



RECIPES TO
**Fight &
Prevent
Cancer**

**Exclusive
Recipes**





RECIPES TO FIGHT AND PREVENT CANCER

Vitamin C, Vitamin A, Selenium, Vitamin E, Calcium, and B Vitamins all have cancer-fighting properties. We've included the approximate amounts of these nutrients in each recipe.

These nutrients are included in every recipe—though they are not limited to:

Vitamin C – acts as an antioxidant which helps prevent cancer, boosts immunity, improves heart health, and promotes glowing skin.

Vitamin A – good for vision, healthy bone growth, essential for reproduction, cell growth, and immune system, also supports skin health.

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

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

Calcium – protects cardiac muscles, prevents menstrual depression, reduces risk of colon cancer and kidney stones.

Pyridoxine (Vitamin B6) – keeps the brain and nervous system functioning properly, proper brain development in kids, also regulates sleep and internal clock through melatonin production.

Thiamin (Vitamin B1) – promotes energy production, protects nerves, prevents heart diseases, ensures proper digestion, rich in anti-aging properties.

Niacin (Vitamin B3) – beneficial in treating diabetes, helps lower blood pressure, aids in conversion of nutrients to energy, promotes functioning of nerves.

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CONDIMENTS





CHIPOTLE SAUCE

 Serves 1  Prep 5 mins

 Cook 10 mins

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

Vitamin C	59.1mg
Vitamin A	3036 IU
Selenium	0.4mcg
Vitamin E	2.1mg
Calcium	91.6mg
Pyridoxine (Vitamin B6)	0.5mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	2.6mg

Ingredients

- 2-5 dried chipotle peppers
- 1 3/4 cups (400ml) chopped tomatoes
- 1 tablespoon of ground cumin

Method

1. Soak the dried chipotle peppers in boiling water for 5 minutes, this will allow them to soften.
2. Take out after 5 minutes, place on a chopping board & slice peppers open.
3. Remove the seeds. (Or keep them in if you like it hot!)
4. Add the chopped tomatoes & the chipotle skins into a pot.
5. Blend them together using a stick blender.
6. Add the ground cumin and stir.
7. Enjoy!

Note: Wait to cool down before storing in a container and placing in the fridge.

PALEO TOMATO SAUCE

 Serves 4  Prep 5 mins

 Cook 10 mins

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

Vitamin C	7.7mg
Vitamin A	596 IU
Selenium	2mcg
Vitamin E	1.5mg
Calcium	30.8mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	1.1mg

Ingredients

- 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. Place a saucepan over low/medium heat and combine tomato paste, apple cider vinegar, water and honey.
2. Gently simmer for 10 minutes. Half way through, mix in the cinnamon, all spice and cayenne pepper.
3. Remove from the heat and let cool at room temperature.
4. Once cool, transfer to a container and store in the fridge.

PALEO MINT SAUCE

 Serves 5  Prep 5 mins

 Cook 5 mins

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

Vitamin C	2.6mg
Vitamin A	239IU
Selenium	2.3mcg
Vitamin E	7.2mg
Calcium	99.7mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	1.4mg

Ingredients

- 1 bunch fresh mint
- 1 tablespoon raw honey
- 1/2 cup boiling water
- 1/2 cup balsamic vinegar
- Salt & pepper, to taste

Method

1. Place mint leaves in a food processor and pulse until they are finely chopped.
2. Add honey and boiling water to the food processor. Pulse with the mint for 30 seconds, or until blended.
3. Add balsamic vinegar, salt and pepper to the food processor. Pulse again for 20 seconds, or until well blended.
4. Pour the mint sauce into a glass jar and put in the fridge to cool.
5. Serve with your favorite lamb dish and enjoy!

Note: Mint sauce will last for up to one month in the fridge.

BASIL PESTO SAUCE

 Serves 1  Prep 5 mins

 Cook 8 mins



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

Vitamin C	4.4mg
Vitamin A	337 IU
Selenium	1.8mcg
Vitamin E	21.8mg
Calcium	38.8mg
Pyridoxine (Vitamin B6)	0.2mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	3.1mg

Ingredients

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

Method

1. Heat a pan. Add the pine nuts into the pan; spread them out and roast for 3-4 minutes on a low-medium heat (be careful not to burn them).
2. Remove the pine nuts from the pan.
3. Using a food processor, blend the roasted pine nuts, crushed garlic, and the fresh basil leaves.
4. Add in the olive oil slowly and blend again until you are happy with the consistency.
5. Enjoy!



PALEO RED PEPPER PESTO SAUCE

 Serves 4  Prep 10 mins

 Cook 35 mins

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

Vitamin C	77.1mg
Vitamin A	1963IU
Selenium	2.2mcg
Vitamin E	2.7mg
Calcium	38.7mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	0.9mg

Ingredients

- 2 red bell peppers
- 1/3 cup pecans
- 1/4 cup cashews, crushed
- 2 tablespoons dried basil
- 1 garlic clove
- 3 tablespoons olive oil
- Salt and pepper, to taste

Method

1. Preheat the oven to 350 degrees F (175 C)
2. Cut the peppers in half and remove the seeds.
3. Place the peppers on a baking tray and place in the oven for 15 minutes.
4. Flip the peppers over and continue cooking for an additional 15 minutes.
5. While the peppers are baking, sauté the pecans in a fry pan for 5 - 7 minutes, or until the pecans begin to soften and brown.
6. Remove the red peppers from the oven and slice into smaller chunks. Add the peppers, the pecans, cashews and garlic in a food processor. Blitz the mix, periodically adding in the olive oil until the mixture becomes a paste.
7. Add the salt and pepper and blend it into the mix.
8. Serve over pasta or store it in a sealed container and refrigerate.

ADOBO SAUCE

 Serves 6  Prep 5 mins

 Cook 55 mins



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

Vitamin C	10mg
Vitamin A	482 IU
Selenium	0.4mcg
Vitamin E	1mg
Calcium	14.4mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	0.8mg

Ingredients

- 6 small chipotle peppers
- 3 cups (750ml) water
- 1 cup pureed tomatoes
- 1 jalapeño, chopped
- 4 tablespoons apple cider vinegar
- 1 clove garlic, crushed
- 1 teaspoon paprika

Method

1. Place the water and chipotle peppers in a medium size saucepan and set heat to medium.
2. Soak the peppers for 10 minutes, or until the water turns slightly brown in color. The peppers will become soft which makes them easier to blend.
3. Add in the pureed tomatoes, jalapeño, apple cider vinegar, garlic, and paprika. Stir well for 30 seconds.
4. Adjust the heat to low and allow the sauce to simmer for up to an hour, or until the sauce has reduced and thickened.
5. Remove from heat and leave to cool down, then blend everything in a food processor, or use a hand blender, until the sauce is at an even consistency.
6. Serve right away or store in a glass jar in the refrigerator for up to a week. Enjoy!



PALEO MAYONNAISE

 Serves 3  Prep 5 mins

 Cook 5 mins

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

Vitamin C	2.3mg
Vitamin A	72.4 IU
Selenium	4.7mcg
Vitamin E	10.5mg
Calcium	8.8mg

Ingredients

- 1 cup (250ml) extra virgin olive oil
- 1 egg
- 2 tablespoons lemon juice
- Cracked black pepper, to taste

Method

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



SNACKS AND QUICK MEALS



ALMOND DATE BLISS BALLS

 Serves 12  Prep 1 hr

Cook 2 hrs | Freeze 1 hr | Chill 1 hr



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

Vitamin A	35.8 IU
Selenium	0.2mcg
Vitamin E	1.6mg
Calcium	38.8mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	0.7mg

Ingredients

- 12 Medjool dates, pitted
- 1 tablespoon cacao powder
- 2 tablespoons almond butter
- 3/4 cup raw almonds

Method

1. Place the dates, cacao powder and almond butter into a food processor.
2. Blend until the mixture resembles a paste.
3. Add the almonds and pulse until they are finely chopped.
4. Use a spoon to roll the mixture into tablespoon sized balls.
5. Place balls into an air tight container, lined with baking paper, and allow to set in the fridge for 2 hours. Enjoy!

AVOCADO SMASH

 Serves 8  Prep 30 mins

 Cook 30 mins



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

Vitamin C	82.9mg
Vitamin A	743 IU
Selenium	3mcg
Vitamin E	5.3mg
Calcium	120mg
Pyridoxine (Vitamin B6)	0.7mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	5.1mg

Ingredients

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

Method

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

A fantastic side to accompany salads, meat or ever on paleo toast



BANANA & BERRY FROZEN DESSERT

 Serves 6  Prep 5 mins

 Cook 5 mins

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

Vitamin C	15.9mg
Vitamin A	82.6 IU
Selenium	0.9mcg
Vitamin E	0.6mg
Calcium	20.5mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	1mg

Ingredients

- 4 frozen ripe bananas, chopped into thirds
- 1 ½ cups frozen raspberries
- 1 ½ cups frozen boysenberries

Note: These ingredients are based on a serving size for 6 people, so you can halve the ingredients if you are only making dessert for 2-3 people.

Note: You do need a Yonanas Frozen Dessert Maker (or equivalent) to make this dessert. Get YOUR Yonanas Healthy Dessert Maker here by following this link: <http://www.yumpaleo.com/go/yonanas>

Method

1. At least 6 hours before you are going to make your frozen dessert, you need to prepare your fruit. Peel your ripe bananas (they should be spotted but not brown) and chop into thirds. Then place them into a sealed freezer bag and put into the freezer.
2. Place your fresh boysenberries and raspberries into freezer bag and also place them into the freezer.
3. Remove your frozen bananas, raspberries and boysenberries from the freezer and let semi defrost for about 10 minutes. This makes it easier on the machine and gives the dessert a smoother texture.
4. Set up your Yonanas Dessert Maker and place a bowl under the machine at the bottom where the dessert comes out.
5. Remove the black cylinder from the chute, and add into the chute two pieces of frozen banana, followed by a small handful of frozen raspberries and boysenberries
6. Turn the machine on and push the black cylinder down onto the fruit, so it forces the fruit through the blender. You should quickly see it coming out the bottom of the Yonanas machine (in a 'soft serve' like texture).
7. Keep repeating this process, alternating adding frozen banana and berries to the machine, until all of your ingredients have been used up.
8. Make sure you keep rotating the bowl at the bottom, so the frozen dessert doesn't over-flow!
9. Serve and enjoy this delicious treat!

BAKED FISH FILLET WITH BASIL-TOMATO RELISH

 Serves 4  Prep 7 mins

 Cook 10 mins

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

Vitamin C	12.9mg
Vitamin A	603 IU
Selenium	52.4mcg
Vitamin E	0.9mg
Calcium	33.4mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	5.3mg

Ingredients

- 3 tilapia fillets, skinless and boneless
- Handful of basil
- 2 tomatoes
- 1 onion
- 1 tsp cumin
- 1 tsp rosemary
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- Juice of 1/2 a lemon

Method

1. Preheat the oven to 400F (200C) on fan bake.
2. Using a food processor, chop and combine a handful of basil, tomatoes and onion to make the relish. Set aside.
3. Place the tilapia fillets on the oven tray lined with baking sheet, then sprinkle with cumin, rosemary, salt, pepper, and juice of half a lemon. Rub the spices to the fish and coat all sides.
4. Top the fish with the basil-tomato-onion relish.
5. Bake for 10 minutes.
6. Serve and enjoy!



BAKED SOLE FILLET WITH PEACH SALSA

 Serves 6  Prep 15 mins

 Cook 15 mins

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

Vitamin C	164mg
Vitamin A	2946 IU
Selenium	34.3mcg
Vitamin E	1.8mg
Calcium	379mg
Pyridoxine (Vitamin B6)	0.4mg
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	6.5mg

Ingredients

Sole Fillet

- 1 pound (500 grams) sole fillet, or any white fish
- 1 teaspoon black pepper
- 1 lemon
- 2 tablespoons melted coconut oil

Peach Salsa

- 5 peaches
- 1 red onion, diced
- 2 fresh limes
- 1 punnet cherry tomatoes
- 1 cup of fresh mint leaves, chopped
- 1 cup of fresh cilantro, chopped

Method

Baked Sole Fillet

1. Preheat your oven to 400F (200C) on fan bake.
2. Grease an oven tray with coconut oil and lay the fish out onto it.
3. Crack some black pepper and the juice of the lemon over the fish.
4. Put the fish into the oven. They will only take 7-8 minutes to cook so keep an eye on them.
5. Remove from oven and serve with the peach salsa below.

Peach Salsa

1. Cut and remove the stones from the peaches. Slice them into small pieces and place into a mixing bowl.
2. Add chopped red onion to the peach bowl.
3. Squeeze the juice from the limes into the bowl.
4. Cut the cherry tomatoes in half and add to the bowl.
5. Add in the chopped cilantro and mint.
6. Serve with the baked sole and enjoy!

BEEF & HERB STUFFED EGGPLANT

 Serves 6  Prep 20 mins

 Cook 20 mins



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

Vitamin C	19.9mg
Vitamin A	895 IU
Selenium	19.5mcg
Vitamin E	2.8mg
Calcium	75.7mg
Pyridoxine (Vitamin B6)	1mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	10mg

Ingredients

- 6 medium-sized eggplants, sliced lengthwise
- Olive oil, for cooking as needed
- 1/4 teaspoon chili flakes
- 1 teaspoon raw honey
- Himalayan rock salt, to taste
- Freshly ground black pepper, to taste
- 1 1/2 pounds (750 grams) ground beef
- 1 3/4 cups tomatoes, chopped

- 1 bunch fresh basil, finely chopped
- 1 bunch fresh cilantro, finely chopped

Method

1. Preheat oven to 350F (175C) on fan bake.
2. Using a spoon, scrape out most of the eggplant 'meat', leaving a nice shell to hold the beef filling.
3. Use olive oil to lightly grease two oven trays and the skins of the eggplants.
4. Place the eggplant halves evenly onto the trays, skin side down. Season with salt and pepper.
5. Place the eggplant meat into your food processor and pulse until well chopped up. Note: You will only need 2 cups of eggplant meat for this recipe.
6. In a large frying pan over medium-high heat with some olive oil, add 2 cups of the chopped eggplant, chili flakes, and honey. Season with a pinch of Himalayan rock salt and black pepper. Mix well and cook for 3 minutes.
7. Add ground beef and cook for 5 minutes, or until brown.
8. Stir in the tomatoes and cook for another 3 minutes, or until heated through.
9. Remove pan from heat and use a fine mesh colander to drain the beef. Use your spoon to really press out the liquid from the meat.
10. In a large bowl, mix the basil and cilantro in with the cooked beef.
11. Divide the beef mixture among the eggplant halves. Don't overfill them and make sure you pack the meat tightly.
12. Place the stuffed eggplants into the oven and bake for 15-20 minutes, until the eggplant is fork tender.
13. Allow the eggplants to cool for 5 minutes before serving. Enjoy!



BROCCOLI AND RAISIN SALAD

 Serves 2  Prep 15 mins

 Cook 10 mins

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

Vitamin C	151mg
Vitamin A	1777 IU
Selenium	22.1mcg
Vitamin E	14.7mg
Calcium	134mg
Pyridoxine (Vitamin B6)	0.8mg
Thiamin (Vitamin B1)	0.6mg
Niacin (Vitamin B3)	4.3mg

Ingredients

Salad

- 2 medium sized broccoli, steamed & chopped
- 1/2 cup raisins
- 1/8 cup bacon bits, cooked until crispy
- 1 cup sunflower seeds
- 1 medium tomato, diced

Dressing

- 1 cup Paleo Mayonnaise - see the recipe on the condiments section of this book
- 1 tablespoon apple cider vinegar
- Juice of 1/2 lime
- 1 tablespoon honey
- 1 garlic clove, crushed
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon smoked paprika
- 1 small red onion, finely chopped
- Salt, to taste

Method

1. In a bowl, mix the broccoli, raisins, bacon bits, sunflower seeds and tomato. Set aside.
2. In a separate bowl, whisk the ingredients for the dressing.
3. Combine with vegetables. Serve immediately.

CHINESE CHICKEN SALAD

 Serves 6

 Prep 10 mins



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

Vitamin C	13.1mg
Vitamin A	2105 IU
Selenium	10.9mcg
Vitamin E	0.6mg
Calcium	84.1mg
Pyridoxine (Vitamin B6)	0.4mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	5.5mg

Ingredients

Salad Dressing

- 1/4 cup fish sauce
- 1/4 cup white wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 1/2 teaspoon chili flakes
- Rock salt, to taste
- 1 tablespoon fresh ginger, finely diced
- 3 stalks green onions, chopped

Salad

- 1 cup lettuce greens, washed
- 1 cup coleslaw
- 1 carrot, grated
- 2 cups cooked chicken, shredded
- 1 tablespoon poppy seeds
- 2 tablespoons sesame seeds
- 1 tablespoon dried cilantro
- 1/2 cup cashew nuts

Method

Salad Dressing

1. In a mixing bowl, add fish sauce, white wine vinegar, olive oil, sesame oil, chili flakes, rock salt, ginger and green onions. Mix well for 20 seconds and set aside.

Salad

1. In a large mixing bowl add lettuce greens, coleslaw, carrot, chicken, poppy seeds, sesame seeds, dried cilantro and cashew nuts, and mix.
2. Pour the dressing over the salad and toss.
3. Serve on a plate and garnish with sliced green onion.



CREAMY SHRIMP AND CUCUMBER

 Serves 4  Prep 10 mins

 Cook 10 mins

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

Vitamin C	6.1mg
Vitamin A	513 IU
Selenium	14.4mcg
Vitamin E	3.2mg
Calcium	41.1mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	1.1mg

Ingredients

- 1/4 cup Paleo mayonnaise
- 1 tablespoon fresh lemon juice
- 1 cup cooked shrimp, cut crosswise

- 2 stalks celery, chopped
- 1 cucumber, sliced, seeds removed
- 1 teaspoon paprika

Method

1. In a bowl, whisk the Paleo mayonnaise, lemon juice, salt, and pepper.
2. Fold in the shrimp and celery.
3. Line on top of cucumbers and sprinkle with paprika.
4. Serve and enjoy!

CRUNCHY RADISH AND CUCUMBER SALAD

 Serves 4  Prep 15 mins

 Cook 10 mins



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

Vitamin C	10.9mg
Vitamin A	236 IU
Selenium	1.5mcg
Vitamin E	2.8mg
Calcium	28.2mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	0.2mg

Ingredients

- 1/4 cup Paleo Mayonnaise – Recipe under condiments section
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh chives, minced
- Sea salt, to taste

- Freshly ground black pepper, to taste
- 7-8 radishes, thinly sliced
- 1 cucumber, diced
- 1 apple, deseeded & diced
- 1 celery stalk, sliced

Method

1. In a bowl, combine the Paleo Mayonnaise, apple cider vinegar, lemon juice, chives. Mix well and season with salt and pepper to taste.
2. In a salad bowl, combine the radish, cucumber, apple, and celery.
3. Pour the dressing on top of the radish mixture and stir well to combine.
4. Refrigerate before serving. Enjoy!



CUCUMBER AND CARROT SALAD

 Serves 2  Prep 10 mins

 Cook 15 mins

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

Vitamin C	20.9mg
Vitamin A	15610 IU
Selenium	1.6mcg
Vitamin E	2.7mg
Calcium	141mg
Pyridoxine (Vitamin B6)	0.4mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	1.5mg

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lime juice
- Freshly ground black pepper, to taste

- 2 cucumbers, thinly sliced
- 3 carrots, thinly sliced
- 1 green onion, thinly sliced
- 1 tablespoon roasted sesame seeds

Method

1. In a bowl, whisk the olive oil, apple cider vinegar, lime juice, and season with freshly ground black pepper to taste.
2. In a separate, medium-sized salad bowl, combine the cucumbers, carrots, and green onion.
3. Pour the dressing on top, and toss gently.
4. Top with roasted sesame seeds before serving.

CUCUMBER SALAD WITH GARLIC & LEMON DRESSING

 Serves 3  Prep 5 mins

 Cook 5 mins

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

Vitamin C	33.8mg
Vitamin A	1033 IU
Selenium	1.3mcg
Vitamin E	10.9mg
Calcium	69.9mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	0.8mg

Ingredients

Garlic & Lemon Salad Dressing

- 1 cup (250ml) olive oil
- 1/2 lemons, juiced
- 1 tablespoon apple cider vinegar
- 2 cloves of garlic, crushed
- Cracked black pepper

Salad Ingredients

- 2 cucumbers, chopped
- 10-15 cherry tomatoes, whole
- 1 handful fresh basil, chopped
- 2 green onions, chopped

Method

Garlic & Lemon Salad Dressing

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

Salad

1. In a large salad bowl, mix the cucumbers, cherry tomatoes and the chopped basil.
2. Pour the dressing over the salad and give that a toss.
3. Serve and enjoy!



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:

Vitamin C	77.6mg
Vitamin A	8209 IU
Selenium	29.2mcg
Vitamin E	4mg
Calcium	152mg
Pyridoxine (Vitamin B6)	0.2mg
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	7.3mg

Ingredients

Curry Sauce

- 1 cup Paleo Mayonnaise – Recipe under condiments section
- 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. Combine all of the curry sauce ingredients in a medium size bowl. Mix well and set aside.
2. In a large bowl, combine the chicken, carrots, jicama, cilantro, basil, and lettuce.
3. Serve the salad together with the curry sauce. Enjoy!

FRIED RICE

 Serves 5

 Prep 10 mins

 Cook 15 mins



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

Vitamin C	203mg
Vitamin A	1949 IU
Selenium	20.2mcg
Vitamin E	3.1mg
Calcium	218mg
Pyridoxine (Vitamin B6)	0.7mg
Thiamin (Vitamin B1)	.7mg
Niacin (Vitamin B3)	5.6mg

Ingredients

- 1 cauliflower, grated
- 4 slices of champagne ham, cut in small pieces
- 1 red pepper, diced
- 3 eggs, whisked
- ½ pound (250 grams) pineapple, cut into chunks
- 1 teaspoon fresh grated ginger (optional)
- 2 limes
- 1 punnet cherry tomatoes, halved
- 1 cup fresh cilantro, finely chopped
- 2 teaspoons basil pesto
 - 1/2 cup pine nuts
 - 3 garlic cloves, crushed
 - 2 cups fresh basil leaves
 - 1/2 cup (125ml) extra virgin olive oil
- 2 tablespoons extra virgin olive oil

Method

1. Add some olive oil in a pan on medium-high heat.
2. Spoon in the basil pesto (see the condiments tab for the recipe).
 - Heat a pan. Add the pine nuts into the pan; spread them out and roast for 3-4 minutes on a low-medium heat (be careful not to burn them).
 - Remove the pine nuts from the pan.
 - Using a food processor, blend the roasted pine nuts, crushed garlic, and the fresh basil leaves.
 - Add in the olive oil slowly and blend again until you are happy with the consistency.
3. Add the champagne ham, red pepper, pineapple, ginger, cherry tomatoes, and juice of one lime. Mix well and cook for a few minutes. Set aside.
4. Heat a second large fry pan and cook the cauliflower rice.
5. Add the juice of the second lime, and toss again.
6. Add the eggs and mix well.
7. Sprinkle with finely chopped cilantro.
8. Serve hot and 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:

Vitamin C	191mg
Vitamin A	17883 IU
Selenium	149mcg
Vitamin E	6.4mg
Calcium	288mg
Pyridoxine (Vitamin B6)	1.4mg
Thiamin (Vitamin B1)	0.5mg
Niacin (Vitamin B3)	14mg

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!



HERBIVORE MEALS



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:

Vitamin C	53.1 mg
Vitamin A	7354 IU
Selenium	96.2mcg
Vitamin E	2mg
Calcium	132mg
Pyridoxine (Vitamin B6)	2.2mg
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	24.6mg

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.

MAC AND CHEESE

 Serves 4  Prep 20 mins

 Cook 30 mins



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

Vitamin C	114mg
Vitamin A	2278 IU
Selenium	10.6mcg
Vitamin E	0.6mg
Calcium	91mg
Pyridoxine (Vitamin B6)	0.7mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	2.3mg

Ingredients

Vegetable Pasta

- 1 1/2 heads cauliflower, chopped
- 2 teaspoon coconut oil
- 1/2 teaspoon salt
- 1/4 cup water

Sauce

- 1 medium yellow squash, cut into small cubes
- 1 small carrot, peeled & diced
- 1 white onion, chopped

- 1/2 teaspoon garlic powder
- 1 tablespoon ground mustard
- 1 3/4 cups (400ml) coconut milk
- 1 teaspoon salt
- Pepper, to taste
- 1 egg yolk

Method

1. Lightly fry the cauliflower in oil. Add salt and 1/4 cup water. Let it cook for 1-2 minutes, or until lightly caramelized. Set aside.
2. On a separate saucepan, lightly fry the squash, carrots, and onion.
3. Add garlic powder, mustard, and coconut milk. Season with salt and pepper and let it cook until the coconut milk is reduced to about 2/3 it's original volume, or is slightly thick.
4. Use a blender to puree the coconut milk sauce. Add egg yolk while blending and season with salt and pepper.
5. Toss the cooked cauliflower pasta with the sauce and serve hot.



LOADED SWEET POTATO (JACKET POTATO)



Serves 6



Prep 20 mins



Cook 40 mins

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

Vitamin C	27.6mg
Vitamin A	22093 IU
Selenium	2mcg
Vitamin E	3.7mg
Calcium	89.6mg
Pyridoxine (Vitamin B6)	0.7mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	2.7mg

Ingredients

- 6 large sweet potatoes
- 2 eggplants
- 3 zucchinis
- 2 carrots
- 4 pieces of garlic
- 1 onion
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1/2 cup olive oil
- Salt & pepper

Method

1. Slice sweet potatoes in half length wise. Preheat oven to 380 degrees Fahrenheit
2. Brush the inside of the sweet potatoes with olive oil and sprinkle with spices and salt & pepper.
3. Place flat on an oven tray skin side down and bake in preheated oven for 30 minutes.
4. Peel and small dice all remaining veggies.
5. Heat a frying pan with oil and sauté all veggies until tender.
6. Scoop the inside of the sweet potatoes into a large bowl. mash, add sautéed veggies and scoop back into potato skins. bake for another 10 minutes.

MUSHROOM & SPINACH CAULIFLOWER RICE RISOTTO

 Serves 5  15 mins

 Cook 10 mins



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

Vitamin C	60.2mg
Vitamin A	1142 IU
Selenium	6.5mcg
Vitamin E	0.4mg
Calcium	52.3mg
Pyridoxine (Vitamin B6)	0.4mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	3.3mg

Ingredients

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

Method

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



OVEN ROASTED TURMERIC CAULIFLOWER



Serves 4



Prep 5 mins



Cook 20 mins

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

Vitamin C	68.7mg
Vitamin A	48.4IU
Selenium	4.6mcg
Vitamin E	1.7mg
Calcium	49.4mg
Pyridoxine (Vitamin B6)	0.4mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	1.1mg

Ingredients

- 3 tablespoons extra virgin olive oil
- 1 tablespoon yellow mustard seeds
- 1 jalapeño, chopped
- 1 tablespoon fresh ginger, grated

- 3 teaspoons ground turmeric
- 1 head cauliflower, cut into florets
- 1/2 teaspoon Himalayan rock salt

Method

1. Preheat oven at 400F (200C).
2. Whisk together the oil, mustard seeds, jalapeño, ginger, and turmeric in a medium sized bowl.
3. Place cauliflower in a medium baking dish and drizzle the flavored oil, now toss to finely coat.
4. Season with salt and roast for 20-25 minutes, or until lightly golden brown and just tender.

PALEO MUSHROOM SWEET POTATO GOULASH

 Serves 4  Prep 30 mins

 Cook 40 mins



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

Vitamin C	98.3mg
Vitamin A	17668 IU
Selenium	5.4mcg
Vitamin E	2.4mg
Calcium	136mg
Pyridoxine (Vitamin B6)	1.4mg
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	5.5mg

Ingredients

- 5 tablespoons coconut oil
- 1 onion, diced
- 2 kumara potatoes, peeled and diced
- 2 carrots, peeled and diced
- 2 cups mushrooms, quartered
- 4 garlic cloves, minced
- 1 tablespoon paprika

- 1/2 teaspoon cayenne pepper
 - 2 teaspoons basil
 - 2 cups red wine
 - 4 cups strained tomatoes
 - 1 cup vegetable broth
 - 2 bay leaves
 - 8 zucchinis
 - Salt and pepper, to taste
4. Add the garlic, paprika, cayenne pepper and basil. Continue cooking for 2 minutes.
 5. Add the wine, strained tomatoes, vegetable broth and bay leaves.
 6. Cover the pot and continue to cook, at a simmer, for 30 minutes.
 7. While the mixture is cooking, prepare the zucchini noodles by using a spiralizer or a mandolin. Place the noodles on paper towels and dry them.

Method

1. Heat 3 tablespoons of coconut oil over medium heat in a large pot.
2. Add the onions and cook for 6 minutes, or until the onions are soft.
3. Add the potato, carrots, and mushrooms and turn the heat up to medium heat. Continue cooking for 3 minutes.
8. On a separate skillet or fry pan, melt the remaining 2 tablespoons of coconut oil over medium heat.
9. Add the noodles and cook for 10 - 12 minutes. Add the salt and pepper.
10. Once the goulash mixture is done cooking, serve over a bed of cooked noodles.



PALEO MUSTARD STUFFED SWEET POTATOES

 Serves 6  Prep 20 mins

 Cook 55 mins

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

Vitamin C	5.6mg
Vitamin A	15531 IU
Selenium	5.3mcg
Vitamin E	1mg
Calcium	41mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	2mg

Ingredients

- 5 large sweet potatoes
- 2 tablespoons olive oil
- 1 ½ tablespoons Dijon mustard
- ¼ cup coconut cream
- 12 white button mushrooms
- 2 springs green onion
- Salt and pepper

Method

1. Line an oven tray with baking paper, wash the sweet potatoes and dry with a paper towel. Using olive oil brush over the skin of the sweet potatoes, evenly coating them.
2. Carefully make small holes in the sweet potatoes so air can flow.
3. Once all coated and have air holes, place in the oven for 50 mins (fan bake 180C/360F).
4. Remove from the oven and let set for 5 minutes to cool.
5. Cut the sweet potato lengthwise and carefully spoon out the filling and place in a bowl to the side for now. Try not to break the skin, repeat until all sweet potatoes are done.
6. Using the filling season with salt and pepper, add the Dijon mustard and coconut cream and blend until smooth.
7. In a fry pan fry off the mushrooms for 3-5 minutes then add the cooked mushrooms to the sweet potato mustard mash and stir.
8. Serving time, on a plate add the sweet potato skin and spoon in the mash mixture, accompany the stuffed sweet potatoes with a fresh green side salad, add cooked bacon as an option and sprinkle with green onion.
9. Enjoy.

PALEO PUMPKIN PIKELETS

 Serves 6  Prep 10 mins
 Cook 5 mins



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

Vitamin C	0.1mg
Vitamin A	111 IU
Selenium	7.1mcg
Vitamin E	0.2mg
Calcium	29.2mg

Ingredients

- ¼ cup pumpkin puree
- 3 tablespoons almond milk
- 2 tablespoons maple syrup
- 3 flax eggs

Note: 1 flax egg is equal to 1 tbsp ground flax seed mixed with 2 tbsp of water

- 1 tablespoon coconut oil, melted, plus additional for pan (1 teaspoon)
- 1 teaspoon vanilla extract
- ¼ cup coconut flour

- 3 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon Himalayan rock salt
- ¼ teaspoon baking soda

Method

1. In a large bowl, combine the dry ingredients – the coconut flour, cinnamon, nutmeg, salt, and baking soda.
2. In a second large bowl, whisk together the wet ingredients – the pumpkin puree, almond milk, maple syrup, eggs, oil, and vanilla.
3. Add the dry ingredients to the wet ingredients. Stir together until just combined.
4. Heat a large electric fry pan to a medium heat. Add a teaspoon of coconut oil.
5. Add large tablespoons of batter and cook for approximate 2-3 minutes and flip. Cook for another 2-3 minutes and set aside on a warmed plate.
6. Serve and enjoy!



PUMPKIN CURRY

 Serves 4  Prep 15 mins

 Cook 15 mins

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

PER SERVING:

Vitamin C	46.2mg
Vitamin A	10516 IU
Selenium	5.9mcg
Vitamin E	2.8mg
Calcium	63.2mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	1.8mg

Ingredients

- 1 pound (500 grams) pumpkin (or butternut squash, cut into 1-inch cubes)
- 4 teaspoons turmeric
- 4 teaspoons smoked paprika
- 2 1/2 (625ml) cups water (include any coconut water saved from fresh coconut)
- 3/4 cup fresh coconut flesh, grated
- 1 teaspoon cumin seeds
- 1 tablespoon extra virgin olive oil

- 1 teaspoon black mustard seeds
- 1 bay leaf
- 2 small red chili peppers, split in half lengthwise

Method

1. Put the pumpkin or butternut squash in a saucepan with the turmeric, smoked paprika, and the water. Bring to a boil and simmer gently for 6-8 minutes, or until tender.
2. Grind half of the coconut in a spice mill with the cumin seeds.
3. Stir this into the pumpkin mixture and cook for 2-3 minutes, stirring occasionally.
4. Add more water if it looks too dry. Remove from heat.
5. In a small, nonstick frying pan, heat the oil until hot and add the mustard seeds, bay leaf, and red chilies. Stir and cook over high heat for 1-2 minutes, then pour this mixture over the pumpkin curry.
6. Season, serve and enjoy!

SATAY PUMPKIN SOUP

 Serves 5  Prep 30 mins

 Cook 1 hr

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

Vitamin C	23.6mg
Vitamin A	14878 IU
Selenium	10.6mcg
Vitamin E	3mg
Calcium	189mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	6.1mg

Ingredients

- 1 pumpkin, skin removed & chopped into large chunks
- Olive oil, for frying as needed
- 3 brown onions, diced
- 4 garlic cloves, crushed
- 3 teaspoons curry powder
- 6 1/2 oz (200 grams) almond butter
- 4 cups (1000ml) vegetable stock

- 2 cups (500ml) water
- 1 3/4 cups (400ml) coconut milk

Method

1. Preheat oven to 400F (200C).
2. Place chopped pumpkin on a baking tray and lightly coat in olive oil. Place in the oven to roast for 40 minutes.
3. Heat a large stock pot over medium heat and add in the diced onions and crushed garlic, along with a little bit of olive oil. Stir and gently cook until the onion becomes clear.
4. After the onions have been cooking for a couple of minutes, mix in the curry powder. Turn the heat down to low.
5. After another minute, add the almond butter to the pot and mix. Gently heat for two minutes, stirring often, then turn off the heat.
6. Remove the roasted pumpkin from the oven and add it to the stock pot, then gradually add in the vegetable stock. Stir until well mixed in with the satay ingredients.
7. Place the stock pot back on to a low-medium heat and simmer with the lid on for 20 minutes, stirring occasionally.
8. Remove the pot from heat and take the lid off. Gradually add the water into the pot, stirring constantly.
9. Once all of the water is mixed in, blend the soup in the pot using a hand-blender.
10. Once the soup is well-blended, gradually stir in the coconut milk and then return the pot to a low heat.
11. Heat the soup for a further 5-10 minutes. Crack some black pepper over the soup (Optional).
12. Serve and enjoy!

SLOW ROASTED TOMATO TRIO PASTA WITH BALSAMIC & CHILI

 Serves 4  Prep 30 mins

 Cook 30 mins



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

Vitamin C	232mg
Vitamin A	6000 IU
Selenium	7.6mcg
Vitamin E	8.4mg
Calcium	163mg
Pyridoxine (Vitamin B6)	1.5mg
Thiamin (Vitamin B1)	0.5mg
Niacin (Vitamin B3)	9mg

Ingredients

- 200 grams of button mushrooms
- 2 roasted red peppers
- 4 asparagus spears
- 1.5 pounds of fresh tomato
- 500 grams of cherry tomato trio (three different types of cherry tomato)
- 2 eggplants
- 5 zucchinis
- 1 red onion
- 1/4 balsamic vinegar
- 1/2 cup olive oil + 1 tablespoon
- 100 grams fresh basil
- 500 grams of yellow tomato
- 1 teaspoon dried chili flakes

- 4 red chilis
- 1 stock of celery
- 1/2 cup veggie stock
- 1 tablespoon tomato paste
- Salt and pepper, to taste

Method

1. Preheat oven to 350 degrees Fahrenheit, cover a baking tray with aluminum foil, mix 1/2 cup olive oil, balsamic vinegar and chili flakes in a large bowl. slice and deseed fresh chili.
2. Toss cherry tomato, yellow tomato and fresh chili in balsamic mixture (keep remaining liquid), place on baking tray then cook in preheated oven for 10 mins. reduce oven to low heat and allow it to continue cooking for 20 minutes.
3. Small dice onions, red peppers, asparagus, celery and mushrooms, quarter tomatoes.
4. Heat a frying pan with remaining olive oil, sauté onions, mushrooms, celery, red pepper and asparagus, season with salt and pepper, add tomato and cook for 5 minutes until soft, add remaining liquid from marinade, reduce heat, add fresh basil, allow to simmer.
5. Slice eggplant and zucchini into long thin broad slices, put a large pot of water on to boil, add veggie stock to water, once boiling add "noodles" (veggies)
6. Thicken sauce with tomato paste, serve on top of veggie noodles, top and garnish with roasted tomato and chili

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:

Vitamin C	14.3mg
Vitamin A	25251 IU
Selenium	0.5mcg
Vitamin E	1.2mg
Calcium	73.1mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	2.1mg

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.



OMNIVORE MEALS



BACON & CAULIFLOWER BAKE

 Serves 5  Prep 10 mins

 Cook 25 mins

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

Vitamin C	62.8mg
Vitamin A	124 IU
Selenium	17.3mcg
Vitamin E	1.1mg
Calcium	50.6mg
Pyridoxine (Vitamin B6)	0.6mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	4.7mg

Ingredients

- 1 cauliflower
- 1 squash
- Salt & pepper, to taste
- 2 tablespoons olive oil
- 14 ounces (400g) bacon
- 2 garlic cloves, crushed
- 1 3/4 cups (400ml) coconut cream
- 1/4 cup (60ml) beef stock
- 1 tablespoons coconut flour
- 1/4 teaspoon nutmeg

Method

1. Preheat oven on (360F) 180C
2. Cut the cauliflower into small florets.
3. Peel and cut the squash into bite-size pieces.
4. Place a pot of water on the heat to boil, once boiling add the cauliflower and squash to soften, season with salt and pepper, let that cook for 10 minutes.
5. Cut bacon into pieces.
6. Place a fry pan on heat with olive oil. Once hot add the bacon to cook for 3-4 minutes.
7. Crush gloves of garlic into the pan to brown and mix with the bacon.
8. Add coconut cream and beef stock, then add the coconut flour and nutmeg to the pan with the bacon. Add the dry ingredients slowly while still stirring.
9. Remove the cauliflower and squash from the heat and drain the water.
10. In an oven proof dish add the cooked cauliflower and squash then pour over the bacon mix.
11. Set the dish into the oven for 15 minutes on grill.
12. Carefully remove from the oven and dish this great bake as a side to any tasty paleo meals.
13. Serve and enjoy!



BAKED SALMON WITH AVOCADO & ZUCCHINI NOODLES

 Serves 5  Prep 10 mins

 Cook 15 mins

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

Vitamin C	122mg
Vitamin A	2064 IU
Selenium	146mcg
Vitamin E	7.4mg
Calcium	163mg
Pyridoxine (Vitamin B6)	4.6mg
Thiamin (Vitamin B1)	1.3mg
Niacin (Vitamin B3)	36.6mg

Ingredients

- 5 salmon fillets (deboned)
- 12 zucchinis
- Black pepper, to taste
- 2 large lemons
- 1 teaspoon fresh dill, diced
- 4 avocados
- 1 cup fresh basil leaves
- ½ cup olive oil
- 1 tablespoon coconut oil
- 10-15 cherry tomatoes

Method

1. Line an oven tray with baking paper and heat the oven at 360F (180C) on fan bake.
2. Using a julienne peeler slice the zucchinis into noodles.
3. On the lined tray place the salmon skin side down, crack over black pepper, and rock salt (optional), and sprinkle over fresh dill and lemon juice.
4. Place the salmon into the oven for 15 minutes to bake.
5. To make the avocado sauce, in a container place the avocados (remove the skin and core and spoon out) the basil leaves, the olive oil and lemon juice and blend with a hand blender.
6. Using the wok cook off the zucchini noodles, drizzle in some coconut oil, add in the noodles and cook for 3-5 minutes, keep tossing and optional rock salt and black pepper.
7. Add in the avocado sauce to the zucchini noodles and stir.
8. Remove the baked salmon from the oven.
9. Plate up the zucchini noodles and place a salmon fill on the top and sprinkle cherry tomatoes in on top.
10. Enjoy.

BEEF BOLOGNESE

 Serves 4  Prep 15 mins

 Cook 20 mins

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

Vitamin C	54.6mg
Vitamin A	1669 IU
Selenium	28mcg
Vitamin E	3.6mg
Calcium	91.7mg
Pyridoxine (Vitamin B6)	1.3mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	12.6mg

Ingredients

Zucchini Noodles

- 6 small zucchinis, sliced into noodles
- Sea salt, to taste (Optional)
- Black pepper, to taste (Optional)

Paleo Beef Bolognese

- Coconut oil, for frying as needed
- 1 eggplant, chopped into bite-size cubes
- Sea salt, to taste
- Black pepper, to taste
- 1 1/2 pounds (750 grams) ground beef

- 1 tablespoon dried or fresh basil
- 3 tomatoes, chopped
- 1 1/2 cups pureed tomatoes

Method

Zucchini Noodles

1. In a frying pan, heat some coconut oil and lightly fry the zucchini noodles for about 5 minutes.
2. Season with sea salt and pepper. (Optional)

Paleo Beef Bolognese

1. Heat some coconut oil in a large frying pan on a medium-high heat and lightly fry the eggplant until slightly browned. Season with salt and pepper. Once cooked, remove from the pan and set aside.
- Note:** Eggplant absorbs oil so add more coconut oil if you need to.
2. Using the same pan, cook the ground beef until browned.
3. Add the eggplant back into the pan along with the chopped tomatoes, basil, and pureed tomato.
4. Cook Bolognese for about 10 minutes.
5. Remove from heat and serve with the zucchini noodles. 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:

Vitamin C	17.4mg
Vitamin A	531 IU
Selenium	43.7mcg
Vitamin E	0.5mg
Calcium	79.2mg
Pyridoxine (Vitamin B6)	0.7mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	11.8mg

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.

BEEF PATTIES WITH CARROT FRITTERS

 Serves 5  Prep 20 mins
 Cook 30 mins



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

Vitamin C	8.2mg
Vitamin A	8734 IU
Selenium	37.4mcg
Vitamin E	1.4mg
Calcium	79.9mg
Pyridoxine (Vitamin B6)	0.6mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	5.7mg

Ingredients

Carrot Fritters

- 6 free range eggs
- 4 carrots, grated
- 1/2 cup coconut milk
- Black pepper, to taste
- 2 tablespoons wholegrain mustard
- Small handful of fresh parsley, chopped
- 2 tablespoons almond meal

- Coconut oil, for cooking as needed

Beef Patties

- 1 pound (500 grams) ground beef
- 1 brown onion, diced (Optional)
- 1 free range egg
- 1 1/2 tablespoons almond meal
- 1/2 teaspoons paprika
- 1/2 teaspoons cumin

Method

Carrot Fritters

1. Preheat oven to 400F (200C) on fan bake.
2. In a bowl, whisk together the eggs, carrots and coconut milk. Season with black pepper.
3. Add the mustard, fresh parsley and almond meal. Mix until well combined.

4. Grease a muffin tray with melted coconut oil and spoon the mix evenly into the muffin cups, filling each until about 1/2 inch from the top.
5. Bake in the oven for 20 minutes. Once cooked, remove and allow to cool.

Beef Patties

1. In a large mixing bowl, add in the ground beef, onion, egg, crushed garlic, almond meal, paprika and cumin. Mix until well combined and roll into patties.
2. Line an oven tray with aluminum foil and place the patties on it. Cook in the oven for 15 minutes.
3. To serve, put the carrot fritter at the bottom then add the beef patty on top. You may also top it with your favorite veggies (tomatoes, avocado, cucumber, etc.) or serve with fresh green side salad and Paleo Mayo (see the recipe under our condiments tab!) Enjoy!



BEEF WRAPS

 Serves 5  Prep 10 mins

 Cook 20 mins

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

Vitamin C	27.8mg
Vitamin A	884 IU
Selenium	39.1mcg
Vitamin E	3.8mg
Calcium	57.2mg
Pyridoxine (Vitamin B6)	1.2mg
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	14.1mg

Ingredients

- 10 pieces beef schnitzel
- 8 ounces (250 grams) streaky bacon strips, cut in the middle
- Coconut oil, for frying as needed
- 3 avocados, mashed
- Juice of 1 lemon

- 1 red onion, diced
- 3 tomatoes, sliced
- Mixed lettuce greens, as needed

Method

1. Lightly fry the beef and streaky bacon in a pan with a little bit of coconut oil. Let the meat rest for a few minutes after cooking until it is cool enough to handle.
2. In a bowl, mix the mashed avocado, lemon juice and onion.
3. Lay the beef schnitzel flat and add some avocado mix, a piece of bacon, a slice of tomato and some lettuce greens.
4. Roll up the beef and repeat until all of the schnitzel is used.
5. Serve and enjoy!

CAJUN SCALLOP & PRAWN ZUCCHINI PASTA

 Serves 6  Prep 45 mins

 Cook 30 mins



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

Vitamin C	94.1mg
Vitamin A	4611 IU
Selenium	21.2mcg
Vitamin E	2.3mg
Calcium	124mg
Pyridoxine (Vitamin B6)	1mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	4.5mg

Ingredients

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

Method

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



CHICKEN & LIME FRIED RICE



Serves 4



Prep 15 mins



Cook 15 mins

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

Vitamin C	130mg
Vitamin A	522 IU
Selenium	25.3mcg
Vitamin E	1.4mg
Calcium	104mg
Pyridoxine (Vitamin B6)	1.3mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	15mg

Ingredients

- 4 skinless chicken breasts, diced
- 1 cauliflower, grated
- 1 broccoli, chopped
- 2 zucchinis
- Fresh grated ginger, to taste
- 2 cloves garlic, finely chopped
- 2 limes
- Olive oil
- 2 tablespoons raw honey
- Sea salt (optional)
- Sprinkle of oregano
- 1/2 cup coconut milk

Method

1. Preheat the frying pan to a medium-high heat and drizzle a little olive oil.
2. Add the chicken to the frying pan and sprinkle over some cracked pepper, sea salt (optional), and oregano. Mix together and cook the chicken until lightly browned.
3. Squeeze in the juice from 1 lime (set aside the other one for later) and add raw honey to the pan. Mix in with the chicken.
4. Add in the chopped garlic, broccoli and zucchinis. Mix together and place the lid on the pan to cook for a few minutes.
5. Push the chicken and vegetables to one side of the pan. On the other side of the pan, add in the grated cauliflower with a dash of olive oil.
6. Add a bit of grated ginger to the cauliflower and keep stirring it on one side of the pan for 2-3 minutes.
7. Mix the cauliflower, chicken and vegetables together in the pan.
8. Add in the coconut milk, squeeze in the juice from the other lime and stir together. Place lid on pan and heat for 5 minutes more.
9. Serve and enjoy!

CHICKEN & SWEET POTATO SOUP

 Serves 6  Prep 10 mins

 Cook 40 mins

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

Vitamin C	9.1mg
Vitamin A	21183 IU
Selenium	41.2mcg
Vitamin E	1.1mg
Calcium	89.4mg
Pyridoxine (Vitamin B6)	1.5mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	27mg

Ingredients

- 2 cups (500ml) water
- 2 1/2 teaspoons fennel seeds
- 1 teaspoon oregano
- 1 teaspoon thyme
- 3 2 1/2 pound (1.25 kilogram) chicken breasts, skinless
- 4 cups (1000ml) chicken stock
- 3 large sweet potatoes, peeled

- 7 carrots
- 2 teaspoons curry powder

Method

1. Bring a pot of water to the boil.
2. Add fennel seeds, oregano and thyme to the water.
3. Gently place the chicken breasts into the pot to poach, making sure the water is just covering the chicken. Let this simmer for 20 minutes.
4. Remove the pot from heat and carefully take the chicken breasts out, placing them onto a clean plate. Leave the water in the pot.
5. Strain the water from the chicken pot into a larger stockpot. This is going to form the base of your chicken stock.
6. Turn the stock pot on to heat and add in the extra 4 cups of fresh chicken stock.
7. Grate the sweet potatoes, by hand or in a food processor, and add into the stockpot.
8. Chop the ends off the carrots and grate, by hand or in a food processor, and add into the stockpot. Peeling the carrots is not necessary.
9. Mix in the curry powder. Place the lid on and cook for 15 minutes.
10. Shred the poached chicken breasts into small strips, using a knife.
11. Use a stick blender to smooth the cooked ingredients in the stock pot, and then ease the soup onto a low heat.
12. Add the shredded chicken into the stock pot and bring the heat back to medium. Simmer for 5-10 minutes with the lid on.
13. Remove from heat, then serve and enjoy!



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:

Vitamin C	99.3mg
Vitamin A	18221 IU
Selenium	38.7mcg
Vitamin E	3.4mg
Calcium	163mg
Pyridoxine (Vitamin B6)	1.1mg
Thiamin (Vitamin B1)	0.5mg
Niacin (Vitamin B3)	17.4mg

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 & 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:

Vitamin C	27.8mg
Vitamin A	2156 IU
Selenium	43.5mcg
Vitamin E	2.2mg
Calcium	73.3mg
Pyridoxine (Vitamin B6)	1.5mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	26.4mg

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.

This dish is best served on a bed of cauliflower rice or swede rice! (in recipe video we used swede rice)



CHICKEN FETTUCINE

 Serves 6  Prep 20 mins

 Cook 15 mins

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

Vitamin C	41.9mg
Vitamin A	617 IU
Selenium	33mcg
Vitamin E	6.9mg
Calcium	137mg
Pyridoxine (Vitamin B6)	1.2mg
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	14.8mg

Ingredients


- 10 chicken thighs, skinless and boneless
- 7 zucchinis, sliced with a julienne peeler
- 1/2 pound (250 grams) streaky bacon (optional), diced
- 20 white button mushrooms, sliced
- 2 cups chicken stock
- 1 cup coconut cream
- 2 tablespoons apple cider vinegar
- 2 tablespoons cashew butter
- 1 tablespoon oregano
- 1 tablespoon dried basil leaves
- Cracked black pepper, to taste
- Himalayan pink salt (optional)
- Sesame oil

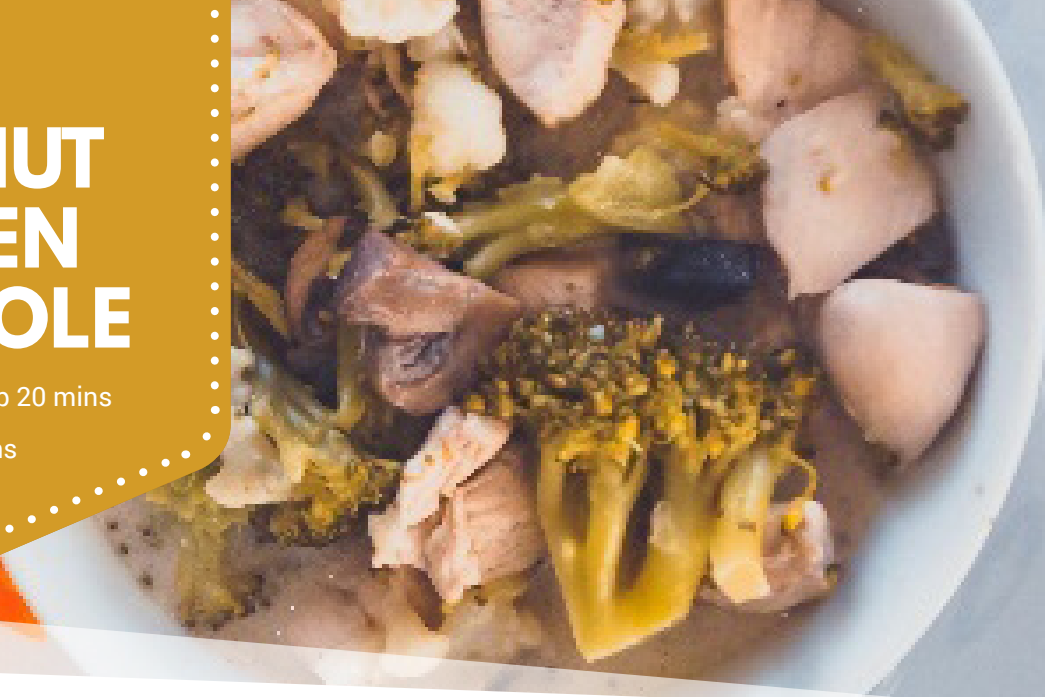
Method

1. Turn an electric frying pan on to a medium-high heat with a splash of sesame oil.
2. Place the chicken in the frying pan and cook with black pepper, salt and oregano and toss.
3. Turn on another pan or wok to heat to a medium-high heat.
4. Drizzle in some sesame oil and place in the zucchinis to soften, season with black pepper and salt.
5. Sprinkle dried basil leaves over the chicken and stir, cook for 3 – 5 minutes.
6. Remove the chicken from the pan into a bowl and set aside, place the bacon into the pan to cook for about 4-5 minutes.
7. Remove the bacon from the pan and add to the bowl you've set aside with the chicken. Add in the mushrooms in the pan to fry, add more oil if required for 4-5 minutes.
8. Remove the mushrooms from the pan and add it to the chicken and bacon.
9. Take the zucchini noodles off the heat.
10. To make the sauce, add to the pan the chicken stock, coconut cream, apple cider vinegar and the cashew butter and stir until mix is all smooth.
11. Once the sauce is all mixed add in the chicken, bacon, and mushrooms into the pan and simmer for 2-3 minutes.
12. To serve, place the zucchini noodles in a bowl and top with the chicken sauce. 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:

Vitamin C	62.2mg
Vitamin A	270 IU
Selenium	26.8mcg
Vitamin E	0.6mg
Calcium	56.1mg
Pyridoxine (Vitamin B6)	0.9mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	15.2mg

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!



CITRUS CHICKEN THIGHS

 Serves 6  Prep 3 hrs

 Cook 20 mins

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

Vitamin C	41.2mg
Vitamin A	467 IU
Selenium	16.6mcg
Vitamin E	0.7mg
Calcium	43.6mg
Pyridoxine (Vitamin B6)	0.4mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	7mg

Ingredients

- 8 chicken thighs
- 1/3 cup apple cider vinegar
- ¼ cup sesame oil
- 2 oranges
- 2 lemons
- 1 teaspoon paprika
- 1 teaspoon sesame seeds
- Coconut oil

Method

1. To make the marinade, add the apple cider vinegar, sesame oil and the juices from the oranges and lemons to a large mixing bowl.
2. Using about a thumb size piece of ginger peel the skin off and dice about ½ of it and add to the marinade.
3. Add some cracked black pepper and a pinch of salt.
4. Add the paprika and sesame seeds and mix well.
5. Add the chicken into the marinade, make sure all the chicken is covered or coated and place cling wrap on the top and leave in the fridge for at least 3 hours.
6. Heat a frying pan to a medium-high heat with a drop of coconut oil.
7. Pan fry the chicken breasts 8-10 minutes each side (to check if the chicken is cooked, make a small incision and if the juice runs clear it is cooked).
8. Serve and enjoy!

CREAMY CHICKEN & MUSHROOM NOODLES

 Serves 5  Prep 15 mins

 Cook 15 mins



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

Vitamin C	56.5mg
Vitamin A	749 IU
Selenium	30.3mcg
Vitamin E	0.8mg
Calcium	78.1mg
Pyridoxine (Vitamin B6)	1.6mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	18.9mg

Ingredients

- 8 medium zucchinis
- 4 chicken breasts, diced
- 15 white button mushroom, quartered
- 1 tablespoon tapioca flour
- 1 cup beef stock
- 1 1/2 cups coconut cream
- Black pepper
- Coconut oil, for cooking

Method

1. Slice the zucchinis into long, thin noodles using a Julienne peeler.
2. Heat about 2 teaspoons of coconut oil in a frypan and then fry the diced chicken over a medium heat until cooked right through.
3. Add the mushrooms into the pan with the chicken and fry for another 2 minutes, stirring often.
4. Sprinkle the tapioca flour into the pan and mix in immediately with the chicken and mushrooms.
5. Gradually pour in the beef stock and the coconut cream, stirring constantly. Bring to the boil, and then simmer for 5 minutes.
6. Heat the zucchini noodles in a separate frypan with 2 teaspoons of coconut oil. Crack black pepper over top and mix in with the noodles. Fry for approximately 3 minutes, stirring often.
7. Mix the zucchini noodles in with the chicken and mushroom sauce mix, and cook for another 2 minutes.
8. Serve and enjoy!



DEVEILED EGGS

 Serves 3  Prep 10 mins

 Cook 10 mins

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

Vitamin C	8.5mg
Vitamin A	1194 IU
Selenium	33.3mcg
Vitamin E	4.9mg
Calcium	77.7mg
Pyridoxine (Vitamin B6)	0.2mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	0.5mg

Ingredients

- 6 boiled eggs, halved, yolk and white separated
- 1 tomato, thinly chopped
- 1 celery, thinly chopped
- 1 small onion, thinly chopped

- 1 tablespoon Paleo mayonnaise
- 1/2 teaspoon cumin
- 1/2 teaspoon mustard
- 1/2 teaspoon paprika
- A spritz of lime
- Salt and pepper, to taste

Method

1. In a bowl, mix the egg yolks and mash with a fork.
2. Add the rest of the ingredients (except paprika) and mix well.
3. Scoop on top of the egg whites.
4. Sprinkle with paprika.

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:

Vitamin C	48.8mg
Vitamin A	20784 IU
Selenium	21.1mcg
Vitamin E	1.2mg
Calcium	160mg
Pyridoxine (Vitamin B6)	0.7mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	4.3mg

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!



GREEN SPINACH OMELETTE WITH SMOKED SALMON FILLING

 Serves 4  Prep 10 mins

 Cook 10 mins

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

Vitamin C	22.8mg
Vitamin A	2119 IU
Selenium	7.1mcg
Vitamin E	0.6mg
Calcium	56.2mg
Pyridoxine (Vitamin B6)	0.1mg
Niacin (Vitamin B3)	0.4mg

Ingredients

- Handful spinach
- Small handful fresh parley
- 2 eggs
- cracked black pepper
- sprinkle of sea salt
- 1 tablespoon dried dill
- 2 tablespoons coconut cream
- 1 teaspoon olive oil

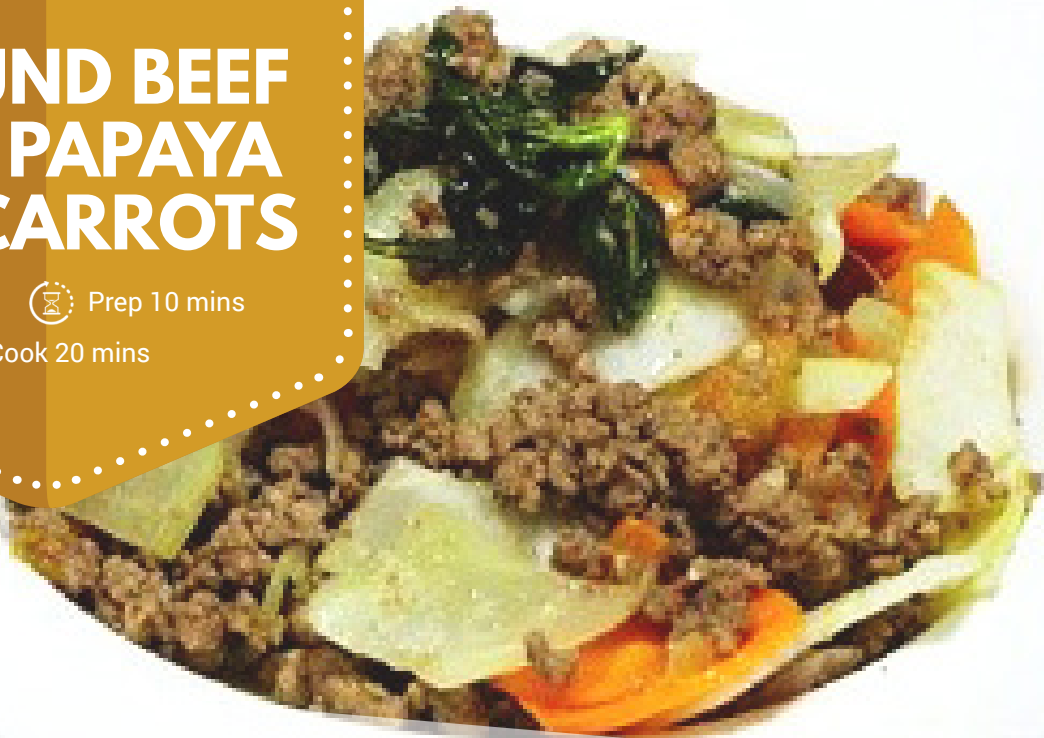
Method

1. In a tall container, place in the spinach and the parley, crack in 2 eggs.
2. To season add cracked black pepper and sea salt, add dried dill and pour in the coconut cream
3. Using a hand blender mix all that up until smooth. (/if you don't have a hand blender you can use a food processor.)
4. Pre heat a fry pan, drizzle in olive oil.
5. Pour in enough mixture to make one omelette and spread out over pan.
6. Once you start to see the edgers browning up flip it over and cook the other side.
7. Remove omelette from pan onto a place and start placing the fillings into it.
8. Start by placing the salad greens on the omelette, then followed by the smoked salmon in strips over the salad greens.
9. Now it's time to serve and eat.
10. Enjoy

GROUND BEEF WITH PAPAYA AND CARROTS

 Serves 2  Prep 10 mins

 Cook 20 mins



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

Vitamin C	125mg
Vitamin A	8617 IU
Selenium	38.3mcg
Vitamin E	3.3mg
Calcium	133mg
Pyridoxine (Vitamin B6)	1.3mg
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	14.3mg

Ingredients

- Coconut oil, for frying as needed
- 4 garlic cloves, crushed
- 1 small onion, chopped
- 3 tomatoes, sliced
- 1 pound (500 grams) ground beef
- 2 teaspoons coconut amino
- 1 teaspoon coconut sugar

- 1 tablespoon fish sauce
- 1 medium green papaya, thinly sliced
- 1 medium carrot, thinly sliced
- 1/2 cup basil leaves, ground
- Salt & pepper, to taste

Method

1. In a large pan, heat a little coconut oil and lightly fry the garlic, onion, and tomatoes.
2. Add the ground beef and cook until brown.
3. Add the coconut amino, coconut sugar, fish sauce, papaya and carrot. Mix well and let it simmer for a few minutes.
4. Add the basil and season with salt and pepper.
5. Serve hot and enjoy!



YUM WOON SEN

 Serves 2  Prep 10 mins

 Cook 15 mins

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

Vitamin C	29.1mg
Vitamin A	5089 IU
Selenium	9.4mcg
Vitamin E	1.2mg
Calcium	49.3mg
Pyridoxine (Vitamin B6)	0.3mg
Thiamin (Vitamin B1)	0.1mg
Niacin (Vitamin B3)	1.7mg

Ingredients

- 1 teaspoon olive oil
- 8 shrimp, cleaned & deveined
- 1 medium zucchini, sliced into noodles
- 1 tablespoon apple cider vinegar
- 2 teaspoon coconut sugar

- Salt and pepper, to taste
- 1 small carrot, sliced
- 1 tomato, diced
- 1 tablespoon parsley, chopped

Method

1. Heat the oil in a fry pan. Add the shrimp and lightly fry. Set aside.
2. Heat the zucchini noodles in the same pan for about 1 minute. Set aside.
3. In a bowl, mix together the apple cider vinegar and coconut sugar, season with salt and pepper.
4. Combine the zucchini, shrimp, carrots, and tomato. Mix with the dressing until well coated.
5. Garnish with parsley.
6. Serve and enjoy!

VENISON SALAD WITH RED WINE SAUCE

 Serves 4  Prep 15 mins

 Cook 45 mins



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

Vitamin C	7.8mg
Vitamin A	148 IU
Selenium	35.8mcg
Vitamin E	5.3mg
Calcium	52.7mg
Pyridoxine (Vitamin B6)	1.3mg
Thiamin (Vitamin B1)	0.6mg
Niacin (Vitamin B3)	19mg

Ingredients

- 1 cup (250ml) red wine
- 6 whole cloves
- 2 star anise
- 3 tablespoons honey
- Juice of 1/2 orange
- 1/2 cup (125ml) olive oil
- 3 cloves garlic
- Small handful fresh thyme
- 4 large portobello mushrooms
- 8 small venison medallions (2 for each person)

- Salad greens
- 1/2 cup walnuts, to garnish
- 2 eggs, hard-boiled

Method

1. Place red wine, cloves, star anise, honey, and orange juice into a pot and bring to boil. Simmer for 10-15 minutes. Pour through sieve and into a small serving jug. Set aside to cool.
2. Peel the portobello mushrooms and place on an oiled tray.
3. Mix olive oil, garlic, and thyme together, and brush around the edges of the mushrooms, then brush over mushrooms and place in an oven at 360F (180C) for 30-40 minutes.
4. Bring venison steaks to room temperature and pat dry. Season with salt and pepper, add to a hot pan and cook each side for 3 minutes.
5. Take from pan, and slice two medallions for each serving.
6. Place mushrooms onto a plate on top of salad greens, then add venison on top. Garnish with walnuts and pour red wine sauce over top. Add two quarters of hard-boiled egg before serving.
7. Enjoy!



TURMERIC SPICED SALMON FILLETS

 Serves 3  Prep 10 mins

 Cook 15 mins

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

Vitamin C	0.7mg
Vitamin A	167 IU
Selenium	145mcg
Vitamin E	0.1mg
Calcium	58.7mg
Pyridoxine (Vitamin B6)	3.3mg
Thiamin (Vitamin B1)	0.9mg
Niacin (Vitamin B3)	31.3mg

Ingredients

- 1 teaspoon ground cumin
- 1 teaspoon garam marsala
- 1 tablespoon ground turmeric
- 3 tablespoons coconut yoghurt
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon coconut oil, melted
- 3 salmon fillets

Method

1. Preheat oven to 400F (200C) on fan bake.
2. In a small/medium sized bowl, combine the cumin, garam marsala, turmeric, coconut yoghurt, salt and pepper. Mix well until it forms a yellow/brown paste.
3. Line a baking tray with foil and brush the melted coconut oil over to stop the salmon from sticking.
4. Place the salmon fillets skin side down on the foil, spoon over enough of the yoghurt mixture on each salmon fillet to cover the top and sides of the fillets.
5. Bake the salmon for 10-15 minutes, until just tenderly cooked (may need longer depending on thickness).
6. Serve with a fresh salad or any of your favorite sides.

TURMERIC-GARLIC SHRIMP WITH CABBAGE-ORANGE SLAW

 Serves 5  Prep 10 mins

 Cook 5 mins



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

Vitamin C	92mg
Vitamin A	1714 IU
Selenium	77.3mcg
Vitamin E	3mg
Calcium	186mg
Pyridoxine (Vitamin B6)	0.5mg
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	5.9mg

Ingredients

- 28-30 (1 pound) extra large shrimp, cooked and peeled
- 1 tablespoon turmeric
- 1/8 teaspoon chili flakes
- 1/4 teaspoon cumin
- 2 oranges, peeled
- 1 tablespoon olive oil
- 1 Lime
- 1/2 head red cabbage (12 ounce), shredded

- 2 garlic cloves, crushed
- 2 tbsp fresh chopped cilantro
- 1/2 punnet cherry tomatoes
- Salt and Pepper to taste

Method

1. Combine shrimp with salt, turmeric, chili flakes and cumin.
2. Remove skin from the oranges and diced.
3. Combine olive oil, juice of 1 lime, salt and pepper in a large bowl and add in the cabbage, oranges and fresh cilantro and halved cherry tomatoes.
4. In a large deep pan over medium-high heat, add olive oil and the shrimp mix to heat through.
5. Add crushed garlic the last minute of heating, stir.
6. Remove from heat, squeeze lime over shrimp and toss with cilantro. Divide the salad (about 1 1/4 cups) and shrimp between 4 plates.