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WEEK 01

{ RECIPES SERVE 2 PEOPLE, UNLESS OTHERWISE SPECIFIED }

Day 1

- CRISPY JERUSALEM ARTICHOKE, PANCETTA & EGG BREAKFAST
- FILLETED SALMON WITH ASPARAGUS
- KALE & CHICKEN SALAD WITH HEMP SEEDS

Day 2

- WARM COCONUT PORRIDGE
- EASY CHICKEN STIR-FRY
- CAULIFLOWER SOUP WITH CRISPY PROSCIUTTO

Day 3

- QUICK BREAKFAST TUNA WRAPS
- PAN-FRIED CHICKEN BREAST WITH GREEN BEANS & PALEO PESTO
- CHOPPED SAUSAGE & MUSHROOM SALAD

- BREAKFAST BACON SALAD
- PUMPKIN & HEMP SEED SOUP
- SMOKED CHICKEN WITH CAULIFLOWER & PARSLEY

- TINNED TOMATOES WITH BACON & HEMP SEEDS
- SMOKED CHICKEN COLESLAW
- FLANK STEAK WITH AVOCADO SAUCE

- SOFT-BOILED EGGS WITH AVOCADO SAUCE
- MARINATED MUSHROOMS WITH CHORIZO
- PAN-FRIED SALMON WITH COCONUT SIDE
- SWEET POTATO CHIPS

- TRAIL-MIX PORRIDGE
- BRUSSELS SPROUTS WITH CHICKEN & AVOCADO
- TURKEY & SWEET POTATO HASH

Day 4

Day 5

Day 6

Day 7

CRISPY JERUSALEM ARTICHOKE, PANCETTA & EGG BREAKFAST

250g jerusalem artichokes

1 tablespoon olive oil

1 red onion, thinly sliced

100g pancetta

2 eggs

handful baby spinach

Place the jerusalem artichokes in a pan of boiling water and cook for 10-15 minutes or until tender, drain then thinly slice.

Meanwhile, heat the olive oil in a frying pan on medium heat and add the onion slices, fry until the onions begin to turn golden brown then add the pancetta, continue cooking until the onions are tender and pancetta golden, then transfer to a plate.

Return the frying pan to the heat and add the jerusalem artichokes, cook until brown and slightly crisp (add more olive oil if necessary). Remove the jerusalem artichokes from the pan and crack in the eggs, cook to your liking.

To serve, simply divide the cooked ingredients onto two plates, top with the fried egg and a side of baby spinach.

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FILLETED SALMON WITH ASPARAGUS

2 x 180g salmon fillets

1 bunch asparagus

1 tablespoon lemon juice

4 tablespoons mayonnaise (homemade)

1 tablespoon dill, finely chopped

Use a sharp knife to slice the salmon into 5mm thick fillets (horizontally).

Place the asparagus in a pan of boiling water and cook for 5-10 minutes or until tender.

While the asparagus is cooking, heat a frying

pan to medium-high heat and cook the salmon fillets for 1 minute on each side.

Combine the mayonnaise and dill then place a tablespoon on a plate along with the salmon fillets and asparagus to serve.

KALE & CHICKEN SALAD WITH HEMP SEEDS

6 medium-large kale leaves,
stems removed & chopped
1 chilled chicken breast
(roasted or poached chicken)

½ cup hemp seeds/hemp hearts
1 tablespoon flaxseed oil
½ teaspoon honey

Shred the chicken breast, no bigger than bite size pieces with your hands, then place into a large salad bowl along with the remaining ingredients and combine well.



WARM COCONUT PORRIDGE

1 cup coconut cream
(or a creamy coconut milk)
4 eggs
2½ tablespoons coconut flour
pinch of cinnamon

In a bowl, whisk together the coconut cream and eggs with a fork. Add the coconut flour and combine well, removing all lumps.

Place the mixture into a pan on low-medium heat, stir with a wooden spoon until thickened.

Divide the porridge into two serving bowls and serve with a pinch of cinnamon on top.



EASY CHICKEN STIR-FRY

400g minced chicken	3 tablespoons wheat-free soy sauce
1 tablespoon olive oil	handful chopped coriander
2 small-medium zucchini (courgettes), sliced into rounds	handful whole almonds

Place the olive oil and chicken in a wok (or frying pan) on high heat, stir regularly until the chicken has browned then place the chicken in a bowl to the side.

Return the wok to the heat and add the zucchini, cook until slightly tender, then return the chicken to the pan along with the soy sauce. Stir-fry until the chicken is cooked.

Serve on a plate with an even portion of coriander and almonds sprinkled on-top.

CAULIFLOWER SOUP WITH CRISPY PROSCIUTTO

1 medium head of cauliflower,
leaves removed & chopped

1 tablespoon olive oil

1 onion, chopped

2 garlic cloves, chopped

4 sprigs thyme

3 cups chicken or vegetable stock

salt and pepper

4 slices prosciutto

Heat the olive oil in a large pan on medium heat and add the onion and garlic, fry until the onions begin to turn golden brown then add the thyme and stir for a further minute.

Add the cauliflower and stock to the onions, then cover and simmer for 10-15 minutes or until the cauliflower is tender, then take the pan off the heat.

Meanwhile, place a frying pan on medium heat and add the prosciutto, cook until crispy then place to the side.

With an electric hand mixer, blend the cauliflower and stock until a smooth soup consistency forms.

Divide the soup into two bowls and serve with crispy prosciutto on the side.

QUICK BREAKFAST TUNA WRAPS

8-10 leaves of butter lettuce
(or any larger lettuce leaf)

185g can tuna in olive oil

250g cherry tomatoes, finely chopped

2 teaspoons smoked paprika

pinch of salt and pepper

Place the tuna (and oil), tomatoes, paprika, salt and pepper in a bowl and combine.

Place the butter lettuce leaves on a plate (double up if necessary if they are very thin or have a tear), fill with the tuna mixture to the point of still being able to close the lettuce leaf and eat like a sandwich wrap.

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PAN-FRIED CHICKEN BREAST WITH GREEN BEANS & PALEO PESTO

2 chicken breasts,
cut in half horizontally

1 tablespoon olive oil

250g green beans

Pesto

1 small garlic bulb

½ cup firmly packed basil leaves

2 tablespoons pine nuts

2 tablespoons flaxseed oil

2-3 tablespoons fresh lemon juice

pinch of salt and pepper

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit.

Remove any loose layers of garlic skin from the bulb, then cut the top and bottom ends off to display the cloves.

Wrap the garlic in aluminium foil then place in the oven for 30-40 minutes, or until very soft. Place to the side and allow to cool.

While the garlic is cooling, place the chicken breasts between two pieces of baking paper or cling film and bash with a pan or rolling pin until the chicken is around 5mm thick.

Heat a frying pan over medium heat and add the olive oil followed by the chicken breasts. Cook for 2 minutes each side, or until cooked through.

Place the green beans in a pan of boiling water and cook for 5-10 minutes or until tender.

Meanwhile, squeeze the cooled garlic cloves out from their skin. Place the garlic into a food processor along with the other pesto ingredients and blend to combine. Add more lemon juice or flaxseed oil if necessary for flavor balance.

Serve the chicken on two plates, top with the pesto and place the green beans on the side.

CHOPPED SAUSAGE & MUSHROOM SALAD

4 grass-fed organic sausages

1 tablespoon olive oil

4 medium sized button mushrooms

2 sprigs thyme

2 handfuls kale leaves,
stems removed & chopped

Remove the sausage from the casing and crumble the meat into pieces.

Heat a frying pan to medium-high heat and add the olive oil and sausage. Stir for 5-8 minutes or until the meat has browned and is cooked through. Add the mushrooms and thyme and stir until slightly tender.

Divide the chopped kale onto two plates, then top with the sausage and mushrooms to serve.



BREAKFAST BACON SALAD

6 slices bacon, sliced into thin strips	½ cucumber, chopped
2 tablespoon olive oil	2 tablespoons lemon juice
12 cherry tomatoes, halved	handful chopped almonds
1 avocado, skin removed and chopped	

Heat 1 tablespoon of olive oil in a frying pan on medium heat and add the bacon. Fry until the bacon has started to turn crispy then remove from the pan and place to the side.

While the bacon is cooking, place the tomatoes, avocado, cucumber, lemon juice, almonds and remaining 1 tablespoon of olive oil in a mixing bowl and combine well.

Place the salad in a bowl and serve with crispy bacon.

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PUMPKIN & HEMP SEED SOUP

1 medium-large golden nugget or butternut pumpkin, chopped	½ teaspoon ground paprika
1 onion, chopped	1 teaspoon dried sage
2 garlic cloves, minced	1 cup coconut milk
½ teaspoon ground cinnamon	2 cups chicken stock
½ teaspoon ground turmeric	½ cup hemp seeds / hemp hearts
	pinch of salt and pepper

Heat the olive oil in a large pan on medium heat and add the onion and garlic, fry until the onions begin to turn golden brown then add the cinnamon, turmeric, paprika and sage and stir for a further minute.

Add the pumpkin, coconut milk and chicken

stock to the pan then cover and simmer for 30-40 minutes or until the pumpkin is tender, then take the pan off the heat.

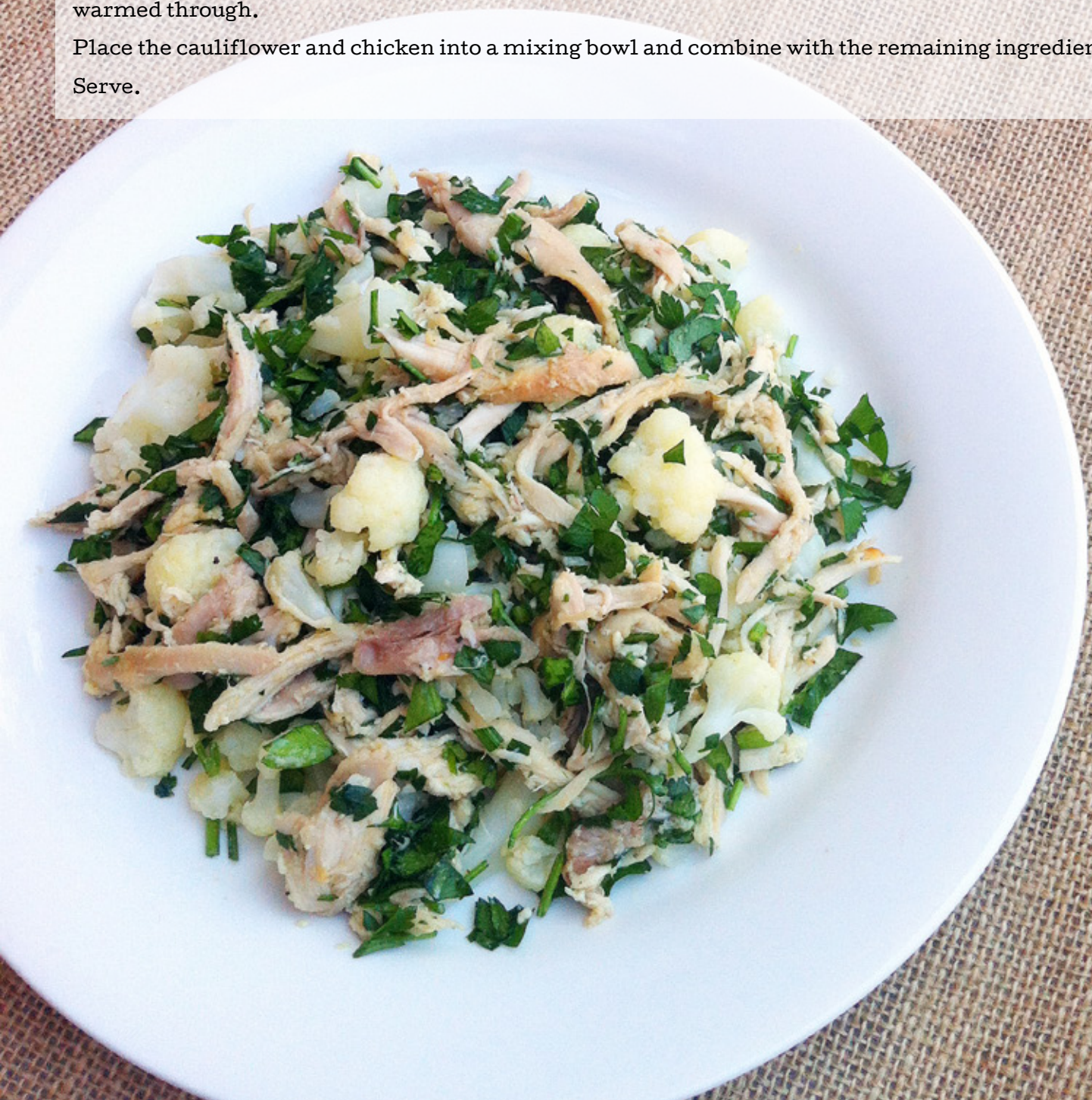
With an electric hand mixer, blend the soup until a smooth consistency forms. Stir in the hemp seeds and season with salt and pepper to serve.

SMOKED CHICKEN WITH CAULIFLOWER & PARSLEY

½ small cauliflower, chopped into small florets	2 teaspoons honey
1 smoked or BBQ chicken breast	2 tablespoons apple cider vinegar
big handful parsley, roughly chopped	pinch of salt and pepper
4 tablespoon olive oil	

Place the cauliflower in simmering water for 8-10 minutes or until slightly tender. Strain the water from the pan and return to the heat. Add the chicken and stir for one minute or until the chicken has warmed through.

Place the cauliflower and chicken into a mixing bowl and combine with the remaining ingredients. Serve.



TINNED TOMATOES WITH BACON & HEMP SEEDS

8 pieces short cut bacon,
cut lengthwise into thick strips

1 tablespoon olive oil

1 x 400g can tinned whole tomatoes

pinch of salt and pepper

4 tablespoons hemp seeds/hemp hearts

½ teaspoon dried sage leaves

Heat the olive oil in a frying pan on medium heat and add the bacon. Fry until the bacon has started to turn crispy then remove from the pan and place to the side.

Leaving the oil in the frying pan return to the heat. Add the whole tomatoes and gently turn to heat through. Stir the tomato juices into the oil to make a sauce and season with salt and pepper.

To serve, place an even portion of tomatoes and sauce on a plate, top with bacon and hemp seeds and finish with a pinch of dried sage.



SMOKED CHICKEN COLESLAW

1 smoked or BBQ chicken breast	small handful parsley, finely chopped
¼ small white cabbage, finely shredded	pinch of salt and pepper
4 tablespoons homemade mayonnaise	
1 tablespoon lemon juice	

Shred the chicken breast into thin strips then place into a bowl along with the remaining ingredients and combine well. Serve.

FLANK STEAK WITH AVOCADO SAUCE

2 lb flank steak (1 inch thick)

2 cups mixed salad leaves

Marinade

¼ cup olive oil
(1 tablespoon reserved for frying)

¼ cup white wine vinegar

juice of 1 lime

2 garlic cloves, minced

pinch of sea salt and pepper

pinch of chili powder

pinch of dried oregano

pinch of smoked paprika

Avocado Sauce

{ This amount of avocado sauce is more than needed for this meal. The extra amount will be used tomorrow for breakfast }

2 large tomatillos

1 medium sized avocado,
skin and seed removed

1 spring onion

1 garlic clove

1 tablespoon lime juice

small handful coriander, chopped

pinch of ground chili

pinch of salt

Combine the marinade ingredients in a bowl then add the steak and coat well. Cover the bowl with cling film and refrigerate for a minimum of 1 hour.

Heat the reserved olive oil in a frying pan on low-medium heat and add the steak. Cook for 6-8 minutes each side or until cooked to your liking. Remove from the pan and rest for 5-10 minutes before serving.

While the steak is cooking, make the avocado sauce. Place all of the ingredients in a food processor and blend until a smooth consistency has formed.

Slice the steak into thin strips and serve with an even portion of avocado sauce and a handful of mixed salad leaves.

Place the unused avocado sauce in a bowl, cover and refrigerate to use in tomorrow's breakfast.

SOFT-BOILED EGGS WITH AVOCADO SAUCE

4 eggs (at room temperature)

avocado sauce (leftover from yesterday)

2 tomatoes, finely chopped

pinch salt and pepper

Place a pan of water on medium heat and add the eggs. Bring the water to a boil then cook for 4 minutes. Remove the eggs and place in cold water for 60 seconds then peel and cut in half.

Place the halved eggs on a plate and top with the avocado sauce and a side of chopped tomatoes seasoned with salt and pepper.

MARINATED MUSHROOMS WITH CHORIZO

2 chorizo sausages, thickly sliced diagonally

150g button mushrooms

2 tablespoons red wine vinegar

2 tablespoons olive oil

1 garlic clove, minced

3 fresh sage leaves

3 sprigs fresh thyme

pinch of brown mustard seeds

Combine all of the ingredients except the chorizo in a bowl and cover with cling film. Refrigerate for a minimum of 1 hour (preferably overnight).

Heat a frying pan over medium heat and add the sliced chorizo, cook, turning occasionally for

5 minutes or until golden brown.
Place to the side.

Return the frying pan to the heat and add the mushrooms, stir for 1 minute or until the mushrooms have warmed.

Serve.

PAN-FRIED SALMON WITH COCONUT SIDE

2 x 180g salmon fillets

1 tablespoon olive oil

Coconut Side

½ cup shredded coconut

½ avocado, skin and seed removed, chopped

handful parsley, chopped

1 tablespoon lime juice

pinch of dried chilli (optional)

pinch of ground ginger

1 teaspoon honey

Heat the olive oil in a frying pan on medium heat and add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until cooked.

Combine all of the coconut side ingredients together in a bowl, then place an even portion across two plates with the salmon fillet on top to serve.



SWEET POTATO CHIPS

{Serves 4-6}
{optional snack}

SNACK RECIPE

These sweet potato chips are great for serving at a party and as a snack. These are so good! But don't eat too many at once.

1 large sweet potato
1 teaspoon salt
½ cup coconut oil

Wash the sweet potato then thinly slice into circles using a chip cutter.

Soak the cut sweet potato in a bowl with cold water and salt for a minimum of 2 hours.

Place the coconut oil in a frying pan on high heat, add more coconut oil if necessary to fry the chips. Place batches of the sweet potato into the frying pan, turn once after 40-60 seconds and remove when browned and crispy.

Place the chips on a plate lined with paper towel to remove excess oil.

Serve.



TRAIL-MIX PORRIDGE

¼ cup coconut flour	2 teaspoons pumpkin seeds
1 cup almond milk or coconut milk	2 teaspoons goji berries
1 teaspoon stevia or honey (optional)	pinch of ground cinnamon
2 teaspoons sunflower seeds	

In a bowl place the coconut flour, almond milk and stevia, stir for 1 minute or until the mixture has thickened.

Stir in the remaining ingredients and serve.

BRUSSELS SPROUTS WITH CHICKEN & AVOCADO

1 chicken breast	juice of ½ lime
1 garlic clove, minced	1 avocado, skin and seed removed, sliced
12 brussels sprouts, thinly sliced	pinch of salt and pepper
1 tablespoon olive oil	

Poach the chicken breast in simmering water for 8-10 minutes or until cooked through. Remove from the pan and leave to cool slightly. When cooled, shred the chicken breast into thin pieces.

While shredding the chicken breast, heat the olive oil in a frying pan on medium heat and add the brussels sprouts and garlic, cook until

the brussels sprouts become slightly tender. Add the shredded chicken and lime juice and combine, then add the avocado and gently toss until warm - do not over stir as the avocado will turn to mash.

Season with salt and pepper to serve.

TURKEY & SWEET POTATO HASH

1 small-medium sweet potato, chopped	1 teaspoon fresh rosemary
2 tablespoons olive oil	1 teaspoon fresh thyme
1 onion, finely chopped	½ teaspoon fennel seeds
1 garlic clove, minced	Pinch of cinnamon
300g minced turkey	4 sun-dried tomato halves, finely chopped

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tray with baking paper.

Place the chopped sweet potato on the baking paper and coat in 1 tablespoon of olive oil then place in the oven for 45–60 minutes or until tender, turning twice during roasting.

When the sweet potato has cooked, heat the remaining olive oil in a frying pan on medium heat and add the onion and garlic, fry until brown then remove from the pan and place to the side.

Leaving the oil in the frying pan return to the heat. Add the turkey and stir regularly until the turkey has browned. Add the rosemary, thyme, fennel seeds and cinnamon, stir for 2 minutes then add the sun-dried tomatoes and sweet potato and combine.

Serve.

WEEK 02

{ RECIPES SERVE 2 PEOPLE, UNLESS OTHERWISE SPECIFIED }

Day 1

- COCONUT KEFIR YOGHURT
- SALSA VERDE WITH POACHED CHICKEN
- TUNA STEAKS WITH TOMATOES AND FRESH GREENS

Day 2

- ZUCCHINI FRITTERS
- MOROCCAN STYLE LAMB MINCE
- CAULIFLOWER & TURKEY COUSCOUS

Day 3

- BRUSSELS SPROUTS WITH PROSCIUTTO & GRATED BRAZIL NUTS
- PAN-FRIED CHICKEN WITH RED CAPSICUM HAZELNUT PESTO
- BEEF & BEANS

Day 4

- SAUERKRAUT
- CHORIZO & SAUERKRAUT
- AVOCADO & ALMONDS WITH CUMIN SPICED TURKEY

- GREEN BEANS WITH MUSTARD, DILL & PROSCIUTTO

- DANDELION ROOT COFFEE

- CHORIZO WITH TOMATO, CAPSICUM & PARSLEY

- SHAVED CABBAGE WITH BOILED EGG

- PULLED LAMB SHOULDER WITH HERBS & ANCHOVIES

- CAULIFLOWER & KEFIR YOGHURT WITH TRAIL MIX

- BEEF MEATBALLS

- LAMB CUTLETS WITH SWEET POTATO MASH

- FRUIT BUNS

- MEXICAN BEEF WITH CRUNCHY ICEBERG LETTUCE

- GREEN BEANS WITH SUN-DRIED TOMATO PESTO & TOASTED WALNUTS

Day 5

Day 6

Day 7

COCONUT KEFIR YOGHURT

(Day 1)

400ml organic coconut cream

1 teaspoon honey

1 tablespoon kefir grains

You will need to make this yoghurt well in advance, as depending on how much kefir grains you use per batch it can take 48 hours+ to ferment.

Place the coconut cream, honey and live kefir grains in a jar and seal tightly, then leave the jar in room temperature for up to 48 hours.

Keep an eye on the coconut kefir as it ferments, check after the first 24 hours, and again after a further 12 hours have passed. The longer the kefir ferments the more sour the yoghurt will become. Fermenting for longer than four days can begin to introduce problems associated with over fermenting.

When the kefir has fermented, place it through a sieve and remove the kefir grains, then reserve the grains for your next batch of kefir.

Store the coconut kefir yoghurt in the refrigerator.



SALSA VERDE WITH POACHED CHICKEN

2 chicken breasts	½ cup chopped coriander
6 green tomatoes, skin removed and chopped	1 avocado, skin and seed removed, chopped
1 small onion, thinly sliced	½ teaspoon chilli flakes
1 small garlic clove, finely chopped	Juice of ½ lime

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place the tomatoes and onion on a baking tray lined with baking paper then place in the oven and cook until slightly charred and caramelized, place to the side and allow to cool.

While the tomatoes and onion are cooling, place a pot on medium-high heat filled half way with water. Bring the water to a simmer then add

the chicken breasts and cover. Poach for 8-10 minutes or until the chicken is cooked. Remove from the pan.

Chop the tomatoes and onion into small pieces, then place into a bowl and combine with the garlic, coriander, avocado, chilli flakes and lime juice.

Serve an even portion of the salsa verde with each chicken breast.

TUNA STEAKS WITH TOMATOES AND FRESH GREENS

2 tuna steaks (roughly 1cm thick)	3 tablespoons capers
pinch of salt and pepper	2 large handfuls mixed salad leaves
1 tablespoon olive oil	2 slices of fresh lemon
12 cherry tomatoes	

Rub the salt and pepper into the tuna steaks.

Heat the olive oil in a frying pan on medium heat and add the tuna steaks and tomatoes. Sear the tuna steaks for 1-2 minutes on each side, or until cooked to your liking. Turn the tomatoes to evenly cook.

Serve the tuna steaks on a plate topped with capers. Place the tomatoes and mixed salad leaves on the side with a slice of fresh lemon.

ZUCCHINI FRITTERS

2 cups grated zucchini, firmly packed
(roughly 1 large zucchini)

2 tablespoons coconut flour

4 eggs

pinch of salt and pepper

coconut oil

Squeeze handfuls of the grated zucchini to remove some of the water content, then place into a mixing bowl along with the coconut flour, eggs, salt and pepper and combine well.

Heat some coconut oil in a frying pan on medium heat and add two heaped tablespoons of the zucchini fritter batter together to make one fritter. Add as many fritters to the frying pan as possible. Cook for 1 minute then flip over and cook for a further minute. Remove from the pan and repeat with the remaining batter.

Serve.



MOROCCAN STYLE LAMB MINCE

1 tablespoon olive oil	200g can chopped tomatoes, or 4 fresh tomatoes finely chopped
1 onion, finely chopped	
1 garlic clove, minced	½ cup vegetable stock
400g minced lamb	3 tablespoons currants
½ teaspoon ground coriander	1 tablespoon lemon juice
½ teaspoon ground cumin	2 tablespoons pine nuts
½ teaspoon mild paprika	2 tablespoons parsley, finely chopped
pinch of ground turmeric	pinch of sea salt

Heat the olive oil in a frying pan on medium heat and add the onion and garlic, fry until brown then add the lamb mince, break up the mince to remove lumps and stir until the lamb has browned.

Add the spices and cook, stirring, for 1 minute. Add the tomatoes, vegetable stock, currants and lemon juice and bring to a simmer. Stir for 10-15 minutes or until the liquid has evaporated.

Stir in the pine nuts, parsley and salt to serve.

CAULIFLOWER & TURKEY COUSCOUS

1 small cauliflower, chopped	250g minced turkey
1 tablespoon olive oil	2 teaspoons ground cumin
2 onions, finely chopped	pinch of ground cinnamon
1 garlic clove, minced	pinch of salt and pepper

Place the chopped cauliflower into a food processor and blend until very finely chopped.

Heat the olive oil in a frying pan on medium heat and add the onion and garlic, fry until brown then remove from the pan and place to the side.

Leaving the oil in the frying pan return to the heat. Add the turkey and stir regularly until

the turkey has browned. Add the cumin and cinnamon and stir for 2 minutes, then return the onion and garlic to the pan along with the cauliflower. Cover and cook for 5-8 minutes, or until the cauliflower is tender.

Season with salt and pepper to serve.

BRUSSELS SPROUTS WITH PROSCIUTTO & GRATED BRAZIL NUTS

2 tablespoons coconut oil

1 large garlic clove, minced

12 brussels sprouts, thinly sliced

1 tablespoon apple cider vinegar

4 slices prosciutto, torn into pieces

salt and pepper

Heat the coconut oil in a frying pan on medium heat and add the garlic and brussels sprouts. Cook until the garlic has browned and brussels sprouts slightly tender.

Place the mixture into a large bowl and stir through the apple cider vinegar and prosciutto, adding salt and pepper to taste.

Serve.

PAN-FRIED CHICKEN WITH RED CAPSICUM HAZELNUT PESTO

2 chicken breasts, cut in half horizontally

1 tablespoon olive oil

Pesto

100g roasted red capsicum

1 tablespoon hazelnut oil or olive oil

1 small garlic clove, minced

½ cup roasted hazelnuts

1 tablespoon ground paprika

1 teaspoon lemon juice

Place the chicken breasts between two pieces of baking paper or cling film and bash with a pan or rolling pin until the chicken is around 5mm thick.

Heat a frying pan over medium heat and add the olive oil followed by the chicken breasts. Cook for 2 minutes each side, or until cooked through.

Meanwhile, place all of the pesto ingredients in a food processor and blend to combine. Add more lemon juice or oil if necessary for flavor balance.

Serve the chicken on two plates, with a generous serving of pesto on the side.

BEEF & BEANS

400g minced beef

1 tablespoon olive oil

½ teaspoon salt

½ teaspoon ground black pepper

250g green beans, cut in half

Place the olive oil and beef in a skillet (or frying pan) on high heat, stir regularly until the beef has browned, add the salt and pepper and continue to cook for a further 2-3 minutes, or until the beef has turned darker and liquid has evaporated.

Meanwhile, place the green beans in a pan of boiling water and cook for 5-10 minutes or until tender. Drain, then combine with the beef.

Serve.



SAUERKRAUT

1 large cabbage
2 tablespoons finely chopped dill
1 tablespoon sea salt

Remove the outer leaves from the cabbage and wash well.

Slice the cabbage into very small pieces then place into a large mixing bowl or pot. Add the dill and salt and combine, then leave for 5 minutes.

With your hands, squeeze the cabbage to release as much liquid as possible, continue for 10-15 minutes or until a decent amount of liquid has been created.

Using sterilized jars, fill as much sauerkraut into each jar as possible while leaving a minimum 2cm gap from the top of the jar, press down firmly to remove air pockets and so the cabbage is completely submerged in the liquid.

Cover the jars with a cheese cloth and elastic band, or a loosely tightened lid that will allow air to escape and nothing to enter the jar. Keep in a cool dark place for 3 days, pressing down the sauerkraut to keep submerged in the brine at least 3-4 times throughout the day.

After 3 days taste the sauerkraut, if fermented with a tangy taste instead of salty place a lid tightly on the jar and keep in the fridge. If still salty, continue to ferment the sauerkraut for another day or two.

Sauerkraut will keep for several months in the fridge.

Use a tablespoon of liquid from your sauerkraut when making future batches to speed up the fermentation process.

CHORIZO & SAUERKRAUT

2 chorizo sausages, sliced into rounds

1 tablespoon olive oil

1½ cup sauerkraut (see page 23)

Heat a skillet over medium heat and add the olive oil and sliced chorizo, cook, turning occasionally for 5 minutes or until golden brown.

Stir in the sauerkraut to serve.



AVOCADO & ALMONDS WITH CUMIN SPICED TURKEY

300g minced turkey

1 tablespoon olive oil

1 teaspoon ground cumin

1 avocado, skin and seed removed, chopped

1 handful roasted almonds

2 big handfuls baby spinach

1 tablespoon almond oil

2 tablespoons lemon juice

Place the olive oil and turkey in a wok (or frying pan) on high heat, stir regularly until the turkey has browned. Add the cumin and stir for a further 2 minutes.

Meanwhile, place the avocado, almonds, spinach, almond oil and lemon juice in a bowl and combine. Add the turkey mince and stir to combine.

Serve.

GREEN BEANS WITH MUSTARD, DILL & PROSCIUTTO

250g green beans

1½ tablespoons Dijon mustard

2 tablespoons olive oil

1 tablespoon white wine vinegar

1 teaspoon finely chopped dill

4 slices prosciutto, torn into pieces

Place the green beans in a pan of boiling water and cook for 5-10 minutes or until tender. Drain the water and place the beans in a bowl.

Combine the mustard, olive oil, vinegar and dill in a bowl. Add to the green beans and combine well.

Serve in two bowls with torn pieces of prosciutto on top.

DANDELION ROOT COFFEE

If you aren't able to purchase roasted dandelion root, simply prepare in advance by roasting the chopped roots yourself - it's easy. Simply turn your oven to 120° degrees Celsius/ 250° degrees Fahrenheit. Place the chopped dandelion roots onto a baking tray lined with baking paper and place into the oven. Roast for 2-3 hours, turning the dandelion root regularly with a spatula to ensure even roasting. The finished result will be very dark brown.

Alternatively, place the dandelion roots in a frying pan on low heat and stir regularly with a wooden spoon until roasted (roughly 30-40 minutes).

When they have cooled ground them into small pieces so they are ready to brew. Be careful, as the dandelion roots can burn very easily, so keep a close eye on them and turn your oven down if necessary.

1 tablespoon roasted
dandelion root (ground)

2 cups water

Bring the water to a simmer in a small pot then add the dandelion roots. Cover and simmer for 5-10 minutes or until a dark coffee colored brew appears, then strain out the dandelion roots to serve.



CHORIZO WITH TOMATO, CAPSICUM & PARSLEY

2 chorizo sausages, sliced into rounds

1 tablespoon olive oil

250g cherry tomatoes

1 red capsicum, finely sliced

1 teaspoon ground paprika

handful parsley, chopped

Heat a frying pan over medium heat and add the olive oil and sliced chorizo, cook, turning occasionally for 5 minutes or until golden brown.

Add the tomatoes, capsicum and paprika, cook for a further 2 minutes then stir in the parsley and serve.

SHAVED CABBAGE WITH BOILED EGG

4 eggs (at room temperature)

½ small white cabbage, thinly sliced

2 tablespoons olive oil

2 tablespoons lemon juice

pinch of salt and pepper

Place a pan of water on medium heat and add the eggs. Bring the water to a boil then cook for 4 minutes. Remove the eggs and place in cold water for 60 seconds then peel and cut into half.

Meanwhile place the sliced cabbage, olive oil, lemon juice, salt and pepper in a bowl and combine well.

To serve, simply divide the cabbage onto two plates and top with the egg halves.

PULLED LAMB SHOULDER WITH HERBS & ANCHOVIES

{Serves 6}

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| 1.5 - 2kg lamb shoulder on the bone | 1 cup fresh parsley, chopped |
| 2 tablespoons olive oil | 1 cup fresh mint, chopped |
| 1 teaspoon chilli flakes | 2 garlic cloves, minced |
| 1 teaspoon cumin seeds | 1 tablespoon capers |
| 2 tablespoons fresh rosemary leaves, chopped | 4 anchovies, finely chopped |
| 1 teaspoon sea salt | 1 tablespoon fresh lemon zest |
| | 2 lemons, cut into wedges |

Combine the olive oil, chilli flakes, cumin seeds, rosemary and sea salt in a bowl. Rub the mixture into the lamb shoulder, cover then place in the fridge for up to 12 hours.

Preheat a fan-forced oven to 140° degrees Celsius / 285° degrees Fahrenheit.

Place the lamb shoulder into a roasting tray with roughly 1cm of boiling water at the bottom of the tray. Cover the tray with aluminium foil or a lid then place into the oven for 5-6 hours or until the

meat is very tender. Check the lamb every hour and top up the water at the bottom of the tray if needed.

Rest the lamb shoulder until warm to touch, then shred/pull the meat off the bone and place into a large mixing bowl. Add the parsley, mint, garlic, capers, anchovies and lemon zest and combine well.

Serve with fresh lemon wedges.



CAULIFLOWER & KEFIR YOGHURT WITH TRAIL MIX

1 tablespoon sesame seeds
1 tablespoon sunflower seeds
2 tablespoons almond slivers
pinch of cinnamon

1 cup cauliflower, finely chopped
2 cups coconut kefir (see page 17)
1 teaspoon honey

Place a frying pan on low heat and add the sesame seeds, sunflower seeds, almond slivers and cinnamon, stir gently until lightly toasted.

Place the cauliflower into two bowls and top with an even portion of coconut kefir and toasted nuts and seeds.

Serve with a drizzle of honey on top.

BEEF MEATBALLS

400g minced beef
1 tablespoon olive oil
1 onion, finely chopped
1 garlic clove, minced
1 teaspoon fresh thyme leaves
50g almond meal
2 cups tomato passata (or purée)

Heat the olive oil in a pot on medium heat and add the onion and garlic, fry until the onions begin to turn golden brown then add the thyme and stir for a further minute.

Remove from the pan and place into a bowl along with the beef mince and almond meal, combine well. With the palms of your hands, roll the beef into small meatballs.

Return the pot to the heat and add the tomato passata, bring to a simmer then add the meatballs. Cover and cook for 20-25 minutes, or until the meatballs are cooked. Serve.



LAMB CUTLETS WITH SWEET POTATO MASH

8 lamb cutlets, French trimmed

2 tablespoons olive oil

3 sprigs rosemary, leaves picked

salt and pepper

1 medium sweet potato

Heat a frying pan to high heat and add the olive oil. Season the lamb with the rosemary leaves, salt and pepper then place into the frying pan. Sear for 2-3 minutes on each side, or until the lamb has cooked to your liking.

Meanwhile, place the sweet potato in a pan of boiling water and cook for 10-15 minutes or until tender, drain then mash with a fork.

Serve the lamb cutlets on a bed of sweet potato mash.

FRUIT BUNS

{Serves 6}

300g almond meal	pinch of ground nutmeg
½ cup fresh dates, finely chopped	1 teaspoon baking powder
½ cup dried apricots, finely chopped	¼ cup olive oil
2 eggs	3 tablespoons honey
pinch of ground cinnamon	

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tray with baking paper.

Place all of the ingredients in a bowl and combine well.

Divide the mixture into 8 even portion sizes then roll each into a ball using the palms of your hands. Place each ball onto the baking paper.

Place into the oven for 15-20 minutes or until the buns are browned on top and cooked through.

Cool slightly before serving.

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{ LUNCH RECIPE ON THE NEXT PAGE }

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MEXICAN BEEF WITH CRUNCHY ICEBERG LETTUCE

400g minced beef	¼ cup sultanas/raisins
1 tablespoon olive oil	1 cup tomato purée
1 large onion, finely chopped	salt and pepper
2 tablespoons ground paprika	½ small iceberg lettuce, thinly sliced
pinch of cayenne pepper	1 tablespoon olive oil
pinch of ground cinnamon	2 teaspoons white wine vinegar

Heat the olive oil in a frying pan on medium heat and add the onion, fry until brown then add the beef mince, break up the mince to remove lumps and stir until the beef has browned.

Add the paprika, cayenne pepper, cinnamon, sultanas and tomato purée. Cook for 8-10

minutes or until the sauce has reduced slightly. Season with salt and pepper.

Meanwhile, combine the iceberg lettuce, olive oil and vinegar in a bowl.

Serve the beef mince with lettuce on the side.

GREEN BEANS WITH SUN-DRIED TOMATO PESTO & TOASTED WALNUTS

250g green beans

handful walnut halves

Pesto

½ cup sun-dried tomatoes

¼ cup red capsicum, finely chopped

¼ cup pine nuts

¼ cup olive oil

1 garlic clove, chopped

salt and pepper

Place the green beans in a pan of boiling water and cook for 5-10 minutes or until tender.

Meanwhile, place a frying pan on low heat and add the walnut halves, stir gently until lightly toasted.

Place the pesto ingredients into a food processor

and blend to combine. Add more olive oil, salt or pepper if necessary for flavor balance.

Drain the water from the beans and place into a bowl along with the pesto, combine well.

Serve with the toasted walnut halves.



WEEK 03

{ RECIPES SERVE 2 PEOPLE, UNLESS OTHERWISE SPECIFIED }

Day 1

- COCOA NIBS & NUT GRANOLA WITH ALMOND MILK
- PORTOBELLO MUSHROOMS WITH BEEF SAUSAGES
- CAULIFLOWER PURÉE WITH SMOKED CHICKEN BREAST

Day 2

- SOFT-BOILED EGGS & PAN-FRIED BRUSSELS SPROUTS
- PRAWN & AVOCADO SALAD
- VEGETABLE SOUP

Day 3

- PEAR & WALNUT SALAD WITH KEFIR
- SALMON WITH SALSA
- CARROT & CAULIFLOWER MASH WITH SAUSAGES

Day 4

- SIMPLE BACON & EGGS
- PAN FRIED TUNA WITH OLIVE TAPENADE
- WALNUT & CABBAGE SALAD WITH SMOKED CHICKEN

- STEWED CAPSICUM WITH EGGS

- ROAST LEG OF LAMB WITH CARROTS

- PARSNIP & PARSLEY WITH CHORIZO

- GREEN PEAS, TUNA & HEMP SEEDS

- CRUMBLLED SAUSAGE WITH GRILLED CAPSICUM & EGGPLANT

- GRILLED CUMIN SPICED CHICKEN KEBABS WITH GREEN BEANS

- BANANA BREAD

- CUMIN SPICED LAMB MINCE

- HAKE WITH BRAISED ARTICHOKE & PEAS

- COCONUT ICE-CREAM WITH CHOCOLATE SAUCE

Day 5

Day 6

Day 7

COCOA NIBS & NUT GRANOLA WITH ALMOND MILK

½ cup coco nibs

1 cup chopped pecans

½ cup coconut flakes

½ cup chopped almonds

2 tablespoons coconut oil, melted

2 tablespoons honey

pinch of salt

2-3 cups almond milk

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit and line a baking tray with baking paper.

Place all of the ingredients in a bowl and combine well. Spread the ingredients over the

baking paper then place in the oven for 10-15 minutes or until golden brown, tossing every 3-5 minutes to prevent burning.

Cool in the refrigerator before serving in a bowl with almond milk.

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{ LUNCH RECIPE ON THE NEXT PAGE }

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PORTOBELLO MUSHROOMS WITH BEEF SAUSAGES

6 beef sausages, chopped

4 portobello mushrooms

2 garlic cloves, minced

2 teaspoons fresh thyme leaves

2 tablespoons olive oil

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line two baking trays with baking paper.

Place in the oven along with the sausages for 10-15 minutes or until the mushrooms have browned and are tender and the sausages are cooked.

On the second baking tray, place the portobello mushrooms stem side up and sprinkle the minced garlic and thyme on top, then drizzle with olive oil. Place in the oven along with the sausages for 10-15 minutes or until the mushrooms have browned and are tender.

Serve the sausages with a side of mushrooms.

CAULIFLOWER PURÉE WITH SMOKED CHICKEN BREAST

2 smoked chicken breasts

pinch of salt and pepper

1 small cauliflower, chopped into florets

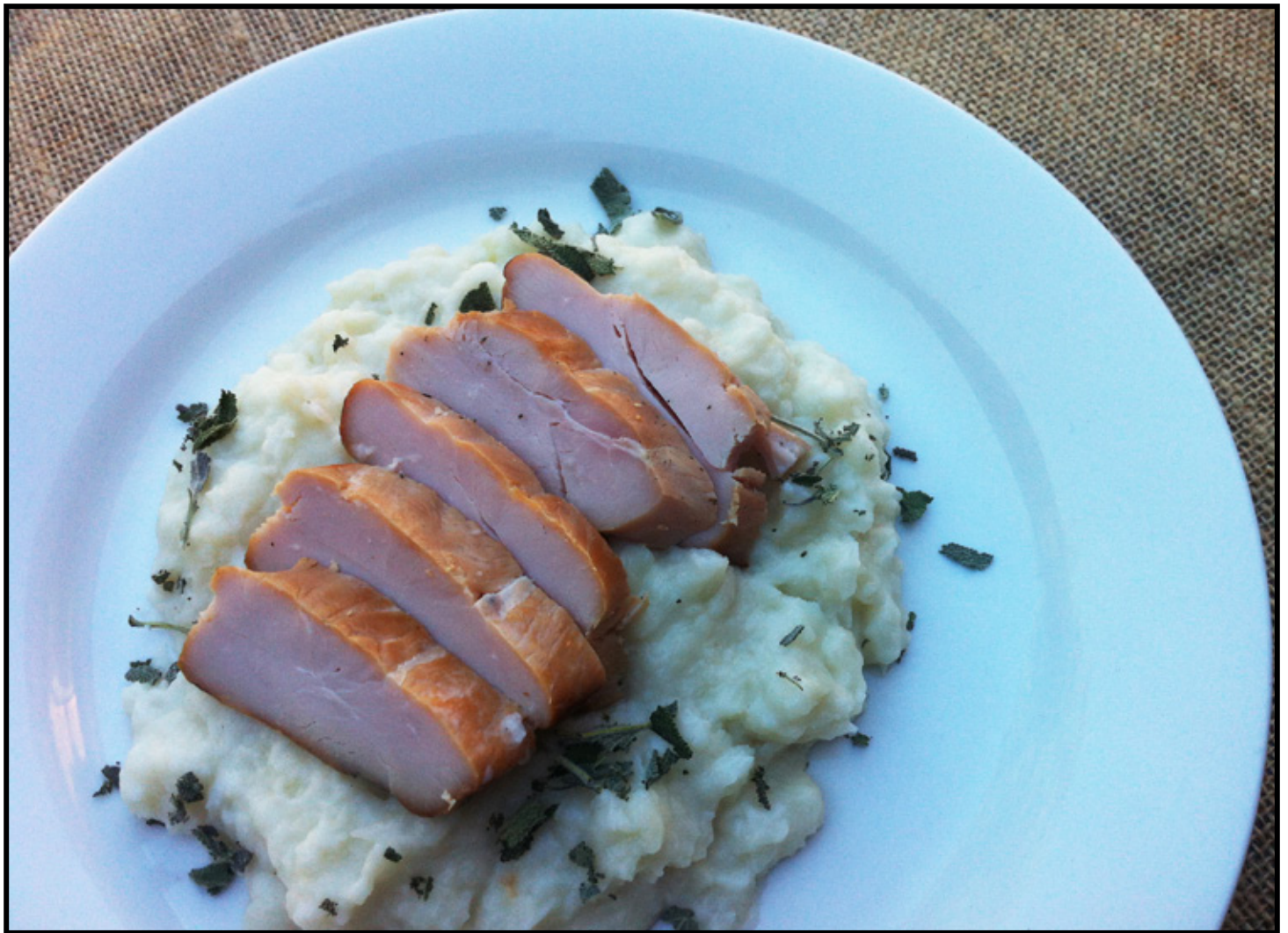
1 teaspoon dried sage

1½ cups coconut milk

Place a pot on medium heat and add the cauliflower and coconut milk. Bring to simmering point then cover and cook for 15-20 minutes or until the cauliflower is tender.

With an electric hand mixer purée the ingredients, then season with salt and pepper.

Slice the smoked chicken breasts and serve on a bed of cauliflower purée sprinkled with sage.



SOFT-BOILED EGGS & PAN-FRIED BRUSSELS SPROUTS

2 eggs

12 brussels sprouts, thinly sliced

1 tablespoon olive oil

4 slices prosciutto, chopped

2 garlic cloves, minced

salt and pepper

Place a pan of water on medium heat and add the eggs. Bring the water to a boil then cook for 4 minutes. Remove the eggs and place in cold water for 60 seconds then peel and cut in half.

Meanwhile, heat the olive oil in a skillet or frying pan on medium heat and add the brussels sprouts, cook until the brussels sprouts become

slightly tender then add the chopped prosciutto and garlic, stir for a further 2-3 minutes or until the garlic has browned slightly. Season with salt and pepper.

Place the brussels sprouts on a plate and top with egg halves to serve.

PRAWN & AVOCADO SALAD

12 large king prawns, heads & shell removed

2 tablespoons olive oil

1 avocado, skin and seed removed, chopped

juice from 1 lime

pinch of salt and pepper

Heat 1 tablespoon of olive oil in a frying pan on medium heat and add the prawns, cook for 5-6 minutes stirring occasionally to cook on both sides.

Meanwhile place the avocado, remaining 1

tablespoon olive oil, lime juice, salt and pepper in a bowl and combine well.

Serve the avocado salad on a plate with an even portion of prawns on top.

VEGETABLE SOUP

{Serves 6-8}

3 beef bones (that will fit in your pot)	1 turnip, peeled and chopped
2 onions, halved	3 small zucchini, chopped
3 carrots, chopped	½ cup tomato passata or tomato purée
3 celery stalks, chopped	salt and pepper
2 parsnips, peeled and chopped	

Place the beef bones in a large stock pot over medium-high heat and add enough water to cover the bones while also filling at least half of the pot with water. Bring to boiling point and cook for 4 hours, then remove the bones from the stock and allow to cool. When cool enough to touch, shred the meat from the bones and place to the side and discard of the bones.

With the beef stock still on the heat, add the remaining ingredients and cook for 1-2 hours, or until the vegetables are tender. Stir in the meat to heat through.

Serve.

PEAR & WALNUT SALAD WITH KEFIR

2 pears, thinly sliced around the core

2 tablespoons walnuts, chopped

1 cup coconut kefir yoghurt (see page 17)

pinch of cinnamon

Divide the sliced pears onto two plates. Sprinkle the chopped walnuts over the top of the pears and place half a cup of kefir in the centre. Sprinkle with a pinch of cinnamon to serve.



SALMON WITH SALSA

2 x 180g salmon fillets

1 tablespoon olive oil

Salsa

6 plum tomatoes

2 tablespoons olive oil

1 small onion, sliced

1 garlic clove, sliced

1 small dried chilli, finely chopped

pinch of cinnamon

pinch of salt and pepper

3 tablespoons apple cider vinegar

Place the tomatoes in a pan with water on medium-high heat, cook for 5 minutes then place into a bowl and allow to cool slightly.

Heat the olive oil in a frying pan on medium heat and add the onion, garlic, chilli, cinnamon, salt and pepper and cook until the onion has softened.

Place the onion mixture, tomatoes and vinegar into a blender and purée until smooth.

Heat the 1 tablespoon of olive oil in a frying pan on medium heat and add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until the salmon is cooked.

Serve the salmon with a side of salsa.

CARROT & CAULIFLOWER MASH WITH SAUSAGES

1 bunch carrots, chopped

½ head small cauliflower, chopped

1 heaped tablespoon grass-fed butter
(optional)

4-8 beef sausages

1 tablespoon olive oil

handful finely chopped parsley

Place the carrots and cauliflower in simmering water for 10-15 minutes or until slightly tender. Strain the water from the pan and add the butter and mash with a fork.

Heat a frying pan over medium heat and add the olive oil and sausages, cook, turning occasionally for 5 minutes or until golden brown and cooked.

Serve the sausages on a plate with a side of carrot and cauliflower mash and a sprinkle of chopped parsley on top.



SIMPLE BACON & EGGS

6 slices short cut bacon

1 tablespoon olive oil

2 eggs

1 small bunch kale, stems removed and chopped

4 button mushrooms, sliced

Heat the olive oil in a frying pan on medium heat and add the bacon. Fry until the bacon has started to turn crispy then remove from the pan and place to the side.

Leaving the oil in the frying pan return to the heat. Add the eggs and fry until cooked to your desired liking.

Return the pan to the heat for the final time and add the kale, when wilted slightly add the mushroom slices and stir for a further minute, or until the mushrooms have warmed through.

Place an even portion of the bacon, kale and mushrooms on a plate and serve with an egg.

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{ LUNCH RECIPE ON THE NEXT PAGE }

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PAN FRIED TUNA WITH OLIVE TAPENADE

2 tuna steaks

3 tablespoons olive oil

1 bunch baby spinach

4 tablespoons olive tapenade

1 tablespoon lemon juice

Heat 2 tablespoons of olive oil in a frying pan on medium heat and add the tuna steaks. Sear the tuna steaks for 1-2 minutes on each side, or until cooked to your liking.

Remove the tuna from the pan and add the baby spinach, return to the heat and cook until wilted.

Meanwhile, place the olive tapenade, lemon juice and remaining tablespoon of olive oil in a small bowl and combine well.

Serve the tuna on a bed of wilted spinach, topped with a scoop of olive tapenade.

WALNUT & CABBAGE SALAD WITH SMOKED CHICKEN

¼ small cabbage, finely sliced

handful walnuts, chopped

1 tablespoon olive oil

pinch of salt and pepper

2 smoked chicken breasts

Place the cabbage, walnuts, olive oil, salt and pepper in a bowl and combine well.

Slice the smoked chicken breasts and serve with a side of walnut and cabbage salad.



STEWED CAPSICUM WITH EGGS

1 onion, sliced	1 x 400g can tinned whole tomatoes
2 tablespoons olive oil	2 sprigs thyme
1 tablespoon smoked paprika	pinch of salt and pepper
2 red capsicums, sliced	2 eggs
1 yellow capsicum, sliced	

Preheat a grill to medium-high heat.

Heat the olive oil in a frying pan on medium heat and add the onion slices, fry until the onions begin to turn golden brown then add the paprika, stir for 2 minutes then add the capsicum slices, tomatoes, thyme, salt and pepper and cook for a further 15-20 minutes or until the capsicum is tender.

Crack the eggs onto the capsicums in the skillet, then place under the hot grill for 3-5 minutes or until the eggs have cooked to your liking.

Serve.

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{ LUNCH RECIPE ON THE NEXT PAGE }

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ROAST LEG OF LAMB WITH CARROTS {Serves 8-10}

3 brown onions, sliced	¼ cup olive oil
2 bunches of carrots	4 sprigs of rosemary
2 cups vegetable stock	½ teaspoon salt
1 leg of lamb	½ teaspoon pepper

Preheat a fan-forced oven to 100° degrees Celsius / 210° degrees Fahrenheit.

Place the onions, carrots and stock into the base of a roasting tray.

Rub the lamb shoulder with the olive oil, rosemary, salt and pepper, then place onto the top of the onions and carrots. Cover the tray with

aluminium foil then place into the oven for 5-6 hours or until tender. Check the lamb every hour and top up with water at the bottom of the tray if needed.

Rest the lamb shoulder until warm to touch, then carve the meat off the bone and serve with the carrots and onions on the side.

PARSNIP & PARSLEY WITH CHORIZO

1 medium-large parsnip, chopped

2 chorizo sausages, thickly sliced diagonally

1 tablespoons olive oil

1 bunch parsley, chopped

Place the parsnip in a pan of boiling water and cook for 5-10 minutes or until tender.

Heat a skillet over medium heat and add the olive oil and sliced chorizo, cook, turning occasionally for 5 minutes or until golden brown then place to the side.

Return the skillet to the heat and add the boiled parsnip, fry for 5 minutes then add the parsley, stir for a further minute to wilt the parsley slightly.

Divide the parsnip onto two plates and place the sliced chorizo on top to serve.



GREEN PEAS, TUNA & HEMP SEEDS

2 cups fresh or frozen (defrosted) green peas

1 tablespoon apple cider vinegar

1 tablespoon olive oil

2 tablespoons hemp seeds/hemp hearts

185g can tuna in brine, drained

Heat the olive oil in a frying pan on medium heat and add the peas, stir until the peas become slightly tender.

Remove the frying pan from the heat and stir in the tuna, apple cider vinegar and hemp seeds.

Serve.



CRUMBLLED SAUSAGE WITH GRILLED CAPSICUM & EGGPLANT

4 grass-fed organic sausages

1 tablespoon olive oil

4 slices grilled red capsicum, thinly sliced

4 slices grilled eggplant, thinly sliced

8 cherry tomatoes

big handful parsley, roughly chopped

pinch of salt and pepper

Remove the sausage from the casing and crumble the meat into pieces.

Heat a frying pan to medium-high heat and add the olive oil and sausage. Stir for 5-8 minutes or until the meat has browned and is cooked

through. Add the capsicum, eggplant and tomatoes and stir until the tomato skin has started to wrinkle.

Stir in the parsley and season with salt and pepper to serve.

GRILLED CUMIN SPICED CHICKEN KEBABS WITH GREEN BEANS

400g diced chicken breast

4 tablespoons olive oil

2 garlic cloves, minced

1 tablespoon ground cumin

1½ tablespoons ground paprika

pinch of ground pepper

metal skewers

200g green beans

Preheat a BBQ grill on high heat.

Place all of the ingredients except the green beans in a bowl and combine well, then thread pieces of chicken onto the metal skewers, then place the skewers on the BBQ grill for 3-4

minutes each side or until the chicken is cooked.

Place the green beans in a pan of boiling water and cook for 5-10 minutes or until tender.

Serve the kebabs with a side of green beans.

BANANA BREAD

{Serves 6-8}

Unless you have a lot of time free in the morning, make sure to prepare this recipe at least the night before - you'll also give yourself another reason to get out of bed in the morning!

2 ripe bananas
6 eggs
 $\frac{2}{3}$ cup coconut flour
150g softened grass-fed organic butter (or macadamia oil)
 $\frac{1}{3}$ cup powdered stevia or honey
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground ginger
1 teaspoon baking powder

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a loaf tin with baking paper.

Place the bananas in a bowl and mash with a fork. Add the remaining ingredients and use an electric hand mixer to combine well.

Pour the banana cake batter into the loaf tin and place in the oven for 35-45 minutes, or until browned and cooked. Test by inserting a knife into the middle of the cake, if it comes out clean the cake is cooked.

CUMIN SPICED LAMB MINCE

400g minced lamb	1½ tablespoons ground cumin
1 tablespoon olive oil	salt and pepper
1 large onion, finely chopped	1 cucumber, shaved into ribbons
1 garlic clove, minced	juice from half a lemon

Heat the olive oil in a skillet or frying pan on medium heat and add the onion and garlic, fry until brown then add the lamb mince, break up the mince to remove lumps and stir until the lamb has browned.

Add the cumin and cook, stirring, until the meat is very well browned. Season with salt and pepper.

Meanwhile, place the cucumber ribbons and lemon juice in a bowl and combine well.

Serve the lamb mince on a plate with cucumber on the side.

HAKE WITH BRAISED ARTICHOKE & PEAS

2 hake fillets, skin left on

2 tablespoons olive oil

4 shallots, cut into wedges

4 thyme sprigs

2 prepared violet artichokes, cut into 6 pieces

3 bacon rashers, diced

100ml chicken stock

1 cup fresh or frozen (defrosted) green peas

½ lemon, cut into wedges

Heat 1 tablespoon of olive oil in a pan on medium heat and add the shallots and thyme, cover and cook for 10 minutes or until the shallots are tender.

Add the artichokes and bacon, stir for 5 minutes or until the fat has run from the bacon. Add the stock, cover and cook for a further 10-15 minutes or until the artichokes are tender. Add the peas and cook until soft.

Meanwhile, heat the remaining tablespoon of olive oil in a skillet or frying pan on medium-high heat and add the fish, skin side down, cook for 3-4 minutes or until the skin is golden brown. Turn the fish over and cook for a further 2-3 minutes or until cooked through.

Serve the fish on a bed of the artichoke and peas.

COCONUT ICE-CREAM WITH CHOCOLATE SAUCE

{optional dessert}

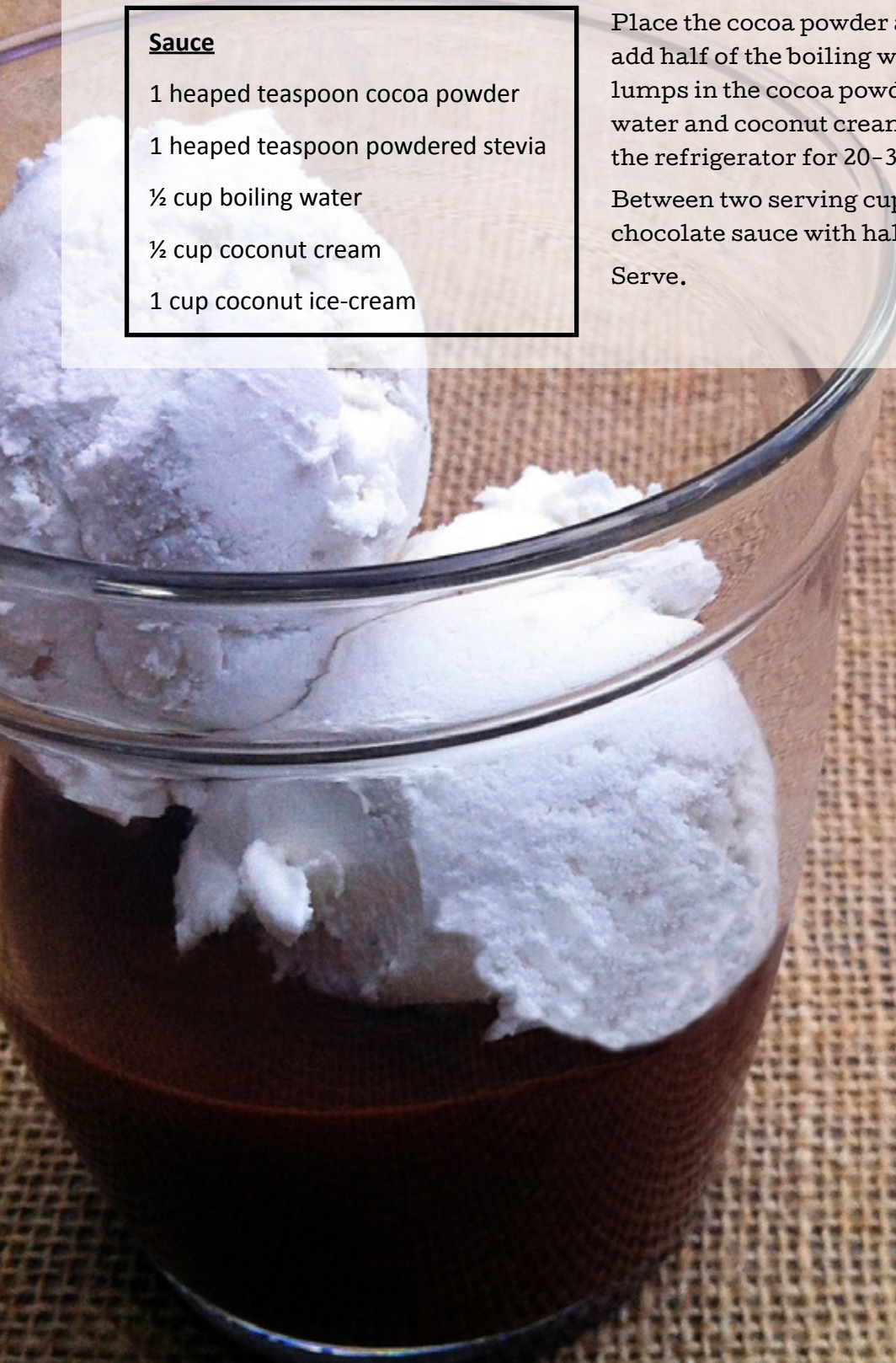
Coconut milk ice-cream is becoming popular in health food shops. Sweetened with agave nectar these ice-creams make for a delicious paleo treat, consumed in moderation. Always check the label for the ingredients to make sure no non-paleo ingredients are in the tub!

Sauce

- 1 heaped teaspoon cocoa powder
- 1 heaped teaspoon powdered stevia
- ½ cup boiling water
- ½ cup coconut cream
- 1 cup coconut ice-cream

Place the cocoa powder and stevia in a mug then add half of the boiling water, stir to remove any lumps in the cocoa powder, then add the remaining water and coconut cream. Stir well then place into the refrigerator for 20-30 minutes to cool.

Between two serving cups, pour in half of the chocolate sauce with half of the ice-cream on-top. Serve.



WEEK 04

{ RECIPES SERVE 2 PEOPLE, UNLESS OTHERWISE SPECIFIED }

Day 1

- BOILED EGGS WITH DUKKAH
- TUNA WITH PISTACHIO & FENNEL SALAD
- BAKED PUMPKIN & MUSHROOMS WITH CRISPY BACON

Day 2

- CHORIZO WITH GREEN PEAS & SNOW PEAS
- SIRLOIN STEAK WITH ZUCCHINI RIBBONS
- SALMON WITH ROASTED CAULIFLOWER AND PINE NUTS

Day 3

- ASPARAGUS AND WALNUT SALSA WITH CHORIZO
- MUSHROOM SOUP WITH FRESH PARSLEY
- CHICKEN WITH PICKLED ONION & GREEN BEANS

Day 4

- BANANA ALMOND BUTTER PANCAKES
- SUMAC SALMON WITH MIXED SALAD

- BEEF STEW

- APRICOT & ALMOND MILK SMOOTHIE

- PROSCIUTTO WRAPPED WATER CHESTNUTS WITH ROCKET SALAD

- GRILLED MACKEREL WITH TOMATO & CAPSICUM SIDE

- BEEF JERKY

- MUSHROOM FRITTATA

- RACK OF LAMB WITH ROASTED PARSNIPS

- PARSLEY & HEMP SEED SALAD

- CHOCOLATE & COCONUT NUT BAR

- PORK ESCALOPES WITH PISTACHIO & FIGS

- POACHED CHICKEN WITH TOMATOES & ALMONDS

Day 5

Day 6

Day 7

BOILED EGGS WITH DUKKAH

4 eggs

8 cos lettuce leaves

Dukkah

1 teaspoon linseeds

1 teaspoon sesame seeds

½ teaspoon sunflower seeds

1 teaspoon ground paprika

pinch of ground tumeric

pinch of dried garlic powder

pinch of ground cumin

pinch of salt

Place the dukkah ingredients in a bowl and combine well.

Place a pan of water on medium heat and add the eggs. Bring the water to a boil then cook for 4 minutes. Remove the eggs and place in cold water for 60 seconds then peel and cut in half.

Place the halved eggs on a plate on top of the lettuce leaves. Sprinkle with an even portion of the dukkah to serve.



TUNA WITH PISTACHIO & FENNEL SALAD

2 tuna steaks (roughly 1cm thick)

1 tablespoon olive oil

Salad

1 medium fennel bulb, thinly sliced

½ cup pistachios, chopped

2 tablespoons olive oil

1 tablespoon lemon juice

pinch of salt and pepper

Heat the olive oil in a frying pan on medium heat and add the tuna steaks. Sear the tuna steaks for 1-2 minutes on each side, or until cooked to your liking.

Combine all of the salad ingredients together in a bowl, then place an even portion across two plates with the tuna steaks to serve.

BAKED PUMPKIN & MUSHROOMS WITH CRISPY BACON

½ medium butternut pumpkin, thinly sliced

2 garlic cloves, sliced

2 tablespoons olive oil

4 field mushrooms, sliced

8 slices of bacon

2 sprigs of thyme

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tray with baking paper.

Place the pumpkin and garlic on the baking tray and coat in the olive oil then place in the oven for 20-30 minutes or until tender, turning twice during roasting.

Add the mushrooms, bacon and thyme and return to the oven for a further 8-10 minutes or until the mushrooms have softened and the bacon crispy.

Serve.

CHORIZO WITH GREEN PEAS & SNOW PEAS

2 chorizo sausages

1 cup green peas

2 tablespoons olive oil

2 handfuls fresh snow peas, top & tailed

Slice the chorizo into three, then slice lengthwise into three thin slices. Score slightly with a sharp knife.

Heat a skillet over medium heat and add the olive oil and sliced chorizo, cook, turning occasionally for 5 minutes or until golden brown then place to the side.

Meanwhile, place the green peas in a medium sized bowl and add boiling water to cover, leave for 2-3 minutes to warm the peas then drain the water.

Add the snow peas to the bowl along with the chorizo and combine.

Serve.



SIRLOIN STEAK WITH ZUCCHINI RIBBONS

2 sirloin steaks

1 tablespoon olive oil

salt and pepper

1 medium-large zucchini, sliced into ribbons

1 tablespoon apple cider vinegar

1 tablespoon flaxseed oil

Preheat a BBQ grill on high heat.

Season the steaks with salt and pepper. Place the olive oil onto the grill then cook the steaks for 3-5 minutes each side or until cooked to your liking.

Place the zucchini, apple cider vinegar and flaxseed oil in a bowl and combine well.

Serve the steak with a side of zucchini ribbons.

SALMON WITH ROASTED CAULIFLOWER AND PINE NUTS

2 x 180g salmon fillets

1 tablespoon olive oil

1 small head of cauliflower,
leaves removed & chopped

2 tablespoons olive oil

10 saffron strands

½ cup pine nuts

½ cup sultanas/raisins

pinch of salt and pepper

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit and line a baking tray with baking paper.

Soak the saffron strands in 2 tablespoons of water for 2 minutes.

Place the chopped cauliflower on the baking tray and coat evenly with the olive oil then place in the oven for 15-20 minutes or until the cauliflower starts to brown. Toss the saffron with water and pine nuts through the cauliflower

and return to the oven for 5-6 minutes or until the pine nuts have roasted. Add the sultanas and toss through.

Heat the olive oil in a frying pan on medium heat and add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until cooked.

Place an even portion of cauliflower across two plates with the salmon fillet on top to serve.

ASPARAGUS AND WALNUT SALSA WITH CHORIZO

2 chorizo sausages, thickly sliced diagonally

2 tablespoons olive oil

Salsa

1 small red onion, finely chopped

1 garlic clove, minced

1 bunch asparagus

2 tomatoes, finely chopped

½ cup chopped walnuts

pinch of salt and pepper

Heat a skillet over medium heat and add the olive oil and sliced chorizo, cook, turning occasionally for 5 minutes or until golden brown then place to the side.

Return the skillet to the heat and add the onion

and garlic, fry until the onion begin to brown then place into a bowl with the remaining salsa ingredients and combine well.

Serve the chorizo with a side of salsa.

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{ LUNCH RECIPE ON THE NEXT PAGE }

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MUSHROOM SOUP WITH FRESH PARSLEY

2 tablespoons olive oil

2 onions, chopped

2 garlic cloves, chopped

500g mushrooms, chopped

3 cups vegetable stock

pinch of salt and pepper

small handful parsley, finely chopped

Heat the olive oil in a large pan on medium heat and add the onion, fry until the onions begin to turn golden brown then add the garlic and mushrooms, stir for a further minute then add the stock. Bring to a simmer then cover and leave for 10-15 minutes or until the mushrooms are very tender.

With an electric hand mixer, blend the mushrooms and stock until a smooth soup consistency forms.

Divide the soup into two bowls and serve with fresh parsley on top.

CHICKEN WITH PICKLED ONION & GREEN BEANS

1 chicken breast (roasted or poached chicken)

1 cup apple cider vinegar

1 medium red onion, thinly sliced

250g green beans

Shred the chicken breast, no bigger than bite size pieces with your hands, then place into a large salad bowl.

Place the onion and apple cider vinegar in a pan over medium heat and bring to simmering point. Transfer to a bowl and cover then leave to soak.

Place the green beans in a pan of boiling water and cook for 5-10 minutes or until tender.

Add the beans, onion and a few tablespoons of vinegar to the chicken and combine.

Serve.



BANANA ALMOND BUTTER PANCAKES

2 ripe bananas

½ cup almond butter

4 eggs

coconut oil for frying

Place the bananas in a bowl and mash with a fork. Add the remaining ingredients and use an electric hand mixer to combine well.

Heat a frying pan on medium-high heat and add one teaspoon of coconut oil, covering the base of the pan while it melts. Add a large scoop of pancake batter into the frying pan and cook until the top of the pancake begins to bubble and has started to cook. Flip the pancake over and cook for a further 1-2 minutes or until the pancake has cooked through.

Repeat with the remaining batter then serve.

SUMAC SALMON WITH MIXED SALAD

2 x 180g salmon fillets

1 tablespoon olive oil

1 tablespoon sumac

2 teaspoons sesame seeds

1 teaspoon ground paprika

1 teaspoon dried rosemary leaves

pinch of salt

handful mixed lettuce leaves

1 tablespoon flaxseed oil

Place the sumac, sesame seeds, paprika, rosemary and salt in a bowl and combine well.

Place the salmon fillets on a sheet of baking paper and sprinkle with the sumac seasoning. Place another sheet of baking paper on top of the salmon and use a rolling pin to press the sumac seasoning into the salmon.

Heat the olive oil in a frying pan on medium heat and add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until cooked.

Serve the salmon with a side of mixed salad leaves drizzled with flaxseed oil. Serve.



BEEF STEW

300g stewing beef, diced	2 carrots, chopped
2 tablespoons olive oil	2 bay leaves
4 white onions, chopped	2 sprigs of thyme
2 garlic cloves, minced	½ teaspoon black pepper
2 cups vegetable stock	pinch of salt

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit.

Heat the olive oil in a medium sized cast iron pot on medium heat and add the onions and garlic, fry until the onions begin to turn golden brown then remove from the pan and place to the side. Return the pot to the heat and add the beef, stir regularly until the beef has browned.

Place the onions and garlic back into the pot along with the remaining ingredients and combine. Cover the cast iron pot then place into the oven for 2-3 hours, or until the beef is very tender.

Serve.

APRICOT & ALMOND MILK SMOOTHIE

4 cups almond milk	½ cup pine nuts
3 ripe apricots, seed removed	½ cup walnuts, chopped
1 teaspoon powdered stevia or honey	pinch of ground cinnamon

Place the almond milk, apricots and stevia in a blender for 30–60 seconds or until smooth.

Pour the smoothie into two large cups and top with an even portion of pine nuts, walnuts and cinnamon to serve.

PROSCIUTTO WRAPPED WATER CHESTNUTS WITH ROCKET SALAD

8 slices prosciutto	1 tablespoon macadamia oil
16 water chestnuts	2 teaspoons balsamic vinegar
2 handfuls fresh rocket leaves	

Wrap two water chestnuts together in a slice of prosciutto, hold together with a toothpick then put onto the baking tray. Place in the oven for 10–15 minutes or until prosciutto has become slightly crisp.

Place the rocket, macadamia oil and balsamic vinegar in a bowl and combine well.

Serve the water chestnuts with a side of fresh rocket salad.

GRILLED MACKEREL WITH TOMATO & CAPSICUM SIDE

2 whole mackerel, gutted and cleaned

2 tablespoons olive oil

pinch of salt and pepper

Salad

1 cup romaine tomatoes, chopped

1 yellow capsicum, finely chopped

1 small red onion, finely chopped

large handful chopped parsley

2 tablespoons olive oil

1 tablespoon lemon juice

Preheat a BBQ grill to medium-high heat.

Use a sharp knife to slash diagonally on both sides of the mackerel. Rub the olive oil, salt and pepper into the mackerel then place onto the hot grill. Cook for 4-5 minutes on each side or until cooked.

Combine all of the salad ingredients together in a bowl, then place an even portion across two plates with a whole mackerel to serve.

BEEF JERKY

{optional snack}
{makes 1kg}

1kg lean flank steak, fat removed

¼ cup of coconut aminos

1 tablespoon chili powder

1 tablespoon onion powder

pinch of cayenne pepper

Thinly slice the flank steak against the grain.

Place the marinade ingredients into a bowl and combine well, then add the strips of steak and coat all over. Cover the bowl and place in the fridge overnight or for a minimum of 4 hours.

Turn on a food dehydrator to the meat setting (roughly 160° degrees Celsius / 325° degrees Fahrenheit), then gently place the strips of flank steak onto the tray. Leave for 4-6 hours, or until the steak has dried out completely and turned to jerky.

Store in a jar or airtight container for longer shelf life.



MUSHROOM FRITTATA

1 tablespoon olive oil	6 eggs
1 small onion, finely chopped	6 sun-dried tomatoes, chopped
1 garlic clove, minced	pinch of salt and pepper
150g button mushrooms, thinly sliced	

Preheat a grill to medium-high heat.

Heat a skillet over medium heat and add the onion and garlic, fry until the onions begin to turn golden brown then add the mushrooms and cook until tender.

Place the eggs, sun-dried tomatoes, salt and pepper in a bowl and beat together, then pour over the mushrooms and onion in the skillet.

Place the skillet under the hot grill for 3-5 minutes or until the eggs have cooked.

Cool slightly before flipping the frittata out of the skillet and serving.

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{ LUNCH RECIPE ON THE NEXT PAGE }

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RACK OF LAMB WITH ROASTED PARSNIPS

6-rib rack of lamb, French trimmed	4 garlic cloves, whole
2 tablespoons olive oil	1 medium parsnip, chopped
2 white onions, quartered	

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Heat the olive oil in a frying pan on medium-high heat and add the rack of lamb and cook until browned.

Place the onions, garlic and parsnip into the base of a roasting tray and place the lamb rack on top.

Place into the oven for 15-20 minutes or until the lamb is cooked to your liking.

Remove from the oven and cover the tray with aluminium foil then let rest for 10 minutes before serving with an even portion of onion and roast parsnip.

PARSLEY & HEMP SEED SALAD

1 bunch parsley, chopped

$\frac{2}{3}$ cup hemp seeds/hemp hearts

$\frac{1}{3}$ cup pistachios

$\frac{1}{3}$ cup sultanas/raisins

2 tablespoons flaxseed oil

Place all of the ingredients in a bowl and combine well.

Serve.



CHOCOLATE & COCONUT NUT BAR

(Day 7)

{Makes 10-12 bars}

180g dark chocolate (paleo friendly)

1½ cups shredded coconut

¾ cup hemp seeds/hemp hearts

¾ cup almond butter

1½ tablespoons honey

¼ cup coconut oil, melted

pinch of ground nutmeg

pinch of ground cinnamon

Line a baking tray with baking paper.

Melt the chocolate in a small pot over low heat, then pour onto the baking paper and spread evenly to form a base around 3-4mm thick. Place in the fridge for 10-15 minutes or until the chocolate has set.

Place the remaining ingredients in a bowl and combine well. Gently spoon onto the chocolate base and spread evenly, pressing down to compact the mixture. Cover the tray then return to the fridge for 40-50 minutes or until the bar is firm to touch.

Cut into individual bars to serve



PORK ESCALOPES WITH PISTACHIO & FIGS

2 pork escalopes

2 tablespoons olive oil

pinch of salt and pepper

½ cup vegetable stock

6 fresh figs, quartered

2 tablespoons pistachios, chopped

Season the pork escalopes with salt and pepper then place in-between two sheets of baking paper and use a rolling pin to pound the pork to around ½ cm in thickness.

Heat a pan to medium-high heat and cook the pork for 1-2 minutes on each side or until browned, then place to the side.

Return the pan to the heat and add the stock and figs, bring to simmering point then place the pork back into the pan. Cook for 2-4 minutes or until the pork has cooked.

Serve the pork escalopes and sauce on a plate and top with the figs and chopped pistachios.

POACHED CHICKEN WITH TOMATOES & ALMONDS

2 chicken breasts

½ cup almonds, chopped

12 cherry tomatoes, halved

4 slices prosciutto, torn

2 tablespoons olive oil

2 sprigs thyme, leaves removed

salt and pepper

Poach the chicken breasts in simmering water for 8-10 minutes or until cooked through. Remove from the pan and leave to cool slightly.

Place the remaining ingredients in a bowl and combine well.

Serve an even portion of the tomatoes and almonds on a plate with the poached chicken breasts.

THE NEXT

2 days

ARE UP TO YOU

{ COMPLETE YOUR 30 DAYS OF HEALTHY EATING BY CHOOSING YOUR FAVORITE
BREAKFAST, LUNCH AND DINNER MEALS FROM THE PREVIOUS 4 WEEKS }

Day 29

■ BREAKFAST

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MARINATED MUSHROOMS WITH CHORIZO **11**
MOROCCAN STYLE LAMB MINCE **20**
PAN-FRIED CHICKEN WITH RED CAPSICUM HAZELNUT PESTO **21**
PARSLEY & HEMP SEED SALAD **63**
PARSNIP & PARSLEY WITH CHORIZO **44**
PORK ESCALOPES WITH PISTACHIO & FIGS **65**
PRAWN & AVOCADO SALAD **36**
PROSCIUTTO WRAPPED WATER CHESTNUTS WITH ROCKET SALAD **59**
SALMON WITH SALSA **39**
SALSA VERDE WITH POACHED CHICKEN **18**
SHAVED CABBAGE WITH BOILED EGG **27**
SIRLOIN STEAK WITH ZUCCHINI RIBBONS **54**
SMOKED CHICKEN COLESLAW **10**
SMOKED CHICKEN WITH CAULIFLOWER & PARSLEY **8**
SUMAC SALMON WITH MIXED SALAD **57**
TUNA WITH PISTACHIO & FENNEL SALAD **52**
WALNUT & CABBAGE SALAD WITH SMOKED CHICKEN **42**

PUMPKIN & HEMP SEED SOUP **7**
RACK OF LAMB WITH ROASTED PARSNIPS **62**
ROAST LEG OF LAMB WITH CARROTS **43**
SALMON WITH ROASTED CAULIFLOWER AND PINE NUTS **54**
TUNA STEAKS WITH TOMATOES AND FRESH GREENS **18**
TURKEY & SWEET POTATO HASH **15**
VEGETABLE SOUP **37**

SNACK

CHOCOLATE & COCONUT NUT BAR **64**
SWEET POTATO CHIPS **13**
BEEF JERKY **61**

DESSERT

COCONUT ICE-CREAM WITH CHOCOLATE SAUCE **49**

DRINK

DANDELION ROOT COFFEE **26**