with one tablespoon of chili flakes, cook until onions are transparent.
6. Add eggplant to frying pan, cook till soft.
7. Add zucchini noodles to boiling water, cook for 6-8 minutes.
8. Remove veggies from frying pan into a clean bowl.
9. Place frying pan back on the heat with remaining coconut oil, add scallops and prawns, cook for 3-5 minutes until slightly firm, squeeze lemon juice into frying pan, add mango and remaining chili to seafood, cook for 2 minutes.
10. Add veggies back into the frying pan with the seafood and mango, season with salt and pepper, mix thoroughly.
11. Drain zucchini noodles into a colander
12. Add zucchini noodles into the frying pan and mix through.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	82.4mg
Protein	3.5g
Omega-3	122mg
Selenium	0.7mcg
Pyridoxine (Vitamin B6)	0.6mg
Vitamin K	14.1mcg

Ingredients

- 1/2 cup (125ml) water
- 1/2 cup ice
- 1 1/2 pineapples, skins removed & diced
- 2 apples

- 1 cup of grapes, seedless
- 10 strawberries
- 1/2 lime
- 4 mint leaves

Method

1. Add the water, ice, pineapple and apples to a blender.
2. Blend until smooth.
3. Add in the grapes, strawberries, lime and mint leaves.
4. Pulse until well blended. You can add more water to get to your desired consistency if needed.
5. Serve in tall glasses and enjoy!

TROPICAL MINT SMOOTHIE


 Serves 3  Prep 5 mins

 Cook 5 mins



APPLE BANANA CINNAMON PANCAKES

 Serves 5  Prep 10 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	16.6mcg
Thiamine (Vitamin B1)	0.1mg
Riboflavin (Vitamin B2)	0.4mg
Niacin (Vitamin B3)	1.9mg
Pyridoxine (Vitamin B6)	0.5mg
Calciferol (Vitamin D)	12.3IU
Omega-3	155mg
Iron	2.5mg

Ingredients

- 4 eggs, whisked
- 4 bananas, mashed
- 2 apples, peeled and diced
- 1 tablespoon cinnamon
- 4 tablespoons almond butter
- 2 teaspoons vanilla extract
- 1 tablespoon coconut oil
- 1 package bacon (optional)
- Traditional maple syrup (optional)

Method

1. Whisk the eggs in a medium to large bowl. Set aside.
2. Mash the bananas in a separate bowl.
3. Peel and dice the apples.
4. Add the banana mash and peeled apples to the egg mixture. Stir.
5. Add the cinnamon, almond butter and vanilla extract to the batter. Stir.
6. Melt the coconut oil on a medium fry pan over medium heat.
7. Pour a small portion of the batter onto the skillet. Let it cook for 1 - 2 minutes, or until the edges solidify and begin to brown. Flip and cook the other side for another minute or two, or until the pancake is fully cooked.
8. Repeat until the rest of the batter has been cooked. Use additional coconut oil if required.
9. In a separate fry pan, cook the bacon until crispy.
10. Serve the bacon on top of the pancakes. Add maple syrup if desired.

Ingredients

- 500 grams of baby spinach
- 2 heads of fancy lettuce torn and washed
- 500 grams of toasted cashews
- 100 grams of toasted sunflower seeds
- 100 grams of toasted pumpkin seeds
- 4 pears core removed, 2 small diced and 2 thinly sliced
- 4 mandarin oranges peeled, and pith removed
- 2 telegraph cucumbers deseeded and thinly sliced
- 4 avocados peeled and halved (slice $\frac{3}{4}$ of the way through to fan it out)

Method

1. Remove the stem from the fancy lettuce and tear and wash.
2. Preheat an oven to 350 degrees Fahrenheit, toast cashews, sunflower and pumpkin seeds separately for 5-10 mins until slightly golden.
3. In a large bowl add washed lettuce, baby spinach, diced pears, mandarins (gently remove excess pith by scraping it off with a knife) and cucumber. Toss to mix thoroughly.
4. Place the salad mixture on a plate, add three pieces of slice pear together to form a fan and place on the salad.
5. Add sliced avocado fan to the salad.
6. Garnish with toasted seeds and cashew nuts.
7. Drizzle with your choice of dressing.
8. Enjoy!

CITRUS AND AVOCADO SALAD


 Serves 5-8  Prep 20 mins

 Cook 10 mins



ROASTED BEETROOT AND MUSHROOM SALAD

 Serves 5-8  Prep 30 mins

 Cook 30 mins

Ingredients

- 1-pound white button mushrooms quartered
- 1-pound swiss brown mushrooms quartered
- 5 beetroots peeled and diced
- 250 grams pumpkin seeds
- 250 grams sunflower seeds
- 1 bunch of kale 500grams
- 1 Bunch of spinach 500 grams
- 2 punnets of cherry tomatoes
- 1/3 cup balsamic vinegar
- 1 cup olive oil
- 1 lemon
- 1 bulb of garlic minced
- ½ cup coconut oil melted
- ½ cup olive oil
- Salt and pepper

Method

1. Preheat oven to 350 degrees Fahrenheit. Toast seeds in the oven for 5-10 mins stirring regularly to prevent burning.
2. Pick and wash kale and spinach. Tear into bite sized pieces and set aside.
3. Mix together garlic, coconut oil, salt, pepper and mushrooms. Lay mushrooms on a baking tray and Roast mushrooms in the oven for 20mins.
4. Toss diced Beetroot in a large bowl with ½ cup of olive oil and season with salt and pepper. Roast in the oven for 20 minutes.
5. Slice cherry tomatoes in half and mix together with salad greens.
6. In a large bowls Wisk together 1 cup olive oil, juice from 1 lemon, 1/3 cup balsamic vinegar and salt & pepper.
7. Allow mushrooms and beetroot to cool slightly, toss together with salad greens and cherry tomatoes. Garnish with toasted seeds and dress with Balsamic vinaigrette.
8. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	83.3mg
Protein	2.2g
Omega-3	44.4mg
Selenium	0.8mcg
Pyridoxine (Vitamin B6)	0.2mg
Vitamin K	137mcg

Ingredients

- 10 ice cubes
- 2 oranges, peeled
- 3 carrots
- 1 teaspoon fresh ginger
- 3/4 cup water
- 8 spinach leaves, stalks removed

Method

1. Add ice to the blender.
2. Squeeze the orange juice into the blender and add in the pulp. Blend up with the ice.
3. Chop the carrots up into small chunks and add them to the blender.
4. Grate some ginger into the blender and add in water.
5. Chop up the spinach, wash and add to blender.
6. Blend ingredients together until smooth, serve and enjoy!

CARROT & ORANGE SMOOTHIE

 Serves 3  Prep 10 mins

 Cook 5 mins



VEGAN BURRITO WITH BROCCOLI AND CAULIFLOWER TORTILLA

 Serves 6-8  Prep 40 mins

 Cook 30 mins

Ingredients Method

- 2 heads of broccoli
- 1 large head of cauliflower
- 3 cups of tapioca flour
- 2 teaspoons of sea salt
- 1 & ½ cups of ground linseed
- 2 & ¼ cups of water
- 6 tablespoons of olive oil
- 1 teaspoon baking powder
- Salt and pepper
- 1 cup coconut oil for frying
- 1 pound of White button mushrooms sliced
- 3 red peppers deseeded and small diced
- 4 courgettes chopped
- 2 red onion small diced
- 500 grams of rocket
- 1 bunch of fancy lettuce
- 6 avocados
- 5 tomatoes deseeded and small diced
- 1 lemon
- 10-20 grams of parsley
- ½ cup of homemade chilli sauce or Siracha chilli sauce

1. Remove stem from cauliflower. Cut the remaining cauliflower into small pieces to be put in the food processor. Blitz in the food processor until it resembles grains of rice. Put into a large bowl and set aside.
2. Remove the bottom part of the broccoli stem, chop the remaining broccoli into small pieces to be put into the food processor. Blitz the broccoli until it is roughly the size of grains of rice. Place into the bowl with the cauliflower.
3. In a separate large bowl mix together the tapioca flour, ground linseed, 2 teaspoons of salt and baking powder. Stir till fully mixed.
4. In a separate bowl, measure 2&1/4 cups of water, add 6 tablespoons of olive oil and mix.
5. Add the water and oil mixture to the tapioca and linseed and stir till fully combined. Allow to rest for 3-5 minutes so the linseed and water can thicken (becomes Flax egg).
6. Fold blitzed broccoli and cauliflower into the tapioca mixture. Mix till fully combined.
7. Heat a large frying pan with 1 tablespoon of coconut oil. Pour in 1 ladle of the "pizza batter". Fry for 3-5 mins on medium to high heat on each side till golden. Remove from pan onto a baking sheet. Repeat until all "batter" is cooked.
8. Cut the avocados in half and remove the stone. Scoop out the avocado and place in a separate bowl. Add the zest & juice from the lemons (careful no seeds) and fine chop the herbs, add to the avocado. Season with salt and pepper. Smash it all together leaving a little bit of chunks for texture. Add diced tomato and mix.
9. Heat a large frying pan with coconut oil. When hot add diced peppers and onion, Sautee until onions are translucent. Add mushrooms and courgettes. Cook until courgettes are tender, add chilli sauce, season with salt and pepper.
10. To Serve; place "tortilla" flat on the plate, top with rocket and fancy lettuce. Scoop vegetable mixture on top of the lettuce, top with the avocado smash. Garnish with tomatoes and herbs.
11. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	59.6mg
Protein	3.8g
Omega-3	46.1mg
Selenium	5.9mcg
Pyridoxine (Vitamin B6)	0.2mg
Vitamin K	1.8mcg

Ingredients

- 10 ice cubes
- 1 banana, frozen
- 1 medium apple, chopped
- 1 tablespoon ground cinnamon
- 2 tablespoons almond butter
- 1 1/2 cups (375ml) coconut milk

Method

1. Place the ice cubes into the blender first and then add the rest of the ingredients.
2. Blend until creamy, if necessary add more milk or water to reach your desired consistency.
3. Serve and enjoy!



CREAMY APPLE & CINNAMON SMOOTHIE



Serves 6



Prep 5 mins

WEEK 2 Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Baked Squash Egg	Lamb Salad with Avocado Mayo	Tuna Salad with Chili Dressing	Paleo Granola Breakfast	Watermelon, Tomato, & Apple Salad	Broccoli and Bacon Salad	Zucchini Pie with Scrambled Eggs
Snack 1	Fish Bites with Honey Mustard Sauce	Leek and Sweet Potato Soup	Bacon Wrapped Apples	Beef & Pesto Roll Ups	Pesto Prawn Skewers	Eggplant and Tomato Soup	Mushroom & Spinach Risotto
Lunch	Healthy Orange Chicken Salad	Paleo Salmon Sushi	Seafood Pasta	Mango Glazed Chicken Tenders	Bacon and Guacamole Snacks	Cauliflower Pizza	Chicken Sushi
Snack 2	Coconut Crumbed Fried Calamari	Salsa Loaded Sweet Potato	Sweet Potato Rice	Turmeric Cauliflower Curry	Broccoli & Leek Soup	Broccoli & Roasted Pumpkin Salad	Beef Fillets with Bacon & Mushroom Puree
Dinner	Lemon & Garlic Shrimps	Pork and Vegetable Soup	Pad Thai	Pumpkin, Beef & Cashew Nut Curry	Pork Fried Rice	Roast Turkey	Smoky Tomato & Bacon Soup
Snack 3	1 Piece of Fruit 1/2 Cup Seed & Nuts	1 Piece of Fruit 1/2 Cup Seed & Nuts	1 Piece of Fruit 1/2 Cup Seed & Nuts	1 Piece of Fruit 1/2 Cup Seed & Nuts	1 Piece of Fruit 1/2 Cup Seed & Nuts	1 Piece of Fruit 1/2 Cup Seed & Nuts	1 Piece of Fruit 1/2 Cup Seed & Nuts

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	0.1mcg
Niacin (Vitamin B3)	0.1mg
Omega-3	15.1mg
Iron	0.2mg

Ingredients

- 12 whole large kale leaves, washed & dried
- 3 tablespoons coconut oil, melted
- ½ tablespoon rock salt
- ½ tablespoon ground cinnamon

Method

1. Preheat oven on fan bake to 400F (200C).
2. Separate each leaf into two by removing the inner stalk and place on a baking tray.
3. Mix coconut oil, salt and cinnamon in a small jug and drizzle over the kale leaves.
4. Toss the leaves to fully coat with sauce.
5. Bake for 5-10 minutes, watching closely as they can burn quickly.
6. Enjoy!

BAKED SQUASH AND EGG



Serves 2



Prep 10 mins



Cook 35 mins

PALEO FISH BITES WITH HONEY MUSTARD DIPPING SAUCE

 Serves 5  Prep 15 mins

 Cook 25 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	25.9g
Calcium	150mg
Iron	3.2mg
Vitamin C	2.7mg
Vitamin B12	2.8mcg
Folate	34.8mcg
Selenium	33.4mcg
Phosphorus	377mg

Ingredients

Fish Bites

- 4 white fish fillets (we used gurnard)
- 2 eggs
- Juice of ½ lemon
- 1 ½ cups tapioca flour
- 1 ½ cups almond flour
- 1 teaspoon rock salt
- 2 teaspoons black pepper

Honey Mustard Dipping Sauce

- 4 tablespoons dijon mustard
- 1 ½ teaspoons raw honey
- 1 ½ teaspoons apple cider vinegar
- Pinch of salt
- Pepper, to taste

Method

Preparing and Cooking Fish Bites

1. Slice fish into small bite-sized chunks.
2. Whisk eggs and lemon juice together in a bowl.
3. Mix the tapioca flour, almond flour, salt and pepper together in a separate bowl.
4. Dip each fish bite first into the egg mix, then allow any excess egg to drip off before dipping them into the dry mix. Once fully coated in the dry mix, set the coated fish bites aside on a separate plate. Continue until all of the fish bites have been coated.
5. Preheat the oven to 350F (175C) on fan bake.
6. Add 1-2 teaspoons of coconut oil into a large frying pan on medium-high heat.
7. Once the oil is hot, fry the coated fish bites in the fry pan for only 1-2 minutes on each side (they should be lightly browned on each side). You may need to fry the fish bites in batches.
8. Line an oven tray with baking paper and carefully lay out the fried fish bites over the tray. Place in the oven and bake for approximately 20 minutes.
9. Serve with the honey mustard dipping sauce (below), and your favorite paleo sides!

Preparing Honey Mustard Dipping Sauce

10. Add all of the sauce ingredients together in a bowl and mix well.
11. Serve immediately, or cover and refrigerate until using.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	23.2g
Calcium	71.8mg
Iron	4.2mg
Vitamin C	104mg
Vitamin B12	0.3mcg
Folate	149mcg
Selenium	14.2mcg
Phosphorus	385mg

Ingredients

Marinade

- Zest of 2 oranges
- Juice of 2 ½ oranges
- 2 tablespoons raw honey
- 1 teaspoon dried thyme
- 1-2 teaspoons cracked black pepper

Salad Dressing

- Juice of 1/2 orange
- 3 tablespoons olive oil
- 3 tablespoons apple cider vinegar
- Cracked black pepper (as desired)

Orange Chicken Salad

- Coconut oil, for frying as needed
- 3 chicken breasts
- 1 bag cos lettuce leaves
- 1/2 cup pumpkin seeds
- 2 oranges, peeled and sliced into 6-8 portions
- 1 red pepper, sliced into thin strips
- 2 avocados, sliced
- 2 tomatoes, sliced

Method

1. In a large bowl, mix together the marinade ingredients. Heat the raw honey in the microwave for 10-15 seconds first to soften it.
2. Add in the chicken breasts to the marinade bowl and cover with plastic wrap. Place in the fridge for at least two hours to marinate.
3. In a smaller bowl or jug, mix the salad dressing ingredients together until well-blended. Cover and place this in the fridge to cool.
4. After the chicken has marinated, heat a frying pan to a low-medium heat with a dash of coconut oil.
5. Remove chicken from the marinade and add into the frying pan.
6. Cook with the lid on, turning occasionally, for 20 minutes, or until the chicken is a golden-brown color.
7. Remove the chicken from heat and slice the breasts into thin strips.
8. In a large salad bowl, mix together the cos lettuce leaves, pumpkin seeds, sliced oranges, pepper, avocados, and tomatoes.
9. Add in the sliced chicken, followed by the salad dressing. Either toss the salad together or serve with the chicken on top of the salad greens.
10. Serve and enjoy!

HEALTHY ORANGE CHICKEN SALAD



Serves 5



Prep 20 mins



Cook 20 mins

COCONUT CRUMBED FRIED CALAMARI

 Serves 8  Prep 20 mins

 Cook 4 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	26.4g
Calcium	70mg
Iron	2.7mg
Vitamin C	11mg
Vitamin B12	2.2mcg
Folate	38.4mcg
Selenium	74mcg
Phosphorus	406mg

Ingredients

- 1 cup tapioca flour
- 3 cups coconut flour
- 1 cup shredded coconut
- 3 cups desiccated coconut
- 3 cups coconut oil
- 8 eggs
- 1/2 cup water (or coconut milk)
- 1/4 cup lemon juice
- 1/4 lime juice
- Salt and pepper
- 2.2 pounds squid (calamari)

Method

1. Cut calamari into thin ring or strip size portions put into a large bowl.
2. Add lemon juice and lime juice to calamari and sprinkle with salt and pepper, mix well.
3. In a separate bowl combine coconut flour and tapioca flour, season with salt and pepper.
4. In a separate bowl crack eggs and add water (or coconut milk) whisk until fully combined.
5. In a separate bowl mix together shredded coconut and desiccated coconut.
6. Dip calamari (1-3 portions at a time) into flour mixture, then egg wash, then coconut mixture, place on a large flat tray until all calamari is coated.
7. Place a large pot on with coconut oil to heat up.
8. Fry calamari until golden and crispy (thicker strips of calamari will take slightly longer to cook)

The following nutrients are contained in this recipe, here are the approximate amounts
PER SERVING:

Protein	41g
Calcium	234mg
Iron	6.7mg
Vitamin C	97.6mg
Vitamin B12	1.6mcg
Folate	168mcg
Selenium	55.2mcg
Phosphorus	616mg

Ingredients

- 12 zucchinis
- 1 tablespoon coconut oil
- 2 garlic cloves, crushed
- 1 1/2 pounds (700 grams) shrimp, cooked and peeled
- 1 lemon
- 1 cup baby spinach
- 1 punnet cherry tomatoes
- Pinch salt
- Pinch pepper

Method

1. Using a julienne peeler slice all the zucchini into noodles.
2. In a fry pan add coconut oil and heat to a medium heat. Add the zucchinis to soften and toss so they don't burn for about 10 minutes
3. Remove them from the pan and sit to one side, add the crushed garlic to brown and add the shrimps to heat for 5-7 minutes.
4. Squeeze in the juice of the lemon over the shrimps and toss.
5. Season with salt and pepper, add the zucchini's back into the pan and toss with the shrimp.
6. Add the cherry tomatoes and the baby spinach for about 2 minutes and toss.
7. Serve the shrimps on the zucchini noodle mix and enjoy!

LEMON & GARLIC SHRIMPS

 Serves 5  Prep 20 mins

 Cook 20 mins



LAMB SALAD WITH AVOCADO MAYO

 Serves 6  Prep 2 hrs
 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	12g
Vitamin E	9.3mg
Vitamin K	65.3mcg
Iron	10.5mg
Magnesium	215mg
Zinc	15.2mg
Selenium	37.5mcg
Omega-3	918mg

Ingredients

Lamb Marinade

- 1/2 cup (125ml) olive oil
- 1 tablespoon raw honey
- Juice of 1 lime
- Handful of fresh mint leaves, chopped
- Pinch of salt

Lamb Salad

- 6 small lamb steaks
- Olive oil, for frying as needed
- 2 bags mixed salad greens, washed

- 2 bunches fresh mint, leaves roughly chopped
- 1 large yellow pepper, thinly sliced
- 10-15 cherry tomatoes, halved
- 3 avocados, pitted & diced
- 1/2 cup pine nuts
- 1/2 cup pumpkin seeds

Avocado Mayo

- 3/4 cup olive oil (add another 1/4 cup if the consistency is too thick)
- 1 egg
- Juice of 1 lime
- 1 avocado, pitted & halved
- 2 teaspoons honey
- Handful of fresh mint leaves, chopped
- Pinch of salt & pepper

Method

1. Mix marinade ingredients together in a large bowl.
2. Add lamb steaks into the bowl and make sure they are covered in the marinade.
3. Cover and place in the fridge for at least 2 hours before cooking.
4. Add all of the mayonnaise ingredients into a tall jar and blend using a hand blender until it reaches a smooth, creamy consistency.
5. Heat olive oil in a fry pan.
6. Remove lamb steaks from fridge, drain off excess fluid, and fry the steaks in the pan for 3-4 minutes, or until cooked to medium-rare.
7. Mix salad greens, chopped mint, pepper, cherry tomatoes and avocado together in a large bowl (you may need to use two bowls).
8. Serve the salad mix onto individual plates.
9. Scatter pine nuts and pumpkin seeds overtop.
10. Drizzle the avocado mayo over the top of each salad.
11. Slice the lamb steaks into thin slices and lay over each salad. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	7.9g
Calcium	106mg
Iron	4.5mg
Vitamin C	17.4mg
Folate	81.1mcg
Selenium	2.2mcg
Phosphorus	242mg

Ingredients

- Olive oil, for frying as needed
- 5 garlic cloves, crushed
- 2 brown onions, diced
- 2 leeks, sliced (using a food processor if possible)
- 4 cups (1000ml) fresh vegetable stock
- 5 sweet potatoes, peeled & sliced (using a food processor if possible)
- 1 3/4 cups (400ml) coconut cream

Method

1. Heat a dash of olive oil in a saucepan over a low heat.
2. Add crushed garlic and onions into the saucepan to cook. Stir until lightly browned.
3. Mix the leeks into the saucepan. Stir constantly and allow the leeks to soften.
4. Slowly pour in the vegetable stock and stir in with the vegies.
5. Mix in the sweet potatoes.
6. Turn the heat up to a medium heat, place the lid on the saucepan and cook for 10-15 minutes, stirring occasionally.
7. Remove the saucepan from heat and blend the soup using a stick blender.
8. Slowly add in the coconut cream and blend again.
9. Serve and enjoy!

LEEK & SWEET POTATO SOUP



Serves 4



Prep 10 mins



Cook 25 mins

PALEO SALMON SUSHI

 Serves 4  Prep 35 mins

 Cook 5 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	23.4g
Calcium	62.5mg
Iron	3.4mg
Vitamin C	94mg
Vitamin B12	2.5mcg
Folate	171mcg
Selenium	30.5mcg
Phosphorus	278mg

Ingredients

- 1 whole cauliflower
- 1 packet dried seaweed (Nori)
- 2 salmon steaks, wild
- 1 small cucumber, sliced into thin strips
- 1 red pepper, sliced into thin strips
- 2 avocados, thinly sliced

Method

1. Grate your cauliflower into a large bowl.
2. Place your frying pan onto medium heat with 2 tablespoons of olive oil and add in the grated cauliflower. Fry the cauliflower, stirring frequently for 3-5 minutes. Remove from heat and set aside.
3. Slice up your deboned salmon steaks into long, thin strips.
4. Find a flat surface to use (e.g. a chopping board) and place all of your ingredients beside you (in separate bowls/plates).
5. Place a sushi mat (bamboo) down on the board or surface you are using. Place one piece of Nori down on the sushi mat. Lightly brush a bit of water along one edge (about 2cm wide).
6. In the center of the piece of Nori, parallel to the moist strip you made, lay down a shallow strip of cauliflower rice (about 5cm wide). Continue this strip to each side of the seaweed.
7. Down the middle of the strip of cauliflower, lay 1-2 pieces of salmon in a line. Add 1-2 slices of cucumber, pepper and avocado. Note: you should be able to see cauliflower rice on both sides of the filling.
8. Carefully lift up the bamboo sushi roll at the end Nori that isn't moistened. Roll it over until that side of the Nori is completely covering the filling in the middle. Press down firmly.
9. Roll in the other end of the Nori (the wet end), until the Nori is wrapped as tightly as possible. Press down on the sushi roll so that the wet end of the sushi sticks to the layer underneath. Brush some more water over the part where the Nori joins if you need to.
10. Lay the sushi roll onto a board and slice it into 2cm-wide pieces, so the filling is in the middle. Arrange these pieces of sushi onto a serving plate. Note: Make sure you use a sharp knife!
11. Repeat this process until you have used up your ingredients.
12. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	7.6g
Calcium	104mg
Iron	3mg
Vitamin C	118mg
Folate	171mcg
Selenium	2.2mcg
Phosphorus	211mg

Ingredients

- 6 orange sweet potatoes
- 1 tablespoon extra virgin olive oil
- 1 teaspoon cracked pepper

Salsa

- 2 cups cherry tomatoes
- 1/2 cucumber, diced
- 2-3 avocados, diced
- 1 yellow pepper, deseeded, and diced
- 8 or 10 coriander leaves,

chopped

- 6 tablespoons coconut yoghurt
- Salt and pepper to taste

Method

1. Pre-heat oven to 400F (200°C).
2. Place sweet potato in a large roasting pan, brush with the oil and cracked pepper.
3. Cook sweet potato for about 40 to 45 minutes until soft on the inside. Leave to cool a little.
4. Combine all salsa ingredients in a medium bowl. Season with salt and pepper and mix well.
5. Cut sweet potato down the center lengthwise and load up with salsa.
6. Serve with a dollop of coconut yoghurt on top.

SALSA LOADED SWEET POTATO



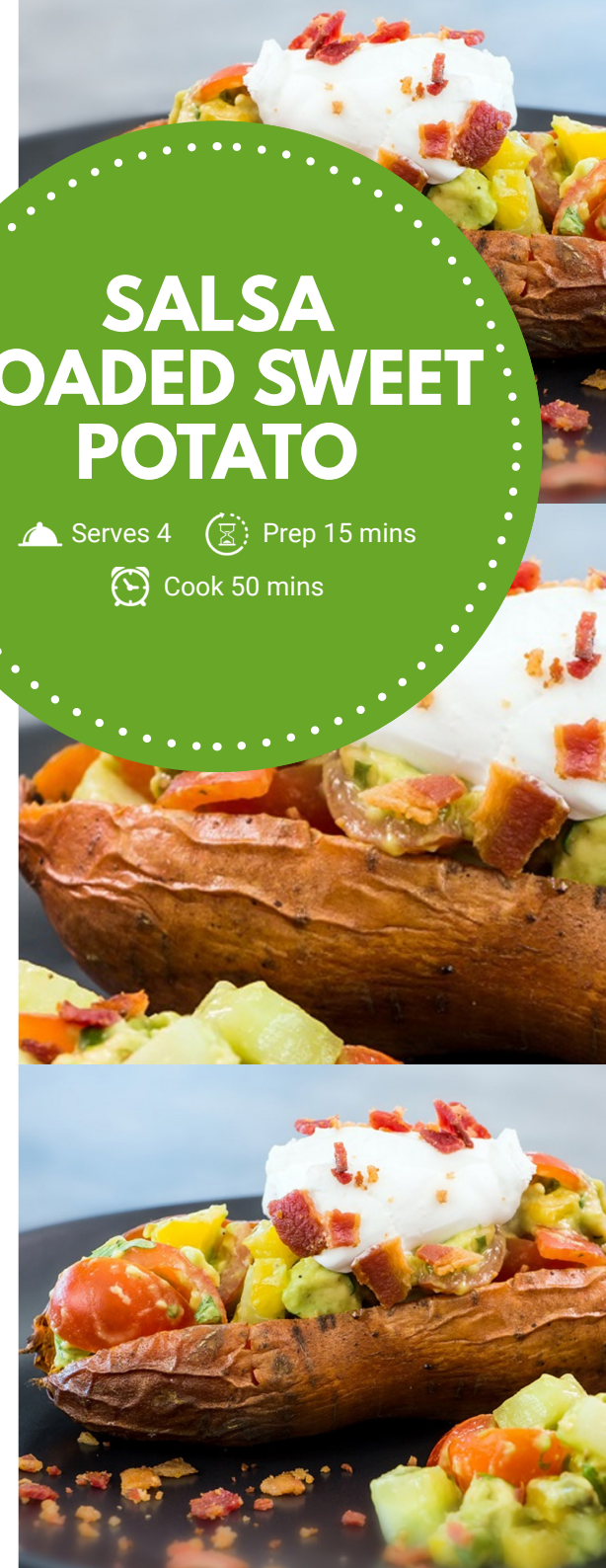
Serves 4



Prep 15 mins



Cook 50 mins



PORK AND VEGETABLE SOUP



Serves 6



Prep 1 hr 30 mins



Cook 45 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	5.9g
Calcium	122mg
Iron	1.4mg
Vitamin C	36.1mg
Vitamin B12	0.1mcg
Folate	99.1mcg
Selenium	6.7mcg
Phosphorus	142mg

Ingredients

- 2 pork hocks
- 16 cups (4 liters) water
- 1 swede, sliced and cubed
- 6 carrots, diced
- 4 parsnips, diced
- 6 celery stalks, diced
- Himalayan rock salt, to taste
- Black pepper, to taste

Method

1. Place two pork hocks in a large stock pot with 8 cups of water. Boil for 1.5 hours, until the pork is tender.
2. Remove from water, strip meat from the bones and cube.
3. Place meat back in stock pot and add 8 more cups of water.
4. Place diced swede, carrots, parsnip, and celery into the stockpot and bring to boil
5. Simmer for 45 minutes, or until vegetables are tender. Add pepper and salt to taste.
6. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	5.5g
Vitamin E	8.3mg
Vitamin K	50.6mcg
Iron	9.1mg
Magnesium	291mg
Zinc	4.3mg
Selenium	149mcg
Omega-3	5503mg

Ingredients

Chili Dressing

- 1 ½ tablespoons squeezed lemon juice
- 3 tablespoons apple cider vinegar
- ½ cup olive oil
- 1 finely chopped red chili
- Cracked pepper

Tuna

- 6 tuna steaks, 12 ounces (340 grams) each
- 2/3 cup sesame seeds
- 1 tablespoon cumin
- 1 egg white
- 2 tablespoons coconut oil

Salad

- 1 lettuce
- 1 punnet of cherry tomatoes

- Bunch of celery
- 1 red pepper
- ½ cup black olives

Method

Chili Dressing

1. Add olive oil, apple cider vinegar, lemon juice, chili, and cracked pepper into the blender.
2. Blend together until smooth.

Tuna Salad

1. Preheat the oven to 400F (200C) on fan bake.
2. Dip each tuna steak into the egg white, then into the bowl of sesame seeds until they are fully coated.
3. In a salad bowl, toss together the lettuce leaves, cherry tomatoes, celery, black olives and red pepper.
4. Drizzle the chili salad dressing over the salad and mix in.
5. Preheat the frying pan on a medium-high heat with the coconut oil. Add the tuna steaks and cook for 1-2 minutes on each side.
6. Remove the tuna steaks from the frypan and place into the oven to bake for 2 minutes.
7. Remove from oven and cut the steaks into big chunks. Serve the tuna chunks on top of your salad.
8. Enjoy!

TUNA SALAD WITH CHILI DRESSING

 Serves 5  Prep 15 mins

 Cook 15 mins



BACON WRAPPED APPLES

 Serves 8  Prep 15 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	7.7g
Calcium	41.1mg
Iron	0.7mg
Vitamin C	6.4mg
Vitamin B12	0.4mcg
Folate	5.5mcg
Selenium	12.7mcg
Phosphorus	134mg

Ingredients

- 6 Granny Smith apples
- 3 tablespoons cinnamon
- 18 rashers of streaky bacon

Method

1. Preheat the oven on fan bake 400F (200C).
2. Cut the streaky bacon in half.
3. Cut the apples into wedges and remove all the seeds.
4. Dip one side of the apple wedge into the cinnamon or coat on lightly with fingers.
5. Wrap half a bacon rasher around each cinnamon coated apple wedge.
6. Line an oven tray with baking paper and place each wedge down, making sure they are evenly spaced. Cook in the oven for 25-30 minutes or until apples have softened.
7. Remove from the oven and enjoy this great snack.



SEAFOOD PASTA

 Serves 5  Prep 20 mins

 Cook 20 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	43.1g
Calcium	149mg
Iron	5.8mg
Vitamin C	227mg
Vitamin B12	3.6mcg
Folate	208mcg
Selenium	58.7mcg
Phosphorus	700mg

Ingredients

- 12 zucchinis
- 2 red peppers, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 50 shrimps, shells and tails removed
- 1 large salmon fillet, deboned, diced into bite sized pieces
- ½ pound (250 grams) streaky bacon, diced
- 1 ¾ cups coconut milk
- 1 lemon
- 4 garlic cloves, chopped
- ½ tablespoon dried oregano
- 1 bunch fresh cilantro
- Black pepper, to taste
- Coconut oil, for cooking

Method

1. Slice the zucchinis into long thin 'noodles' using a julienne peeler, then gently squeeze them using paper towels to remove excess moisture.
2. Preheat a large frying pan to a medium heat and drizzle in a tablespoon of coconut oil. Once the oil is hot, add in the chopped bacon and cook, stirring often, for 3-4 minutes.
3. Add the shrimps, chopped garlic, oregano, and a little black pepper to the pan. Mix well and let cook for 3 minutes, stirring occasionally.
4. Move the bacon and shrimp mix to one end of the pan, and add the diced salmon in at the other end to cook (about 4 minutes, stirring often).
5. Remove the pan from heat and set aside.
6. Heat a little coconut oil in a new large fry pan on a medium-high heat, and then add in the red and yellow peppers to cook for 4-5 minutes. Once cooked and browned remove from the pan.
7. Drizzle in a little bit more olive oil if required, and then fry the zucchini noodles in the pan for 5 minutes. Remove from pan once they are ready.
8. Put the bacon, shrimp, and salmon back pan back into heat and add in the peppers. Stir.
9. Slowly add in the coconut milk and then squeezed in the juice of 1 lemon (over a sieve). Mix well and cook for 2-3 mins.
10. Chop up the fresh cilantro leaves and add them to the pan. Mix and cook for a further 2 minutes.
11. Add the cooked zucchini noodles into a serving bowl and then spoon over a generous helping of the seafood mix.
12. Enjoy this tasty paleo seafood dish!

SWEET POTATO RICE

 Serves 4
  Prep 5 mins
 Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	4.4g
Calcium	44.5mg
Iron	1.2mg
Vitamin C	5.7mg
Vitamin B12	0.3mcg
Folate	24.9mcg
Selenium	7.6mcg
Phosphorus	89.3mg

Ingredients

- 3 tablespoons extra virgin olive oil
- 3 large sweet potatoes, peeled & grated into rice
- 2 eggs
- Salt & pepper, to taste
- Fresh parsley, to garnish

Method

1. Over medium heat, heat the olive oil in a frying pan.
2. Add the sweet potatoes and cook for 12-15 minutes, or until lightly browned. Stir often so it doesn't stick to the bottom of the pan.
3. Crack the eggs over the sweet potato rice and mix. Season with salt and pepper.
4. Garnish with fresh parsley. (Optional)

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	31.5g
Calcium	128mg
Iron	5mg
Vitamin C	48.8mg
Vitamin B12	0.3mcg
Folate	262mcg
Selenium	21.2mcg
Phosphorus	453mg

Ingredients

- 3 large pastured chicken breasts, diced into cubes
- 2 tablespoons of coconut oil
- 5 cloves of garlic, peeled & crushed
- 1 teaspoon chili powder
- ¼ teaspoon cinnamon
- 2 cm fresh ginger, peeled & grated
- 3 tablespoons tamarind paste (optional)
- 2 teaspoons fish sauce
- 1 teaspoon lime juice
- 2 tablespoons of honey
- 7 carrots, sliced into noodles

- 4 zucchinis, sliced into noodles
- 5 ounces of mung bean sprouts
- 2 ½ ounces grams of cashew nuts (to garnish)
- 2 spring onions (to garnish)
- A handful of coriander (to garnish)
- 1 lemon, lime, or orange (to garnish)

Note: While mung beans aren't strictly Paleo, they are generally accepted as a Paleo-friendly food.

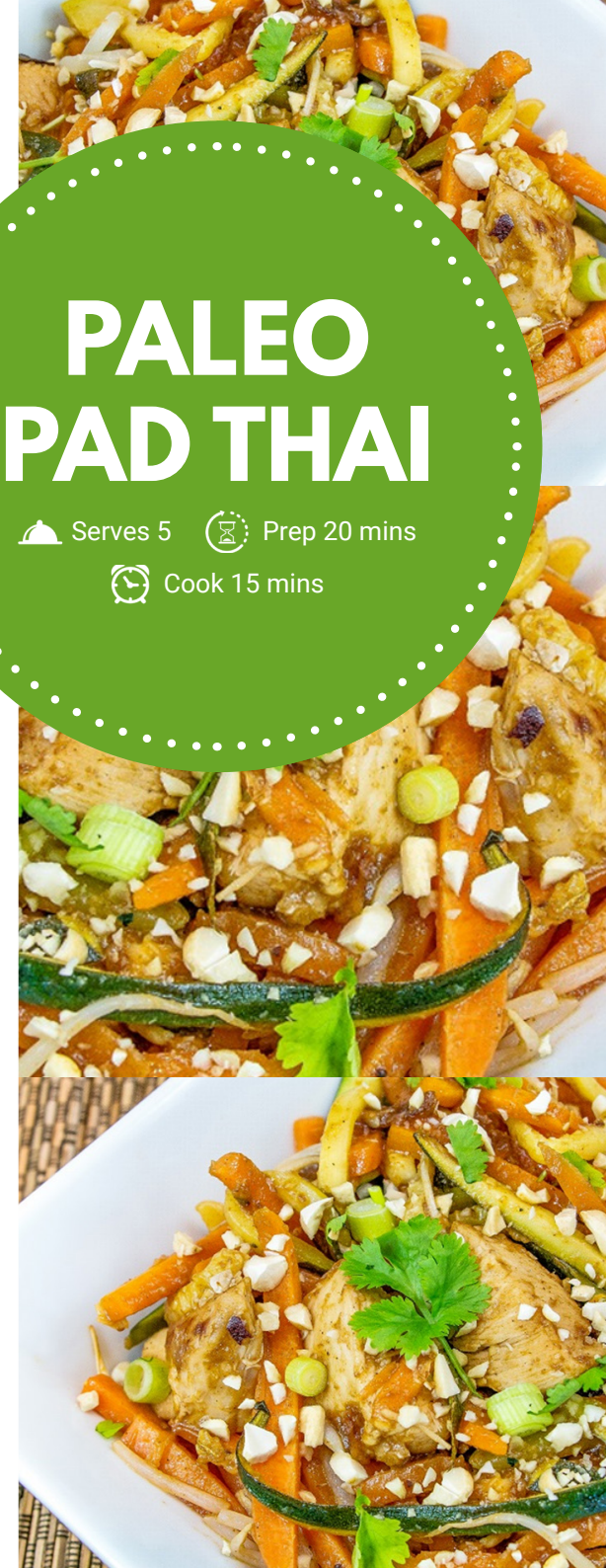
Method

1. In a small blender, add the tamarind, fish sauce, lime juice, 2 tablespoons of honey, and 3 tablespoons of hot water. Blend to combine. (Note: watch out for tamarind stones. Remove if you see any. Note 2: if you don't have a small blender, you can skip this step. Blending just makes the sauce more consistent.)
2. Use a julienne slicer to slice the carrots and zucchini into noodles. Set them aside on a paper towel to absorb some of the moisture.
3. Heat an electric frypan or wok on low, adding 1 tablespoon of coconut oil, ½ teaspoon of chili, ¼ teaspoon of cinnamon (optional), and the crushed garlic. After a few minutes, turn up the heat to medium and add another tablespoon of coconut oil and the diced chicken. Keep turning the chicken until just cooked.
4. Add the tamarind sauce and the grated fresh ginger to the chicken.
5. With the pan on a high heat, add the julienned carrots and zucchini and cook for 2-3 minutes or until the noodles have softened slightly and mixed with the sauce.
6. Add the mung beans, and mix. Serve while the mung beans are still crunchy.
7. Garnish with your choice of spring onions, coriander, chopped cashews, and a squeeze of lime.

PALEO PAD THAI

 Serves 5  Prep 20 mins

 Cook 15 mins



PALEO GRANOLA BREAKFAST

 Serves 5  Prep 15 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	9.9g
Vitamin E	8.1mg
Vitamin K	9.6mcg
Iron	5.3mg
Magnesium	196mg
Zinc	2.9mg
Selenium	5.2mcg
Omega-3	678mg

Ingredients

- ¾ cup macadamia nuts
- ¾ cup brazil nuts
- ¾ cup almonds
- ¾ cup hazelnuts
- 1 ½ cups desiccated coconut
- ½ cup pumpkin seeds
- ½ cup maple syrup
- 1 tablespoon vanilla extract
- ¼ cup coconut oil
- 2 tablespoons chia seeds

Method

1. Preheat oven to 300F (150C) on fan bake.
2. In a food processor, blend up the nuts until they are broken into smaller chunks.
3. Microwave together the coconut oil, maple syrup and vanilla extract in a mixing bowl for 30 seconds on high.
4. Stir until well blended, and then stir in the chopped nuts, pumpkin seeds and desiccated coconut. Leave the chia seeds aside for now. Mix well.
5. Line a baking tray with baking paper and spoon the mix onto the tray. Spread out and flatten.
6. Bake for 20-25 minutes, until the mix is lightly browned. Stir the mix once or twice during this time.
7. Remove from heat and allow cooling for about 20 minutes or until hardened.
8. Break the mix up into chunks by wrapping the cooled granola in the baking paper and forcing it into a ball-like shape. Press the wrapped granola down firmly on a hard surface using your hands, until it is all broken up.
9. Add the granola to a bowl or container and stir in the chia seeds.
10. Serve with almond or coconut milk. You can also add fresh fruit on top – berries and bananas are great!
11. Store the left-over granola mix in an airtight container. You can keep it for up to two weeks. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	35.6g
Calcium	62.4mg
Iron	3.5mg
Vitamin C	7.4mg
Vitamin B12	1.9mcg
Folate	37.6mcg
Selenium	40.7mcg
Phosphorus	411mg

Ingredients

Beef Roll Ups

- Bamboo skewers
- 6 pieces beef schnitzel, halved
- 1 cup baby spinach leaves
- 1/2 pound (250 grams) streaky bacon
- Coconut oil, for cooking as needed

Basil Pesto

- 1/2 cup pine nuts
- 3 garlic cloves, crushed
- 2 cups fresh basil leaves
- 1/2 cup (125ml) extra virgin olive oil

Side Salad

- 1 tomato, chopped
- Assorted salad greens
- Bacon, cooked & chopped
- Paleo Mayo
 - 1 cup (250ml) extra virgin olive oil
 - 1 egg
 - 2 tablespoons lemon juice
 - Cracked black pepper, to taste
- 2 sweet potatoes, cooked & chopped

Method

Paleo Mayo

1. Pour oil in a tall, narrow container.
2. Crack the egg into the oil.
3. Add lemon juice and some cracked pepper.
4. Place a hand blender right at the bottom and blend the mayonnaise for 20 seconds, then slowly lift the blender up and down 5 times, or until the mayonnaise is mixed through.
5. Serve and enjoy!

Basil Pesto

1. Heat the pan and roast the

pine nuts on low-medium heat for 3-4 minutes. Be careful not to burn them.

2. Using a food processor, add the roasted pine nuts, crushed garlic and the fresh basil leaves. Blend while slowly adding the olive oil until you reach your desired consistency.

Beef Roll Ups

1. Soak the bamboo skewers in water. Set aside.
2. Spread pesto on the beef, then add a layer of spinach leaves (about 3-4 leaves) followed by the streaky bacon.
3. Roll up the meat from one end to another. Make sure that each beef is rolled tight. Use a bamboo skewer to hold it in place.
4. Using a pan with a dash of coconut oil, cook the roll ups for about 5 minutes on each side.
5. Mix the pesto and mayo, and combine it together with the ingredients of the side salad.
6. Serve the roll ups with the side salad. Enjoy!

BEEF & PESTO ROLL UPS



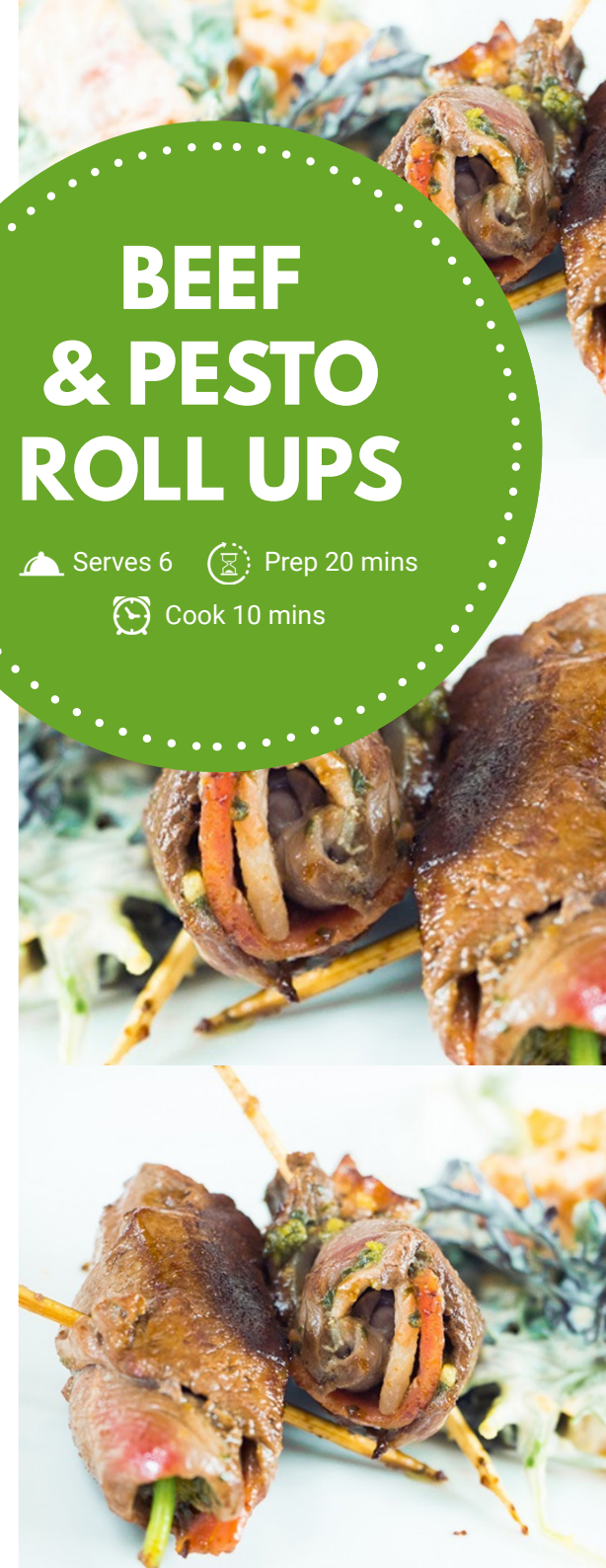
Serves 6



Prep 20 mins



Cook 10 mins



MANGO GLAZED CHICKEN TENDERS

 Serves 4  Prep 20 mins

 Cook 25 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	34g
Calcium	48.2mg
Iron	1.6mg
Vitamin C	92mg
Vitamin B12	0.8mcg
Folate	41.1mcg
Selenium	26.7mcg
Phosphorus	365mg

Ingredients

- 1 mango, chopped into small pieces
- 1/2 cup lime juice
- 3 oranges
- 1 clove garlic
- 1/2 pound (250 grams) prosciutto ham
- 3 chicken breasts, cut into tenders
- ½ bunch of chard, diced

Method

1. Remove the skin and chop up the mango into small chunks.
2. In a pot or saucepan add in the lime juice, add in the diced mango, and squeeze in the juice of 3 oranges (try not to get any pips in the pot).
3. Cut the clove of garlic up in small pieces and add to the saucepan and stir.
4. Place the pot on a medium heat for 10 minutes.
5. Preheat the oven on fan bake at 400F (200C).
6. Line an oven proof tray with baking paper.
7. Place the ham on the chopping board and cut each strip in half and wrap around the chicken tender and place on the oven tray.
8. Stir the mango glaze in the pot and after 10 minutes remove from the heat.
9. Place the chicken in the oven for 25 minutes, turning them at the 12-minute mark.
10. Place a small pot of water on the heat to boil.
11. Turn the chicken, leave in the oven for another 10 minutes.
12. Add the chard into the pot to cook for about 3 minutes.
13. Pull the chicken out of the oven and add the mango glaze over the tenders and place back in the oven for 2-3 minutes to heat.
14. Take the chard out of the pot and drain the water.
15. Pull the tenders out of the oven and serve with the chard.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	4g
Calcium	71.98mg
Iron	2mg
Vitamin C	74.3mg
Folate	76.9mcg
Selenium	1.5mcg
Phosphorus	101mg

Ingredients

- 3 sweet potatoes
- 1 cauliflower
- 1 1/2 cups (375ml) water
- 1 medium brown onion, chopped
- 1 chili, seeded & chopped
- 2 tablespoons fresh ginger, grated
- 1 tablespoon ground turmeric
- 1 tablespoon garam masala
- 1/2 teaspoon Himalayan rock salt
- 2 tablespoons olive oil
- 12 cherry tomatoes, halved
- 1 cup (250ml) coconut yogurt

- 3 tablespoons chopped fresh cilantro, to garnish
- 2 limes, quartered, to garnish

Method

1. Bring a large pot of salted water to a boil.
2. Peel the sweet potatoes and dice into 1 1/2 inch cubes. Cut the cauliflower into florets.
3. Add the sweet potatoes into the boiling water and cook for 4 minutes. Add the cauliflower and cook for 10 minutes longer, or until the vegetables are tender. Drain the water from the vegetables.
4. To make the curry sauce you need to use a blender or food processor to combine the water, onion, chili, ginger, turmeric, garam masala, and salt. Puree until smooth. Heat the oil in a large fry pan on a medium heat. Add the sauce and cook for 2 minutes. Stir in the cooked cauliflower and potatoes.
5. Just before serving add the tomatoes and heat for 2-3 minutes. Once the tomatoes are cooked remove the pan from the heat and stir in the yoghurt.
6. Serve with cilantro and lime. Enjoy!

TURMERIC CAULIFLOWER CURRY

 Serves 6  Prep 15 mins
 Cook 20 mins



PUMPKIN, BEEF & CASHEW NUT CURRY

 Serves 4  Prep 20 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	23.8g
Calcium	88.1mg
Iron	6.7mg
Vitamin C	20.6mg
Vitamin B12	0.7mcg
Folate	48.5mcg
Selenium	30.7mcg
Phosphorus	461mg

Ingredients

- Coconut oil, for cooking as needed
- 1 pound (500 grams) beef, cut into strips
- 1 teaspoon almond butter
- 1/2 pumpkin, diced
- 1/2 cup water
- 1 tablespoon fresh ginger, grated
- 1/2 teaspoon cayenne pepper
- 2 teaspoons cumin
- 1 teaspoon garam masala
- 1 tablespoon lemon grass (Optional)

- 1 tablespoon fresh cilantro, chopped
- Chili flakes, to taste
- 2 limes
- Cracked black pepper, to taste
- 1/2 teaspoon sea salt
- 1 3/4 cups (400ml) coconut milk
- 1 cup cashew nuts

Method

1. Heat some coconut oil in a large frying pan on a medium-high heat and lightly fry the beef strips until slightly browned.
2. Add the almond butter, pumpkin and half a cup of water. Mix well.
3. Add the ginger, cayenne pepper, cumin, garam masala, cilantro, chili flakes, lemon grass (optional), juice of 2 limes, black pepper and sea salt. Simmer for a few minutes.
4. Add the coconut milk and the cashew nuts. Mix everything together and cook on low heat for 20 minutes.
5. Remove from heat and serve alone or with Cauliflower Rice. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	3.9g
Vitamin E	2.7mg
Vitamin K	18.2mcg
Iron	0.9mg
Magnesium	27.9mg
Zinc	0.3mg
Selenium	0.5mcg
Omega-3	115mg

Ingredients

- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- Sea salt, to taste
- Ground black pepper, to taste
- 3 cups watermelon, deseeded & chopped

- 3 cups apple, deseeded & chopped
- 2 cups tomatoes, chopped
- 6 fresh mint leaves, minced

Method

1. In a small bowl, combine the olive oil, balsamic vinegar, and salt and pepper to taste.
2. In a large bowl, combine the watermelon, apples, and tomatoes. Toss gently.
3. Drizzle the balsamic vinaigrette on top of the salad.
4. Top the salad with fresh mint, give it one final toss, then serve and enjoy!

WATERMELON, TOMATO AND APPLE SALAD



Serves 4



Prep 10 mins



Cook 10 mins



PESTO PRAWN SKEWERS

 Serves 6  Prep 15 mins

 Cook 5 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	28.8g
Calcium	75.8mg
Iron	4mg
Vitamin C	3.4mg
Vitamin B12	1.5mcg
Folate	8.5mcg
Selenium	51mcg
Phosphorus	341mg

Ingredients

- 1.7 pound (800 grams) prawns, cooked and peeled
- 2 tablespoons olive oil
- 1 cup paleo pesto
 - 1/2 cup pine nuts
 - 3 garlic cloves, crushed
 - 2 cups fresh basil leaves
 - 1/2 cup (125ml) extra virgin olive oil
- Skewers

Method

1. Prepare the Paleo Pesto
 - Heat a pan. Add the pine nuts into the pan; spread them out and roast for 3-4 minutes on a low-medium heat (be careful not to burn them).
 - Remove the pine nuts from the pan.
 - Using a food processor, blend the roasted pine nuts, crushed garlic, and the fresh basil leaves.
 - Add in the olive oil slowly and blend again until you are happy with the consistency.
2. Place 4 prawns on each skewer until all skewers are made.
3. In a large fry pan on a medium-high heat, drizzle in olive oil, spoon in the pesto and spread out in pan.
4. Place in the prawn skewers over the pesto and start turning them over so the skewers are coated in pesto.
5. Add the remaining pesto over the top of the skewers in the pan, only leave the prawns in the pan for about 4 minutes as you don't want them to go rubbery.
6. Remove from pan and serve.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	21.8g
Calcium	74.4mg
Iron	2.7mg
Vitamin C	33.7mg
Vitamin B12	0.9mcg
Folate	230mcg
Selenium	28mcg
Phosphorus	410mg

Ingredients

- 10-12 rashers of middle bacon, fat removed
- Olive oil
- 1 iceberg lettuce
- 3 avocados, mashed
- 10 cherry tomatoes, chopped in half
- 1/2 red onion, diced
- Toothpicks

Method

1. Preheat the fry pan on a medium-high heat and add olive oil.
2. Once heated, add in the bacon rashers and cook for about 5 minutes.
3. Add in the chopped cherry tomatoes and red onion to the mashed avocado. Mix well.
4. Once the bacon rashers are lightly crisped, turn off heat and remove them from the pan.
5. To each leaf of lettuce, place a piece of bacon on top with some guacamole. Place another piece of bacon on top.
6. Wrap up the lettuce and place a toothpick through the center to hold the wrap together.
7. Serve and enjoy!

BACON AND GUACAMOLE SNACKS



Serves 3



Prep 10 mins



Cook 15 mins

BROCCOLI & LEEK SOUP

 Serves 5

 Prep 10 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	9.2g
Calcium	55.2mg
Iron	3.4mg
Vitamin C	30.3mg
Folate	67.7mcg
Selenium	5.2mcg
Phosphorus	185mg

Ingredients

- 2 leeks
- Olive oil, for frying as needed
- 1 green onion, white part only
- 4 heads of broccoli, chopped
- 4 cups (1000ml) vegetable stock
- 3 cups (750ml) water
- 1 root of ginger, peeled & finely grated
- 1 3/4 cups (400ml) coconut cream
- Cracked pepper, to taste

Method

1. Cut the dark, green tops off the leeks, and slice the bottom end off. Finely grate the leeks, using a food processor or by hand.
2. Heat 2 tablespoons of olive oil in a large stock pot.
3. Place the grated leeks in the pot, and cook until soft. Stir constantly to avoid burning.
4. Turn the heat down to low.
5. Chop the white part of the green onion into small pieces, then place in the pot and stir.
6. Add half the broccoli into the pot.
7. Mix in the 4 cups of vegetable stock.
8. Add the remaining half of the broccoli to the pot.
9. Add 3 cups of water to the pot and place the lid on.
10. Add the ginger to the pot and stir.
11. Let the pot come to a boil so the broccoli cooks.
12. Remove the stock pot from the heat and start to blend using a hand-blender.
13. Once mostly blended add the coconut cream and blend again until smooth.
14. Place the pot back on the heat to simmer for 2-3 minutes.
15. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	33.2g
Calcium	73.5mg
Iron	3.1mg
Vitamin C	111mg
Vitamin B12	1.2mcg
Folate	111mcg
Selenium	44.4mcg
Phosphorus	389mg

Ingredients

- 1 ½ pounds (700 grams) ground pork
- 1 cauliflower, grated
- 1 red pepper, diced
- 1 handful of fresh parsley, chopped
- 4 cloves of garlic, chopped
- ½ teaspoon dried sage

- ½ teaspoon dried thyme leaves
- ½ teaspoon paprika
- Coconut oil, for cooking

Method

1. Heat some coconut oil in a frying pan on medium-high heat. Lightly fry the garlic and cook the ground pork until light brown.
2. Sprinkle sage, thyme leaves and paprika over the mix (add as much of these as you like).
3. Add the red pepper and parsley and cook for 1 - 2 minutes.
4. Add the grated cauliflower, mix well, and cook for 5 minutes more.
5. Serve and enjoy!

PORK FRIED RICE



Serves 4



Prep 15 mins



Cook 10 mins





BROCCOLI & BACON SALAD

 Serves 4  Prep 5 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.3g
Vitamin E	1.9mg
Vitamin K	132mcg
Iron	4mg
Magnesium	155mg
Zinc	3.7mg
Selenium	23.9mcg
Omega-3	209mg

Ingredients

- 3 broccoli
- ½ pound (250 grams) streaky bacon
- 1 ½ cups cashew nuts
- 1 tablespoon olive oil

Method

1. Turn a large fry pan on a low heat and add olive oil.
2. Chop up the bacon into bite size pieces and add to the fry pan to cook off until crispy.
3. Chop up the broccoli into small florets, toss the bacon and add in the broccoli to cook for about 4 minutes.
4. Pour in the cashew nuts into the fry pan and mix with the bacon and broccoli for about 3 minutes.
5. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	12.1g
Calcium	104mg
Iron	4.1mg
Vitamin C	49.4mg
Folate	115mcg
Selenium	11.2mcg
Phosphorus	271mg

Ingredients

- 2 eggplants, halved
- 6 large tomatoes, halved
- 2 onions, peeled & halved
- 2 tablespoons olive oil
- Handful of fresh chopped thyme
- 10 garlic cloves
- 4 cups (1000ml) vegetable stock
- 1 3/4 cup (400ml) coconut milk

Method

1. Preheat oven to 400F (200C).
2. Line 2 oven trays with baking paper. Place the eggplants on one oven tray (skin side down).
3. In a large bowl, mix the tomatoes, onion and drizzle over the olive oil.
4. Sprinkle the thyme, garlic cloves, a pinch of salt and some cracked black pepper into the bowl. Mix ingredients together with your hands.
5. Brush some olive oil over the eggplants on the tray.
6. Add the tomato and onion mixture onto the other oven tray and place both trays in the oven to cook for 40 minutes.
7. After 40 minutes remove both trays from the oven and add all of the vegetables into a big pot.
8. Add in the vegetable stock and coconut milk to the vegetable pot and simmer for 5-10 minutes.
9. Once that starts to boil, remove from heat.
10. Using a hand blender, blend up all of the vegetables in the pot.
11. Once smooth, serve and enjoy!

EGGPLANT & TOMATO SOUP

 Serves 5  Prep 15 mins

 Cook 30 mins



CAULIFLOWER PIZZA

 Serves 8  Prep 45 mins

 Cook 45 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	10.5g
Calcium	103mg
Iron	2.8mg
Vitamin C	253mg
Vitamin B12	0.2mcg
Folate	226mcg
Selenium	7.5mcg
Phosphorus	237mg

Ingredients

- 3 cauliflowers
- 4 zucchinis
- 2 eggplants
- 4 tomatoes
- 2 punnets of cherry tomatoes
- 2 red peppers
- 2 yellow peppers
- 2 tablespoon of tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 3 eggs
- 1 & 1/2 cup tapioca flour
- 1/4 cup olive oil
- Salt and Pepper

Method

1. Remove stems from cauliflower, cut into small florets, put into a pot of water and cook till soft.
2. Drain cauliflower once cooked and allow to cool.
3. Preheat oven to 350 degrees Fahrenheit.
4. Chop tomato, 1 punnet cherry tomato, and 1 of each pepper, heat olive oil in a pan, cook chopped peppers, than add chopped tomato and dried herbs, allow to reduce for 10 minutes than thicken with tomato paste.
5. Place cooked cauliflower into a food processor and blitz till fine, add eggs, tapioca flour and salt and pepper. mix till combined
6. Form cauliflower into pizza base shape and place on a greased baking tray.
7. Thin slice all remaining veggies.
8. Spread tomato sauce over the top of the cauliflower pizza bases, layer veggies over top, bake in the oven for 30-45 minutes.
9. For a vegan version, replace cauliflower base with a zucchini, slice the zucchini in half-length wise and scrape out the center with a spoon, add sauce and veggies and bake.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	11.2g
Calcium	213mg
Iron	7.6mg
Vitamin C	149mg
Folate	186mcg
Selenium	4.5mcg
Phosphorus	422mg

Ingredients

- 3 heads of broccoli (large)
- 4 tomatoes
- 1/2 cup of sun-dried tomato
- 8 radishes
- 3/4 lemon vinaigrette
- 1 teaspoon of ground coriander
- 1 teaspoon of smoked paprika
- 1 teaspoon of ground cardamom
- 3/4 cup of olive oil
- Salt and pepper
- 2 large butternut pumpkins
- Aluminum foil

Method

1. Bring sauce ingredients (except for the tapioca) Place a large pot of water on the heat and bring to boil.

2. Remove stems from broccoli and blanch florets in the boiling water (2-3 minutes) being careful not to overcook.
3. Drain broccoli and cool immediately in ice water, drain and set aside once fully cooled.
4. Cut tomatoes into quarters and remove seeds, slice into thin strips.
5. Peel radish and slice into thin, place sliced radish in a bowl of cold water.
6. Slice sun-dried tomato into thin strips.
7. Drain radishes.
8. Combine all ingredients into a large bowl and mix thoroughly.

Roasted Butternut Pumpkin

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut pumpkins in half-length wise, then cut each half into thirds length wise.
3. Mix coriander, paprika and cardamom.
4. Place sliced pumpkin on a foil lined baking tray.
5. Brush pumpkin slices with olive oil.
6. Sprinkle each slice with spice mixture and salt and pepper.
7. Place into preheated oven and cook for 30-40 minutes.

BROCCOLI & ROASTED BUTTERNUT PUMPKIN SALAD



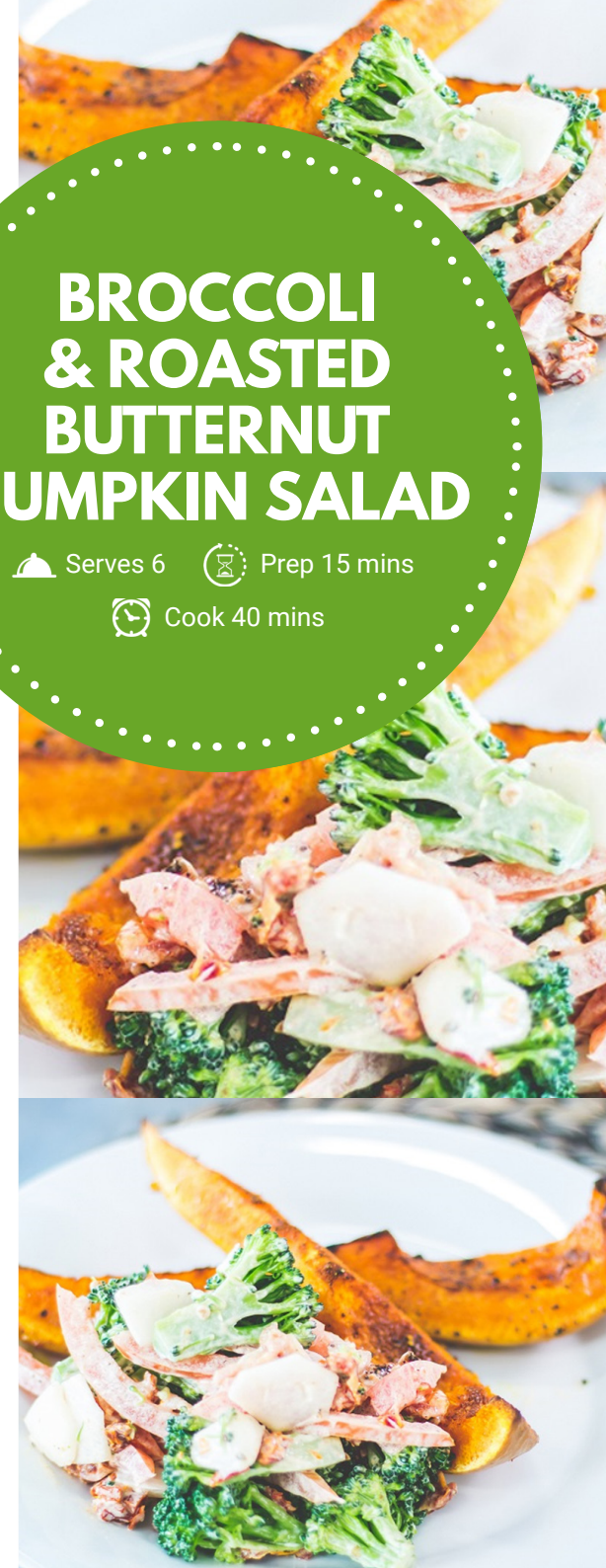
Serves 6



Prep 15 mins



Cook 40 mins





ROAST TURKEY

 Serves 8  Prep ~13 hrs

 Cook ~8 hrs

(some steps are optional)

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	72.2g
Calcium	108mg
Iron	6mg
Vitamin C	9.9mg
Vitamin B12	1.6mcg
Folate	52.3mcg
Selenium	90.3mcg
Phosphorus	727mg

Ingredients

Almond Walnut Bread (Optional)

- 4 eggs
- 7 ounces (200 grams) almond butter
- 1 tablespoon raw honey
- 2 1/2 teaspoons apple cider vinegar
- 1/4 cup almond milk
- 1/4 cup coconut flour
- 1 teaspoon baking soda (not strictly paleo, but it's widely accepted in paleo cooking)
- 1/2 teaspoon cinnamon
- 3/4 cup walnuts

Turkey Stuffing (Optional)

- 1 loaf of paleo almond and walnut bread (see above)
- 5 rashers of streaky bacon
- 1 large brown onion
- 1/2 cup dried apricots
- 1/2 cup pecan nuts
- 1/2 cup walnuts
- 1/4 cup pine nuts
- 1 orange
- Oregano, as desired
- Fresh thyme, as desired
- Fresh parsley, as desired
- Fennel seeds, as desired
- 3 eggs

Roast Turkey

- Turkey size 3.5 (feeds 8-10 people)
- Oven bag
- Coconut flour, to coat the oven bag to stop sticking
- Turkey stuffing (optional - see above)
- 2 tablespoons wholegrain mustard
- 3 tablespoons duck fat
- Roasting pan (with lid)
- Cooking string

Method

Almond Walnut Bread (Optional)

1. Preheat the oven to 300F (150C) on bake.
2. Position one baking rack at the bottom of the oven, and another in the middle. Place a small dish of water on the bottom rack to maintain moisture in the oven. You'll be cooking your bread on the middle rack.
3. Separate the egg yolks from the whites.
4. Place the almond butter and the egg yolks in a large mixing bowl. Blend with a stick blender, or whisk by hand if you don't have a blender.
5. Add the honey, apple cider vinegar and almond milk to your almond-egg-yolk mixture, and combine again with the stick blender.
6. In another bowl, beat the egg whites.
7. Combine coconut flour, baking soda and cinnamon in another bowl. Mix with a fork to get rid of any lumps.
8. Roughly chop the walnuts.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.2g
Vitamin E	1.5mg
Vitamin K	12.9mcg
Iron	2.8mg
Magnesium	60.7mg
Zinc	1.9mg
Selenium	30.4mcg
Omega-3	177mg

Ingredients

Zucchini Pie

- 6 zucchinis, grated
- 3 eggs
- 1/3 cup almond flour
- Black pepper (as desired)
- Sea salt (pinch)
- 1 tablespoon coconut oil

Scrambled Egg & Vege Side

- 6 free range eggs
- 14 white button mushrooms, sliced
- 1 punnet cherry tomatoes
- 1 red capsicum, sliced
- 1 brown onion, finely chopped
- 1 tablespoon coconut oil

Method

Zucchini Pie

1. Pre heat the oven to 350F (175C) on fan bake.
2. Crack 3 eggs into a bowl and add in the grated zucchini, almond flour, black pepper and a pinch of sea salt.
3. Mix ingredients together until well combined using a fork. You can also use your hands to make sure it is all mixed together.
4. Grease an oven dish with coconut oil and add in the zucchini mixture. Flatten the mixture out in the dish.
5. Place the dish in the oven to cook for 20-30 minutes.
6. Remove pie from the oven and serve on its own or with the delicious scrambled egg and vegetable mix below!

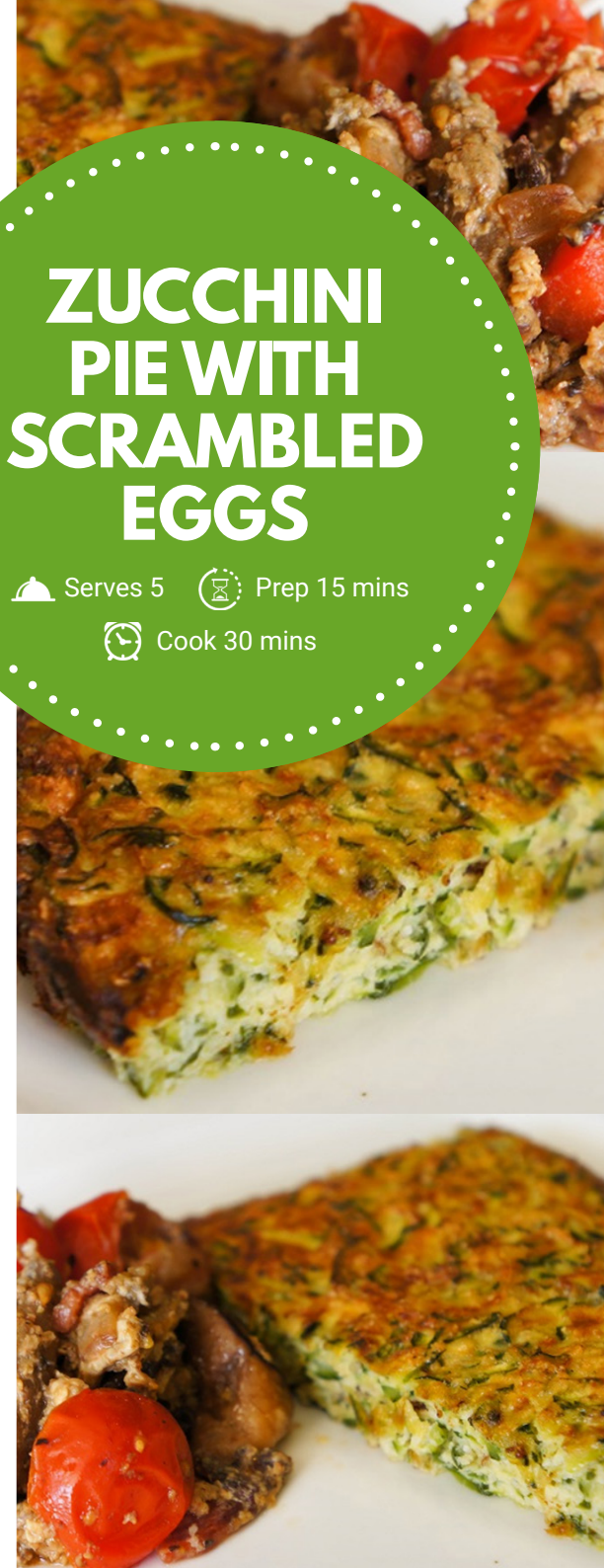
Scrambled Egg & Vege Side

1. Heat a fry pan over a medium-high heat with some coconut oil.
2. Place the onions in the pan and fry until clear.
3. Add the bacon, red capsicum and mushrooms to the pan and fry, stirring often. Add in some more coconut oil if you need to.
4. Add the cherry tomatoes to the pan and mix everything together.
5. Beat the 6 eggs with a fork and add these to the fry pan. Cook for a further 5 minutes, mixing the eggs in with the vegetables. 6. Serve and enjoy this wonderful breakfast dish.

ZUCCHINI PIE WITH SCRAMBLED EGGS

 Serves 5  Prep 15 mins

 Cook 30 mins



MUSHROOM & SPINACH RISOTTO

 Serves 5  Prep 10 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts
PER SERVING:

Protein	7.4g
Calcium	62.8mg
Iron	1.8mg
Vitamin C	93.4mg
Folate	132mcg
Selenium	5.5mcg
Phosphorus	151mg

Ingredients

- 1 cauliflower, grated
- 15 white button mushrooms, sliced
- 1 cup Vegetable stock
- 200ml coconut cream
- 2 cups roughly chopped spinach
- 1 tablespoon tapioca flour
- Pinch of salt and pepper
- Coconut oil (for cooking)
- Optional: Add onion

Method

1. Heat coconut oil in a saucepan and add in the sliced mushrooms. Season with salt and pepper, and fry until lightly browned.
2. Transfer half of the cooked mushrooms into a blender and blend with $\frac{3}{4}$ cup of the vegetable stock and 200ml coconut cream, to make a smooth sauce.
3. Add the sauce back into the pan with the mushrooms and turn the heat back on to low.
4. Mix tapioca flour up with the remaining $\frac{1}{4}$ cup of Vegetable stock (make sure there are no lumps).
5. Pour the tapioca and beef mix into the saucepan and mix well. Simmer, stirring often, for 3-4 minutes.
6. Fry the cauliflower rice in a frypan with coconut oil (approx. 5 minutes).
7. Mix the mushroom sauce mix in with the cauliflower rice.
8. Add in the chopped spinach and stir until the spinach is wilted, then remove from heat.
9. Serve warm and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	25g
Calcium	76.9mg
Iron	4.1mg
Vitamin C	118mg
Vitamin B12	0.3mcg
Folate	194mcg
Selenium	14.4mcg
Phosphorus	277mg

Ingredients

Sushi Ingredients

- 1 whole cauliflower
- 1 packet dried seaweed (Nori)
- 2 pasture-raised, chicken breasts, sliced into thin strips
- 1 small cucumber, sliced into thin strips
- 1 red pepper, sliced into thin strips
- 2 avocados, thinly sliced
- Olive oil

Chicken Sauce

- 1 tablespoon raw honey
- 2 teaspoons fish sauce
- 2 tablespoons grated ginger
- 1 teaspoon sea salt
- 1 teaspoon balsamic vinegar

Method

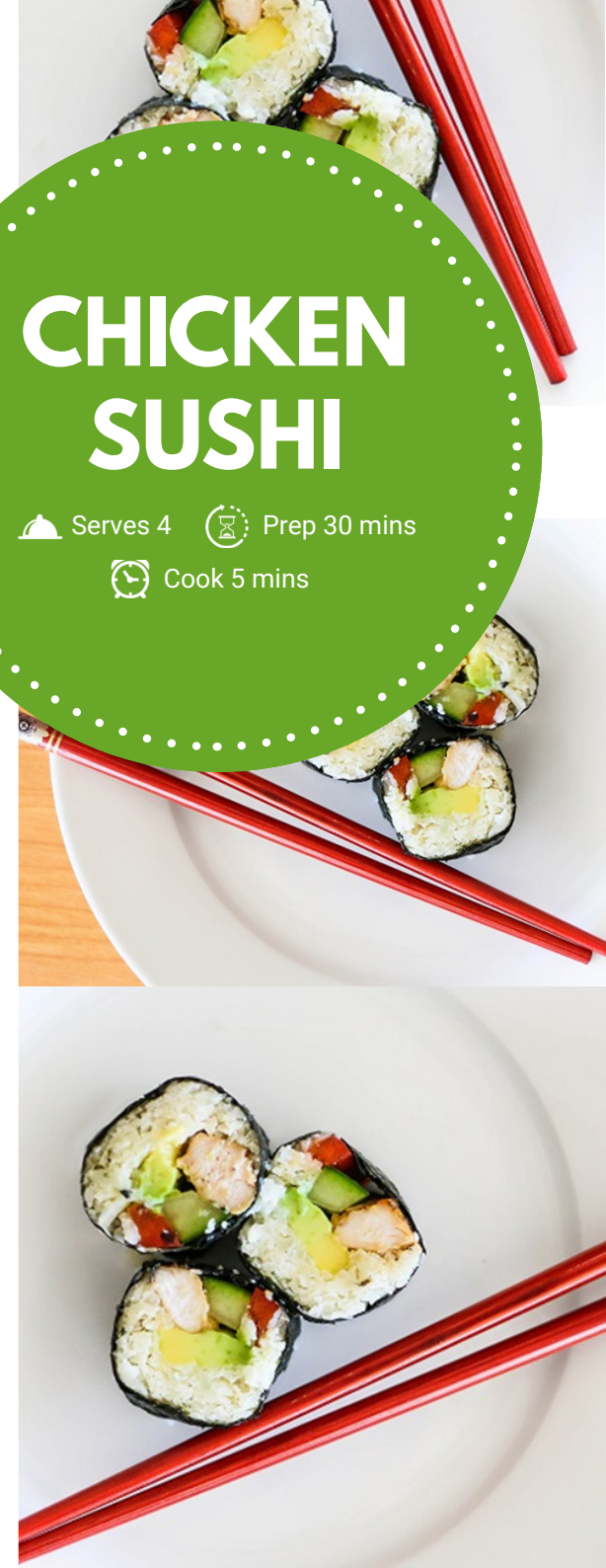
1. Grate your cauliflower into a large bowl.

2. Place frying pan onto medium heat with 2 tablespoons of olive oil and add in the grated cauliflower. Fry the cauliflower, stirring frequently for 3-5 minutes. Remove from heat and set aside.
3. Heat another frying pan and add in 2 tablespoons of olive oil. Once the pan is hot, add in the sliced chicken and fry it until it's cooked all the way through.
4. Add the chicken sauce ingredients to the frying pan and mix in with the chicken until it is completely coated.
5. Turn the heat down to low, put the lid on and let the chicken cook for another 5 minutes in the sauce.
6. Remove the chicken from the pan and set it aside in a bowl or on a plate.
7. Find a flat surface to use (e.g. a chopping board) and place all of your ingredients beside you (in separate bowls).
8. Place a sushi mat (bamboo) down on the board or surface you are using. Place one piece of Nori down on the sushi mat. Lightly brush a bit of water along one edge (about 2cm wide).
9. In the center of the piece of Nori, parallel to the moist strip you made, lay down a shallow strip of cauliflower rice (about 5cm wide).
10. Continue this strip to each side of the seaweed.
11. Down the middle of the strip of cauliflower, lay 2 or three pieces of chicken in a line. Add 1-2 strips of cucumber, pepper and avocado. Note: you should be able to see cauliflower rice on both sides of the filling.
12. Carefully lift up the bamboo sushi roll at the end of the Nori that isn't moistened. Roll it over until that side of the Nori is completely covering the filling in the middle. Press down firmly.
13. Roll in the other end of the Nori (the wet end) until it's wrapped as tightly as possible. Press down on the sushi roll so that the wet end of the sushi sticks to the layer underneath. Brush some more water over the part where the Nori joins if you need to.
14. Lay the sushi roll onto a board and slice it into 2cm-wide pieces, so the filling is in the middle. Arrange these pieces of sushi onto a serving plate.
15. Repeat this process until you have used up your sushi ingredients.
16. Serve and enjoy

CHICKEN SUSHI

 Serves 4  Prep 30 mins

 Cook 5 mins



BEEF FILLETS WITH BACON & MUSHROOM PUREE

 Serves 6  Prep 15 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	2.8g
Vitamin E	0.5mg
Vitamin K	2mcg
Iron	4.3mg
Magnesium	60.2mg
Zinc	5.8mg
Selenium	43.7mcg
Omega-3	215mg

Ingredients

- 5 large button mushrooms, sliced
- 1/2 cup fresh thyme
- 1 tablespoon almond butter
- 4 tablespoons melted coconut oil
- 1/2 pound (250 grams) streaky bacon
- 6 beef tenderloin steaks
- Cracked black pepper, to taste

Method

1. Preheat oven to 400F (200C) on fan bake.
2. In a blender, puree the mushrooms, a handful of fresh thyme, almond butter and the melted coconut oil. Place in a bowl and set to the side.
3. Lightly fry the bacon for about 2 minutes on each side. Set aside.
4. Sear the beef fillets for 2-3 minutes on each side. Season with pepper. Once seared, let the meat sit for 5 minutes.
5. Spread the mushroom puree on one side of each steak, and wrap it with a piece of streaky bacon. Place them in a lined ovenproof dish.
6. Bake for 20 minutes. Check on the meat at the 10-minute mark.
7. Serve with a fresh side of greens and sweet potato mash.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	7g
Calcium	41.8mg
Iron	1.9mg
Vitamin C	29.2mg
Vitamin B12	0.2mcg
Folate	43.4mcg
Selenium	10mcg
Phosphorus	169mg

Ingredients

- 4 tablespoons coconut oil
- 12 tomatoes, chopped
- 3 teaspoons smoked paprika
- 2 onions, diced
- 4 garlic cloves, crushed
- 1/2 pound (250 grams) streaky bacon, diced into small pieces
- 1 3/4 cups (400ml) coconut milk
- Fresh cilantro, to garnish

Method

1. Melt 2 tablespoons of coconut oil in a large stockpot.
2. Add tomatoes to the pot and stir frequently to avoid burning. Add smoked paprika, then place lid on pot and remove heat.
3. In a separate fry pan, melt 2 tablespoons of coconut oil and add the diced onion and crushed garlic. Cook onion and garlic until tender.
4. Remove fry pan from heat and add to the stockpot.
5. Place fry pan back on heat, add the diced bacon and fry until crispy.
6. Add coconut milk to the tomatoes and blend the mixture with a stick blender until smooth.
7. Add the cooked bacon into the stockpot, and bring to the boil.
8. Remove heat, garnish with cilantro, then serve and enjoy!

SMOKY TOMATO & BACON SOUP



Serves 8



Prep 25 mins



Cook 25 mins

WEEK 3 Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Eggs Benedict	Sweet Potato Hash Brown	Banana & Blueberry Pancakes	Salmon & Spinach Frittata	Zucchini Pie with Scrambled Eggs	2 Eggs 1/2 Cup Spinach 1 Piece of Fruit	Fruit Salad 1/2 Cup Mixed Seeds & Nuts
Snack 1	Nut Bar	Tuna Cucumber Boats	Banana Chips	Cauliflower Bread with 1 Avocado	Creamy Chicken Stir-Fry on Zucchini Rice	Fish & Vegetable Bake	Ginger, Garlic Turmeric Stir Fry
Lunch	Chicken Avocado Wrap	Cinnamon Kale Chips	Creamy Mushroom Soup	Leek & Bacon Soup	Eggplant & Tomato Soup	Pumpkin Soup	Spicy Turmeric & Carrot Soup
Snack 2	Chicken Bowl with Basil Lemon Vinny	Honey Sesame Glazed Pork	Chinese Sticky Pork	Asian Chicken	Marinated Beef and Broccoli	Apricot Chicken with Bok Choy	Bone Broth
Dinner	Cocido	Tuna Salad with Chili Dressing	Thai Beef Salad	Lamb Salad	Sweet Potato & Kale Salad	Lamb Salad with Avocado Mayo	Salmon & Avocado Salad
Snack 3	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts	1 Piece of Fruit 1/2 Cup Mixed Seeds and Nuts

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	39mcg
Thiamine (Vitamin B1)	0.3mg
Riboflavin (Vitamin B2)	0.9mg
Niacin (Vitamin B3)	7mg
Pyridoxine (Vitamin B6)	0.7mg
Calciferol (Vitamin D)	33.6IU
Omega-3	352mg
Iron	3.3mg

Ingredients

Veggie Mixture

- 2 kumara potatoes, peeled and diced
- 4 large portobello mushrooms, skin peeled
- 1 red onion, diced
- 2 garlic cloves, minced
- 3 tablespoons melted duck fat or extra virgin olive oil
- Salt and pepper, to taste
- 1 teaspoon paprika

Spicy Hollandaise Sauce

- 4 egg yolks
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 6 tablespoons melted coconut oil

Poached Eggs

- 4 eggs
- 1/4 teaspoon white vinegar

Extras

- 1/2 bag fresh rocket
- 1 packet streaky bacon (optional)
- 2 avocados, sliced

Method

1. Preheat the oven to 425 degrees F (220 C).
2. In a large bowl or zip-lock bag, add the potatoes, red onion, garlic, and two tablespoons of duck fat (or extra virgin olive oil) and mix until the mixture is thoroughly coated.
3. Spread the mixture across a parchment paper-lined baking sheet. Add the portobello mushrooms. Drizzle the remaining one tablespoon of melted duck fat over the mushrooms.
4. Season the mixture with salt, pepper, and paprika. 5. Place the baking sheet in the oven for 25 - 30 minutes, or until the potatoes are soft.

Preparation - Hollandaise Sauce

1. In a medium to large bowl, whisk the egg yolks, lemon juice, salt and cayenne pepper until it begins to thicken.
2. Pour the mixture in a food processor or tall container. In the food processor or container, use an electric whisk and continue blending while slowly adding the melted coconut oil.

Preparation - Poached Eggs

1. Bring a small to medium sauce pan, filled halfway with water, to a simmer.
2. Crack an egg into a small

3. strainer and carefully lower the strainer into the sauce pan. Gently allow the egg to float off into the water.
4. Let the egg cook for three minutes, occasionally moving the egg whites toward the center of the egg to ensure the yolk is covered.
5. Gently lift each cooked egg out of the pot with a slotted spoon. Place the egg on a paper-toweled plate for drying if you wish.
6. Repeat for each egg.

Preparation - Bacon

1. Cut each strip of bacon in half and fry in a large pan until extra crispy.

Preparation - Serving

1. Once the veggie mixture is done baking, place one portobello mushroom on each plate as a base. Sprinkle the potatoes and onions around the mushroom.
2. Add a poached egg on top of the mushroom.
3. Add a handful of rocket leaves to the plate.
4. Drizzle the hollandaise sauce over the eggs.
5. Add the avocado slices to the side.
6. If you choose to have bacon, add two cooked bacon strips to the plate.
7. Serve!

EGGS BENEDICT



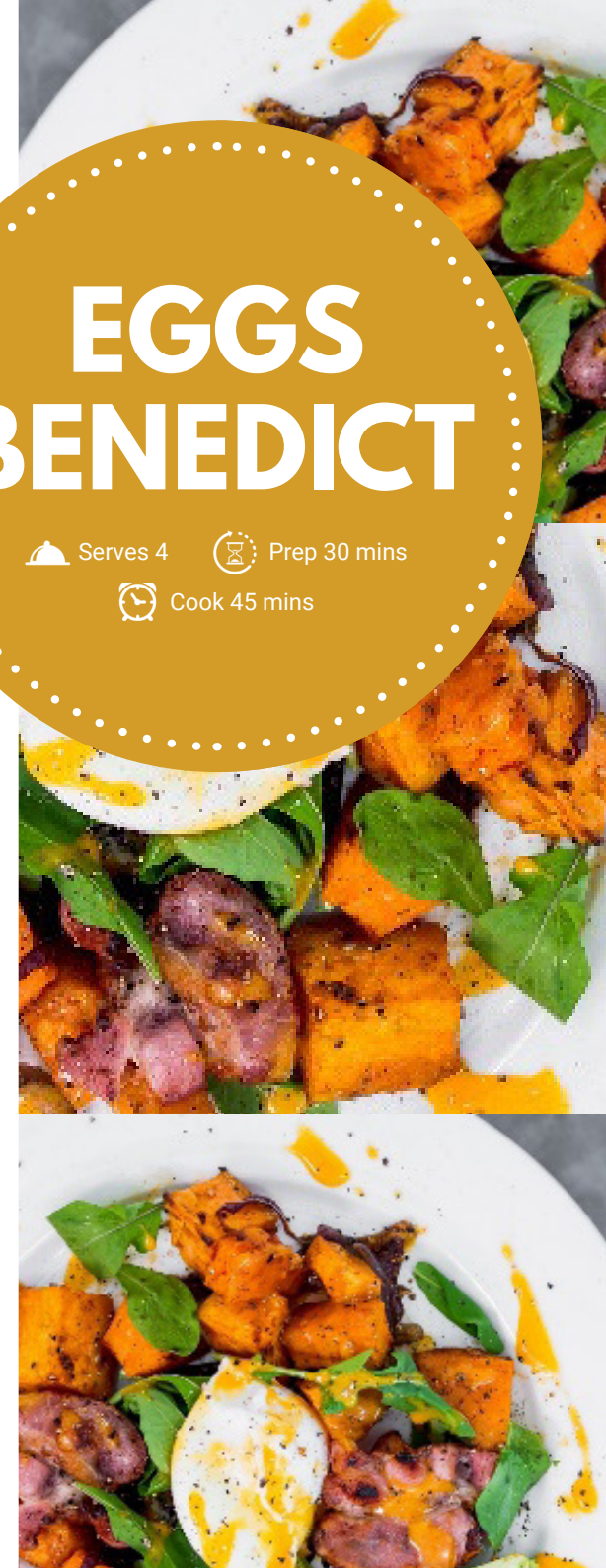
Serves 4



Prep 30 mins



Cook 45 mins





NUT BAR

 Serves 6  Prep 20 mins

 Cook 1 hr

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	2.5mcg
Thiamine (Vitamin B1)	0.2mg
Riboflavin (Vitamin B2)	0.4mg
Niacin (Vitamin B3)	1.8mg
Pyridoxine (Vitamin B6)	0.1mg
Omega-3	693mg
Iron	2.7mg

Ingredients

- 1 cup walnuts
- 1 cup pecan nuts
- 1 cup of almonds
- ½ cup coconut oil
- ½ cup almond butter
- ½ cup raw honey
- ½ cup shredded coconut
- ½ cup almond meal
- ½ cup dried cranberries
- ½ cup goji berries

Method

1. Preheat the oven on bake at 320F (160C).
2. Line an oven tray with baking paper.
3. Place the walnuts, pecan nuts and the almonds on the tray and spread them out.
4. Place them in the oven to roast for 5 minutes.
5. Take the nuts out of the oven and place them in a food processor and mix.
6. Place the processed nut mix in a mixing bowl and set to the side.
7. Place a saucepan on a medium heat and melt the coconut oil.
8. Once the oil has melted add in the almond butter and the honey. Stir for a few minutes until smooth and runny.
9. To the mixing bowl add the shredded coconut and the almond meal. Add the mixture from the pot and mix together.
10. Add the cranberries and goji berries to the mixing bowl and mix them in.
11. Line a plate with baking paper and place the mix evenly onto it. Press down to smooth out and flatten.
12. Set in the fridge for at least 2 hours.
13. Cut into bars and enjoy this amazing paleo snack!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	31.1mcg
Thiamine (Vitamin B1)	0.3mg
Riboflavin (Vitamin B2)	0.2mg
Niacin (Vitamin B3)	8.1mg
Pyridoxine (Vitamin B6)	0.2mg
Omega-3	240mg
Iron	1.8mg

Ingredients

- 1 pound (500 grams) chicken fillet, boiled and cut into small pieces
- 1 scallion, thinly sliced
- 1 jalapeno, diced
- 1 avocado, mashed
- 1 small lime, juiced

- Salt and freshly ground black pepper, to taste
- Lettuce leaves, washed
- Seaweed or nori (optional)

Method

1. In a medium-sized bowl, combine the chicken, chopped scallions, jalapeno, salt, pepper, and a spritz of lime. Set aside.
2. To make the guacamole, mash half an avocado in a bowl. Add with salt, pepper, and the rest of the lime juice. Set aside.
3. On a lettuce leaf, scoop up a spoonful of the seasoned chicken, guacamole, and top with toasted nori.
4. Serve immediately.

CHICKEN AVOCADO WRAP



Serves 4



Prep 10 mins



Cook 10 mins



CHICKEN BOWL WITH BASIL-LEMON VINAIGRETTE

 Serves 4  Prep 10 mins
 Cook 25 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	1.9g
Vitamin E	4.8mg
Vitamin K	78.4mcg
Iron	2.1mg
Magnesium	52.6mg
Zinc	1.3mg
Selenium	21.6mcg
Omega-3	397mg

Ingredients

Marinade

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 3 garlic cloves, crushed
- 3/4 teaspoon fine grain sea salt
- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cilantro

- 1 pound (450 grams) chicken breast, cut into 3-inch strips

Basil-Lemon Vinaigrette

- 2 large handfuls fresh basil leaves
- 1 garlic clove, crushed
- 1/2 teaspoon fine grain sea salt
- 2 tablespoons fresh lemon juice
- 5 tablespoons olive oil

Salad

- 6 cups (100 grams) spring greens
- 1 cup (150 grams) cherry tomatoes, halved
- 2 handfuls torn fresh basil leaves
- Mango, sliced

Method

1. In a bowl, whisk all marinade ingredients until combined.
2. In a shallow container, combine chicken strips and marinade. Cover and marinate in the refrigerator for at least 20 minutes. Marinate overnight for fullest flavor.
3. When you're ready to make the meal, heat a large nonstick skillet over medium-high heat. Add a tiny bit of oil, add the chicken and cook for 6-8 minutes, or until golden brown and cooked through, turning regularly.
4. In the meantime make the vinaigrette. In a food processor, or small blender, process the basil, garlic, salt, and lemon juice until smooth. While still blending, slowly add the oil. Blend until combined. Set aside.
5. To make the salads, add the greens in a large bowl.
6. Add the chicken on top along with the tomatoes, basil, and mango.
7. Drizzle with the basil-lemon vinaigrette.
8. Serve and Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	88.5mcg
Thiamine (Vitamin B1)	2.3mg
Riboflavin (Vitamin B2)	0.9mg
Niacin (Vitamin B3)	16.8mg
Pyridoxine (Vitamin B6)	1.8mg
Omega-3	479mg
Iron	4.2mg

Ingredients

- 2 pounds (1 kilogram) pork, sliced
- Water, as needed
- 1-2 teaspoons peppercorns
- 1/2 teaspoon garlic, crushed
- 1/2 cup red onion, sliced
- Salt, to taste
- 3 small sweet potato, peeled and quartered

- 3 ripe plantain banana
- 5 pieces bacon, sliced
- 1 cup spinach

Method

1. Put the pork into a heavy stockpot, then add enough water to cover it.
2. Add peppercorns, garlic and onions, then boil briskly for 10 minutes.
3. Lower the heat and simmer until the meat is tender.
4. Add salt to taste.
5. Add sweet potatoes, banana, bacon, and cook until tender.
6. Add spinach and cook until the leaves wilt.
7. Serve hot and enjoy!

COCIDO



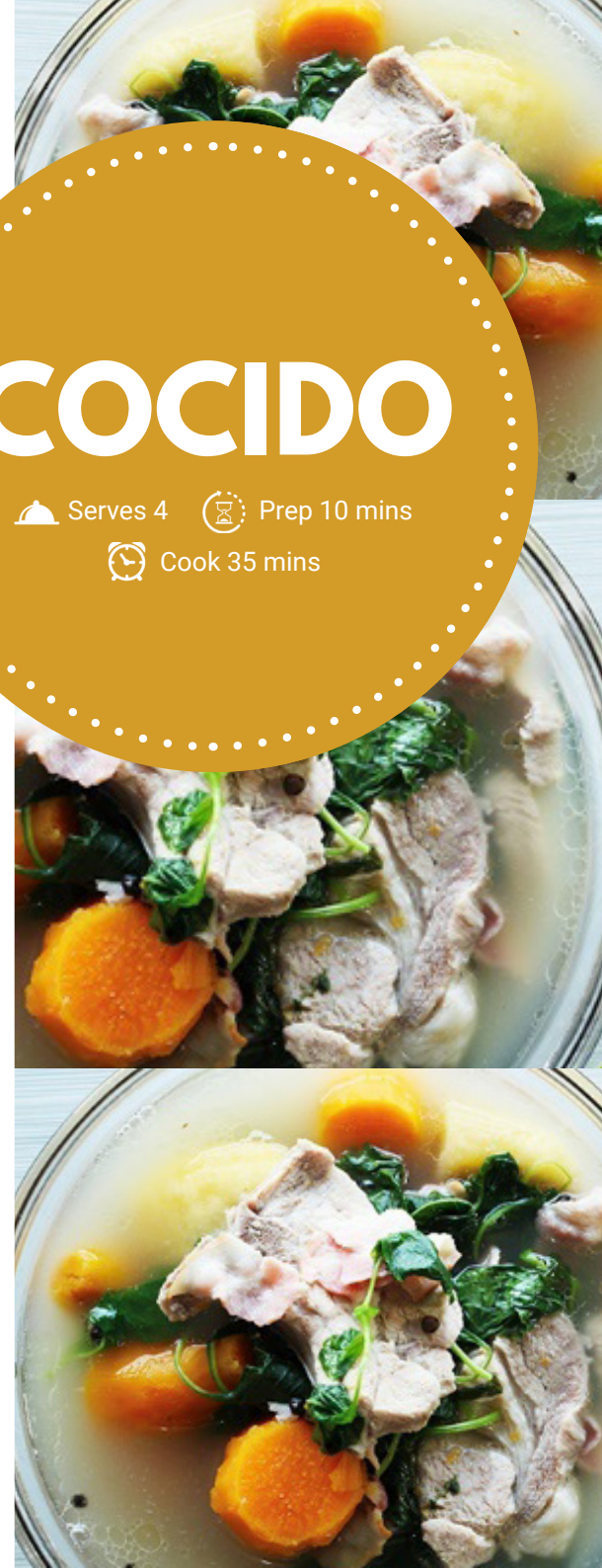
Serves 4



Prep 10 mins



Cook 35 mins





SWEET POTATO HASH BROWN

 Serves 6  Prep 10 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	5.2mcg
Thiamine (Vitamin B1)	0.1mg
Riboflavin (Vitamin B2)	0.1mg
Niacin (Vitamin B3)	0.5mg
Pyridoxine (Vitamin B6)	0.2mg
Calciferol (Vitamin D)	5.1IU
Omega-3	12.3mg
Iron	0.9mg

Ingredients

- 4 medium-sized sweet potatoes
- 2 free range eggs
- ½ cup almond flour
- 1 teaspoon Himalayan rock salt
- 1 teaspoon freshly cracked black pepper
- ¼ cup coconut oil for cooking

Method

1. Peel the sweet potatoes.
2. Chop ONE of the sweet potatoes into large chunks.
3. Add the chopped sweet potato into a saucepan and cover with water. Bring to the boil and then cook over a medium heat, with the lid on, for about 8 minutes.
4. Grate the remaining 3 sweet potatoes using the large holes of your grater.
5. Drain all of the water from the saucepan, then mash the cooked sweet potato using a masher or fork.
6. Crack the eggs into in a large mixing bowl and whisk together.
7. Add into the bowl the almond flour, mashed sweet potato, grated sweet potato, rock salt, and pepper. Mix together with a spoon until well combined.
8. Heat coconut oil in a flat fry pan, over a medium-high heat.
9. Once hot, drop in the sweet potato mixture in batches of about 2-3 tablespoons. Flatten them with a spatula, and then cook for about 5 minutes on each side. They should turn golden brown.
10. Once each batch is finished, place the hash browns onto a plate covered with paper towels, to drain excess oil.
11. Repeat until you have used up all of your mixture.
12. Serve while hot and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	62.8mcg
Thiamine (Vitamin B1)	0.5mg
Riboflavin (Vitamin B2)	0.5mg
Niacin (Vitamin B3)	14.8mg
Pyridoxine (Vitamin B6)	0.9mg
Calciferol (Vitamin D)	1.7IU
Omega-3	2363mg
Iron	2.7mg

Ingredients

- 1 cup Paleo mayonnaise
 - 1 cup (250ml) extra virgin olive oil
 - 1 egg
 - 2 tablespoons lemon juice
 - Cracked black pepper, to taste
- 1 teaspoon smoked paprika
- 1 teaspoon Tabasco
- 1 pound (500 grams) cooked tuna
- 1 tablespoon minced shallots
- 1 tablespoon chopped chives
- Salt, to taste
- Freshly ground pepper, to taste
- 1 Japanese cucumber, cored and cut lengthwise
- 4 cherry tomatoes, quartered
- 1 bunch chive sprigs (optional garnish)

Method

1. In a small bowl, combine the mayonnaise, smoked paprika, and Tabasco. Mix thoroughly.
2. Season with salt and pepper according to taste.
3. In a separate bowl add the tuna, shallots, chives, salt, and pepper. Once mixed, combine with the mayonnaise mixture.

Paleo Mayonnaise

- Pour oil in a tall, narrow container.
 - Crack the egg into the oil.
 - Add lemon juice and some cracked pepper.
 - Place a hand blender right at the bottom and blend the mayonnaise for 20 seconds, then slowly lift the blender up and down 5 times, or until the mayonnaise is mixed through.
4. Put the mixture on the cucumbers and top with a slice of cherry tomato slice and chives.
 5. Serve and enjoy!

TUNA CUCUMBER BOATS

 Serves 3  Prep 10 mins

 Cook 10 mins



CINNAMON KALE CHIPS

 Serves 8  Prep 10 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	0.1mcg
Niacin (Vitamin B3)	0.1mg
Omega-3	15.1mg
Iron	0.2mg

Ingredients

- 12 whole large kale leaves, washed & dried
- 3 tablespoons coconut oil, melted
- ½ tablespoon rock salt
- ½ tablespoon ground cinnamon

Method

1. Preheat oven on fan bake to 400F (200C).
2. Separate each leaf into two by removing the inner stalk and place on a baking tray.
3. Mix coconut oil, salt and cinnamon in a small jug and drizzle over the kale leaves.
4. Toss the leaves to fully coat with sauce.
5. Bake for 5-10 minutes, watching closely as they can burn quickly.
6. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	8.4g
Vitamin E	1mg
Vitamin K	18.4mcg
Iron	4.7mg
Magnesium	110mg
Zinc	3.9mg
Selenium	25.5mcg
Omega-3	65.4mg

Ingredients

- 5 pork steak, cut into strips
- 6 sweet potatoes, peeled and chopped
- 1 bunch of asparagus
- 1 tablespoon sesame seeds
- 2 cloves garlic, chopped
- 1 tablespoon fresh ginger, grated
- 3 tablespoons raw honey
- 1/3 cup coconut milk
- Coconut oil, for cooking
- Freshly ground pepper, to taste

Method

1. Bring a pot of water to boil then add the chopped sweet potatoes. Cook until tender.
2. Once cooked, drain and mash the sweet potatoes, and add coconut milk. Season to taste.
3. In a bowl, put the pork and add honey and half of the sesame seeds. Season with freshly ground pepper. Mix well.
4. In a frying pan, heat 1 tablespoon of coconut oil on a medium heat and lightly fry the pork. Add the remaining sesame seeds, garlic and ginger. Cook until the pork starts to change color.
5. In the same pan, add the asparagus on one side of the pan, and let it cook together with the pork.
6. Serve the honeyed pork and asparagus mix with the sweet potato mash.

HONEY SESAME GLAZED PORK

 Serves 4  Prep 10 mins

 Cook 20 mins



TUNA SALAD WITH CHILI DRESSING

 Serves 5  Prep 15 mins

 Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	5.5g
Vitamin E	8.3mg
Vitamin K	50.6mcg
Iron	9.1mg
Magnesium	291mg
Zinc	4.3mg
Selenium	149mcg
Omega-3	5503mg

- Bunch of celery
- 1 red pepper
- ½ cup black olives

Method

Chili Dressing

1. Add olive oil, apple cider vinegar, lemon juice, chili, and cracked pepper into the blender.
2. Blend together until smooth.

Tuna Salad

1. Preheat the oven to 400F (200C) on fan bake.
2. Dip each tuna steak into the egg white, then into the bowl of sesame seeds until they are fully coated.
3. In a salad bowl, toss together the lettuce leaves, cherry tomatoes, celery, black olives and red pepper.
4. Drizzle the chili salad dressing over the salad and mix in.
5. Preheat the frying pan on a medium-high heat with the coconut oil. Add the tuna steaks and cook for 1-2 minutes on each side.
6. Remove the tuna steaks from the frypan and place into the oven to bake for 2 minutes.
7. Remove from oven and cut the steaks into big chunks. Serve the tuna chunks on top of your salad.
8. Enjoy!

Ingredients

Chili Dressing

- 1 ½ tablespoons squeezed lemon juice
- 3 tablespoons apple cider vinegar
- ½ cup olive oil
- 1 finely chopped red chili
- Cracked pepper

Tuna

- 6 tuna steaks, 12 ounces (340 grams) each
- 2/3 cup sesame seeds
- 1 tablespoon cumin
- 1 egg white
- 2 tablespoons coconut oil

Salad

- 1 lettuce
- 1 punnet of cherry tomatoes

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	38mcg
Thiamine (Vitamin B1)	0.1mg
Riboflavin (Vitamin B2)	0.6mg
Niacin (Vitamin B3)	1.3mg
Pyridoxine (Vitamin B6)	0.6mg
Calciferol (Vitamin D)	38.5IU
Omega-3	135mg
Iron	3.1mg

Ingredients

- 1/2 cup coconut flour
- 1 teaspoon baking soda
- 10 eggs
- 4 ripe bananas
- 1 punnet blueberries
- 3 teaspoons pure vanilla extract/paste
- 1 1/2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 cup coconut milk
- 1 tablespoon pure maple syrup (optional)
- 1 tablespoon coconut oil (for cooking)

Method

1. Mash bananas with a fork in a bowl.
2. In a separate large mixing bowl, mix together all of your dry ingredients (coconut flour, baking soda, cinnamon, vanilla extract and nutmeg).
3. Add the coconut milk, blueberries and banana in with the dry ingredients and mix well.
4. Heat a small amount of coconut oil in a fry pan, over a medium heat.
5. Carefully pour a small amount of the pancake batter into the frypan, and allow it to spread out until you have your desired pancake size. You can have multiple pancakes in the fry pan at once if it is big enough.
6. Fry the pancakes for 2 minutes on each side, then remove from the pan.
7. Repeat this process until all of your pancake mix has been used up (note: you will probably need to add in more coconut oil between batches).
8. Serve your delicious pancakes either alone or with your favorite paleo toppings - we highly recommend drizzling a small amount of pure maple syrup over top!


BANANA & BLUEBERRY PANCAKES

 Serves 4  Prep 10 mins
 Fat 2  Cook 10 mins



BANANA CHIPS

 Serves 8  Prep 15 mins

 Cook 15 mins

Ingredients

- 2 pounds (1 kilogram) bananas, cut into chips
- Coconut oil
- ½ teaspoon turmeric powder
- Honey or maple syrup (optional)

Method

1. Heat a large pan to a medium-high heat with the coconut oil, and fry the bananas.
2. Add turmeric powder to the oil to make the bananas crispy. This will give the chips a nice yellow color.
3. Fry the chips until golden brown then transfer to a dish and drain them with paper towels.
4. You may drizzle the bananas with a little bit of honey or maple syrup before serving.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	16.9mcg
Thiamine (Vitamin B1)	0.2mg
Riboflavin (Vitamin B2)	0.7mg
Niacin (Vitamin B3)	8.5mg
Pyridoxine (Vitamin B6)	0.3mg
Omega-3	42.7mg
Iron	4.1mg

Ingredients

- Olive oil, for frying as needed
- 1 pound (500g) portobello mushrooms, sliced
- 2 garlic cloves, finely chopped
- 1 brown onion, diced
- 2 cups (500ml) chicken or vegetable stock
- 1 3/4 cups (400ml) coconut cream
- Dried thyme leaves, to taste
- Cracked black pepper, to taste
- Fresh parsley leaves, to garnish

Method

1. Heat a frying pan with a dash of olive oil.
2. Add the mushrooms, onions, garlic, thyme and black pepper to the pan and fry until the mushrooms are lightly browned and the onion is cooked through.
3. Set a large saucepan over medium heat and add the contents of the frying pan.
4. Add the coconut cream to the saucepan and stir.
5. Add the vegetable stock and give it a mix.
6. Turn off the heat and blend up the soup mixture until smooth, using a hand blender.
7. Simmer the blended soup for 10 minutes, then garnish with fresh parsley and serve.
8. Enjoy!

CREAMY MUSHROOM SOUP



Serves 4



Prep 10 mins



Fat 2



Cook 20 mins

CHINESE STICKY PORK

 Serves 5  Prep 3 hrs 15 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Carbohydrates	49.2g
Fats	52.5g
Protein	44.3g

Ingredients

- 2 pounds (1 kilogram) pork, diced
- 1 cauliflower, grated
- 2 heads of broccoli, chopped
- 4 zucchinis, sliced
- ½ cabbage, sliced
- Coconut oil, for cooking

Marinade

- 2 teaspoons almond butter
- 1 teaspoon apple cider vinegar
- 1 teaspoon sesame oil
- 1/3 cup raw honey
- 3 cloves garlic, crushed and diced
- 1 teaspoon Chinese five spice
- 1 teaspoon ginger, grated
- 2 tablespoons sesame seeds
- 2 teaspoons cracked black pepper

Cauliflower Rice

- 1 cauliflower, grated
- 1 teaspoon ginger, grated
- 1 tablespoon coconut oil

Method

Marinade

1. In a large mixing bowl, add the ingredients for the marinade. Mix well.
2. Add the diced pork to the bowl and coat in the marinade. Cover with cling wrap and place in the fridge to marinate for at least 3 hours (for maximum flavor, we recommend doing this the night before).

Sticky Pork and Vegetables

1. Preheat the oven on fan bake to 380F (190C).
2. Line the oven tray with tin foil and lay the marinated pork over the foil. Leave the remaining marinade left over from the pork in the bowl and set aside.
3. Cook the pork in the oven for 30 minutes, turning it over halfway.
4. Meanwhile, heat a frying pan on a medium-high heat and add a dash of coconut oil.
5. Stir-fry the zucchinis. Season with cracked black pepper and add in the leftover pork marinade.
6. Add in the broccoli and cabbage, mix and place the lid on to steam for 5-6 minutes, then remove lid and stir.
7. Serve the pork with your stir-fried veggies and cauliflower rice.

Cauliflower Rice

1. Heat the pan to a medium-high heat and add in the coconut oil.
2. Add the grated cauliflower and ginger to the pan and cook for 5 to 10 minutes, stirring often so it doesn't burn.
3. Remove from heat and serve.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	50.4mg
Thiamine (Vitamin B1)	0.3mg
Riboflavin (Vitamin B2)	0.7mg
Niacin (Vitamin B3)	6.5mg
Pyridoxine (Vitamin B6)	0.8mg
Omega-3	538mg
Iron	10.1mg

Ingredients

Marinade

- 4 garlic cloves, crushed
- 4 teaspoons fresh ginger, grated
- 2 chilies, deseeded & chopped
- 3 tablespoons coconut oil
- 3 tablespoons fresh lime juice
- 2 tablespoons fish sauce
- 1 tablespoon raw honey
- 1 teaspoon sea salt (Optional)

Thai Beef Salad

- 1 1/2 pounds (750 grams) rump steak
- Olive oil, for frying as needed
- 1 cos lettuce leaves
- 1 cucumber, diced

- 1 orange pepper, sliced
- 10-15 cherry tomatoes
- 1 bunch fresh mint, chopped
- 1 bunch fresh cilantro, chopped
- 4 kaffir lime leaves, chopped

Method

Beef Marinade/Dressing

1. In a mixing bowl, combine the garlic, ginger, chilies, coconut oil, lime juice, fish sauce and honey. Separate part of the mixture to be used as dressing later on.
2. Use the remaining mixture as marinade. Add the steak and cover the container with plastic wrap. Refrigerate for 1-2 hours.

Thai Beef Salad

1. Take the marinated steak out of the fridge and pan fry with some olive oil, for 3-4 minutes on each side. Let the steak rest for a few minutes after cooking, then cut it into thin strips.
2. On a serving plate, arrange the lettuce, cucumber, pepper and tomatoes. Top with fresh herbs, kaffir lime leaves and sliced beef. Drizzle the dressing prepared earlier.

THAI BEEF SALAD



Serves 4



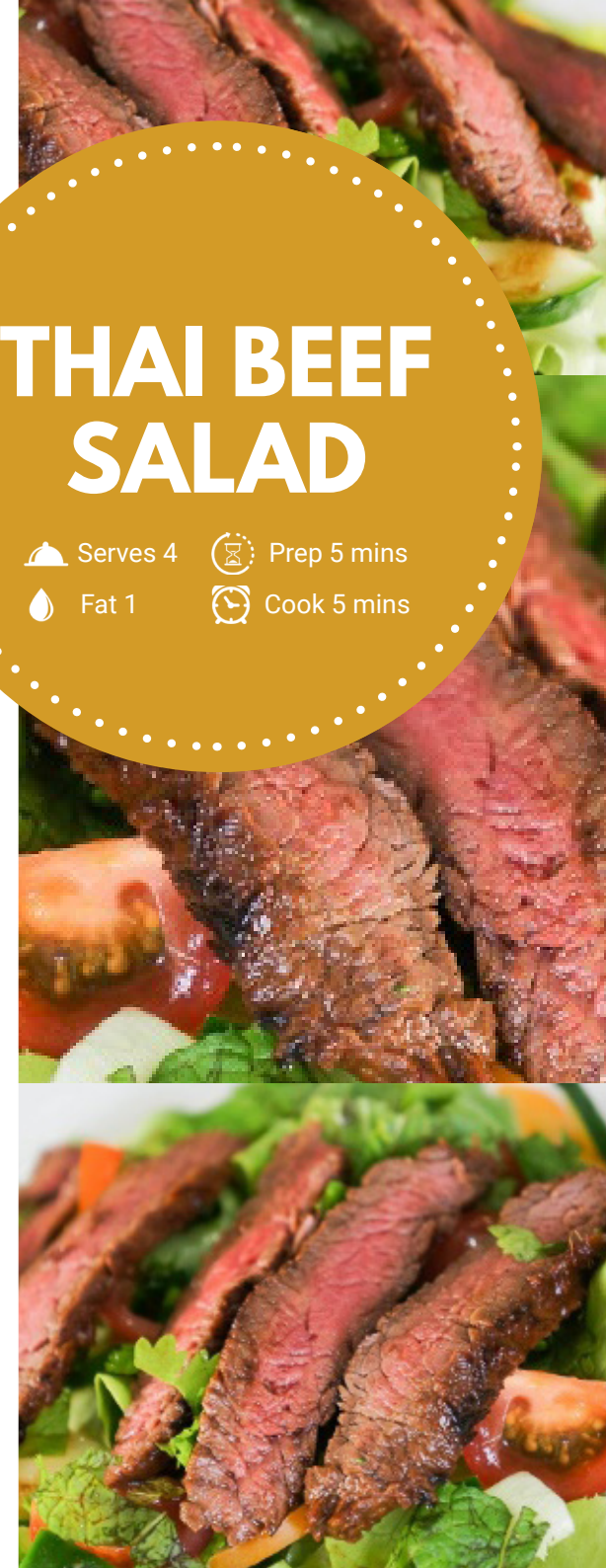
Prep 5 mins



Fat 1



Cook 5 mins



SALMON AND SPINACH FRITTATA

 Serves 4  Prep 10 mins

 Fat 2  Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	65mcg
Thiamine (Vitamin B1)	0.4mg
Riboflavin (Vitamin B2)	0.9mg
Niacin (Vitamin B3)	9.4mg
Pyridoxine (Vitamin B6)	1.2mg
Calciferol (Vitamin D)	27IU
Omega-3	2157mg
Iron	5.5mg

Ingredients

- 7 free range eggs
- 2 salmon steaks, skins removed
- 1 bag spinach leaves
- Black pepper, to taste
- 1 cup coconut milk
- Tomatoes, thinly sliced
- 1 tablespoon coconut oil

Method

1. Preheat your oven to 360F (180C).
2. Debone your salmon steaks (if the bones have not already been removed).
3. Break the salmon up into small chunks using your hands (or slice if preferred).
4. Crack the eggs into a mixing bowl and add in the coconut milk and some black pepper. Whisk together.
5. Brush an oven dish with coconut oil. Add half of the spinach to the bottom of the dish and place half of the salmon pieces on top. Repeat this process, so you have two layers of each.
6. Pour the egg mixture over the salmon and spinach. Use a spatula to push the spinach and salmon down from the sides of the dish and to make sure that the egg mixture has made its way through the whole dish.
7. Place the tomato slices carefully on top of the frittata and place the tray in the oven to cook for 30 minutes.
8. Remove from the oven, slice and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	8.6g
Vitamin E	0.5mg
Vitamin K	57.1mcg
Iron	2mg
Magnesium	55.6mg
Zinc	1.2mg
Selenium	9.4mcg
Omega-3	155mg

Ingredients

- 2 large cauliflower
- 1 tbsp dried chives
- 1 tbsp wholegrain mustard
- 2 large eggs
- 1/2 cup tapioca flour
- 4 tablespoons coconut oil
- Salt
- Pepper

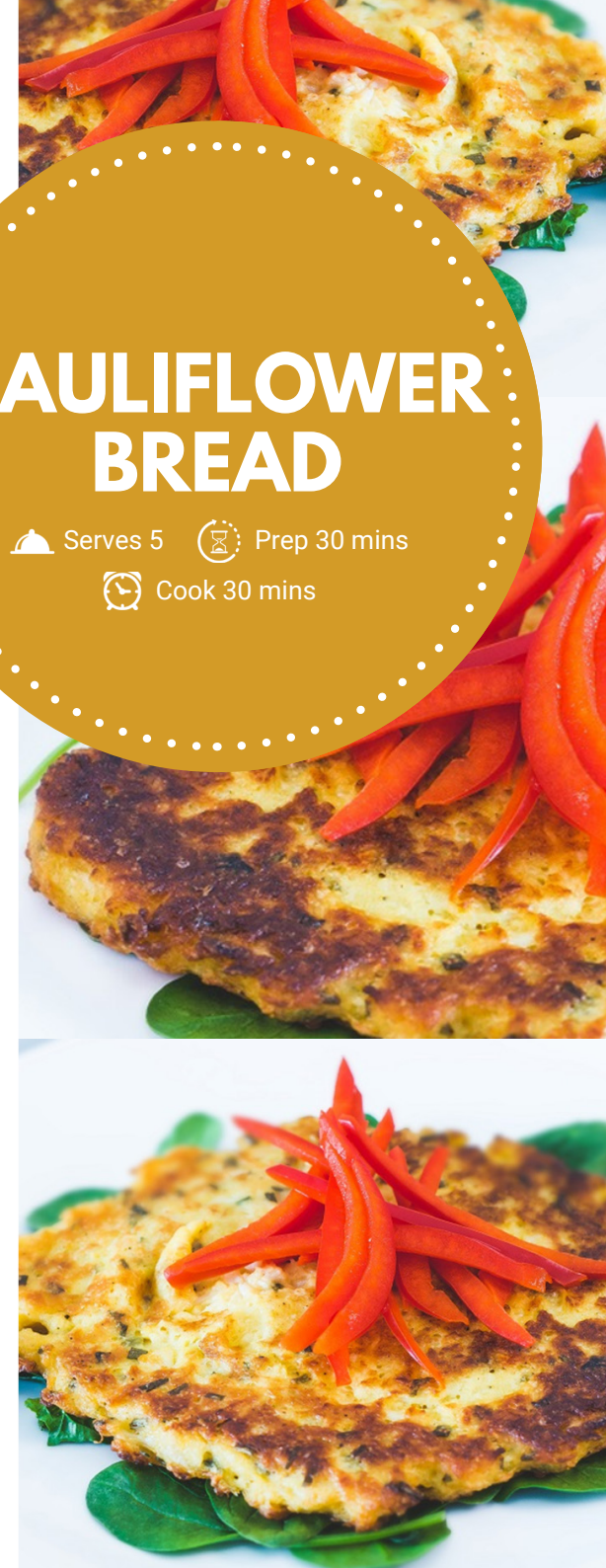
Method

1. Place a large pot of water on and bring to boil and preheat oven to 180 degrees.
2. Remove stem from cauliflower and cut into florets.
3. Add cauliflower to boiling water and cook for 4-6 mins (should be able to slightly pierce the cauliflower with a knife)
4. Drain cauliflower and allow to cool.
5. When cooled put cauliflower into a cloth and squeeze to drain off excess moisture.
6. Place drained cauliflower in a bowl and add eggs, chives, mustard and tapioca flour, mix and form into thin patties.
7. Great a frying pan with 1 tablespoon of coconut oil and fry cauliflower bread 2 at a time until golden brown on each side. Remove once golden and place onto an oven tray.
8. Finish cooking cauliflower bread in the oven for 10 mins at 180 Cook 8 strips of streaky bacon until crispy.
9. Once cauliflower bread is cooked top with crispy bacon avocado smash a poached egg and mixed toasted seeds.

CAULIFLOWER BREAD

 Serves 5  Prep 30 mins

 Cook 30 mins



LEEK & BACON SOUP

 Serves 4  Prep 10 mins

 Fat 2  Cook 20 mins

Ingredients

- Olive oil, for frying as needed
 - 2 small–medium size squash, chopped
 - 2 leeks
 - 3 garlic cloves
 - Cracked black pepper, to taste
 - 6 1/2 oz (200g) of bacon, chopped into small pieces
 - 4 cups (1000ml) fresh chicken stock
 - 1 3/4 cups (400ml) coconut milk
4. Slice the leeks into rings, using only the white/light coloured part.
 5. Set a large saucepan over medium heat and drizzle in some olive oil.
 6. Add garlic, black pepper and bacon to the saucepan and stir well.
 7. Once the bacon is lightly browned, add the leeks and chicken stock to the pot.
 8. Take the squash out of the oven and remove the skins from them.
 9. Add the squash to the saucepan, then add in the coconut milk and stir.

Method

1. Preheat oven to 400F (200C) on fan bake.
2. Place the squash on an oven proof tray and brush a light layer of olive oil over them.
3. Place tray in the oven and bake for 30 minutes.
10. Simmer the soup mix on a low heat for 5 minutes.
11. Remove the saucepan from heat. Using a hand-blender, blend up the soup until it's nice and smooth (no chunks).
12. Serve the soup while it's hot
13. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts
PER SERVING:

Dietary Fiber	1.7g
Vitamin E	0.6mg
Vitamin K	1mcg
Iron	1.8mg
Magnesium	54.6mg
Zinc	1.6mg
Selenium	30.5mcg
Omega-3	226mg

Ingredients


- 4 to 5 pieces chicken fillet, sliced
- 5 tablespoons coconut amino
- 1 piece lemon
- 2 medium onions, sliced
- 1½ cups water
- 2 tablespoons honey
- Salt and pepper, to taste
- 1 teaspoon coconut oil

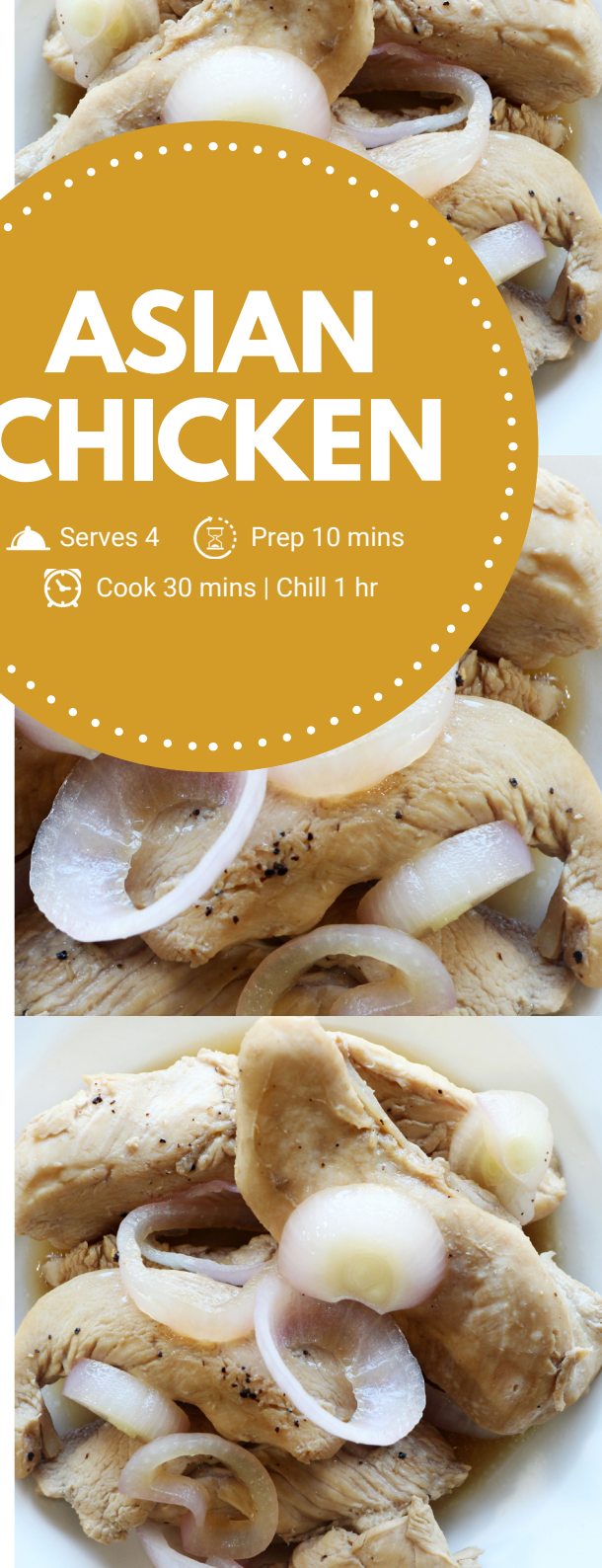
Method

1. Combine chicken, coconut amino, and lime juice in a large bowl or container. Cover with cling wrap and marinate in the fridge for at least 1 hour.
2. Heat a pan and add oil. Fry the marinated chicken in medium heat for 3 to 5 minutes per side.
3. Pour the remaining marinade and add a little bit of water (about 1/8 cup).
4. Let it simmer until the chicken is cooked. (Note: You may add a little bit of water as needed.)
5. Add the honey, salt, and pepper then stir. Cook for a few minutes then add the onions.
6. When the onion cooks or turns transparent, switch off the heat and transfer to a serving plate.

ASIAN CHICKEN

 Serves 4  Prep 10 mins

 Cook 30 mins | Chill 1 hr



LAMB SALAD

 Serves 4
  Prep 10 mins
 Fat 1
  Cook 6 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	19.8mcg
Thiamine (Vitamin B1)	0.4mg
Riboflavin (Vitamin B2)	0.8mg
Niacin (Vitamin B3)	10.5mg
Pyridoxine (Vitamin B6)	1.2mg
Omega-3	448mg
Iron	5.8mg

Ingredients

- 1 pound (500 grams) diced lamb
- 4 garlic cloves, crushed
- 1 tablespoon sesame oil
- Olive oil, for frying as needed
- 2 tablespoons raw honey
- 3 avocados, pitted
- 1 red pepper, deseeded
- 3 cups spinach leaves
- 10-15 cherry tomatoes
- 5-10 olives
- 1 handful raw cashew nuts
- Balsamic vinegar or freshly squeezed lemon juice (Optional)

Method

1. In either a bag or large bowl, mix together the diced lamb, crushed garlic and sesame oil. Let this soak for 5 minutes or ensure it is well mixed.
2. Heat olive oil in a fry pan on a medium heat, then add in the lamb mix to cook for 4 minutes, tossing occasionally.
3. Add honey to the fry pan and mix in with the lamb. Cook for another 2 minutes, turning the lamb over often.
4. Cube the avocados and slice the pepper.
5. In a large salad bowl, add in the spinach leaves, cubed avocado, cherry tomatoes, olives, cashew nuts and pepper.
6. Lay the cooked lamb over top of the salad.
7. Crack some black pepper over the salad, and then drizzle over either balsamic vinegar or lemon juice (lemon juice is more strictly paleo).
8. Serve and enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.2g
Vitamin E	1.5mg
Vitamin K	12.9mcg
Iron	2.8mg
Magnesium	60.7mg
Zinc	1.9mg
Selenium	30.4mcg
Omega-3	177mg

Ingredients

Zucchini Pie

- 6 zucchinis, grated
- 3 eggs
- 1/3 cup almond flour
- Black pepper (as desired)
- Sea salt (pinch)
- 1 tablespoon coconut oil

Scrambled Egg & Vege Side

- 6 free range eggs
- 14 white button mushrooms, sliced
- 1 punnet cherry tomatoes
- 1 red capsicum, sliced
- 1 brown onion, finely chopped
- 1 tablespoon coconut oil

Method

Zucchini Pie

1. Pre heat the oven to 350F (175C) on fan bake.
2. Crack 3 eggs into a bowl and add in the grated zucchini, almond flour, black pepper and a pinch of sea salt.
3. Mix ingredients together until well combined using a fork. You can also use your hands to make sure it is all mixed together.
4. Grease an oven dish with coconut oil and add in the zucchini mixture. Flatten the mixture out in the dish.
5. Place the dish in the oven to cook for 20-30 minutes.
6. Remove pie from the oven and serve on its own or with the delicious scrambled egg and vegetable mix below!

Scrambled Egg & Vege Side

1. Heat a fry pan over a medium-high heat with some coconut oil.
2. Place the onions in the pan and fry until clear.
3. Add the bacon, red capsicum and mushrooms to the pan and fry, stirring often. Add in some more coconut oil if you need to.
4. Add the cherry tomatoes to the pan and mix everything together.
5. Beat the 6 eggs with a fork and add these to the fry pan. Cook for a further 5 minutes, mixing the eggs in with the vegetables. 6. Serve and enjoy this wonderful breakfast dish.

ZUCCHINI PIE WITH SCRAMBLED EGGS

 Serves 5  Prep 15 mins

 Cook 30 mins

CREAMY CHICKEN STIR-FRY ON ZUCCHINI RICE

 Serves 4  Prep 15 mins

 Cook 25 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	11.9g
Vitamin E	2.9mg
Vitamin K	113mcg
Iron	8.1mg
Magnesium	259mg
Zinc	7.1mg
Selenium	38.9mcg
Omega-3	675mg

Ingredients

Stir Fry

- 1 1/2 pounds (750 grams) chicken thighs, diced
- 1 red pepper
- 2 broccoli, chopped into small florets
- ½ cup cashew nuts
- 2 tablespoons coconut oil

Sauce

- 2 tablespoon cashew butter
- 2 tablespoon ginger, grated
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 2 cups coconut milk

Zucchini Rice

- 10 zucchinis, grated
- 1 tablespoon coconut oil
- Salt and pepper

Method

Sauce

1. Add 2 tablespoons of cashew butter into a pot, set it to a low-medium heat so the butter can soften.
2. Pour in 2 cups of coconut milk & add 2 tablespoons of grated ginger, 1 teaspoon of paprika and 1 teaspoon of chili powder.
3. Stir on a low heat until all the ingredients are combined.

Stir Fry

1. Add 2 tablespoons of coconut oil into your pan (medium-high heat), once it has melted add the chicken.
2. Once the chicken is cooked add the red pepper and broccoli.
3. Add the cashew butter sauce, salt & pepper, ½ cup of cashews, stir and then leave on a low heat for 5-10 minutes.

Zucchini Rice

1. Add 1 tablespoon of coconut oil to a pan (medium-high heat).
2. Add the grated zucchini once the pan is hot, add salt and pepper.
3. Cook for a further 5-10 minutes until zucchini is cooked through.
4. Serve by placing the chicken on top of the rice. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	12.1g
Calcium	104mg
Iron	4.1mg
Vitamin C	49.4mg
Folate	115mcg
Selenium	11.2mcg
Phosphorus	271mg

Ingredients

- 2 eggplants, halved
- 6 large tomatoes, halved
- 2 onions, peeled & halved
- 2 tablespoons olive oil
- Handful of fresh chopped thyme
- 10 garlic cloves
- 4 cups (1000ml) vegetable stock
- 1 3/4 cup (400ml) coconut milk

Method

1. Preheat oven to 400F (200C).
2. Line 2 oven trays with baking paper. Place the eggplants on one oven tray (skin side down).
3. In a large bowl, mix the tomatoes, onion and drizzle over the olive oil.
4. Sprinkle the thyme, garlic cloves, a pinch of salt and some cracked black pepper into the bowl. Mix ingredients together with your hands.
5. Brush some olive oil over the eggplants on the tray.
6. Add the tomato and onion mixture onto the other oven tray and place both trays in the oven to cook for 40 minutes.
7. After 40 minutes remove both trays from the oven and add all of the vegetables into a big pot.
8. Add in the vegetable stock and coconut milk to the vegetable pot and simmer for 5-10 minutes.
9. Once that starts to boil, remove from heat.
10. Using a hand blender, blend up all of the vegetables in the pot.
11. Once smooth, serve and enjoy!

EGGPLANT & TOMATO SOUP

 Serves 5  Prep 15 mins

 Cook 30 mins



MARINATED BEEF & BROCCOLI

 Serves 3  Prep 10 mins

 Cook 15 mins

Ingredients

- 2 x broccoli
- 600g Diced Beef
- 2 tablespoons Raw Honey
- Black pepper
- olive oil
- 20g sesame seeds
- ½ bag salad greens
- 12 cherry tomatoes

Method

1. Place the diced beef in a large bowl, pour the honey in on the beef and mix so that most of the beef is coated in honey, add some black pepper, and tip in half of the sesame seeds and mix again.
2. Set that beef in the fridge for about 1 hour before cooking.
3. Place a pot of water on the heat to boil for the broccoli to cook in.
4. Heat a fry pan and pour in some olive oil.
5. Place the marinated beef into the pan to cook, pop the lid on, toss while cooking.
6. Place the broccoli in to boiling water to cook.
7. Toss some salad greens in a bowl and cut the cherry tomatoes in half and add to the salad.
8. Take the broccoli off the heat and drain the water out of the pot.
9. Add the broccoli into the salad and toss.
10. Place up the salad and add the marinated beef.
11. Enjoy.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	36.1mg
Thiamine (Vitamin B1)	0.6mg
Riboflavin (Vitamin B2)	0.4mg
Niacin (Vitamin B3)	7.5mg
Pyridoxine (Vitamin B6)	0.8mg
Omega-3	410mg
Iron	2.7mg

Ingredients

- Olive oil, for frying as needed
- 4 large sweet potatoes, peeled and cubed
- Dried oregano
- Black pepper
- Tuscan kale
- 8 rashers of streaky bacon, chopped into square chunks
- 4 small bunches of broccoli, chopped into small heads
- 1 lemon

Method

1. Preheat oven to 400F (200C) on fan bake.
2. Lay aluminum foil over an oven tray and brush olive oil over the top of it.
3. Place the cubed sweet potatoes onto the oven tray and brush them with olive oil. Sprinkle oregano and black pepper over them, making sure they are evenly coated with the seasoning. Place the tray into the oven to bake for 30 minutes.
4. Strip the kale leaves from the stem and chop them up into strips.
5. Heat 1 tablespoon of olive oil in a fry pan. Once hot, add in the chopped bacon and fry until lightly browned.
6. Turn on another fry pan and heat another tablespoon of olive oil. Once hot, add in the broccoli and squeeze in the juice of half a lemon, making sure no seeds fall into the mix. Stir and cook the broccoli for 5 minutes.
7. Remove the bacon from the first pan and set aside. Turn the heat down to low and add the kale into the pan, putting in more olive oil if necessary.
8. Squeeze in the juice from the other half of the lemon and crack black pepper into the pan as desired. Stir in with the kale and cook for about 2 more minutes, until the kale is slightly softened.
9. Remove the baked sweet potatoes from the oven and take the fry pans off heat.
10. To each serving bowl, add in some broccoli, sweet potato, kale and then bacon on top. Enjoy!

SWEET POTATO & KALE SALAD



Serves 5



Prep 15 mins



Fat 2



Cook 30 mins

FISH AND VEGETABLE BAKE

 Serves 6  Prep 20 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	6.2g
Vitamin E	1.2mg
Vitamin K	34.6mcg
Iron	3.7mg
Magnesium	99.4mg
Zinc	2mg
Selenium	21.1mcg
Omega-3	746mg

Ingredients

- 1 1/2 pound (700g) white fish
- 1 broccoli, cut
- 2 zucchini, sliced
- 3 carrots, peeled and sliced
- 10 white button mushrooms, sliced
- 2 cups pumpkin, cubed
- 4 sweet potatoes, peeled and sliced
- 1/4 cup wholegrain mustard
- 3 tablespoons balsamic vinegar
- 1/2 cup lime juice
- 1/4 teaspoon paprika
- 1 clove garlic, crushed
- 3/4 can coconut milk

Method

1. Place a pot of water on the heat to boil, and preheat the oven at 360F (180C) on fan bake.
2. Once boiling add in the carrots, pumpkin, sweet potatoes to soften for 10 minutes.
3. Drain the water from the pot let to sit for 5 minutes.
4. In a small bowl add balsamic vinegar, mustard, paprika, lime juice and crushed garlic and mix well.
5. In an oven proof dish add 1/2 the mixture of the softened sweet potatoes, pumpkin, and carrots. Add the fish fillets on top and coat with the mustard sauce, then place mushroom and broccoli on the top followed by the remainder of the sweet potato, pumpkin and carrot mix on the top again.
6. Place in the oven to bake for 30 minutes until lightly brown, at the 20 minutes mark pour in coconut milk, and set back in the oven for 10 more minutes.
7. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	9.9mcg
Thiamine (Vitamin B1)	0.2mg
Riboflavin (Vitamin B2)	0.6mg
Niacin (Vitamin B3)	5.2mg
Pyridoxine (Vitamin B6)	0.3mg
Omega-3	41.1mg
Iron	4.1mg

Ingredients

- Olive oil, for frying as needed
- 1 pumpkin, chopped & skin on
- 1/2 pound (250g) raw almonds
- 3 oranges, skin on
- 4 garlic cloves, finely chopped
- 4 cups (1000ml) fresh vegetable stock
- 2 teaspoons curry powder
- 1 3/4 cups (400ml) coconut milk

Method

1. Preheat oven to 400F (200C) on fan bake.
2. Lightly grease an oven tray with olive oil. Lay the chopped pumpkin on the tray and place in the oven to bake for 30 minutes.
3. Add the almonds into a food processor and pulse until they are finely ground. Set aside in a bowl.
4. Quarter the oranges and add them to the food processor. Pulse until well blended.
5. Heat 1 tablespoon of olive oil in a large stock pot. Once hot, add in the garlic and stir. When the garlic is cooked, add the vegetable stock.
6. Remove the baked pumpkin from the oven and place onto a chopping board. Let the pumpkin cool a little then carefully remove the skin.
7. Add the pumpkin pieces to the stock pot as well as the ground almonds, blended oranges and curry powder. Mix well.

PUMPKIN SOUP



Serves 6



Prep 15 mins



Fat 2



Cook 45 mins

APRICOT CHICKEN WITH BOK CHOY

 Serves 5  Prep 20 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	3.4g
Vitamin E	0.9mg
Vitamin K	14.7mcg
Iron	2mg
Magnesium	51.4mg
Zinc	1.2mg
Selenium	21.4mcg
Omega-3	65.2mg

Ingredients

- 3 bok choy
- 3 limes
- 5 skinless chicken breasts
- Coconut oil
- Cracked black pepper, to taste
- Chili flakes, as desired
- 2 red peppers, deseeded and sliced
- 6 apricots, halved and peeled
- 1-2 green onions, finely sliced
- 2 mandarins

Method

1. Cut the bases off the bok choy and rinse the leaves.
2. Zest the lime skin and set this aside.
3. Turn a large fry pan on a medium-high heat and heat some coconut oil. Add the chicken to the pan and cook until it is white all the way through (make sure you turn the chicken over).
4. Crack desired amount of black pepper over the chicken, add in chili flakes and squeeze in the juice of 1 lime. Put the lid on and cook for 3-4 minutes.
5. Bring a pot of water to boil.
6. Add the bok choy to the pot and place the lid on to cook for 3-5 minutes (until softened). Remove from heat and drain.
7. Add the apricots, sliced peppers, green onion and lime zest to the pan with the chicken. Squeeze the juice of the other 2 limes in over the top.
8. Lastly, peel the mandarins and add the segments to the pan. Mix everything together, place the lid back on and let it cook for a further 10 minutes.
9. Serve your apricot chicken with bok choy on the side. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	12g
Vitamin E	9.3mg
Vitamin K	65.3mcg
Iron	10.5mg
Magnesium	215mg
Zinc	15.2mg
Selenium	37.5mcg
Omega-3	918mg

Ingredients

Lamb Marinade

- 1/2 cup (125ml) olive oil
- 1 tablespoon raw honey
- Juice of 1 lime
- Handful of fresh mint leaves, chopped
- Pinch of salt

Lamb Salad

- 6 small lamb steaks
- Olive oil, for frying as needed
- 2 bags mixed salad greens, washed

- 2 bunches fresh mint, leaves roughly chopped
- 1 large yellow pepper, thinly sliced
- 10-15 cherry tomatoes, halved
- 3 avocados, pitted & diced
- 1/2 cup pine nuts
- 1/2 cup pumpkin seeds

Avocado Mayo




- 3/4 cup olive oil (add another 1/4 cup if the consistency is too thick)
- 1 egg
- Juice of 1 lime
- 1 avocado, pitted & halved
- 2 teaspoons honey
- Handful of fresh mint leaves, chopped
- Pinch of salt & pepper

Method

1. Mix marinade ingredients together in a large bowl.
2. Add lamb steaks into the bowl and make sure they are covered in the marinade.

3. Cover and place in the fridge for at least 2 hours before cooking.
4. Add all of the mayonnaise ingredients into a tall jar and blend using a hand blender until it reaches a smooth, creamy consistency.
5. Heat olive oil in a fry pan.
6. Remove lamb steaks from fridge, drain off excess fluid, and fry the steaks in the pan for 3-4minutes, or until cooked to medium-rare.
7. Mix salad greens, chopped mint, pepper, cherry tomatoes and avocado together in a large bowl (you may need to use two bowls).
8. Serve the salad mix onto individual plates.
9. Scatter pine nuts and pumpkin seeds overtop.
10. Drizzle the avocado mayo over the top of each salad.
11. Slice the lamb steaks into thin slices and lay over each salad. Enjoy!

LAMB SALAD WITH AVOCADO MAYO

Prep 2 hrs 6 serves  
Cook 10 mins 





FRUIT SALAD

 Serves 5  Prep 20 mins

 Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Calcium	48.6mg
Protein	2.6g
Omega-3	97.2mg
Selenium	0.6mcg
Pyridoxine (Vitamin B6)	0.2mg
Vitamin K	18mcg

Ingredients

Fresh Fruit

- 3 slices fresh pineapple
- 1/2 rockmelon
- 1/2 pawpaw
- 4 kiwifruit
- 1 1/2 cups blueberries
- 1 1/2 cups grapes
- 1 punnet (1/2 pound) strawberries

Fruit Salad Drizzle

- 2 tablespoons honey

- 2 teaspoons orange zest
- 1 teaspoon lime zest
- Juice of 1 orange
- Juice of 1 lime
- 4 sprigs of mint, finely chopped

Method

1. Slice and cube the pineapple, rockmelon, pawpaw, and kiwifruit and add to a large bowl.
2. Add blueberries, grapes, and quartered strawberries.
3. For the drizzle, add honey to a mixing jug and microwave for 30 seconds to make it runny. Add zest of orange and lime juice, and mint.
4. Stir briskly until well mixed and pour over fruit salad.
5. Mix drizzle through fruit salad lightly and serve immediately.
6. Enjoy!

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.1g
Vitamin E	2mg
Vitamin K	58mcg
Iron	7.8mg
Magnesium	144mg
Zinc	16.4mg
Selenium	96.2mcg
Omega-3	281mg

Ingredients

- 4 tablespoons Coconut oil
- 1 tablespoon fresh ginger - chopped (skin removed)
- 2 cloves garlic – crushed
- 1 tablespoon turmeric
- 8-10 white button mushrooms – quartered
- 3.3 pounds (1.5kg) stir fry beef
- 1 bunch bok choy - chopped
- 3 carrots – grated
- 1 broccoli – cut into florets
- 2 zucchinis – sliced
- ½ cup cashew nuts

- 1 tablespoon coconut aminos
- Salt & pepper to taste

Method

1. Heat a fry pan on medium heat, add in the coconut oil to melt.
2. Remove skin off the ginger and chop finely add the pan with the crushed garlic cloves.
3. Quarter the mushrooms and add to the pan until lightly brown.
4. Add the stir fry beef and cook until brown.
5. Add the zucchini and broccoli to the pan place the lid on for 4 minutes to slightly steam.
6. Add cashew nuts and stir.
7. Add the grated carrots and bok choy, at the same time add the turmeric, coconut aminos and salt and pepper to season, cook for another 2 minutes.
8. Remove from the heat and serve.
9. Enjoy.

GINGER, GARLIC & TURMERIC STIR FRY

 Serves 5  Prep 10 mins

 Cook 20 mins



SPICY TURMERIC & CARROT SOUP

 Serves 5  Prep 20 mins

 Cook 35 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	0.5mcg
Thiamine (Vitamin B1)	0.1mg
Riboflavin (Vitamin B2)	0.1mg
Niacin (Vitamin B3)	2.1mg
Pyridoxine (Vitamin B6)	0.3mg
Omega-3	12.6mg
Iron	2.5mg

Ingredients

- 1 tablespoon coconut oil
- 2 tablespoons green onion, chopped
- 2 tablespoons ginger, finely grated
- 2 garlic cloves, crushed
- 1/2 teaspoon ground chili
- 1 tablespoon ground turmeric
- 1 teaspoon ground cinnamon
- 1 1/2 pounds (750 grams) carrots, sliced 1/2 inch thick
- 2 cups (500ml) vegetable stock
- 1 cup (250ml) coconut cream

- Ground black pepper, to taste
- Sea salt, to taste
- Fresh cilantro, chopped, to garnish

Method

1. Melt the coconut oil in a medium saucepan over medium heat.
2. Add in the green onion, ginger, and garlic and cook for 1-2 minutes while stirring constantly.
3. Then add the chili, turmeric, cinnamon and stir for 20 seconds, or until all ingredients in the pan are well mixed.
4. Add the carrots into the pan and pour in the vegetable stock, mix well for 1-2 minutes. Add water at this stage for a thinner consistency if preferred.
5. Bring to the boil, then reduce heat and simmer for 20-25 minutes, or until carrots are soft.
6. Puree the soup with a hand-blender, until all of the carrots have been blended. Add in the coconut cream and blend for 2-3 minutes, or until you reach your desired consistency.
7. Add salt & pepper to taste, then garnish with fresh chopped cilantro.

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	2.5g
Vitamin E	0.3mg
Vitamin K	29.9mcg
Iron	1.1mg
Magnesium	20.9mg
Zinc	0.3mg
Selenium	0.3mcg
Omega-3	23mg

Ingredients

- 8.4 pounds of beef bones (half shin bones half neck bones)
- 13 cups of water
- 1 cup apple cider vinegar
- 2 large white onion
- 1 stock of celery
- 4 carrots
- 4 bay leaves
- 7 garlic cloves
- 1 sprig of fresh thyme
- 1/2 bunch of fresh parsley (large handful)

Method

1. Preheat oven to 180 degrees Celsius.
2. Roast bones in preheated oven for 30 mins.
3. Place bones in a large pot with water and apple cider vinegar and let sit for 1 hour.
4. Add vegetables, thyme and more water if needed to slightly submerge the bones.
5. Bring to a boil then scrape off any impurities that float to the top.
6. Cover and reduce to a low simmering heat.
7. Let simmer for 24-72 hours (if you need to turn off the heat just bring it back to a boil then return to a simmer)
8. During the last 10 minutes of cooking add your parsley for added flavor.
9. Allow the broth to cool and strain

BONE BROTH



Serves 7



Prep 12 hrs

SALMON & AVOCADO SALAD

 Serves 4  Prep 10 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Selenium	121mcg
Thiamine (Vitamin B1)	0.9mg
Riboflavin (Vitamin B2)	1.3mg
Niacin (Vitamin B3)	27mg
Pyridoxine (Vitamin B6)	2.8mg
Omega-3	6195mg
Iron	3.7mg

Ingredients

- 1/2 pound (250 grams) streaky bacon, diced
- 3 salmon fillets, preferably deboned
- 1 lemon
- 1/2 teaspoon dried basil leaves
- Cracked black pepper, to taste
- 1 bag salad greens
- 10-15 cherry tomatoes, halved
- 1 ripe avocado, sliced

Method

1. Set a large fry pan over medium heat.
2. Add the bacon into the pan for 4-5 minutes.
3. While the bacon is cooking, debone the salmon fillets if they are not already, then cut the salmon into cubes.
4. Remove the cooked bacon from the pan, place in a bowl and set aside. Leave the bacon fat in the fry pan, and add in the salmon cubes to cook for about 4 minutes in the pan. Squeeze in the juice of a lemon and sprinkle over dried basil leaves and cracked black pepper.
5. Wash the salad greens.
6. In a large bowl, add the salad greens and then the salmon and bacon. Top off with cherry tomatoes and sliced avocado.
7. Serve and enjoy!