



THE

SHAKE   
PRACTITIONER WEIGHT MANAGEMENT PROGRAM

# Recipe Book

GET HEALTHY AND CREATE LONG-TERM WELLNESS

KETOGENIC EDITION

feel great, be healthy

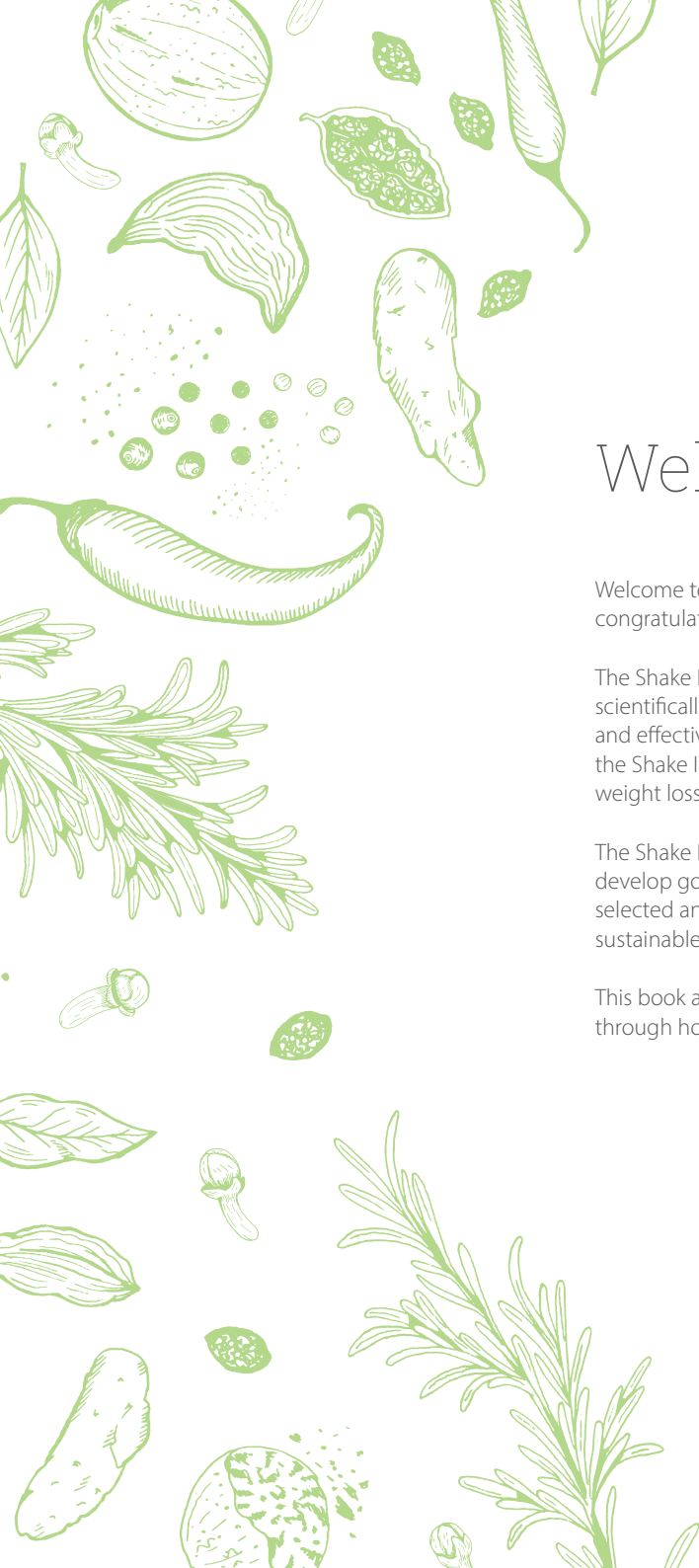




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# Welcome

Welcome to the Shake It Practitioner Weight Management Program and congratulations on taking the first steps in creating a healthier, happier life!

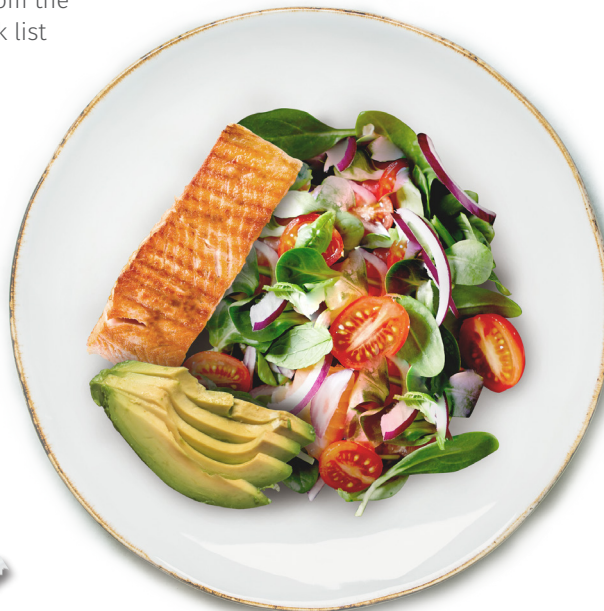
The Shake It Practitioner Weight Management Program is an easy to follow, scientifically advanced, weight loss program that has been proven to be both safe and effective. By incorporating a healthy and satisfying diet with moderate exercise, the Shake It Program can help you to feel great while improving the fat burning and weight loss process.

The Shake It Recipe Book is full of healthy, wholesome meals that will help you to develop good eating habits while on the Shake It Program. Each recipe has been selected and tested by the Metagenics Clinical Support Team, and is perfect for sustainable weight loss.

This book also includes a 'How to Create Your Own Shake It Recipe' section, guiding you through how to choose ingredients for a meal suitable for the Shake It Program.

# Build Your Ketogenic Daily Diet

**TWO** snacks such as half a Keto Bar, 3 finger portion of mixed nuts or other snack from the recommended snack list



**TWO** healthy wholefood meals consisting of 3 serves of vegetables and 1 palm size portion of protein



Plus **ONE** protein based meal substitute





# Recommended Food List

## RECOMMENDED VEGETABLES

3 handfuls (raw) per meal

Alfalfa sprouts	Leeks
Artichokes	Lettuce – all types
Asian greens	Mushrooms
Asparagus	Okra
Baby spinach	Olives
Bamboo shoots	Onions
Bean sprouts	Radicchio
Bok choy	Radish
Broccoli	Rocket
Broccolini	Sea vegetables (e.g. kelp, kombu, wakame, arame)
Brussels sprouts	Snow peas
Cabbage	Spinach
Capsicum	Sprouts
Cauliflower	Squash
Celery	Tomato
Chard	Watercress
Cucumber	Zucchini
Eggplant	
Endive	
Fennel	
Garlic	
Green beans	
Kale	
Kohlrabi	

## VEGETABLES TO LIMIT

Limit to 1 handful (raw) daily (total)

Avocado	Parsnip
Beetroot	Peas
Carrots	Pumpkin
Corn	Water chestnuts

## VEGETABLES TO AVOID

Canned vegetables	Potato
Cassava	Sweet potato

## RECOMMENDED FRUITS

1 handful of recommended fruit may replace  
1 handful of vegetables, once daily

Apples	Mulberries
Apricots	Nectarines
Blackberries	Orange
Blueberries	Passionfruit
Cherries	Paw paw
Fresh fig	Peaches
Grapefruit	Pears
Guava	Pineapple
Honeydew melon	Raspberries
Kiwi fruit	Rockmelon
Lemons	Strawberries
Limes	Tangerine
Mandarin	Watermelon

## RECOMMENDED PROTEIN

1 palm-sized portion per meal

Beef	Pork
Cheese	Prawns
Chicken	Scallops
Duck	Squid
Eggs	Turkey
Fish	Veal
Kangaroo	Tofu or Tempeh*
Lamb	<i>*Consume 2 palm-sized portions per meal of Tofu and Tempeh</i>
Mussels	
Oysters	

## RECOMMENDED MEAL SUBSTITUTES

Shake It Chocolate	Keto Bars (Vanilla Nougat, Caramel, Cherry Coconut)
Shake It Vanilla	
Shake It Whey Protein Isolate	Shake It BioPure Collagen, Whey or Pea Proteins
Shake It Dairy Free Chocolate	
Shake It Spring Vegetable Soup	

## HEALTHY SNACKS

½ Keto Bar (Vanilla Nougat, Caramel, Cherry Coconut)	½ serve Shake It Dairy Free Chocolate
½ serve Shake It Spring Vegetable Soup	½ serve BioPure Collagen, Whey or Pea Proteins
½ serve Shake It Chocolate, Vanilla or Whey	

## NUTS AND SEEDS

3 finger portion

Almonds	Pecans
Brazil nuts	Pepitas
Coconut meat	Pine nuts
Flax/Linseeds	Pistachio nuts
Hazelnuts	Sesame seeds
Macadamia nuts	Sunflower seeds
Nut butter/spreads (no added sugar)	Walnuts

## RECOMMENDED CONDIMENTS

### Healthy Oils

Limit to 1 to  
2 tbsp per day

Coconut oil
Flax/Linseed oil*
Macadamia oil*
Olive oil*
Sesame oil*
Walnut oil*

*\*Cold pressed oils are  
preferable*

### Condiments

Limit to 2 tsp

All low carbohydrate sauces
All spices
All herbs
Peanuts
<b>Sweeteners</b>
Stevia
Natvia™

*Condiments listed in Shake It recipes that  
do not appear on the recommended food  
list are allowed in the measured serving  
listed in the recipe.*

# 7 Day Sample Meal Plan

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Breakfast	1 Shake It Vanilla Shake	2 poached eggs with spinach, mushrooms and tomato (3 handfuls in total)	1 Shake It Dairy Free Chocolate Shake	1 Keto Bar	1 Shake It Chocolate Shake	Mini Frittatas with Spinach and Tomato	Spicy Breakfast Eggs
Snack	3 finger portion of nuts	½ a Caramel Keto Bar	1 boiled egg	3 finger portion of nuts	1 boiled egg	½ a Cherry Coconut Keto Bar	3 finger portion of nuts
Lunch	Mini Frittatas with Spinach and Tomato 1 Nectarine	1 bowl of Shake It Spring Vegetable Soup, garnished with parsley and black pepper	Thai Fish Soup	Herb Baked Salmon and Vegetables	Pear, Feta and Walnut Chicken Salad	1 Shake It Vanilla Shake	Slow Cooked Lamb Shoulder with BBQ Vegetable Salad
Snack	1 boiled egg	3 finger portion of nuts	½ a Caramel Keto Bar	½ a Cherry Coconut Keto Bar	½ a Vanilla Nougat Keto Bar	3 finger portion of nuts	½ a Vanilla Nougat Keto Bar
Dinner	Fish Burger	Roast Chicken and Vegetables (3 handfuls of salad and vinegar dressing with 1 palm-sized portion of roast chicken)	Pork and Pistachio Terrine	Steak and Salad (3 handfuls of salad and vinegar dressing with 1 palm-sized portion of steak)	Pesto Lamb with Stuffed Capsicums	Spanish Chicken Casserole	1 bowl of Shake It Spring Vegetable Soup, garnished with parsley and black pepper





# Roast Vegetables and Smoked Salmon

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## INGREDIENTS

- 1 tsp of olive oil
- 2 handfuls of left-over or freshly baked vegetables  
(e.g. zucchini, capsicum, eggplant)
- 1 palm-sized portion of smoked salmon
- 1 handful of rocket leaves
- 2 tsp of lemon juice
- Cracked pepper and sea salt to taste

Sauté left-over vegetables in oiled frying pan to heat

Serve hot vegetables with salmon and rocket. Drizzle with lemon juice, and add cracked pepper and sea salt to taste.

## SERVES 1

# Eggs en Cocotte

---

## INGREDIENTS

1 pork and fennel sausage  
1 tsp of olive oil, to grease ramekins  
6 cherry tomatoes, quartered  
4 button mushrooms, sliced  
½ tsp of fresh thyme leaves  
2 free range eggs  
Cracked pepper and sea salt to taste

Preheat oven to 160°C.

Bring a pan of water to the boil and boil the sausage for 5 minutes, remove from the water, allow to cool and thinly slice.

Lightly grease 2 small ramekins with olive oil.

Divide sausage slices, tomato, mushroom and thyme between the ramekins. Crack an egg into each ramekin, and season with salt and pepper.

Transfer ramekins into a baking dish and add hot water until the water comes half-way up the ramekin. Place into the middle of the oven and bake for 15 minutes for runny yolks.

Remove from the oven and enjoy!

**SERVES 2**





# Prosciutto Goat's Cheese and Asparagus Omelette

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## INGREDIENTS

2 tsp of olive oil  
4 cherry tomatoes, halved  
4 asparagus spears, cut into 2 cm pieces  
3 eggs, whisked  
1 slice of prosciutto, torn into small pieces  
30 g soft goat's cheese  
1 tsp of celery leaves, finely diced  
Cracked pepper and sea salt to taste

Heat 1 teaspoon of olive oil in a small saucepan. Add cherry tomatoes and cook each side for 1 minute, then add asparagus and sauté for 2 minutes or until the asparagus softens. Remove from the heat and set aside.

In a small frying pan, heat 1 teaspoon of olive oil at a medium heat. Add the eggs and tilt the pan to coat the bottom of the pan. When the eggs are half cooked, sprinkle one half of the omelette with the tomato and asparagus. Add the prosciutto and goat's cheese and cover pan with a lid.

When the egg is set, sprinkle with the celery leaves and season with salt and pepper to taste. Fold the omelette in half and enjoy!

## SERVES 2

### DID YOU KNOW?

Asparagus is packed with nutrients, including vitamin K and folate.

# Bacon and Egg Breakfast Baskets

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## INGREDIENTS

Olive oil to grease muffin tray  
6 pieces of lean bacon or ham  
1 handful of baby spinach, chopped  
½ cup of olives, pitted and chopped  
1 red onion, finely diced  
6 eggs  
3 cherry tomatoes, halved  
Fresh basil leaves, chopped  
Cracked pepper and sea salt to taste

Preheat oven to 180°C.

Lightly grease a six cup muffin tray with olive oil. Layer bacon or ham inside the muffin tray cups to form a basket.

Distribute the baby spinach, basil, olives and red onion evenly between the lined muffin cups. Crack an egg into each muffin cup over the top of the other ingredients and top with a cherry tomato.

Season with salt and pepper. Bake until egg is set.

**SERVES 3**

# Spicy Breakfast Eggs

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## INGREDIENTS

½ tbsp of olive oil  
1 red onion, chopped  
½ red chilli, deseeded and finely chopped  
½ garlic clove, crushed  
200 g tomatoes, crushed  
2 medium sized eggs  
8 to 10 fresh basil leaves, shredded  
Cracked pepper to taste

Heat the oil in a frying pan that has a lid, and gently cook the onion, chilli and garlic until softened.

Stir in the crushed tomatoes and allow to simmer gently for 7 to 8 minutes or until thickened.

Form two wells in the tomato sauce mix and crack an egg into each one. Place the lid on the pan and cook over a low heat for 6 to 8 minutes, or until the eggs have cooked to your liking.

Scatter over the fresh basil and season with black pepper to taste.

**SERVES 1**





# Savoury Lamb Breakfast Mince

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## INGREDIENTS

500 g lamb mince  
1 garlic clove, crushed  
½ onion, finely diced  
2 tsp of olive oil  
1 tomato, diced  
1 celery stalk, diced  
1 small zucchini, diced  
½ tsp of coriander seeds, ground  
½ tsp of cumin seeds  
½ tsp of paprika  
½ tsp of lemon rind, grated  
1 cup of beef stock  
Cracked pepper and sea salt to taste

Brown the mince along with the garlic and onion in a frying pan until cooked. Set aside in a separate dish and drain away any remaining oil from the mince.

Add 2 teaspoons of olive oil to the pan and add the tomato. Cook for approximately 2 minutes, stirring continuously until it starts to soften and break down, then add the celery and zucchini and cook for a further 3 minutes.

Add the cooked mince to the vegetables in the pan along with the spices and lemon rind. Cook for approximately 2 minutes then add the stock. Reduce the heat, cover and simmer for approximately 20 minutes, or until all the vegetables have cooked and the flavours have developed. Taste and season with salt and pepper as required.

## SERVES 3

### DID YOU KNOW?

Cumin and coriander are warming spices that help to aid digestion.

# Smoked Salmon Omelette

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## INGREDIENTS

2 eggs  
1 tbsp of dill, chopped fresh or dried  
1 tbsp of olive oil  
1 slice of smoked salmon  
1 tbsp of sour cream  
½ handful of tomato, sliced  
Cracked pepper and sea salt to taste

Preheat grill. Whisk eggs and dill. Add pepper and salt to taste. Pour mixture into oiled frying pan on medium heat to form a thin layer. Cook for 1 minute in pan and for 1 minute under grill.

Once cooked, place omelette on a plate and lay salmon, sour cream and sliced tomato on one half of the omelette. Garnish filling with dill and fold to form a triangle.

Serve with 3 handfuls of recommended vegetables or salad per serve.

**SERVES 1**

# Basil Tomatoes and Sautéed Ham

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## INGREDIENTS

2 palm-sized portions of sliced ham

1 tbsp of olive oil

1 handful of tomatoes, sliced

Basil, fresh or dried

Cracked pepper and sea salt to taste

Sauté the ham in an oiled frying pan over a medium to high heat for 2 to 3 minutes until it begins to brown.

Place the tomatoes on two plates, drizzle with olive oil and dress with basil. Sprinkle salt and pepper to taste.

Divide ham between the plates and serve.

Serve with 3 handfuls of recommended vegetables or salad per serve.

**SERVES 2**







# Ange's Super Green Smoothie

## INGREDIENTS

- 3 to 4 leaves of organic kale, or 1 to 2 cups of baby spinach
- 2 to 3 cups of water\*
- 1 tbsp of whole flaxseeds or omega fibre
- 1 to 2 tsp of chia seeds
- 1 scoop of Shake It Vanilla powder
- ½ cup of organic blueberries, frozen or fresh
- ¼ cup of additional fruit or vegetables (e.g. kiwi fruit, cucumber, celery, etc.)

Place kale (or spinach if using) with 2 cups of water or chosen milk substitute into the blender and blend until smooth.

Add all the other ingredients and blend again until combined thoroughly, adding more water (or milk substitute) until your preferred consistency is reached.

Serve and enjoy.

Tip: for the smoothest texture a high-speed blender is ideal.

*\*Variation: Swap some or all of the water with unsweetened coconut water, almond milk or rice milk.*

## SERVES 1



Thank you to Angela Smith  
at Melbourne Natural Medicine Clinic for this recipe

## DID YOU KNOW?

Flaxseeds are a good source of fibre, to help support regular bowel motions.

# Strawberry and Silken Tofu Smoothie

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## INGREDIENTS

1 palm-sized portion of silken tofu  
350 mL soy milk, unsweetened and malt free  
1 handful of strawberries  
Stevia or Natvia™ sweetener to taste  
Cinnamon (optional)

Combine silken tofu, soy milk and strawberries in a blender and blend until smooth.

Add sweetener to taste. Sprinkle with cinnamon (optional) and serve in a tall glass.

## SERVES 1

# Cheesy Scrambled Eggs

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## INGREDIENTS

1 tbsp of olive oil

3 handfuls of mixed onions, mushrooms  
and spinach, finely chopped

2 eggs

40 g hard cheese, grated

2 tbsp of milk or soy milk, unsweetened and malt free

Cracked pepper and sea salt to taste

Heat olive oil in pan. Gently sauté onions, mushrooms  
and spinach.

Beat eggs, cheese and milk together, then pour into hot pan.  
Stir eggs every so often until scrambled appearance.

Season with salt and pepper, and serve

**SERVES 1**



# Zucchini Fritters

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## INGREDIENTS

3 handfuls of zucchini, grated  
2 eggs  
1 tbsp of olive oil  
Sprinkle of nutmeg (optional)  
Cracked pepper and sea salt to taste  
2 rashers of bacon, cooked and to serve

Combine all ingredients except olive oil, in a medium bowl. Stir until well combined.

Heat oil in a large pan over medium to high heat. Mould mixture into medium size balls and press flat into pan. When brown on one side, turn and cook the other side.

Serve with 2 rashers of cooked bacon.

## SERVES 1



# Mexican Style Scrambled Tofu

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## INGREDIENTS

3 handfuls of mixed tomato, zucchini, onion or other recommended vegetables of your choice, diced

1 tbsp of olive oil

1 tsp of mixed herbs

2 palm-sized portions of soft/silken tofu

Tabasco sauce (optional)

Cracked pepper and sea salt to taste

Paprika to season

Finely chop vegetables, add to oiled frying pan and sauté with mixed herbs until tender. Add tofu, breaking up and stirring until heated through.

Add 2 drops of tabasco (optional), and season with pepper and salt to taste.

Place on plate and sprinkle lightly with paprika. Serve with tabasco sauce on side

**SERVES 1**

# Mini Frittatas with Spinach and Tomato

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## INGREDIENTS

1 brown onion, finely chopped  
1 tbsp of olive oil  
6 eggs  
3 tbsp of almond milk  
6 vine ripened cherry tomatoes, quartered  
1 handful of spinach, or rocket, roughly chopped

Preheat oven to 180°C.

Fry the onions in olive oil until caramelised.

Blend eggs and almond milk in a blender until light and fluffy.

Add the onions, along with all the remaining ingredients to the blended egg mixture, stir to combine and divide evenly between a non-stick six cup muffin pan. Bake for approximately 20 minutes or until cooked through.

Remove frittatas from the muffin pan and allow to cool.

**SERVES 3**



# Yummy Stuffed Mushrooms

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## INGREDIENTS

1 tbsp of onion, diced  
½ tbsp of olive oil  
1½ cups of baby spinach  
2 large field mushrooms  
½ cup of grated zucchini  
100 g feta cheese, grated  
200 g firm ricotta cheese  
3 eggs  
1 tbsp of parsley, finely chopped

Lightly fry diced onion in olive oil.

Add baby spinach, mushrooms and zucchini to pan and lightly fry.

In a bowl mix grated feta cheese, ricotta and egg.

Add cooked ingredients from pan to the bowl and add parsley mix to combine.

Spoon mixture evenly onto mushrooms and bake in the oven at 180°C for approximately 30 minutes, or until lightly browned.

**SERVES 2**

# Mushroom and Spinach Frittata

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## INGREDIENTS

4 large flat mushrooms, sliced  
1 garlic clove, crushed  
2 tsp of olive oil  
1 tsp of butter  
1 onion, diced  
2 handfuls of baby spinach, washed  
12 green pitted olives, chopped  
8 eggs  
4 tbsp of ricotta or feta cheese  
Cracked pepper and sea salt to taste

Heat mushrooms, garlic, 1 teaspoon of olive oil, butter, salt and pepper in a covered frying pan for a few minutes until mushrooms begin to soften. Remove lid and allow to sauté until tender. Remove from pan and set aside.

Sauté onions in a frying pan in 1 teaspoon of olive oil until tender. Add baby spinach and toss over low heat until wilted.

Combine spinach, onion, olives and mushrooms and mix well.

In a separate bowl, whisk the eggs and ricotta with salt and pepper until eggs are aerated. There should be pieces of ricotta remaining throughout the egg mixture.

In a non-stick oven pan, place the vegetable mixture evenly across the base. Pour over the egg mixture to cover.

Cooking times will vary, depending on the depth of the tray used. The frittata should be 3 to 6 cm high. Bake at 160°C for 20 to 30 minutes, or until set.

Serve with 1½ additional handfuls of recommended vegetables or salad per serve.

**SERVES 3**



# Feta and Vegetable Frittata

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## INGREDIENTS

6 handfuls of vegetables e.g. zucchini, red capsicum,  
tomato, broccoli, shallots and carrot, coarsely chopped

6 eggs

1 handful of mixed fresh herbs  
(e.g. basil, parsley, chives, oregano), finely chopped

1 tbsp of olive oil

100 g feta, crumbled

Coarsely cut and steam vegetables until tender, set aside. Whisk eggs and herbs.

Add oil to a thick base frying pan and place on very low heat. Add half of egg mixture to pan and cook for 1 minute.

Place vegetables in pan and cover with remaining egg mixture. Cover with lid and cook on very low heat until cooked through. Remove lid and sprinkle crumbled feta on top.

Place uncovered frying pan under grill until top of frittata turns golden brown.

**SERVES 2**



# Strawberry and Almond Breakfast Shake

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## INGREDIENTS

4 ice cubes  
1 handful of strawberries\*  
½ cup of almond milk, unsweetened  
1 tbsp of smooth almond butter  
1 serve of Vanilla Shake It powder  
½ cup of water

Put ice cubes into a blender and blend until crushed.

Add berries, almond milk, almond butter and Shake It Vanilla powder, and blend until smooth.

Pour into a glass and serve.

*\*Optional: You may substitute 1 handful of frozen (not thawed) whole strawberries for the fresh berries. Leave out the ice if you use frozen berries.*

**SERVES 1**

# Pesto, Pine Nut, Ricotta and Vegetable Stack

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## INGREDIENTS

2 handfuls of mixed eggplant, capsicum and zucchini  
2 large flat field mushrooms  
1 tbsp of olive oil  
1 palm-sized portion of ricotta cheese  
1 tbsp of fresh chives, chopped  
1 tsp of garlic, crushed  
1 tsp of lemon rind, finely grated  
Sun dried tomato pesto  
1 tbsp of pine nuts, toasted

Cut eggplant, zucchini and capsicum into strips, leave mushrooms whole and grill or fry with olive oil until tender.

Combine ricotta, chives, garlic and lemon rind in a bowl.

Place cooked mushrooms stem side up on a plate and layer with cheese mixture and slices of eggplant, capsicum and zucchini. Dress generously with pesto and sprinkle with pine nuts.

## SERVES 1







# Kale Chips

---

## INGREDIENTS

1 bunch of kale or cavolo nero  
20 mL of olive oil (or enough to coat kale)  
20 mL of salt reduced tamari  
2 tbsp of sesame seeds, toasted

Preheat the oven to 130°C.

Wash the kale thoroughly and dry completely.

Shred the kale into small enough pieces that when laid onto a baking tray they will lie flat.

Combine the olive oil and tamari, then mix through the kale until completely coated. Spread the coated kale onto a baking paper-lined tray in a single layer.

Place the kale into the oven and bake until dried out.

Sprinkle with sesame seeds while still hot from the oven and allow the kale chips to cool on the baking tray.

Store in an airtight container to stay crisp.

To serve: Have 1 handful of kale chips with a 3 finger portion of recommended nuts as a snack.

**SERVES 8 to 10**



## DID YOU KNOW?

Kale is packed with essential vitamins and minerals, such as magnesium and iron.



# Chocolate Nut Ball Treats

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## INGREDIENTS

½ cup of almond paste  
½ serve of Shake It Chocolate powder  
1 tbsp of desiccated coconut

Place the almond paste and Chocolate Shake It powder into a bowl and combine well.

Roll mixture into teaspoon-sized balls and roll in desiccated coconut to coat.

Place chocolate nut balls into the fridge for approximately 4 hours to become firm.

Enjoy 1 chocolate nut ball as a snack.

**SERVES 4**

# Soy and Garlic Kebabs

---

## INGREDIENTS

Wooden skewers

1 palm-sized portion of chicken breast, cubed

1½ handfuls of onion and green capsicum, cut into  
wedges

1½ handfuls of cherry tomatoes

2 tbsp of garlic, crushed

Chilli paste (optional)

3 tbsp of soy sauce

Cracked pepper and sea salt to taste

Soak wooden skewers in water for 1 hour so they do not burn.

Pierce the chicken and vegetables on to the skewers. Mix garlic, soy and seasoning in a small bowl and brush kebabs with mixture.

Cook, on a BBQ or under the grill until chicken is cooked through.

## SERVES 1





# BBQ Green Beans with Sesame

---

## INGREDIENTS

1 tbsp of sesame seeds

1 tbsp of sesame oil

Olive oil for cooking

1 to 2 handfuls of washed green beans, topped and tailed

Cracked pepper and sea salt to taste

Toast sesame seeds by placing them in a dry frying pan or saucepan on the stove top. Heat sesame seeds on medium heat, tossing them until the seeds brown slightly and become fragrant. Set aside in a separate bowl to avoid burning them.

Coat beans in sesame oil and season with salt and pepper.

Seal the BBQ hotplate or skillet with a small amount of olive oil if required. Cook the beans until lightly cooked.

Place beans in a serving bowl and sprinkle with toasted sesame seeds.

**SERVES 1**

# Tuna-Cheese and Celery Sticks

---

## INGREDIENTS

2 large celery sticks, stringed  
60 g cottage cheese  
½ palm-sized portion of tuna, tinned in brine or spring  
water  
1 tbsp of chives, finely chopped  
1 tbsp of parsley, finely chopped  
3 tsp of nut meal (e.g. almond meal)

Trim celery sticks. Mix cheese with strained tuna, chives and parsley.

Fill cavity of celery sticks with mixture. Sprinkle nut meal on top and press into filling.

Cut sticks into small lengths and serve as a snack

## SERVES 2

# Cauliflower Rice Substitute

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## INGREDIENTS

3 handfuls of cauliflower, grated

1 tbsp of olive oil

Grate the cauliflower using the medium sized holes of a grater. Grate the core too. With your hands, squeeze out as much water as you can. This may not be necessary for some cauliflower as they vary in degree of moisture.

Add the grated cauliflower to a heated and oiled wok or pan and fry until it is tender-crisp, about 5 to 8 minutes. The length of time will depend on the cauliflower.

Use as you would rice. The variations are endless!

**SERVES 1**



# Mock Mashed Potatoes

---

## INGREDIENTS

3 handfuls of cauliflower, finely chopped

1 tbsp of butter

1 tbsp of sour cream

Cracked pepper and sea salt to taste

Steam or microwave cauliflower until very soft. Put cauliflower in blender or food processor with butter and sour cream, and blend. Add salt and pepper to taste. Serve hot.

*\*Optional: Grated cheese, minced chives and/or parsley are nice variations to add. Hand mix these in after blending the cauliflower.*

**SERVES 1**



# Nutty Protein Balls

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## INGREDIENTS

6 tbsp of BioPure protein powder (Whey, Pea or Collagen)

½ cup of almond meal

1 tbsp of coconut oil

2 tbsp of natural almond or peanut butter

Stevia to taste

2 tbsp of cacao powder

Water

In a bowl, combine BioPure protein powder with the almond meal, stevia and cacao powder, and mix until well combined.

Add coconut oil and nut butter in saucepan over a low heat until melted.

Stir oil mixture thoroughly before adding to the dry mix until combined.

Check mixture and stir in a tablespoon of water at a time, until the mixture to the right dough like consistency.

Roll mixture into 12 even sized balls, place on a tray or plate.

Refrigerate or place in the freezer for an hour before enjoying.

*\*Note: These balls must be kept in the fridge and will keep for up to 5 days.*

# Crunchy Herb Sprout Snack Mix

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## INGREDIENTS

- 3 handfuls of mung bean sprouts
- 1½ handfuls of lentil sprouts
- 1½ handfuls of sunflower seed sprouts
- 1 handful of chickpea sprouts
- 1 handful of clover sprouts
- 1 handful of radish sprouts
- 2 tsp of thyme leaves
- 2 tsp of oregano
- 1 tsp of marjoram leaves
- ½ tsp of rosemary
- 1 tsp of garlic powder
- 1 tsp of tamari
- 1 tsp of extra virgin olive oil

Mix sprouts together in large bowl.

Mix herbs, garlic powder and tamari together in small jar.

Sprinkle 1 tablespoon of herb seasoning over sprouts in bowl. Store any remaining herb seasoning in capped jar for another time or other uses.

Drizzle sprout mixture with olive oil and toss to mix. Serve immediately.

Can be used per handful as a side dish or added to salad.

## SERVES 3



# Crispy Cauliflower

---

## INGREDIENTS

½ head of cauliflower, cut into small florets  
1 red onion, sliced into thin wedges  
1 garlic clove, diced  
¼ cup of pepitas  
2 tsp of coconut oil  
1 tsp of mustard seeds  
1 tsp of nigella seeds  
Cracked pepper and sea salt to taste

Preheat oven to 180°C.

Add all the ingredients to a roasting dish, season with salt and pepper, combine well, then place into the oven.

Cook for approximately 20 minutes or until the cauliflower florets have softened and are beginning to brown around the edges.

**SERVES 1 to 2**

# Grilled Mozzarella, Eggplant and Sun Dried Tomato

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## INGREDIENTS

1½ handfuls of eggplant, cut into round slices  
1 tsp of garlic, minced  
1 tbsp of sage, chopped  
½ cup sun dried tomatoes, chopped  
120 g hard cheese, grated  
Fresh basil, chopped

Coat both sides of eggplant with olive oil. Brush both sides with minced garlic.

Place eggplant on an oven tray under preheated grill, and cook for two minutes or until golden brown (each side). Then lay eggplant rounds into shallow casserole dish and sprinkle each round with sage, sun dried tomatoes and cheese.

Return to grill and cook for two minutes or until golden brown. Garnish with fresh chopped basil.

**SERVES 2**



# Low Carb Canapés

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## INGREDIENTS

### **Caviar and Dill Canapés**

1 Lebanese cucumber  
Spreadable cream cheese  
Cracked pepper and sea salt to taste  
1 jar of caviar  
Bunch of dill

### **Tomato, Bocconcini and Basil Canapés**

1 punnet of cherry tomatoes, sliced  
1 bunch of basil, separated into leaves  
1 tub of baby bocconcini, halved  
Balsamic vinegar  
Sea salt to taste

### **Caviar and Dill Canapés**

Slice the cucumber.

Spread a small amount of cream cheese on each slice and season with salt and pepper.

Add ½ teaspoon of caviar and a sprig of dill on top of the cheese and serve.

### **Tomato, Bocconcini and Basil Canapés**

Arrange cherry tomato slices on a serving plate and scatter over basil leaves and baby bocconcini halves.

Drizzle a small amount of balsamic vinegar over the top and season with a little salt to taste.

Provide toothpicks to serve or alternately arrange a little of all the ingredients onto individual toothpicks and drizzle with a little balsamic vinegar before serving.

**SERVES 6**



# Savoury and Spicy Nuts

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## INGREDIENTS

1 tbsp of butter  
½ cup of tamari soy sauce  
2 tsp ground ginger powder  
¼ tsp of wasabi paste (optional)  
2 cups of walnuts  
1 cup of almonds or pecans  
1 cup of Brazil nuts or hazelnuts

Preheat oven to 150°C.

Melt butter in a small saucepan over low heat.

In a small bowl, combine tamari, ginger and wasabi paste.

Spread nuts over baking tray. Pour on melted butter and stir to coat. Bake for approximately 15 minutes.

Remove from oven. Stir in ginger-tamari mixture. Return to oven and roast for approximately 10 minutes more. Let stand at room temperature to cool.

Store in an airtight container.

**SERVES 12**



## DID YOU KNOW?

Brazil nuts are a source of selenium – a potent antioxidant that helps to prevent cellular damage caused by free radicals.



# Moroccan Meat Patties

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## INGREDIENTS

1 handful of onion, chopped  
 Olive oil  
 1 large green chilli, finely chopped  
 3 to 4 garlic cloves, finely chopped  
 1 tsp of sweet paprika, ground  
 ½ tsp of turmeric, ground  
 ½ tsp of cumin, ground  
 1 handful of tomato, blanched in hot water,  
 peeled and chopped  
 ½ preserved lemon (rind only) or zest of ½ lemon, chopped  
 (if using lemon zest, add an additional pinch of salt)  
 4 handfuls of zucchini, grated  
 4 palm-sized portions of lean beef mince  
 2 eggs, lightly beaten  
 Few sprigs each of fresh mint, coriander leaves and parsley  
 Cracked pepper and sea salt to taste

Fry the onion with olive oil for a few minutes until almost transparent. Add green chilli, garlic, paprika, turmeric and cumin. Fry for a further few minutes. Add tomato, preserved lemon (or lemon zest) and zucchini, and cook for 4 to 5 minutes or until zucchini is tender and some liquid has evaporated.

In a large bowl, combine cooked mixture with beef mince, eggs, herbs, salt and pepper. Mix well and shape into small patties.

Fry the meat patties in olive oil, turning gently, until cooked through and lightly browned on both sides.

Serve with 2 additional handfuls of recommended vegetables or salad per serve.

## SERVES 4





# Spiced Lemon Meatballs with Green Vegetables

---

## INGREDIENTS

### Meatballs

- 1 onion, chopped finely
- 2 garlic cloves, chopped finely
- ½ tsp of cumin
- ½ tsp of paprika
- 2 tsp of olive oil
- 4 palm-sized portions of lean beef mince
- ½ tsp of lemon zest
- 2 eggs
- ½ handful of parsley, chopped
- Cracked pepper and sea salt to taste

### Stock

- 1 cup of chicken stock
- ½ tsp of cumin
- ½ tsp of turmeric
- ½ tsp of lemon zest

### Vegetables

- 3 handfuls per serve of seasonal green vegetables (e.g. green beans, zucchini, broccoli, snow peas), (12 handfuls in total)

Fry onion, garlic and spices in 1 teaspoon of olive oil. Add to mince, with lemon zest, eggs, herbs, salt and pepper.

Mix well and roll tablespoons of mixture into balls. Heat 1 teaspoon of olive oil and cook the meat balls for 1 to 2 minutes, until sealed.

Heat stock with spices and lemon zest. Add stock to meat balls and simmer until cooked through and stock thickens to a sauce. Add a little water if required through cooking process to keep moist.

Serve with sauce on a bed of freshly steamed green vegetables.

## SERVES 4

# Grilled Pepper Steak with French Beans and Lemon Butter Sauce

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## INGREDIENTS

2 palm-sized portions of sirloin or fillet steak  
2 tbsp of extra virgin olive oil  
Freshly ground black pepper  
6 handfuls of French or green beans

## Lemon Butter Sauce

30 g butter, unsalted  
Juice of ½ a lemon  
Freshly ground black pepper

Brush steaks with olive oil on both sides and season liberally with black pepper. Place under a hot grill, at least 8 cm from heat, and grill to taste.

While steak is grilling, steam the beans until tender but still firm.

Heat the butter in a small saucepan, stir in the lemon juice and freshly ground pepper.

Serve steaks with beans, pouring sauce over beans.

**SERVES 2**

# Thai Lime and Sesame Stir-Fry

---

## INGREDIENTS

2 palm-sized portions of beef, diced  
1 tsp of ginger, minced  
1 garlic clove, minced  
1½ tbsp of soy sauce  
1½ handfuls of bean sprouts  
1½ handfuls of mushrooms, sliced  
1½ handfuls of snow peas  
1½ handfuls of red capsicum, sliced  
½ cup of flaked almonds  
1½ tbsp of lime juice  
1½ tbsp of sesame oil

Sauté beef with ginger, garlic and soy sauce until brown.

Add vegetables and cook for 2 to 3 minutes.

Sprinkle almonds over meal just prior to serving.

Dress with lime juice and sesame oil.

## SERVES 2

# Roasted Red Onion and Rump Steak Salad

---

## INGREDIENTS

2 medium red onions, peeled and quartered  
1½ tbsp of olive oil  
2 palm-sized portions of rump steak  
2 handfuls of mixed salad greens,  
(e.g. rocket, mesclun, spinach or baby kale)  
4 cherry tomatoes, quartered  
1 tbsp of capers  
1 tsp of balsamic vinegar  
Optional: ½ avocado, sliced  
Cracked pepper and sea salt to taste

Preheat the oven to 190°C.

Toss the onions in 1 tablespoon of olive oil, lay onto baking paper and roast for 10 to 15 mins or until soft, then set aside.

Sear the rump steak on both sides on a very hot pan, then place into the oven for 5 to 10 minutes for medium steak.

While the steak is cooking, place the salad greens, red onions, tomatoes and capers into a bowl with the avocado if using. Add ½ tablespoon of olive oil, the balsamic vinegar, and season with salt and pepper to taste. Toss together to combine and arrange onto two serving plates.

Slice steak when cooked to your liking and arrange over the salad. Enjoy!

**SERVES 2**





# Asian Chicken Soup

---

## INGREDIENTS

2 tbsp of olive oil  
½ tsp of sesame oil  
2 garlic cloves, finely chopped  
1 long red chilli, deseeded and finely chopped  
1 lemongrass stem, white part only,  
deseeded and finely chopped  
2 cm cube of fresh ginger, peeled and finely chopped  
1 handful of spring onions, chopped  
1 L of chicken stock  
1½ tbsp of fish sauce  
2 tbsp of lime juice  
1 tsp of Natvia™ (optional)  
Sea salt to taste  
4 palm-sized portions of chicken breast, finely sliced  
4 handfuls of mushrooms, sliced  
4 handfuls of bok choy (stems and leaves), sliced  
4 handfuls of red capsicum, sliced  
½ handful of coriander leaves, chopped  
8 basil leaves, chopped

Heat olive oil and sesame oil in a heavy bottomed soup pot. Add garlic, chilli, lemongrass, ginger and spring onions, and fry until fragrant (almost browning).

Add chicken stock and bring to boil. Reduce heat to a simmer, and add fish sauce, lime juice, sweetener and salt to taste.

Add the chicken and mushrooms, and simmer until almost cooked (approximately 5 minutes).

Add bok choy stems and capsicum and simmer until tender (approximately 2 minutes). Remove from heat, add bok choy leaves, coriander and basil. Stir well and serve into large soup bowls.

## SERVES 4

# No Burrito Turkey Burritos

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## INGREDIENTS

1 tsp of olive oil  
 1 capsicum  
 2 tsp of sesame oil  
 3 garlic cloves, crushed  
 ½ tsp of ground cumin  
 ½ tsp of ground coriander  
 ½ tsp of ground paprika  
 400 g turkey mince  
 1 tsp of dried oregano leaves  
 Cracked pepper and sea salt to taste  
 1 large avocado  
 ¼ cup of fresh coriander leaves, finely chopped  
 Juice of ½ a lemon  
 1 tomato, diced  
 ¼ Spanish onion, finely diced  
 Iceberg lettuce leaves to serve

Preheat oven to 180°C. Rub 1 teaspoon of olive oil over the whole capsicum, place on a baking tray and roast for approximately 25 minutes.

Place hot capsicum in a bowl, cover with cling wrap and let the capsicum sweat. When cool enough to handle, peel skin away from the flesh, remove the seeds and slice into 1 cm slices. Set aside.

Next, heat a fry pan over a medium heat and add 2 teaspoons of sesame oil along with the garlic. Brown the garlic a little before adding the cumin, coriander and paprika.

Stir the spices together, then add the turkey mince to the pan and combine. Cook the turkey mince thoroughly before adding the oregano leaves, and season with salt and pepper.

While mince is browning, make a salsa by mashing the avocado in a bowl and mixing with coriander leaves, lemon juice, tomato and onion.

To serve: Scoop some turkey mince mixture into a lettuce cup, top with salsa and roasted capsicum strips. Fold over to form a 'burrito' and enjoy.

**SERVES 4**



# Tandoori Chicken

---

## INGREDIENTS

200 g natural yoghurt  
(no added sugar)  
Sea salt to taste  
¼ tsp of chilli powder  
½ tbsp of fresh ginger, finely grated  
½ tbsp of garlic, finely grated  
1 tsp of coriander, ground  
1 tsp of cumin seeds, ground  
½ tsp of garam masala  
¼ tsp of turmeric powder  
½ tbsp of tandoori paste  
4 palm sized-portions of chicken breast  
1 tomato, diced, to garnish  
Lettuce leaves, to garnish

In a bowl, mix together yoghurt, salt, chilli, ginger, garlic, coriander, cumin seeds, garam masala, turmeric and tandoori paste. Rub mixture into chicken and leave to marinate for at least 2 hours in the fridge.

Pre-heat the oven to 180°C. Bake chicken for 20 minutes then reduce the oven heat to 120°C and cook until tender. Garnish with tomatoes and lettuce.

Serve with 3 handfuls per serve of recommended vegetables or salad per serve.

## SERVES 4



# Pear, Walnut, Feta and Chicken Salad

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## INGREDIENTS

3 handfuls of salad greens  
(e.g. rocket, lettuce, spinach or baby kale)  
2 sticks of celery, sliced  
½ red onion, quartered and finely sliced  
½ small pear, cored and finely sliced  
¼ cup of walnuts  
1 tbsp of olive oil  
2 tsp of balsamic vinegar  
50 g feta cheese, crumbled  
2 palm-sized portions of chicken, cooked and shredded  
Cracked pepper and sea salt to taste

Place the salad greens, celery, onion, pear and walnuts into a serving bowl.

Add olive oil and balsamic, and toss together to combine.

Divide between two plates and sprinkle feta cheese over the top. Add chicken and season with salt and pepper to taste. Enjoy!

*\*Variation: Replace some or all of the walnuts with sunflower or pumpkin seeds*

## SERVES 2

# Baby Kale, Preserved Lemon, Haloumi and Roasted Walnut Salad

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## INGREDIENTS

3 handfuls of baby kale leaves  
(or adult kale, torn into smaller portions)  
Juice of ¼ lemon  
1 tbsp of olive oil  
½ tbsp of preserved lemon, chopped  
1 palm-sized portion of pan-seared or grilled haloumi, and  
shredded BBQ chicken combined  
3 finger portion of walnuts, roasted until golden

Coat the kale lightly in lemon juice and olive oil in a serving bowl, and massage into the kale to soften.

Add all the other ingredients and toss together to combine.

## SERVES 1



# Whole Roasted Lemon and Sage Chicken

---

## INGREDIENTS

3 sage sprigs  
Juice of ½ a lemon  
4 tbsp of olive oil  
Cracked pepper and sea salt to taste  
1 chicken (approximately 1 kg)  
3 garlic cloves, whole  
2 red onions, peeled and cut into chunks  
1 lemon, cut in half  
400 mL of low salt, sugar free chicken stock

Wash 2 sprigs of sage leaves and chop finely, combine with lemon juice and olive oil in a bowl, and season with salt and pepper.

Pour marinade over chicken, cover and leave for 1 hour in the fridge.

Preheat oven to 180°C.

Place the chicken into a roasting dish along with the garlic and onions.

Add the lemon halves and remaining sage sprig into the cavity of the chicken.

Spoon a little of the chicken stock over the top and roast the chicken for approximately 1 hour or until cooked and golden, basting regularly with the remaining chicken stock.

Serving suggestion: Offer a palm-sized portion of chicken to each person along with 3 handfuls of fresh salad.

**SERVES 4**

# Cheesy Chicken Nuggets

---

## INGREDIENTS

### Chicken Nuggets

500 g chicken breast, cut into nugget-sized portions  
2 eggs, lightly beaten  
½ cup of parmesan cheese  
1 freezer bag  
Olive oil for frying

### Vegetable Skewers

12 cherry tomatoes  
2 zucchinis  
10 mushrooms  
16 pineapple pieces  
1 red capsicum  
3 tbsp of olive oil  
Juice of ½ a lemon  
1 garlic clove, minced  
1 tsp of tomato puree  
Oregano  
Cracked pepper and sea salt to taste

### Chicken Nuggets

Dip chicken pieces into the egg mixture.

Pour the grated parmesan cheese into the freezer bag and then add the egg coated chicken. Mix with the cheese thoroughly so that it coats each side of the chicken nugget.

Remember: The more parmesan you get on the chicken, the crispier your nuggets are going to be!

Add olive oil to the pan and keep heat at medium-high. Dip chicken nuggets slowly into the pan and carefully flip once the undersides are a light golden brown.

### Vegetable Skewers

Soak the bamboo skewers in water for half an hour, so that they do not burn.

Cut all vegetables into 1.5 cm cubes. Thread vegetables onto the skewers.

Mix together the oil, lemon juice, garlic, tomato puree, oregano, salt and pepper.

Brush the kebabs with this mixture and cook them on a BBQ or under a hot grill for 10 minutes each side, basting with more of the oil mixture during cooking.

**SERVES 3 to 4**



# Spanish Chicken Casserole

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## INGREDIENTS

2 tsp of olive oil  
2 palm-sized portions of chicken breast,  
chopped into large pieces  
¼ red onion, coarsely chopped  
3 garlic cloves, crushed  
2 handfuls of fresh tomatoes, diced  
1 tbsp of tomato paste  
6 Kalamata olives  
1 handful of peas  
2 tsp of oregano leaves, dried  
Fresh oregano leaves, to garnish

Preheat oven to 180°C.

Heat the olive oil in a large frying pan over medium heat. Add the chicken breast and cook for approximately 4 minutes each side or until golden brown. Transfer to a plate.

Add the onion and garlic to the frying pan and gently fry until golden. Add tomatoes, tomato paste, olives and peas to the frying pan and simmer gently for 5 minutes.

Transfer the chicken and sauce mixture into a casserole dish. Add dried oregano, cover and bake in the oven for approximately 1 hour, or until the chicken is tender.

Sprinkle with fresh oregano leaves to serve.

**SERVES 2**



# Jerk Chicken

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## INGREDIENTS

3 palm-sized portions of chicken legs

### Marinade

1 small chilli, deseeded if required to personal taste

1 small onion, peeled

1 garlic clove, peeled

1 tsp of fresh ginger, peeled

1 tsp of fresh thyme

2 tbsp of tamari or soy sauce

1 to 2 tbsp of fresh lime juice to taste

Cracked pepper and sea salt to taste

Add marinade ingredients to a food processor or blender and process until smooth.

Coat chicken portions in the jerk marinade mixture and refrigerate for several hours or overnight.

Heat a BBQ and cook the chicken, turning frequently to ensure that they are cooked thoroughly on all sides. If available, closing the hood on the BBQ during cooking will speed the cooking process and encourage the flavours to develop.

Serve with your choice of recommended vegetable side dish.

**SERVES 3**

# Kale and Passata-Baked Chicken Thighs

---

## INGREDIENTS

6 palm-sized chicken thighs  
3 tbsp of coconut oil, plus a little extra  
to grease the baking dish  
4 garlic cloves, crushed  
3 tsp of paprika, ground  
1 tsp of cumin, ground  
1 bottle of passata  
1 kale bunch, roughly chopped  
½ tsp of sesame seeds

Preheat oven to 180°C.

Grease a medium to large, deep baking dish with coconut oil and lay the 6 chicken thighs flat, side-by-side.

Combine garlic, paprika and cumin in a small bowl with 2 tablespoons of coconut oil to create a seasoned marinade.

Pour or paint the marinade onto the chicken thighs until nicely coated on the top side.

Pour the whole bottle of passata over the chicken thighs to evenly cover.

Sprinkle the chopped kale over the top of the chicken.

Drizzle 1 tablespoon of coconut oil over the kale, then sprinkle with the sesame seeds.

Bake in the oven for approximately 45, minutes or until the chicken is cooked through.

**SERVES 6**

# Seasoned Chicken with Shredded Cabbage

---

## INGREDIENTS

2 palm-sized portions of chicken breast, diced  
1 tbsp of olive oil  
Cracked pepper and sea salt to taste  
1 garlic clove, crushed  
¼ tsp of ginger, minced  
¼ tsp of cumin, ground  
¼ tsp of garam masala  
¼ tsp of fennel seeds  
¼ chilli, chopped very finely  
2 shallots, finely sliced  
2 handfuls of cabbage, finely shredded

Coat chicken with olive oil. Sprinkle with sea salt and pepper to taste. Place under a pre-heated grill and cook both sides.

Heat pan, add the spices and olive oil, and cook a few seconds before adding the shallots. Sauté for a few minutes, then add the shredded cabbage.

Cook on a high heat for a minute while stirring quickly, then reduce the heat to low. Continue to cook until the cabbage has wilted and has been thoroughly coated with spice mixture (you may need to add a little water to moisten). Serve with chicken.

Serve with 2 additional handfuls of recommended vegetables or salad per serve.

## SERVES 2





# Wok Fried Ginger Chicken and Almonds

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## INGREDIENTS

Extra virgin olive oil for cooking  
½ handful of almonds, blanched  
2 tsp of ginger, grated  
1 handful of mushrooms, sliced  
1 handful of mild green chilli, deseeded and cut diagonally  
½ handful of onion, cut lengthwise  
2 handfuls of red capsicum, cut into strips  
2 handfuls of snow peas  
2 palm-sized portions of chicken breast, cut into small cubes

Add extra virgin olive oil to a wok and cook almonds until golden. Remove and drain on absorbent paper.

Add 1 teaspoon of ginger, sauté for 1 minute then add all of the vegetables. Cook for 1 to 2 minutes and place to one side.

Place chicken and remaining ginger in pan, with a little more oil and cook until almost done. Return vegetables and almonds to the pan and warm through.

## SERVES 2

# Portuguese Chilli Chicken

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## INGREDIENTS

½ onion, chopped  
2 small red chillies, deseeded and chopped  
4 garlic cloves, chopped  
2 bay leaves, ground  
¼ tsp of paprika  
Pinch of salt  
2 tsp of olive oil (for marinade)  
Juice of ½ a lemon  
2 palm-sized portions of chicken breast,  
chopped into large pieces  
2 tsp of olive oil (for frying)

Blend or crush all ingredients, excluding chicken, in a mortar and pestle or food processor.

Marinate chicken in this mixture for at least 30 minutes, or overnight if desired.

Fry chicken in olive oil until browned and cooked through.

Serve with 3 handfuls of recommended vegetables or salad per serve.

## SERVES 2

# Creamy Chicken Coleslaw

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## INGREDIENTS

- 1 palm-sized portion of chicken breast,  
steamed and finely sliced
- 3 handfuls of cabbage, carrot, and red onion, finely chopped
- ¼ cup of parsley and chives, chopped
- 2 tbsp of crushed walnuts
- 2 tbsp of mayonnaise (whole egg, no added sugar)

Combine all ingredients in a bowl, mix thoroughly and serve.

## SERVES 1







# Lemon Chicken Nibbles

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## INGREDIENTS

½ cup of lemon juice  
1 tbsp of soy sauce  
1 tbsp of mustard  
1 tsp of olive oil  
Pinch of cayenne pepper  
1 palm-sized portion chicken breast, diced

Combine lemon juice, soy sauce, mustard, olive oil and cayenne pepper. Add the diced chicken and toss around in a bowl to coat well. Leave to marinate for an hour or so, in the fridge if you wish.

Heat pan and fry chicken. Halfway through frying, turn the chicken over and marinate with more sauce. Cook this side for a further 10 minutes or until cooked.

Serve with 3 handfuls of recommended vegetables or salad.

## SERVES 1



### DID YOU KNOW?

Lemons contain vitamin C which is involved in many bodily functions, particularly immune system support.



# Grilled Salmon Steaks with Dill Butter Sauce and Fresh Rocket

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## INGREDIENTS

1 handful of green beans  
1 handful of snow peas  
1 handful of red capsicum, thinly sliced  
2 palm-sized portions of salmon fillets  
2 tbsp of extra virgin olive oil  
3 handfuls of rocket leaves or mesclun mix

## Dill Butter Sauce

30 g butter, unsalted  
Juice of ½ a lemon  
1 tbsp of fresh or dried dill, chopped

Lightly steam green beans, snow peas and capsicum. Set aside.

Brush both sides of the salmon with olive oil and grill under high heat for 3 to 4 minutes per side. Salmon is cooked when the meat is just starting to fall apart.

## Dill Butter Sauce

Melt the butter in a small saucepan, stir in the lemon juice and add dill. Spread rocket on a dinner plate, place salmon on top and cover with warm sauce.

Serve with steamed vegetables.

**SERVES 2**

# Thai Fish Soup

---

## INGREDIENTS

4 cups of home-made chicken or vegetable stock  
5 cm piece of fresh ginger  
2 sticks of lemongrass, cut into 5 cm pieces  
2 garlic cloves, peeled and thinly sliced  
2 tbsp of fish sauce  
4 whole kaffir lime leaves  
2 medium fish fillets (e.g. snapper, ling or hoki)  
1 lime, juiced  
1 tsp of lime rind, grated  
Sea salt to taste  
Stevia to taste  
1 handful of mint leaves  
1 green chilli, sliced  
1 red chilli, sliced  
1 kaffir lime leaf, finely shredded

Place the stock, ginger, lemongrass, garlic, fish sauce and whole kaffir lime leaves into a saucepan. Bring to the boil, reduce the heat and simmer for 10 minutes.

Strain the stock into a bowl, discard the herbs and return the now clear soup to the saucepan.

Cut each fish fillet into two palm-sized portions. Add the fish portions, lime juice and rind to the soup, bring to a boil then reduce the heat and simmer for approximately 5 to 8 minutes, or until the fish is cooked. Season with additional salt and stevia as required to adjust the flavour

Ladle soup into 4 serving bowls and garnish with fresh mint leaves, chilli slices and shredded kaffir lime leaf.

## SERVES 4

# Nut Crusted Fish and Salad Greens

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## INGREDIENTS

1 tbsp of extra virgin olive oil  
1 tbsp of butter  
½ cup of recommended nuts, finely chopped  
1 tsp of sea salt  
Black pepper to taste  
2 palm-sized portions of boneless fish  
2 tsp of fresh parsley, chopped (optional)  
6 handfuls of salad greens  
1 lemon, cut into wedges

Preheat oven to 220°C. Grease a baking sheet. Melt olive oil and butter in a pan. Remove from heat and let cool. Mix the chopped nuts together with the seasoning and put on a plate.

Dip the fish in the oil/butter mixture and then in the nut mixture. Press firmly so the nuts hold. Place fish on the baking sheet and bake until cooked through.

Garnish with fresh parsley. Serve with salad greens and a wedge of lemon.

## SERVES 2





# Stuffed Capsicums with Salmon

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## INGREDIENTS

2 medium red capsicums  
2 eggs  
80 g feta cheese, crumbled  
1 tbsp of basil, chopped  
1 tbsp of parsley, chopped  
½ palm-sized portion of salmon, tinned in brine or spring  
water

Cut capsicums in half length ways and remove all the seeds and white flesh.

In a bowl, mix eggs, feta, herbs and salmon. Fill capsicum halves with this mixture.

Bake in the oven for approximately 30 minutes or until set.

Serve with 2 handfuls of recommended vegetables or salad per serve.

## SERVES 2

# Vegetable Stuffed Baked Squid

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## INGREDIENTS

½ tbsp of olive oil  
1 small onion, diced  
2 to 3 garlic cloves, crushed  
4 small mushrooms, chopped  
2 kale leaves (not stalks) or equivalent green leaves, finely chopped  
2 stalks of broccolini, or equivalent green vegetable, finely chopped  
1 medium tomato, chopped  
Fresh ground black pepper to taste  
1 tsp of oregano, chopped  
2 cleaned squid tubes (membrane removed), left whole but turned inside out  
½ cup of vegetable stock  
Squeeze of fresh lemon juice to serve

Preheat the oven to 170°C.

Warm the olive oil in a fry pan and lightly sauté the onion and garlic until softened.

Combine this mixture with the mushrooms, kale, broccolini and tomato, and mix thoroughly.

Add fresh ground black pepper to taste, along with the oregano and stir through.

Divide the vegetable mixture between the two squid tubes and secure the open ends of each with toothpicks.

Place stuffed squid tubes into an ovenproof non-stick pan and pour over the stock.

Cover the pan with foil and bake for approximately 25 to 30 minutes or until cooked.

Serve with a fresh green salad and a squeeze of lemon juice.

**SERVES 2**

# Zucchini Prawn Noodles

---

## INGREDIENTS

2 medium zucchinis  
1 carrot  
5 basil leaves  
1 small avocado, skin and stone removed  
1 tbsp of tamari sauce  
5 mint leaves  
1 tsp of red chilli, chopped  
½ tsp of lime juice  
2 pieces of bok choy  
1 palm-sized portion of green prawns

Using a mandolin, carefully slice the zucchini into thin strips lengthways, then repeat with the carrot. Using a sharp knife slice these strips into noodles. Alternately use a vegetable spiraliser to form the noodles.

Combine the zucchini and carrot noodles along with the basil leaves in a bowl and set aside.

In a blender, combine the avocado, tamari, mint, chilli and lime juice, and blend on a low setting to liquefy.

Bring a pan of water to the boil and lightly cook the bok choy until soft.

Meanwhile, in a non-stick fry pan, gently cook the prawns and set aside.

Place the vegetable noodles into a serving bowl and pour over the avocado mixture. Top with the bok choy and prawns. Enjoy!

**SERVES 1**







# Fish Patties

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## INGREDIENTS

240 g fish, flaked or equivalent amount of other seafood  
½ cup of celery, finely chopped  
½ cup of brown onion, finely chopped  
2 garlic cloves, minced  
2 eggs, lightly beaten  
1 tbsp of fresh flat-leaf parsley, finely chopped  
1 tbsp of lemon juice  
1 tbsp of extra virgin olive oil for frying  
Fresh lemon wedges, to serve

Combine all of the ingredients, except the olive oil, in a bowl until mixed thoroughly.

Form the mixture into patties with your hands.

Heat olive oil in a frying pan, fry the patties for approximately 10 minutes on either side or until cooked through.

Turn patties out onto kitchen paper to absorb any excess oil.

Serve patties with fresh lemon wedges.

Serving suggestion: these patties work well with a fresh green salad and a teaspoon of aioli.

**SERVES 4**

# Herb Baked Salmon

---

## INGREDIENTS

½ cup of tamari or soy sauce  
20 mL of sesame oil  
1 tsp of garlic, minced  
½ tsp of ginger, ground  
½ tsp of dried basil  
1 tsp of dried oregano leaves  
¼ tsp of dried thyme  
½ tsp of dried rosemary  
¼ tsp of dried tarragon  
4 palm-sized salmon fillets

Stir together the tamari or soy sauce, sesame oil, garlic, ginger and dried herbs. Place the salmon portions into a large zip-lock bag and add the sauce mixture, massaging the outside of the bag gently to ensure marinade thoroughly coats the salmon.

Refrigerate the salmon, skin side up, in the marinade for 1 to 4 hours.

Preheat oven to 150°C and line a large baking pan with foil.

Pour out the fillets and marinade into the pan. The fish portions should be in a single layer skin side up.

Bake salmon fillets for 10 to 15 minutes or until cooked.

Remove salmon from the oven, and pour over the sauce mixture ensuring each fillet is covered.

Serve immediately with your choice of recommended vegetables.

**SERVES 4**

# Fish Tagine

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## INGREDIENTS

2 palm-sized portions of white fish, cut into 2 cm pieces  
 2 palm-sized portions of calamari tubes, cleaned and sliced  
 2 palm-sized portions of king prawns (approximately 10 to 12 prawns), peeled and deveined

## Marinade

½ tbsp of olive oil  
 1 tbsp of garlic, crushed  
 Juice of ½ a lime (or lemon)  
 Cracked pepper and sea salt to taste  
 1 tsp of ground cumin  
 ½ cup of fresh coriander, chopped

## Sauce

2 handfuls of fresh tomatoes  
 1 handful of roasted red capsicum, peeled and deseeded  
 1½ handfuls of celery, chopped  
 1 tsp of ground cumin  
 1 tbsp of tomato paste (no added sugar)  
 Small handful of fresh coriander leaves  
 Cracked pepper and sea salt to taste

In a mixing bowl, combine the ingredients for the marinade and mix well.

Add the fish pieces, calamari and prawns. Mix so the seafood is well coated and marinate in the fridge for 4 hours.

To make the sauce, blend the tomatoes, capsicum, celery and cumin.

In a large frying pan heat 1 teaspoon of olive oil on high heat and fry the red onion until soft. Add the blended sauce mixture and bring to a high simmer. Stir in the tomato paste, salt, pepper, coriander leaves and cumin.

Cover the base of the tagine with some of the sauce, add the seafood, then cover the seafood with the remaining sauce. Place the tagine plate on the stove over a medium heat for a few minutes to start the cooking process. Then transfer to the oven, pre-heated to 180°C, for 40 to 45 mins.

Serve with 2 additional handfuls of recommended vegetables or salad per serve.

## SERVES 4



# Miso Glazed Fish

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## INGREDIENTS

2 tbsp of miso paste  
2 tbsp of tamari  
2 tbsp of apple cider vinegar  
2 tsp of ginger, grated  
½ tsp ground allspice or nutmeg  
4 palm-sized portions fish fillets, cut in half  
(e.g. hoki, salmon or ling)  
Olive oil for greasing pan

Preheat oven to 180°C

In a small bowl, whisk the miso paste with tamari, apple cider vinegar, ginger, allspice and 1 tablespoon of water.

Place fish fillets in a shallow baking pan rubbed lightly with oil.

Spoon miso mixture evenly over salmon.

Broil or grill for 8 to 10 minutes, basting two or more times with the marinade, until fish flakes with a fork. Do not overcook.

Remove to a serving platter.

Serve with 3 handfuls per serve of steamed greens (beans, broccoli, snow peas, bok choy, etc.) drizzled with sesame oil and tamari.

**SERVES 4**



# BBQ Spanish Style Stuffed Squid

---

## INGREDIENTS

2 to 4 tsp of olive oil  
½ cup of fennel bulb, finely grated  
1 garlic clove, crushed  
200 g pork mince  
½ cup of zucchini, grated  
1 tsp of sweet paprika, ground  
1 tsp of smoked paprika, ground  
¼ tsp of chilli powder  
¼ tsp of oregano, ground  
½ tsp of black pepper  
½ tsp of sea salt  
¼ cup of water  
2 large or 4 small squid hoods, cleaned

In a warm pan, add 2 teaspoons of olive oil along with the grated fennel bulb and crushed garlic. Stir until the garlic browns, then add the pork mince, zucchini, spices, seasoning and cook until browned. Add ¼ cup of water, cover and simmer for 10 minutes or until soft. Set the mixture aside until it is cool to touch.

Once cooled, stuff the pork mixture into the squid hoods and seal the ends with bamboo skewers or toothpicks. Refrigerate for 15 minutes.

Heat the BBQ, add a little olive oil and cook squid hoods for approximately 4 minutes each side or until done, then remove from heat.

When cooled enough to handle, slice cooked squid into 1.5 cm slices and serve with your choice of salad.

## SERVES 2

# Salmon and Caulirice with Vegetables

---

## INGREDIENTS

- 1 small or ½ large cauliflower, divided into florets
- 1 tbsp of coconut, shredded
- 4 to 5 thyme sprigs, leaves removed and diced (save 1 sprig's worth of leaves for a garnish)
- 2 to 3 garlic cloves, crushed
- Cracked pepper and sea salt to taste
- 2 zucchinis, sliced
- 1 cup of pumpkin, sliced
- 2 palm-sized salmon portions
- ¼ cup of parsley leaves, finely diced
- ¼ tsp of chilli flakes
- 2 tsp of olive or coconut oil
- 1 tsp of sesame oil
- 2 wedges of fresh lime or lemon

Preheat oven to 150°C. Place the cauliflower into an ovenproof dish and bake for 10 minutes or until soft and slightly golden. Remove from the oven and allow to cool. Turn the oven down to 100°C.

In a food processor, combine the shredded coconut, thyme (saving some thyme leaves for a garnish) and garlic, along with the cooled cauliflower. Pulse until the cauliflower is the size of rice granules. Season with salt and pepper.

Bring a pot of water to the boil. Place the zucchini and pumpkin into a steamer and steam until al dente (remains slightly firm to bite), approximately 3 to 4 minutes. Remove from the heat and set aside.

Coat the salmon portions in the chopped parsley and chilli flakes. Grill under a medium-low grill, or fry in a heavy bottomed skillet or pan, turning once until just done to your liking. Place the salmon into the oven at 100°C to keep warm.

Heat the olive or coconut oil in a heavy pan, add the sesame oil along with the caulirice and cook, stirring continuously, until crisp and lightly golden brown. Transfer to two serving plates.

While the pan is still hot, lightly brown the steamed vegetables to pick up any leftover caulirice seasoning.

To serve: Place the salmon onto the caulirice and browned steamed vegetables. Garnish with remaining thyme leaves and lemon wedges.

**SERVES 2**



# Salad Niçoise

---

## INGREDIENTS

- 2 handfuls of romaine lettuce, leaves torn
- 1 palm-sized portion of tuna or red salmon, tinned in brine or spring water, drained and broken in chunks
- 2 eggs, hardboiled and cut in quarters
- 1½ handfuls of artichoke hearts, drained and quartered
- 8 black and green olives
- 1 handful of cucumber or zucchini, shredded or julienned
- 1½ handfuls of broccoli sprouts
- ½ handful of small sweet capsicum
- ½ handful of avocado, peeled and cut into cubes
- Lemon wedges
- ½ tsp of Dijonnaise Sauce
- 2 tsp of chives, chopped

Arrange lettuce on large serving platter. Arrange mounds of the other ingredients over the platter.

Spritz with a squeeze of lemon juice.

Serve immediately with a small drizzle of Dijonnaise sauce and some chopped chives.

## SERVES 2

# Prawn and Avocado Salad

---

## INGREDIENTS

½ handful of avocado, sliced  
2 handfuls of mixed salad greens  
1 handful of cherry tomatoes, halved  
1 palm-sized portion of king prawns (approximately 6 prawns), cooked and peeled  
Juice of ½ a lime

Cover plate of greens with prawns. Garnish with thin slices of avocado and tomato halves. Dress with lime juice.

## SERVES 1



# Tuna Treasure Salad

---

## INGREDIENTS

1 tsp of sesame seeds

Olive oil

½ palm-sized portion of tuna, tinned in brine or spring water

1 egg

Cracked pepper to taste

3 handfuls of mixed shredded lettuce, celery, shallots, parsley, and thinly sliced fresh mushrooms

Juice of 1 lemon

1 tbsp of fresh herbs

Toast sesame seeds in a pan until lightly browned, put aside to cool.

Add olive oil to a non-stick frying pan. Break up tuna in a small mixing bowl. Mix with raw egg and black pepper. Cook tuna mix over moderate heat for 8 to 10 minutes.

Stir frequently, breaking up larger clumps until light golden brown and flaky. Set aside to cool.

Add salad and vegetables to salad bowl. Drizzle with olive oil, add lemon juice and fresh herbs. Gently toss cooled, flaked tuna and egg mixture into salad and sprinkle with toasted sesame seeds.

**SERVES 1**



# Steamed Ginger Rockling

---

## INGREDIENTS

- 1 whole rockling (approximately 200 g)
- 2 tbsp of sesame oil
- 1 tbsp of ginger, roughly chopped
- 1 tbsp of coriander, roughly chopped
- 1 whole chilli, diced
- Cracked pepper and sea salt to taste
- Spring onion to garnish, chopped
- 2 tbsp of soy sauce

Place the rockling into a dish. Combine the sesame oil, ginger, coriander, chilli, salt and pepper together to form a marinade, and add this to the rockling for approximately 20 to 30 minutes.

Place fish into a steamer and steam for approximately 20 minutes or until cooked. Remove and arrange onto a serving plate.

Garnish with chopped spring onion and drizzle with soy sauce.

## SERVES 2



# Meatballs with Greek Yoghurt Dipping Sauce and Pureed Vegetables

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## INGREDIENTS

2 tsp of olive oil  
1 small onion, diced  
600 g lamb mince  
¼ cup of fresh parsley, chopped  
1 cup of mozzarella cheese, grated  
1 egg, lightly whisked  
2 tsp of cumin, ground  
Cracked salt and pepper to taste  
Assortment of steamed vegetables (e.g. peas, zucchini,  
broccoli, cabbage, tomato), pureed or grated  
Unsweetened Greek yoghurt to serve

Heat 1 teaspoon of olive oil in a pan, cook onion until it is brown and softened. Set aside to cool.

In a large bowl, mix together mince, onion, parsley, cheese, egg, cumin, salt and pepper.

On a clean plate, mould the mince mixture into meatballs about the size of a golf ball.

Heat 2 teaspoons of olive oil in a large pan and cook meatballs evenly for 5 to 6 minutes or until cooked through.

Add steamed assorted vegetables into a blender and puree.

Serve a palm-sized portion of meatballs (generally 3 to 4) with the equivalent of 3 handfuls of pureed, recommended vegetables and a spoonful of Greek yoghurt as a tasty dipping sauce.

*\*Optional: For fussy eaters, vegetables from the recommended food list (e.g. broccoli, cabbage, Brussels sprouts) can be grated and added into the meatballs mixture.*

**SERVES 6**



# Pesto Lamb Stuffed Capsicums

---

## INGREDIENTS

- 3 red capsicums
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 3 handfuls of lamb mince
- 1 tbsp of olive oil
- 3 tbsp of pine nuts
- 1 bunch of basil leaves, finely chopped
- 1 tomato, finely chopped
- 3 tbsp of fresh parmesan cheese, grated
- Cracked pepper and sea salt to taste

Heat the oven to 180°C.

Cut the tops off the capsicums and remove the membranes and seeds. Stand the capsicums upright in a baking dish.

Fry the onions, garlic and lamb mince in olive oil until the meat is well cooked.

Combine the meat mixture with the pine nuts, basil and tomato and divide into three.

Stuff the capsicums with this mixture and sprinkle parmesan cheese on the top.

Bake the stuffed capsicums for approximately 40 minutes or until the capsicums are cooked through.

**SERVES 3**

# Slow Cooked Lamb Shoulder with BBQ Vegetable Salad

---

## INGREDIENTS

1 whole lamb shoulder  
 1 head of garlic, cut in half horizontally  
 1 L of no sugar beef stock  
 3 fresh bay leaves  
 3 thyme sprigs  
 1 lemon cut in half

## BBQ Vegetable Salad

3 zucchini, sliced into 5 cm slices  
 3 Lebanese eggplants, sliced into 5 cm slices  
 6 yellow button squash, sliced into 5 cm slices  
 1 fennel bulb, sliced into 5 cm slices  
 1 tsp of salt  
 ¼ tsp of ground black pepper  
 1 tsp of olive oil  
 1 capsicum  
 3 handfuls of torn kale  
 2 tsp of sherry vinegar  
 Cracked pepper and sea salt to taste

Heat oven to 130°C.

Brown the lamb shoulder on both sides in a cast iron saucepan, then add the garlic, beef stock, bay leaves, thyme and half lemon to the pan. Seal with a layer of aluminium foil before adding the lid and roasting in the oven for approximately 6 to 8 hours or until the lamb is soft and falling off the bone.

Place the zucchini, eggplants, squash and fennel in a bowl. Add salt and black pepper along with the olive oil, and gently combine to coat.

Approximately 45 minutes before wanting to serve the lamb, heat the BBQ and pour a little olive oil onto the capsicum. BBQ on all sides until almost black then remove and place into a bowl. Cover with cling film to trap the steam and set aside. Place the sliced zucchini, eggplants, squash and fennel on the BBQ and cook until golden brown, remove and place into a clean bowl.

When cool enough to handle, remove the softened capsicum from the bowl, saving the juices, and rub gently to remove the skin. Discard the seeds and stem and slice the capsicum into strips. Add to the other BBQ vegetables along with the kale.

Add 2 tablespoons of the capsicum juice from the bowl, along with the sherry vinegar, to the BBQ vegetables. Mix to combine and season with salt and pepper to taste.

Remove lamb meat from the bones and serve with the BBQ vegetable salad.

**SERVES 6**



# Lamb Kofta

---

## INGREDIENTS

### Kofta

- 350 g lamb mince
- 1 medium onion, chopped finely
- 2 tsp of paprika
- 1 tsp of cumin
- 1 tsp of salt
- ¼ tsp of black pepper
- ¼ tsp of hot paprika
- ¼ cup of fresh parsley, chopped
- ¼ cup of fresh coriander, chopped

### Tomato Sauce

- 3 ripe tomatoes, peeled, seeded and diced
- 500 mL of passata
- 1½ tsp of sweet paprika
- 1½ tsp of ground cumin
- ½ tsp of sea salt
- ¼ tsp of hot paprika
- 3 tbsp of fresh parsley, finely chopped
- 3 tbsp of fresh coriander, finely chopped
- 3 garlic cloves, diced
- 1 tbsp of olive oil
- 4 free range eggs
- ¼ cup of water

Combine all of the tomato sauce ingredients, except the water and egg, in the base of a deep tagine or a large, deep sided frying pan. Cover and bring to a simmer over a medium heat. Once simmering, reduce the heat to medium-low (just enough heat to maintain a gentle simmer). Allow the tomato sauce to cook for at least 15 to 20 minutes to completely soften the tomatoes.

While the sauce is cooking, combine all of the kofta ingredients together in a bowl. Then, using your hands, knead in the spices and herbs. Shape the lamb kofta mixture into small meatballs, approximately the size of a small peach.

Add water to the tomato sauce and stir gently. Add the meatballs to the tomatoes and spoon a little of the tomato sauce over the meatballs to cover.

Cover the tagine, or pan, and cook for approximately 25 minutes, or until the sauce has thickened.

Break the eggs into the middle of the meatballs, and re-cover the tagine, or pan. Cook for an additional 7 to 10 minutes or until the egg whites are solid and the yolks are partially set.

Serve with 3 handfuls of recommended salad vegetables per person.

## SERVES 4

# Marinated Lamb Backstrap

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## INGREDIENTS

4 palm-sized portions of lamb back strap, cut into 2 cm strips

### Marinade

½ tbsp of cumin

½ tbsp of sweet paprika

Salt

1 tbsp of garlic, chopped

½ tbsp of coriander leaves, chopped

½ tbsp of continental parsley, chopped

½ tbsp of lemon juice

Good drizzle of olive oil

Put lamb into a bowl and add all the marinade ingredients. Use your hands to combine. Cover and leave for 1 hour in the fridge before grilling medium/rare on the BBQ.

Serve with 3 handfuls of recommended vegetables or salad per serve.

## SERVES 4



# Left-Over Roast Lamb Salad

---

## INGREDIENTS

2 to 3 handfuls of rocket, spinach,  
or mixed salad greens, washed  
1 punnet of cherry tomatoes, halved  
Half a packet of feta cheese, crumbled  
1 bunch of mint, separated into leaves and roughly torn  
Left over roast lamb, sliced (2 palm-sized portions)  
1 tbsp of olive oil  
Balsamic vinegar

Place salad greens onto a serving platter.

Add cherry tomato halves, along with the feta cheese and torn mint leaves.

Mix together thoroughly.

Drizzle 1 tablespoon of olive oil and a drizzle of balsamic vinegar over the salad and toss together.

Arrange roast lamb slices over the salad before serving.

**SERVES 2**



# Pork Tuscany Treat

---

## INGREDIENTS

1 tsp of dried mixed herbs

1 palm-sized portion of lean pork, pounded thin and cut  
into medallions

1 tsp of olive oil

1 garlic clove, crushed

½ handful of mushrooms, thinly sliced

2 tbsp of water

1 handful each of zucchini slices, broccoli  
florets and green beans

Crushed or slivered almonds to garnish

Sprinkle mixed herbs over pork medallions.

Coat a non-stick frying pan with olive oil. Over a high heat stir-fry the garlic, mushrooms and pork medallions until golden brown.

Add the water, toss in the vegetables and continue tossing until the pork is cooked and vegetables are tender. Garnish with the almonds.

## SERVES 1



# Pork and Pistachio Terrine

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## INGREDIENTS

300 g pork mince  
300 g pork fillet, diced  
1 garlic clove, diced  
1 egg, lightly beaten  
1 tsp of dried tarragon  
¼ tsp of sea salt  
½ cup of pistachio kernels  
Fresh black pepper to taste

Place all of the ingredients into a bowl and mix with your hands until well combined.

Heat oven to 150°C.

Line a terrine mould or loaf pan with two layers of baking paper, ensuring there is enough paper to fold over the top.

Fill the lined mould with the pork mixture, fold paper over the top, and seal the mould with aluminium foil.

Cook terrine for 1½ hours.

Remove and cool for half an hour before placing the terrine mould into the fridge with food cans (e.g. canned beans, chick peas, etc.) on top to weigh it down overnight.

To serve: Slice terrine into portions the same thickness as your palm and accompany 1 slice with 3 handfuls of fresh salad.

**SERVES 6**





# Raw Vegetable Nori Wraps with Cashew Cream

## INGREDIENTS

### Cashew Cream

1 cup of cashew nuts, soaked

(1 cup of cashews covered in filtered water and placed in a covered jar in the fridge for approximately 4 to 6 hours – drain before use)

### Nori Wraps

4 nori sheets

½ avocado, stone and skin removed,  
lightly crushed with a fork

A selection of raw vegetables  
(e.g. julienned carrot, capsicum, or cucumber;  
raw sprouts, fresh coriander, etc.)

2 palm-sized pieces of firm tofu, thinly sliced or  
1 palm-sized portion of cooked and cooled protein  
from the Recommended Food List, shredded

Cashew cream (see recipe above)

A little water to stick down the nori roll edges

Drain cashews from their soaking water, add nuts to a preferably high-speed blender and, starting slowly at first, increase speed until a finely textured smooth cream is formed. Set cream aside.

Lay each nori sheet onto a cutting board. Spread a small amount of avocado along the side closest to you, approximately 2 cm from the edge.

Place a small selection of your julienned vegetables, sprouts and/or coriander, along with some sliced tofu (or other protein) on top of the avocado, forming a straight line.

Drizzle a little cashew cream over the vegetables and tofu (any remaining cashew cream can be used for other recipes).

To roll the nori rolls: lift the edge of the nori sheet closest to you and fold over your tofu, vegetable and cashew cream mixture. Tuck in the edge under the vegetable mix before rolling carefully away from you to form a tube shaped roll.

Dampen the far edge (approximately 1 cm) of the nori sheet with water to help seal the roll before finishing the roll.

Place the finished nori roll edge side down so it can stick firmly while you put together the remaining rolls.

Cut each nori roll into bite size pieces to serve.

**SERVES 1**

## DID YOU KNOW?

Iodine found in sea vegetables such as Nori, supports healthy metabolism, energy production, and healthy hair and skin.





# Mexican Street Salad

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## INGREDIENTS

- ½ small white cabbage, shredded
- ½ small red cabbage, shredded
- 1 small bunch (approximately 10) of radishes, trimmed and finely sliced
- 2 carrots, peeled and finely sliced
- 1 large bunch of fresh coriander, leaves and stalks finely chopped
- 2 large jalapeño chillies (or other green chilli), finely sliced and deseeded if required to taste
- 1 red onion, peeled and finely sliced
- Extra virgin olive oil
- Juice of ½ a lime
- Pinch of sea salt

Place the shredded cabbage into a large bowl along with the radishes, carrots and most of the coriander.

Mix everything together thoroughly, then spice up the flavour by adding almost all of the chopped chilli, the sliced red onion and a generous pour of extra virgin olive oil.

Add most of the lime juice and a good pinch of salt, then toss everything together. Taste and adjust the flavour to your liking by adding more fragrant coriander; more heat from some chilli, or more acidity from extra lime juice.

## SERVES 4

# Raw Pad Thai

---

## INGREDIENTS

- 4 cups of zucchini, julienned
- ½ cup of carrot, julienned
- 1 cup of cabbage, shredded
- 2 cups of bean sprouts
- 2 spring onions, chopped
- ⅓ cup of coriander
- 1 red capsicum, cut into thin strips
- ¾ cup of almonds, crushed
- 2 fresh lime wedges
- 1 red chilli, sliced diagonally

## Dressing

- ¼ cup of coconut milk
- 1 tbsp of olive oil
- 3 tbsp of tamari
- 2½ tbsp of tahini
- 2 tbsp of lemon juice
- 2 garlic cloves, minced
- 1 red chilli, finely chopped
- 1 tsp of ginger, grated
- 6 drops of liquid stevia

Combine all of the dressing ingredients in a jar with a lid and shake until combined.

Place the zucchini, carrot, cabbage, half the bean sprouts, half the spring onion, half the coriander and the capsicum into a bowl and mix to combine.

Pour the dressing over the Pad Thai vegetables to evenly coat.

Arrange the Pad Thai onto a serving dish and top with the remaining bean sprouts, spring onion and coriander along with the crushed almonds and chilli. Place the lime wedges on the side and squeeze over before eating.

## SERVES 2



# Vietnamese Egg Roll

---

## INGREDIENTS

2 medium sized eggs  
½ tbsp of olive oil  
2 garlic cloves, chopped  
1 small chilli, finely sliced  
2 tbsp of tamari sauce  
2 tsp of lime juice  
5 mint leaves, sliced  
5 basil leaves, sliced  
¼ avocado, sliced  
3 lettuce leaves, washed and finely sliced  
¼ cup of bean sprouts

Break eggs into a cup and whisk.

Heat half of the oil in a pan and gently fry the garlic and chilli to infuse the oil with their flavour. Add the cooked garlic and chilli to the tamari sauce, along with the lime, and set aside.

Heat the remaining oil in a small fry pan. Add the whisked egg, making sure it is evenly spread across the base to form a pancake. Cook egg until set and place aside on a plate.

Combine the herbs, avocado, lettuce and bean sprouts in a bowl. Fill egg roll wrapper diagonally, add some tamari sauce mixture and fold (see below).

Fold one side over the filling to start, then bring in the two ends to form an envelope before rolling the wrap up to form a tube.

**SERVES 1**



# Curried Tofu

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## INGREDIENTS

- 1 tbsp of extra virgin olive oil
- ½ handful of onion, diced
- 1 garlic clove, crushed
- ½ handful of celery, diced
- 1 handful of capsicum, diced
- 1 handful of zucchini, diced
- 2 palm-sized portions of firm tofu, diced
- ½ to 1 tsp of curry powder, to taste
- Ground pepper and sea salt to taste
- 1 cup of chicken stock

Heat oil in a frying pan and sauté the onion, garlic, celery, capsicum and zucchini for approximately 3 minutes.

Add tofu, curry powder, salt and pepper, and stir to combine.

Add stock and bring to a boil, then simmer until stock reduces, stirring occasionally.

## SERVES 1

# Coconut Crumbed Tofu

---

## INGREDIENTS

1 packet of firm tofu (approximately 500 g)  
1 packet of shredded coconut  
1 egg  
1 tbsp and 1 tsp of coconut oil  
1 bag of mixed leafy green salad, washed  
1 punnet of cherry tomatoes, washed and halved  
1 to 2 wedges of fresh lemon

Slice the tofu into 1 cm thick rectangular slices.

Sprinkle shredded coconut onto a plate.

Whisk the egg and dip one slice of tofu first in the beaten egg and then coat tofu in shredded coconut. Repeat with the remaining slices of tofu.

Heat 1 tablespoon of coconut oil in a pan and cook the tofu slices for 2 to 3 minutes on each side, until they are golden brown.

Remove and place onto a paper towel to dry off any excess oil.

Place salad greens onto a serving platter.

Arrange halved cherry tomatoes and coconut tofu slices on top of the green salad.

Drizzle over 1 teaspoon of coconut oil and a squeeze of lemon as a dressing. Enjoy!

## SERVES 2

# Roasted Beet Salad with Dill Horseradish Vinaigrette

---

## INGREDIENTS

- 1 tbsp of fresh dill, chopped
- 1 tbsp of fresh parsley, chopped
- 2 tbsp of fresh horseradish, grated
- 2 tbsp of apple cider vinegar
- 1 tbsp of Dijon mustard
- ½ cup of extra virgin olive oil
- Cracked pepper and sea salt to taste
- 1 large beetroot, roasted, skinned and chopped into even pieces
- ½ cup of goat's cheese, crumbled
- ½ cup of hazelnuts, chopped

To make the vinaigrette, start by combining the dill, parsley and horseradish in a large jar and blending with a stick blender.

Place the vinegar, Dijon mustard and olive oil into a large bowl and whisk or blend together to form an emulsion. Stir the herb mixture into the emulsion and season to taste with salt and pepper. Set vinaigrette aside.

Place the beetroot into a bowl. Toss a little dill-horseradish vinaigrette through the beet pieces then divide between two plates. Add the crumbled goat's cheese and hazelnuts, and drizzle over a little more vinaigrette to taste.

**SERVES 2**





# Ricotta-Stuffed Baked Eggplant

## INGREDIENTS

- 1 large eggplant
- Salt, to sprinkle on eggplant and draw out juices
- 2 tubs of ricotta
- Juice of 1 lemon
- 3 garlic cloves, crushed
- 1 bunch of mint, stem removed and leaves finely chopped
- Cracked pepper and sea salt to taste
- 1 tsp of olive oil
- 1 bottle of passata
- 2 small handfuls of mozzarella, grated



## DID YOU KNOW?

Ricotta is a good source of protein, which can help you feel fuller for longer.

Preheat oven to 150°C and line a baking tray with baking paper.

Lay paper towel onto a clean kitchen bench or tray. Remove the stem from the eggplant, then stand the eggplant upright on a chopping board on the cut flat end. Starting at the top, make lengthways slices, approximately 1 cm apart, until you have 6 to 8 slices of eggplant.

Lay each slice of eggplant onto paper towel and sprinkle a little salt on each side before laying more paper towel on top. Set aside for 15 to 20 minutes while you make the filling (this is to help draw out the bitter juices from the eggplant).

Empty both tubs of ricotta into a bowl and add the lemon juice, garlic and mint. Season with salt and pepper to taste. Stir to combine ingredients thoroughly, then place the mixture into the fridge.

Pat down the eggplant with paper towel to remove the juices. Lay each slice of eggplant onto the lined baking tray and place into the oven for 5 minutes. Turn over the eggplant and bake for a further 5 minutes before removing it from the oven to cool (this will soften the eggplant enough to be able to roll it).

Increase oven temperature to 180°C and grease a baking dish with 1 teaspoon of olive oil. When the eggplant is cool enough to handle, place 1 tablespoon of the ricotta mixture onto a slice of eggplant and roll it up to form a tube-shaped roll. Place into the baking dish and repeat this process for all remaining slices.

Cover the eggplant evenly with passata, sprinkle with the grated mozzarella and place into the oven for 45 mins or until cooked through and golden brown.

To serve: Add 2 handfuls of fresh green salad per person.

**SERVES 4**

# Tofu Stir-Fry

---

## INGREDIENTS

250 g firm tofu, cubed  
Coconut oil for frying  
1 brown onion, roughly chopped  
½ cup of mushrooms, chopped  
1 zucchini, chopped  
1 cup of broccoli florets  
½ cup of red or white cabbage, shredded  
1 red capsicum, chopped  
2 bunches of bok choy, chopped (stem and leaves)  
4 tbsp of mixed pepitas and sunflower seeds  
½ bunch of coriander, chopped (plus a little to garnish)

## Marinade

1 to 2 bird's eye chillies, sliced  
2 garlic cloves, crushed  
1 tbsp of ginger, grated  
Juice of 1 large lime or lemon  
¼ cup of tamari  
1 tbsp of sesame oil  
Cracked pepper and sea salt to taste

Combine all of the marinade ingredients together in a large bowl and marinate the tofu for 20 to 30 minutes.

Heat coconut oil in a wok or large fry pan over medium-high heat. Add the onion and mushroom, and sauté until the onions are almost translucent.

Add the tofu to the pan along with the marinade. Stir in the zucchini, broccoli, cabbage and capsicum, and continue to cook, stirring gently, until the vegetables are cooked but still crisp – approximately 2 to 3 minutes.

Stir in the bok choy and coriander, along with the mixed seeds and combine gently.

Serve garnished with the remaining coriander.

## SERVES 1

# Walnut, Goat's Feta Salad

---

## INGREDIENTS

- 1 cup of walnuts, either activated, raw or roasted
- 3 cups of loose leaf lettuce
- 1 carrot, cut into thin strips
- 1 whole Lebanese cucumber
- ½ cup of fresh herbs (e.g. mint, basil or coriander)
- ½ red capsicum, cut into thin strips
- ½ punnet of cherry tomatoes
- ½ cup of snow peas, cut into strips
- 2 cubes of goat's feta

## Dressing

- 2 tsp of Dijon mustard
- Juice of 1 lemon
- 1 tbsp of cold pressed extra virgin olive oil
- Pinch of sea salt
- Pinch of freshly ground pepper

Combine all of the salad ingredients in a bowl except the goat's feta, layering and arranging as you go.

Combine dressing ingredients in a jar with a lid and shake well to mix.

Pour dressing over salad and crumble goat's feta over the top.

## SERVES 2



Thank you to Angela Smith  
at Melbourne Natural Medicine Clinic for this recipe

# My Recipe Creations

Recipe Creation: Prawn Salad

3 handfuls of vegetables:	Capsicum, cucumber, red onion, tomato, rocket leaves
1 palm-sized portion of protein:	Cooked prawns
Healthy oils:	One to two tablespoons of olive oil
Extra ingredients:	Squeeze of lemon juice, cracked pepper, sea salt to taste

Recipe Creation: \_\_\_\_\_

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
Healthy oils:	
Extra ingredients:	

Recipe Creation: \_\_\_\_\_

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
Healthy oils:	
Extra ingredients:	



Recipe Creation: \_\_\_\_\_

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
Healthy oils:	
Extra ingredients:	

Recipe Creation: \_\_\_\_\_

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
Healthy oils:	
Extra ingredients:	

Recipe Creation: \_\_\_\_\_

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
Healthy oils:	
Extra ingredients:	

