

A wooden cutting board with several pieces of cooked salmon, red bell pepper, and broccoli. The salmon is golden brown and flaky. The red bell pepper is cut into wedges. The broccoli is bright green and fresh. The text "Clubhouse Bundle" is overlaid in the center, with "April 2017" below it.

Clubhouse Bundle

April 2017



Welcome to April's Clubhouse Recipe eBook!

This month we are trying something a bit different. With 6 months worth of recipes and meal plan in the Clubhouse itself, this month's focus is going to be on grain-free recipes and meal plan.

I will be rounding up some of the best recipes from the past 6 months and bringing them into this grain free, paleo friendly bundle.

Now most of the Clubhouse is focused on being gluten, sugar and dairy free, but I know with lots of my clients and with myself, that we feel better being grain free. Meaning we remove even the gluten free grain like GF oats, rice, quinoa and buckwheat.

There are many reasons for this. Often gluten free grain can have a cross reaction in the body, meaning the body reacts to them like it was gluten. Grains are quite acid forming in the body, they are hard to digest due to high levels of phytic acid which inhibit the absorption of nutrients and vitamins and can often contribute to inflammation in the body.

And of course the idea is NOT that you go hungry but that you replace the grains with more fat, protein and healthy carbs from starchy veg like butternut, sweet potato, carrots, etc.

But as always beautiful – listen to your own body on this. You know I am a fan of doing some detective work so why not give it a try for a week and see if you feel better? But if the idea of it overwhelms you the DON'T DO IT!

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 find out everything happening in the Clubhouse this month by [clicking here](#).



CLUBHOUSE ORIGINAL RECIPES

These recipes are set to be simple, healing and in line with all the fabulous Clubhouse principles of more protein, more fat and more vegetables!

Notes:

- Racv = raw apple cider vinegar – buy it [here](#) or at local health food shop.
- Feel free to replace coconut oil with organic butter or ghee 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 great way to gently sweeten smoothie without adding fruit. [I use this brand .](#)
- Bone broth can always be substituted with vegetable stock or other stock cubes – always check ingredients though!
- 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.



Gingerbread Green Smoothie

Why save gingerbread goodness for biscuits? With this recipe you can wake up and get your groove on ;)

Serves 1

Ingredients

- tsp cinnamon
- tsp ground ginger
- good pinches nutmeg and ground cloves
- 2-3 dates
- 2 handfuls spinach
- 200ml water
- 100ml milk of your choice
- tbsp chia seeds
- handful almonds

Instructions

1. Blend until smooth and drink immediately with ice if desired.

Notes

- The thickness of smoothie may depend on your blender so add or reduce water/liquid as you see fit.
- Feel free to have half of this serving with a proper breakfast like eggs or porridge.



Tropical Turmeric Mango Smoothie

If you secretly wish you were on a tropical island on a daily basis then this is for you! (Also great way to boost immune system and keep colds at bay.)

*Just add the Caribbean music in the background for full effect.

Serves 1

Ingredients

- 250g mango
- 1/8 tsp turmeric
- thumbnail size of lemon peel
- 350ml water
- tbsp chia seeds
- 2 handfuls spinach
- 3-5 drops of stevia if desired
- handful of cashews or tbsp of nut butter

Instructions

1. Blend until smooth and drink immediately

Notes

- I used frozen mango but you can use fresh if you prefer
- just add a splash of boiling water to make this less icy if you wish.





LUNCH, DINNER & MISC

Dough Ball 'Bread Rolls'

These little balls are a nod to bread rolls but more like squidgy dough ball – perfect for dunking in soup!

These are smaller than bread rolls and best eaten fresh but if taking them in a packed lunch then just heat up in microwave for 20 seconds before eating.

Makes 5-7 'rolls'

Ingredients

- 125g tapioca flour
- 100g coconut flour
- 1 egg
- 55ml coconut oil - *melted*
- 150ml water
- 1.5 tsp dried oregano or basil or mixed herb
- ¾ tsp sea salt

Instructions

1. Preheat oven to 180c.
2. Mix dry ingredient in a bowl and make a well/hole in the middle.
3. Blend/mix all the wet ingredient together thoroughly then pour into the dry ingredients and mix.
4. The mixture will be thick and sticky so use you hands to bring together. If VERY dry add more water a tbsp at a time.
5. Shape the dough into small ball sizes – like a golfball and place on greases and lined tray.
6. Cook at 180c for about 40-50 minutes and turn over halfway. The should be harder and crispy on outside but then won't go very brown.
7. Allow to cool slight but serve immediately
8. Store in air tight container for 3-4 days at room temperature and these need to be reheated in microwave or oven before eating otherwise they are too dry.

Notes

- Feel free to add any other flavour like fresh herbs, sundried tomatoes, chopped olives or chopped garlic
- No flour substitution for this I am afraid.



Butternut & Feta Salad

Another autumnal lunch FAV! Full of healthy carbs and fats from feta this is the perfect lunch time veggies boost without any lettuce in sight. This is the perfect one to BULK (meaning double the recipe) make on a Sunday and to grab for your lunch throughout the week.

Serves 3-4

Ingredients

- 800g butternut (*roughly one large one*)
- tbsp coconut oil
- tsp rosemary
- 7 spring onions
- 50g feta
- salt

Instructions

1. Preheat oven to 200c.
2. Chop and peel the butternut and cut into roughly 2x2cm square pieces – or whatever you fancy!
3. Place butternut in a glass dish or baking tray with the tbsp of coconut oil and cook for 40-45mins. If it starts to catch cover with foil.
4. Meanwhile chop the spring onions, feta and place in a bowl with the salt
5. Once butternut is soft all the way through remove and place in the bowl and stir in rosemary.
6. Eat warm or allow to cool.
7. Serve with added olive oil, balsamic and/or raw apple cider vinegar.
8. Store in fridge for 3-5 days .

Notes

- I love having this with some [buckwheat toast*](#) or some mackerel fillets or hummus (see Flourish recipe ebook for a fab hummus recipe)

**there is some debate on whether buckwheat is a grain. I would say it a pseudo-grain and great to have as you introduce yourself to a grain free way of eating.*



Butter Chicken/Tempah Curry

A rich, filling and warming curry for those dark nights! No 'hidden veggies' in this so perfect for fussy family members (*just make sure you add your own veg!*). Super speedy to make if you cook a chicken at the start of the week too ;)

Serves 4+

Ingredients

- 2 onions
- tsp salt
- 400g cooked chicken/tempah pieces
- 2 tsp of turmeric, cumin and gram masala
- 200ml broth/chicken juice/stock
- 80g creamed coconut
- 1/4 tsp chilli powder
- 4 tbsp tomato paste
- 150ml water
- 4 cardamom pods - *crushed and ground seeds added*
- handful chopped coriander

Instructions

1. Place some oil in a pan and add the chopped onions and salt and sauté for about 5 mins until transparent and a little bit caramelised.
2. Add the spices (except cardamom) and tempah (*if making this vegetarian*) to the onions and make sure heat is on low and cook for 1-2 minute, stirring regularly.
3. Then add the broth, tomato paste, water, creamed coconut and chicken (*if using*) allow it to come to a simmer.
4. Meanwhile crush and grind the cardamom and then add to curry along with coriander.
5. Cook for further 5 minutes on low then serve with cauliflower or normal rice and some extra side veggies.

Notes

- Make sure you add some veggies either by making some cauliflower rice or side salad or some roasted veggies.
- Ideally you want to double this recipe and so you can freeze some or have lots of leftovers.
- I have made this mild to taste so add more spice to make it fiery.
- Curry always tastes best a day after making it as the flavours can really blend and come alive - so for better flavour cook day before and reheat.



Satay Stir Fry with Salmon

I LOVE satay so I made it into one super speedy and luscious dinner. PLUS you will make left over satay sauce too so you can have it another night of the week with beef or chick peas to save you time.

(Warning this may not look the prettiest of dishes but it tastes AWESOME)

Serves 2

Ingredients

- SATAY (serves 4 – bulk recipe)
 - handful fresh coriander
 - 2 garlic cloves
 - 30g peeled fresh ginger
 - 50g almonds
 - 70ml tamari sauce (*found in GF aisle in supermarket*)
 - 60ml water
 - tbsp racv
 - 1/2 tsp cayenne OR ½ fresh chilli
 - tsp raw honey
 - 30g coconut oil
- STIR FRY (serves 2)
 - 335g mixed veg
 - x2 piece salmon fillet (or use chicken, tempeh, or prawns)

Instructions

1. Place all SATAY ingredients in a blender and blend until smooth.
2. Pour and scrap into a clean sterilised jar.
3. Meanwhile place the salmon under the grill in medium heat and cook for about 4-5 mins of each side or until cooked to your liking.
4. In a frying pan or wok place the stir fry vegetables in and cook with some coconut oil for about 2-3 minutes.
5. Then add 2-3 tbsp of the satay sauce to vegetables. Cook for further 1-2 mins.
6. To serve place vegetables on plate and top with salmon, and feel free to serve with some rice if you wish.
7. Satay sauce will keep for about 3-4 days in fridge.

Notes

- Feel free to use peanuts instead of almonds and adjust chilli/cayenne to taste.
- VEGGIE version – don't do fish or meat? Then why not have it with some tempeh – super yummy and much better for you than regular tofu ;)
- I often just buy the packet of stir fry veg from supermarket to make it super speedy.





TREATS, SNACKS & DESSERT!

Chestnut Chocolate Torte

Now this is an decadent and glorious dessert! It is a tad fiddly and sweet so more for one off occasion but heck that is what Christmas is all about surely?

This recipe contains raw egg so not suitable for pregnant women and always use organic eggs as I personally think this massively reduces risk.

Serves 10+

Ingredients

BASE

- 3 eggs
- 3 tbsp coconut sugar
- 40g cocoa
- 40g ground almond
- 50g coconut oil/butter

TOPPING

- 450g chestnut or chestnut puree
- 4 eggs - separated
- 50g coconut oil melted
- 200g melted chocolate (100g 70% and 100g 80%)
- 3 tbsp honey
- 2 tbsp cocoa
- 250ml milk of your choice

Instructions

1. Preheat oven at 180.
2. Mix all the eggs and sugar together for BASE.
3. Add other ingredients and mix thoroughly and then pour into a grease cake tin (it should be about 2cm in thickness) and cook for 10 mins until firm. Remove and cool.
4. Meanwhile whisk the egg whites until stiff.
5. Melt the chocolate, coconut oil in a glass bowl over a pan of boiling water.
6. Then in a blender or food processor blend the chestnuts, milk, melted chocolate mixture, honey and cocoa until smoothie and thick.
7. Then gently fold in the egg white to chestnut mixture until fully incorporated.
8. Then pour topping over the cooled base in cake tin and place in fridge to set for 1-2 hours.
9. Slice and serve! Store in fridge and eat within 2-3 days.
10. It can be frozen in advance too – defrost overnight.

**Notes**

- Gain make sure you use organic local high quality eggs for this to totally minimise risk. (I have eat raw organic eggs for years and have zero issues)
- I used a standard 8in spring form cake tin for this.



Tamari Trial Mix

The perfect sugar free snack! Full of that yummy more-ish salty goodness this is the perfect way to snack your way to a sugar free life ;)

Serves 8+

Ingredients

- 200g mixed seeds
- 75g almonds
- 4 tbsp tamari (in 'free from' aisle)
- Pinch cayenne

Instructions

1. In a large frying pan place the seeds, nuts, and cayenne on a medium to high heat.
2. Add no other fat to the pan.
3. Allow the nuts and seeds to toast, and when you start to hear pops and cracking sounds removed the heat.
4. Add the tamari sauce and mix it thoroughly to the hot mix.
5. Allow to cool, and store in air tight jar when completely cool only.
6. This will store for over a month in air tight container.

Notes

- Add some chilli for a bit of a kick!
- Use any nut or seed you fancy and always keep a wee stash in your hand bag!