



30 DAYS OF HEALTH COOK BOOK



30 Breakfasts • 30 Lunches • 30 Dinners
www.mibosolife.com

INTRODUCTION

Welcome to the MiBoSo Life 30 Days of Health cookbook; a simple but effective 30 Day Program that takes all the guess work out of what to eat whilst following the MiBoSo Life nutritional protocols.

So how does the program work? Its simple...

Choose One Breakfast, One Lunch and One Dinner every day for 30 days.

You can work it one of two ways, either always choose a different dish so you never eat the same thing twice in the 30 days or pick out a few favorites to keep you on track.

The program follows the Elimination Diet protocols, which means eliminating the following known toxins from your diet

- WHEAT
- DAIRY (Except those listed in the meal planner)
- ALCOHOL
- CAFFEINE
- PROCESSED FOODS
- SUGAR

Eliminating these from your diet will re-establish the vitality of your internal systems allowing your body to detoxify in the correct manner. Once your body starts to rid itself of the toxins you will notice you lose rather a lot of stubborn body fat, the downside to this is you may feel a little off colour in the first few days.

OUT Caffeine – tea, coffee, green tea, energy drinks, hot chocolate, fizzy drinks, diet drinks. This also includes decaffeinated coffee, tea and other drinks. Reduce your caffeine slowly if you have a lot each day.

IN Water, fruit and herbal teas - Carbonated water is allowed but sparingly. Aim to drink AT LEAST 3 litres a day – your body will hold on to fat if it is dehydrated.

OUT Wheat – Bread, biscuits, cakes, pies, pasta, noodles, crackers and breakfast cereals. Be careful here wheat has found its way into a lot of the food chain and is found in many sauces and soups as well as thickening agents and meat products such as burgers, ham and sausages – if you're unsure give it a miss!

IN Vegetables – All veggies, including potatoes (2 servings a week) the rawer you eat your veg the better. Stir-frying or lightly steaming is a much healthier alternative to boiling, frying or steaming as this destroys vitamins and nutrients. Veggies should be firm and tender, not mushy.

OUT Dairy – Milk, flavoured yoghurts, spreads and cheese – also eliminate soya milk as this is highly processed.

IN Dairy – Eggs & small amounts of plain organic live yoghurt and organic butter
IN Dairy Substitute - Rice, oat, sesame, almond and hazelnut milk

OUT Sugar – Including sucrose, glucose or fructose, honey, maple syrup, corn syrup. Cakes, biscuits, sweets, chocolate – even the “low fat” stuff – in fact especially the low fat stuff as it is full of aspartame a sugar substitute that has been linked to nearly 100 side effects as well as cancer and can actually cause weight gain!

IN Fruits – Again, all fruits, you may eat fruit during the 30 days but no more than three pieces a day. Try to avoid high sugar fruits like grapes, cherries and too many Bananas. Fruits such as berries, apples and pears are better choices. Where possible eat your fruit in the mornings.

OUT Processed Food – The list is almost endless but pretty much anything tinned, baked or pre-packed or if it has numbers, unpronounceable words or more than a few ingredients on the packet. Read food labels and try to avoid additives and preservatives (E Numbers) this includes soya, veggie, vegan and meat substitute products such as veggie burgers and sausages.

If it's going to last more than 3-5 days in the fridge then it is probably processed.

IN Organic or Grass Fed Meat and Wild Fish – Chicken, beef, turkey, lamb, venison and game meats. Haddock, Sardines, Salmon, Tuna, mackerel – try to eat 2-3 portions of oily fish each week.

OUT Alcohol – All of it

IN Nuts & seeds – All nuts, walnuts, Brazils, pecans, hazelnuts, almonds, pumpkin, sesame, sunflower NOT peanuts – all nuts and seeds choose plain, unsalted without any coating or flavourings.

Be conservative with nuts, they are very energy dense and easy to over eat. A portion would be about 5 or 6 nuts – not endless handfuls!

IN Fats – Avocado, oily fish, coconut oil, olive oil, flaxseed oil, walnut oil

IN Store Cupboard – sea salt, black pepper, garlic, olives, herbs and spices.

**Always check with your GP if you have any medical issues*

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30 Breakfasts



Courgette Pancakes Serves 1

Ingredients

- 1 medium size courgette
- 1 medium size spring onion
- 1 large egg
- Salt and pepper to taste
- 2 tbsp coconut oil for frying

Method

1. Grate the courgette into a small bowl.
2. Finely chop the spring onion and mix with the courgette.
3. Combine a large egg into the bowl and mix thoroughly, adding salt and pepper to taste.
4. Heat the oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip the pancake till browned on both sides.



Almond Pancakes Serves 1-2

Ingredients

- 1 cup of almond flour
- 2 medium free range eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split and seeds scraped out
- 1 tbsp of ground cinnamon
- 1 tbsp of Coconut oil



Method

1. Mix the eggs, coconut milk and vanilla in a bowl and whisk together.
2. Sift in the almond flour and cinnamon.
3. Heat a teaspoon of coconut oil in a large frying pan over a medium heat. Add a scoop of the pancake batter, swirl the pan to evenly coat the base with the mix.
4. Cook for around 45 seconds until brown and then flip to brown the other side.

Sha Bang Eggs Serves 1

Ingredients

- 2 medium free range eggs, beaten
- 1 small avocado peeled, pitted, and diced
- 1 red pepper, seeded and diced
- 1/2 small red onion, peeled and chopped
- 1/2 tomato, diced
- Fresh baby spinach leaves
- Handful fresh cooked prawns
- 1 tsp coconut oil
- 1-2 cloves garlic, peeled and minced
- A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

Method

1. In a large wok, sauté the onion, bell pepper, and garlic in oil.
2. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach.
3. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

Homemade Muesli Serves 1-2

Ingredients

- 1lb gluten free porridge oats
- 200g flaked almonds (or mixed nuts to preference)
- 100g flax seeds
- 400ml coconut milk

Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.
2. Serve with coconut milk when cooled.

Fruit and Nut Bowl

Ingredients

- 1 tsp ground cinnamon
- ½ teaspoon ground ginger
- 2 teaspoons coconut oil
- 100g coconut shredded
- 1 mango chopped
- 2 tbsp blueberries
- 2 tbsp Strawberries
- 12 tbsp chopped pecans
- 2 tbsp chopped walnuts
- 2 tbsp flax seeds

Method

1. Mix all ingredients together in a bowl and chill before serving.

Banana and Cinammon Omelette Serves 1

Ingredients

- 1 chopped banana
- 3 medium free range eggs
- 2 tbsp cinnamon
- 1 tbsp olive oil

Method

1. Heat the oil in pan on a medium heat then add the chopped banana until they soften.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.

Asparagus Eggy Soldiers Serves 1

Ingredients

- 2 large free range/organic eggs
- 4 asparagus spears
- 1 tsp of coconut oil
- Sea salt and black pepper

Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. When the water is boiling, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While the eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 minutes.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.



Fruity Crêpes Serves 1-2

Ingredients

- 150ml coconut milk
- 200ml water
- 2 large free range eggs
- 1 tbsp melted organic butter
- 200g brown rice flour
- ½ tsp sea salt
- ½ tsp vanilla
- Coconut oil to grease the pan



Method

1. Combine the wet ingredients in one bowl and mix with a whisk until well blended.
2. In another bowl, combine the dry ingredients and mix well. Combine the dry and wet ingredients to form a thin batter.
3. Heat an 8" pan on medium high heat and add a small amount of coconut oil to the pan.
4. Pour about 4 tbsp of batter into a hot pan. Swirl the pan until the bottom of the pan is covered with batter. Cook the crêpes for 1 minute.
5. Use a thin spatula to loosen the edges and gently flip it over and cook for an additional minute. Transfer it to a plate and fill with your favourite topping i.e. almond butter or bio live yoghurt with blueberries, to make a great fresh fruit crêpes.

Breakfast Baustis

Ingredients

- 3 medium free range eggs
- ¼ of a courgette
- ½ cauliflower, slightly steamed
- 60g cooked chicken
- Chilli flakes

Method

1. Pre-heat the oven to 180°C.
2. Chop the courgette, cauliflower and chicken into small pieces.
3. Fill 6 medium sized muffin cases to about half full with the chicken and the vegetables.
4. Beat 2 of the eggs and add some chilli flakes. Spoon the egg and chilli mix equally into each muffin case and bake in the oven for about 7 minutes.
5. Beat the remaining egg and top up muffins (the beaten eggs will set during baking leaving space in the muffin cases).
6. Bake for another 7-8 minutes and serve on a bed of greens.



Baked Egg in Avocado Cups Serves 1

Ingredients

- 1 avocado
- 2 eggs, beaten
- Sea salt and black pepper
- 1 tsp of coconut oil
- Handful of chopped chives
- Chilli flakes to your preference

Method

1. Pre-heat the oven to 200°C.
2. Slice avocado in half and remove pip.
3. Use a spoon to scoop out some of the avocado to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little off the avocado to give it a flat base and make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8-15 minutes depending how well done you like your eggs.
5. Sprinkle with chives and serve with a green salad.



Cashew Granola

Ingredients

- 200g rolled oats (gluten free)
- 10g organic butter, melted
- 120g chopped cashew nuts
- 1 tsp vanilla essence
- 2 tsp minced fresh ginger

Method

1. Pre-heat the oven to 300°F/150°C.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.
3. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.
4. Serve or store in a covered container. Will keep refrigerated for up to 2 weeks.



Special Breakfast Eggs

Ingredients

- 2 organic eggs, beaten
- A handful of frozen or fresh peas
- A handful of (7 or so) chunky and juicy tiger prawns
- Himalayan rock salt, ground black pepper
- Handful of chopped coriander
- 1 tsp of coconut oil

Method

1. Heat a frying pan with butter or coconut oil.
2. Add the beaten eggs and let them cook as you scramble them.
3. Add the peas and prawns, salt and pepper to taste.
4. Mix it all well until eggs are cooked.
5. Serve it hot sprinkled with coriander.



Fruity Omelette Serves 1

Ingredients

- 1 handful of fresh blueberries or raspberries
- 1 banana cut into slices
- 1 tsp coconut oil
- 4 eggs, beaten till frothy
- ½ teaspoon cinnamon (add more if you wish)

Method

1. Heat coconut oil in a small omelette pan.
2. Add the fruit and fry for 2 minutes.
3. Add the eggs and allow to cook on a medium heat for 2-3 minutes.
4. Before the omelette is fully cooked, sprinkle the cinnamon on top, transfer to the grill to finish cooking and brown on top.



SHAPE Green Smoothie Serves 1

Ingredients

- 2 celery sticks
- ½ cucumber
- 1 tsp cashew nut butter
- 1 tsp coconut oil
- Handful of spinach & watercress
- Half an avocado
- Splash of coconut milk, depending on how thick you like it
- 4 ice cubes

Method

1. Place all ingredients into blender and blend until smooth.
2. Pour into a large glass and enjoy.

Banana and Cinnamon Smoothie Serves 1

Ingredients

- 4 ice cubes
- 1 large banana
- 1 tsp cinnamon
- 250ml coconut milk

Method

1. Place ice cubes, banana and coconut milk into a blender. and blend until smooth.
2. Pour into a large glass and enjoy.

Pineapple and Coconut Smoothie Serves 2

Ingredients

- ½ fresh pineapple, chopped
- 2 bananas
- 400ml of coconut milk
- 1 tsp organic cashew nut butter
- 4 ice cubes

Method

1. Add all ingredients to a food blender and blend until smooth.
2. Pour into a large glass and enjoy.



Berry and Spinach Smoothie Serves 1

Ingredients

- 1 handful of strawberries
- 1 handful of blackberries
- 200ml coconut milk
- 3 blocks of frozen spinach
- 4 ice cubes

Method

1. Add all ingredients into a blender and blend until smooth.
2. Pour into a large glass and enjoy.



OMEGA Breakfast Serves 1

Ingredients

- 2 tsbp of walnuts
- 2 tsbp of pecans
- 1 tbsp cinnamon
- 1 pinch of ginger
- 1 pinch of nutmeg
- 1 tbsp of almond butter
- 1 mashed banana
- 2 whole eggs
- 200ml of coconut or almond milk
- 2 tbsp of pumpkin seeds
- 1 handful of berries

Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side.
2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter.
3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.
3. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.

Scrambled Eggs and Smoked Salmon Serves 1

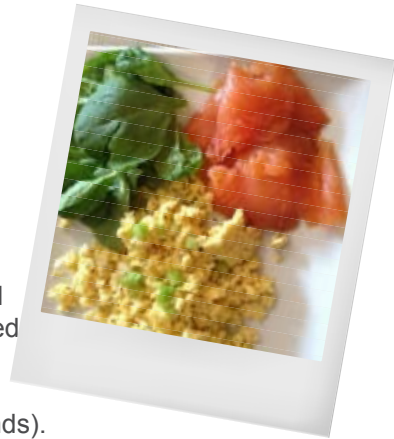
Don't wait for a special occasion, enjoy this luxurious breakfast any time!

Ingredients

- 3 large free range eggs
- Sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced
- 2 slices smoked salmon, thinly sliced

Method

1. Combine the eggs and seasoning in a small bowl. Stir briskly with a fork until well blended
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in the salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.
4. Serve immediately.



Inferno Breakfast Serves 1

Ingredients

- 2 medium free range eggs
- A bed of fresh spinach
- 75g smoked salmon
- ½ slice avocado
- 1 sliced apple
- 2 tbsp walnuts
- Extra virgin olive oil and balsamic vinegar to dr



Method

1. Bring saucepan of water to the boil.
2. Crack in 2 eggs and boil for 60-90 seconds until white.
3. Serve eggs on bed of salad and teared smoked salmon etc.
4. Cover with apple, walnuts and dressing.

Hot Muesli Serves 1

Ingredients

- 50g gluten free oats
- 1 tbsp mixed seeds (linseeds, pumpkin, sunflower, sesame)
- 1 tbsp desiccated coconut
- 1 tsp cinnamon
- 1 grated apple or pear
- 1 handful of blueberries



Method

1. Put all ingredients in a bowl and pour over about 100ml boiling water and leave to rest for about 2 minutes.
2. The oats plump up, the berries soften and the mixture is like a hot porridge. Add more or less water to your own preference.

Breakfast Bars (8 bars)

Ingredients

- 300g of gluten free porridge oats
- 4 large tbsp of almond/cashew/hazelnut butter
- 50g organic butter
- 2 bananas
- 3 tbsp of raw honey
- ½ bag of 3 seed mix
- 1 handful of mixed nuts (walnuts and flaked almonds)
- Zest of 1 lemon and 1 orange



Method

1. Pre-heat oven at 160°C.
2. Melt the butter, nut butter and honey in large saucepan. Mash bananas and add to saucepan. Once the mixture has melted take off heat. Add oats, seeds, nuts, lemon and orange zest and mix together.
3. Place some baking paper into baking tin and grease with coconut oil. Place mixture into tin and spread evenly, 1 inch thick.
4. Sprinkle the seeds and drizzle honey over the mixture to finish.
5. Place in the oven for 30 minutes.
6. Take out to cool and then cut into bars. Enjoy!

Granola 4-5 servings

Ingredients

- 400g gluten free oats or millet Flakes
- 200g mixed nuts
- ½ bag of mixed seeds
- 2 tbsp coconut oil
- 4 tbsp cashew butter
- 150g dessicated coconut
- 200g berries
- Pinch sea salt
- 1 tsp cinnamon
- ½ tsp ground ginger

Method

1. Pre-heat your oven to 200°C, line a baking tray with baking paper and lightly oil.
2. Mix all dry ingredients in large bowl then add melted coconut oil and cashew butter. Ensure all dry ingredients are well coated and add more oil if required.
3. Spread onto the tray and bake for 25-30 minutes or until dark brown and crunchy, making sure to stir 2-3 times during the bake.
4. Add berries for last 15 minutes or use to serve.
5. Once baked, stir well and allow to cool.
6. Store in a tupperware dish to keep fresh.

Caramelized Banana and Date "Porridge" Serves 2

What a great way to make use of leftovers! Be sure to heat the cauliflower thoroughly because when cauliflower puree is hot, the flavour blends well with the other ingredients. When cold, it may have a distinct taste.

Ingredients

- 1 banana
- 2 dates
- 1 tsp coconut oil
- ½ a head of cauliflower, pureed
- Pinch of cinnamon

Method

1. Slice the banana. Pit the dates and slice them into small pieces.
2. Place the oil into a small frying pan and heat on a medium-high burner.
3. At the first sign of melting, add the banana and dates and sauté for 2-3 minutes, constantly stirring.
4. When the banana starts turning golden, reduce the heat to medium, add the pureed cauliflower and heat thoroughly.
5. Sprinkle cinnamon over the top and serve.

Millet Porridge Serves 2

Ingredients

- 200g millet flakes.
- 250ml rice, almond or coconut milk.
- 250ml water.
- Nutmeg and cinnamon to taste.
- 100g berries to serve

Method

1. Mix the millet, milk, water and nutmeg in saucepan.
2. Bring to boil and simmer for 4-5 minutes, stirring continuously.
3. Add berries to serve.

Breakfast Stir Fry Serves 1

Ingredients

- ½ bag ready sliced cabbage and leeks
- 5 asparagus tips, chopped
- 1 handful of sugar snap peas
- 2 medium free range eggs
- 75g smoked salmon
- 1 tbsp coconut oil
- 1 tsp cinnamon
- Lemon wedge

Method

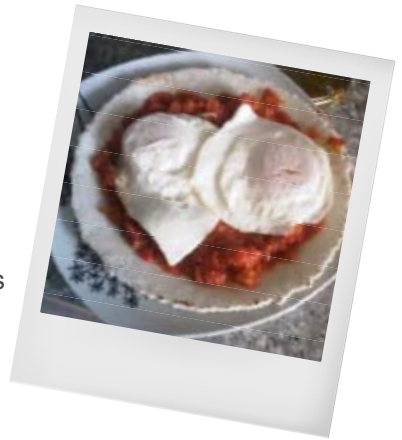
1. Heat the oil in pan until it softens then add the vegetables and fry off for 3-4 minutes.
2. Add eggs & cinnamon stirring continuously until set then serve with smoked salmon and a lemon wedge.

Guilt Free Huevos Rancheros Serves 1

So, we skip the cheese, black beans and flour tortillas (sorry!) but this recipe is just as tasty and satisfying.

Ingredients

- 1 wheat free/gluten free tortilla (or brown rice tortilla)
- 2 organic eggs
- ½ ripe avocado, chopped into cubes
- 1 red pepper, deseeded and chopped into small cubes
- 1 big red tomato, peeled and chopped into cubes
- ½ white onion, finely chopped
- 2 spring onions, finely chopped
- 1 garlic clove, finely chopped
- A sprig of coriander, roughly chopped
- A slice of lime (optional but yummy)
- Himalayan rock salt, ground black pepper and 1 tbsp of coconut oil



Method

1. Heat a tablespoon of coconut oil in a shallow pan and add the garlic and onion.
2. Sauté until golden and add the chopped tomato and red pepper.
3. Add some salt and pepper.
4. Let it simmer on a medium heat until the pepper has softened and it looks like tomato sauce.
5. Sprinkle the chopped spring onions on top.
6. In another pan with coconut oil, fry two eggs (salt to taste).
7. Place the tortilla on a plate and arrange the avocado strips and the slice of lime on the side.
8. Spoon a few tablespoonfuls of the tomato sauce on the tortilla
9. Arrange the eggs on top of the sauce.
10. Sprinkle with the chopped coriander and serve.

Baked Salmon and Asparagus Frittata Serves 2

Ingredients

- 4 medium free range eggs
- 50g coconut milk
- 125g smoked salmon
- 6 asparagus spears, trimmed and chopped
- 1 red onion, sliced
- 1 handful of garlic, crushed
- 1 handful of basil leaves
- 1 tsp of coconut oil
- Sea salt and black pepper to taste

Method

1. Pre-heat oven to 200° prior to cooking and heat a small frying pan in oven with 1 tbsp of oil.
2. Blend eggs, milk and seasoning in a blender until fluffy.
3. Pour onions, asparagus and garlic into the hot pan, top with salmon and egg mixture.
4. Bake in hot oven for 15-20 minutes.
5. Serve with a large plate of spinach.



Kedgeree Serves 3

Ingredients

- 450g smoked haddock fillets
- 3 medium boiled eggs
- 2 tbsp parsley
- 150g (raw) brown rice
- 60g butter
- 75ml rice milk

Method

1. Place the fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
2. Drain the fish, remove and discard the skin and bones. Flake the flesh.
3. Chop 2 eggs. Reserve the third to garnish.
4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
5. Serve immediately and garnished with parsley and slices of remaining egg.

Bang for your Buck Breakfast Serves 1

Ingredients

- 2 medium free range eggs
- Half a bag of mixed greens, watercress, spinach, rocket etc
- Fresh coriander and basil leaves, torn
- 1 clove garlic, sliced
- ½ red chilli, sliced
- Pumpkin seeds
- 2 sliced vine tomatoes
- 8 slices of cucumber
- ½ red onion, sliced
- 1 tsp coconut oil
- Juice of 1 lime



Method

1. Boil a saucepan of water, poach eggs for around 5 minutes for soft or 7 for hard.
2. Meanwhile toss all other ingredients into a bowl and make the dressing for salad by combining 1 tablespoon of melted (and cooled) oil with the juice of 1 lime.
3. Dress the salad and place eggs on top for a tasty breakfast.

30 Lunches



Sweet Potato Mess Serves 1

Ingredients

- 1 sweet potato
- 40g fresh goat's cheese
- 1 fresh red chilli chopped finely
- 1 handful of parsley leaves chopped finely
- 1 handful of baby spinach
- 6 cherry tomatoes
- 1-2 tbsp extra virgin olive oil
- Balsamic vinegar
- 1-2 tsp coconut oil
- 1 handful of pine nuts



Method

1. Pre-heat oven at 180°C for 20 minutes.
2. Chop the sweet potato in half and place on a baking tray, cover sparingly with 2-3 teaspoons of coconut oil and place in oven for 25-30 minutes.
3. Once the potatoes are cooked place on a chopping board, cover in chopped parsley, chilli, goats cheese and pour 2 large tablespoons of olive oil over. Using a large kitchen knife, chop up the potatoes until the mixture is well blended together.

Broccoli and Mint Soup Serves 2

Ingredients

- 1 large onion, diced
- 1 tbsp coconut oil
- 1 head of broccoli
- 400ml chicken or vegetable stock
- Small bunch of mint leaves, shredded

Method

1. Fry the onion in a large pan with oil on a medium heat until softened.
2. Add broccoli and stock and simmer for 10-15 minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with the mint leaves or use an electric blender to form a smooth texture.
4. Heat to serve.



Herb Meatballs with Spicy Tomato Sauce Serves 4

Ingredients

- 500g minced beef
- ½ onion
- 1 handful of fresh basil
- 1 handful of fresh parsley
- 2 handfuls of spinach
- 4 medium free range eggs
- 150g almond flour
- 1 tbsp dried oregano
- 4 cloves garlic
- 1 tbsp of Himalayan rock salt or celtic sea salt and freshly ground black pepper to taste

Spicy tomato sauce

- 1 large onion, finely chopped
- 2 tsp coconut oil
- Salt and freshly ground black pepper
- 1 garlic clove, peeled and finely chopped
- 1 tsp paprika
- A pinch of chilli flakes
- 2 x 400g cans of chopped tomatoes
- 1 bay leaf



Method

1. Preheat your oven to 180°C.
2. Blend the onion, herbs, garlic and spinach in a food blender.
3. Season the mixture to taste with sea salt and freshly ground black pepper.
4. Make golf ball sized patties out of the mixture and place them individually on a baking tray in a pre-heated oven to cook for about 30 minutes or until browned.

To make the sauce:

1. Place the onion in a heavy bottomed pan with the coconut oil and season with salt and pepper. Cover with a lid and fry gently over a low heat until soft and sweet.
2. Add the garlic, paprika and chilli flakes and fry for a further 30 seconds, stirring constantly.
3. Add the tomatoes and bring to a simmer for 20 minutes. Liquidise until smooth. Pass the sauce through a sieve, back into the pan. Taste and add seasoning as necessary.

Prawn, Mango and Avocado Salad

Ingredients

- 12 large cooked prawns
- 1 mango, peeled and chopped
- $\frac{1}{4}$ cucumber, finely chopped
- $\frac{1}{2}$ avocado, chopped
- 20g unsalted plain cashew nuts
- 1 tsp olive oil
- Juice of a half a lime
- Chilli flakes

Method

1. Combine the lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with the oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.



Chicken Wraps with Pesto-Yoghurt Dressing

Serves 2

Ingredients

- 2 skinless chicken breasts, cut into strips
- 1 small tomato, sliced
- 1 tbsp of fresh oregano leaves
- 1 or 2 large leaves Romano lettuce
- 2 tsp coconut oil

Dressing

- 1-2 tbsp of plain, active-culture yoghurt
- 1 tbsp coarsely chopped pine nuts or walnuts
- 1 clove garlic, peeled
- 2 tbsp olive oil
- 1 tbsp fresh basil leaves, shredded
- A pinch of sea salt

Method

1. Heat the coconut oil in a pan and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.
2. Put the pine nuts or walnuts and the garlic into the food blender until finely blended. Add the extra virgin olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Cover the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

Chicken, Quinoa and Mango Salad Serves 1

Ingredients

- 100g cooked quinoa
- 1 cooked chicken breast
- 1 mango chopped
- Half a red pepper, chopped
- Half a red onion, peeled and chopped
- 1 handful of mixed spinach, rocket and watercress
- 1 handful of fresh mint, chopped
- 2 tsp of fresh lemon juice

Method

1. Combine all of the ingredients in a bowl (except the chicken) and squeeze the juice from a fresh lemon over the ingredients. Slice up the chicken and mix through.



Stuffed Peppers Serves 1-2

Ingredients

- 100g cooked quinoa (follow directions on packet)
- 2 red onions, chopped
- 2 tomatoes, chopped
- 1 red pepper, chopped
- 1 clove garlic, crushed
- 4 tbsp of lemon juice
- 2 large red peppers
- 1 tsp of coconut oil
- 1-2 tbsp of extra virgin olive oil



Method

1. Pre-heat the oven to 200°C.
2. Heat the coconut oil in a pan. Fry off the onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 minute.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.
5. Drizzle olive oil over the peppers once cooked and serve.

Greek Salad with Lamb Serves 3

Ingredients

- 450g of minced lamb
- 3-4 tbsp of finely chopped Greek herbs such as dill, mint, oregano and parsley
- Sea salt to taste
- 2 hearts Romaine lettuce finely chopped
- 1-2 tomatoes, chopped
- 1 large or 2-4 small cucumbers, chopped
- 1 cup pitted Kalamata or other Greek olives
- 2 tbsp of lemon juice
- 3-4 tbsp of extra virgin olive oil



Method

1. Saute ground lamb with herbs for 12-15 minutes, or until cooked through. Add salt to taste.
2. Combine meat with lettuce, tomato, cucumber and olives.
3. Whisk together with lemon juice and olive oil. Drizzle on top of the salad.

Thai Chicken Curry Soup Recipe Serves 4

Ingredients

- 2 tsp coconut oil
- 1 chicken breast, chopped
- 1 onion, finely chopped
- 1 red pepper, chopped
- 2 handfuls of button mushrooms, chopped
- 2-3 tbsp curry powder
- 500ml water or chicken stock
- 1 tbsp almond flour, optional, for thickening
- 700ml coconut milk
- 1 tbsp fish sauce, optional
- ½ tsp fresh coriander, finely chopped
- Sea salt and freshly ground black pepper to taste



Method

1. Add the coconut oil and chicken to a large saucepan over a medium heat. Toss the chicken in the oil and cook for about 2 minutes.
2. Add the onion, red pepper and mushrooms to the saucepan and cook for a minute. Season to taste with salt and pepper at this point.
3. Coat the meat and vegetables in the curry powder (add up to 3 tbsp depending on how spicy you want the dish to be). Cook for about 45 seconds.
4. Add the water or stock, almond flour, coconut milk and fish sauce. Stir well. Allow the soup to simmer for 5-10 minutes, until the vegetables are tender and the chicken is cooked through.
5. Adjust the seasoning, if needed, and top with the fresh coriander prior to serving.

Puréed Broccoli Soup Serves 2-3

Ingredients

- 1 chopped red onion
- 2 tsp extra virgin olive oil
- ¼ tsp dried tarragon
- 2 full broccoli florets
- 1 tbsp coconut flour
- 250ml water, divided
- 400ml chicken broth
- 1 tsp white wine vinegar
- ½ tsp ground black pepper
- 1 tbsp shredded baby carrot



Method

1. In saucepan, mix onion, oil, tarragon, broccoli, and salt to taste. Stir over medium heat for about 3 minutes. In small bowl, whisk flour and 2 tbsp water until smooth and set aside.
2. Add broth, vinegar, pepper, and remaining water to pan. Bring almost to a boil. Reduce heat and simmer about 10 minutes.
3. Purée soup in blender and return to the pot. Whisk in flour mixture and stir over medium high heat until slightly thickened. Sprinkle with carrot.

Carrot and Orange Soup Serves 4

Ingredients

- 30g butter
- 1 clove of garlic, crushed
- 1 medium onion, peeled and chopped
- 500g carrots, peeled and coarsely grated
- 1 litre water
- Zest of 1 orange
- 1 tsp tomato puree
- Salt and pepper

Method

1. Melt the butter, add the garlic, onion and carrot. Stir and cook covered for 5 minutes on a low heat.
2. Add the water, orange juice zest, tomato puree and seasoning. Simmer covered for 30 minutes.
3. Liquidise and enjoy.



Chicken Kebabs Serves 2

Ingredients

- 2 chicken breasts, cubed into 1" pieces
- 1 yellow pepper, cut into 1" pieces
- 1 red pepper, cut into 1" pieces
- 1 red onion, cut into 1" pieces
- 1 mango, cut into 1" pieces
- 4 cherry tomatoes
- Wooden skewers
- 1 tsp coconut oil
- Chilli flakes



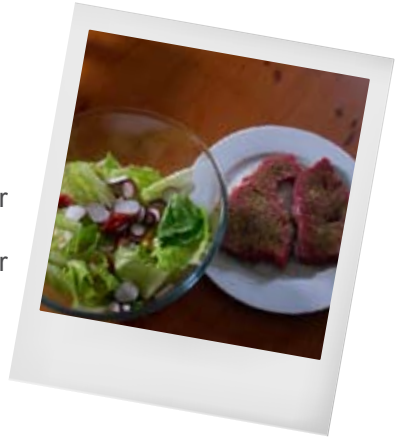
Method

1. Skewer the chicken, onion, pepper, mango and tomatoes onto the sticks.
2. Melt coconut oil and brush all over the skewers, sprinkle with chilli flakes then grill until the chicken is cooked through.
3. Serve with an avocado salad.

Sizzling Cajun Steak Salad Serves 1

Ingredients

- 1 head Romaine lettuce
- 8 cherry tomatoes, cut in half
- 1 cucumber peeled and sliced into thin rounds
- 1 roasted pepper, cut into strips
- 2 radishes sliced into thin rounds and any other salad vegetable you might like, be creative!
- Few sprinkles of cajun spices according to your taste (chilli, garlic, cayenne, mustard powder)
- Nice piece of rump or sirloin steak
- 1-2 tsp of coconut oil



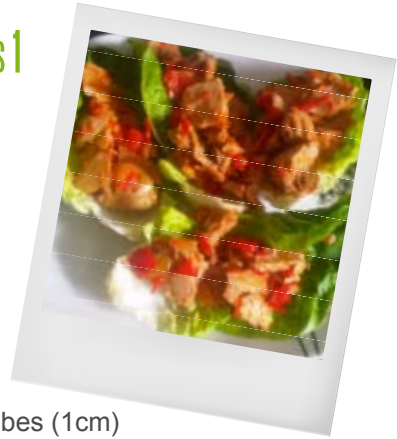
Method

1. Prepare the salad in large bowl and set aside.
2. Sprinkle the cajun spice mix over the steak on both sides.
3. Heat the oil in a frying pan or griddle and cook the steak to your liking.
4. Slice the steak and place slices on top of salad.
5. Serve immediately.

Lettuce and Tuna Hotboats Serves 1

Ingredients

- 1 Cos lettuce or endive, wash it and use the greener leaves
- 1 big tin of tuna steak (185g), drained and flaked
- 1 big ripe tomato, chopped into small cubes
- 1 yellow pepper, chopped into small cubes
- ½ white onion, finely chopped
- 1 large red chilli, chopped
- 1 tsp of wheat free soy sauce
- 1 ripe avocado, peeled and chopped into small cubes (1cm)
- Extra virgin olive oil, Himalayan rock salt, ground black pepper



Method

1. In a big bowl place the tuna, the chopped tomato, chilli, pepper, avocado and onion.
2. Add salt, pepper, 2 tbsp of olive oil and soy sauce.
3. Take a couple of lettuce leaves or endive leaves, and with a spoon arrange the tuna salad mix along the leaves.
4. If the lettuce leaves are big, you can fold them as if it was a wrap, otherwise simply tuck into these super hot boats, you'll love 'em!

Watercress and Asparagus Soup Serves 4

Ingredients

- 900ml of vegetable stock
- 1 small cauliflower, trimmed and roughly chopped
- 350g asparagus spears, trimmed and chopped
- 4 spring onions
- 50g watercress
- 25g fresh mint
- Sea salt and freshly ground black pepper

Method

1. Put the cauliflower in a large pan and bring to the boil. Add the asparagus and spring onions, bringing back to the boil and simmer for 3 minutes.
2. Now take off the boil and stir in the watercress and mint until wilted. Blend the soup in blender or use a hand blender and then re-heat and season.



Zingy Tuna Steaks Serves 2

Ingredients

- 2 x 150g tuna steaks
- Pinch sea salt
- Drizzle extra virgin olive oil
- For the salsa verde
- 1 heaped tsp Dijon mustard
- 150ml fruity, extra virgin olive oil
- 4 anchovy fillets
- 1 handful of fresh flat leaf parsley
- 1 handful of fresh basil
- 1 handful of fresh tarragon
- 1-2 tbsp capers
- 1 garlic clove
- Pinch sea salt
- 1 lemon, juice only

To serve

- Lemon wedges
- 2 sprigs fresh flat leaf parsley and fresh mint



Method

1. Pre-heat the oven to 200°C.
2. For the tuna, season the tuna steaks with the sea salt and drizzle with the olive oil. Rub the salt and oil into the steaks.
3. Heat a heavy-based frying pan until hot. Add a tuna steak to the hot pan and sear until lightly browned. Carefully turn over and sear the other side (this will take about 30 seconds on each side, longer if the tuna is thickly cut). Remove and keep to one side. Repeat with the other tuna steak.
4. Place the tuna steaks in a roasting tray and place in the hot oven for another minute or two (they should still be slightly pink on the inside). Remove and keep warm.
5. For the salsa verde, place the mustard and a few tablespoons of the olive oil in a bowl and whisk to emulsify. Chop the anchovies finely and add to the bowl.
6. Pick the leaves from the herbs (except the basil - you can include the stems in the sauce). Pile the picked herbs onto a chopping board. Sprinkle the capers over the top. Chop the herbs and capers finely with a sharp knife. When finely chopped, add to the bowl with the mustard and oil mixture.
7. Peel the garlic clove. Place it on the chopping board and sprinkle over the sea salt. Crush to a fine paste with a knife blade and add the paste to the bowl and mix. Add some of the remaining olive oil to the bowl. The sauce should have a spooning consistency, so add just enough oil - you may have some left over. Mix thoroughly.
8. Just before serving, add the lemon juice to the sauce (the lemon will cause the herbs to go brown if you add it too early).
9. To serve, place the tuna steaks onto plates. Squeeze over some lemon juice and serve with a wedge of lemon, a dollop of salsa verde and a sprig of parsley each.

Coriander Spiced Vegetable Soup Serves 4

Ingredients

- 1 tbsp of coconut oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 medium onion, finely chopped
- 2 celery sticks, cut into 1cm pieces
- 2 garlic cloves, finely chopped
- 1cm piece root ginger, peeled and finely grated
- 1 litre vegetable stock
- 300g carrots, peeled and cut into chunks
- 200g turnips, peeled and cut into chunks
- 1 red pepper, deseeded and cut into chunks
- 150g frozen peas
- Salt and freshly ground black pepper
- A small handful of fresh coriander leaves, roughly chopped

Method

1. Place a heavy bottomed pan with some coconut oil over a medium-high heat.
2. When hot add the cumin, coriander, onion, celery, garlic, ginger and stir fry for 2-3 minutes.
3. Add the stock, carrots, turnip, red pepper and bring to the boil.
4. Reduce the heat to medium-low, cover and simmer for 20 minutes, or until the veg is tender.
5. Add the peas and simmer for 3-4 minutes.
6. Season well then remove from the heat.
7. Stir in the fresh coriander and serve in warm bowls.

Goat's Cheese and Asparagus Frittata Serves 3

Ingredients

- 400g asparagus tips
- 1 tbsp olive oil
- 90-100g of goats' cheese, crumbled
- 6 large eggs
- 2 tbsp chopped chives

Method

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering salted water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1 cm pieces.
2. Heat oil in frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.



Mixed Green Avocado and Smoked Salmon Salad

Serves 2

Ingredients

- 1 large avocado
- 100g smoked salmon
- 1 boiled egg
- 2 tomato
- 4 handfuls of fresh spinach
- 4 handfuls of watercress
- 2 green peppers
- 1 small garlic clove
- 1 small onion
- 2 tbsp extra virgin olive oil
- 1 tbsp of apple cider vinegar
- Freshly squeezed juice of 1 lime
- Optional: Himalayan crystal salt or Celtic sea salt



Method

1. Thoroughly wash and drain the watercress and spinach and put into a big salad bowl.
2. Chop the peppers, add them to the salad bowl, thoroughly mix up all the ingredients and put bowl to the side.
3. Cut the avocado, onion, garlic and tomato into small pieces. Put all the pieces into a separate wooden bowl and mix all the ingredients together.
4. Add 2 tablespoons of olive oil, the apple cider vinegar and lime juice and mix it all together.
5. Put the avocado on top of the spinach, peppers and watercress.
6. Slice the boiled egg and smoked salmon into small pieces, add them to the salad and mix up all the ingredients.
7. Season the salad to taste with Himalayan sea salt.

Grilled Chicken Breast South East Asian Style

Serves 2

Ingredients

- 4 cloves garlic
- 1 inch thick piece of fresh ginger, peeled
- Zest of two limes
- 1 tbsp olive oil
- 1 red chilli, chopped
- 1 tsp wheat free soy sauce
- 2 skinless chicken breasts
- Salt and pepper to taste

Method

1. Place all the ingredients except the chicken into a blender and pulse to a rough paste. Coat the chicken with the paste and place in a hot oven for 25 minutes.
2. Serve with a green salad including baby leaf spinach, avocado and watercress.



Lettuce Wraps Serves 2

Ingredients

- 4 leaves iceberg lettuce leaves
- 2 cooked turkey breasts, sliced
- ½ cucumber, cut into long strips
- 4 spring onions, cut into long strips
- 250g hummus
- A sprinkle of paprika

Method

1. Place the sliced turkey breast with the cucumber, onion, hummus and paprika in the lettuce leaf. Then wrap with another leaf to make a wrap. Repeat with the remaining ingredients.



Spicy Lentil Pâté with Crudités Serves 2

Ingredients

- 100g split red lentils
- 125ml boiling water
- 1 onion, chopped finely
- 1 carrot, roughly grated
- 1-2 garlic cloves, crushed
- 1 tsp cumin seeds
- 1 tsp ground cumin
- 1 tsp turmeric
- ½ tsp ground coriander
- 50g organic butter
- Salt and pepper to taste

Method

1. Cook the lentils in boiling water in a small pan for about 20-25 minutes until soft and mashable.
2. At the same time, dry fry the cumin seeds in a frying pan until they start to pop.
3. Add the butter then fry onion, garlic and carrot until soft.
4. Add in the remaining spices and stir through. When cooked, add the lentils and stir vegetable mix thoroughly.
5. Crudités – Serve with carrot, celery and cucumber sticks.

Cauliflower and Coriander Soup Serves 4

Ingredients

- 3 tbsp coconut oil
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 1 ½ tbsp coriander seeds, roughly ground
- 2 sweet potato, peeled and chopped 1cm cubes
- 1kg cauliflower, leaves discarded, washed and sliced approximately 1cm thick
- 750ml vegetable stock
- 1 handful fresh coriander, chopped
- 1 tsp chilli flakes

Method

1. Heat a large saucepan over a moderate heat, add the oil, onions, garlic, coriander seeds and fry for 10-15 minutes, stirring occasionally until golden brown.
2. Add the cauliflower and half the stock, then cover and simmer for 20-30 minutes. When the cauliflower and sweet potato are soft add the rest of the stock and continue to simmer for 10 minutes.
3. Using a hand blender or food processor blend the soup to your desired consistency, season and serve or chill and store.

Beef Stir Fry Serves 1

Ingredients

- 1 organic rib eye steak, cut into strips
- 2 shallots, peeled and chopped lengthwise
- 1 red pepper, chopped into long strips
- 2 garlic cloves, peeled and cut lengthwise
- 4-5 fresh curry leaves
- 1 green chilli, finely chopped
- 1 tsp coconut oil, Himalayan rock salt, ground black pepper, ground cinnamon, ground turmeric



Method

1. Mix salt, pepper and turmeric on a plate and cover the beef strips well with the mix until yellow.
2. Add the shallots, red pepper, garlic, curry leaves, green chilli and a heaped tablespoon of cinnamon to a wok or pan with hot coconut oil.
3. Add a little salt and pepper.
4. Cook for about 2 minutes max at high heat and add the beef.
5. Mix it all well and cook the beef to taste.
6. Sprinkle a few roughly chopped fresh coriander leaves on top.
7. Serve piping hot in a bowl.

Spicy Butternut Squash Soup Serves 2

Ingredients

- 1 butternut squash, peeled and diced
- 1 red onion, chopped
- 2 garlic cloves, crushed
- 1 red chilli, chopped
- A small bunch of coriander, chopped
- ½ tsp of cumin seeds
- 300ml pints of vegetable stock
- 1 tsp coconut Oil

Method

1. Fry the onion, garlic, coriander leaves and chilli in coconut oil for 30 seconds to release the flavour, add the diced butternut squash and onion for 2 minutes so they are covered in the spice mixture.
2. Cover the mixture with stock and simmer for 30 minutes. Let the soup cool and then blend in batches until smooth. Season with salt and pepper to taste.



Sweet Potato and Lentil Soup Serves 4

Ingredients

- 2 generous tsp medium/hot curry powder
- 3 tbsp coconut oil
- 2 onions, finely chopped
- 1 eating apple, chopped roughly
- 3 garlic cloves, crushed
- 20g pack of coriander leaves and stalks, chopped
- A thumb size piece of fresh ginger grated or 1 tsp lazy ginger
- 800g sweet potatoes, peeled and chopped small (about 2 medium sized ones)
- 1.2 litres good quality vegetable stock
- 120g red lentils
- 300ml coconut milk
- Juice of 1 lime (optional)

Method

1. Put the curry powder in a large, dry saucepan and toast on a medium heat for a couple of minutes.
2. Add the oil and stir as the spices sizzle.
3. Add the onion, garlic, apple, coriander and ginger and season. Stir every now and then and cook for about 5 minutes.
4. Add the potato with the stock, lentils and milk. Then simmer for 20 minutes or so until potatoes and lentils are soft.
5. Blend until smooth, add lime juice and check the seasoning.
6. Garnish with coriander if you wish.

Roasted Tomato Soup

Ingredients

- 2.5kg plum tomatoes (or vine ripe tomatoes)
- 2 tbsp coconut oil
- 1 red onion, peeled and diced
- 1 tsp dried basil
- ½ tsp red chilli flakes, if you like heat, or omit
- 400g tin of chopped tomatoes
- 4 yeast free stock cubes, made up
- 1 bay leaf
- Sea salt and freshly ground pepper, to taste

Method

1. Preheat the oven to 180°C.
2. Cut the plum tomatoes in half and toss them into a roasting pan with the coconut oil, some dried Italian herbs and several peeled cloves of garlic. Add a generous drizzle of lemon juice.
3. Put into the oven and gather the next ingredients. The tomatoes should be ready in roughly 45 minutes.
4. Heat the coconut oil over medium heat. Add the onion and garlic and stir for five minutes. Add the herbs and chilli flakes, and stir for another minute or two, until the onion has softened. Add the canned tomatoes and stock. Toss in the bay leaf and season with sea salt and fresh ground pepper, to taste.
5. Add the oven-roasted tomatoes and garlic, breaking the pieces apart with a wooden spoon.
6. Cover and bring to a simmer; lower the heat and continue to simmer for about 30-40 minutes.
7. Discard the bay leaf.
8. Pureé the soup in a blender then return to the pot. Taste for seasoning adjustments. Heat through.
9. If the soup is too thick, add enough hot broth to thin it to the consistency you prefer.

Hot Potato Serves 1

Ingredients

- 1 medium sweet potato
- Chilli flakes
- 1 egg
- Sea salt and black pepper

Method

1. Heat oven to 200°C and bake the potato for 10 minutes.
2. Remove potato and cut in half lengthways, mash the potato up a little then break the egg into middle.
3. Season and add the chilli flakes, then place back in the oven for a further 10 minutes.
4. Serve with a green salad.



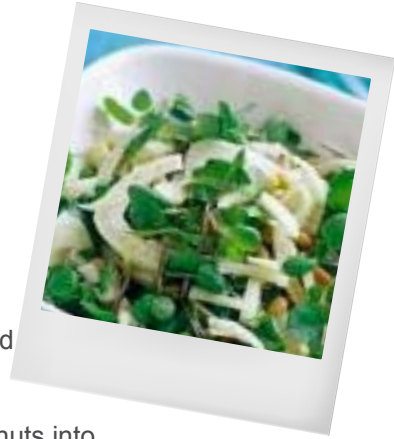
Fennel, Watercress and Walnut Salad

Ingredients

- Juice of 1 lime
- 1 tbsp coconut oil, melted
- 1 large head fennel, halved and thinly sliced
- Small bag of watercress
- 50g walnuts

Method

1. In a large bowl, whisk the lime juice and oil together with a fork and season to taste. Add the fennel and toss to coat. Leave to marinate for 10 minutes if you have time.
2. Just before serving, tip the watercress and nuts into the bowl and toss well to combine.



Turkey Noodle Broth

Ingredients

- 50g turkey mince
- 2.5cm piece fresh root ginger peeled and very finely chopped
- Freshly milled black pepper
- 750ml hot chicken stock
- 50g leeks, finely sliced
- 50g frozen peas
- 2 tbsp wheat-free soy sauce
- 50g mushrooms, finely sliced
- 100g rice noodles, cooked
- 1 small bunch watercress, finely chopped
- Dash of lemon juice



Method

1. Mix the turkey mince with the chopped ginger and season with black pepper. Roll into small balls the size of a large marble.
2. Meanwhile, place the hot stock, leeks and peas into a large saucepan, bring to the boil, and cook for 2 minutes. Drop in the turkey meatballs one by one and simmer for 3-4 minutes until the turkey is cooked through.
3. Add the soy sauce, mushrooms, noodles and watercress. Warm through and check the seasoning, add a dash of lemon juice to finish and serve.

Chicken Caesar Salad Serves 1

Ingredients

- 1 chicken breast, seasoned
- 1 handful of lettuce leaves
- ½ sliced medium cucumber
- 6 cherry tomatoes
- 2 spring onions, sliced
- 4 basil leaves
- 1 tbsp of olive oil
- Juice of 1 lime

Method

1. Grill the chicken breast until blackened and cooked through.
2. While cooking assemble the salad in a bowl.
3. Make a dressing with the oil, black pepper and lime juice, then dress salad leaves.
4. Slice the chicken and arrange on top of the salad in a bowl.

30 Dinners



Salt 'n' Chilli Squid Serves 2

Ingredients

- 2 tsp of coconut oil for frying
- 2 tbsp coconut flour
- 2 tsp paprika
- 1 tsp chilli powder
- Pinch of Himalayan sea salt
- 500g squid
- 1 clove garlic, crushed
- 1 red chilli, chopped
- 1 spring onion, sliced



Method

1. Place all ingredients except coconut oil and squid into a freezer bag and then shake to mix.
2. Slice the squid thinly then drop into the bag and shake until fully coated.
3. Heat the coconut oil in a deep pan and fry in batches until golden brown, for around 2 minutes.
4. Dry the squid on kitchen paper and sprinkle the chopped chilli, garlic and spring onion over.
5. Serve with a green salad and lemon wedges.

Coconut Chicken Serves 4

Ingredients

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp (or to taste) dried, crushed chilli
- 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp garam masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces
- 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped
- 2 tbsp coconut oil
- 4 tbsp fresh coriander



Method

1. Mix the coconut milk with the tomato puree, chilli, almonds, turmeric, garam masala, cumin and 1 tbsp water. Add the chicken and coat all of the pieces. Cover with cling film and refrigerate for at least 1 hour.
2. Cook the onions and garlic in 1 tsp of coconut oil until soft.
3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 minutes, covered over a low heat. Add the marinade and the remaining oil and cook for 15-20 minutes.
4. Stir in the fresh coriander and serve.

Jessie's Dhesi Chicken Curry Serves 4

Ingredients

- 2 onions, chopped finely
- 150g button mushrooms, wiped and halved
- 1 red pepper, sliced
- 4 cloves of garlic, crushed
- 1 red chilli, chopped
- 1 tbsp ginger powder
- 1 tbsp Himalayan rock salt
- 1 ½ tbsp Garam masala
- 6-8 medium tomatoes (Blended)
- 1 tbsp turmeric
- Fresh coriander, torn
- 3 chicken thighs
- 4-6 chicken drumsticks
- 1 ½ tbsp coconut oil



Method

1. Add coconut oil to large pan.
2. Once melted add onion and garlic until browned.
3. Stir in the ginger, chillies, tomatoes, tumeric, garam masala and salt.
4. Allow to simmer for 3 minutes.
5. Add chicken and coat with ingredients.
6. Cook on low heat for at least 30–45 minutes.
7. Add the mushrooms and peppers and cook for a further 5 minutes.
8. Finish with a sprinkle of torn coriander.

Chilli Chicken with Chickpea Mash Serves 4

Ingredients

- 4 skinless chicken breasts
- 1 tbsp olive oil
- 8 tsp harissa (chilli) paste

Chickpea mash

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin chickpeas (no salt or sugar added)
- 4 tbsp rice or almond milk
- 3 tbsp chopped fresh coriander

Method

1. Make shallow cuts in each chicken breast. Place chicken in a dish and brush with the olive oil coating both sides of each breast with the harissa paste. Season and cover the dish with foil and marinate in the fridge for at least 30 minutes.
2. Preheat oven to 220°C. Transfer the chicken breasts to a roasting tin and roast for about 20-30 minutes until they are cooked through.
3. Meanwhile make the chickpea mash. Heat the oil in a saucepan and gently fry the garlic for a minute, then add the chickpeas and milk and heat through for a few minutes. Transfer to a blender or food processor and puree till smooth.
4. Season to taste and add the fresh coriander.
5. To serve divide the chickpea mash up between 4 and top with 1 chicken breast and garnish with coriander. Add a portion of green veg or green salad.



Griddled Kingfish Thai Green Curry Serves 4

Ingredients

- 1 small butternut squash, peeled, deseeded and cut into bite-size pieces
- 2 tsp thai green curry paste (see below)
- 1 garlic clove, peeled and finely chopped
- 1 tbsp thai fish sauce
- Juice of one Lime
- 400ml coconut milk
- 2 tbsp finely chopped coriander
- 400g broccoli, cut into small florets
- 400g sugar snap peas
- 4×100g white fish fillets
- 1 tsp of coconut oil



Method

1. Oven temperature of 180°C.
2. Tip the squash into a non-stick roasting tray and roast with 1 tablespoon of coconut oil, in the oven for 15-20 minutes until soft.
3. Remove from the oven and set aside.
4. Heat the oil in a wok or large heavy based pan. Add the curry paste and garlic and cook for two minutes over a low heat. Add the fish sauce, lime juice, coconut milk and coriander and bring to just below boiling.
5. Tip in the broccoli and sugar snap peas, bring to the boil. Reduce the heat, add the fish and simmer for 5-6 minutes or until the fish is cooked through.

Thai Green Curry Paste

Ingredients

- 2 handfuls fresh coriander (leaves and stems)
- 2 small shallots
- 4 cloves garlic
- 1-2 jalapeno peppers, seeded
(or 1 to 2 teaspoons crushed red chili flakes)
- 1" chunk of fresh ginger, peeled
- ½ tsp lime zest
- 1 tsp sea salt, or to taste
- 400-500ml of water
- 400ml tin of coconut milk

Method

1. Place all ingredients into a blender and blend until smooth. Pour into a small pot and simmer for about 10 to 15 minutes, uncovered.

Roasted Fennel, Cherry Tomatoes and Chickpeas

Serves 2

Ingredients

- 2 medium fennel buds
- 2 sprigs of fresh sage
- Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper



Method

1. Oven temperature of 180°C.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil. When melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, then serve.

Chicken and King Prawn Spinach Curry Serves 4

Ingredients

- 1 red onion, chopped
- 2 tbsp curry powder
- 1 tsp cinnamon
- 2-3 cloves garlic, chopped
- 1" fresh ginger finely chopped
- 1 green chilli chopped
- 3 skinless chicken fillets, cubed
- 400ml boiling water
- Bag of fresh spinach
- Fresh coriander
- 2-3 tsp coconut milk
- 400-500g king prawns



Method

1. Melt coconut oil in frying pan, add onion, garlic, ginger and chilli and stir fry for 2-3 minutes.
2. Add the curry powder and cinnamon then stir-fry for further minute.
3. Add the chicken pieces, water and spinach, cover and cook for 15-20 minutes.
4. Add the prawns 5 minutes before the end of cooking if using.
5. Season well and remove from heat.
6. Stir in coconut milk and garnish with chopped coriander.

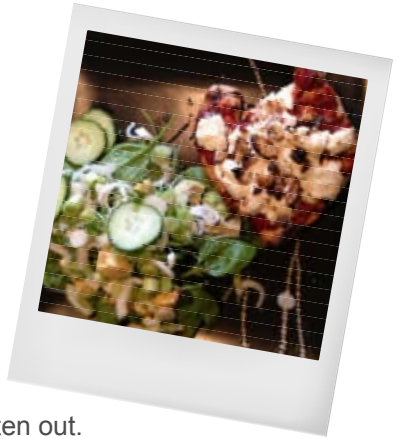
Chicken Pizza Serves 2

Ingredients

- 2 chicken breasts
- 1 tube tomato puree
- 1 red pepper, sliced
- 1 onion, sliced
- 50g goat's cheese
- 8 walnuts, crushed

Method

1. Oven temperature of 180°C.
2. Butterfly cut the chicken breasts and flatten out.
3. Thinly cover with tomato puree.
4. Sprinkle peppers and onions over the top.
5. Place on a baking tray in a pre-heated oven for 15-20 minutes.
6. Remove and sprinkle with the goat's cheese and walnuts.
7. Place back in the oven for 5 minutes then serve.



Thai Inspired Scallop Soup Serves 3

Ingredients

- 1 tsp coconut oil
- 1 tbsp finely chopped fresh ginger
- 2 garlic cloves, minced
- 500g scallops
- 400ml coconut milk
- 1 litre chicken or fish stock
- 1 red pepper, cut into thin strips
- 2 spring onions, thinly sliced
- Handful finely chopped basil
- Juice of 1 freshly squeezed lime



Method

1. Heat oil in a deep saucepan over medium heat. Add ginger and garlic and sauté briefly.
2. Lightly salt the scallops then add them to the pan. Sauté for 2-3 minutes then add coconut milk, chicken stock, red pepper and spring onions.
3. Bring the soup to a gently boil then remove from heat and stir in lime juice and basil.
4. Add salt or hot sauce to taste.

Pesto Turkey Burger Serves 4

Ingredients

- 400g turkey mince
- 8 sun-dried tomatoes
- 1 sweet red pepper, coarsely chopped
- 1 shallot, coarsely chopped
- 3 tbsp walnut pesto (see below)
- Sea salt
- Freshly ground black pepper



Method

1. Place the turkey in a large bowl.
2. Combine sun-dried tomatoes, red pepper, and shallot in a food processor and pulse until finely chopped. Add to the turkey mixture.
3. Add the pesto to the turkey and mix all ingredients well with your hands to combine. Season with salt and pepper.
4. Form into medium sized patties and refrigerate until ready to grill.
5. Pre-heat the grill to medium.
6. Grill the burgers for approximately 5 minutes on each side or until cooked through.

Walnut Pesto

- 100g walnuts
- 1 clove garlic
- ½ tsp salt
- ¼ tsp pepper
- 3 handfuls of fresh basil leaves
- 1-2 tbsp of extra virgin olive oil to blend

Method

1. Put the walnuts, garlic, salt and pepper in the food processor and pulse until coarsely ground. Add the basil and pulse a couple of times. With the food processor on, drizzle in the olive oil until your desired consistency is reached.

Moroccan Meatballs Serves 4

Ingredients

- 500g lamb mince
- 1 onion, grated
- 2 garlic cloves, finely chopped
- 1 handful of fresh flat-leafed parsley, finely chopped
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- ½ tsp cayenne pepper
- 400g chopped tomatoes
- Large handful of chopped fresh coriander leaves



Method

1. Put the mince, half the onion, half the garlic and parsley in a bowl. Use your hands to combine, then set aside.
2. Heat the oil in a large heavy-based frying pan, set over a high heat. Cook the remaining onion and garlic for 5 minutes, until softened and golden. Add the spices and cook, stirring constantly, for 1 min, until aromatic. Add the tomatoes and 250ml water and bring to the boil. Cook for 5 minutes.
3. With slightly wet hands, roll the lamb mixture into walnut sized balls, then put them directly into the sauce. Reduce the heat, cover and cook for about 15 minutes, until the meatballs are cooked through. Stir in the coriander and keep warm.
4. Serve the meatballs with a crunchy salad on the side.

Asian Rice and Vegetable Stir Fry Serves 4

Ingredients

- 200g brown rice cooked as per packet instructions
- 1 tbsp sesame oil
- 1" fresh ginger grated
- 2 garlic cloves crushed
- 3 medium onions quartered
- 2 sprigs rosemary
- 1 tsp Cayenne Pepper
- 2 red peppers diced
- 2 yellow peppers diced
- 75g cashew nuts
- 100g fine green beans
- 100g mange tout
- 1 handful of spinach
- 1 tbsp tamari (gluten free soy sauce)
- Spring onions, sliced diagonally
- Juice of ½ a lemon
- 1 handful of almond flakes, toasted



Method

1. Heat the oil in a pan and add the onions, ginger and garlic, cook for 2-3 minutes.
2. Add the rosemary and peppers, then cook for 3-4 minutes.
3. Add in the cashews, beans and mange tout then continue to cook for a further 2-3 minutes, then add rice to the vegetables with soy sauce and spring onions and cook for further 2 minutes.
4. At the last minute throw in the spinach and warm through, then squeeze some lemon juice over the rice and serve in bowls with a sprinkling of toasted almond flakes on top.

Butternut Squash and Goat's Cheese with Purple Sprouting Broccoli

Serves 2

Ingredients

- 1 large butternut squash
- 2 chicken breasts
- 1 tbsp harrisa paste
- 2 tbsp coconut oil
- 1 tsp chilli flakes
- 1 tsp cumin seeds
- Sea salt and ground pepper
- 200g purple sprouting broccoli
- 100g pumpkin seeds
- 200g goat's cheese roulade



Method

1. Pre-heat the oven to 200°C. Cut the chicken breast into strips and mix with the harrisa paste; leave for 15 minutes for the flavours to marinate.
2. Peel and cut the squash into chunks, toss in oil and then mix in the chilli flakes and cumin seeds. Put the squash in a roasting tin and place in the oven for about 40 minutes until they start to brown at the edges.
3. Roast the chicken breast for around 30 minutes while steaming the broccoli for about 3 minutes.
4. Assemble on a plate and crumble the goat's cheese on top to serve.

Spicy Pork Serves 4

Ingredients

- 400g pork loin fillet or boneless chops
- 1 tbsp olive oil
- 3 tbsp tamari
- 2 tsp tomato puree
- 1" ginger peeled and grated
- 1 large red chilli, chopped finely
- 1 spring onion, finely chopped
- 2 large garlic cloves, crushed
- 2 tsp of raw organic honey

Method

1. Whizz all the ingredients except the pork together in a blender.
2. Rub the mixture all over the pork and leave to marinade for at least 1 hour, the longer the better.
3. Place in an oven proof tin, cover with foil and bake for about 30-35 minutes at 180°C.
4. Serve with sweet potato wedges and steamed green veg.

Chilli Con Carne with Guacamole Serves 4

Ingredients

- 2 medium onions
- 1 clove of garlic
- 1 tbsp olive oil
- 2 tsp of chilli powder
- 1 fresh red chilli, deseeded and finely chopped
- 1 heaped tsp of ground cumin
- Sea salt and freshly ground black pepper
- 450g turkey mince
- 4 large tomatoes or 2 x 400g tin tomatoes
- ½ a stick of cinnamon
- Red kidney beans soaked overnight or 2 x 400g tin



Method

1. Use a metal pan or casserole dish with a lid, that can be used both on the hob and the oven.
2. Pre-heat the oven to 150°C.
3. Put the onions and garlic into a food processor until finely chopped, then fry in a little oil until soft.
4. Add the chilli powder, fresh chilli, cumin and a little seasoning.
5. Now add the mince and continue to cook, stirring until all has browned.
6. Now add the tomatoes, cinnamon stick and a wineglass of water (not wine).
7. Season a little more if need be.
8. Bring to the boil, cover with greaseproof paper and the lid, then either turn the heat down to simmer and cook for 1 hour 30 minutes or transfer to the oven for about 1 hour 30 minutes.
9. Add the kidney beans 30 minutes before the end of the cooking time.
10. This often tastes better if you cook it the day before, as the flavours will develop. Serve with a Green Salad, guacamole and rice.

Guacamole

Ingredients

- 3 avocados, peeled, pitted, and mashed
- Juice of 1 lime, fresh squeezed
- 1 tsp salt
- 75g diced onion
- 1 handful of chopped fresh coriander
- 2 small tomatoes, diced
- 1 garlic clove
- 1 pinch ground cayenne pepper (optional)

Method

1. In a medium sized bowl, mash together the avocados, lime juice, and salt. Mix in the onion, coriander, tomatoes, garlic and cayenne.
2. Refrigerate covered for one hour, then serve.

Spanish Meatballs

Ingredients

- 500g organic lean minced beef
- 1 large organic or free range egg
- 2 400g tins of chopped tomatoes
- 2 organic beef stock cubes
- 1 litre of boiling water
- Dried herbs de provence (or a good selection of dried mixed herbs)
- 1 white onion, finely sliced
- 1 garlic clove, finely sliced, extra virgin olive oil or coconut oil, salt and ground black pepper



Method

1. Mix the mince with the egg and half the onion chopped. Season with 1 stock cube and black pepper.
2. Roll the mixture with your hands into ping pong sized balls and fry in the oil until almost cooked (the meatballs can still be slightly pink in middle as they are going to simmer in the sauce). Be sure to turn them around now and again so they cook evenly.
3. Take the meatballs out and put them on a plate to rest.
4. Drain all but 1 tablespoon of oil in the pan, retaining the bits of meat that are left in the bottom of the pan.
5. Add the rest of the chopped onion and some finely chopped garlic and sauté for a further 2 minutes until golden.
6. Add the 2 tins of chopped tomatoes and a good sprinkling of mixed herbs.
7. Add in the water and crumble in the final stock cube. Season with salt and pepper if required.
8. Simmer for about 10-15 minutes until the sauce thickens a little.
9. Add the meatballs and mix them well with the tomato sauce. Let them cook for another couple of minutes.

Chickpea Broth Serves 2

Ingredients

- 400g canned chickpeas, rinsed and drained
- 200g cooked red lentils
- 100ml vegetable stock
- 2 garlic cloves, peeled and finely chopped
- Salt and freshly ground black pepper

To serve

- 1 tbsp chopped fresh parsley
- Extra virgin olive oil

Method

1. Place the chickpeas, lentils, stock and garlic into a saucepan. Bring to the boil, then reduce the heat until the mixture is simmering. Simmer for five minutes or until the chickpeas are tender.
2. Remove from the heat and blend with a hand-held blender until smooth, adding more stock as necessary. Season to taste with salt and freshly ground black pepper.
3. To serve, ladle the chickpea broth into two bowls. Garnish with the chopped parsley and a drizzle of olive oil.

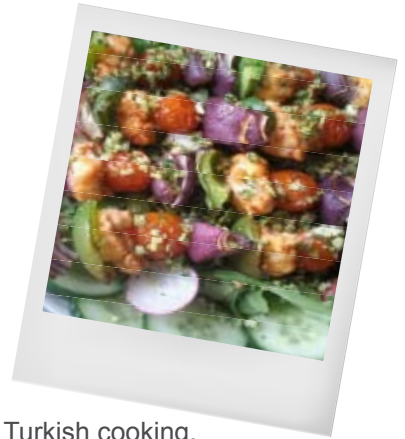


Monkfish and Lemon Skewers Serves 4

Ingredients

- 800g monkfish tail fillets, cut into 4cm pieces
- 4 unwaxed lemons
- 2 tsp sumac (see below)
- 1-2 tsp dried red chilli flakes
- Sea salt
- 4 garlic cloves
- A handful of fresh flat leaf parsley, finely chopped
- Salt and freshly ground black pepper
- Wild rocket leaves

(Sumac is a blend of spices and is widely used in Turkish cooking.)



Method

1. If you can't find it, mix 1 tsp each of lemon zest, toasted crushed cumin seeds and sweet smoked paprika and use this instead)
2. Put the monkfish into a glass bowl. Finely grate the zest of 2 lemons in a separate bowl and set aside. Halve these lemons and squeeze the juice over the fish. Add the sumac and chilli, season well with sea salt and stir. Cover and chill in the fridge for 15-30 minutes.
3. Meanwhile, pre-heat your grill to high. Add the garlic and parsley to the lemon zest. Season, mix well and then set aside.
4. Thinly slice the remaining lemons. Thread the monkfish and lemon slices alternatively onto 8 metal skewers (or wooden skewers soaked in water for 30 minutes). Grill for 8-10 minutes, turning halfway through, or until the fish is cooked through.
5. Garnish with the zest mixture and serve with rocket salad.

Thai Green Turkey Burgers with a Courgette and Green Bean Stir-Fry Serves 4

Ingredients for thai green paste

- 4-6 medium green chillis, de-seeded and roughly chopped
- 2" piece of fresh ginger, peeled and grated
- 2 garlic cloves, crushed
- Small bunch of fresh coriander
- 2 lemongrass stalks, chopped
- 1 lime, grated zest and juice
- 1 tbsp coriander seeds, crushed
- 1 tsp ground cumin
- 1 tsp black peppercorns, crushed
- 3 tbsp olive oil
- 8 kaffir lime leaves, torn into pieces (if unavailable, use the grated zest of 1 extra lime)



Method

1. If you have a mini blender, put all ingredients together and blitz until a smooth paste forms. If not, use a pestle and mortar to grind all the ingredients together. This should keep for a couple of weeks in the fridge, so make double and you'll have plenty for a Thai Green Curry or more burgers.

Ingredients for burgers:

- 600g turkey mince
- 1 egg
- 2-3 tablespoons of the curry paste
- 1 large courgette
- 1 handful of green beans
- 1 red onion
- Drizzle of coconut oil
- 1 green chilli
- Half an inch of grated ginger

Method

1. Mix together the turkey, curry paste and egg until everything is bound together.
2. Season with a little sea salt. Shape into small patties. 600g should make 6-8 patties.
3. Shallow fry the burgers for about 4 minutes on each side in a little coconut oil.
4. Meanwhile use a peeler to get strips of courgette and cut the beans in half length ways. Heat a little oil in a wok and fry off the ginger and chilli. Add the veggies and toss in the oil so the chilli and ginger coat the veggies.
5. Serve the burgers with stir fried veggies and some raw spinach.

Fat loss Fishcake's Serves 4

Ingredients

- 1 rainbow trout
- 100g smoked salmon
- 2 large sweet potatoes
- 1 portion of soft goat's cheese
- 2 cloves garlic, crushed
- 1 red chilli, diced
- 1 beaten egg
- 100g of ground almonds
- 6 chives, finely chopped



Method

1. Wrap rainbow trout in foil and place in the oven for 25 minutes at 200°C.
2. Once the rainbow trout is cooked, leave out to cool.
3. Peel and boil the sweet potatoes, once soft mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add the garlic, chilli and chives.
4. Mix all ingredients together. Place in the fridge for 1-2 hours.
5. Now beat an egg in one bowl, ground almonds in another. Remove the bowl from fridge. Using your hands take handfuls of the mixture and shape into fishcakes. Place the fishcake into the bowl of beaten egg until covered, then into the bowl of ground almonds until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place the fishcakes in the oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle with balsamic vinegar and olive oil.

Guilty Free Family Shepherd's Pie Serves 4

Ingredients

- 500g turkey mince
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and gluten free gravy (goodnessdirect.co.uk)
- 1 portion of goat's cheese
- 1-2 tbsp coconut oil
- 1-2 tbsp dried mixed herbs



Method

1. Pre-heat oven at 180°C for 20 minutes. Skin the sweet potatoes, chop and place in a pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop the onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add the onions and mushrooms, stir for 2-3 minutes until slightly golden. Add the turkey mince to the pan and cook until brown for about 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add the sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approximately 10 minutes.
5. Mash the sweet potatoes together until they are smooth with no lumps. Place the mince mixture into a large deep oven dish. Place the sweet mash evenly over the mince mixture.
6. Sprinkle a handful of grated goat's cheese over sweet mash. Place in oven at 180°C for 30 minutes.
7. Serve with Savoy cabbage and enjoy!

Sticky Chicken Surf and Turf Serves 4

Ingredients

- 2 lemons, quartered
- 12 chicken wings
- 12 uncooked prawns, shells on
- 1 tsp oregano
- Salt and freshly ground black pepper

For the marinade

- Zest and juice of 1 lemon
- 2 tomatoes
- 1 onion
- 4 tbsp extra virgin olive oil
- 1 red chilli
- 6 garlic cloves

Method

1. Preheat oven to 180°C.
2. Put all the marinade ingredients in a blender and blend until smooth. Throw the chicken into a roasting tin with the marinade and mix to coat. Add the lemon quarters.
3. Roast for 30 minutes, occasionally giving the tray a shake to mix it up.
4. Add the prawns and squeeze the roasted lemons over the ingredients.
5. Cook for a further 10 minutes, or until the prawns are cooked.
6. Serve with a green salad.

Big Bad Burger and Chips

Ingredients for Burgers

- 500g extra lean beef mince (or turkey will work fine too)
- 1 onion, chopped finely
- 1 chilli, finely chopped
- 1 large free range egg

Method

1. Mix all the ingredients together in a bowl, divide it into 4 portions. Knead each portion so it all sticks together nicely, then flatten into a burger pattie.
2. Heat some coconut oil in a frying pan and shallow fry for around 4 minutes each side.

Ingredients for Wedges

- 2 large sweet potatoes
- ½ tsp chilli powder
- 1 tsp paprika
- 1 tbsp coconut oil, melted

Method

1. Slice up the sweet potatoes so they look like wedges.
2. Toss all the ingredients into a large bowl then place in a large baking tray in oven at around 200-220°C for 30-40 minutes.
3. Serve alongside a bed of steamed greens.

Oven Baked Sea Bass with Sweet Potato Chilli Mash and Spinach Serves 2

Ingredients

- 4 seabass fillets
- 2 medium sweet potatoes
- 2 chopped garlic cloves
- 1 finely chopped red chilli
- Ground cinnamon
- 1 tbsp of coconut oil

Method

1. Coat the sea bass fillets with garlic and chilli and coconut oil and place in the oven for 20-30 minutes on gas mark 8.
2. Peel, boil and mash 4 medium sweet potatoes then add chillies and a dash of cinnamon.
3. Serve with a bed of fresh raw spinach.



Chicken Skewers and Hummus Serves 4

Ingredients

- 3-4 free range organic skinless chicken breasts

For the marinade

- ½ heaped tsp of each coriander, cumin and fennel seeds, roughly ground
- 1 teaspoon smoked sweet paprika
- 2 garlic cloves, crushed
- A pinch of saffron, 30-40 strands, infused in 1 tbsp boiling water
- ½ bunch fresh oregano, chopped (you can use dried if you don't have fresh)
- 1 dessertspoon lemon juice
- 1 dessertspoon olive oil



Method

1. Take 10 bamboo skewers and soak in a jug of water, then cut chicken breast fillets in half lengthways and then into 1" cubes.
2. Place the meat in a large mixing bowl and add the marinade ingredients and mix thoroughly. Leave in the fridge for at least two hours.
3. When ready to cook heat a griddle pan on a high heat. Whilst waiting for the pan to heat, skewer 4-5 pieces of meat onto each stick, slightly flattening them as you go.
4. When all the skewers are done place them in the hot pan and cook on a high heat for about 5-6 minutes each side so that they are slightly charred on the outside and just cooked and juicy on the inside, serve with a green salad and hummus.

Hummus

Ingredients

- 200g chickpeas, soaked overnight in plenty of water
- 2-3 garlic cloves
- Juice of 1 ½ Lemons
- 3 tbsp of extra virgin olive oil
- 3 tbsp tahini

Method

1. Drain the chickpeas, place them in a saucepan and cover with fresh water, bring them to the boil and then simmer until soft. To test if they are soft squish one between your fingers!
2. Run the chickpeas under cold water until cool and then drain.
3. Using a food processor blend all the ingredients adding a little cooled boiled water as you go until you are left with a smooth creamy paste. Remove from the mixing bowl and season to taste. You can keep this in the fridge for up to a week and take some to work each day with some vegetable crudités for your lunch or to snack on.

Crab and Cauli Cakes Serves 2-3

Ingredients

- 350g white crabmeat
- 1 small head of cooked cauliflower, mashed
- 3 stalks of celery, finely chopped
- 1 finely chopped onion
- 1 tbsp parsley, chopped
- 2 eggs, beaten
- 1 tsp chilli powder or 1 chopped red chilli
- 1 tbsp of coconut oil

Method

1. Combine all ingredients in a large bowl except the oil.
2. Form into 6 patties and chill in the fridge for at least 1 hour.
Heat the oil in frying pan and brown for 3 minutes on each side.
3. Serve with a green salad and lime wedges.



Prawn, Fennel and Tomato Ragout Serves 2

Ingredients

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 large fennel bulb, quartered, sliced and leafy tops reserved
- 400g cherry tomatoes
- 200g large prawns, cooked and peeled
- 1 handful of black or green olives

Method

1. Heat the oil in a large pan. Add the onion and fennel and cook for 5 minutes, stirring every so often.
2. Add the tomatoes and seasoning, then bring to the boil.
3. Cover and cook on a low heat for 10 minutes until the fennel is tender, then stir in the prawns and warm through.
4. Serve scattered with olives and the reserved fennel tops, roughly chopped.



Veggie Burgers Serves 4

Ingredients

- Coconut oil
- 1 onion, finely chopped
- 1 carrot, grated
- ½ red pepper
- 3 garlic cloves, smashed, peeled and finely chopped
- 2 tbsp tomato puree
- 2 tsp dried herbs
- 1 tsp oregano
- 2 tsp sprouted, ground flaxseed
- 400g kidney beans or black beans, cooked
- 200g brown rice, cooked
- 50g chopped nuts
- Himalayan salt and black pepper
- 3 tbsp brown rice flour

Method

1. Melt 1 tablespoon coconut oil in a saucepan.
2. Add onion, garlic, herbs, oregano.
3. Season with salt and pepper to taste. Stir fry for 5 minutes.
4. Chop the beans and rice in a blender. Add the onion mix and nuts. Blend briefly.
5. Chill the mix in the freezer for 15 minutes.
6. Dust work surface with flour. Make 6-8 burger shapes. Place on a baking sheet and chill.
7. Melt 1 tablespoon of coconut oil in a frying pan on a high heat. Fry burgers until brown (Approximately 10 minutes.)
8. The burgers freeze well. Defrost for 4 hours.

Chicken in Walnut and Garlic Sauce Serves 3-4

Ingredients

- 4 large chicken breasts, skin removed
- 4 tbsp of coconut oil, melted down
- 3 heaped tbsp of walnuts, roughly chopped
- 3 heaped tbsp of parsley, chopped
- 3 plump cloves of garlic, peeled and crushed
- Himalayan sea salt and freshly ground black pepper

Method

1. Preheat the oven to 200°C.
2. Place the chicken breasts in an ovenproof serving dish.
3. Put all the remaining ingredients into a food processor and blend briefly into a sauce.
4. Spread the mixture over the chicken and bake in the oven for 40 minutes until golden and cooked through. Serve with a huge avocado salad.

