



**Exclusive
Recipes**

RECIPES TO

**Boost Energy &
Mental Sharpness**



RECIPES TO BOOST ENERGY AND MENTAL SHARPNESS

Recipes may contain the following nutrients, but are not limited to:

Dietary Fiber – Maintains bowel health, lowers cholesterol, controls blood sugar, and aids in achieving healthy weight.

Vitamin E – Balances cholesterol and hormones, repairs damage skin, good for the hair, improves vision, improves endurance and muscle strength.

Vitamin K – Supports heart health, improves bone density, fights cancer, helps with PMS and brain function.

Iron – Carrier of oxygen, strengthens immune system, regulates body temperature, helps in energy regulation, and increases brain development.

Magnesium – Helps increase energy, calms nerves and anxiety, helps treats insomnia, important for heart health, prevents migraine headaches.

Zinc – Improves vision, helps in weight loss, essential nutrient while in pregnancy, plays a role in controlling diabetes, protects against several kinds of cancer.

Selenium – Involved in the production of prostaglandins and may reduce inflammation related to arthritis. And it lowers the risk of prostate cancer.

Omega-3 – Boosts brain health and heart health.

TABLE OF CONTENTS

..... *Omnivore Meals*

Almond & Seed Crusted Monk Fish.....	7
Asian Chicken.....	8
Baked Squash and Egg	9
Beef & Bacon Muffins.....	10
Beef & Bacon Sliders with Pumpkin Salad.....	11
Beef Fillets with Bacon & Mushroom Puree	12
Paleo Beef Bolognese with Carrot & Zucchini Noodles.....	13
Beef Fillets with Caramelized Onions.....	14
Beef Patties with Spinach & Mushroom.....	15
Beef Schnitzel & Mushroom Sauce	16
Beef Sliders.....	17
Broccoli & Bacon Salad	18
Carrot, Spaghetti Bolognese	19
Cauliflower Bread	20
Chicken & Bacon Stir Fry	21
Chicken & Beef Stir Fry.....	22
Chicken & Pumpkin Salad.....	23
Chicken & Tomato Skillet.....	24
Chicken & Squash Carbonara.....	25
Chicken Bowl with Basil-Lemon Vinaigrette	26
Chicken Parmigiana	27
Chinese BBQ Pork Fillet	28

Chinese Five-Spice Ground Pork.....	29
Chinese Sticky Pork.....	30
Cinnamon Beef Pumpkin Stew.....	31
Cinnamon Chicken & Tomatoes.....	32
Cinnamon Ground Beef Bake.....	33
Coconut and Cinnamon Beef Curry.....	34
Coconut Chicken Casserole.....	35
Cod & Spinach Yellow Curry.....	36
Cottage Pie.....	37
Creamy Chicken Stir-Fry on Zucchini Rice.....	38
Fish and Vegetable Bake.....	39
Garlic Shrimp & Vegetable Medley.....	40
Ginger, Garlic & Turmeric Stir Fry.....	41
Herb Roasted Pork Belly.....	42
Honey Mustard & Herb roasted Leg of Lamb.....	43
Honey Sesame Glazed Pork.....	44
Lamb & Herb Stew.....	45
Lamb Coconut Curry.....	46
Lamb Mince & Sweet Potato.....	47
Lamb Salad with Avocado Mayo.....	48
Lamb Spaghetti.....	49
Marinated Beef & Broccoli.....	50
Mixed Vegetables with Chicken and Shrimp.....	51
Paleo Apricot Chicken with Bok Choy.....	52
Paleo Bone Broth.....	53
Creamy Tomato & Basil Chicken.....	54
Curry Salad.....	55
Paleo Teriyaki Chicken with Cauliflower Fried Rice.....	56
Tuna Garlic Pineapple Steak.....	57

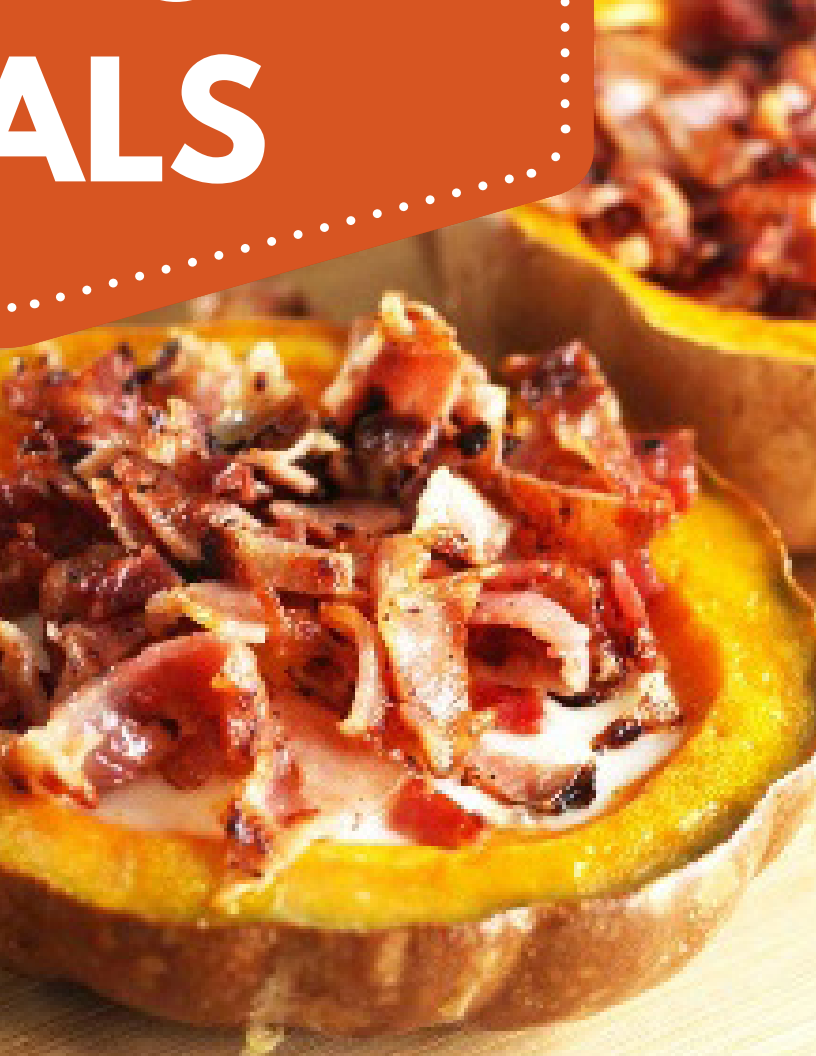
Tuna Salad with Chili Dressing	58
Zucchini Pie with Scrambled Eggs	59
Persian Chicken Casserole	60

..... *Herbivore Meals*

Carrot & Cilantro Soup	62
Cauliflower Rice	63
Creamy Silverbeet & Sweet Potato Noodles with Almond Sauce	64
Curried Cauliflower & Coconut Soup	65
Paleo Granola Breakfast	66
Spicy Turmeric & Carrot Soup	67
Sweet Potato & Pepper Soup	68
Vegetable Pesto Stir-Fry	69
Vegetable Stir-Fry	70
Watermelon, Tomato and Apple Salad	71



OMNIVORE MEALS





ALMOND & SEED CRUSTED MONK FISH

 Serves 6  Prep 20 mins

 Cook 25 mins

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

Dietary Fiber	3.1g
Vitamin E	5.6mg
Vitamin K	10.5mcg
Iron	4.2mg
Magnesium	160mg
Zinc	2.7mg
Selenium	74.1mcg
Omega-3	52.3mg

Ingredients

- 1/2 cups of sunflower seeds
- 1/2 cup of pumpkin seeds
- 1 cup sliced almonds
- 2.2 pounds of monk fish
- 4 eggs
- 2 cups of almond flour
- 1 cup of coconut flour
- 1/4 cup of coconut milk
- 1/2 cup of coconut oil
- 1 teaspoon of dried rosemary
- 1 teaspoon dried sage

- 1 teaspoon ground turmeric
- 1 tablespoon dried thyme
- 4 cloves crushed garlic
- Salt and pepper

Method

1. Preheat your oven to 180 degrees Celsius.
2. Mix and toast your seeds and nuts for 10 mins, add salt and pepper to seeds blitz them in in a food processor or rough chop with a knife, add spices and herbs.
3. Set up a breading station in separate bowls, flour mixture , eggs and coconut milk whisked together, crushed seeds nuts and spices.
4. Portion your fish to desired size cuts.
5. Dust your fish in flour mixture, dip into egg wash, coat with your seeds and nuts, set aside and repeat until all fish is coated.
6. Heat a frying pan with your coconut oil, once hot add 1 to 2 pieces of fish at a time and cook till slightly golden on each side. Continue till all fish is seared.
7. Place all seared fish on a baking tray and finish in preheated oven for 12-15 mins

ASIAN CHICKEN

 Serves 4  Prep 10 mins

 Cook 30 mins | Chill 1 hr



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
- 1 ½ 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.



BAKED SQUASH AND EGG

 Serves 2  Prep 10 mins

 Cook 35 mins

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

Dietary Fiber	1.3g
Vitamin E	2.2mg
Vitamin K	6.4mcg
Iron	1.6mg
Magnesium	27.6mg
Zinc	0.9mg
Selenium	19.9mcg
Omega-3	158mg

Ingredients

- 1 squash
- Olive oil
- Sea salt, to taste
- Black pepper, to taste
- 2 eggs
- 2 slices bacon, cooked and crumbled
- Hot sauce (optional)

Method

1. Preheat the oven to 400F (200C) on bake.
2. Cut the squash and remove the seeds and innards out of each round.
3. Coat with oil and place on a lightly-oiled baking sheet.
4. Sprinkle with salt and pepper to taste and bake for 15 minutes.
5. Remove squash from oven and lower the oven temperature to 350F (177C).
6. Put eggs into one of the squash rounds. Repeat with the remaining eggs.
7. Place back the squash back in the oven and bake for 15 to 20 minutes, or until the egg whites have set up.
8. Serve with cooked crumbled bacon on top and a dash of hot sauce for more spice.

BEEF & BACON MUFFINS

 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	4g
Vitamin E	2.5mg
Vitamin K	21mcg
Iron	6.8mg
Magnesium	97.2mg
Zinc	13.2mg
Selenium	58mcg
Omega-3	497mg

Ingredients

- 2 ½ pounds (1.25 kilograms) ground lean beef
- 4 rashers of streaky bacon, diced
- 2 brown onions, peeled and diced
- 3 large cloves of garlic, crushed
- 3 zucchinis, grated
- 2 carrots, grated
- 3 tomatoes, grated
- 2 free range eggs
- 1 teaspoon rosemary
- 1 teaspoon oregano
- 1 teaspoon paprika

- 1 tablespoon Paleo sweet chili sauce (optional)
- Cracked black pepper, to taste
- Olive oil

Method

1. Preheat the oven to 400F (200C) on bake.
2. Slice the ends off the zucchinis and carrots, and then add them into your food processor along with the tomatoes. If possible, put the food processor's grater attachment on. Pulse until they are completely grated.
3. Put the grated carrots, zucchinis and tomatoes into a large bowl. Add the onion, paprika, rosemary, and oregano. Mix well.
4. Add the eggs and the Paleo sweet chili sauce (optional). Mix well and set aside.
5. In a separate bowl, combine the ground beef, bacon, and gradually add the vegetable mix.
6. Grease a muffin tray and spoon the beef muffin mix into the trays, filling each one. Make sure they are compact.
7. Once finished, place the muffin trays into the oven and bake for 40 minutes.
8. Remove tray from the oven and allow the muffins to cool for at least 5 minutes.
9. Crack some black pepper over the muffins before serving (optional).



BEEF & BACON SLIDERS WITH PUMPKIN SALAD

 Serves 4  Prep 20 mins

 Cook 20 mins

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

Dietary Fiber	1.6g
Vitamin E	1.8mg
Vitamin K	9.2mcg
Iron	3.6mg
Magnesium	49.2mg
Zinc	6.8mg
Selenium	30.8mcg
Omega-3	249mg

Ingredients

Beef & Bacon Sliders

- 2 garlic cloves, crushed
- 1 tablespoon rosemary
Note: You will need toothpicks and paper towels.
- 1 pound (500 grams) ground beef
- ½ pound (250 grams) bacon
- Coconut oil, for frying as needed

Pumpkin Salad

- 1/4 pumpkin, diced
- 2 cups salad greens
- 10-15 cherry tomatoes, halved
- 1 carrot, grated

Method

Beef & Bacon Sliders

1. Add crushed garlic and rosemary to the ground beef and mix together using your hands.
2. On a chopping board, cross the bacon streaks, making 'X' shapes.
3. Mold the patties into small palm size balls with your hands. Place each patty in the middle of the crossed bacon. Wrap the bacon streaks around each patty and add a toothpick down the center to hold it together. Repeat until all of the patties are wrapped.
4. Heat some coconut oil in the frying pan and cook the patties for 5 minutes on each side.
5. Once cooked, place on paper towels to drain off the excess oil. Remove the toothpicks.

Pumpkin Salad

1. Add pumpkin and enough water to cover it into a microwave-safe bowl then cook in the microwave for 3 minutes. Check the tenderness of your pumpkin. If it is still relatively hard, cook in the microwave for 3 minutes more. Drain and set aside.
2. In a large bowl, combine your greens, tomatoes, grated carrot and cooked pumpkin.
3. Serve with the sliders. Enjoy!

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.



PALEO BEEF BOLOGNESE WITH CARROT & ZUCCHINI NOODLES

 Serves 6  Prep 20 mins

 Cook 20 mins

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

Dietary Fiber	12.9g
Vitamin E	2.9mg
Vitamin K	114mcg
Iron	6.4mg
Magnesium	129mg
Zinc	5.9mg
Selenium	23.9mcg
Omega-3	276mg

Ingredients

- 6 carrots, sliced into noodles
- Coconut oil, for frying as needed
- 1 pound (500 grams) ground beef
- 6 large Portobello mushrooms, diced
- 1 eggplant, sliced into cubes
- 1 red pepper, deseeded & cubed
- 1 yellow pepper, deseeded & cubed
- 3 cups crushed tomatoes
- 3/4 cup (190ml) coconut milk

- Sea salt, to taste
- Black pepper, to taste
- 1/2 teaspoon dried thyme
- Olive oil, for frying as needed
- 6 zucchinis, sliced into noodles
- 10 cherry tomatoes, halved
- 1 large handful of dried basil

Method

1. In a pot of water, boil the carrots for 5 minutes. Drain and set aside.
2. Heat a large fry pan with some coconut oil. Lightly fry the ground beef until brown.
3. Add the mushrooms, eggplant, red and yellow peppers, crushed tomatoes, and the coconut milk. Season with salt, pepper, and dried thyme. Let it simmer for a few minutes until the vegetables are cooked.
4. In a separate pan, drizzle some olive oil and lightly fry the boiled carrots, zucchini, cherry tomatoes and dried basil. Cook for 3-5 minutes or until the vegetables are soft.
5. To serve, put the carrots and zucchini in a bowl, and spoon the beef Bolognese mix on top. Enjoy!

BEEF FILLETS WITH CARAMELIZED ONIONS

 Serves 5  Prep 10 mins

 Cook 40 mins



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

Dietary Fiber	10.3g
Vitamin E	1.8mg
Vitamin K	83.8mcg
Iron	4.7mg
Magnesium	101mg
Zinc	7.2mg
Selenium	43.9mcg
Omega-3	58.5mg

Ingredients

- 4 large brown onions
- 7 baby beetroot
- Olive oil, for frying as needed
- 9 carrots
- 2 tablespoons Balsamic vinegar
- 2 tablespoons Raw honey
- 3 beef fillets
- Cracked black pepper, to taste
- Himalayan rock salt, to taste
- 2 broccoli, cut into florets
- 2 bunches asparagus, end removed

Method

1. Preheat the oven to 400F (200C).
2. Place a pot of water on to boil.
3. Peel and slice the onions in to rings.
4. Chop the tops and tails off the baby beetroots, quarter them, and place in the boiling water when ready.
5. Heat some olive oil in another pot, and pop in the onion rings to soften, stir often so they don't burn.
6. Peel the carrots and chop the ends of them.
7. Add the balsamic vinegar and raw honey to the pot with the onions, and stir.
8. Remove the beetroots from the heat and drain out all the water.
9. Refill the pot with water and pop back on the heat for the carrots to cook in once water is boiling.
10. Add the Beetroot into the onion pot and stir regularly.
11. Season the beef fillets with cracked black pepper and Himalayan pink salt on both sides.
12. Set a fry pan over high heat with some olive oil.
13. Add in the beef fillets to cook for 3-4 minutes each side. Turn off the heat and place the lid on the pan.
14. Chop the carrots into slices widthwise.
15. Remove the beef from the pan, place on an oven tray and put in the oven.
16. Add the carrots into the pot of boiling water.
17. Place one more pot on the heat to boil for the broccoli. Once boiling pop broccoli in.
18. Heat a fry pan with olive oil and fry off the asparagus. Season with cracked black pepper.
19. Remove the beef from the oven, move onto a chopping board and slice, let it sit until the rest of the meal is ready.
20. Turn off the heat to the pots and the pan, drain the water from the carrots and the broccoli.
21. Serve the beef, caramelized onions and beetroots along with the asparagus on the plate.
22. Finally top with the carrots and the broccoli and enjoy!



BEEF PATTIES WITH SPINACH & MUSHROOM

 Serves 4  Prep 20 mins

 Cook 10 mins

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

Dietary Fiber	1g
Vitamin E	1.6mg
Vitamin K	40.9mcg
Iron	6.1mg
Magnesium	62.9mg
Zinc	11.8mg
Selenium	44.7mcg
Omega-3	248mg

Ingredients

- Coconut oil, for frying as needed
- 1 cup white button mushrooms, diced
- 2 free range eggs
- 2 pounds (1 kilogram) ground beef
- 1 cup spinach, chopped
- Salt and pepper, to taste
- Paleo tomato sauce (Optional)
 - 1/2 cup organic tomato paste
 - 1/3 cup (125ml) apple cider vinegar
 - 1/3 cup (125ml) water
 - 1/4 cup raw organic honey
 - 2 teaspoons cinnamon
 - 2 teaspoons all spice
 - 1/2 teaspoon cayenne pepper

Method

1. Prepare tomato sauce:
 - Place a saucepan over low/medium heat and combine tomato paste, apple cider vinegar, water and honey.
 - Gently simmer for 10 minutes. Half way through, mix in the cinnamon, all spice and cayenne pepper.
 - Remove from the heat and let cool at room temperature.
 - Once cool, transfer to a container and store in the fridge.
2. Heat some coconut oil in a frying pan, and fry the mushrooms on a low heat until lightly browned. Set aside.
3. In a large bowl, whisk the eggs and add the ground beef, spinach and cooked mushrooms. Season with salt and pepper and mix until well combined.
4. Shape the mixture into burger patties about 3/4 inch thick. Use your thumb and make a shallow depression in the center of each burger to prevent puffing up during cooking.
5. Pan grill the patty for 6-8 minutes on each side, or until the inside is no longer pink.
6. Serve and enjoy with your favorite vegetables and our great Paleo Tomato Sauce. (Optional)

BEEF SCHNITZEL & MUSHROOM SAUCE

 Serves 3  Prep 5 mins

 Cook 5 mins



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

Dietary Fiber	10.6g
Vitamin E	2.1mg
Vitamin K	115mcg
Iron	7.2mg
Magnesium	121mg
Zinc	9.6mg
Selenium	32.9mcg
Omega-3	171mg

Ingredients

Beef Schnitzel and Mushroom Sauce

- Coconut oil, for frying as needed
- 3-5 pieces beef schnitzel
- 10 white button mushrooms, chopped
- 1/3 cup coconut cream, or to desired consistency

Vegetable Sides

- 3 sweet potatoes, peeled & cut into bite-sized pieces
- 2 broccoli, chopped into small heads
- 3 carrots, peeled & sliced
- Coconut oil, for cooking as needed
- 2 garlic cloves, finely chopped
- 2/3 cup coconut cream

Method

Beef Schnitzel and Mushroom Sauce

1. In a large fry pan, add a dash of coconut oil and cook the beef schnitzel on medium heat. Brown both sides.
2. Using a saucepan, sear the mushrooms until lightly brown. Add the coconut cream and stir until the sauce reaches the desired consistency.
3. Serve the schnitzel on a plate and pour the mushroom sauce over it

Vegetable Sides

1. Use 2 pots of water and boil the sweet potatoes and the broccoli separately. Once cooked, drain the water and set aside.
2. Meanwhile, place the carrots in a microwave-proof dish. Drizzle some melted coconut oil over them and sprinkle over the chopped garlic. Give this a toss, so the carrots are coated. Cook in the microwave for 5 minutes.
3. In a bowl, combine the cooked sweet potatoes and coconut cream. Mash using a stick blender or hand masher.
4. Serve the sweet potato mash, garlic carrots and boiled broccoli with the beef schnitzel and mushroom sauce.



BEEF SLIDERS

 Serves 4  Prep 20 mins

 Cook 20 mins

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

Dietary Fiber	6.1g
Vitamin E	9.6mg
Vitamin K	78.1mcg
Iron	5.7mg
Magnesium	82.7mg
Zinc	9.3mg
Selenium	30.8mcg
Omega-3	658mg

Ingredients

- 3 sweet potatoes, cut into flat slices
- Coconut oil, for cooking as needed
- 1 free range egg
- 1 1/2 pounds (750 grams) ground beef
- Black pepper, to taste
- Olive oil, for frying as needed
- 1 lettuce
- 3 tomatoes, sliced
- 1 carrot, grated

Method

1. Preheat the oven to 300F (150C) on fan bake.
2. Line an oven tray with baking paper. Put the sweet potato slices on the tray and drizzle them with melted coconut oil.
3. Bake for 15-20 minutes, or until lightly browned.
4. In a large bowl, mix the egg, ground beef and pepper.
5. Wet your hands and start forming the beef mix into patties.
6. Using a fry pan with a drizzle of olive oil, cook the patties for about 3 minutes on each side, or until they are nice and brown.
7. To serve, layer the beef patties, lettuce, tomato and grated carrot between slices of sweet potato. Enjoy!

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!



CARROT, SPAGHETTI BOLOGNESE

 Serves 4  Prep 15 mins

 Cook 20 mins

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

Dietary Fiber	8.8g
Vitamin E	2.4mg
Vitamin K	49.4mcg
Iron	4.2mg
Magnesium	49.9mg
Zinc	6.9mg
Selenium	18.6mcg
Omega-3	193mg

Ingredients

- 13 carrots
- 1 tablespoon coconut oil
- 2 garlic cloves, crushed
- 3 zucchinis, diced
- 1 yellow pepper, deseeded & diced
- 10 cherry tomatoes, halved
- 1 teaspoon dried basil
- 1 pound (500 grams) ground beef

- 3 cups blended tomatoes
- Handful of fresh basil leaves, chopped

Method

Carrot Spaghetti

1. Wash and peel the carrots.
2. Use a mandolin slicer to cut the carrots into thin, spaghetti-like strips.
3. Bring a pot of water to the boil & add the carrot spaghetti.
4. Boil for 5 minutes, or until softer.
5. Drain the water out and set aside the carrot spaghetti.

Bolognese

1. Melt 1 tablespoon coconut oil in a pan on medium/high heat.

2. Add the crushed garlic and zucchini, cook for 3 minutes, or until slightly brown.
3. Add the yellow peppers and let it cook for 3 minutes.
4. Mix in the cherry tomatoes as well as 1 teaspoon dried basil leaves, mix well.
5. Add the ground beef and mix until all the ingredients are combined.
6. Once the ground beef has browned off, add in the blended tomatoes, then season with salt & pepper.
7. Mix well and leave to simmer on low heat for 5-10 minutes.
8. Just before serving, mix in a handful of chopped fresh basil leaves.
9. Serve a bed of the carrot spaghetti into a bowl/plate and top it off with the delicious Bolognese sauce.

CAULIFLOWER BREAD

 Serves 5  Prep 30 mins

 Cook 30 mins



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

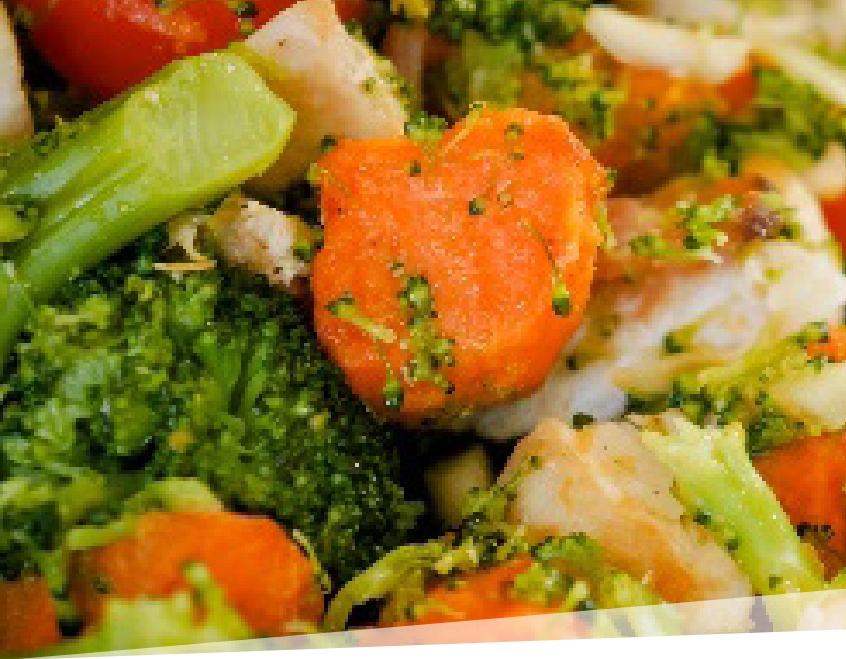
Dietary Fiber	8.6g
Vitamin E	0.5mg
Vitamin K	57.1mcg
Iron	2mg
Magnesium	55.6mg
Zinc	1.2mg
Selenium	9.4mcg
Omega-3	155mg

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.



CHICKEN & BACON STIR FRY



Serves 4



Prep 10 mins



Cook 20 mins

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

Dietary Fiber	8.9g
Vitamin E	5.3mg
Vitamin K	124mcg
Iron	4.3mg
Magnesium	138mg
Zinc	4.5mg
Selenium	43.5mcg
Omega-3	517mg

Ingredients

- 3-4 sweet potatoes, peeled and diced
- 1 1/2 (750 grams) pounds chicken, diced
- 3 broccoli, cut into florets
- Black pepper, to taste
- 1/2 pound (250 grams) streaky bacon, diced
- Coconut oil
- 1 punnet of cherry tomatoes, halved
- 1/2 cup almonds, sliced

Method

1. Preheat the oven to 400F (200C) on fan bake.
2. Brush a generous amount of coconut oil over the base of an oven dish. Spread the chopped sweet potatoes out over the dish and shake a little, so that they are lightly coated in the oil.
3. Place dish in the oven for 7 minutes.
4. Heat a small amount of coconut oil in a frying pan on a medium-high heat. Place the diced chicken in the pan and fry, stirring occasionally, until chicken is cooked right though.
5. Heat a pot of water and bring to the boil.
6. Cut the broccoli into florets and place in the boiling water to cook.
7. Remove the chicken from the pan and add the bacon into the pan to cook.
8. After 3 minutes, add the chicken back into the pan with bacon.
9. Remove the sweet potatoes from the oven and add them to the frying pan with the chicken and the bacon.
10. Remove the broccoli from heat and drain the water out. Toss the broccoli into the fry pan and mix.
11. Add the cherry tomatoes and almonds to the frying pan and mix in.
12. Serve and enjoy!

CHICKEN & BEEF STIR FRY

 Serves 6  Prep 15 mins

 Cook 20 mins



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

Dietary Fiber	3.3g
Vitamin E	0.8mg
Vitamin K	86.3mcg
Iron	1.3mg
Magnesium	46.3mg
Zinc	1.1mg
Selenium	18.1mcg
Omega-3	39.1mg

Ingredients

- 1 pound (500 grams) skinless chicken breast, diced
- 1/2 pound (250 grams) beef strips
- 2 small bunches of chard, diced
- 2 oranges

Method

- 6 carrots, peeled and sliced
 - Small piece of ginger, grated
 - 2 garlic cloves, finely diced
 - 10 white button mushrooms, diced
 - Coconut oil
 - Black pepper, to taste
 - Chili flakes (optional)
1. Turn on the electric frying pan to a medium-high heat and drizzle in some coconut oil. Place the chicken in the pan to cook and crack in some black pepper.
 2. Give the chicken a toss and turn down to low and add in beef strips and mix.
 3. Add garlic to the meat in the pan, and grate in some ginger (remove the skin) and stir.
 4. Squeeze in the juice of 2 oranges into the frying pan and toss.
 5. Add the carrots to the frying pan and mix place the lid on the pan.
 6. Add the mushrooms to the pan and mix and finally add the chard to the pan toss and place the lid back on to simmer for 3-4 minutes.
 7. Add chili flakes if you want a spicier flavor (optional).
 8. Time to serve. Enjoy!



CHICKEN & PUMPKIN SALAD



Serves 4



Prep 10 mins



Cook 10 mins

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

Dietary Fiber	4.6g
Vitamin E	2.2mg
Vitamin K	23.4mcg
Iron	2.4mg
Magnesium	55.5mg
Zinc	1.2mg
Selenium	7.9mcg
Omega-3	107mg

Ingredients

- 1/2 pumpkin, diced
- 1 bunch of asparagus
- 3 cups mixed salad greens
- 10-15 cherry tomatoes, halved if preferred
- 1 carrot, grated
- Olive oil
- 1 cooked chicken, shredded
- 3 1/2 oz (100 grams) pistachio nuts

Method

1. Place diced pumpkin into a microwave-safe bowl and cover with a thin layer of water. Cook in the microwave on high for 4-5 minutes, or until softened.
2. Drain the water from the bowl and set the cooked pumpkin aside.
3. Boil water in a saucepan, then turn down to a medium heat and cook the asparagus in the pan for 5 minutes.
4. In a large salad bowl, mix together the salad greens, cherry tomatoes, grated carrot and a dash of olive oil.
5. When the asparagus is cooked, add this into the salad mix. Chop the asparagus into smaller pieces if preferred.
6. Add the shredded chicken, diced pumpkin and pistachio nuts to the salad. Mix well.
7. Serve immediately and enjoy!

CHICKEN & TOMATO SKILLET

 Serves 5  Prep 15 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	2.2mg
Vitamin K	46.3mcg
Iron	3.9mg
Magnesium	89.4mg
Zinc	2.5mg
Selenium	43.5mcg
Omega-3	341mg

Ingredients

- 2.6 pounds (1.2kg) chicken breast diced
- 2 cloves garlic - diced
- 10 white button mushrooms, sliced
- 8 diced tomatoes 1 teaspoon oregano
- 1 tablespoon thyme
- Salt and cracked black pepper
- Fresh coriander
- 4 tablespoons sesame oil
- 1 can (400g) coconut milk

Method

1. Add sesame oil in a large skillet/fry-pan place on a medium-high heat.
2. Add the chicken and brown for 5 minutes.
3. Remove chicken and set aside on a plate/ bowl.
4. Add some more sesame oil to the skillet/fry-pan if necessary.
5. Add the garlic and add the sliced mushrooms in to brown for a few minutes per side.
6. Stir in the oregano, thyme, and season with salt and pepper to taste.
7. Add tomatoes and sauté for 3 minutes, then add the coconut milk and stir.
8. Transfer the chicken back to the pan.
9. Cover and cook for a remaining 4 minutes.
10. Add in some fresh coriander, and serve.



CHICKEN & SQUASH CARBONARA

 Serves 4  Prep 10 mins

 Cook 20 mins

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

Dietary Fiber	7.5g
Vitamin E	3.4mg
Vitamin K	415mcg
Iron	7.9mg
Magnesium	157mg
Zinc	6mg
Selenium	38.7mcg
Omega-3	357mg

Ingredients

- 1 large butternut squash
- 1 1/2 pounds (750 grams) chicken thighs, cubed
- 7 ounce (225 grams) middle or shoulder bacon, finely diced
- 3 cloves garlic, ground
- 1 large broccoli, chopped
- 1 ½ tablespoons coconut oil
- 2 cups coconut cream
- 1 ½ cups chopped parsley
- Himalayan rock salt, to taste
- Black pepper, to taste

Method

1. Slice the skin from the squash and cut it up into medium-sized chunks. Scoop away the seeds using a knife or spoon. Using the grater function on your food processor, add the chunks into the food processor until the squash is fully grated. Set aside.
2. Heat coconut oil in a large pan over a medium heat and add in the cubed chicken and garlic. Cook until chicken is just cooked through and then add in the finely diced bacon. Continue stirring until bacon is cooked (3-4 minutes).
3. Add in the chopped broccoli and stir-fry for another 2 minutes before adding in all of the grated squash. Cook, stirring well, for another 4-5 minutes.
4. Add the chopped parsley, coconut cream, and salt and pepper (to taste). Continue to stir on a low-medium heat until the squash is fully cooked and it is well heated through (about 4 mins).
5. Serve while hot and enjoy!

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!



CHICKEN PARMIGIANA

 Serves 6  Prep 20 mins

 Cook 1 hr

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

Dietary Fiber	7.4g
Vitamin E	3.5mg
Vitamin K	251mcg
Iron	3.7mg
Magnesium	101mg
Zinc	1.9mg
Selenium	24.9mcg
Omega-3	233mg

Ingredients

- 4 large chicken breasts
- 4 eggs, whisked lightly with salt and pepper
- 3 cups of almond meal
- 2 tablespoons Italian seasoning
- Bag of spinach
- 2 tablespoons honey
- 3 tablespoons extra virgin olive oil
- Salt and pepper, to taste
- 2 sweet potatoes
- 1/2 pound (250 grams) yams
- 1/2 pound (250 grams) carrots
- 1/2 pound (250 grams) button mushrooms, sliced

- 1 1/2 cups zucchini, grated
- 3 cans of chopped tomatoes
- 1 tablespoon Italian seasoning
- 1/2 cup red wine
- 5 large basil leaves
- 3 garlic cloves

Method

1. Preheat oven to 375F (190C) and line a baking sheet with aluminum foil and place a wire rack on top.
 2. Cut chicken into nugget size pieces.
 3. Put your egg wash into a wide rim plate (i.e. pie dish).
 4. Mix the almond meal, seasoning, salt, and pepper together and lay out on a plate.
 5. Dip each piece of chicken in the egg wash first (both sides), then coat with almond meal.
 6. Lay the battered chicken on the baking sheet and bake for ~35 minutes. Add more time if they don't look crispy.
 7. Let them cool for at least 5 minutes before you plate.
2. Add the minced garlic and stir for 2-3 minutes and then add the mushrooms and zucchini continue to cook for 3-4 minutes.
 3. Add the canned tomatoes and stir until they've slightly broken-down.
 4. Add the seasoning, salt, pepper, and stir for a minute.
 5. Add the wine and let it simmer for a few minutes.
 6. Finally, add the diced basil leaves.
 7. When the flavor is to your liking, you can either serve it chunky or put it in a blender for a smoother texture.

Roasted Vegetables

1. This is a great opportunity to use up any vegetables in your fridge. I have used carrots, yams, and sweet potato.
2. Whisk the honey, olive oil, and salt/pepper until fully combined. You may need to melt the honey slightly before adding to the oil if your honey is quite solid.
3. Cut them into similar size cubes and drizzle your honey/olive oil mixture over the top.
4. Place on a tray lined with aluminum foil and bake at 375F (190C) for 40 minutes.

Paleo Tomato Sauce

1. Heat a large frying pan to a medium-high heat and add 1 tablespoon of extra virgin oil.

CHINESE BBQ PORK FILLET

 Serves 5  Prep 2 hrs 5 mins

 Cook 30 mins



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

Dietary Fiber	0.4g
Vitamin E	0.3mg
Vitamin K	1.4mcg
Iron	2mg
Magnesium	47.1mg
Zinc	4.2mg
Selenium	44.9mcg
Omega-3	159mg

Ingredients

- 2 pounds (900 grams) pork fillets

Marinade

- 1/3 cup raw honey
- 1/3 cup coconut aminos
- 1 tablespoon almond butte
- 2 tablespoons sesame oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon Chinese five-spice
- 1 tablespoon ground ginger
- Salt and pepper, to taste

Method

1. Cut the pork fillets into equal size pieces.
2. In a large mixing bowl add in the following ingredients, raw honey, coconut aminos, almond butter, sesame oil, apple cider vinegar, Chinese five-spice powder, ground ginger, salt and pepper, then mix well.
3. Place the pork fillets in the mixing bowl, make sure all are coated.
4. Cover with cling wrap and set in the fridge for 1-2 hours.
5. Preheat the oven at 360F (180C) on fan bake.
6. Remove the pork from the fridge and place on a lined oven tray, place in the oven to cook for 30 minutes.
7. Remove the pork from the oven and transfer onto a chopping board, let it cool for 2 minutes before slicing.
8. Serve on a bed a sweet potato mash. Enjoy!



CHINESE FIVE-SPICE GROUND PORK

 Serves 6  Prep 15 mins

 Cook 15 mins

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

Dietary Fiber	5g
Vitamin E	0.2mg
Vitamin K	88.5mcg
Iron	2.6mg
Magnesium	60.7mg
Zinc	3.8mg
Selenium	38.5mcg
Omega-3	140mg

Ingredients

- 2 pounds (900 grams) ground pork
- 5 green onions, chopped
- 3 teaspoons five spice
- 3 tablespoons oyster sauce
- 3 tablespoons coconut aminos

- 1 cup water
- ½ red cabbage, shredded
- ½ green cabbage, shredded
- Fresh cilantro, to garnish

Method

1. In a large frypan on a medium-high heat, fry pork and spring onions until lightly browned and cooked through. Add five-spice, oyster sauce, coconut aminos and half the water.
2. Continue to cook for approximately 4 minutes to allow the flavors to emerge.
3. Add shredded cabbage, and toss until cooked. Add the rest of the water to the frypan. This will take 5-7 minutes.
4. Serve with cauliflower rice, and garnish with cilantro.

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:

Dietary Fiber	12.1g
Vitamin E	1mg
Vitamin K	175mcg
Iron	5.1mg
Magnesium	144mg
Zinc	6.3mg
Selenium	53.4mcg
Omega-3	338mg

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.



CINNAMON BEEF PUMPKIN STEW

 Serves 4  Prep 25 mins

 Cook 1 hr 15 mins

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

Dietary Fiber	3g
Vitamin E	1.7mg
Vitamin K	38.9mcg
Iron	6mg
Magnesium	60.3mg
Zinc	11.5mg
Selenium	34.7mcg
Omega-3	307mg

Ingredients

- 2 tablespoons coconut oil
- 1 pound (500 grams) beef stewing steak, cut into 1-inch cubes
- Salt & pepper, to taste
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 1/2 large brown onion, finely chopped
- 1 cup button mushrooms, chopped
- 2 garlic cloves, finely chopped
- 1 1/2 cups (375ml) beef stock
- 2 tablespoons balsamic vinegar
- 2 cups (500ml) water
- 1 sprig rosemary

- 1 tablespoon ground cinnamon
- 1/4 pumpkin, cut into 1-inch cubes
- 2 tablespoons parsley, finely chopped

Method

1. In a large pot, melt the coconut oil over medium heat.
2. Add the beef to the pot. Salt and pepper the beef. Sear the beef in the pot until all sides are cooked. Set the cooked beef aside.
3. In the same pot, lightly fry the carrot, celery, onion, mushrooms, and garlic for 3 minutes.
4. Add the 1 cup beef stock and the balsamic vinegar to the pot.
5. Add the cooked beef back into the pot, then add the water, more salt and pepper to taste, add the rosemary, add the cinnamon, and stir.
6. Add the pumpkin. If there is not enough liquid to properly cover the pumpkin, add another 1/2 cup of beef stock.
7. Bring the stew to a boil, then reduce the heat and cover the pot. Let it simmer for at least 1 hour.
8. Serve the stew in a bowl and garnish the dish with parsley.

CINNAMON CHICKEN & TOMATOES

 Serves 4  Prep 10 mins

 Cook 30 mins



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

Dietary Fiber	4.6g
Vitamin E	2.4mg
Vitamin K	51.5mcg
Iron	2.9mg
Magnesium	55.4mg
Zinc	3.2mg
Selenium	17.9mcg
Omega-3	207mg

Ingredients

- 8 chicken drumsticks
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tablespoon coriander seeds
- 2 teaspoons. paprika
- 2 teaspoons oregano
- 1 14-oz. can chopped tomatoes

- 1 ½ lemons
- 2 sticks cinnamon
- 2 tablespoons chopped parsley
- 2 tablespoons olive oil
- Salt & pepper to taste

Method

1. In a large fry pan, fry the onion in the olive oil until soft.
2. Add garlic, coriander seeds, paprika, and oregano. Continue to cook for another minute.
3. Add the tomatoes, cinnamon, and the juice of one lemon. Mix well.
4. Add the chicken. Add the remaining lemon into the pan. Cover the pan and simmer for 30 minutes.
5. Add the parsley. If needed, add salt and pepper to taste



CINNAMON GROUND BEEF BAKE

 Serves 4  Prep 20 mins

 Cook 40 mins

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

Dietary Fiber	11.4g
Vitamin E	4mg
Vitamin K	41.5mcg
Iron	7.8mg
Magnesium	115mg
Zinc	12.6mg
Selenium	37.3mcg
Omega-3	412mg

Ingredients

Sweet Potato Slices

- 4 large sweet potatoes
- 1/3 cup olive oil
- Cracked black pepper & sea salt, to taste

Cauliflower Sauce

- 1 cauliflower
- 1 tablespoon white wine vinegar
- 2 tablespoons adobo sauce
- 1/2 cup (125ml) water
- 1/2 cup (125ml) coconut cream

Cinnamon Ground Beef

- 1 tablespoon coconut oil
- 2 pounds (1 kilogram) ground beef
- 3 tablespoons ground cinnamon

Method

1. Preheat the oven to 200C (400F).
2. Peel the sweet potatoes and slice them 1/4-inch thick using a mandolin slicer.
3. Place the potato slices into a large bowl, add in the olive oil, cracked black pepper and sea salt, mix gently until all the slices are evenly coated.
4. Spread the sweet potato out onto an oven tray lined with aluminum foil (you may need two trays) and place in the oven for 20 minutes.
5. Boil a large pot of water and add in the cauliflower florets, boil for 10-15 minutes, or until tender.
6. Add the cauliflower florets to a blender, along with the white wine vinegar, adobo sauce, water and coconut cream, blend until smooth.
7. For the cinnamon ground beef, Heat up a fry pan to medium-high heat and add in coconut oil.
8. Once the oil has melted add in the beef and cook for 5 minutes, or until brown.
9. Add in the cinnamon, mix well and cook for a further 2 minutes.
10. Brush some melted coconut oil on the base of the dish, put a layer of sweet potato down, then a layer of the ground beef, and then a layer of the cauliflower sauce. For the next few layers add the potato, ground beef, potato and then top it off with the sauce.
11. Bake for 10-15 minutes.
12. Remove from the oven, let it cool for 5 minutes, slice into portions and enjoy!

COCONUT AND CINNAMON BEEF CURRY

 Serves 4  Prep 15 mins

 Cook 45 mins



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

Dietary Fiber	16.2g
Vitamin E	7.5mg
Vitamin K	230mcg
Iron	12.5mg
Magnesium	277mg
Zinc	3.5mg
Selenium	18.3mcg
Omega-3	67.5mg

Ingredients

Coconut and Cinnamon Beef Curry

- Coconut oil, for frying as needed
- 1 brown onion, finely chopped
- 3 garlic cloves, crushed
- 3 tablespoons garam masala
- 3 tablespoons ground cinnamon
- 1 tablespoon ground turmeric
- 1 tablespoon ground ginger
- 2 pounds (1kg) casserole steak, diced
- 3 cups (750ml) coconut milk
- 3 1/2 ounces (100g) ground almonds
- 1/2 cup coriander, finely chopped

Cauliflower Rice

- 1 cauliflower, grated
- Coconut oil, for frying as needed
- Cracked black pepper, to taste

Method

1. Set a large saucepan over a medium heat, once hot, add the a little coconut oil.
2. Once the oil has melted add in the onion and fry for 2-3 minutes, or until slightly brown. Add in the garlic and cook for 1 minute.
3. Add the garam masala, cinnamon, turmeric, ground ginger and mix with the onion & garlic for 1 minute.
4. Introduce the steak in with the spices and mix thoroughly to make sure the steak gets evenly coated with the spice mix, cook for 3-4 minutes.
5. Add the coconut milk, mix it all together and you should notice the color of the milk will change to golden brown, then add in the ground almonds and mix through.
6. Reduce the heat, cover and simmer for 30-45 minutes.
7. In a separate pan, heat some coconut oil and cook the cauliflower until lightly browned. Season with pepper.
8. Serve with cauliflower rice and garnish with a pinch of aromatic cilantro. Enjoy!



COCONUT CHICKEN CASSEROLE

 Serves 4  Prep 20 mins

 Cook 30 mins

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

Dietary Fiber	5g
Vitamin E	0.6mg
Vitamin K	28.3mcg
Iron	3.4mg
Magnesium	69.8mg
Zinc	2.2mg
Selenium	26.8mcg
Omega-3	173mg

Ingredients

- 2 heads of broccoli
- ½ cauliflower
- 3 chicken breasts, diced
- Coconut oil
- Black pepper, to taste
- 1 lemon
- 15 white button mushrooms, sliced
- 1 cup chicken stock
- 1 cup coconut cream

- ¼ teaspoon paprika
- 2 cloves garlic, finely chopped

Method

1. Preheat the oven to 400F (200C) on bake.
2. Boil a pot of water. Once boiling, add in the broccoli and cauliflower.
3. Turn on the frying pan and heat a dash of coconut oil.
4. Add the diced chicken into the frypan and fry until completely cooked through, stirring often.
5. Crack some pepper and squeeze fresh lemon juice over the chicken. Stir this through.
6. Add mushrooms to the frypan with the chicken and cook until lightly browned, stirring often.
7. Once the broccoli and cauliflower cooked, drain the water from the pot.
8. Add chicken stock and coconut cream to the vegetable pot, followed by the garlic and paprika.
9. Mix together and put the pot back on the stove to cook for another 10 minutes.
10. Transfer the broccoli and cauliflower mix into a casserole dish. Add in the chicken and mushroom mix and mix well.
11. Sprinkle some more paprika over the top of the casserole (optional) and cook in the oven for 10 minutes.
12. Take out, serve and enjoy!

COD & SPINACH YELLOW CURRY

 Serves 5  Prep 10 mins

 Cook 20 mins



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

Dietary Fiber	3.5g
Vitamin E	1.3mg
Vitamin K	98.8mcg
Iron	3.1mg
Magnesium	69.8mg
Zinc	1mg
Selenium	22.1mcg
Omega-3	145mg

Ingredients

- 1 tbsp. turmeric
- 1 tbsp. garam masala
- 1 tbsp. smoked paprika
- 1 tsp. black pepper
- 1 tsp. sea salt
- 250g cod fillet, cut into bite-sized chunks

- 2 tbsp macadamia oil (or any flavorless oil)
- 1 onion, finely sliced
- 2 garlic cloves, finely sliced
- 400g can coconut milk
- 100g fresh spinach

Method

1. Combine all the spices in a bowl.
2. In a separate bowl, add half of the spice mix and the cod, mix well to coat the cod.
3. Add the oil to a frying pan on medium to high heat.
4. Add in the onion & garlic, cook until golden brown (3-5 minutes).
5. Place the leftover spices in the pan, mix and cook for 2 minutes before pouring in the coconut milk.
6. When mixing in the coconut milk you will notice it will go from white to a golden/yellow color from the spices, Let it simmer for 3-5 minutes.



COTTAGE PIE

 Serves 4

 Prep 1 hr

 Cook 15 mins

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

Dietary Fiber	8.5g
Vitamin E	2.1mg
Vitamin K	23.9mcg
Iron	7.9mg
Magnesium	114mg
Zinc	9.6mg
Selenium	29.4mcg
Omega-3	208mg

Ingredients

- 4 sweet potatoes, peeled & chopped
- 1/3 cup coconut milk
- 1 1/2 pounds (750 grams) ground beef
- 1 can diced tomatoes
- 3 carrots, peeled & chopped
- 3 garlic cloves, crushed
- 2 tablespoons ground cumin

- 1 tablespoon oregano
- Sea salt, to taste
- Cracked black pepper, to taste
- 1 tablespoon coconut oil, for cooking as needed
- 1 sweet potato, peeled & finely sliced

Method

1. Preheat the oven to 360F (180C) on fan bake.
2. Cook the chopped sweet potatoes in boiling water until soft. Drain the water, mash, and add coconut milk. Mix well and set aside.
3. In a bowl, add the ground beef, tomatoes, carrots, garlic, cumin, and oregano. Mix well and season with salt and pepper.
4. Layer the bottom of a greased ovenproof dish with the sliced sweet potato and top it with the mince mix. Cook in the oven for 50 minutes.
5. Remove the dish from the oven and evenly layer the sweet potato mash on top.
6. Grill the pie back in the oven for 10 minutes.
7. Serve and enjoy!

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!



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!

GARLIC SHRIMP & VEGETABLE MEDLEY

 Serves 4  Prep 15 mins

 Cook 20 mins



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

Dietary Fiber	8.8g
Vitamin E	6.4mg
Vitamin K	29.1mcg
Iron	11.4mg
Magnesium	229mg
Zinc	5.8mg
Selenium	149mcg
Omega-3	2164mg

Ingredients

- 3 sweet potatoes, peeled and diced
- 3 pounds (1.5 kilograms) of shrimps
- 3 rashers of shoulder bacon, diced
- 2 tablespoon coconut oil
- 8 tomatoes, diced
- 3 zucchinis, sliced
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1 orange pepper, diced
- ½ red onion, diced
- 4 cloves garlic, crushed

Method

1. Add the chopped sweet potatoes to a microwave-safe bowl along with a small amount of water. Cook on HIGH in the microwave for 8 minutes, pausing and stirring the potatoes at the halfway mark (4 mins). Once cooked, drain the water from the potatoes.
2. Heat a frying pan with half of the coconut oil on a medium-high heat, and add the sweet potatoes to the pan. Fry for a few minutes, stirring often.
3. Add the chopped tomatoes, zucchinis and peppers into the frying pan. Season with rock salt and black pepper and mix in with the sweet potato. Place the lid on and leave to cook, stirring occasionally.
4. Heat another fry pan with the remaining coconut oil on a medium-high heat, and add in the chopped bacon. Fry the bacon, stirring often.
5. Add the crushed garlic to the shrimps in a bowl and mix together. Add this mix into the pan to fry with the bacon (add more coconut oil if needed).
6. Remove both pans from heat and serve your bacon and shrimps alongside the vegetable medley.
7. Enjoy this delicious dish!



GINGER, GARLIC & TURMERIC STIR FRY

 Serves 5  Prep 10 mins

 Cook 20 mins

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

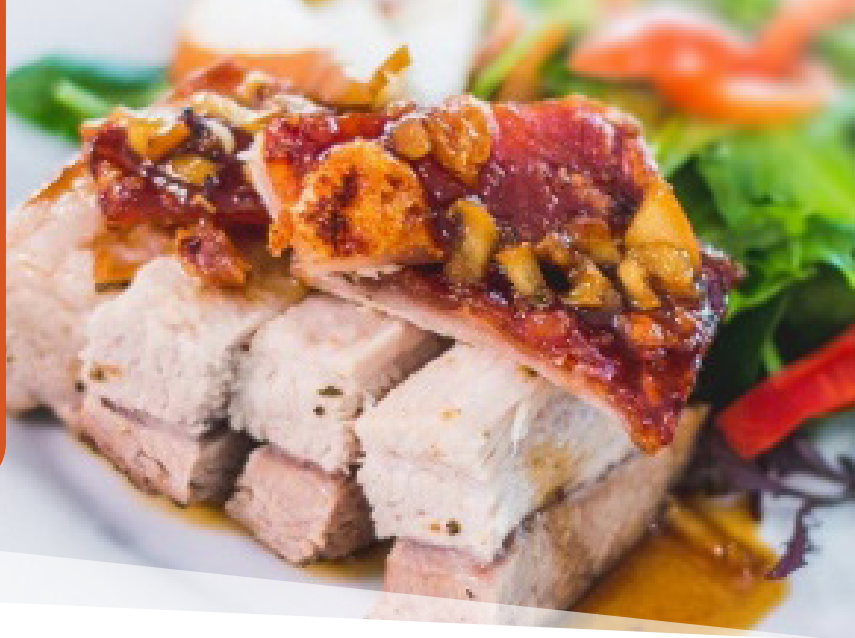
Method

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.

HERB ROASTED PORK BELLY

 Serves 5  Prep 10 mins

 Cook 2 hrs



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

Dietary Fiber	0.1g
Vitamin E	1.1mg
Vitamin K	0.7mcg
Iron	1.5mg
Magnesium	11.7mg
Zinc	2.8mg
Selenium	21.8mcg
Omega-3	1307mg

Ingredients

- 3 pounds of bone off and scored pork belly
- 1 tablespoon of tuscan seasoning
- 1 tablespoon of mixed italian herbs
- Salt and pepper

Method

1. Preheat oven to 350 degrees Fahrenheit.
2. Season the flesh side of the pork belly with both the Italian herbs and tuscan seasoning.
3. Sprinkle some salt and pepper over the flesh side.
4. Rub seasoning into the pork.
5. Sprinkle salt over the fat cap of the pork and rub it in thoroughly.
6. Cook pork in preheated oven for 30 minutes at 350 degrees Fahrenheit.
7. Raise oven temperature to 400 degrees Fahrenheit for 30 minutes to crackle the fat cap of the pork.
8. Reduce the heat to 350 for another 30 minutes, remove from oven let cool for 5 minutes, and slice and serve.



HONEY MUSTARD & HERB ROASTED LEG OF LAMB

 Serves 5  Prep 20 mins

 Cook 1 hr 30 mins

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

Dietary Fiber	0.7g
Vitamin E	0.1mg
Vitamin K	11.1mcg
Iron	6.4mg
Magnesium	79.1mg
Zinc	10.8mg
Selenium	31.6mcg
Omega-3	915mg

Ingredients

- 1 Leg of lamb (2-4 lbs.)
- 1 1/2 Tablespoon of Dijon mustard
- 1 tablespoon of liquid honey
- 1/2 cup olive oil
- 1 tablespoon dried thyme

- 1 teaspoon of dried sage
- 1 teaspoon of dried rosemary
- Salt & pepper
- Aluminum foil

Method

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix mustard, honey, olive oil, salt and pepper in a bowl and whisk till fully combined.
3. Rub the mustard marinade over the lamb to coat thoroughly.
4. Sprinkle dried herbs and salt & pepper evenly over coated the lamb.
5. Heat a large frying pan with oil, sear the lamb evenly on all sides (until nicely browned).
6. Place lamb on a large baking tray and lightly cover with foil.
7. Roast in the preheated oven (cook until when the lamb is poked with a knife the juices run clear).

HONEY SESAME GLAZED PORK

 Serves 4  Prep 10 mins

 Cook 20 mins



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.



LAMB & HERB STEW

 Serves 5  Prep 30 mins

 Cook 1 hr 45 mins

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

Dietary Fiber	7.1g
Vitamin E	2.1mg
Vitamin K	33.7mcg
Iron	4.7mg
Magnesium	91.3mg
Zinc	6.6mg
Selenium	22.9mcg
Omega-3	469mg

Ingredients

- 2 pounds (1 kilogram) lamb stewing steak
- 6 tomatoes
- 3 cups white button mushrooms, halved
- 3 carrots
- 3 parsnips
- 4 sticks celery

- 4 tablespoons fresh rosemary, finely chopped
- 4 tablespoons fresh thyme, finely chopped
- Black pepper
- 3 cups chicken stock

Method

1. Preheat your oven to 340F (170C) on fan bake.
2. Cut lamb into large cubes.
3. Roughly chop the carrots, parsnips and celery sticks.
4. Peel the skins from the tomatoes. Do this by first cutting an 'X' on the top and bottom of each, then placing in boiling water for about 30 seconds, then placing in cold water. After this, the skins should easily peel off.
5. Chop the peeled tomatoes into chunks.
6. In a large baking dish, add in the chopped carrots, parsnips, mushrooms, celery and tomatoes.
7. Add in the lamb, thyme, rosemary and chicken stock, and crack over your desired amount of black pepper. Mix well.
8. Place dish in the oven, uncovered. Bake for 1 hour 45min, stirring about once every 30 minutes. The lamb should be tender and lightly browned after this time.
9. Serve alone or on a bed of cauliflower rice and enjoy while hot!

LAMB COCONUT CURRY

 Serves 4  Prep 30 mins

 Cook 45 mins



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

Dietary Fiber	20.9g
Vitamin E	6.3mg
Vitamin K	105mcg
Iron	13mg
Magnesium	209mg
Zinc	8.6mg
Selenium	13.8mcg
Omega-3	595mg

Ingredients

- 3 cans of coconut cream
- 500 grams of lamb steak (boneless cut of lamb)
- 2 red peppers
- 2 green peppers
- 4 carrots
- 6 asparagus spears
- 2 sweet potatoes
- 1 head of broccoli
- 1 head of cauliflower

- 1/2 cup of madras curry
- 1 tablespoon of tapioca flour
- 4 white onions
- 4 cloves of garlic
- 3 cups of water
- 1/2 cup of olive oil

Method

1. Peel carrots, sweet potatoes, onions and asparagus.
2. Cut and deseed peppers.
3. Cut broccoli and cauliflower into florets
4. Small dice onions, carrots, garlic, asparagus, peppers and lamb.
5. Heat a large pot with half your olive oil and your curry powder, when hot sauté your onions, garlic, and carrots.
6. Remove veggies from pot, add the remaining oil, when hot brown off your lamb.
7. Add your diced peppers, carrots, onions, garlic, to the browned lamb.
8. Sauté until peppers soften.
9. Add your coconut milk and water.
10. Add your broccoli, cauliflower, sweet potato and asparagus. Allow to cook on high heat for 20 minutes, cook broccoli, sweet potato and cauliflower.
11. Reduce to a medium simmer until all flavors are combined and lamb is tender.
12. Add water to your tapioca flour to make a slurry, use slurry to thicken if desired.
13. Season with salt and pepper to taste.



LAMB MINCE & SWEET POTATO

 Serves 6  Prep 15 mins

 Cook 20 mins

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

Dietary Fiber	10.4g
Vitamin E	2.5mg
Vitamin K	73.8mcg
Iron	7.3mg
Magnesium	143mg
Zinc	9.7mg
Selenium	74.9mcg
Omega-3	975mg

Ingredients

- 2.8 pounds (1.3 kilograms) ground lamb
- 10 eggs
- 6 mushrooms
- 1 punnet cherry tomatoes
- 1 bunch of chard
- 1 orange or red pepper
- 3 1/2 pounds (1.6 kilograms) sweet potatoes
- Rock Salt
- Cracked Black Pepper
- 2 stalks green onion (optional)

Method

1. Heat an electric fry pan on medium heat add in olive oil, once heated add in the ground lamb to cook and break down for 7 -8 minutes.
2. Crack in black pepper and rock salt over the meat to season.
3. While the meat is cooking peel and grate the sweet potatoes and grate up.
4. Add the grated sweet potatoes to the pan with the lamb.
5. Chop mushrooms and add to pan to cook.
6. Crack eggs into a bowl with coconut milk and salt and pepper and whisk.
7. Add the whisked egg mix into the pan with the lamb and the sweet potatoes and mix well and keep mixing during cooking for about 7-8 minutes.
8. Chop up the capsicum and halve the cherry tomatoes.
9. Wash and chop the chard.
10. Add the pepper, chard and cherry tomatoes in to heat for 3-4 minutes, mix and place the lid on the pan.
11. Chop up green onion to garnish once served (optional). Enjoy!

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!



LAMB SPAGHETTI

 Serves 5  Prep 15 mins

 Cook 25 mins

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

Dietary Fiber	9.7g
Vitamin E	5.4mg
Vitamin K	58.9mcg
Iron	8.3mg
Magnesium	176mg
Zinc	9.2mg
Selenium	16.9mcg
Omega-3	1066mg

Ingredients

Lamb & Spaghetti Noodles

- 1 1/2 pounds (750 grams) ground lamb
- 2 teaspoons ground chili powder
- 10 medium zucchinis
- Olive oil (for cooking)

Mint Pesto

- 2 cups packed fresh mint leaves
- 1 cup packed fresh basil leaves
- ½ cup extra virgin olive oil
- 1/3 cup walnuts
- 1/3 cup pine nuts
- Lemon juice from ½ lemon
- Grated zest from 1 lemon
- Pinch of salt and pepper

Method

1. Pulse mint and basil leaves in a food processor or high-speed blender.
2. Add walnuts and pine nuts, and continue to pulse.
3. Add olive oil, lemon juice, lemon zest, salt and pepper, and blend until smooth.
4. Set pesto aside.
5. Peel the zucchinis into long, thin noodles using a julienne peeler.
6. Heat 1 tablespoon of olive oil in a fry pan on a medium-high heat.
7. Add in the zucchini noodles and season with salt and pepper.
8. Fry, stirring, for 4-5 minutes (until noodles are lightly browned and softened without being over-done).
9. Set the noodles aside in a bowl and return the pan to heat.
10. Add a very small amount of olive oil into the pan (as lamb is already an oily meat), along with the chili powder.
11. Add in the lamb and break up into chunks, mixing in with the chili powder.
12. Fry the lamb until browned, stirring often.
13. If there is a lot of oil remaining in the pan after cooking, drain the oil by putting the ground lamb in a colander.
14. Serve the zucchini noodles onto plates, followed by the cooked lamb in the middle.
15. Serve a generous amount of pesto over top of the lamb.
16. Garnish with fresh mint leaves (optional).
17. Enjoy!

MARINATED BEEF & BROCCOLI

 Serves 3  Prep 10 mins
 Cook 15 mins



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

Dietary Fiber	4.4g
Vitamin E	12.3mg
Vitamin K	155mcg
Iron	6.1mg
Magnesium	99.6mg
Zinc	11mg
Selenium	62.2mcg
Omega-3	737mg

Ingredients

- 2 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.



MIXED VEGETABLES WITH CHICKEN AND SHRIMP

 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	7g
Vitamin E	1.5mg
Vitamin K	105mcg
Iron	5.6mg
Magnesium	73.7mg
Zinc	2.4mg
Selenium	42.7mcg
Omega-3	231mg

Ingredients

- ¼ pound (125 grams) shrimp
- Shrimp juice (derived by crushing the head of the shrimp)
- ½ pound (250 grams) boneless chicken
- 1 cup chicken liver, sliced
- 1 teaspoon garlic
- 2 teaspoons arrowroot powder
- 2 tablespoons coconut aminos
- ½ piece cabbage, quartered
- 1 cup green bell pepper, sliced
- 1 cup red bell pepper, sliced
- 1 small cauliflower, cut into small pieces

- 1 cup carrots, sliced
- 1 cup onion, diced
- 1 ¼ cup water
- Sea salt and freshly ground black pepper to taste

Method

1. Lightly fry the garlic and onion in a large fry pan on a medium-high heat.
2. Add the boneless chicken and lightly fry for 2 minutes.
3. Put in the chicken liver and let it cook for 3 minutes more.
4. Pour in the shrimp juice and 1 cup of water and bring to a boil. Cover the pot and simmer for 5 minutes.
5. Add the shrimp then sprinkle some salt and pepper.
6. Add the coconut amino and simmer for 2 minutes.
7. Put in the cauliflower and cabbage then mix well.
8. Add the carrots and bell pepper. Cover the pot and simmer for 5 minutes or until vegetables are cooked.
9. Dilute the arrowroot powder in ¼ cup of water then pour mixture in the pot. Mix well.

PALEO 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!



PALEO BONE BROTH



Serves 7



Prep 12 hrs

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	.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

CREAMY TOMATO & BASIL CHICKEN

 Serves 6  Prep 20 mins

 Cook 40 mins

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

Dietary Fiber	6.6g
Vitamin E	5.1mg
Vitamin K	143mcg
Iron	4.1mg
Magnesium	111mg
Zinc	2.2mg
Selenium	22.1mcg
Omega-3	344mg

Ingredients

- 15 tomatoes
- 1 punnet cherry tomatoes
- 120 grams fresh basil
- 1 bulb of garlic
- 2 cans coconut milk
- 500g cup vegetable stock
- 4 large chicken breasts
- Salt and pepper
- 1/2 cup of olive oil

Method

1. Remove stems and slice all tomatoes in half.
2. Line baking trays with aluminum foil.
3. Place tomatoes in tray drizzle with olive oil, sprinkle with salt, pepper and fresh chopped basil.
4. Roast in preheated oven at 350 degrees Fahrenheit for 20-30 minutes.
5. In a large pan heat olive oil, sear chicken on both sides, chop garlic add to chicken.
6. Add roasted tomatoes and all juices to the chicken pan, add vegetable stock, coconut cream, and reduce heat to a strong simmer.
7. Allow chicken to cook covered for 10-15 minutes.



CURRY SALAD

 Serves 4  Prep 10 mins

 Cook 10 mins

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

Dietary Fiber	11.6g
Vitamin E	4mg
Vitamin K	136mcg
Iron	5.7mg
Magnesium	101mg
Zinc	1.6mg
Selenium	29.2mcg
Omega-3	316mg

Ingredients

Curry Sauce

- 1 cup Paleo Mayonnaise
 - 1 cup (250ml) extra virgin olive oil
 - 1 egg
 - 2 tablespoons lemon juice
 - Cracked black pepper, to taste
- 1 teaspoon Indian curry powder
- 1 teaspoon salt
- Freshly ground black pepper, to taste

Curry Salad

- 3 cups of cooked chicken, shredded
- 3 medium carrots, peeled & julienned
- 1 medium sized jicama, peeled & julienned
- Handful of cilantro, roughly chopped
- Handful of basil, chopped
- Large head of lettuce, washed & torn into bite-size pieces

Method

1. Prepare the 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.
2. Combine all of the curry sauce ingredients in a medium size bowl. Mix well and set aside.
3. In a large bowl, combine the chicken, carrots, jicama, cilantro, basil, and lettuce.
4. Serve the salad together with the curry sauce. Enjoy!

PALEO TERIYAKI CHICKEN WITH CAULIFLOWER FRIED RICE

 Serves 6  Prep 30 mins
 Cook 1 hr



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

Dietary Fiber	14.3g
Vitamin E	4.2mg
Vitamin K	86.9mcg
Iron	4.3mg
Magnesium	116mg
Zinc	4.5mg
Selenium	27mcg
Omega-3	384mg

Ingredients

- 12 chicken drumsticks
- 6 cloves of garlic minced
- 1 & 1/2 cup of coconut aminos
- 1 cup of sesame oil
- 1 tablespoon of dried chili flakes
- 1 teaspoon of cayenne pepper
- 3 tablespoons of grated ginger
- 4 carrots small diced
- 4 stalks of celery small diced
- 2 parsnips small diced

Method

1. Mix 1 cup of coconut aminos, 1/2 cup of sesame oil, 2 tablespoons ginger, 4 cloves of garlic, chili flakes and cayenne pepper, whisk till combined.
2. Preheat oven to 350 degrees Fahrenheit.
3. Marinate chicken in a large oven ready dish, cover dish with aluminum foil and bake chicken in preheated oven for 40 minutes.
4. In a large pan heat 1/4 cup of coconut oil, add onions, peppers, carrots, celery, parsnips, 2 cloves of garlic and 1 tablespoon of ginger, cook for 5 minutes until tender, stirring regularly.
5. Cauliflower rice, 1/2 cup of coconut aminos, 1/2 cup of sesame oil, stir to mix through, season with salt and pepper, cook for 5 minutes.
6. Clear space in the pan by moving everything to one side, on the empty side add scrambled eggs and cook slightly (1 min), then mix through the rice.
7. If desired, once the chicken is cooked heat a separate pan with 1/4 cup of coconut oil, once heated crisp the outside of the chicken in the hot pan.
8. The marinade from the chicken can be used as a sauce.



TUNA GARLIC PINEAPPLE STEAK

 Serves 4  Prep 10 mins

 Cook 15 mins

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

Dietary Fiber	0.9g
Vitamin E	1.3mg
Vitamin K	0.4mcg
Iron	1.6mg
Magnesium	69.3mg
Zinc	0.9mg
Selenium	47.1mcg
Omega-3	1627mg

Ingredients

- 4 slices fresh tuna steaks
- 12 garlic cloves, finely chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 onion, cut into rings
- 2 tablespoon lemon juice

- 2 tablespoon honey
- 3 tablespoon coconut aminos
- 1/4 cup fresh pineapple, cut into bits

Method

1. Rub the fish with half of garlic then sprinkle with salt, pepper, and half of the lemon juice. Pan fry on a medium-high heat and set aside.
2. On a separate pan, lightly fry the onion and the remaining garlic on a medium heat until brown.
3. Add coconut aminos, the remaining lemon juice, honey, and pineapple. Allow to simmer then add the cooked fish.
4. Let the fish heat through for about 2 minutes. Serve.

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

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!

ZUCCHINI PIE WITH SCRAMBLED EGGS



Serves 5



Prep 15 mins



Cook 30 mins

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.

PERSIAN CHICKEN CASSEROLE

 Serves 5  Prep 20 mins

 Cook 30 mins



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

Dietary Fiber	7.7g
Vitamin E	8.2mg
Vitamin K	68.2mcg
Iron	3.9mg
Magnesium	84.6mg
Zinc	2.8mg
Selenium	9.3mcg
Omega-3	622mg

Ingredients

Paleo Mayonnaise

- 1 cup olive oil
- 1 egg
- Cracked black pepper
- 2 tablespoons lemon juice

Persian Chicken Casserole

- 2 cooked chickens, shredded
- 1 cauliflower, grated
- 5 tomatoes, diced
- 1 cup red wine
- 2 eggs
- 20 button mushrooms, quartered
- 1 cup apricot, chopped
- 2 cups green seedless grapes, diced

- 2 cups pineapple pieces, fresh
- 3 teaspoons curry powder
- Coconut oil
- 1 cup Paleo mayo
- Handful fresh parsley, chopped

Method

Paleo Mayonnaise

1. Pour oil in a tall, narrow container.
2. Crack the egg into the oil, being careful not to include the shell.
3. Add lemon juice and cracked black pepper, to taste.
4. Place the hand blender right at the bottom of the container and blend mayonnaise for about 20 seconds, then slowly lift the blender up and down about 5 times until the mayonnaise is mixed through.

Persian Chicken Casserole

1. Turn the wok on a medium-high heat to heat up.
2. Place the diced tomatoes into the heated pan.
3. Add the red wine to the pan on high heat for 15 minutes, keep stirring regularly.

4. Remove the wok off the heat and the red wine and tomato sauce, should be nice and thick.
5. Heat a frying pan on a medium-high heat with coconut oil.
6. Add the shredded chicken to the frying pan and add curry powder and pour the red wine and tomato sauce over the chicken and mix thoroughly.
7. Add the pineapples to the pan and the mushrooms and mix.
8. Add apricots to the pan, and mix and turn heat to low, place the lid on.
9. Remove the lid from the pan and stir, add in the green grapes and parsley.
10. Turn the pan off.
11. Spoon in the paleo mayo, and mix that in, place the lid on the pan.
12. Plate up cauliflower rice with the Persian chicken topping.

Cauliflower Rice

1. In another wok, you are going to heat with some coconut oil.
2. Once heated add in the grated cauliflower, to heat to make cauliflower rice, stir during the 7-10 minutes



HERBIVORE MEALS



CARROT & CILANTRO SOUP

 Serves 5  Prep 5 mins
 Cook 1 hr



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

Dietary Fiber	10.1g
Vitamin E	2mg
Vitamin K	303mcg
Iron	6.8mg
Magnesium	115mg
Zinc	1.7mg
Selenium	7.6mcg
Omega-3	44.9mg

Ingredients

- 2 pounds (1 kilogram) carrots, chopped in half lengthwise
- Small handful fresh thyme, chopped
- 1/2 tablespoon raw honey
- Black pepper, to taste
- 5 garlic cloves
- 4 cups (1000ml) vegetable stock
- 1 3/4 cups (400ml) coconut milk
- 2 handfuls fresh cilantro
- Paprika, to taste
- Fresh ginger, to taste
- Fresh parsley, to garnish

Method

1. Preheat oven to 400F (200C).
2. Add the halved carrots to a large bowl. Sprinkle fresh thyme over the carrots and drizzle in some olive oil.
3. Add honey, black pepper and garlic into the carrot bowl. Mix together until the carrots are coated in the mixture.
4. Line an oven tray with aluminum foil or baking paper and brush a small amount of olive oil over it.
5. Place the carrots on the tray (spaced out) and put the tray in the oven to bake for 45-60 minutes.
6. Remove carrots from the oven and place them into a large saucepan. Pour the vegetable stock over the carrots and turn the saucepan onto a medium heat.
7. Add cilantro, ginger, paprika and black pepper into the saucepan.
8. Slowly add in the coconut cream and stir. Simmer the soup for 5-10 minutes.
9. Remove from heat and blend the soup ingredients together using a hand blender.
10. Serve the soup into bowls, garnish with fresh parsley and enjoy!



CAULIFLOWER RICE



Serves 4



Prep 10 mins



Cook 10 mins

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

Dietary Fiber	5.4g
Vitamin E	0.2mg
Vitamin K	34.4mcg
Iron	1.1mg
Magnesium	32.5mg
Zinc	0.6mg
Selenium	1.3mcg
Omega-3	78.5mg

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.

CREAMY SILVERBEET & SWEET POTATO NOODLES WITH ALMOND SAUCE

 Serves 5  Prep 10 mins
 Cook 25 mins



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

Dietary Fiber	5.6g
Vitamin E	1.2mg
Vitamin K	57.2mcg
Iron	3.2mg
Magnesium	84.9mg
Zinc	1.5mg
Selenium	0.8mcg
Omega-3	87.7mg

Ingredients

- 4 large sweet potatoes
- 2 tablespoon olive oil
- 1 garlic clove, crushed
- Handful of fresh basil leaves or chives
- 1/2 teaspoon salt
- 1 3/4 cups (400ml) coconut cream
- 3 tablespoons almond butter

- 1 bunch silverbeet, chopped
- Salt & pepper, to taste

Method

1. Peel the sweet potatoes and slice using the spiralizer.
2. Turn the pan on to medium heat and drizzle in olive oil. Once the pan is ready, place the sweet potatoes in to cook for 20-25 minutes.
3. Add the crushed garlic, herbs and salt and mix well.
4. After about 10 minutes mix in the coconut cream and almond butter.
5. With only a few minutes to cook, add the chopped silverbeet in and stir.
6. Remove from the heat and serve, crack black pepper and salt over the top, enjoy!



CURRIED CAULIFLOWER & COCONUT SOUP

 Serves 8  Prep 15 mins

 Cook 45 mins

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

Dietary Fiber	6.6g
Vitamin E	3mg
Vitamin K	39.8mcg
Iron	3.3mg
Magnesium	50.4mg
Zinc	1.2mg
Selenium	1.4mcg
Omega-3	190mg

Ingredients

- 2 heads of cauliflower
- 2 tablespoons of curry powder
- 1 leek
- 1 small white onion
- 1 liter vegetable stock
- 1/2 cup olive oil
- 1/2 cup coconut oil
- 1 can coconut cream
- 2 tablespoons smoked paprika
- Salt and pepper
- 1/4 cup tapioca flour

Method

1. Preheat oven to 180 degrees Celsius.
2. Remove stems from cauliflower but leave cauliflower whole.
3. Brush the tops of cauliflower with olive oil, sprinkle curry powder and salt and pepper over the top.
4. Roast cauliflower in preheated oven for 20 minutes.
5. Slice leeks and white onion.
6. Place pot on to heat with coconut oil, add onion and leek and cook till onions are transparent.
7. Add roasted cauliflower to the pot then submerge with vegetable stock.
8. Bring to a boil and allow it to cook until the cauliflower breaks apart when touched with a spoon.
9. Add coconut cream.
10. Allow to cool then blend, season with more salt and pepper if desired (if more thickening is required add a tablespoon of water to the tapioca flour and add to soup while stirring.
11. Sprinkle with smoked paprika for a colorful garnish.

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!



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:

Dietary Fiber	6.2g
Vitamin E	1.2mg
Vitamin K	30.1mcg
Iron	2.5mg
Magnesium	39.1mg
Zinc	0.9mg
Selenium	0.5mcg
Omega-3	12.6mg

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.

SWEET POTATO & PEPPER SOUP

 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	16.5g
Vitamin E	3.7mg
Vitamin K	50.7mcg
Iron	11.4mg
Magnesium	148mg
Zinc	2.6mg
Selenium	5.7mcg
Omega-3	449mg

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 handful oregano
- 6 sweet potatoes, peeled & chopped into small cubes
- Black pepper, to taste
- Pink rock salt, to taste
- 1 cup fresh thyme leaves

- 3 green peppers, deseeded & sliced
- 3 red peppers, deseeded & sliced
- 1 3/4 cups (400ml) coconut cream
- 4 cups (1000ml) Vegetable stock
- 2 lemons

Method

1. Preheat oven to 400F (200C).
2. Line two oven trays with aluminum foil. Brush with olive oil.
3. Drizzle olive oil and oregano over the sweet potatoes in a bowl, along with salt and pepper.
4. Sprinkle in the fresh thyme leaves and mix.
5. Repeat the same process with the peppers, in a separate bowl.
6. Place the sweet potatoes onto an oven tray, evenly spread out.
7. Place the sweet potatoes in the oven to cook for 30 minutes.
8. Place the peppers on the second oven tray, and cook for the last 15 minutes.
9. Place a large pot on the heat, add in the sweet potatoes and peppers, along with the coconut cream and Vegetable stock and thyme leaves.
10. Using a hand-blender, blend until smooth.
11. Add the juice of 2 lemons into the pot and stir.
12. Serve and enjoy!



VEGETABLE PESTO STIR-FRY

 Serves 6  Prep 15 mins

 Cook 40 mins

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

Dietary Fiber	5.8g
Vitamin E	5mg
Vitamin K	41.7mcg
Iron	2.3mg
Magnesium	69.6mg
Zinc	1.6mg
Selenium	2.9mcg
Omega-3	175mg

Ingredients

- 3 large sweet potatoes
- 1/4 piece of pumpkin
- Olive oil
- Dried basil leaves, to taste
- 8 carrots
- 1 cup basil pesto (see how to make this recipe under condiments)
- 7 white button mushrooms
- 1/2 cup coconut cream
- 8 cherry tomatoes
- Cilantro, to garnish

Method

1. Preheat the oven at 360F (180C) on bake.
2. Peel and cube the pumpkin and the sweet potatoes into small bit sizes pieces.
3. Line an oven tray with baking paper and place the sweet potatoes and pumpkin on the tray. Season with basil leaves, cracked pepper and salt and drizzle olive oil so they do not dry out in the oven.
4. Place the tray in the oven for 25 minutes then remove.
5. Using a julienne peeler slice the carrots into noodles.
6. Heat your fry pan on a medium-high heat and drizzle in some olive oil.
7. Chop the mushrooms and place in the pan on a medium heat, season with salt and pepper, and let cook for 3 minutes
8. Place the carrots in the fry pan with the mushrooms and place the lid on for about 90 seconds.
9. Mix the carrots and mushrooms, pour in the pesto and mix.
10. Add the coconut cream and mix and leave the pan on low with the lid on for 2 minutes.
11. Remove the sweet potatoes and pumpkin from the oven and let them cool for a few minutes.
12. Add the sweet potatoes and the pumpkin to the fry pan and mix.
13. Cut cherry tomatoes in half and put in fry pan.
14. Serve this with fresh cilantro on top to garnish and enjoy!

VEGETABLE STIR-FRY

 Serves 5  Prep 15 mins

 Cook 20 mins

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

Dietary Fiber	6.1g
Vitamin E	2.4mg
Vitamin K	70.2mcg
Iron	2.5mg
Magnesium	69.8mg
Zinc	1.4mg
Selenium	4.9mcg
Omega-3	86.1mg

Ingredients

- 2 large sweet potatoes
- 1/4 pumpkin, diced
- Red pepper
- 1 yellow pepper
- 7 white button mushrooms
- 3 zucchini
- 2 broccoli
- Sesame oil

Method

1. Preheat the oven at 360F (180C) on fan bake.
2. Line two large oven trays with baking paper.
3. Peel and cut the sweet potatoes into cubes and place on the first tray.
4. Remove the skin and cube the pumpkin and place on the second tray.
5. Place both trays in the oven for 15 minutes to soften.
6. Dice the peppers and remove any seeds.
7. Cut the zucchinis into rings.
8. Cut the broccoli into florets
9. Heat an electric fry pan and drizzle in some sesame oil
10. Toss the broccoli, zucchini, pepper and mushrooms in the fry pan and place the lid on to cook for 5-7 minutes.
11. Remove the sweet potatoes and pumpkin from the oven and add into the fry pan to cook for another 4 minutes.
12. Remove and serve this yummy quick and easy dish.



WATERMELON, TOMATO AND APPLE SALAD

 Serves 4  Prep 10 mins

 Cook 10 mins

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!