



clubhouse

for cake eating rebels who want happier, flatter bellies!





Welcome to January's Clubhouse Recipe eBook!

Hello Beautiful!

I hope you are excited for one wild, whole, healthy and fun year.

In this bundle there are a bunch of tasty recipes to help you RESET and GLOW your way through this dark month.

As ALWAYS the recipes are gluten and refined sugar free, with vegetarian, pescatarian and dairy free options too.

In this mini recipe ebook you will find:

- new recipes
- top tips and substitutions

So get shopping, make a plan of action and make sure you join us for January's workshop which is going to be all about balancing your hormones!!! Ohhhhhh....

Find the meal plans and other meal plan ideas on the [monthly bundle page](#).



CLUBHOUSE ORIGINAL RECIPES

In this months recipes we are really looking at eating yummy food, nourishing our bodies – WITHOUT going crazy ass and putting ourselves on a 'diet'!

These recipes are healing, cleansing and nourishing and of course tasty – so don't freak out, don't stop eating and don't beat yourself up about your festive indulgences.

Notes:

- Racv = raw apple cider vinegar – buy it [here](#) or at local health food shop.
- Feel free to replace coconut oil with organic butter and vice versa in any of the recipes.
- When referring to salt always use sea salt or pink Himalayan salt if possible.
- Stevia is a greta way to gently sweeten smoothie without adding fruit. [I use this brand .](#)
- Bone broth can always be substituted with vegetable stock . Learn how to make bone broth [here](#).
- Nutritional yeast a dairy and soya free way of adding a cheesy flavour to foods – get it [here](#).

If in doubt of where to get any of the ingredients then just check out my wee shop [here](#).

And remember the Clubhouse philosophy – **cook once but eat twice!!**

Bulk make as many meals as you can so you can freeze and store lots of healthy stuff for busy days and save yourself oodles of time!

Please note these are not to be shared publicly on any platform but are for you own private consumption only.







Detox Shot

This juice is a tiny shot of goodness. Ginger is such a powerful healer for the body, like seriously good. Simply juice and down it and feel the gingery fire!!

(No juicer? Feel free to blend these with about 100ml water and down it – not as pleasant but super good for you)

Serves 1

Ingredients

- thumb size of root ginger
- ½ apple
- squeeze lemon juice
- 1 carrot
- pinch turmeric powder and black pepper - *optional*

Instructions

1. Juice ingredient (except turmeric) then add turmeric and black pepper if using.
2. Knock it back like its tequila.....

Notes

- If you can find root turmeric then also about 2 cm of that to this juice to really supercharge it!!!



Lemonade Detox

Did you know lemon peel is also the BOMB for your body – especially the liver? I often sneak it into smoothies like this for a refreshing and detoxifying zing.

Serves 1

Ingredients

- 300ml coconut water (optional but very hydrating and good for you)
- 3 medjool dates OR cup frozen berries
- 1.5 peel lemons and a bit of lemon peel
- a tsp raw honey (optional)
- 2 handfuls spinach
- 1/3 cucumber
- 1/2 avocado

Instructions

1. Blend until smooth and drink immediately

Notes

- Just use water instead of coconut water if you prefer.



The Hormone Balancer

There is a bit of a theme of hormone balancing going this month! The magnesium from cocoa, adaptogenic properties of maca, omega 3 from linseed, general fats and other goodness make this one hormone loving smoothie.

Serves 1

Ingredients

- tbsp chia seeds
- 2 medjool dates
- tsp maca
- tsp linseeds
- tbsp coconut oil melted or [MCT oil](#)
- tbsp cocoa
- 300+ ml water
- handful spinach
- ½ tsp cinnamon
- tbsp gelatin/collagen - optional

Instructions

1. Blend until smoothie and drink immediately

Notes

- If you don't have stevia then use a tsp of raw honey or coconut sugar.
- Add more water to make it runnier or less to make it thicker.





LUNCH, DINNER & MISC

Chicken Soup

Your Granny was right when she gave you chicken soup when you were ill. Chicken soup made from bones is so good for your beautiful body, so it ain't pretty but boy it's SO good for you.

(Find out more about bone broth and how to make it [here](#).)

Serves 4-6

Ingredients

- 1 litre chicken broth or veggies stock
- leftover chicken bits
- OR
- 150g mung beans or lumps of tempeh
- 2 leeks
- 2 handfuls chopped cabbage
- 2 tsp salt
- 2 cloves garlic
- pepper
- 100g sweetcorn
- extra water – as needed

Instructions

1. Make the broth before hand over 24-48 hours in a slow cooker or buy fresh broth from [here](#).
2. Sauté chopped onions, leek, salt, cabbage and garlic in some coconut oil for 5 mins.
3. Add broth and left over chicken or cooked chick peas.
4. Bring to boil and simmer for 15 mins.
5. Add sweet corn and any additional water if needed.
6. Season with pepper and additional salt if needed.
7. If making this vegetarian then make sure you add a large handful of fresh coriander for flavour.
8. Store in fridge for 3-5 days in sealed container.

Notes

- Make your own bone broth [here](#).
- Feel free to add other veggies depending on your preference



Millet & Fennel Salad

The perfect winter lunch box recipe! Simply add more protein like a hard boiled egg, some salmon or tuna for a perfect speedy lunch.

Serves 4+

Ingredients

- 200g millet
- 300g fennel roasted
- 200-250ml broth
- 2 tbsp racv
- 60ml olive oil
- tsp salt
- 75g feta
- 1 carrot grated
- pepper

Instructions

1. Chop the fennel and roast at 180c for 20 minutes.
2. Meanwhile place millet and broth in pan with lid on and bring to simmer and cook for 25 mins adding more water as and when needed.
3. Drain the millet, mix with all other ingredients and enjoy warm or cool from fridge.
4. Store for 4-5 days in fridge.

Notes

- Feel free to add some fresh basil or coriander to this for some flavour variation.
- You can also use quinoa instead of millet if you wish.





Fish Pie

Ideally we all need to be eating fish x2 a week. It's a beautiful source of protein, omega 3 fatty acids and other goodness – research show fish is just so good for our bodies. So this is a super comforting pie on cold dark nights that will do you so much good.

Serves 4-6

Ingredients

TOPPING

- 2 normal potatoes
- 2 large sweet potato
- knob butter
- handful parmesan cheese - optional

PIE

- 1 onion
- 2 garlic cloves
- 400g mixed fish - haddock and salmon or tuna
- 250ml broth
- salt
- 30g creamed coconut
- 100g broccoli
- 100g peas
- pepper

Instructions

1. Place some oil in a pan and add the chopped onions and salt and sauté for about 5 mins until transparent . (I use a le Creuset pot for this so I can transfer it straight to oven/grill)
2. Meanwhile chop the potatoes and place in pan and boil .
3. Add the peas, broccoli, creamed coconut, fish, garlic, pepper and salt. Sauté for a few minutes.
4. Add the broth and bring to boil then turn off and leave lid on.
5. Then drain and mash with butter .
6. Gently spoon the mash on top of fish, top with parmesan and grill for 2-3 min until crispy or just serve separately if in a hurry.
7. Serve immediately and freeze or fridge any leftovers.

Notes

- You could also use celeriac, pureed cauliflower or mashed butternut squash for topping.



Macaroni Cheese

There is nothing more comforting than macaroni cheese in my books. Made with sneaky veggie based white sauce its the perfect way to get that awesome cheesy hit and along with those important vegetables.

You can make this as a bake or as a speedy pasta and sauce combo.

Serves 4-6

Ingredients

SAUCE - *makes double*

- 1 head cauliflower
- 200ml broth
- 200ml milk – any type
- 75g mixed organic cheese or 3-4 tbsp nutritional yeast
- salt 1-1.5 tsp
- pepper

BAKE – *Serves 3-4*

- 8 chestnut mushrooms
- handful broccoli chopped finely
- 300g GF pasta

Instructions

1. Chop and boil the cauliflower until soft.
2. Cook pasta as instructed.
3. Once cooked blend cauliflower with broth, milk, salt, and cheese until totally smooth.
4. For a speedy option – simply mix the pasta and ½ of the sauce and serve with additional veggies.
5. To make a bake, mix pasta, veggies and half the made sauce (save rest of sauce for later in week) in an oven proof dish.
6. Top with a handful of cheese.
7. Place in oven for 20 mins to crisp the topping and cook the veggies slightly.
8. Serve immediately and save leftovers which you can reheat in microwave

Notes

- Save the remaining sauce for another meal later in the week or freeze for a speedy meal.
- If you make the bake and want to use leftovers on another you may need to add additional sauce as the pasta will be quite absorbent. Or you can add a good drizzle of olive oil.
- This is quite carb heavy so make sure in the rest of the day you are getting good amounts of protein and don't make this a nightly staple – focus on more protein and fat rich meals for optimum results.







TREATS, SNACKS & DESSERT!

Maca Oat Bakes

These are based on the traditional flapjack but with a healthier twist and full of goodness! Perfect for a week afternoon snack with some rooibos tea ;)

Serves 8+

Ingredients

- 125g butter/coconut oil
- tsp cinnamon
- 2 tsp maca
- 3tbsp coconut sugar
- tbsp honey
- 200g gluten free oats
- 100g desiccated coconut
- 100g sultanas or raisins
- 2 tbsp pumpkin seeds
- 2 tbsp chia seeds
- 1 egg
- oven 180 for 15-20mins

Instructions

1. Preheat oven at 180.
2. Melt butter/coconut oil and honey and mixx all the dry ingredients in a separate bowl.
3. Mixx the butter or coconut oil into the dry ingredients.
4. Then whisk the egg and mix into the rest of the mixture.
5. Press into a glass dish or baking try, keeping it about 4-5cm thick, then place in the oven for 15-20 mins.
6. Allow to cool thoroughly before cutting into squares and store in air tight container

Notes

- You could also use dried apricots or dates if you don't like raisins



Sugar-free Chocolate

Did you know you can make a version of chocolate in under 5 mins? This isn't going to be exactly like grabbing a bar from the shop BUT it is cheaper, healthier and perfect for those chocolate cravings.

(I like making mine in pretty mould like [this](#) and you can watch a wee tutorial I did [here](#))

Makes 10+ squares

Ingredients

- 100g fat (40g butter 60g coconut oil)
- 15 drops stevia or other sweetener
- 1 tbsp cocoa

Instructions

1. Melt fat in a pan on a low heat .
2. Once melted then add the sweetener and coco and mix until dissolved.
3. Pour into your mould and place in fridge to set.

Notes

- You could also just use coconut oil if you don't want to use butter.
- You could use rice malt syrup, maple syrup or raw honey if you wish!