



**28 DAY
DIGESTIVE
RESET PLAN**

365

FITTER

28 Day Digest Health Reset

This is a simple guide to supporting and rebalancing your digestive health.

The plan itself is a basic elimination guide with some information regarding common causes of digestive health issues and triggers that may lead to symptoms.

Digestive health is highly individual and the steps provided are simply a resource for you to begin to reflect on the different ways you may be able to improve your digestive wellbeing.

PLEASE NOTE: If you have persistent symptoms it is important that you consult with a medical professional and obtain advice regarding your symptoms.

Disclaimer:

- This information is intended to provide assistance to your personal health objectives.
- The information is not intended as a substitute for treatment by a medical professional and/or registered dietitian or nutritionist.
- The information should not be interpreted as a substitute for medical advice nor can it be represented as a guarantee of improvement of specific health conditions.
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28 Day Digest Health Reset

A healthy digestive system is imperative for your wellbeing. It plays a fundamental role in numerous processes that go beyond absorbing food and extracting vital nutrients. The digestive system is also involved in the regulation of the immune system, mood health, detoxification processes and hormonal balance.

The digestive tract itself is extensive and runs throughout the body from the mouth to anus. It can struggle to function efficiently or become damaged by any of the following:

- Infections (e.g. parasites, bacteria or a virus)
- Nutrient deficiencies
- Excess processed and refined foods
- Alcohol
- Caffeine
- Medications, especially antibiotics and non steroidal anti inflammatory medications e.g ibuprofen
- Intense and excessive exercise
- Surgery
- Chronic stress

The digestive tract has important tissues and cells that provide it's infrastructure and fulfil the roles mentioned above, once these become compromised symptoms may occur including bloating, acid reflux, loose stool movements, constipation or abdominal pain.

IMPORTANT – If you observe blood or mucous in your stool report these symptoms to a GP or medical professional immediately.

Digestive Health Basics

In order for the digestive system to function optimally numerous digestive aids are secreted and specific muscles contract to gently mobilise the food along the digestive tract and open or close valves to ensure everything continues to move in the right direction.

This process requires **a complex interaction between multiple different systems** including the nervous system, immune system and hormone system within the body.

Together these govern the production of stomach acid, digestive enzymes and bile which facilitate the breakdown and absorption of proteins, fats and carbohydrates.

Good nutrition is vital for a healthy digestive system as it ensures each cell within the digestive system can function and fulfil its role, including parietal cells that secrete stomach acid and enterocytes that line the intestines ready to absorb food and send to the liver for processing.

Furthermore, nutrients are essential for the protection of the lining of the digestive tract which must be strong and healthy to provide a barrier between the contents of the gut and the rest of the body.



Digestive Health Basics

The digestive tract is also populated by large colonies of bacteria, especially the large intestine. These play an important role in immune protection, the production of vitamins, detoxification and providing energy for the cells that line the intestines.

The digestive system also influences the production of brain chemicals, in fact the majority of serotonin, a feel good chemical, is synthesised in the digestive tract.


All this is important to consider as it means alterations in your nervous system, hormone balance or immune system will likely have an effect on your digestive health.

In simple terms

- Stress and your emotional state can impact your digestive health and vice versa
- Your digestion system influences the balance of hormones including those that govern your energy levels and reproductive function.
- Alterations in your gut bacteria may influence your digestive wellbeing and immune system health.
- Infections and illness may lead to altered digestion

Healthy Bowel Movements

- A good indicator of a healthy digestive system is regular bowel movements.
- It's essential that the bowel moves on a daily basis with no straining, loose stools or undigested food present (except occasional seeds or sweetcorn if consumed).
- If the bowels do not move daily many substances intended for elimination are recycled back into the body, this may increase the risk of diseases and hormone complications.
- **If blood or persistent mucous are present you must inform your GP or a medical professional immediately.**
- You can read more information on this with our [Good Gut Guide](#)
- You can assess your bowel movements by checking the Bristol Stool Scale below, **type 3 and 4 is good representation of a normal bowel movement.**

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

Supporting and Rebalancing Digestive Health

Due to the complex nature of digestive function it's important to remember it's unlikely to be **ONE** single factor that causes symptoms.

Nutrition is just one component to consider and may provide a foundation for improving digestive wellbeing. However, it's always important to reflect upon the following:

- **HOW YOU FEEL** and your emotional state at the onset of eating
- **HOW FAST** you eat
- **HOW MUCH YOU CHEW** your food and facilitate the breakdown of nutrients
- **HOW MUCH** you eat in one sitting
- **HOW OFTEN** you eat as the digestive system requires time to breakdown food
- **WHAT YOU EAT**



Common Trigger Foods

The following are common triggers for some digestive symptoms. You may benefit from limiting or trialling complete elimination of some of these for a short period of time until your symptoms improve.

- 1 Dairy e.g. butter, milk, yogurt, cheese, ice cream,
- 2 Alcohol
- 3 Yeast e.g. bread, wine, condiments
- 4 Coffee and/or caffeine
- 5 Protein powders
- 6 Grains and pseudo grains e.g. wheat, oats, quinoa, barley, rye ***rice is often well tolerated**
- 7 Sugar alcohols e.g. xylitol, maltitol, erythritol, sorbitol
- 8 Added natural sugars – honey, agave nectar, molasses
- 9 Nuts and seeds ***soaking and dehydrating improves digestibility**
- 10 Carbonated drinks
- 11 Legumes e.g. chickpeas, cannellini beans, kidney beans, lentils, peas
- 12 Fermented foods e.g. sauerkraut, kefir, kombucha ***these are generally supportive however may cause excess flatulence or bloating if there is an imbalance of bacteria**

NOTE – Most of these have been eliminated or are limited in the meal plan provided to help guide you through the process of exclusion.

FODMAPS

Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols

FODMAP are carbohydrates that may cause digestive symptoms for some individuals due to them being insufficiently digested.

Undigested FODMAP's will draw water into the intestine and are fermented by gut bacteria, this results in bloating, abdominal distention, loose bowel movements or constipation.

Studies have observed 75% of individuals with digestive issues can benefit from a low-FODMAP diet *

*<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1440-1746.2009.06149.x>

*<https://www.ncbi.nlm.nih.gov/pubmed/21615553>

FODMAP List

Below are some foods and beverages that contain high amounts of fermentable carbohydrates. A more detailed list is available via the link below:

Fruits

Apples, apricots, blackberries, cherries, tinned fruit, dried fruits, pears, peaches, watermelon, nectarines

Dairy products

Milk, ice cream, yogurts, cream, soft and fresh cheeses, whey protein powder

Vegetables

Artichokes, asparagus, broccoli, beetroot, Brussels sprouts, cabbage, cauliflower, garlic, fennel, leeks, mushrooms, okra, onions, peas, shallots

Legumes

Beans, chickpeas, lentils, red kidney beans, baked beans, soybeans

Grains

Wheat, barley and rye

Beverages

Beer, wines, soft drinks milk, soy milk, fruit juices

Sweeteners

Fructose, honey, fructose syrup, xylitol, maltitol, sorbitol

<https://www.ibsdiets.org/fodmap-diet/fodmap-food-list/>

FODMAPS: Continued

Whilst a low FODMAP diet has been shown to provide symptom relief it requires the elimination of several foods, many of which provide health benefits and act as a prebiotic fertiliser to beneficial and protective gut bacteria.

Temporary elimination can be helpful to obtain symptom relief, however, a more effective approach is address the cause of the FODMAP intolerance and restore digestive health with essential nutrients and lifestyle habits.

Once the digestive system is rebalanced a gradual reintroduction of FODMAP foods is encouraged to ensure nutritional intake isn't excessively limited going forward.

Some FODMAPs may always create a little excess wind and it's helpful to monitor the portion size and combinations consumed together.

If your symptoms persist it may be helpful to consider nutritional therapy alongside some professional medical advice to investigate the causes further.

In addition to the eliminations on the meal plan it maybe helpful to monitor your intake of the fruits and vegetables below:

- Onions, leeks, garlic, mushrooms, artichokes, asparagus
- Cruciferous vegetables - broccoli, cauliflower, cabbage, Brussels sprouts
- Fruits - apples, apricots, nectarines, mango, pears, blackberries, pears, peaches
- Dried fruits, tinned fruit and fruit juice

You may benefit from limiting these if they appear to trigger symptoms.

You can also prioritise intake of the low fodmap fruits and vegetables detailed overleaf.

Lower FODMAP Fruit and Vegetables

FRUITS

Avocado
 Banana
 Blueberry
 Cantaloupe melon
 Kiwi
 Lemon
 Lime
 Mandarin oranges
 Olives
 Papaya
 Pineapple
 Raspberry
 Rhubarb
 Strawberry

VEGETABLES

Rocket
 Lettuce
 Peppers
 Bok choy
 Carrots
 Spinach
 Watercress
 Aubergine
 Kale
 Green beans
 Parsnip
 Potato
 Tomato
 Turnips
 Courgette



Common Lifestyle Triggers

REMEMBER other factors may alter the normal function of the digestive system, including:

- Eating too fast
- Eating too often: ideally avoid grazing and consuming liquid calories in-between meals. **Aim to fast for at least 3-5 hours between meals** to give the digestive tract time to process the meal and run a cleansing wave before the next influx of food.
- **Intense and prolonged exercise can aggravate digestion.** It might be helpful to prioritise walking, mobility and yoga until symptoms subside.
- Nutrient deficiencies e.g. zinc, magnesium, vitamin A
- Sleep deprivation

Other Considerations

Sometimes digestive symptoms may be due to an underlying issue that has not been identified. It maybe helpful to discuss the following with a medical professional or nutritional therapist:

- Hernias
- Nutrient deficiencies
- Compromised pancreatic / liver function
- Autoimmune diseases – coeliacs, pernicious anaemia
- Inflammatory bowel disease e.g. crohn's, colitis
- Infections e.g. parasite, bacteria or virus
- Thyroid health (especially for constipation)

ESSENTIAL DIGESTIVE SUPPORT

Breathe

- At the onset of a meal place your hands on your belly and inhale deeply to allow your belly to rise and expand.
- Take your time and extend the breathing. Breathe in for 4 seconds and exhale slowly for 4 seconds.
- Repeat this 5–10 times, keeping your hands on your abdomen so you can feel your belly rise and fall.
- This engages a nerve that runs from the brain to the gut, referred to as the vagus nerve, which begins the start of the digestive process by activating a more relaxed mode for the body known as “rest and digest.”

Digestive Support Continued

- Eat slowly
- Eat mindfully, ideally phone, TV and laptops are out of sight (and mind)
- Use a knife and fork (don't shovel food with a fork)
- Move gently after a meal, sitting (especially with poor posture) and compressing the digestive tract which may impact it's motility and contribute to symptoms.

Digestive Aids and Supportive Steps

- Digestive enzyme supplementation maybe helpful across the 28 days. Follow manufacturer recommendations. Good brands include Pure Encapsulations, NOW Foods, Viridian, Solgar.
- Ox bile supplements can support the absorption of fats (helpful following gall bladder removal).
- Lecithin (an emulsifier) can also support fat digestion. A teaspoon taken with meals. Good Brands include Kiki Health or Lamberts.
- 1 tbsp. apple cider vinegar taken prior to eating can support digestion.
- Lemon juice or vinegar added to meals and during the cooking process may aid digestion.
- Drinking a mug of bone broth on a regular basis (3-4 times a week), or use as stock for soups and stews. Alternatively supplement with gelatin or collagen, these provide essential proteins for the digestive tract. Good brands include Great Lakes, Nu U, Edible Health.
- Soaking and rinsing grains and legumes improves digestibility.
- Slow cooking foods begins the digestive process by denaturing proteins and breaking down the foods.
- Herbs and spices added to meals support numerous digestive processes.
- Root ginger consumed as a shot with a little lemon juice and water is a helpful digestive aid.
- Fresh root ginger, camomile and peppermint teas consumed across the day support digestion.
- Avoid excess liquid consumption around meal times, gently sip a little water.

Dietary reintroductions

After completing the 28 day reset it's important that you begin to reintroduce new food items and assess how they work for you. Start with wholefood versions (minimally processed) and prioritise those that provide nutrients (vitamins, minerals, antioxidants and fibre).

Introduce a new food every three days and consider keeping a food and symptom diary to record any adverse reactions.

Choose food that contains only one type of FODMAP or a single ingredient you wish to test, bread for example contains wheat and yeast so trial a yeast free bread and wheat free separately. Start with a small portion size and your evening meal is a good time for a first test. If you experience any issues you can note them and sleep through any symptoms.

Try not to overthink the process, remember your emotional state can alter digestive function.

If you experience some adverse symptoms it's important to reflect upon stress, exercise, sleep and the environment in which you consumed the food. Also how the food is prepared may be relevant, e.g. cooked versus raw vegetables. It's then likely best to continue with the elimination a little longer, wait until symptoms disappear and experiment with reintroduction at a later stage.

Digestive wellness may also require a little adaption and intuition. You may find you can eat differently at weekends, on holiday or in the evenings when you're a little more relaxed yet during busy periods or post exercise you favour foods that rarely cause you any digestive symptoms.

A sample diary entry

MEAL	1 HOUR AFTER	3 HOURS AFTER	24 HOURS AFTER
Goat's cheese omelette	Full and energised	Bloated and lethargic	Few spots appeared on my face

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YOUR PERSONAL MEAL PLAN



Plan Your Meals

- Use the blank meal planner to create your own weekly meal plan or use the Fitter Food template.
- Get organised by writing your shopping list.
- Plan time to batch cook meals and prepare ahead.
- Check your meal plan each Friday to ensure you have plenty of time to do your food shopping and have the ingredients ready for a batch cooking session at the weekend and midweek.
- Make sure you have plenty of fresh salad ingredients in each week and keep your green game strong.

PANTRY

FATS

Oils

Avocado oil
 Extra virgin coconut oil
 Extra virgin olive oil
 Macadamia oil

Seeds

Chia	Pumpkin
Flaxseed	Sunflower
Hemp	

Solid fats

Beef fat	Coconut
Goose fat	manna
Lard	Creamed
Coconut cream	coconut (bar)
(tin or carton)	

Nuts, nut butters & milk

Almond	Hazelnuts
Brazil	Macadamias
Cashews	Pecans
Chestnuts	Pistachios
Coconut	Walnuts

PROTEIN

Meat/Game

(ideally free range, grass-fed or organic)
 Beef
 Buffalo
 Game
 Gluten-free sausages
 (>80% meat)
 Lamb
 Organ meats (liver and kidney)
 Pork
 Venison

Poultry/Eggs

(ideally free range, grass-fed or organic)
 Chicken
 Duck
 Goose
 Turkey

Fish/Seafood

Anchovies	Salmon
Cod	Sardines
Coley	Seabass
Haddock	Prawns
Herring	Scallops
Mackerel	Squid
Pollock	Trout

CARBOHYDRATES

Starchy Vegetables

Celeriac
 Parsnips
 Sweet potatoes
 Turnips
 White potatoes
 Yams

Legumes

Chickpeas
 Lentils
 Borlotti beans
 Butter beans
 Black beans
 Green beans
 Peas

Fruits

Favour low sugar fruits;
 Avocados
 Berries
 Lemons/Limes
 Tomatoes (passata and puree)

Vegetables

Artichoke
 Asparagus
 Aubergine
 Broccoli
 Brussels sprouts
 Butternut squash
 Cabbage
 Carrots
 Cauliflower
 Celeriac
 Celery
 Courgette
 Cucumber
 Kale
 Lettuce
 Leeks
 Mushrooms
 Parsnips
 Peppers
 Radish
 Red onions
 Rocket
 Spinach
 Swiss chard
 Watercress
 White onions

PANTRY CONT.

MISCELLANEOUS

Apple cider vinegar
 Balsamic vinegar
 Cocoa powder
 Raw honey
 Coconut palm sugar
 Stevia drops
 Tamari sauce (gluten free soya)
 Wholegrain mustard
 Xylitol powder

Herbs & Spices

Chilli powder
 Curry powder (mild or hot)
 Ground cumin
 Cinnamon
 Garlic (fresh and powder)
 Ginger (root and powder)
 Harissa spice mix
 Mixed herbs
 Paprika (sweet and smoked)
 Ras el Hanout spice mix
 Zaatar spice mix

GRAINS

Buckwheat
 Rice (brown, red, black
 and white)

BEVERAGES

Water
 Herbal tea
 Dairy free milks (e.g. Almond,
 coconut)
 Bone broths
 Green tea

FITTER FOOD WEEKLY MEAL PLAN

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
Batch cooking and meal preparation tasks							
Dietary eliminations							

FITTER FOOD SHOPPING LIST

MONDAY MEALS

1

2

3

TUESDAY MEALS

1

2

3

WEDNESDAY MEALS

1

2

3

THURSDAY MEALS

1

2

3

FRIDAY MEALS

1

2

3

SATURDAY MEALS

1

2

3

SUNDAY MEALS

1

2

3

VEGETABLES, FRUIT, HERBS

MEAT, FISH, POULTRY, EGGS

TINNED GOODS, OILS, SPICES

DAIRY

GRAINS, LEGUMES

DRINKS, FROZEN FOODS

MISCELLANEOUS

Helpful Tips

- Make swaps where needed if you know an ingredient may not work for you.
- Adapt the meal timing and frequency to your routine, observe energy levels and signs of low blood sugar (nausea, feeling hangry or shaky) and increase meal frequency if needed.
- Fasting for 12–24 hours can be helpful if you experience an aggressive digestive flare up, reflect upon possible causes which maybe related to numerous factors including foods eaten, how they were prepared, eating too quickly, exercise or stress.
- A common mistake with elimination diets is changing the macronutrient ratios, often decreasing carbohydrates and increasing fat intake. You can adapt this plan to your existing macronutrient ratios by simply changing the sources. Cook batches of rice, potatoes and root vegetables so you can easily add carbohydrates to each meal.
- Peeling vegetables (e.g. root vegetables, potatoes, carrots or squash) may help initially if you observe vegetable fibres causing symptoms.
- Substitute garlic and onion for garlic and onion powder in the recipes.

CONTENT

BREAKFASTS

Banana and blueberry calzone
 Breakfast salad
 Breakfast stir-fry
 Breakfast veggies
 Butternut toast
 Chicken and kale cups
 One pan breakfast
 Salmon and chive breakfast loaf
 Scrambled eggs, spinach, peppers and avocado
 Turkey breakfast wraps
 Turkey toast toppers
 Veggie omelette

LUNCHES OR SNACKS

Chicken squids
 Citrus prawn salad
 Crackin' balls
 How to pimp a salad
 Italian chicken wraps
 Lettuce wraps
 Liver pate
 Salmon ceviche
 Savoury seed loaf
 Thai omega balls
 Tuna avo egg
 Turkey blueberry bites

SOUPS

Bone broth
 Carrot, cumin and ginger soup
 Carrot and turmeric soup
 Cherry tomato and spinach soup
 Chilli chicken soup
 Chinese dumpling soup
 Creamy courgette and spinach soup
 Maxistrone soup
 Souper supper

DINNERS

Beef bulgogi
 Beef five-a-day stir-fry
 Caribbean jerk salmon
 Chicken and spinach curry
 Chicken fajitas
 Claire's mwahahaha meatballs
 Coriander chicken curry
 Epic turkey shepherd's pie
 Everyday chicken curry
 Fast and furious chicken paella
 Fish in a Mediterranean bag
 Ginger infused seafood vegetable rice
 Lemon and turmeric chicken
 Mediterranean fish stew
 Mighty mackerel
 Quick Italian chicken with basil and avocado dressing
 Rockin root veg and turkey stew
 Spanish style chicken
 Spicy tomato prawns
 Tamari chicken
 Thai steak salad
 Tomato, caper and olive salmon
 Turkey meatballs

SIDES

Balsamic potatoes
 Carrot and coriander slaw
 Chunky celeriac chips
 Cinnamon coconut squash
 Epic herby salad
 Italian tray bake
 Kale and sweet potato mash
 Power carbs
 Quick ratatouille
 Spicy courgette chips
 Spinach and pine nuts
 Squash wedges
 Super mash
 Sweet potato wedges
 Thai salad
 Vegetable kebabs
 Veghetti

SAUCES

Homemade guacamole
 Homemade ketchup



MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Salmon and chive breakfast loaf with mashed avocado and berries	Turkey breakfast wraps with a cup of bone broth and sliced melon	Leftover: Salmon and chive breakfast loaf with mashed avocado and berries	Banana and blueberry calzone	Breakfast salad with a cup of bone broth	Turkey breakfast wraps with a cup of bone broth	Veggie omelette with sliced melon
MEAL TWO	Choose a soup and serve with savoury seed load	Leftover: Choose a soup and serve with savoury seed load	Leftover: Chicken and spinach curry with rice	Leftover: Mighty mackerel with salad	Leftover: Tamari chicken, rice and salad	Leftover: Fish stew with steamed greens and a baked potato	Liver pate with savoury seed loaf and salad
MEAL THREE	Thai steak salad with rice	Chicken and spinach curry with rice and spicy courgette wedges	Mighty mackerel with super mash and rocket	Tamari chicken with stir fry boy choy, courgettes, spinach and rice	Mediterranean fish stew with boiled potatoes, steamed green beans and spinach	Chicken fajitas with sweet potato wedges, salad and homemade guacamole	Epic turkey shepherd's pie with steamed green beans and kale

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Chicken and kale cups with a banana	Turkey toast toppers with a cup of bone broth	Leftover: Chicken and kale cups with a banana	Leftover: Turkey toast toppers with sliced melon	Breakfast veggies with a cup of bone broth	Butternut toast topped with sardines or any fish and wilted spinach	Breakfast stir fry with a cup of bone broth
MEAL TWO	Leftover: Liver pate and savoury seed loaf	Leftover: Fast and furious chicken paella with salad	Leftover: Tomato, caper and olive salmon with rice and salad	Leftover: Coriander chicken curry with rice and steamed vegetables	Leftover: Spicy tomato prawns with salad	Choose a soup and serve with extra protein e.g cooked prawns, tinned fish, eggs	Leftover: Choose a soup and serve with extra protein e.g cooked prawns, tinned fish, eggs
MEAL THREE	Fast and furious chicken paella with rocket and watercress salad	Tomato, caper and olive salmon with Italian tray bake and rice	Coriander chicken curry with spicy courgette wedges and rice	Spicy tomato prawns with power carbs and rocket and watercress salad	Caribbean jerk salmon with kale and sweet potato mash and vegetable kebabs	Spanish style chicken and rocket salad	Rockin root veg and turkey stew with steamed kale and green beans

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Salmon and chive breakfast loaf with mashed avocado and berries	Turkey breakfast wraps with a cup of bone broth and sliced melon	Leftover: Salmon and chive breakfast loaf with mashed avocado and berries	Banana and blueberry calzone	Breakfast salad with a cup of bone broth	Turkey breakfast wraps with a banana	Veggie omelette with sliced melon
MEAL TWO	Leftover: Rockin root veg and turkey stew with wilted spinach	Tinned fish with avocado, walnut and beetroot salad	Leftover: Quick Italian chicken and salad	Leftover: Beef stir fry with rice	Citrus prawn salad	Choose a soup and serve with extra protein e.g cooked prawns, tinned fish, eggs	Leftover: Choose a soup and serve with extra protein e.g cooked prawns, tinned fish, eggs
MEAL THREE	Everyday chicken curry with rice and steamed greens	Quick Italian chicken with basil and avocado dressing, salad and baked potato	Beef five-a-day stir-fry with rice	Mediterranean fish stew with steamed greens and boiled potatoes	Claire's mwahahaha meatballs with Italian tray bake and balsamic potatoes	Ginger infused seafood vegetable rice with spinach and pine nuts	Beef bulgogi with rice and stir fry bok choy, spinach, peppers and courgettes

MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Chicken and kale cups with a banana	Turkey toast toppers with a cup of bone broth	Leftover: Chicken and kale cups with a banana	Leftover: Turkey toast toppers with sliced melon	Breakfast veggies with a cup of bone broth	Butternut toast topped with sardines or any fish and wilted spinach	Breakfast stir fry with a cup of bone broth
MEAL TWO	Choose a soup and serve with extra protein e.g cooked prawns, tinned fish, eggs	Leftover: Choose a soup and serve with extra protein e.g cooked prawns, tinned fish, eggs	Leftover: Mighty mackerel with super mash and rocket	Leftover: Tomato, caper and olive salmon and salad	Leftover: Lemon and turmeric chicken and salad	Thai omega balls with avocado and salad	Leftover: Thai omega balls with avocado and salad
MEAL THREE	Thai steak salad with rice	Mighty mackerel with super mash and rocket	Tomato, caper and olive salmon with Italian tray bake and rice	Lemon and turmeric chicken with epic herby salad and new potatoes	Fish in a Mediterranean bag with balsamic potatoes and epic herby salad	Everyday chicken curry with rice and steamed green beans and spinach	Turkey meatballs with squash wedges and Italian tray bake



QUICK MEAL OPTIONS

<p style="text-align: center;">1</p> <p>Parrma ham, melon and boiled eggs</p>	<p style="text-align: center;">2</p> <p>Scrambled eggs with spinach and tomatoes</p>	<p style="text-align: center;">3</p> <p>Boiled eggs, sliced pear and almond butter</p>	<p style="text-align: center;">4</p> <p>Tinned tuna nicoise with eggs, olives, capers and olive oil</p>	<p style="text-align: center;">5</p> <p>Tinned salmon, avocado, rocket salad</p>
<p style="text-align: center;">6</p> <p>Mackerel, beetroot and grated carrot salad dressed in lemon juice and apple cider vinegar</p>	<p style="text-align: center;">7</p> <p>Steak pan fried in olive oil with sautéed spinach, courgettes and cherry tomatoes and microwave rice</p>	<p style="text-align: center;">8</p> <p>Fish pan fried in olive oil, tamari sauce, garlic powder and fresh lime with bok choy, courgettes and quick cook microwave rice</p>	<p style="text-align: center;">9</p> <p>Whack something in a potato jacket and serve with a large salad</p>	<p style="text-align: center;">10</p> <p>Cooked prawns with mashed avocado, mixed salad and quick cook microwave rice</p>

.....
BREAKFASTS
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BANANA AND BLUEBERRY CALZONE

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES:1



INGREDIENTS

Coconut oil or butter for cooking
 3–4 eggs, beaten
 1 banana, sliced
 Small handful blueberries
 1 tbsp. walnuts, halved
 A sprinkle of cinnamon
 ½ tsp. grated nutmeg
 Pinch of salt
 1 tsp. raw honey (optional)

METHOD

Place a small amount of coconut oil or butter in a pan and melt over a low heat.

Add the beaten egg to pan and tilt the pan to allow the egg mixture to cover the base and cook gently for 2–3 minutes, using a spatula carefully flip it over, allow to cook for a minute.

Place the banana, blueberries and walnuts in the middle of the omelette, sprinkle with cinnamon, salt and nutmeg, drizzle with a little honey, if adding.

Fold the omelette in half to encase the filling and seal the edges by pressing down with the spatula.

Allow to cook for another 2–3 minutes.

BREAKFAST SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1

INGREDIENTS

2–4 slices bacon or smoked salmon

2 eggs

Handful salad leaves

Small handful fresh parsley

½ avocado sliced

2 tbsp. toasted or raw nuts

Balsamic vinegar, as desired

1 tbsp. olive oil

Juice of half a lemon

Salt and pepper

Pinch of chilli powder (optional)

METHOD

Poach or boil the eggs.

Whilst the eggs are cooking gently heat a little oil in a frying pan and cook the bacon.

Place the salad leaves and parsley in a serving bowl and toss in the oil, vinegar and lemon juice.

Top with the avocado and toasted nuts.

Add the bacon and eggs, sprinkle with chilli and season to taste.



BREAKFAST STIR-FRY

PREPARATION TIME: 3 minutes

COOKING TIME: 10 minutes

SERVES: 1

INGREDIENTS

¼ onion, sliced
 2 tomatoes, chopped
 250g turkey mince
 3 tbsp. tomato puree
 1 tsp. mixed herbs
 Handful mushrooms
 Handful spinach
 ½ avocado, sliced
 Salt and pepper
 Olive oil for cooking

METHOD

Heat a little olive oil in a frying pan.

Add the onion and tomato to the pan and stir-fry.

Add the mince and continue to stir-fry for 2–3 minutes.

Add the tomato puree, mixed herbs, salt mushrooms and pepper and stir-fry for another 5 minutes until the meat is cooked through.

Finally add the spinach and allow to wilt down for 2–3 minutes.

Serve with the sliced avocado.



BREAKFAST VEGGIES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–12 minutes

SERVES: 4

INGREDIENTS

- 1 x 390g carton chopped tomatoes
- ½ courgette, cubed
- 100g cooked chickpeas
- 200g spinach
- 125g mushrooms
- 1 tsp. mixed herbs
- Salt and freshly ground black pepper
- Handful of fresh parsley, roughly chopped

METHOD

Place the chopped tomatoes in a saucepan and warm through on a medium heat.

Add the courgette, mushrooms, chickpeas and mixed herbs. Stir and simmer for 8–10 minutes until the courgette has softened.

Finally add the spinach and allow to wilt for 2–3 minutes, season to taste and serve topped with fresh parsley.



Tip:
Serve with either poached eggs,
smoked salmon or half an avocado.

BUTTERNUT TOAST

PREPARATION TIME: 5 minutes

COOKING TIME: 30–35 minutes

SERVES: Makes 6–8 slices



Tip: Cook the butternut toast in advance and you can simply warm in a frying pan for 5 minutes in the morning.

INGREDIENTS

1 butternut squash
1 tbsp. olive oil for cooking
Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Slice the squash into slices around 1 cm thick.

Sprinkle with some salt and pepper and place on a baking tray.

Drizzle with a little olive oil and allow to cook for 30–35 minutes.

Once cooked to your liking, remove from the oven and top with any of the following:

- Boiled, fried or poached eggs
- Mashed avocado and turkey slices
- Smoked salmon
- Parma ham and sliced boiled eggs
- Bacon, mushrooms and cherry tomatoes
- Beans and scrambled eggs

CHICKEN AND KALE CUPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 12 cups

1 SERVING: 2–4 cups

INGREDIENTS

10 eggs

200g cooked chicken

1 orange pepper, chopped

Handful kale, finely chopped

Handful cherry tomatoes, chopped

1 tsp. mixed herbs

Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Grease a muffin tin with a little olive oil.

In a food processor beat the eggs until fluffy (around 2 minutes).

Stir in the chicken, pepper, kale, tomatoes, mixed herbs and add the seasoning.

Transfer into the prepared muffin tin.

Place in the oven for 20–25 minutes or until golden brown on top.

Insert a skewer into the middle of one cup to check they are cooked through – it should come out dry.



ONE PAN BREAKFAST



PREPARATION TIME: 5 minutes

COOKING TIME: 12 minutes

SERVES: 2-3

INGREDIENTS

Olive oil for cooking

2 cloves garlic, peeled and finely chopped

1-2 handfuls of cooked root vegetables,
squash or potatoes, chopped into small chunks

4 rashers of bacon, chopped

1 handful mushrooms, sliced

2 handfuls cherry tomatoes, chopped

1 large handful kale, chopped,

1 large handful spinach

2 tsp. smoked paprika

½ tsp. cayenne chilli powder
(optional)

Salt and pepper

4 eggs

METHOD

Heat the oil in a pan over a medium heat before adding the garlic, chopped potatoes (or vegetables), bacon, mushrooms and cherry tomatoes and cooking for about 5 minutes.

Add the kale, spinach, paprika, chilli, salt and pepper, and stir through.

Cook for another 4-5 minutes until the kale and spinach have wilted down.

Create four holes in the mixture and crack an egg into each one.

Continue to cook until the eggs are ready.

SALMON AND CHIVE BREAKFAST BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

10 eggs

1 tsp. bicarbonate of soda

1 courgette, grated

200g smoked salmon, chopped

2 tbsp. of chives, finely chopped

½ tsp. salt

Black pepper to taste

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a loaf tin with greaseproof paper.

Place the eggs in a large mixing bowl and mix until the white and yolks are blended.

Beat in the bicarbonate of soda and season with salt and pepper.

Add the grated courgette to the beaten eggs.

Stir in the salmon and chives.

Pour mixture into loaf tin and bake in the oven for around 25–30 minutes.

Use a knife to check it is cooked in the middle; the knife should come out clean.



SCRAMBLED EGGS, SPINACH, PEPPERS AND AVOCADO

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil
 ½ red pepper, deseeded and chopped
 2 spring onions, chopped
 2 handfuls of spinach
 2–4 eggs
 ½ avocado, sliced
 Salt and pepper

Optional extras

Fresh chives, finely chopped
 Handful of mushrooms
 Handful of cherry tomatoes
 Handful of shredded kale
 100g of smoked salmon or prawns

METHOD

Place the olive oil in a pan on a low heat.

Sauté the pepper, spring onion and spinach for 2–3 minutes.

Beat the eggs in a bowl.

Add the eggs to the pan and keep stirring until the mixture is scrambled.

Season with a little salt and pepper and serve with the avocado.



TURKEY BREAKFAST WRAPS

PREPARATION TIME: 5 minutes

SERVES: 2-3

INGREDIENTS

2-4 cooked turkey slices
Plus a filling of your choice

Fillings

Choose an additional protein (optional)
2 heaped tsp. almond or cashew butter
2-4 slices smoked salmon
1-3 boiled egg, sliced
1-2 tbsp. hummus

Vegetables

Lettuce
Watercress
Sliced tomatoes
Sliced peppers
Olives, chopped
½ avocado, mashed

METHOD

Add your chosen filling to the centre of the turkey slice, wrap and enjoy.



TURKEY TOAST TOPPERS

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 2



INGREDIENTS

500g turkey mince

1 tsp. olive oil

Pinch of salt

Toppers

2 heaped tsp. almond or cashew butter

½ avocado mashed, cooked tomatoes

and sautéed spinach

Poached or scrambled eggs, sautéed spinach

and mushrooms

METHOD

Heat the oil in a frying pan on a low heat.

Shape the mince into patties using your hands. Season with salt.

Cook for around 8–10 minutes, flip over after 5 minutes. Ideally they should be golden brown on both sides and cooked through.

Once cooked, remove from the pan and add your choice of topping.

Best eaten warm.

VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil

1 tomato, chopped

2 spring onions, chopped

½ red pepper, chopped

1 handful spinach or rocket

3–4 eggs

Salt and pepper

METHOD

Warm the olive oil in a pan on a low heat. Sauté the tomatoes, spring onion and peppers for 3–4 minutes. Add the spinach and allow to wilt down.

Beat the eggs in a bowl and add to the pan, move the pan around to ensure the egg covers the base of the pan. Allow to cook through and either fold over or serve as an open omelette.

Season with a little salt and pepper and serve.

Tip:
You can finish cooking the omelette under the grill if desired.



Optional extras

Fresh chives finely chopped, handful of mushrooms, handful of shredded kale, any leftover cooked vegetables



.....
LUNCHES OR SNACKS
.....

CHICKEN SQUIDS

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 4

INGREDIENTS

2 chicken breasts

½ tsp. smoked paprika

½ tsp. garlic powder

½ tsp. cayenne chilli powder
(optional)

Salt and pepper

½ red pepper, thinly sliced
lengthways

½ green pepper, thinly sliced
lengthways

1 carrot, sliced into thin sticks

1 spring onion, chopped

1 handful fresh coriander

2 tbsp. olive oil

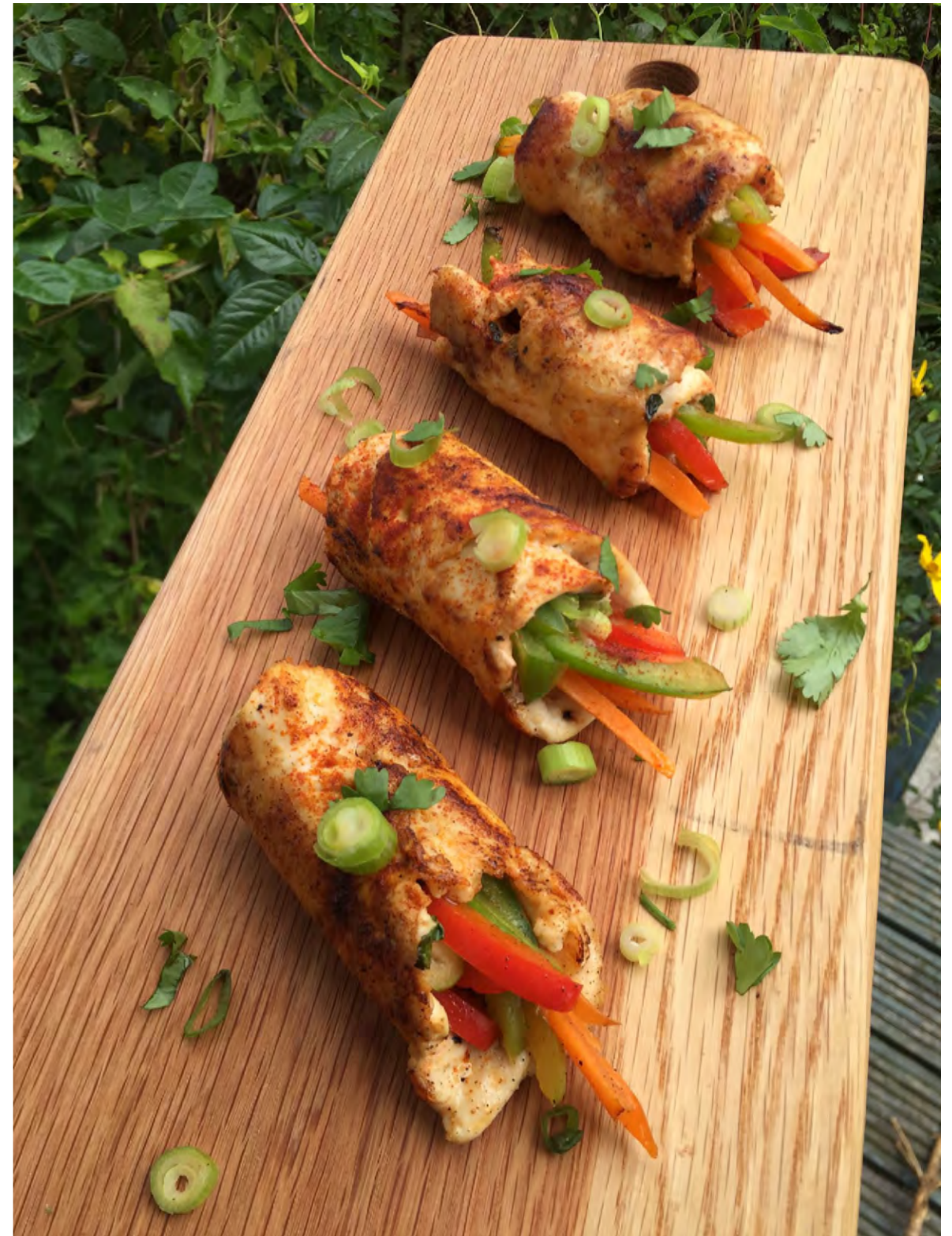
METHOD

Place each chicken breast between two sheets of cling film and using a rolling pin or meat hammer give the chicken a good wallop until both chicken breasts are nice and flat. (Not so much that they split!)

Cut the breasts down the middle lengthways so you now have four pieces. Then sprinkle each piece evenly with the paprika, garlic, chilli, salt and pepper.

Divide the peppers and carrots evenly between the four pieces and place them in the chicken, across the middle. Top each with the spring onions and coriander before wrapping the chicken around the veg like a fajita wrap. You will need a toothpick to stick through to keep it together.

Heat the oil in a pan on a medium heat before adding the little wraps. Sprinkle with a little more paprika and garlic powder and cook for about 8–10 minutes, turning occasionally so they go nice and golden all over.



CITRUS PRAWN SALAD

PREPARATION TIME: 15 minutes

SERVES: 2



Serving suggestion...
Serve with mixed salad leaves

INGREDIENTS

200g cooked prawns
 ½ red pepper, chopped
 2 carrots, finely chopped
 2 spring onions, chopped
 1 avocado, sliced
 10 cherry tomatoes, halved
 ¼ cucumber, chopped
 Handful fresh coriander,
 chopped (optional)
 Mixed leaves to serve

Vinaigrette Dressing

1 tbsp. olive oil
 1 tbsp. apple cider vinegar
 ½ tsp. salt
 Juice of 1 lemon

METHOD

Combine the prawns and vegetables in a mixing bowl.

Mix the vinaigrette dressing and pour over the prawn and vegetable mix until thoroughly coated.

Serve with a mixed salad or in a lettuce bowl.

CRACKIN' BALLS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

MAKES: 20 balls

INGREDIENTS

800g Gluten-free sausages

400g Chicken liver

200g Blueberries

100g Toasted hazelnuts crushed or finely chopped

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the liver in a food processor and blend for 2–3 minutes into a paste.

Using kitchen scissors, cut and peel the skins off the sausages and add the meat to the food processor and blend until combined with the liver.

Fold in the hazelnuts and blueberries with a spoon and pulse the food processor a few times to mix (but don't purée the fruit).

Place a sheet of greaseproof paper on a baking tray and put spoonfuls of the mixture on the tray.

The mixture is sticky so it's easiest to use a spoon and shape into small balls.

Bake in the oven for 25–30 minutes.

Allow to cool; we actually prefer these served cold.



HOW TO PIMP A SALAD

Green leafy vegetables are a rich source of vitamins and antioxidants. It helps to brighten up your bowl of garden with some tasty salad toppers following our guide below:

Choose a base

Where possible purchase organic and local; some of the most nutritious leaves include:

- Kale
- Chard
- Lamb's lettuce
- Mustard leaves
- Purslane
- Radicchio
- Red lettuce
- Rocket
- Romaine
- Spinach
- Watercress



HOW TO PIMP A SALAD



Choose a taste

- Sunflower or pumpkin seeds
- Walnuts
- Blanched hazelnuts
- Toasted cashews
- Seaweed sprinkles
- Avocado
- Sundried tomatoes
- Grated carrot
- Sliced beetroot
- Olives
- Celtic sea salt or Himalayan pink salt
- Freshly ground black pepper
- Jalapeños
- Fresh mint leaves
- Fresh coriander
- Fresh basil
- Strawberries
- Eggs: boiled, poached, fried
- Capers
- Bacon
- Parma ham
- Roasted cherry tomatoes
- Julienned courgettes
- Fresh peas
- Butternut squash
- Toasted pine nuts
- Dried mixed herbs
- Crushed chillies

Choose a dressing

- Freshly squeezed lemon or lime juice
- Apple cider vinegar
- Balsamic vinegar
- Extra virgin olive oil
- Avocado oil

PREPARATION TIME: 5 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

8 chicken thighs (bone removed)

4 heaped tsp. tomato puree

1 tbsp. olive oil

1 tsp. dried oregano

½ tsp. cayenne chilli powder

1 tsp. paprika

1 tsp. dried coriander

Salt and pepper

1 red pepper finely chopped

1 onion finely chopped

2 garlic cloves finely chopped

Manchego or Parmesan cheese (optional)

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the chicken thighs on some greaseproof paper on a chopping board.

Use a meat hammer or rolling pin to flatten the meat ready to make the wrap.

Place the tomato puree, olive oil, oregano, cayenne chilli, paprika, coriander, salt and pepper in a small bowl and mix together thoroughly.

Add the chopped pepper, onion, garlic and mix again.

Place a spoonful of the filling in the centre of the flattened chicken thigh (not too much, as you need to be able to fold it over into a wrap) and top with Parmesan shavings or grated Manchego cheese.

Fold the chicken thigh into a wrap and place in a baking dish to cook in the oven for 20–25 minutes.

Enjoy with some homemade guacamole, sweet potato wedges and salad.

ITALIAN CHICKEN WRAPS



LETTUCE WRAPS

INGREDIENTS (You Choose)

- Chicken, spring onion, sweetcorn and watercress
- Salmon, avocado and tomatoes
- Feta, sliced peppers, olives and rocket
- Ham, boiled eggs and spinach
- Beef, sliced cucumber, sliced carrots and spring onion
- Salmon, cottage cheese and chives
- Chicken, bacon, avocado and rocket
- Tuna, boiled egg, spinach and mashed avocado
- Feta, beetroot and rocket

METHOD

Simply add your favourite combination to a large lettuce leaf, wrap it and munch!



LIVER PATE

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 3–4

INGREDIENTS

Coconut oil, for cooking	2 egg yolks
400g liver (we used chicken liver for this, but you can try lamb's or calf's liver)	1 tsp. mixed herbs
½ onion, finely chopped	1 tbsp. fresh rosemary, finely chopped
8 rashers of unsmoked streaky bacon, cut into small pieces	Freshly ground black pepper

METHOD

Pan-fry the liver in coconut oil over a medium heat for 10 minutes or until cooked to your liking, then set aside to cool.

Pan-fry the onions and bacon in coconut oil over a medium heat for 8–10 minutes.

Place the liver, bacon and onion in a food processor or blender and add the egg yolks, mixed herbs and rosemary. Blend until all the ingredients are combined and the mixture has a completely smooth consistency.

Place the mixture in a dish lined with greaseproof paper and put in the refrigerator for a couple of hours to set. Serve with vegetable crudité's.



PREPARATION TIME: 6 hours

SERVES: 1-2

INGREDIENTS

2 fillets salmon
 Juice 1 lime and 1 lemon
 ½ avocado
 Handful cherry tomatoes
 ¼ cucumber
 1 red onion, sliced
 Jalapeños (optional)
 Fresh coriander
 Extra virgin olive oil
 Salt and pepper

METHOD

Remove the skin from the salmon and cut into one inch cubes.

Place in a dish and cover with the juice of the lemon and lime.

This will effectively 'cook' the salmon, so ensure all the fish is covered.

Leave to marinate for at least 6 hours, or ideally overnight, in the fridge.

To make the salad, chop the avocado, cucumber and cherry tomatoes (add onions and jalapeños if desired).

Mix well and spoon onto a serving plate.

When ready to serve, remove the salmon and place on the avocado, tomato and cucumber.

Top with fresh chopped coriander, a drizzle of olive oil and season to your liking.

SALMON CEVICHE



PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes

SERVES: 4–6

INGREDIENTS

10 eggs	1 tsp. dried basil
40g ground flaxseed	1 tsp. rosemary
1 tsp. baking powder	2 medium carrots, grated
40g coconut flour	1 tbsp. pumpkin seeds
1 tbsp. dried onion flakes	1 tbsp. sesame seeds
1 tsp. garlic powder	Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a large loaf tin with baking paper.

In a food processor beat the eggs until fluffy (around 2 minutes).

Add the flaxseeds, coconut flour, baking powder, onion flakes, garlic, basil, rosemary and seasoning.

Mix again until the ingredients are thoroughly combined.

Transfer into a mixing bowl and stir in the grated carrot and seeds (keep some seeds aside for the topping).

Transfer the mixture into the prepared loaf tin and sprinkle with a few extra seeds.

Place in the oven for 40 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through – it should come out dry.

SAVOURY SEED LOAF



PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

MAKES: 8 balls

INGREDIENTS

418g tin of wild red salmon
 Juice of 2 limes
 3 heaped tbsp. desiccated coconut
 5 anchovies in olive oil, finely chopped
 2–3 tsp. crushed chilli flakes
 1 egg
 Handful of fresh coriander, chopped

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a baking tray with greaseproof paper.

Drain the juices from the tinned salmon and place in a large bowl.

Add in the lime juice, desiccated coconut, anchovies, crushed chillies, egg and fresh coriander.

Combine all the ingredients thoroughly. You can taste the mixture at this stage and amend if you need (more lime, more chilli, etc.).

Using clean hands take handfuls of the mixture and squeeze together to carefully shape into golf-sized balls.

Place the balls on the prepared tray and in the oven to bake for around 20 minutes until they start to brown.

THAI OMEGA BALLS



Serving suggestion...
 Serve with mixed salad leaves or roasted vegetables

TUNA AVO EGG

PREPARATION TIME: 5 minutes

SERVES: 2

INGREDIENTS

½ avocado
Juice of 1 fresh lime
Crushed chilli flakes
200g tin of tuna in olive oil, drained
4 eggs, boiled
2 handfuls salad leaves
Salt and pepper

METHOD

Mash the avocado with the lime juice and add a pinch of chilli flakes.

Divide the tuna into two bowls.

Slice the boiled eggs and place two in each bowl with a tablespoon of the mashed avocado.

Serve on a bed of salad leaves.



TURKEY BLUEBERRY BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 14 bites

INGREDIENTS

200g turkey mince

100g blueberries

2 egg yolks

Pinch salt

200g cashews

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a baking tray with greaseproof paper or a little cooking oil.

Place the cashews in a food processor and chop until fine with a few chunky bits left.

Add the egg yolks, salt and turkey and blend again.

Once combined use a spoon to stir in the blueberries.

Shape into bite sized balls and place on the prepared baking tray.

Place in the oven and cook for 20–25 minutes until golden.

Allow to cool and serve.



Serving suggestion...
Serve with avocado and mixed salad leaves



SOUPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 3–4

INGREDIENTS

1kg+ of bones

1 onion

2 carrots

2 stalks of celery

2 tbsp. apple cider vinegar

2 cloves garlic, crushed

Filtered water

Optional

1 tbsp. Himalayan pink or Celtic sea salt

1 tsp. peppercorns

Additional herbs or spices to taste, e.g.

rosemary, thyme or dried mixed herbs

METHOD

You will need a large casserole pot or slow cooker to cook the broth in, and a sieve to remove the pieces when it's done.

Place the bones in a large stock pot. Pour (filtered) water over the bones and add the vinegar.

Allow to sit for 20–30 minutes in the cool water. The acid from the vinegar helps to make the nutrients in the bones more available.

Roughly chop and add the vegetables to the pot. Add any salt, pepper, spices or herbs, if using. Bring the broth to a boil and then reduce to a simmer.

If using a slow cooker, set to a low heat. These are suggested times to cook the bones:

- Beef broth/stock: 24–48 hours
- Chicken or poultry broth/stock: 24 hours
- Fish broth: 8 hours

Remove from the heat and allow to cool slightly. Strain using a sieve to remove all the bones, fat and vegetables. Store in a glass jar or bowl in the fridge. The fat will set on top and can be scooped off and kept for cooking vegetables.

Broth will keep for up to 5 days, or you can freeze it for later use.

BONE BROTH



CARROT, CUMIN AND GINGER SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 45–60 minutes

SERVES: 4

INGREDIENTS

- 1 tbsp. olive oil for cooking
- 2 cloves garlic, peeled and finely chopped
- 1 inch chunk of ginger, peeled and finely chopped
- 1kg carrots, roughly chopped
- 1 litre bone broth/stock
- 2 tsp. ground cumin
- Salt and pepper
- 1 tbsp. whole cumin seeds, to serve

METHOD

Sauté the garlic and ginger in the olive oil for 2–3 minutes.

Add the carrots and cook for around 5 minutes.

Add the broth/stock and cumin powder and simmer for about 45–60 minutes until the carrot is soft.

Season with salt and pepper to taste.



CARROT AND TURMERIC SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 8



Serving suggestion...

Serve with cooked poultry, fish or prawns

INGREDIENTS

Olive oil, for cooking	200ml passata
1 tbsp. cumin seeds	1kg carrots, chopped
3 cloves garlic, peeled and chopped	1 tsp. ground turmeric
1 tsp. paprika	250–500ml water, as needed
1 tsp. salt	Freshly ground black pepper
500ml chicken stock	

METHOD

Add the olive oil to a large saucepan on a low heat and add the cumin seeds, garlic, paprika and salt, and sauté for 2–3 minutes.

Add the chicken stock, passata, carrots and turmeric, and stir through.

Bring to the boil and then simmer for about 25–30 minutes until the carrots are soft.

Once cooked use a hand blender to purée, add a little boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.

CHERRY TOMATO AND SPINACH SOUP



PREPARATION TIME: 10 minutes
 COOKING TIME: 25–30 minutes
 SERVES: 4–8

INGREDIENTS

Olive oil for cooking
 3 garlic cloves, peeled and chopped
 2 red or yellow peppers, sliced
 400g fresh cherry tomatoes
 400ml passata
 200ml homemade chicken stock
 1 heaped tsp. mixed herbs
 2 sprigs fresh rosemary, finely chopped
 200g fresh spinach
 Salt and pepper

METHOD

Heat the olive oil in a large saucepan on medium and add the garlic, peppers and cherry tomatoes.

Gently stir fry for 4–5 minutes.

Once the tomatoes start to soften add the passata, stock, mixed herbs and fresh rosemary and stir through.

Bring to the boil and then simmer for about 25 minutes, add the spinach in the last 5 minutes to wilt down (you can add earlier with other ingredients if easier).

Once cooked use a hand blender or processor to mix thoroughly.

If necessary add some boiling water until the soup reaches your desired consistency.

Season with freshly ground black pepper and enjoy.

CHILLI CHICKEN SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil for cooking
1 red onion, peeled and chopped
3 red bell peppers, chopped
1 red chilli, finely chopped
3 cloves garlic, crushed
2–3 sprigs fresh thyme
650ml chicken stock
400g can chopped tomatoes
1 heaped tsp. smoked paprika
Salt and pepper

METHOD

Add the olive oil to a large saucepan over a medium heat, then add the onion, peppers, chilli, garlic, thyme, salt and pepper. Stir through and cook for about 4–5 minutes.

Once the vegetables start to soften, add the chicken stock, chopped tomatoes and smoked paprika and stir through.

Bring to the boil and then simmer for about 10 minutes.

Once cooked, use a hand blender to purée thoroughly.

Serving suggestion...
Serve with cooked poultry, fish or prawns



CHINESE DUMPLING SOUP

PREPARATION TIME: 10 Minutes

COOKING TIME: 20–25 Minutes

SERVES: 2

INGREDIENTS

For The Soup

800ml chicken stock

1 inch piece root ginger,
peeled and grated

1 garlic clove, peeled and
finely chopped

2 spring onions, sliced

100g Chinese leaf lettuce,
sliced

Handful fresh coriander,
chopped

1 tbsp tamari sauce

For The Dumplings

250g mince pork

½ inch piece root ginger,
peeled and grated

1 tsp. tamari sauce

1 tsp. toasted sesame oil

1 spring onion, sliced

METHOD

Start by making the dumplings. Place all the dumpling ingredients in a bowl and combine thoroughly using your hands. Take a small amount of the pork mixture and roll into a dumpling around the size of a golf ball. Set aside and repeat with the remaining mixture.

To make the soup, warm the chicken stock in a saucepan and add the ginger, garlic and simmer for 10 minutes.

Using a slotted spoon start to add the dumplings one-by-one.

Finally add the spring onion, Chinese leaf lettuce, coriander, tamari and stir. Bring to the boil again and turn down to a simmer for a further 8-10 minutes or until the dumplings are cooked through. Serve immediately.



CREAMY COURGETTE AND SPINACH SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 3-4



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, peeled and finely chopped
- 2 leeks, sliced
- 2 courgettes, sliced
- 500ml vegetable stock or water
- 100g spinach
- Almond milk as desired
- Salt to taste

METHOD

Heat the olive oil in a large saucepan and add the garlic and leeks. Stir fry for 5 minutes before adding the courgettes and stock/water.

Cook for 15-20 minutes until the vegetables soften, add extra water if needed to keep the vegetables covered.

Add the spinach and allow to wilt down for a few minutes.

Remove from the heat, allow to cool a little before blending with a hand blender. Add the almond milk until the soup reaches your preferred consistency.

Season with salt to your taste and serve.

MAXISTRONE SOUP

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

SERVES: 4-5



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 onion, diced
- 3 stalks celery, sliced
- 4 carrots, diced
- 1 red pepper, chopped
- 1 courgette, diced
- 1 tsp. salt
- ½ tsp. pepper
- 1 heaped tsp. mixed herbs
- 390g Italian chopped tomatoes
- 450ml beef stock (or substitute chicken or vegetable stock)

METHOD

Heat the olive oil in a saucepan.

Add the garlic, onions, celery, carrots, red pepper and sauté until the vegetables start to soften, around 10 minutes.

Pour over the chopped tomatoes and stock; add the herbs, salt and black pepper.

Finally stir in the chopped courgette.

Bring to the boil and then turn down to simmer for 20 minutes.

SOUPER SUPPER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

25g butter

4 spring onions, chopped

2–3 garlic cloves, peeled and finely chopped

2 leeks, chopped

500g potatoes, chopped

Large handful of fresh parsley, roughly chopped

Salt and freshly ground black pepper

1 litre chicken or vegetable stock

400g spinach

150g low fat creme fraîche

METHOD

Place the butter in a large saucepan on a medium heat. Add the spring onions, garlic, leeks, potatoes, fresh parsley, salt and pepper, cover and cook for around 10 minutes, stirring occasionally.

Add the stock and cook for a further 15 minutes or until the potato is cooked through.

Add the spinach, stir through and cook briefly until it wilts. Use a stick blender to blitz until smooth. Add a little more stock or water to reach your desired consistency.



Tip:
This soup works great as a base for pan fried fish, prawns or chicken. Make a large batch and just add protein for a quick ready meal in the evening.



.....
DINNERS
.....

BEEF BULGOGI

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

SERVES: 2-4



Serving suggestion...

Serve with rice or cauliflower rice and courgettes

INGREDIENTS

3 cloves garlic, finely chopped
1 large onion, finely chopped
1 carrot, diced
500g beef or lamb mince
2 tbsp. xylitol or honey

3 tbsp. tamari
1 tbsp. sesame oil
1 tsp. crushed red pepper flakes
½ tsp. ground ginger
Half a savoy cabbage, shredded

METHOD

Heat the sesame oil in a pan, add the garlic and fry for one minute. Add the onion and carrot and cook until soft.

Set the vegetables to one side.

Fry the mince until brown and drain off any excess fat.

Add the vegetables back into the pan.

In a bowl, mix 2-3 tablespoons of boiling water with the xylitol or honey and stir until it dissolves. Add the tamari, sesame oil, pepper flakes and ginger and mix. Add to the meat and vegetables in the pan and simmer for 5 minutes.

Meanwhile, steam the cabbage.

Season the beef to taste and serve with the steamed cabbage.

BEEF FIVE-A-DAY STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 12 minutes

SERVES: 3-4

INGREDIENTS

- 1 tbsp. olive oil
- 2 cloves garlic, peeled and chopped
- 3 cm piece ginger, peeled and chopped
- ½-1 red chilli
- 500g sirloin steak, cut into strips
- 1 red pepper
- 1 green pepper
- 100g mange tout
- 2 carrots, julienned (keep the middles and chop thinly to go into the stir-fry)
- 3 courgettes, julienned (keep the middles and chop thinly to go into the stir fry)
- 3 tbsp. tomato purée
- 3 tbsp. honey or xylitol
- 2 tbsp. tamari

METHOD

Heat the olive oil in a large pan or wok over a medium heat, then add the garlic, ginger and chilli, and stir-fry before adding the steak strips.

Cook for 3-4 minutes, stirring occasionally.

Add the peppers, mange tout and the middle of the carrots/courgettes (sliced), and stir fry for 4 minutes or until the vegetables start to soften.

Mix the tomato purée, honey and tamari together in a bowl and pour over the meat and vegetables.

Stir-fry a little before adding the julienned courgette and carrots.

Mix all the ingredients together and cook until the carrots have softened slightly.



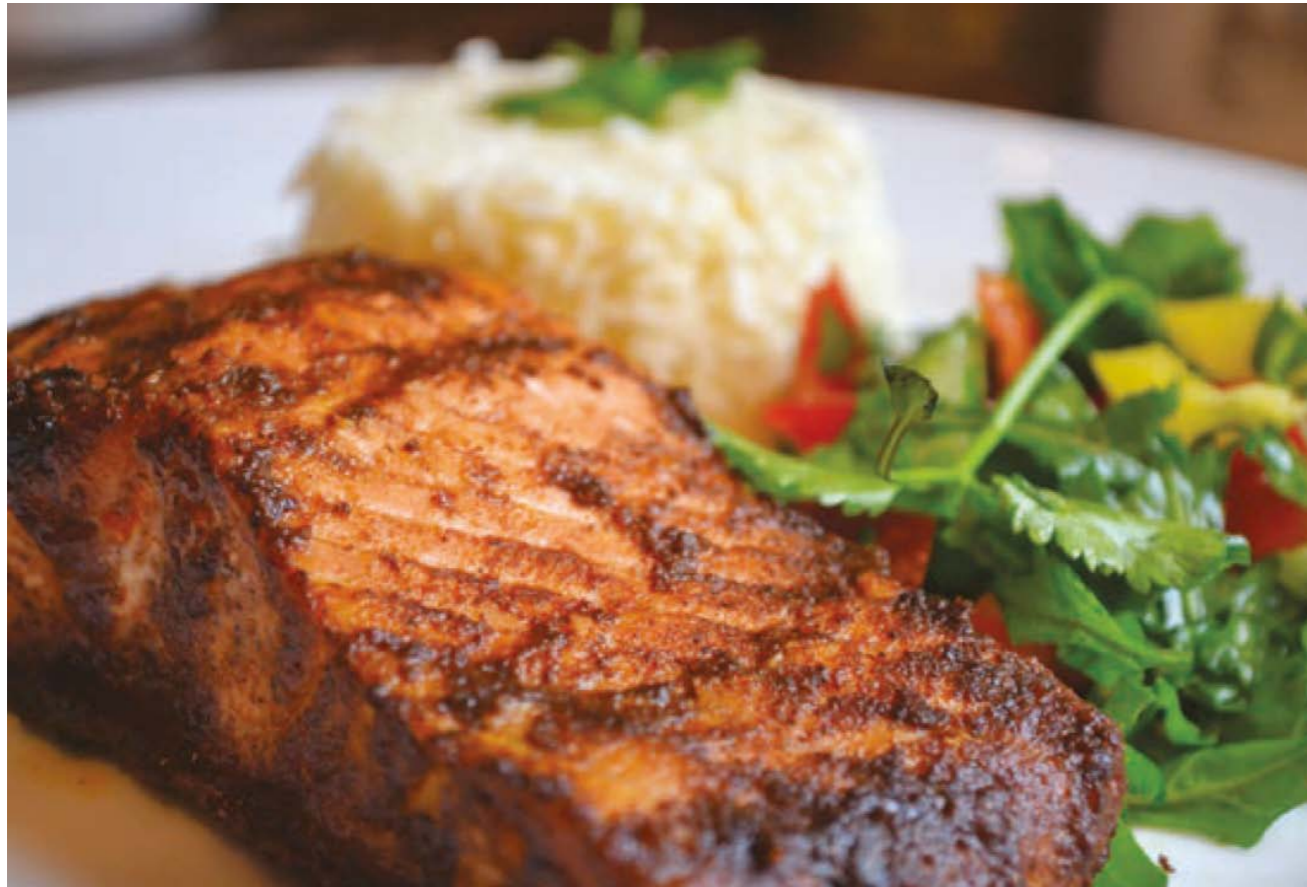
Serving suggestion...
Serve with steamed squash

CARIBBEAN JERK SALMON

PREPARATION TIME: 8–10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4



Serving suggestion...

Serve with kale and sweet potato mash or steamed green beans and salad

INGREDIENTS

4 salmon fillets
 1 tsp. allspice
 ½ tsp. cinnamon
 2 dice-sized cubes of fresh ginger, peeled and chopped
 ½ tsp. cumin
 1 tsp. smoked paprika
 2 cloves garlic, peeled and chopped, or 1 tsp. garlic powder
 3 tsp. cayenne chilli powder
 1 tsp. salt
 1 tbsp. of olive oil or add coconut oil
 Juice of 1 lime

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

If using coconut oil, make sure you melt it first.

Mix all the ingredients except for the salmon in a bowl.

Keep mixing until all ingredients are blended together nicely.

Coat the salmon fillets in the marinade and place in a baking dish.

Top the salmon with any remaining marinade and place it in the oven.

Cook for 20–25 minutes depending on how you like your fish.

This tastes great if you allow the salmon to go a little crispy on top.

CHICKEN AND SPINACH CURRY

PREPARATION TIME: 8 minutes

COOKING TIME: 35 minutes

SERVES: 4

INGREDIENTS

300g spinach	½–1 green chilli, deseeded and chopped
2 tsp. garam masala	2 tbsp. coconut oil
1 tsp. salt	600g skinless and boneless chicken thighs, cut into cubes or strips
2 onions, roughly chopped	100 ml coconut milk or 100g yogurt
3 tomatoes, quartered	
3cm piece of ginger, peeled and roughly chopped	
5 garlic cloves, peeled and roughly chopped	

METHOD

Wilt the spinach in a saucepan or steamer for about two minutes. Strain off the excess water (reserve some of the cooking water) before adding the spinach and about 100ml of the cooking water into a blender or food processor and blend until smooth.

Place in a bowl and put to one side.

Add the garam masala, onions, tomatoes, ginger, garlic, chilli, salt and a little water to the same food processor and blend until smooth.

Heat the coconut oil in a pan on a medium heat and add the blended garam masala mixture.

Simmer for about 15 minutes, stirring occasionally.

Add the chicken, spinach and coconut milk or yogurt, stir through thoroughly before cooking for another 15 minutes until the chicken is cooked through, stir occasionally.

Serve with some cauliflower rice or white rice, top with some fresh coriander, a drizzle more coconut milk or yogurt, and enjoy.



CHICKEN FAJITAS

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

Serves: 5

INGREDIENTS

For the Fajitas

3 large chicken breasts, cut into strips
 Juice of 2 limes (and a little bit of the pulp too)
 2 tbsp. dried oregano
 ½ tsp. cayenne chilli powder
 1 tsp. paprika or smoked paprika
 ½ tsp. cinnamon
 1 large onion, chopped
 2 bell peppers (red or green), chopped
 1 tbsp. olive oil
 1 large iceberg lettuce, leaves separated
 Salt and pepper

Super Quick Guacamole

2 avocados
 Juice of 1 lime
 Salt

Super Quick Salsa

1 large handful cherry tomatoes
 5 spring onions, finely chopped
 1 small handful fresh coriander, finely chopped
 1 tsp. olive oil



METHOD

Place the lime juice, oregano, cayenne chilli, paprika, cinnamon and some salt and pepper in a bowl and mix well.

Now add the chicken strips and mix until the chicken is fully coated. If you have time leave this to marinate for about 30 minutes to maximise the flavour (this isn't essential).

Heat the olive oil in a pan and add the chicken. Cook for about 2–3 minutes before adding the onions and bell peppers and stirring well. Stir-fry until the chicken is cooked through and the onions and peppers have softened. While this is cooking prepare the guacamole and salsa.

For the guacamole, simply mash the avocados in a bowl with the salt and stir in the lime juice.

For the salsa simply mix the tomatoes, spring onions, fresh coriander and olive oil together in a bowl.

Once the chicken is cooked serve the pieces in a lettuce wrap with a spoonful of guacamole and salsa.

CLAIRE'S MWAHAHAHA MEATBALLS

PREPARATION TIME: 20 minutes

COOKING TIME: 20–25 minutes

SERVES: 6

INGREDIENTS

1kg minced beef	1 tsp rosemary
300g liver, finely chopped	1 tbsp basil
2 tsp oregano	1 tsp sage
2 tsp thyme	300ml bone broth/beef stock
1 large red onion, finely chopped	Salt and pepper to taste
4 garlic cloves, finely chopped	

METHOD

Chop finely the liver or blitz in the food processor.

Place the mince in a large bowl and add in the liver, season with salt and pepper, add the oregano and thyme. Mix together well and shape into golf ball sized meatballs.

Warm some butter or olive into a large pan and cook the meatballs on a medium heat turning them to ensure that the meat turns brown all over.

Whilst the meatballs are cooking start to make the sauce. In a pan heat some butter or olive oil and add the onion and garlic. Once the onions begin to brown and soften add the beef stock/broth, rosemary, basil and sage.

Allow the mixture to boil and reduce the heat to low whilst you wait for the meatballs to finish browning. Add the meatballs to the sauce and continue to simmer for a further 5 minutes.

Serve with cauliflower rice and roasted vegetables.



TIP: It's on a 'need to know' basis as to whether you tell your family what's in the meatballs – they need the goodness of organ meats and you know! Mwahahahah!

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 4

INGREDIENTS

- | | |
|--|---|
| 1 tbsp. olive oil or ghee | 1 tsp. ground coriander |
| 2 onions sliced | 4 chicken breast with skin removed
and cut into chunks |
| 2 garlic cloves, finely chopped | Salt and freshly ground
black pepper |
| 2 whole cloves | 4 tomatoes, quartered |
| 2 cardamom pods | 250ml chicken stock ideally
homemade |
| 1 inch cubed fresh ginger,
finely chopped | Large handful of fresh coriander |
| 1 bay leaf | Small handful of fresh mint |
| 1 cinnamon stick | |
| 1 tsp. turmeric | |
| 1 tsp. ground cumin | |

METHOD

Heat the olive oil or ghee on a medium heat in either a large pan or cooking pot and then add the onions, garlic, whole cloves, cardamom pods, ginger, bay leaf, cinnamon stick and stir well.

Now add the turmeric, cumin and coriander and stir through and cook for a few minutes.

Add the chicken, salt, pepper and stir before cooking for another few minutes.

Add the chicken stock and tomatoes, stir and then simmer for about 10–12 minutes stirring occasionally.

When cooked remove from the heat and then add the fresh coriander and mint and stir through.

CORIANDER CHICKEN CURRY



Serving suggestion...
Serve with baked cauliflower and Indian-style sweet potatoes

EPIC TURKEY SHEPHERDS PIE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 10 minutes

SERVES: 6

INGREDIENTS

2 tbsp. olive oil	2–3 tsp. dried rosemary
750g turkey thigh mince	Salt and freshly ground black pepper
3 carrots, finely chopped	1 x 400g tin of chopped tomatoes
2 red onions, peeled and finely chopped	250ml vegetable stock
2 celery sticks, finely chopped	300g frozen peas
2 cloves of garlic, peeled and finely chopped	1 tbsp. Worcestershire sauce
250g chestnut mushrooms, finely chopped	1kg potatoes quartered (skin on)
	500g parsnips sliced (skin on)
	Knob of butter
	Almond milk (for the mash)

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the turkey mince and cooking until browned all over. Stir occasionally.

Add the carrots, onions, celery, garlic and mushrooms, stir through and cook for a few minutes until onions start to soften, stirring occasionally.

Add the salt, pepper and rosemary and stir through before adding the chopped tomatoes and vegetable stock before stirring again. Bring to the boil, cover and then reduce the heat to simmer for 25–30 minutes. Add the frozen peas and Worcestershire sauce about 5 minutes before it's ready and stir through.

Whilst that's simmering away pre heat the oven to 180°C/350°F/gas mark 4. Steam or boil the potatoes and parsnips for about 15–20 minutes or until cooked.



Drain the potatoes and parsnips before placing back into the saucepan or in a large bowl with a knob of butter, a little almond milk, salt, pepper and mash together. Add a little more almond milk if desired until the mash is smooth.

Place the turkey mince in a large baking dish and spread out evenly before spooning the mash on top of the mince and use a fork to spread evenly across the top.

Place in the oven to cook for about 30 minutes.

Serve with some vegetables of your choice.

EVERYDAY CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 2

INGREDIENTS

- 1 tsp. olive oil for cooking
- 2 chicken breasts/4 thighs or legs, chopped
- 1 large onion, chopped
- 1 inch piece of fresh ginger, peeled and grated
- 2 cloves garlic, crushed or finely chopped
- 390g carton of tomatoes
- 1 tbsp. medium curry powder
- ½ teaspoon of cumin
- 1 tbsp. ground coriander
- ½ tsp. turmeric
- ½ tsp. black pepper
- ½ tsp. salt

METHOD

Add the oil to a saucepan and sauté the chicken for 5 minutes.

Add all the spices, the ginger, tomatoes, garlic, salt and chopped onion until the chicken is covered (add extra water if needed).

Bring to the boil and simmer for around 20–30 minutes or until the chicken is cooked and tender.



Tip: Boost the nutritional content by adding your favourite vegetables e.g. red pepper, carrots, green beans, or throw in some spinach to wilt down just before serving.

FAST AND FURIOUS CHICKEN PAELLA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

- 2 tbsp. olive oil
- 3 chicken breasts, chopped into chunks
- 2 cloves garlic, peeled and finely chopped
- 1 onion, peeled and chopped
- 2 leeks, finely sliced
- 150g mushrooms, sliced
- 250g frozen peas
- Salt and freshly ground black pepper
- 1 tsp. smoked paprika
- ½ tsp cayenne chilli powder
- 1 tsp. dried thyme
- 400g tin cherry tomatoes (or chopped tomatoes)
- 250g quick cook microwave rice
- Lemon wedges and fresh parsley to serve

METHOD

Warm half the olive oil in a large frying pan on a medium heat and add the chicken. Stir fry for around 5 minutes until golden and cooked through. Remove from the pan and set aside.

Heat the remaining olive oil in the frying pan on a medium heat and add the garlic, onion, leeks and mushrooms. Cook for a few minutes until the onion begins to soften and then add the peas. Cook for a further 2–3 minutes, stirring occasionally.

Add the salt, pepper, smoked paprika, chilli, thyme and stir to combine before adding the tomatoes.

Finally add the rice and stir through. Simmer for 2–3 minutes before adding the cooked chicken, stir to combine and warm through for a couple of minutes.

Serve topped with fresh parsley and lemon wedges.



FISH IN A MEDITERRANEAN BAG

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

Serves: 2–3



Serving suggestion...

Serve with sweet potato patatas bravas and broccoli

INGREDIENTS

2-4 large white fish fillets

2 courgettes, sliced

2 handfuls cherry tomatoes, halved

2 tbsp. capers

Handful of olives, sliced

2-3 sprigs fresh rosemary, chopped

Handful fresh basil leaves, torn

Juice of 1 lemon

Salt and pepper

2 tbsp. olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Lay out a sheet of greaseproof paper and place the fish in the centre.

Scatter the courgettes and cherry tomatoes around the edge of the fish.

Top the fish and vegetables with the capers, sliced olives, rosemary and fresh basil.

Squeeze fresh lemon juice over the fish and season with salt and pepper.

Drizzle a little olive oil over the fish and vegetables.

Take the four corners of the greaseproof paper and gather together, twisting the paper to seal the fish and vegetables inside.

Place on a baking tray and place in the oven to cook.

Check the fish after 25–30 minutes.

The tomatoes should be soft and the fish cooked through.

GINGER INFUSED SEAFOOD VEGETABLE RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 5–10 minutes

SERVES: 2–4

INGREDIENTS

- 1 tbsp. olive oil
- Large piece of root ginger, peeled and finely chopped/grated
- 2 cloves garlic, peeled and finely chopped
- 1 red onion, peeled and chopped
- 2 carrots, grated
- 1 courgette, grated
- Juice of 1 lime
- 2–3 tbsp. tamari
- Cup of frozen peas, defrosted (leave for a few minutes in boiling water)
- 250g quick cook (microwave) brown basmati rice
- 150g cooked prawns
- Salt and pepper to taste
- Toasted sesame seeds

METHOD

Heat the olive oil in a pan on a medium heat before adding the ginger, garlic and onions and stir fry for 1–2 minutes

Add the grated carrot and stir, cook for another 1–2 minutes

Add the grated courgette and stir through again before adding the lime juice, tamari and stirring again

Add the peas, rice and combine everything together. Cook for a further 2–3 minutes stirring occasionally.

Finally add the prawns, stir and cook long enough to warm them through. Top with toasted sesame seeds and serve.



Tip:
Add any cooked seafood including mussels, scallops or cooked fish.

LEMON AND TURMERIC CHICKEN

PREPARATION TIME: 10 minutes (Marinade for 30 minutes or overnight)

COOKING TIME: 16–20 minutes

SERVES: 6



INGREDIENTS

6 skinless chicken or turkey fillets, chopped into chunks
 1 ½ tsp. curry powder
 1 tsp. garlic powder
 1 tsp. crushed chillies
 1 tsp. salt
 ½ tsp. ground ginger
 ½ tsp. paprika
 ½ tsp. cinnamon
 ½ tsp. ground turmeric
 Juice of 1 lemon
 4 tbsps. water
 Handful fresh coriander

METHOD

In a bowl, mix the curry powder, garlic powder, crushed chillies, salt, ginger, paprika, cinnamon and turmeric with the water and lemon juice to form a paste.

Rub the paste into the poultry, place in a bowl and cover. Allow to marinate for 30 minutes or overnight.

Heat a little olive oil in a frying pan and stir fry the chicken pieces until golden and cooked through.

Top with fresh coriander and serve.

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

3 tbsp. olive oil	500ml fish or vegetable stock
1 red onion, peeled and sliced	2 skinless basa fillets chopped into chunks (substitute any white fish)
3 garlic cloves, peeled and finely chopped	500g large raw prawns
1–2 tsp. chilli flakes	1 lemon
2 tbsp. tomato puree	
1kg tomatoes roughly chopped (any tomatoes)	To Serve
2–3 tbsp. mixed herbs	Handful of fresh parsley
2 tsp. paprika	

METHOD

Heat the olive oil in a stew pan on a medium heat, add the onion and garlic and cook for a couple of minutes, stirring occasionally, before adding the chilli flakes, some salt and pepper and cooking for a few minutes further until the onions start to soften.

Add the tomato puree, tomatoes, mixed herbs, paprika and a bit more seasoning and cook for about 10 minutes until the tomatoes soften nicely stirring occasionally.

Add the stock, stir through and bring to a simmer for 10 minutes.

Gently place the fish chunks into the liquid and allow to cook for 5 minutes. Add the prawns and cook for a further 5 minutes or until the fish is cooked through.

Squeeze over the lemon juice, sprinkle parsley over the top and serve with either rice or potatoes and vegetables of your choice.

MEDITERRANEAN FISH STEW



MIGHTY MACKEREL

PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

SERVES: 2

INGREDIENTS

2 fresh mackerel fillets

Juice of half a lemon

2 tbsp. apple cider vinegar

1 tsp. ground cumin

½ tsp. black pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the mackerel fillets in an oven dish and top each one with the lemon juice, vinegar, cumin and pepper.

Place the mackerel in the oven and bake for around 20 minutes.



QUICK ITALIAN CHICKEN WITH BASIL AND AVOCADO DRESSING

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2



INGREDIENTS

- 1 tbsp. olive oil
- 3 chicken breasts, chopped into pieces
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 heaped tsp. mixed herbs

Basil and Avocado Dressing

- ½ avocado
- 1 egg yolk
- Juice of ½ lime
- ½ tsp garlic powder (optional)
- 50ml almond milk
- 6–7 basil leaves
- Salt to taste

METHOD

Heat the olive oil in a large saucepan on a medium heat, add the chicken pieces and sprinkle over the onion powder, garlic powder and mixed hers. Toss to coat the chicken and cook for 10–15 minutes until the chicken is cooked through.

Combine the dressing ingredients in a blender and blitz into a thick, creamy dressing.

ROCKIN ROOT VEG AND TURKEY STEW

PREPARATION TIME: 10 minutes

COOKING TIME: 50 minutes

SERVES: 6



INGREDIENTS

- 2 tbsp. olive oil
- 2 garlic cloves, peeled and finely chopped
- 4 spring onions, chopped
- 2 parsnips, sliced
- 2 carrots, sliced
- 2 small sweet potatoes, peeled and chopped
- 2 stalks celery, chopped
- 2 tbsp. mixed herbs
- 500ml beef or chicken stock (add more for desired consistency)
- 4 skinless turkey breasts, cut into chunks
- Small cup of frozen peas
- Salt and freshly ground black pepper
- Fresh coriander to serve

METHOD

Heat the oil in a large casserole dish or stew pot.

Sauté the garlic and spring onions for a few minutes before adding the parsnips, carrots, potatoes and celery. Continue to cook until the vegetables start to soften before adding the seasoning and mixed herbs. Stir to combine and cook for 10 minutes.

Finally add the stock and the turkey. Bring to a boil, reduce the heat and simmer for about 30 minutes or until all the vegetables are cooked through.

Stir in the frozen peas around 5 minutes before serving.

Top with fresh coriander and serve.

SPANISH STYLE CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

1 tbsp olive oil	½-1 tsp. salt
4 cloves garlic, peeled and chopped	½ tsp. black pepper
1 small white onion, peeled and chopped	1 handful olives, halved
1 leek, sliced	680g passata
4 chicken breasts, chopped	200ml chicken stock
2 tsp. paprika	4 sweet or white potatoes, peeled and sliced
1 tsp. oregano	
1 tsp. thyme	

METHOD

Heat the olive oil in a large saucepan over a medium heat and add the garlic, onions, leeks and stir through. Sauté for 3-4 minutes until the onions and leeks start to soften.

Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown.

Add the paprika, thyme, oregano, salt and pepper and stir through, coating all the ingredients in the spices.

Add the olives, passata, chicken stock and potatoes.

Bring to a simmer and cook for 30 minutes.

Season further if required and serve either on its own or with steamed greens.



Serving suggestion...
Serve with steamed spinach and kale

SPICY TOMATO PRAWNS

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3



INGREDIENTS

2 tbsp. olive oil	600g raw prawns
1 onion, peeled and chopped	400g passata
2 garlic cloves, crushed	½ tsp. crushed chilli flakes
1 red pepper, chopped	Large handful of tenderstem broccoli, chopped
10 mushrooms, chopped	Salt & pepper
1 heaped tsp. smoked paprika	

METHOD

Heat the olive oil in a pan and then add the pepper, mushrooms, onions and garlic to cook through slightly until they start to soften.

Add the passata and paprika and stir again.

Bring the mixture to a simmer and cook for about 10 minutes.

Add the prawns, tenderstem broccoli, salt and pepper, stir and allow to simmer for another 5–6 minutes.

Serve with courgetti or steamed squash.

TAMARI CHICKEN

PREPARATION TIME: 5 minutes

COOKING TIME: 15–20 minutes

Serves: 4

INGREDIENTS

- 3 tbsp. tamari
- 2 cloves garlic, crushed and finely chopped
- 1 inch cube of ginger, peeled and finely chopped
- Juice of 1 lime
- ½ onion peeled and sliced
- 1 red pepper, deseeded and chopped
- Salt and pepper
- 4 chicken breast or 8 thighs
- 1 tbsp. olive oil

METHOD

Add all ingredients except for the olive oil and chicken into a large bowl and mix together.

Add the chicken and coat thoroughly in the marinade.

Marinate for at least 30 minutes or overnight if possible.

Heat the olive oil in a pan over a medium heat

Add the chicken, vegetables and marinade, pan-fry until golden and cooked through.



Serving suggestion...
Serve with stir-fry vegetables and steamed squash

THAI STEAK SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5

INGREDIENTS

2 x 200g rump steaks

To make the Dressing

Zest and juice of 3 limes

2 tbsp tamari

Freshly ground black pepper

1 dice-sized piece of ginger, peeled
and grated

1 green or red chilli

1 tsp. xylitol or honey

1 handful fresh coriander, finely chopped
1 tbsp olive oil

For the Salad

200g cherry tomatoes, quartered

½ cucumber, sliced

200g radishes, sliced

1 red onion, sliced

1 handful fresh mint, roughly broken

1 handful fresh basil, roughly broken

METHOD

For the marinade: mix the tamari, zest and juice of 1 lime and ground black pepper in a bowl.

Slice the steaks into strips, add them to the bowl and coat fully in the mixture.

Mix the lime zest and juice from the remaining 2 limes with the ginger, chilli, xylitol (or honey) and fresh coriander to make the dressing.

Heat the olive oil in a pan over a medium heat and add the marinated steak strips. Stir-fry for 3–4 minutes or until cooked to your liking. Leave to rest while you mix the salad ingredients together.

Place the steak strips on top of the salad and drizzle the dressing over the top.



TOMATO, CAPER AND OLIVE SALMON

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 4-5

INGREDIENTS

600g passata

3 cloves garlic, peeled and chopped

80g capers

10 large green olives, chopped

1 red onion, finely chopped

3 tbsp. sundried tomatoes in olive oil

6 salmon fillets

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Mix all the ingredients except for the salmon in a large baking dish before adding the salmon fillets.

Ensure each fillet is nicely topped with the sauce.

Place the baking dish into the oven to cook for around 30 minutes.

Serving suggestion...

Serve with celeriac chips, steamed leeks and spinach



TURKEY MEATBALLS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–35 minutes

SERVES: 4–5



INGREDIENTS

1kg turkey thigh mince
 2 tbsp mixed herbs
 1 ½ tsp garlic powder
 1 onion, peeled and chopped
 3 tbsp tomato puree
 Salt and pepper

For the Sauce

500g passata
 ½ tsp garlic powder
 1 tsp oregano
 1 red pepper, deseeded and chopped
 Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark

In a bowl, Using your hands, combine the turkey mince with the mixed herbs, tomato puree, garlic and chopped onion. Add a generous serving of salt and pepper and shape into small balls.

Place the turkey meatballs in an oven proof dish.

In a small bowl mix together the passata, garlic powder, red pepper and season.

Pour over the meatballs and place in the oven to cook for 25-30 minutes.



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SIDES
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BALSAMIC POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 5–6

INGREDIENTS

1kg new potatoes

200g green beans, stems trimmed and chopped

1 small red onion, peeled and chopped

Handful fresh basil leaves, chopped

The Dressing

2 cloves garlic, peeled and finely chopped

or ½–1 tsp. garlic powder

2 tbsp. fresh lemon juice

Dash of Worcestershire sauce

2 tbsp. wholegrain mustard

3 tbsp. balsamic vinegar

Salt and pepper to taste

METHOD

Boil or steam the new potatoes and green beans until soft.

As the potatoes are cooking prepare the dressing by adding the ingredients to a blender or mixing in a cup.

Once the potatoes and beans are cooked add the onion and fresh basil and pour over the dressing.

Toss all the ingredients together and serve.



CARROT AND CORIANDER SLAW

PREPARATION TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 tbsp. Greek yogurt

Juice of ½ a lemon

1 tsp. honey

2 large carrots, grated

2 spring onions, finely chopped

1 handful fresh coriander, roughly chopped

Salt and pepper

METHOD

Mix the yogurt, lemon juice and honey together thoroughly in a bowl.

Stir in the grated carrot, spring onion and fresh coriander and mix together thoroughly.

Season to taste and serve.



CHUNKY CELERIAC CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4



INGREDIENTS

- 1 whole celeriac, peeled and chopped into chips
- 2 tbsp. olive oil
- 1 tbsp. of fresh rosemary, chopped, or mixed herbs
- 2 cloves garlic, peeled and chopped

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Scatter the chips across the tray and drizzle with olive oil.

Add the garlic and herbs and using your hands toss and mix the ingredients together.

Place in the oven. These usually take around 45 minutes to one hour.

Check after 30 minutes and stir/toss the chips again.

Once the vegetables are cooked to your liking, remove from the oven and leave to cool.

CINNAMON COCONUT SQUASH

PREPARATION TIME: 5 minutes

COOKING TIME: 35–40 minutes

SERVES: 2

INGREDIENTS

½ butternut squash

100ml coconut milk

2 cloves garlic, crushed or finely chopped

1 tsp. cinnamon

Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Chop the butternut squash into cubes and place in a small oven-proof dish.

Pour over the coconut milk and sprinkle with garlic and cinnamon. Stir to coat the pieces of squash.

Cook in the oven for 35–40 minutes.

Just before serving, season with a little salt and pepper.



EPIC HERBY SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

3 large carrots, chopped into small chunks

200g peas

1 yellow pepper, deseeded and chopped into chunks

1 avocado, skin and stone removed and chopped into small chunks

2–3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

1 clove garlic, peeled

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

Juice of 1 lemon

METHOD

Steam or boil the carrots, peas and pepper until soft.

Place the cooked vegetables in a bowl and stir in the avocado and salad leaves.

Place the herbs, garlic, olive oil and apple cider vinegar in a blender and blend into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

- 1 red onion, peeled and sliced
- 1 large courgette, sliced
- Handful olives
- 1 yellow pepper, deseeded and chopped
- 180g tomatoes on the vine
- 3 cloves garlic, peeled and chopped
- 1 tbsp. mixed herbs
- Olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place all the vegetables into a baking tray, sprinkle with chopped garlic, mixed herb and drizzle with olive oil.

Place in the oven to cook for 35–40 minutes until the vegetables are soft.



KALE AND SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 2



INGREDIENTS

2 sweet potatoes, peeled and chopped
Bunch of kale, chopped
Salt and pepper
1 tbsp. olive oil (optional)

METHOD

Place the chopped potato in a steamer or pan of simmering water and allow to cook for 10 minutes until soft.

Add the kale to cook for the remaining 3–4 minutes.

Once the potato and kale are cooked, drain and place the sweet potato in a large bowl.

Mash the potato with a fork or vegetable masher.

Mix in the chopped kale.

Season to taste, add a little olive oil if desired and serve.

POWER CARBS

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4-5

INGREDIENTS

250g cooked rice (we used Tilda wild and brown basmati)

500ml bone broth or stock

1 sweet potato, peeled and diced

2 stalks celery

1 small red onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

Salt and pepper to taste

Fresh parsley to serve

METHOD

Place the cooked rice and broth/stock in a pan and warm on a medium heat.

Add the sweet potato, herbs, onion, garlic, celery and season. Bring to boil and then turn down to simmer.

Cook until the potato has softened, add a little more broth or water if needed. Top with fresh parsley and serve.



QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



INGREDIENTS

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 3 cloves garlic, peeled and chopped
- 2 courgettes, chopped
- 1 red pepper, chopped
- 3 stalks celery (optional)
- 800g chopped tomato
- 1 tbsp. mixed herbs
- 2–3 tbsp. olives (optional)
- Salt and pepper

METHOD

Pan fry the onions, garlic and peppers in the olive oil. Add the courgettes, celery and peppers and stir-fry for 2–3 minutes.

Add the tomatoes, herbs, and olives and season.

Cook through for 10–15 minutes until the vegetables are soft.

Season to taste and serve.

SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 3–4

INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½–1 tsp. garlic powder

½–1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

METHOD

Chop the courgettes into chunky wedges.

Heat the oil in a frying pan and add the onion (if adding) stir fry for 2–3 minutes.

Add the courgettes wedges and continue to stir-fry.

Sprinkle the garlic powder, paprika and chilli flakes over the courgettes and onions.

Sauté until the courgettes begin to soften but still remain a little crunchy.

Season to taste with a little salt and serve.



SPINACH AND PINE NUTS

PREPARATION TIME: 2 minutes

COOKING TIME: 8 minutes

SERVES: 2

INGREDIENTS

3–4 large handfuls of spinach

2–3 sundried tomatoes in olive oil, chopped

1 tbsp. pine nuts

Salt and pepper

Water

METHOD

Place a non-stick pan on a low heat.

Add the pine nuts to the pan and gently stir-fry (no fats or oil needed). Keep moving the pine nuts around the pan to ensure they cook evenly and don't burn. Once they have browned, remove from the pan and set aside.

Put a little water in the pan and add the spinach. Gently stir-fry for 2–3 minutes until the spinach has wilted. Once cooked to your liking, place in a serving bowl.

Top with chopped sundried tomatoes and toasted pine nuts; season and serve.



SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 2–4



INGREDIENTS

- 1 whole squash, halved, deseeded and chopped into wedges (leave the skin on)
- 2 cloves garlic, peeled and finely chopped
- 1 red onion, peeled and sliced
- 2 tbsp. pine nuts
- 1 tbsp. sesame seeds
- 1 tbsp. za'atar spice mix
- Olive oil
- Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the squash into a baking tray, sprinkle with chopped garlic, onion, pine nuts, seeds, za'atar and drizzle with olive oil.

Season with salt and pepper.

Place in the oven to cook for 35–40 minutes until the wedges are soft.

SUPER MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 8

INGREDIENTS

1 kg potatoes (white or sweet)
peeled and chopped
1 large leek, chopped
300g broccoli florets
2 tsp. garlic powder
Large handful kale, chopped
2 inch cube of fresh ginger,
peeled and finely chopped

6 sundried tomatoes
1 tsp. mixed herbs
Salt and pepper

To Serve

Fresh parsley

METHOD

Cook the potatoes and leeks in a steamer or boil in a saucepan until soft.

In a separate pan, steam or boil the broccoli, kale and spinach for 5–7 minutes.

Once cooked drain the potatoes and vegetables and place in a bowl with the garlic, ginger, sundried tomatoes and herbs.

Season to taste with salt and pepper and mash everything together until it reaches the desired consistency.

Serve with fresh parsley.



SWEET POTATO WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 35–40 minutes

SERVES: 5

INGREDIENTS

- 4 large sweet potatoes
- 1 tbsp. olive oil
- 2 tsp. smoked paprika
- 1 tsp. salt

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Slice the sweet potatoes into 3–4 inch wedges and place in a baking tray.

Drizzle with a little olive oil and toss the wedges to coat them. Mix the smoked paprika and salt and sprinkle over the wedges.

Bake in the oven for 35–40 minutes until soft and lightly browned around the edges.



THAI SALAD

PREPARATION TIME: 10 minutes

MARINADE: 20 minutes (the longer the better)

SERVES: 4

INGREDIENTS

Juice of 2 limes

Half a red onion, chopped finely (a couple of spring onions would also work)

¼ tsp. chilli flakes

Large chunk of fresh ginger, finely chopped

Large handful of fresh coriander, chopped

Few drops of fish sauce (to taste)

1 whole cucumber, halved and sliced lengthways

Half a red pepper, thinly sliced

Half a yellow pepper, thinly sliced

2 carrots, julienned

METHOD

Start by making the dressing. Place the lime juice in a bowl and add the chopped onion, chilli flakes, chopped ginger and coriander.

Mix well and then add fish sauce. It's best to keep checking the taste as fish sauce adds saltiness and you don't want to overdo it!

Once you are happy with the taste of the dressing, toss in the sliced vegetables and mix so they are evenly coated. Leave in the refrigerator for 15–20 minutes before serving. If you have the time, it is even better left for an hour or so.

This is great served with scallops or prawns pan-fried in coconut oil, garlic and fresh lemon juice.



VEGETABLE KEBABS

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 3-4



INGREDIENTS

- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 white onion, chopped
- 2 courgettes, chopped
- 2 tsp. mixed herbs
- 1 teaspoon of fat (olive oil or butter)
- Salt and pepper
- 6-8 fresh rosemary sprigs or kebab skewers

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Chop all of the vegetables into large chunks.

Mix the fat (you may need to melt it if using ghee or coconut oil) with the herbs and seasoning and coat the vegetables.

Thread the vegetables onto the kebab skewers or rosemary sprigs. If using rosemary sticks remember to start from the bottom of the stalk.

Place the kebabs on an oven tray and bake for 20 minutes, turning occasionally.

VEGHETTI

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

INGREDIENTS

Vegetables of your choice: carrots,
courgettes or butternut squash

Olive oil for cooking



Tip

Get yourself a good julienne peeler; we use *Good Grips*

METHOD

Use the Julienne peeler to slice the vegetables into spaghetti-like strips or noodles.

These can either be cooked in a steamer or gently sautéed in a little oil in a frying pan until the vegetables have softened.

SAUCES



HOMEMADE GUACAMOLE

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

2 avocados, peeled and mashed
 1 tomato, finely chopped
 ½-1 tsp. garlic powder
 Juice of 1 lime
 1 handful fresh coriander, roughly chopped
 ½ tsp. cayenne chilli powder (optional)
 Salt and pepper

METHOD

Place all the ingredients except the salt and pepper in a large bowl, combine all the ingredients together and season to taste.



HOMEMADE KETCHUP

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

100g tomato purée
 2 tbsp. balsamic vinegar
 6 tbsp. water
 Salt and pepper
 1 tsp. raw honey (optional)

METHOD

Place the tomato puree, vinegar and water in a bowl and combine together, season to taste, add honey if desired.





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