

FOOD, HEALTH, &
YOU APPROVED

Recipes for Weight Loss



**Exclusive
Recipes**



RECIPES FOR WEIGHT LOSS

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

Protein – Great for muscle growth and development, supports healthy body weight and aids in weight loss.

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

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

Vitamin C – Prevents scurvy, helps cure lead toxicity, helps cure cataracts

Vitamin B12 – Supports the nervous system and helps the body maintain a healthy digestive system. Promotes healthy skin and may be useful in supporting the prevention of cancer.

Folate – Great for the heart, reduces the risk of stroke, supports normal fetal development, great for colon health.

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

Phosphorus – Eliminates muscle weakness and fatigue, improves brain function and the digestive system.

Omega-3 – Boosts brain health and heart health.

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**SNACKS AND
QUICK MEALS**

BACON WRAPPED APPLES

 Serves 8  Prep 15 mins

 Cook 30 mins



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

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

Ingredients

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

Method

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

BACON WRAPPED PRUNES

 Serves 24  Prep 20 mins

 Cook 30 mins



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

Protein	2.6g
Calcium	5.3mg
Iron	0.2mg
Vitamin C	0.1mg
Vitamin B12	0.1mcg
Folate	0.8mcg
Selenium	4.2mcg
Phosphorus	45.7mg

Ingredients

- 24 prunes
- 12 bacon rashers, halved

Method

1. Preheat the oven to 400F (200C) on fan bake.
2. Wrap half a bacon rasher around each prune and place on a rack in a baking tray.
3. Cook for 30 minutes and enjoy!



BEEF & PESTO ROLL UPS

 Serves 6  Prep 20 mins

 Cook 10 mins

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

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

Ingredients

Beef Roll Ups

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

Basil Pesto

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

Side Salad

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

Basil Pesto

1. Heat the pan and roast the pine nuts on low-medium heat for 3-4 minutes. Be careful not to burn them.
2. Using a food processor, add the roasted pine nuts, crushed garlic and the fresh basil leaves. Blend while slowly adding the olive oil until you reach your desired consistency.

Beef Roll Ups

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

Method

Paleo Mayo

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

HEALTHY ORANGE CHICKEN SALAD

 Serves 5  Prep 20 mins

 Cook 20 mins



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

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

Ingredients

Marinade

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

Salad Dressing

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

Orange Chicken Salad

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

Method

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



LEMON & GARLIC SHRIMPS

 Serves 5  Prep 20 mins

 Cook 20 mins

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

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

Ingredients

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

Method

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

MANGO GLAZED CHICKEN TENDERS

 Serves 4  Prep 20 mins

 Cook 25 mins



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

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

Ingredients

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

Method

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



MEATBALLS WITH GRAVY

 Serves 5  Prep 20 mins

 Cook 20 mins

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

Protein	48.5g
Calcium	151mg
Iron	7mg
Vitamin C	10.3mg
Vitamin B12	3mcg
Folate	72.6mcg
Selenium	49.8mcg
Phosphorus	654mg

Ingredients

- 1 pound (500 grams) ground pork
- 1 pound (500 grams) ground beef
- 3 egg yolks
- 1 brown onion, diced
- 4 cloves of garlic, crushed
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- ½ teaspoons of cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cayenne pepper
- 6 sweet potatoes, peeled and cut into pieces

Gravy

- 2 cups beef stock
- 1 1/2 cups coconut cream
- 2 to 3 tablespoons almond butter
- 1 tablespoon tapioca flour

Method

Meatballs

1. Preheat the oven at 400F (200C) on fan bake.
2. On a frying pan, lightly fry the garlic and onion until transparent. Be careful not to burn them. Set aside.
3. In a large bowl, combine the onion, and garlic, egg yolks, herbs and spices. Mix well.
4. Shape the mince mixture into meatballs and put it on an oven tray lined with tin foil or baking paper. Cook in the oven for 15 minutes.

Sweet Potato Mash

1. Boil a pot of water and add the sweet potatoes. Place the lid on and let it cook for about 20 minutes or until tender.
2. Once cooked, drain the potatoes, add a little coconut cream (optional) and mash well.
3. Season your mash with a little salt and pepper.

Gravy

1. Heat a saucepan and add the beef stock, almond butter and coconut cream. Mix well.
2. Slowly add the tapioca flour and stir until smooth.
3. Add the meatballs and cook for 5 minutes on low heat.
4. Serve the meatballs with the mash, and gravy otop.

PALEO BACON AND GUACAMOLE SNACKS

 Serves 3

 Prep 10 mins

 Cook 15 mins

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

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

Ingredients

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

Method

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



PALEO CHICKEN SUSHI

 Serves 4  Prep 30 mins

 Cook 5 mins

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

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

Ingredients

Sushi Ingredients

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

Chicken Sauce

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

Method

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

PALEO PAD THAI

 Serves 5  Prep 20 mins

 Cook 15 mins



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

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

Ingredients

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

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

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

Method

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



PALEO CHICKEN TENDERS WITH CHUNKY TROPICAL SALSA

 Serves 4  Prep 20 mins

 Cook 20 mins

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

Protein	23.8g
Calcium	50.4mg
Iron	2.6mg
Vitamin C	61.3mg
Vitamin B12	0.6mcg
Folate	45mcg
Selenium	23.1mcg
Phosphorus	241mg

Ingredients

Chicken Tender

- 8 chicken thighs, cut into strips
- 2 eggs
- ½ cup coconut flour
- 1 cup almond meal
- 1 ½ teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ¼ teaspoon rock salt
- 1 tablespoon coconut oil

Chunky Tropical Salsa

- 1 mango
- ½ red onion
- 1 red pepper
- 1 handful of fresh cilantro
- ½ lime
- ½ tablespoon olive oil

Method

1. Preheat oven to fan bake, 340F (170C).
2. Combine coconut flour, almond meal, cumin, chili powder, garlic powder, and rock salt on a large plate or bowl. This is our coating for the chicken tenders.
3. Beat eggs with a fork.
4. Drop a handful of chicken strips into the egg and coat thoroughly.
5. Place chicken strips in the dry mixture and turn with a fork until they're evenly coated.
6. Once coated, put the tenders on a plate and set aside.
7. Place some baking paper on an oven tray and coat with a little, melted coconut oil. Place tenders on the tray and bake for 20 minutes.
8. These tenders go great with our Paleo mayonnaise or the salsa below.

Salad

1. Peel mango.
2. Roughly chop the mango, pepper, red onion and cilantro. Throw them all together in a bowl.
3. Drizzle a little olive oil (or avocado oil) and squeeze the lime juice over your salsa, then mix.

PALEO CHOCOLATE ALMOND BLISS

 Serves 8  Prep 30 mins
 Chill 1 hr



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

Protein	17g
Calcium	134mg
Iron	5.7mg
Vitamin C	4.1mg
Folate	37.4mcg
Selenium	11.8mcg
Phosphorus	516mg

Ingredients

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

Method

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



PALEO FISH BITES WITH HONEY MUSTARD DIPPING SAUCE

 Serves 5  Prep 15 mins

 Cook 25 mins

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

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

- 1 ½ teaspoons apple cider vinegar
- Pinch of salt
- Pepper, to taste

Method

Preparing and Cooking Fish Bites

1. Slice fish into small bite-sized chunks.
2. Whisk eggs and lemon juice together in a bowl.
3. Mix the tapioca flour, almond flour, salt and pepper together in a separate bowl.
4. Dip each fish bite first into the egg mix, then allow any excess egg to drip off before dipping them into the dry mix. Once fully coated in the dry mix, set the coated fish bites aside on a separate plate. Continue until all of the fish bites have been coated.
5. Preheat the oven to 350F (175C) on fan bake.

6. Add 1-2 teaspoons of coconut oil into a large frying pan on medium-high heat.
7. Once the oil is hot, fry the coated fish bites in the fry pan for only 1-2 minutes on each side (they should be lightly browned on each side). You may need to fry the fish bites in batches.
8. Line an oven tray with baking paper and carefully lay out the fried fish bites over the tray. Place in the oven and bake for approximately 20 minutes.
9. Serve with the honey mustard dipping sauce (below), and your favorite paleo sides!

Preparing Honey Mustard Dipping Sauce

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

Ingredients

Fish Bites

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

Honey Mustard Dipping Sauce

- 4 tablespoons dijon mustard
- 1 ½ teaspoons raw honey

PALEO LEMON CHICKEN WINGS

 Serves 4  Prep 15 mins

 Cook 20 mins



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

Protein	48.7g
Calcium	62.5mg
Iron	3.5mg
Vitamin C	39.1mg
Vitamin B12	0.8mcg
Folate	32.3mcg
Selenium	44.2mcg
Phosphorus	401mg

Ingredients

- 2 pounds (1 kilogram) chicken wings
- 1 punnet cherry tomatoes, halved
- 10-12 white button mushrooms, sliced
- 1/2 chard, sliced into strips
- 1 lime
- 2 lemons, zested
- Juice of the 3 lemons
- Small handful fresh cilantro
- Coconut oil
- Cracked black pepper, to taste

Method

1. Preheat the oven to 375F (180C) on fan bake.
2. Line two oven trays with tin foil.
3. Zest the skin of 2 lemons and squeeze the juice of 3 lemons into a bowl.
4. To season the chicken, cut the lime in half and squeeze the juice from the lime into the lemon juice bowl. Chop up the fresh cilantro and sprinkle that over the chicken. Also add the zest of the lemon, pour in the juice of the lemon and lime and using your fingers give that chicken a toss.
5. Season with cracked black pepper and toss again.
6. Place the chicken evenly spaced on the lined oven trays, then place in the oven to cook for 8 minutes on each side.
7. Place the sliced mushrooms and cherry tomatoes into the second lined oven tray and drizzle melted coconut oil over the top. Place them in the oven to cook for 12 minutes.
8. Place a pot of water on the heat to boil for the chard. Once boiling add the chard and cook for 3-4 minutes.
9. Time to pull out the chicken from the oven and the mushrooms and the cherry tomatoes.
10. Enjoy!



PALEO PRAWN & BACON BITES

 Serves 4  Prep 20 mins

 Cook 15 mins

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

Protein	31.6g
Calcium	121mg
Iron	4.8mg
Vitamin C	18.5mg
Vitamin B12	1.6mcg
Folate	28.8mcg
Selenium	53.9mcg
Phosphorus	398mg

Ingredients

Prawn and Bacon Bites

- 1 pound (500 grams) prawns, tails on
- 10 rashers of streaky bacon
- 1 lemon
- 3 garlic cloves, chopped
- Toothpicks
- Coconut oil for cooking

Sides

- A bunch of asparagus
- 4 sweet potatoes, peeled and roughly chopped
- 1/3 cup coconut cream or milk
- Black pepper (optional)

Method

Prawn and Bacon Bites

1. Cut the bacon into small strips, but make sure that they are long enough to wrap around the prawns.
2. Wrap the bacon strips around the prawns and stick a toothpick through the middle to hold them in place.
3. Turn on your pan to a medium heat and add some coconut oil. Place the prawn bites into the pan.
4. Cut 1 lemon and squeeze the juice over the prawns. Add in the crushed garlic and stir.
5. Cook the prawns for 3-4 minutes on each side (the bacon should be nice and crispy).

Sides

1. Bring a pot of water to the boil. Once boiling, add the chopped sweet potatoes and put the lid on.
2. Add asparagus to the pan that the prawns were in and let them fry for about 3 minutes, turning often.
3. Drain the water out of the pot of sweet potatoes.
4. Add in about 1/3 cup of coconut milk or cream and black pepper to the pot. Mash until it is smooth and free of lumps.
5. Dish up with the prawn and bacon bites and enjoy!

PALEO SALMON SUSHI

 Serves 4  Prep 35 mins

 Cook 5 mins



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

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

Ingredients

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

Method

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



PESTO PRAWN SKEWERS

 Serves 6  Prep 15 mins

 Cook 5 mins

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

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

Ingredients

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

Method

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



OMNIVORE MEALS



PORK AND VEGETABLE SOUP

 Serves 6  Prep 1 hr 30 mins

 Cook 45 mins

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

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

Ingredients

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

Method

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

PALEO ROAST TURKEY

 Serves 8  Prep ~13 hrs

 Cook ~8 hrs

(some steps are optional)



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

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

Ingredients

Almond Walnut Bread (Optional)

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

Turkey Stuffing (Optional)

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

Roast Turkey

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

Method

Almond Walnut Bread (Optional)

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

9. Mix the dry ingredients into the almond butter mixture using the stick blender.
10. Now add the egg whites and blend with the stick blender. Blend to the point where it still resembles the slightest marble texture. This way you know your egg whites are nicely combined, but not over-mixed.
11. Gently mix in the chopped walnuts.
12. Line a loaf tray with baking paper, then pour the bread batter into the loaf tray and place in the oven.
13. Cook for 40 minutes, and avoid opening the oven during this time.
14. Remove bread from the oven and let it sit for 20 minutes to cool.
7. Add the apricot and nut mix into the mixing bowl and mix ingredients together.
8. Cut the orange into quarters with the skin on and add into the food processor. Pulse until blended.
9. Remove the orange from the food processor and add into the mixing bowl. Mix together.
10. Finely chop a handful of thyme and parsley and add these to the mixing bowl, along with oregano and fennel seeds and mix.
11. Crack 1 egg into the mixing bowl and then use your hands to mix all of these ingredients together.
12. Cover bowl and place in the fridge overnight so you are all ready to stuff your turkey or chicken the next day.
8. Flip the turkey over and place some stuffing into the neck cavity until full.
9. Spoon the coconut flour into the oven bag, hold the top closed and shake so that the bag is lined and the turkey won't stick. Shake out any excess flour.
10. Spoon the wholegrain mustard and duck fat into a bowl and mix together.
11. Spoon the mix over the turkey and rub into the skin using your hands. Cover as much of the turkey as you can.
12. Place the turkey into the oven bag, twist the top of the bag and tie it closed.
13. Stab some small knife holes into the bag
14. Place the bagged turkey into an oven dish, place the lid on and pop into the oven. You will need to cook the turkey for 20 minutes per pound if your turkey is defrosted, or 15 minutes per pound if it is fresh.

Turkey Stuffing (Optional)

1. Dice the bacon into small cubes and peel and dice the brown onion.
2. Heat a small amount of olive oil in a fry pan and then add in the diced bacon and onion. Cook until lightly browned for 8-10 minutes.
3. Chop the loaf of paleo bread into small chunks and then pulse in a food processor until it is ground up into fine breadcrumbs.
4. Add the breadcrumbs into a mixing bowl.
5. Place the dried apricots, pecan nuts, walnuts and pine nuts into the food processor and pulse until blended.
6. Remove the cooked bacon and onion from heat and place into the mixing bowl with the breadcrumbs.

Paleo Roast Turkey

1. Preheat the oven to 320F (160C) on fan bake (or 360F/180C on bake).
2. Make sure the turkey is fully defrosted if it was frozen.
3. To cook the turkey you need a large roasting pan with a lid and also an oven bag (this helps to keep the turkey moist).
4. With the turkey, open the cavity and remove the neck and giblets.
5. Rinse the turkey out with water.
6. Spoon or use your hands to place the stuffing mixture inside the turkey cavity until it's full.
7. Tie the turkey's legs together by crossing the legs over, placing the string around them and then tying a knot.
15. After an hour of cooking pull the turkey out and check the stuffing. Add more stuffing at this stage if required, then place back in the oven as soon as possible.
16. After the total cook time is up, remove the turkey from the oven and open the oven bag (use tongs as it will be very hot). Then turn the turkey over, making sure the whole bag is removed. Cover turkey with tinfoil and leave to rest for 20 minutes before serving.
17. Slice the meat using a sharp knife and enjoy!

PALEO SHRIMP & BACON STUFFED SWEET POTATOES

 Serves 4  Prep 20 mins

 Cook 1 hr



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

Protein	40.7g
Calcium	142mg
Iron	5.6mg
Vitamin C	23.5mg
Vitamin B12	2.2mcg
Folate	28.3mcg
Selenium	71.6mcg
Phosphorus	512mg

Ingredients

- 4 large sweet potatoes
- ½ pound (250 grams) streaky bacon, diced
- 100 shrimp, cooked and shelled
- ½ tablespoon paprika
- ½ teaspoon chili powder
- ½ tablespoon oregano
- 1 lemon
- 1 lime
- ¼ cup coconut milk
- Coconut oil, for cooking
- Cracked black pepper, to taste

Method

1. Preheat the oven to 400F (200C) on bake.
2. Brush an oven tray with melted coconut oil and lightly coat the sweet potatoes (whole). Place the tray in the oven and cook for about 40 minutes or until softened.
3. Once cooked, remove the sweet potatoes from the oven, but keep the oven on for later use. Let the sweet potatoes sit for 20 minutes to cool.
4. In a mixing bowl, add the shrimp, paprika, chili powder, dried oregano, and the juice of 1 lemon and 1 lime. Mix well. Set aside.
5. Heat the frying pan and add coconut oil. Cook the bacon until lightly browned.
6. Add the shrimp and turn the heat down to low. Lightly fry for about 3 minutes. Set aside.
7. Cut the cooled sweet potatoes in half and carefully spoon out the middle. Place the excess sweet potato into a mixing bowl.
8. To the mixing bowl (with sweet potato), add in cracked black pepper (as desired) and coconut milk. Mash together until well mixed.
9. To each hollow sweet potato, spoon in some of the mash mix, then add some bacon and shrimp mix. Finally, add a little more of the mash mix on top until the potatoes are well stuffed. Repeat for all of your halved sweet potatoes.
10. Place the stuffed sweet potatoes in a greased oven tray and bake them for 5-10 minutes.
11. This dish is best served with a fresh green side salad.



PERI PERI CHICKEN

 Serves 4  Prep 3 hrs

 Cook 25 mins

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

Protein	28.1g
Calcium	39.9mg
Iron	2.3mg
Vitamin C	8.5mg
Vitamin B12	0.4mcg
Folate	12.1mcg
Selenium	21.5mcg
Phosphorus	252mg

Ingredients

- ¼ cup olive oil
- ¼ cup apple cider vinegar
- Juice of 1 lime
- 2 cloves of garlic, crushed
- 2 tablespoons paprika
- 1 tablespoon oregano
- 1 teaspoon chili flakes
- 1 teaspoon cardamom
- 4 chicken breasts, skinless
- Cracked black pepper, to taste
- Himalayan pink salt, to taste

Method

Peri Peri Marinade

1. In a large mixing bowl add olive oil, apple cider vinegar, the juice squeezed from one lime, crushed garlic, paprika, oregano, chili flakes, cardamom, salt, pepper and mix together.
2. Place the chicken breasts into the marinade, make sure they are all fully coated in the marinade.
3. Cover with cling wrap and leave in the fridge for at least 2-3 hours (if possible marinate overnight for a stronger flavor).

Cooking the Chicken

1. Preheat a large fry pan on a medium heat.
2. 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).
3. Best served with sweet potato fries and a fresh green side salad.
4. Enjoy.

PESTO STUFFED PORK

 Serves 4  Prep 20 mins

 Cook 15 mins



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

Protein	65.4g
Calcium	54.7mg
Iron	4.7mg
Vitamin C	43mg
Vitamin B12	1.8mcg
Folate	46mcg
Selenium	110mcg
Phosphorus	1040mg

Ingredients

- 2 pork tenderloin fillets
- 3 rashers of middle bacon, chopped into small pieces
- Fresh Paleo basil pesto
 - 1/2 cup pine nuts
 - 3 garlic cloves, crushed
 - 2 cups fresh basil leaves
 - 1/2 cup (125ml) extra virgin olive oil
- 10-12 white button mushrooms, finely diced
- Olive oil
- Black pepper
- ½ teaspoon of sage
- 1 teaspoon of thyme
- 2 cups broccoli, steamed

Method

1. Prepare the basil pesto
 - Heat a pan. Add the pine nuts into the pan; spread them out and roast for 3-4 minutes on a low-medium heat (be careful not to burn them).
 - Remove the pine nuts from the pan.
 - Using a food processor, blend the roasted pine nuts, crushed garlic, and the fresh basil leaves.
 - Add in the olive oil slowly and blend again until you are happy with the consistency.
2. Preheat the oven to 375F (190C).
3. Use the flat side of a meat tenderizer to gently hit the pork fillets until they are flat. Set aside.
4. In a pan, heat the coconut oil and fry the bacon until lightly browned (about 4 - 5 minutes). Set aside.
5. In the same pan, cook the mushrooms, thyme and sage. Set aside.
6. In a large bowl, combine the cooked bacon, mushrooms, and the Paleo basil pesto.
7. Spread the mix over the pork tenderloins making sure they are not too thick, as they need to be rolled.
8. Roll up the tenderloins so that the pesto mix is in the middle. Pierce the tenderloins with toothpicks, to hold the fillets in place.
9. Lay the stuffed pork fillet on a greased ovenproof tray and cook them for 30 - 40 minutes (check at about the 30 minute mark).
10. Once cooked, remove them from the oven and using a sharp knife, slice the fillets into small rolls.
11. Serve with a side of steamed broccoli.



PORK & LAMB KEBABS

 Serves 5  Prep 1 hr 20 mins

 Cook 10 mins

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

Protein	18.3g
Calcium	55.9mg
Iron	2.6mg
Vitamin C	136mg
Vitamin B12	1.5mcg
Folate	42.8mcg
Selenium	22.2mcg
Phosphorus	197mg

Ingredients

Marinade

- 4 lemons
- ¼ cup balsamic vinegar
- ½ tablespoon oregano
- ½ tablespoon paprika
- ¼ tablespoon rosemary
- Salt and pepper, to taste

Kebabs

- ½ pound (250 grams) pork
- ½ pound (250 grams) lamb
- 1 red pepper, cut into chunks
- 1 yellow pepper, cut into chunks
- Kebab skewers, soaked in water
- Coconut oil, for cooking

Method

1. In a bowl, mix the ingredients for the marinade. Season with salt and pepper.
2. Add the pork and lamb and let it marinate in the fridge for at least an hour.
3. Soak the wooden skewers in water to avoid splinters.
4. Put a piece of meat on a skewer and alternate it with the red and yellow pepper until you have just enough meat and vegetable per stick.
5. Cook in a large frying pan on a medium-high heat for about 8 to 10 minutes per skewer.
6. Best served with a fresh green side salad.

PORK CHOPS WITH ROASTED CARROT AND BEETROOT

 Serves 4  Prep 10 mins

 Cook 20 mins

Method

Roasted Carrot and Beetroot

1. Preheat the oven to 400F (200C) on fan bake.
2. In a bowl, add the beetroots, carrots, honey, olive oil, black pepper, a pinch of salt, and dried thyme. Mix well.
3. Spread the coated carrots and beetroots on the foiled oven tray and roast for 15 to 20 minutes.

Pork Chops

1. In a small bowl, mix the salt, pepper, and thyme and rub the mixture onto the pork chops.
2. Heat the frying pan and add coconut oil. Fry the pork chops (about 4 to 5 minutes on each side).
3. Serve the pork chops with roasted vegetables. Enjoy!

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

Protein	113g
Calcium	93.8mg
Iron	7mg
Vitamin C	15.9mg
Vitamin B12	2.8mcg
Folate	241mcg
Selenium	188mcg
Phosphorus	1651mg

Ingredients

- 10 baby beetroots
- 4 pork chops
- 2 tablespoons raw honey
- 6 carrots, sliced lengthwise
- Coconut oil, for cooking
- Pepper, to taste
- Salt (optional)
- 1 teaspoon dried thyme



PUMPKIN, BEEF & CASHEW NUT CURRY

 Serves 4  Prep 20 mins

 Cook 30 mins

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

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

Ingredients

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

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

Method

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

SLOW-COOKED CHILI MUSTARD CHICKEN

 Serves 6  Prep 15 mins

 Cook 2 hrs 30 mins

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

Protein	19.7g
Calcium	51.9mg
Iron	1.7mg
Vitamin C	33.6mg
Vitamin B12	0.3mcg
Folate	15.8mcg
Selenium	23.5mcg
Phosphorus	222mg

Ingredients

- 6 medium-sized skinless chicken breasts
- 1 cup fresh chicken stock
- 4 tablespoons Dijon mustard
- 3 tablespoons raw honey
- 1 tablespoon olive oil

- 3 long red chilies, finely chopped (remove the seeds if you don't want the dish to be too spicy)
- ½ teaspoon Himalayan rock salt
- ½ teaspoon black pepper

Method

1. To make the sauce, mix all ingredients except the chicken together in a bowl until well combined.
2. Place chicken breasts into your slow cooker and pour the sauce in over it.
3. Place the lid on and cook on high for 2½ hours.
4. Serve chicken with the sauce drizzled overtop. We recommend a side of sweet potato mash and either cooked broccoli or spinach.
5. Enjoy!



SMOKY TOMATO & BACON SOUP

 Serves 8

 Prep 25 mins

 Cook 25 mins

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

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

Ingredients

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

Method

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

PORK FRIED RICE

 Serves 4  Prep 15 mins

 Cook 10 mins

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

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

Ingredients

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

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

Method

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



PORK TENDERLOIN WITH CREAMY HERB SAUCE

 Serves 5  Prep 15 mins

 Cook 1 hr 30 mins

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

Protein	43.3g
Calcium	53.2mg
Iron	4.1mg
Vitamin C	4mg
Vitamin B12	1mcg
Folate	22.8mcg
Selenium	69.9mcg
Phosphorus	666mg

Ingredients

- 1 tablespoon extra virgin olive oil
- 5 garlic cloves, crushed
- 2 tablespoons dried sage
- 2 tablespoons dried rosemary
- 2lb pork tenderloin fillets
- 2 cups vegetable stock/broth
- 1 1/2 cups coconut cream
- Salt & pepper, to taste

Cauliflower Rice

- 1 cauliflower
- 1 tablespoon extra virgin olive oil
- Salt & pepper, to taste

Method

1. Heat the olive oil in a large dutch oven on medium-high heat.
2. Add the garlic, sage & rosemary into the pot and cook for 1 minute.
3. I used 6 pork fillets, so I added 3 fillets into the pot at a time (as i only had room for 3 fillets on the base of the pot), cooking each side for 2 minutes.
4. Once all the pork has been cooked on each side, add all the fillets into the pot and pour in the vegetable stock & coconut cream, stir well.
5. Add salt & pepper to taste, adjust the heat to medium low, cover and cook for 1 hour 15 minutes.
6. Now the pork is cooked through we want to strain the herbs out of the sauce, the easiest way is to take the pork out of the pot and pour the sauce through a strainer over a bowl so we are left with a smooth creamy herb sauce.
7. Slice the pork on a cutting board, serve on a plate then pour over a generous amount of the creamy herb sauce and serve with cauliflower rice or mashed sweet potato, enjoy.

ROSEMARY LAMB STEAKS WITH VEGE STIR-FRY

 Serves 6  Prep 10 mins

 Cook 12 mins



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

Protein	17.6g
Calcium	62.2mg
Iron	3.2mg
Vitamin C	50.3mg
Vitamin B12	1.9mcg
Folate	73.4mcg
Selenium	21.6mcg
Phosphorus	242mg

Ingredients

Lamb

- Lamb:
- 6 lamb steaks, trim off any fat
- 4 sprigs fresh rosemary
- 2 tablespoons cracked black pepper
- Pinch of sea salt (optional)
- 1-2 tablespoons olive oil

Vege Stir Fry

- 3 carrots, thinly sliced
- 16-20 white button mushrooms, sliced
- 3 zucchinis, sliced
- 1 red pepper, thinly sliced
- 1 tablespoon olive oil
- Cracked black pepper
- 1 tablespoon fresh rosemary
- ½ lemon

Method

1. Heat olive oil in a fry pan on a medium heat.
2. Finely chop the carrots and zucchinis
3. Add in the carrots and zucchinis to the fry pan, mix and leave to cook on a medium heat, tossing occasionally.
4. Mix rosemary, pepper and sea salt together in large bowl.
5. Heat olive oil in another fry pan (for the lamb). Make sure it is on a high heat.
6. Rub each lamb steak in the pepper/rosemary mix, and then brush off any excess rosemary with your fingers.
7. Place the steaks into the hot fry pan and cook for 3-5 minutes on each side, depending on how thick they are and how well done you would like them to be. We cooked ours for 3 minutes of each side, to cook them to 'medium'.
8. While the steaks are cooking, chop the mushrooms and pepper, then add to the vegetable pan and mix in.
9. Juice the lemon half into the vegetable pan, through a sieve so that the pips don't fall in. Next, add in the fresh rosemary and crack in a little bit of black pepper. Mix well and cook for another 5 minutes, tossing often.
10. Once all of your steaks are cooked, serve them alongside this delicious vegetable stir-fry. Enjoy!



SEAFOOD PASTA

 Serves 5  Prep 20 mins

 Cook 20 mins

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

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

Ingredients

- 12 zucchinis
- 2 red peppers, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 50 shrimps, shells and tails removed
- 1 large salmon fillet, deboned, diced into bite sized pieces
- ½ pound (250 grams) streaky bacon, diced
- 1 ¾ cups coconut milk
- 1 lemon
- 4 garlic cloves, chopped

- ½ tablespoon dried oregano
- 1 bunch fresh cilantro
- Black pepper, to taste
- Coconut oil, for cooking

Method

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

CAULIFLOWER PIZZA

 Serves 8  Prep 45 mins

 Cook 45 mins



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

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

Ingredients

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

Method

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



CHILI CHICKEN TACOS

 Serves 6  Prep 20 mins

 Cook 40 mins

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

Protein	2.9g
Calcium	10.8mg
Iron	10mg
Vitamin C	43.2mg
Folate	9.6mcg
Selenium	2mcg
Phosphorus	36mg

Ingredients

Taco Shells

- 3 cups of tapioca flour
- 1 & 1/2 cups of almond flour
- 1 tablespoon of sea salt
- 2 & 1/4 cups of water
- 6 tablespoons of olive oil
- 1/2 cup of coconut oil

Chicken

- 12 chicken thighs (bone out)
- 1 cup of chicken stock
- 1/2 cup of olive oil
- 1/4 cup apple cider vinegar
- 4 fresh chili's de-seeded
- 2 tablespoons of coconut oil melted

- 1 teaspoon of smoked paprika
- 2 tablespoons of coconut oil
- Salt & pepper

Method

Taco Shells

1. Mix tapioca flour, almond flour and sea salt together in a large bowl.
2. Mix water and oil together in a separate bowl.
3. Add wet ingredients to dry and whisk till combined and smooth.
4. Heat a large frying pan with 1 tablespoon of coconut oil, pour in 2 tablespoons of taco shell mix and cook till golden on each side.
5. Repeat until all batter is used, setting shells onto a baking sheet once cooked

Chicken

6. Place de-seeded chilis and melted coconut oil in a food processor and blitz till almost a liquid consistency.
7. Combine chili mixture,

chicken stock, olive oil, smoked paprika, vinegar and 1 teaspoon of salt and 1 teaspoon of pepper in a large bowl, whisk till combined.

8. Slice chicken thighs into thin strips, marinate in the chili mixture for around 20 minutes.
9. Heat a large frying pan with 2 tablespoons of coconut oil, remove chicken from marinate and sear off in the pan (if you wish to use the marinade to braise your chicken ensure that it comes to a strong boil for no less than 3 mins, this will insure any bacteria from the chicken is completely removed).
10. Cook you chicken for 10 -15 minutes (depending on how large your strips are), remove the large pieces from the pan and cut it half to ensure it is fully cooked.
11. Remove chicken from the pan and chop into small pieces, this will prevent it from falling out of your taco

Serving: These chicken tacos can be served with your preference of lettuce or slaw, fresh salsa and guacamole

COCONUT CRUMBED FRIED CALAMARI

 Serves 8  Prep 20 mins

 Cook 4 mins



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

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

Ingredients

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

Method

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



PALEO BUTTER CHICKEN & SEASONAL VEGETABLES

 Serves 6  Prep 30 mins

 Cook 30 mins

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

Protein	34.4g
Calcium	149mg
Iron	7.5mg
Vitamin C	129mg
Vitamin B12	0.4mcg
Folate	176mcg
Selenium	45.8mcg
Phosphorus	641mg

Ingredients

- 4 carrots peeled and small diced
- 4 stalks of celery small diced
- 3 red peppers de-seeded and small diced
- 5 zucchinis diced
- 3 parsnips peeled and small diced
- 2 pounds of sliced chicken breast (or tenders)
- 3/4 cup tomato paste
- 1 tablespoon of fresh grated ginger
- 2 cups coconut cream (just the cream from the top)

- 1 cup chicken stock
- 2 tablespoons of tapioca flour & 1 tablespoon of water (makes a slurry for thickening)
- 1/2 cup olive oil or coconut oil
- 2 teaspoons of ground coriander
- 2 teaspoons of ground cumin
- 2 teaspoons of ground fenugreek
- 2 teaspoons of ground fennel
- 1 teaspoon of turmeric
- 1 teaspoon of ground ginger
- 1 teaspoon of ground dried garlic (powder)
- 1/2 teaspoon of cardamom
- 1/2 teaspoon of ground chili
- 1/4 teaspoon of ground cloves
- 1/8 teaspoon of ground aniseed
- 1/8 teaspoon of cinnamon
- 1/8 teaspoon of ground dried bay leaves
- Salt & pepper

Method

1. Combine and mix all your dried spices.
2. Heat a large frying pan with half of your oil, add carrots, fresh ginger, celery, parsnips and peppers, cook till tender, and zucchini, cook till tender, season with salt and pepper.
3. Remove all veggies from your frying pan into a large bowl.
4. Add the rest of your oil to the frying pan, add chicken and sear both sides, add your dried spices and mix to coat the chicken.
5. Add your tomato paste, add chicken stock, add coconut cream to the frying pan with the chicken, mix thoroughly, cover and allow to simmer for 15 min (check to make sure chicken is fully cooked through).
6. Add your vegetables back into your pan with the chicken, simmer for 2 mins, taste, season with salt and pepper to desired taste.
7. Serve over top of cauliflower rice.

PALEO FISH TACOS

 Serves 5  Prep 30 mins
 Cook 30 mins



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

Protein	40.1g
Calcium	55.6mg
Iron	1.6mg
Vitamin C	2.1mg
Vitamin B12	2.3mcg
Folate	20.6mcg
Selenium	77.4mcg
Phosphorus	474mg

Ingredients

For Taco Shells

- 2 cups Tapioca Flour
- 1 cup almond flour
- 1 teaspoon of sea salt
- 4 tablespoons of olive oil
- 1 & 1/2 cups of water

For Fish Batter

- 1 & 1/2 cups of Tapioca flour
- 1/2 cup of coconut flour
- 2 teaspoons of garlic salt
- 2 teaspoons of sea salt
- 1/2 teaspoon of black pepper

- 4 eggs whisked
- 1/2 cup of sparkling water

Other Ingredients

- 2 pounds of cod
- 1 cup of coconut oil

Method

1. Mix all dry ingredients for the taco shells together, mix water and oil, add water and oil mix to your dry ingredients, whisk till smooth.
2. Heat a large pan with 1 tablespoon of coconut oil, when hot add 1 tablespoon of taco batter (or slightly more if larger shells are desired) making sure to spread while pouring so the shells stay thin and crispy, cook till lightly golden on each side, 2-4 minutes.
3. Once cooked remove from pan and set aside on a baking sheet lined with baking paper.
4. Repeat till all batter is used, (these can be warmed in the oven just before use to keep them nice and warm).
5. Cut your fish into even size pieces, pat dry with a paper towel (this will help the batter stick).
6. Add all dry ingredients for your fish batter together and mix, add your whisked eggs and sparkling water then whisk until smooth.
7. Heat a frying pan with a small amount of coconut oil (about 1 tablespoon), dip your fish into the batter to lightly coat both sides, place flat on your heated frying pan, allow the fish to cook till golden on each side (approximately 3 minutes on each side) turning as few times as possible.
8. Check to ensure fish is tender and flaky on the inside (over cooking will make it tough and rubbery).
9. Serve fish inside or on top of the taco shell with your choice of fresh salsa and slaw.



PARSNIP RISOTTO WITH BROCCOLI, BACON & BRUSSEL SPROUTS

 Serves 6  Prep 30 mins

 Cook 40 mins

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

Protein	26.1g
Calcium	305mg
Iron	8.7mg
Vitamin C	272mg
Vitamin B12	0.6mcg
Folate	498mcg
Selenium	27.4mcg
Phosphorus	652mg

Ingredients

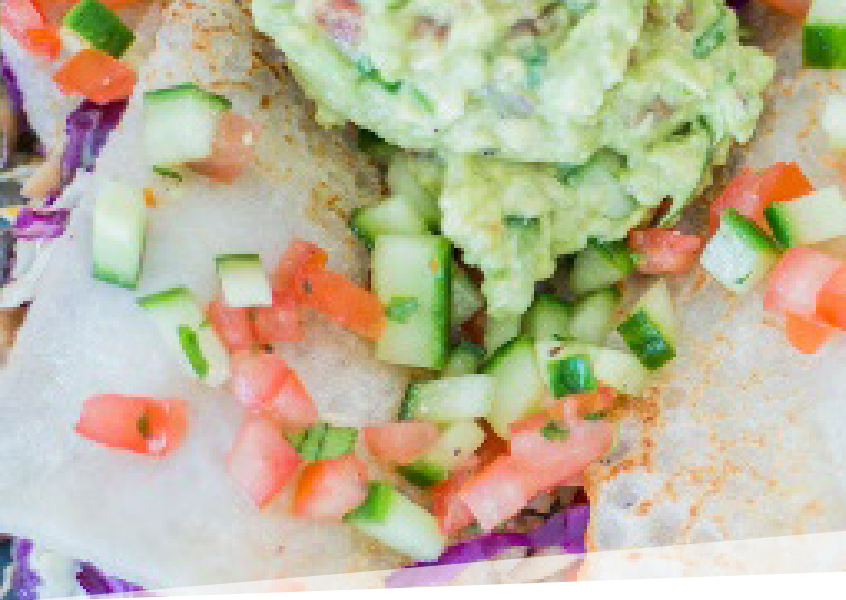
- 12 parsnips (blitzed into rice)
- 2 large zucchinis small diced
- 1 bulb of garlic minced
- 1.5 pounds of Brussel sprouts stem removed and halved
- 500g of bacon small diced
- 800 milliliters of coconut cream
- 800 milliliters of vegetable stock
- 4 heads of broccoli cut into tiny florets
- 1 teaspoon or tablespoon of chili flakes (depending on spice preference)
- 3 tablespoons of coconut oil
- 500 grams of spinach rough chopped
- Salt & pepper

Method

1. Fill a large pot half full of water and bring to a boil, add brussel sprouts and cook till slightly tender. Add broccoli and cook till slightly tender, Remove from heat. strain.
2. Heat a separate large pot add 1 tablespoon of coconut oil, once hot add garlic, salt, pepper. Cook till garlic is golden.
3. Add bacon and half of the chili flakes to the garlic mixture, stir regularly to avoid sticking or burning.
4. Once bacon is cooked remove from the pot into a clean bowl.
5. Using the same pot (now empty) add 1 tablespoon of coconut oil, once heated add diced zucchinis, cook till tender, once tender add spinach, cook till slightly wilted, remove from pot into a clean bowl.
6. In the same pot (empty again) add the last of your coconut oil, once hot add your blitzed parsnips and remaining chili, slowly add vegetable stock add only a small amount and stir till absorbed) repeat till all stock is used, cook till tender.
7. Add zucchinis, spinach, broccoli, Brussel sprouts and bacon back into the parsnips, stir till combined.
8. Add in coconut cream, stir till mixed through, taste and season with salt & pepper, allow to simmer for 3-5minutes until coconut cream is slightly absorbed and everything is heated through.



HERBIVORE MEALS



PALEO VEGETARIAN QUESADILLAS



Serves 6



Prep 30 mins



Cook 30 mins

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

Protein	14.6g
Calcium	57.1mg
Iron	3.5mg
Vitamin C	336mg
Vitamin B12	0.1mcg
Folate	174mcg
Selenium	32.3mcg
Phosphorus	395mg

Ingredients

Quesadilla Shells

- 3 cups tapioca flour
- 1&1/2 cups almond flour
- 1 tablespoon of sea salt
- 2&1/4 cups of water
- 6 tablespoons of olive oil

Filling

- 1.5 pounds of white button mushrooms sliced
- 5 pounds of large field mushrooms sliced
- 6 red peppers sliced and de-seeded
- 3 yellow peppers sliced and de-seeded
- 4 cloves of garlic crushed

- 1 tablespoon of chili powder
- 2 teaspoons of smoked paprika
- 2 eggplants sliced
- Salt & pepper
- 5 tablespoons of coconut oil
- 2 tablespoons of olive oil

Method

1. Mix all dry ingredients together for the shells, mix oil and water together and add to dry mix, whisk till smooth.
2. Heat a large frying pan with a small amount of coconut oil, add shell batter and cook until golden on each side (repeat till finished).
3. Slice and de-seed all peppers, toss with 1 tablespoon of olive oil and salt and pepper and roast in the oven at 350 degrees Fahrenheit for 15-20 minutes. Heat a separate frying pan with a 1 tablespoon of coconut oil, saute garlic till golden, add eggplant and cook till soft (remove and set aside when tender).
4. Add 1 tablespoon of coconut oil, add mushrooms, chili powder, smoked paprika and salt and pepper, cook till mushrooms are tender.
5. Add cooked eggplant and peppers to cooked mushrooms, mix and reduce heat to allow to simmer.
6. Lay shells flat, layer with your choice of lettuce or sliced cabbage, top with filling, add second shell on top, bake in the oven for 3-5 minutes to ensure shells are hot and crispy,8) serve with your choice of fresh salsa and guacamole.

RICE TRIO TOPPED WITH VEGETARIAN CURRY

 Serves 6  Prep 30 mins

 Cook 30 mins



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

Protein	15.8g
Calcium	253mg
Iron	7.5mg
Vitamin C	268mg
Folate	359mcg
Selenium	5.8mcg
Phosphorus	513mg

Ingredients

- 2 large sweet potatoes peeled and small diced
- 1 large swede peeled and small diced
- 5 parsnips
- 5 large carrots
- 2 cauliflowers
- 3 zucchinis small diced
- 2 eggplants small diced
- 4 red peppers de-seeded and diced
- 4 stalks of celery small diced
- 1 liter of coconut cream
- 1 liter of vegetable stock
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1 teaspoon of ground turmeric

- Salt & pepper
- 1 tablespoon of tapioca flour & 2 tablespoons of water
- 4 tablespoons of madras curry spice
- 4 tablespoons of coconut oil

Method

1. Peel and chop parsnips and carrots, remove stems from cauliflower and separate into florets. Place cauliflower, parsnips and then carrots separately into a food processor turning them individually into rice. Set each aside in separate bowls.
2. Heat two large frying pans each with 1 tablespoon of coconut oil. Combine cauliflower and parsnip rice into one pan with ground turmeric and coriander. In the other add the carrot rice with the ground cumin. Cook each on low heat for 10 mins, stirring regularly to avoid sticking.
3. Heat a large pot with 1 tablespoon of coconut oil. Once heated add diced peppers, celery and 2 tablespoons of curry spice, stir till coated and cook for 5 minutes until tender. Season with salt and pepper.
4. Add diced zucchini and eggplant to the pot with peppers and celery, add the rest of the curry spice, stir till coated and cook for 5 mins until tender. Season with salt and pepper.
5. Add stock to the curry vegetable mixture and reduce heat to a simmer.
6. Fill a second large pot half full of water and add diced sweet potato and swede. Bring to a boil and cook for 10-15 minutes until tender.
7. Once sweet potatoes and swede are cooked through strain the water and add them to your curry vegetables and stock. Add coconut cream and thicken with tapioca flour and water mixture.
8. Taste! Season to your liking both curry mix and veggie rice with salt and pepper if desired.
9. To plate place rice into a large bowl keeping the Carrot separate from the cauliflower and parsnip mixture to keep a color separation. Top with vegetable curry and serve.
10. Enjoy.



SALSA LOADED SWEET POTATO

 Serves 4  Prep 15 mins

 Cook 50 mins

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

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

Ingredients

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

Salsa

- 2 cups cherry tomatoes
- 1/2 cucumber, diced
- 2-3 avocados, diced

- 1 yellow pepper, deseeded, and diced
- 8 or 10 coriander leaves, chopped
- 6 tablespoons coconut yoghurt
- Salt and pepper to taste

Method

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

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:

Protein	13.2g
Calcium	163mg
Iron	5.1mg
Vitamin C	232mg
Folate	272mcg
Selenium	7.6mcg
Phosphorus	362mg

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
- 500grams of yellow tomato
- 1 teaspoon dried chili flakes
- 4 red chilies

- 1 stock of celery
- 1/2 cup veggie stock
- 1 tablespoon tomato paste
- Salt and pepper

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



SWEET POTATO RICE



Serves 4



Prep 5 mins



Cook 15 mins

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

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

Ingredients

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

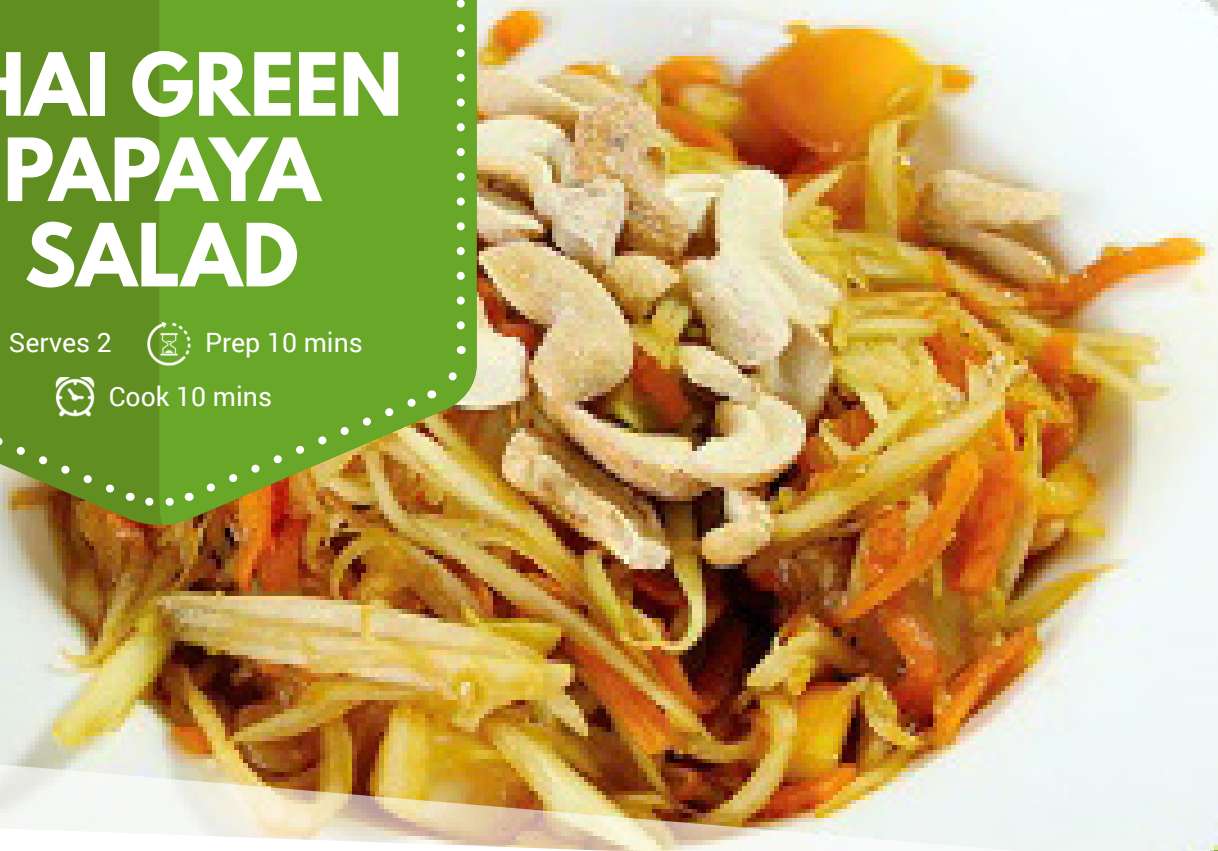
Method

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

THAI GREEN PAPAYA SALAD

 Serves 2  Prep 10 mins

 Cook 10 mins



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

Protein	31.3g
Calcium	103mg
Iron	11.3mg
Vitamin C	60.5mg
Folate	85.4mcg
Selenium	33.7mcg
Phosphorus	1000mg

Ingredients

- Juice of 1/2 lemon
- 3 garlic cloves, crushed
- 1 teaspoons fish sauce

- 1 tomato, chopped
- 1/2 cup carrot, sliced
- 1 cup papaya, sliced
- 1/4 cup cashew nuts (optional)

Method

1. In a bowl, combine the lemon juice, garlic, and fish sauce. Whisk well.
2. Add the tomato, sliced carrot and papaya.
3. Mix well and let it sit for a few minutes before serving.
4. Top with cashew nuts. (Optional)



TURMERIC CAULIFLOWER CURRY



Serves 6



Prep 15 mins



Cook 20 mins

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

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

Ingredients

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

- 1 cup (250ml) coconut yogurt
- 3 tablespoons chopped fresh cilantro, to garnish
- 2 limes, quartered, to garnish

Method

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

VEGAN LASAGNA

 Serves 6  Prep 30 mins

 Cook 45 mins



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

Protein	11.2g
Calcium	141mg
Iron	6.5mg
Vitamin C	243mg
Folate	201mcg
Selenium	12.9mcg
Phosphorus	328mg

Ingredients

- 2 heads of broccoli
- 3 large eggplant
- 4 bunches of asparagus
- 2 red peppers
- 2 yellow peppers
- 2 red onions
- 1 bulb of garlic
- 3 cans of coconut milk (or cream)
- 4 cans of diced tomatoes
- 1 tablespoon of chili flakes
- 1 tablespoon of dried thyme
- 1 tablespoon of dried basil
- 4 tomatoes
- 1/4 olive oil

- 1/2 cup of tapioca flour
- 1/4 cup water
- 1/2 cup vegetable stock
- Salt and pepper

Method

1. Small dice onions, peppers garlic and broccoli.
2. Thin slice eggplant, asparagus and tomato.
3. Heat a large pan with olive oil, preheat oven to 350 degrees Fahrenheit.
4. Sauté onions, garlic and peppers, once onions are transparent add vegetable stock and canned tomato, bring to a strong simmer and add broccoli, add herbs and salt and pepper, allow to cook for 5-10 minutes.
5. Add coconut milk to a separate medium sized pot, make a slurry with the tapioca flour, slowly bring the coconut milk to a strong simmer, add chili flakes, slowly add slurry to thicken the coconut milk (it should coat the back of a spoon).
6. In a large casserole dish begin building layers of the lasagna, begin with tomato sauce, then eggplant, thickened coconut milk, asparagus and tomato, repeat (top layer should be veggies).
7. Cover casserole dish with aluminum foil and bake in preheated oven.



BROCCOLI & LEEK SOUP



Serves 5



Prep 10 mins



Cook 40 mins

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

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

Ingredients

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

Method

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

BROCCOLI & ROASTED BUTTERNUT PUMPKIN SALAD

 Serves 6  Prep 15 mins
 Cook 40 mins



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

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

Ingredients

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

Method

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

Roasted Butternut Pumpkin

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



CREAMY BROCCOLI & AVOCADO SOUP

 Serves 4  Prep 15 mins

 Cook 30 mins

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

Protein	7.3g
Calcium	89.2mg
Iron	3.5mg
Vitamin C	88.6mg
Folate	166mcg
Selenium	3mcg
Phosphorus	202mg

Ingredients

- 1 tablespoon coconut oil
- 1/2 brown onion, diced
- 2 cups celery, diced
- 1/2 teaspoon Himalayan rock salt
- 1/2 teaspoon cracked black pepper
- 3 garlic cloves, crushed
- 1 tablespoon ground turmeric
- 2 small-medium broccoli, stems removed and cut into florets
- 1/4 teaspoon ground chili
- 1 tablespoon fresh ginger, grated

- 4 cups (1000ml) vegetable stock
- 2 small avocados, peeled and pitted
- 1 cup (250ml) coconut cream (Optional)
- 1/2 fresh lemon

Method

1. Place the coconut oil in a large pot over medium heat. Once the oil has melted add in the onion, celery, salt and pepper then mix for 2 minutes.
2. Add the garlic and turmeric, mix well for 30 seconds. Mix in the broccoli, cayenne pepper, ginger and the vegetable stock. Cook on medium/low heat with the lid on for 20-25 minutes, or until broccoli is tender.
3. When finished cooking add in the avocado. Puree using a stick blender until smooth. Add salt to taste.
4. Add coconut cream if you prefer a creamy soup, then blend again. (Optional)
5. Serve into soup bowls and add a squeeze of the fresh lemon to bring a tasty zing to this delicious soup. Enjoy!

CREAMY ROASTED GARLIC & MUSHROOM ZUCCHINI PASTA

 Serves 6  Prep 40 mins

 Cook 30 mins



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

Protein	17.5g
Calcium	163mg
Iron	5.3mg
Vitamin C	223mg
Vitamin B12	0.2mcg
Folate	180mcg
Selenium	53.5mcg
Phosphorus	568mg

Ingredients

- 2 pounds of zucchini cut into thin strips (for use as pasta)
- 2 pounds of white button mushrooms sliced
- 1.5 pounds of brown mushrooms small diced
- 5 red peppers d-seeded and small diced
- 3 green peppers de-seeded and small diced
- 3 stalks of celery small diced
- 5 carrots peeled and small diced
- 5 bulbs of garlic
- 1/2 cup olive oil
- 3 cups of vegetable stock

- 2 cans of coconut cream (just the cream from the top)
- Salt & pepper
- 1 tablespoon of tapioca flour mixed with 2 tablespoons of water

Method

1. Fill a large pot 3/4 full of water and bring to a boil.
2. Preheat oven to 350 degrees Fahrenheit, pour olive oil into a small bowl, roll garlic bulbs through oil and place on a oven tray, season with salt & pepper, cook in preheated oven for 10-15 mins, once golden remove from oven and allow to cool.
3. Once garlic is cool squeeze into the bowl of olive oil, making sure to not get any skin into the oil.
4. Heat a large frying pan, add garlic oil, begin sautéing carrots and celery, cook until tender, add diced peppers, cook till tender, season with salt and pepper.
5. Add diced and slice mushrooms, cook till tender.
6. Add vegetable stock, stir to mix through, add coconut cream, stir to combine, thicken with tapioca flour mixture, reduce heat to a simmer.
7. Taste, give a final season with salt and pepper if needed.
8. Add sliced zucchini to your boiling water and cook for 7-10 mins until tender, strain into a colander
9. Plating; put cooked zucchinis into the bottom of your bowl, and sauce onto the top.



EGGPLANT & TOMATO SOUP



Serves 5



Prep 15 mins



Cook 30 mins

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

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

Ingredients

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

Method

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

LEEK & SWEET POTATO SOUP

 Serves 4  Prep 10 mins

 Cook 25 mins



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

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

Ingredients

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

Method

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



MUSHROOM & SPINACH RISOTTO

 Serves 5  Prep 10 mins

 Cook 20 mins

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

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

Ingredients

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

Method

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