

MY HEALTH CHALLENGE NUTRITION

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NUTRITION = UP TO 5 POINTS

During My Health Challenge, you begin each day with 5 nutrition points. Each time you eat food that is non-compliant, you lose a point.

Below are a few recipe ideas to assist you during the challenge.

BREAKFAST



QUINOA PORRIDGE

3 min
prep

15 min
cook

1
serve

INGREDIENTS

- ½ cup organic quinoa, soaked overnight
- 1¼ cup coconut milk
- 100 grams fresh fruits of your choice
- 20 grams chopped nuts, e.g., almonds, walnuts, pecans etc.
- 1 teaspoon coconut nectar (optional)
- 1 teaspoon cinnamon



METHOD

Rinse the soaked quinoa thoroughly and transfer to a frying pan. Add the coconut milk and sea salt, then simmer. Cook the quinoa for 12-15 minutes, allowing the milk to absorb. Add a little extra water if the consistency is too thick. When quinoa has absorbed the milk, turn the heat off, cool for 5 minutes and add the nuts and fruit. Serve with a drizzle of raw honey and cinnamon.

Quinoa is a great alternative to rolled oats and a quick, tasty way to get your protein in the morning, particularly if you're not a savoury person.



BAKED EGGS AND HAM

3 min
prep

25-30 min
cook

1
serve

INGREDIENTS

2 eggs
 ½ red onion, diced
 1 garlic clove, chopped
 ½ avocado, sliced
 1 cup pureed tomatoes
 100 grams shaved leg of ham
 1 tablespoon of hand-torn basil leaves
 Celtic sea salt and cracked pepper to season

METHOD

Pre-heat your oven to 180 C or 356 F

Butter a ceramic baking dish and line with shaved ham, onions, tomatoes, garlic and a splash of water. Season well. Cover with baking paper and foil and bake for 15 minutes. Take the dish out of the oven and remove the cover. Create 2 small wells and crack an egg into each. Re-cover and continue baking until eggs are cooked, with a soft yolk finish. Serve with sliced avocado on top and fresh basil.

Try a few different ingredients and have a play with some herbs and spices to add a different dimension to the dish.



3 min
prep

5 min
cook

2
serves

SCRAMBLED EGGS

INGREDIENTS

6 organic eggs
 2 bacon rashers, optional
 1 onion, finely chopped
 1 garlic clove, crushed
 1 tomato, chopped
 ½ teaspoon black pepper
 ½ teaspoon celtic sea salt
 Small bunch fresh coriander or parsley, chopped

METHOD

Heat a frying pan with some coconut oil to a medium heat. Add the onion and bacon and sauté with a little sea salt until golden brown. Add the garlic and fry for another minute or so. Add the tomatoes, then pour in the eggs and turn down the heat slightly. Stir well and continue to cook until the eggs are done to your liking. Garnish with a little fresh coriander or parsley, serve and enjoy.

Again, try a few different ingredients and have a play with some herbs and spices to add a different dimension to the dish.

SLICED TOMATO AND AVOCADO ON SOURDOUGH



3 min
prep

5 min
cook

1
serve

INGREDIENTS

- 1 sliced avocado (depending on the size)
- 1 Truss or Roma tomato, sliced
- 2 slices sourdough, toasted
- 1 teaspoon butter, optional
- Pinch cracked pepper
- Pinch Celtic sea salt or Himalayan rock salt
- ¼ fresh lemon wedge (optional)

METHOD

Layer the butter, sliced tomato and avocado over the toasted sourdough. Squeeze over the lemon juice if desired and sprinkle with a pinch of salt and cracked pepper.

Be sure to source a good quality fermented sourdough using the traditional methods. This will ensure the bread is nutrient-dense and easier on the digestive system. For those who are gluten intolerant, source a quality organic gluten-free alternative, such as buckwheat.

CHIA PUDDING



2 min
prep

3 min
cook
(less chill
period)

2
serves

INGREDIENTS

- 2 cups coconut milk
- ½ cup of chia seeds
- 2 teaspoons raw honey
- ¼ teaspoon cinnamon
- ½ fresh vanilla pod or ¼ teaspoon of vanilla powder (optional)

GARNISH

- Toasted coconut flakes
- Pomegranate
- or your favourite fruit

METHOD

In a small bowl or large jar, stir together the coconut milk, chia seeds, honey and cinnamon. Chill in the refrigerator for at least 4 hours or until the chia seeds puff and expand. Before serving, stir once and spoon into serving dishes. Garnish with coconut flakes and serve.

To save time, this can be prepared the night before. The pudding may be stored in an airtight container in the refrigerator for up to 3 days.

FRESH COCONUT POWER SMOOTHIE

2 min
prep

2 min
cook

1-2
serves



INGREDIENTS

- 2 raw organic eggs
- Coconut water (add the white flesh if opening your own coconut)
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon
- 2-3 drops pure vanilla extract or vanilla powder

METHOD

Place eggs, coconut water, coconut flesh, coconut oil and cinnamon in a blender and add selected fruit combination. Blend until smooth. For a chilled effect, blend a couple of ice cubes through it.

OTHER GREAT COMBINATIONS

1. Mixed berry & vanilla: ½ cup frozen or fresh berries and ¼ teaspoon vanilla powder
2. Ginger & mango: 1 teaspoon fresh grated ginger and ½ cup fresh or frozen mango
3. Banana, baby spinach and avocado: 1 banana, 1 cup baby spinach and ½ an avocado

Always add any eggs you use towards the end of the blending and turn the speed down low. You will do the least amount of damage to the egg yolk.

BUCKWHEAT PANCAKES

5 min
prep

4 min
cook

3
serves



INGREDIENTS

- 2 cups buckwheat flour
- 1 ½ cups coconut milk
- 2 eggs (fresh, organic, free range)
- 1 teaspoon vanilla essence
- sprinkle cinnamon
- 1 tablespoon butter or coconut oil

TOPPINGS

- Berries
- 1 teaspoon coconut nectar or raw honey or maple syrup



METHOD

Place the buckwheat flour in a mixing bowl. Add the eggs, vanilla essence & cinnamon. Gradually add the coconut milk (1/3 at a time) and whisk together with flour & eggs until combined and lump-free. In a hot pan, gently melt the butter or coconut oil and slowly pour some pancake batter into the middle of the pan.

Cook the pancakes for about 1-2 minutes or until small bubbles start to appear and then flip. Cook for a further 1-2 minutes or until golden brown. Once both sides are brown, serve on a plate with fresh berries and a drizzle of honey or maple syrup.

For thicker pancakes, use a little less milk and for thinner use a little more. Other great combinations include mango, maple syrup and yoghurt. Avocado and bacon. Apple puree and cinnamon.

LUNCH



PRAWN AND AVOCADO SALAD

15 min
prep

5 min
cook

4
serves

INGREDIENTS

20 large wild prawns, shelled and cleaned
1 mango, chopped
1 avocado, chopped
5 shallots, chopped
6 cherry tomatoes, halved
½ cup fresh mint, chopped
6 handfuls baby spinach washed and ready
2 tablespoons toasted coconut flakes

SALSA

2 tablespoons cold pressed olive oil
1 teaspoon raw honey
Juice 1 lemon

METHOD

Make up the dressing by combining the olive oil, lemon juice and honey together in a sealed tight bottle and shake well. In a large bowl, combine all other ingredients, except toasted coconut flakes and pour the dressing over the top. Gently toss the salad so that the dressing is evenly spread. Serve on a platter or individual plates and garnish with the toasted coconut.

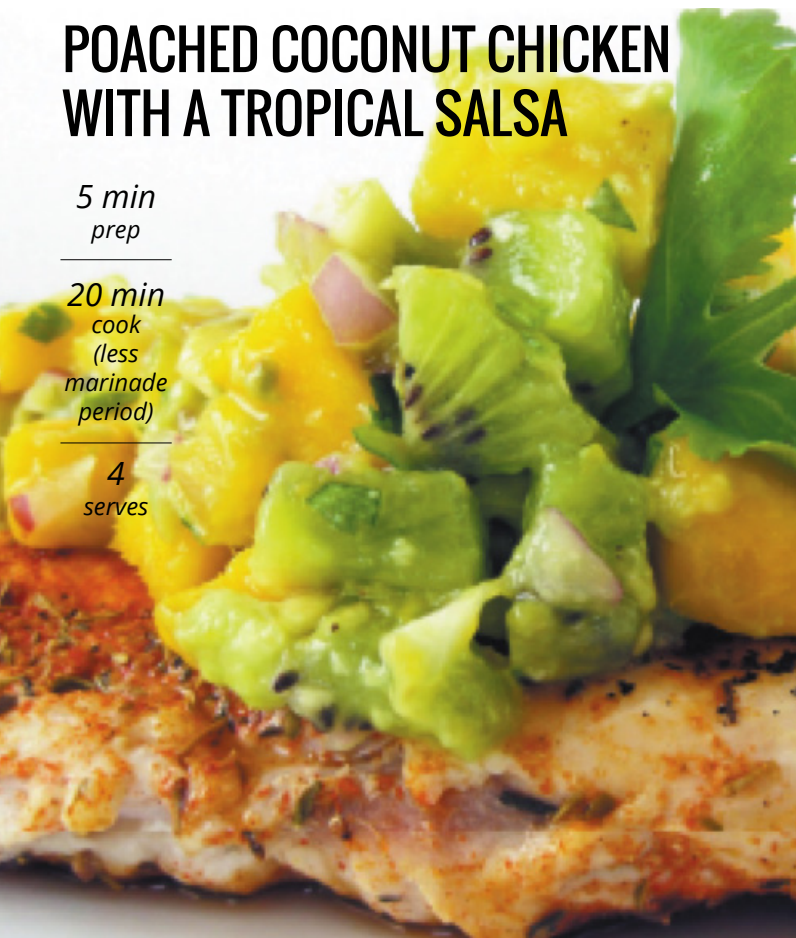
If mango is too sweet for you, try a green pawpaw or some pink grapefruit segments instead.

POACHED COCONUT CHICKEN WITH A TROPICAL SALSA

5 min
prep

20 min
cook
(less
marinade
period)

4
serves



INGREDIENTS

4 x 150 grams chicken thighs
200 ml coconut milk
1 lemon juice and zest
2 star anise

SALSA

2 mangos or pineapple, cubed
1 tablespoon olive oil
1 avocado, cubed
1 cup bean sprouts
1 red onion, chopped
1 red chilli, chopped
1 handful coriander, chopped

METHOD

Marinate chicken in coconut, star anise and citrus for up to 2 hrs. Poach the chicken in the juice on medium heat for approximately 10-12 minutes, either in the oven, or covered in a pan on the stovetop. To develop the marinade further, reduce over a gentle heat (to around half) and blitz in blender to get sauce smooth (optional).

For the salsa, combine all ingredients and serve on the side or on top of chicken.

Serve with your choice of fresh seasonal salad. The herb quinoa salad from the Sides and Salads section goes well if you are looking for ideas.



VEGETABLE SOUP

10 min
prep

15 min
cook

4
serves

INGREDIENTS

2 tablespoons butter ghee or coconut oil
1 onion, chopped
1 leek, chopped
2 celery stalks, chopped
2 carrots chopped
¼ head c,abbage, chopped
4 mushrooms, diced
3 tablespoons tomato paste
6 cups chicken stock (home-made is preferable)
2 tablespoons parsley, finely chopped
Salt and pepper to taste

METHOD

In a large saucepan, heat the oil and gently stir-fry the vegetables (except the cabbage) until they start to soften. Add the tomato paste, season with salt and pepper to taste, then pour in the stock and bring to a gentle simmer for about 5-7 minutes. Pour into bowls and garnish with parsley.

This is a great nutrient-dense soup that can be made rustic by chopping the vegetables up or keeping more a more traditional consistency by chopping finely. Any vegetables can be used. Mix it up by using what is in season.

MINI FRITTATA



10 min
prep

25 min
cook

6
serves

INGREDIENTS

8 organic eggs
½ cup water
1 tablespoon fresh herbs like parsley, coriander or dill - chopped
Salt and pepper (to taste)
4 spring onions, chopped
½ avocado, diced
1 capsicum, diced
4 medium mushrooms, diced
150 grams free-range ham or bacon (optional)
1 cup baby spinach, chopped
Coconut oil or butter

METHOD

Pre-heat your oven to 180-200 C or 350-390 F.

Grease your large muffin pan with butter or coconut oil. Whisk your eggs, water, herbs, salt and pepper in a easily pourable bowl. Evenly pour the egg mix into each muffin pan. Combine the rest of your ingredients and spoon even amounts into each muffin pan. Ensure all ingredients are covered in the pan by the egg mixture. Place the muffin pan into the oven for 20-25 minutes or until the egg is firm when shaking the pan. Take out of the oven and rest for five minutes before attempting to lift out.

Be careful not to overfill the muffin trays. Keep the egg level just below the top of the tray, as they will rise. Modify ingredients based on the seasons and your taste. These are also great as a snack idea.

THAI BEEF SALAD



15 min
prep

20 min
cook

4
serves

INGREDIENTS

650 grams sirloin steak
1 tablespoon coconut oil
1 capsicum, thinly sliced
8 cherry tomatoes
2 small red onions, thinly sliced
1 red chilli, de-seeded and finely chopped
6 kaffir lime leaves, finely chopped
150 grams green salad (your favourite seasonal leaves)
2/3 cup coriander
2/3 cup basil
2/3 cup mint

DRESSING

1 teaspoon tamari sauce
2 tablespoons fish sauce
2 tablespoons lime juice
2 teaspoons coconut sugar or raw honey

METHOD

Brush steak with the coconut oil and barbeque or pan fry to your cooking preference. Slice steak to your thickness preference. Place the salad leaves, onions, chilli, coriander, mint, basil and kaffir lime leaves in a bowl and mix gently.

Combine the tamari sauce, fish sauce, lime juice and coconut sugar or honey, place the steak over the salad, pour on the dressing and serve.

Try different types of steaks to fine-tune your preferences. This dish is best served immediately.

CHICKEN BURGERS WITH SPRING SALAD

5 min
prep

20 min
cook

5
serves



INGREDIENTS

1 kilo chicken mince
2 tablespoons butter or ghee
1 tablespoon tomato paste
2 onions, finely chopped
1 carrot, grated
1 egg, beaten
2 garlic cloves, crushed
Celtic sea salt and pepper
1 handful coriander, chopped

METHOD

Heat the butter/ghee in a pan. Add onions and garlic. Sauté for 2-3 minutes until soft. Remove from heat and combine with chicken mince and grated carrots. Add tomato paste, salt and pepper, coriander and beaten egg. Mix together until well combined. Shape into 10 burgers (roughly 100 grams each).

BBQ, grill or pan fry in a little butter or ghee on medium until cooked. Serve with a spring salad of your choice.

The mango and avocado salad in the Sides and Salads section goes very well here.

TANDOORI GRILLED CHICKEN THIGH AND SALAD

5 min
prep
(less
marinading
time)

15 min
cook

1
serve



INGREDIENTS

150 grams chicken thigh fillet
1 tablespoon ghee or butter
½ tablespoon tandoori spice mix
Mixed salad (your favourite combo)

SPICY TANDOORI MIX

2 teaspoons red chilli powder
1 tablespoon paprika
2 tablespoons garam masala

METHOD

Combine chilli powder, paprika and garam masala.

Rub on to meat up to 1 day before and on fish up to 2 hours before cooking.

In a stainless steel bowl, toss the chicken thigh in the tandoori spices.

Heat the ghee or butter in a pan. Cook the chicken thigh on medium heat for approximately 6 minutes each side. Serve with your favourite mixed salad and a small ramekin of compliant yoghurt.

The spice mix will keep in a sealed glass jar for up to 3 months.

DINNER

AROMATIC COCONUT FISH CURRY

10 min
prep

3 hrs
cook

4
serves



INGREDIENTS

600 grams skinless salmon fillets cut into cubes
2 x 400g tins coconut milk
3 cups snow peas or green beans topped and tailed
1 broccoli cut into florets
1 lemon grass, finely chopped
1 tablespoon fresh ginger, grated
1 red chilli, chopped (optional)
1 garlic clove, crushed
Juice 1 large lime
1 bunch coriander

METHOD

Place coconut milk, ginger, garlic, chilli, lemon grass and lime juice into a slow cooker and cook on low heat for 2½ hours.

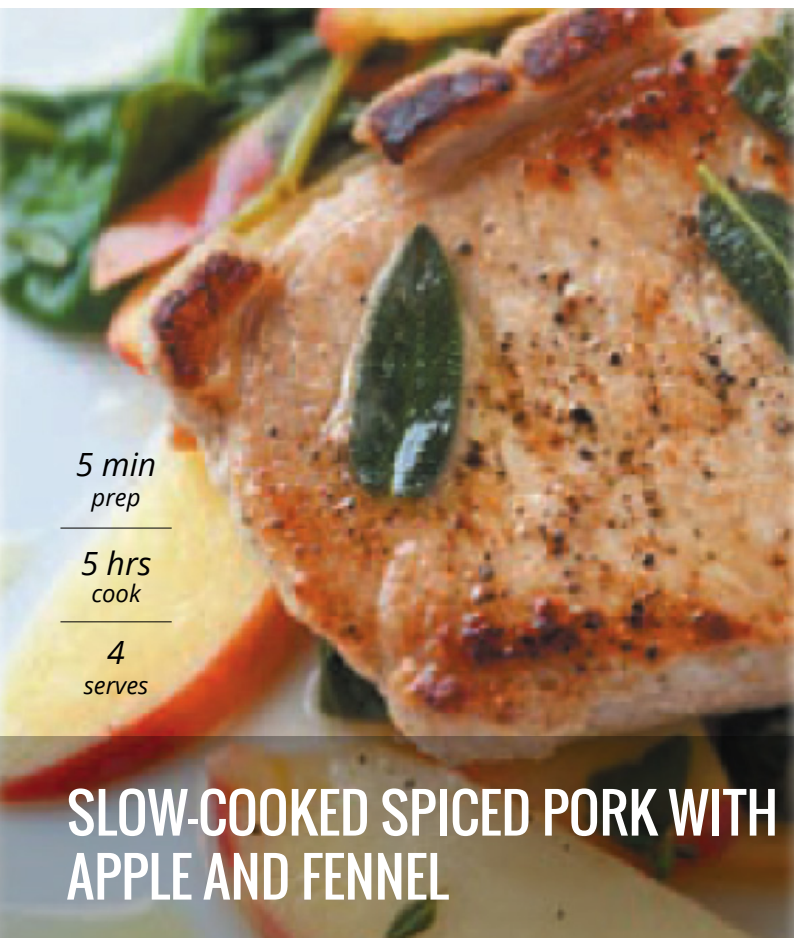
Add salmon and vegetables and continue cooking for 15 minutes.

Serve and garnish with fresh coriander leaves.

Try your favourite fish as an alternative to salmon.

You can also make the curry in a saucepan on the stovetop, by following the same process and allowing the curry to simmer for 30 minutes before adding the fish.

Brown rice or herb quinoa makes a nice complement to this curry.



5 min
prep

5 hrs
cook

4
serves

SLOW-COOKED SPICED PORK WITH APPLE AND FENNEL

INGREDIENTS

4 large pork loin chops
2 apples, cored and sliced
1 fennel, thinly sliced
1 sprig tarragon, stripped
100ml chicken stock

METHOD

Pour the stock into the base of a slow cooker. Place the pork in the stock. Arrange the apple, fennel and tarragon around the pork.

Cover and set the slow cooker on low heat for 5 hrs.

Serve with your choice of freshly steamed seasonal vegetables, melted butter on top.

THAI CHICKEN LARB SALAD

10 min
prep

5 min
cook

4
serves



INGREDIENTS

600 grams minced chicken
2 tablespoons coconut oil
1 tablespoon sesame seed oil
Juice 1 lime
1 large bag bean sprouts
1 bunch spring onions, thinly chopped
1 red chilli, chopped
10 grams ginger, thinly sliced
2 garlic clove, chopped
Small knob turmeric, thinly sliced (optional)
2 sticks celery, thinly sliced
1 Lebanese cucumber, finely diced
1 handful cherry tomatoes, halved
1 red onion, finely diced
1 handful mint, chopped
1 handful coriander, chopped
1 Iceberg lettuce layers separated into cups

METHOD

In a large pan or wok, heat the coconut oil, and sauté the garlic, chilli, ginger, spring onions and turmeric for 2 minutes. Add the chicken mince and stir till it's broken up and resembles a mince consistency. In a separate bowl, combine all the other ingredients, adding the sesame seed oil and lime juice last. Mix well for an even, tangy taste. Mix chicken mince through the salad and serve by placing some of the salad mixture into the lettuce cups.

This dish is fresh, tangy, full of herbs and very easy to put together. Don't be put off by the amount of ingredients. You only have to sauté the mince. The rest is just 10 minutes of chopping and dicing!

CHICKEN STIR FRY

5 min
prep

10 min
cook

2
serves



INGREDIENTS

2 tablespoons coconut oil
300 grams chicken, sliced
2 tablespoons tamari sauce
2 tablespoons water
1 small red capsicum, cut into thin strips
½ head broccoli
1 chilli, de-seeded and chopped
½ cup cashews

METHOD

Heat the coconut oil in a wok or frying pan over medium heat until hot. Add the chicken and stir fry about 2-3 minutes or until just tender. Transfer the chicken to a plate. Heat the remaining teaspoon of coconut oil in a wok over medium-high heat and stir fry the capsicum, chilli, and broccoli for 3-5 minutes or until tender. Combine the tamari sauce and water and add to the wok with the chicken. Stir over a medium-high heat for a few minutes, then serve.

Brown rice, zucchini noodles, or quinoa make a nice accompaniment for this dish, if you are looking for healthy side options.

SLOW-COOKED LAMB SHANKS

5 min
prep
(less
marinade
period)

5-6 hrs
cook

4
serves



INGREDIENTS

4 lamb shanks
100ml chicken stock
2 large carrots, sliced about an inch thick, on an angle
2 brown onions, peeled and quartered

MARINADE

1 large knob ginger
3 garlic cloves
Juice 2 lemons
1 teaspoon sea salt
1 tablespoon each cumin and turmeric ground
1 teaspoon each cinnamon, black pepper, cardamom seeds (no husks)
3 dried chillies crushed
½ cup each soaked cashews and pistachio, crushed

METHOD

Blend all marinade ingredients together to form paste and rub over shanks. Marinate for 2 hours. Place in slow cooker with the chicken stock, carrot and onions. Cook for 5-6 hours on low heat. Garnish with fresh parsley and serve with a green salad or your favourite vegetables.

Pre-blended spice mixes are fine. You can also simplify this dish by substituting the marinade ingredients with some fresh thyme and rosemary and garlic.

SIDES & SALADS



HERBED QUINOA AND POMEGRANATE SALAD

5 min
prep

20 min
cook

4
serves

INGREDIENTS



- 2½ cups vegetable stock or chicken broth
- 1½ cups quinoa-soak until sprouted, rinse well
- Celtic sea salt to taste
- 3 tablespoons chopped fresh herbs (have fun with combining your favourites)
- 3 tablespoons pomegranate
- 2 teaspoons butter

METHOD

- In a medium saucepan, bring stock to boil.
- Add quinoa (and salt if desired). Reduce heat to low. Cover and cook until quinoa is tender and liquid is absorbed (about 15 minutes).
- Remove from heat, add chopped herbs and butter. Serve warm.

Extras that can be added to make a more substantial salad are cherry tomatoes, sliced celery and chopped cucumber.

CAULIFLOWER MASH

10 min
prep

20 min
cook

4
serves



INGREDIENTS

1 kilo cauliflower
4 garlic cloves
2 tablespoons butter (or olive oil if you are dairy intolerant)
¼ cup chives
Salt and pepper to taste

METHOD

Place cauliflower in a steamer over a saucepan of boiling water and steam for about 15 minutes, or until cooked through.

Place cauliflower in a food processor, crush the garlic into the mix, season with salt and pepper and add 1 tablespoon of butter. Blend until smooth.

Place in a large bowl with remaining butter on top and sprinkle with chives.

Bacon also goes well in the dish, should you want to add some protein.

SWEET POTATO CHIPS

10 min
prep

25 min
cook

3
serves



INGREDIENTS

2 medium sweet potatoes, cut into chips
1 tablespoon coconut oil
½ teaspoon sea salt
1 teaspoon cinnamon (optional)

METHOD

Pre-heat the oven to 180 Cor 350 F.

Coat the sweet potatoes in the coconut oil (melted) and line them on a baking tray with baking paper, ensuring the chips are not touching each other. Sprinkle the cinnamon to lightly coat the chips and bake them for 20-25 minutes, turning once, or until crispy. Remove from the oven and sprinkle with sea salt.

Eat as is, or with your favourite compliant dips.

Play with the thickness of the chips to get your preferred size - the thinner they are, the faster they cook.

ROAST PUMPKIN WITH ONIONS AND GARLIC

15 min
prep

5 min
cook

4
serves



INGREDIENTS

1 kilo Japanese pumpkin, de-seeded and cut into thin slices
2 tablespoons olive oil
2 teaspoons smoked paprika
Your favourite herbs i.e., sage, rosemary or thyme
Garlic cloves to suit
2 red onions, quartered

METHOD

Pre-heat your oven to 180-200 C or 350-390 F.

Place pumpkin into a baking tray and coat with the oil. Sprinkle paprika over pumpkin to taste and add the garlic cloves and your favourite herbs. Place the tray into the oven for 25-30 minutes, or until everything is cooked through and serve.

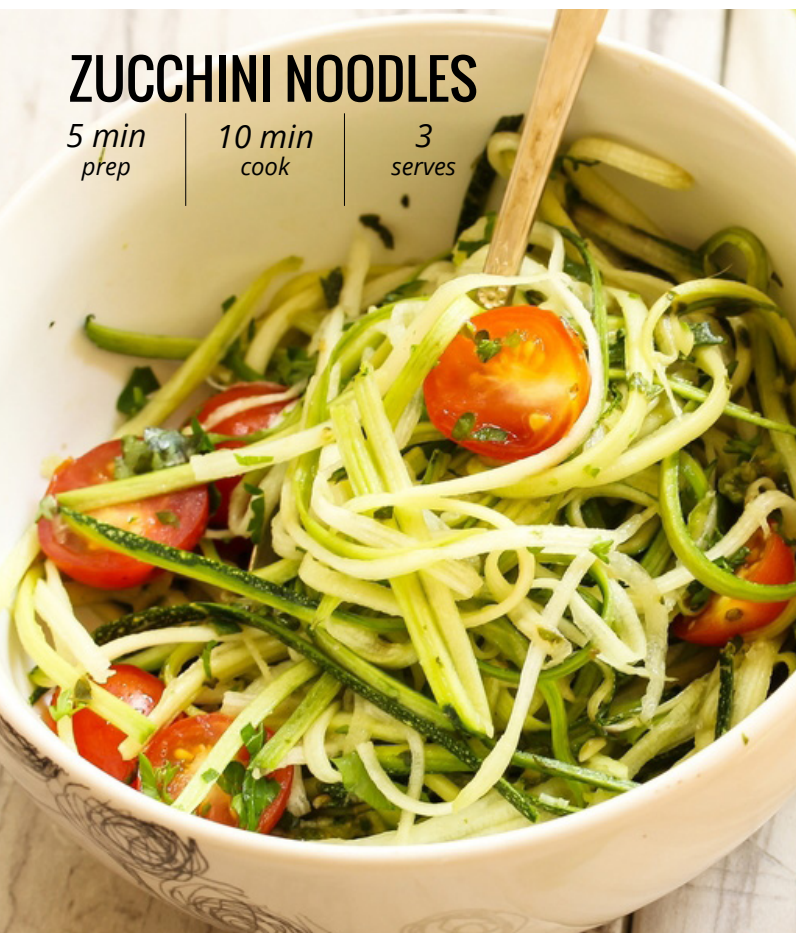
Other options, instead of paprika, can include fennel seeds, or sea salt.

ZUCCHINI NOODLES

5 min
prep

10 min
cook

3
serves



INGREDIENTS

3 small zucchinis, ends trimmed
2 cups packed fresh basil leaves
2 cloves garlic
Salt and pepper to taste
4 tablespoons extra-virgin olive oil
2 teaspoons fresh lemon juice
1 cup cherry or grape tomatoes (optional)

METHOD

Using a vegetable peeler, julienne peeler, or mandolin, slice the zucchini into noodles and set aside.

To make the pesto, place the basil and garlic in a food processor and pulse until coarsely chopped, then drizzle the olive oil in slowly, until you obtain a smooth consistency. Scrape down the sides of the food processor, add the lemon juice, salt and pepper and pulse again.

Add the zucchini noodles to the pesto and toss until noodles are well coated. Top with tomatoes (if using), serving at room temperature or chilled.

The dish can be either cooked or raw. If you want to cook them, just place the zucchini pesto noodles in a pan and sauté them over medium heat or boil them in hot water for a few minutes.

MANGO AND AVOCADO SALAD



5 min
prep

5 min
cook

5
serves

INGREDIENTS

3 fresh mangoes
3 avocados
300 grams bacon (optional)
1 handful (about 50 g) walnuts
Juice from 2 limes

200 grams (about 2 handfuls) of your favourite salad mix (for example rocket, baby spinach or cos lettuce)

METHOD

Finely chop the bacon and brown in a pan. Cut the avocado and mango into either cubes or wedges, depending on your preference. Place the salad mix on a platter and evenly distribute the mango and avocado over. Sprinkle the bacon and walnuts over the mango and avocado and drizzle the lime juice over.

Experiment with your favourite compliant dressings to fine-tune the flavours you prefer.

ROAST BROCCOLI AND BACON



5 min
prep

25 min
cook

4
serves

INGREDIENTS

2 heads broccoli
4 peeled garlic cloves, minced or diced
3 slices bacon, finely diced
2 tablespoons fennel seeds
2 tablespoons coconut oil
Salt and pepper to taste

METHOD

Pre-heat your oven to 180-200 C or 350-390 F.

Cut the broccoli into florets and place in a oven tray with the coconut oil, bacon, garlic and fennel seed. Mix all the contents together to ensure they are well coated with the oil. Place them in the oven for 20-30 minutes (depending on if you like your broccoli a little crunchy or completely soft).

Turn the broccoli a few times during this cooking time to ensure they cook evenly.

Serve with a squeeze of lemon or lime to add some additional flavour.

DIPS & DRESSINGS

SALSA

5 min
prep

5 min
cook

4
serves



INGREDIENTS

4 Truss or Roma tomatoes, chopped
1 cup basil, chopped
½ Spanish onion, finely diced
1 garlic clove, finely chopped
100ml olive oil
Juice 1 lemon or lime
1 chilli, de-seeded and finely chopped
Celtic sea salt to season

METHOD

Using a stainless steel or glass bowl, simply combine all of the ingredients together.

Serve with your favourite vegetable sticks, compliant crackers, or as a fresh simple salad.

GUACAMOLE

15 min
prep

5 min
cook

4
serves



INGREDIENTS

2 avocados, mashed
½ Spanish onion, diced
2 tomatoes, chopped
1 handful coriander leaves, chopped
Roots from the coriander (optional) – adds depth of flavour
Juice 1 lime
1 large garlic clove, minced
1 green chilli chopped (keep seeds if you like it hot)
Celtic sea salt and pepper to season

METHOD

Mix the lime juice, garlic, green chilli and roots of the coriander in a mortar and pound with a pestle to a fine paste. Mix the paste through the mashed avocado, then add the onion, tomatoes, salt and pepper and coriander leaves to the avocado and mix everything together.

Serve with your favourite vegetable sticks, or compliant crackers.

Using a pestle and mortar to grind the coriander roots with the chilli, garlic and lime juice, is definitely what makes this yummy snack come alive. Blending in a food processor just doesn't give the same result.

AVOCADO AND LIME DRESSING

5 min
prep

5 min
cook

makes
1 cup



INGREDIENTS

1 avocado
100 ml (6-7 tablespoons) freshly squeezed lime juice
30 ml (2 tablespoons) freshly squeezed lemon juice
1½ cups (2 handfuls) fresh cilantro
90 ml (6 tablespoons) olive oil
30 ml (4 tablespoons) water
1 garlic clove
Salt and pepper to taste

METHOD

Combine ingredients in a food processor or blender and pulse until you achieve the consistency you like.

You can use water and oil to either thicken, or water down, the dressing, based on your preference.

SWEET STUFF



RAW DATES AND ALMOND SLICE

5 min
prep
(less soaking)

5 min
cook
(less resting
period)

20
serves

INGREDIENTS

1 cup almonds soaked overnight-discard water
2 cups dates soaked for couple of hours 1 cup for topping
1 cup filtered water
½ cup cocoa powder
2 cups chopped coconut flesh (the tender white walls inside the coconut) or desiccated coconut is fine.

METHOD

Place in a food processor and blend all ingredients until smooth. Pour into a biscuit tray to about 2.5 cm or 1 inch in thickness. Leave covered in fridge for 2-3 hours to firm-up.

For topping; process the second cup of dates in blender with a little water until smooth like 'cake icing' and spread over the set mix. Sprinkle with some desiccated coconut or other nuts of your choice. Rest in fridge, then cut into squares.

Nuts, grains and seeds often lie dormant in nature waiting for optimal growing conditions. To protect themselves from predators during this time, they produce nutritional inhibitors and certain toxins that can disrupt the digestion and absorption of anything consuming it. Soaking stimulates the germination process and reduces many of these detrimental defence mechanisms.

APPLE AND BLUEBERRY CRUMBLE

5 min
prep

35 min
cook
(less
resting
period)

4
serves



INGREDIENTS

3 tablespoons cold pressed coconut oil or butter
½ cup dry coconut flakes
1 cup almond meal
4 medium green apples cored (but leave skin on)
1 cup blueberries
½ teaspoon vanilla powder
3 tablespoons cold pressed coconut oil or butter
½ teaspoon each aromatic spices such as cloves, nutmeg or cinnamon

METHOD

To make the crumble topping, rub the coconut oil or butter into the almond meal and dried coconut flakes, then add the vanilla and set aside.

Quarter the green apples and poach in a small amount of water with the aromatic spices and berries (around 10 minutes), then place in a shallow dish or individual ramekins. Spread coconut mixture over the top of apples and berries. Bake in the oven at 120 C or 250 F for around 25 minutes or until golden brown. Remove from oven and rest for 5 minutes.

Serve with whipped coconut cream, optional.

WHIPPED COCONUT CREAM

2 min
prep
(less
refrigeration)

5-7 min
cook

1-2
cups



INGREDIENTS

1 can full-fat organic coconut milk refrigerated overnight
1 tablespoon coconut nectar, date syrup or raw honey (optional)
1 teaspoon vanilla extract

METHOD

Open the can of refrigerated coconut milk, being very careful. There is water at the bottom and you don't want to mix it in.

Scoop out the coconut cream carefully, including the wax-like layer at the top, into a large bowl. Stop scooping when you reach the water in the bottom of the can and save this for drinking. Removing the water helps the thickening process.

Using a mixer or hand beater on high speed - whip the coconut cream for 3 to 5 minutes until it becomes light and fluffy.

Mix in your sweetener and vanilla and serve immediately.

The cream can be stored in an airtight container for up to a week.

ORANGE AND ALMOND CAKE

(gluten free)

5 min
prep

90 min
cook

8
serves

INGREDIENTS

6 eggs
250 grams ground almonds
2 oranges
150 grams raw honey
1 teaspoon ground cardamom
1 tablespoon baking powder

METHOD

Boil whole oranges for 1 hour, changing water twice to remove bitterness, drain and cool.

Blend whole oranges in food processor.

Beat eggs, honey and cardamom until creamy, then stir in the orange pulp.

Add almond meal mixed with baking powder. The mix will be fairly soft.

Pour into square or round baking tin and bake at 160 C or 320 F for 20-30 minutes. Check with a skewer that the batter is cooked. Cool before lifting out and cutting.

This is a very light and moist cake. If you would like a slightly heavier texture, try a mixture of half coconut flour and half almond or hazelnut meal.

APPLE SAUCE

5 min
prep

20-25 min
cook

1
cup

INGREDIENTS

3 Granny Smith apples
100 mls filtered water
1 large strip lemon peel (optional)
1 tablespoon butter, ghee or coconut oil

METHOD

Peel, core and chop apples into chunks.

Place the apples in a medium saucepan and add the water and lemon peel. Bring to the boil with the lid on, stir often and simmer for 15-20 mins, or until the apple has softened and becomes purée.

Stir in the butter, ghee or coconut oil.

Remove the lemon peel and puree to a consistency you like.

This is great as a dessert with yogurt and/or nuts, or as a condiment with meats such as pork. The apple can also be used as a sweetener instead of sugar. Some cinnamon can also add another dimension to the flavours.

BANANA BLISS BALLS

5 min
prep
(less
soaking)

5 min
cook
(less
resting)

24
serves



INGREDIENTS

2 bananas
½ cup raw almonds soaked in filtered water overnight
or 1 cup almond meal
2 tablespoon cocoa (optional)
½ cup currants
Desiccated coconut for rolling

METHOD

Drain and blend the soaked almonds in a food processor before adding the rest of the ingredients.

If using almond meal, first blend the bananas, currants and cocoa in a bowl, then add the almond meal until the mixture is firm enough to roll.

Roll balls in desiccated coconut and place in fridge to firm-up before serving.

For variations, try different nuts, fruits and flavours, like vanilla bean or cinnamon.

5 SECRETS TO NUTRITIONAL SUCCESS



Fresh, healthy foods

Start the week by setting-up your kitchen and pantry with foods that align with your goals. Having simple, healthy meal options available each day is critical to success.



Begin with the end in mind

Start thinking and eating like a person who has sustainably achieved the goals you have set yourself. Pretty soon you will find yourself in the same position.



Meal preparation

Prepare your meals and take them with you each day. This avoids being at the mercy of non-compliant food outlets or not eating because you don't want to lose points.



Serving size

Just because it's compliant, does not mean you can eat as much as you like. Eat slowly and stop before you feel full. Instead of seconds, leave it for lunch the next day. Willpower is key here.



Inspiration

In order to create sustainable food habits, spend a few minutes each week looking at some sites that offer recipes you love. Use these to inspire and motivate yourself to stay on track. Here are a few to get started with:

Yummly.com Delish.com Nomnompaleo.com
Foodmatters.tv Taste.com.au