



Clubhouse Bundale

July 2017





Welcome to July's Clubhouse Recipe eBook!

This month we are taking a slightly spicy, world food, kinda twist on summer dishes. And we are also diving deep into why the heck you might be so tired all the time in the the extended workshop which you can find out more about [here](#).

Also this month I have not included a meal plan. Shock horror! This is after getting your feedback in which you said you didn't use them and my aim is not to overwhelm you with 'stuff'. But if you miss the 7 day meal plan – then let me know ;)

Remember to download and save each months bundle to you devices as they are removed from the site after a few months.

So get shopping, make a plan of action and make sure you find out everything happening in the Clubhouse this month by [clicking here](#).

Tips

- Don't feel like your have to follow meal plan exactly – mix it up and do what works for you.
- Make sure you check out my meal planning training video on the members [resource page](#).
- Feel free to just repeat certain breakfast or lunches that you enjoy.

Bulking genius

- Why not make 2 loaves of linseed bread (June's Bundle) then store slices in the freezer for when you need speedy toast?
- Its often take no more time to double up a recipe and then that mean you can cook less or fill up your freezer for busy week!

Got questions? Then ask away over at the [Facebook page](#)!





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.



Breakfast {ish}

Chocolate Chia Pudding

For mornings when chocolate is the only answer but time is a fact! This high fat and protein super speedy bowl of goodness is the PERFECT to kick starts a summers day.

Serves 1

Ingredients

- 3 tbsp chia seeds
 - 150ml coconut/almond/oat milk
 - a good pinch of sea salt
 - ¼ tsp stevia OR tsp of sweetener of choice
 - 2 tsp cocoa powder
 - 1 tsp maca powder
 - Berries and nut butter for topping - if desired
- SERVING SUGGESTIONS
- blueberries or other berry
 - slices of banana
 - nut butter or sunflower seed butter
 - cacao nibs
 - yogurt

Instructions

1. Add the chia seeds into your bowl, mix in salt, cocoa, maca powder and stevia.
2. Stir in the milk thoroughly and leave for a minute.
3. Top with berries, banana, nut butter or dessicated coconut.
4. Eat and enjoy.

Notes

- You can also remove the 'chocolate' from this and just add in a tsp of vanilla and cinnamon – also very tasty!



Tropical Slushie

Taken from the Green Smoothie Challenge this is an fabulous summer smoothie – just pretend you are on the beach....

(And if you have yet to do the green smoothie challenge OR want to do it again just [click here to get started](#))

Serves 1 as 'main' , 2 as a snack

Ingredients

- 1 cup /100g frozen mango
- 1 banana
- 2 handfuls of spinach
- 1/4 cucumber
- 2 tbsp desiccated coconut
- pinch salt
- 1/8 tsp turmeric
- 350 ml water
- 10g creamed coconut or tbsp coconut cream
- 2 handfuls of ice
- 1 tsp baobab powder - *optional*.

Instructions

1. Blend until smooth! Makes about 700ml



LUNCH, DINNER & MISC

Tarja Dahl

A super frugal but tasty curry recipe that just keeps getting better days after you have made it. The perfect , bulk make, veggie dinner for summer days that aren't all that summery....

Serves 6+

Ingredients

- 500g split peas
- 1 onion
- tsp gram masala
- a green chilli
- a thumb size ginger
- 1+ tsp sea salt
- 1/4 tsp cayenne
- 2 tsp cumin seeds
- 2 tsp turmeric
- 2 tbsp desiccated coconut
- 2 tbsp coconut cream
- 200ml chopped tomato
- handfuls fresh coriander

Instructions

1. COOK THE SPLIT PEAS. The night before soak the dried split peas in a bowl of water with some salt added. After 12 hours drain the split peas and put in a slow cooker and cook in water for 8 hours or put on a pan in the hob, cover in water and cook for an 1 on a medium heat. Add more water if necessary. Once cooked they could be thick and sloppy.
2. When you have the split peas ready, in a fat add some ghee or coconut oil (about 2 tbsp) add the chopped onion and sauté on low heat for about 5-10 mins.
3. Then add the cumin seeds, cayenne, and gram masala and cook for a few minutes.
4. Add the chilli to the pan and grate in the ginger and turmeric.
5. Add in the cooked split peas, tomatoes and coconut.
6. Heat thoroughly and add lots of salt to taste.
7. Stir in coriander
8. Serve with a poached egg (seriously its good) and maybe some roasted veggies.

Notes

- To 'pimp up' the split peas then cook them in bone broth!
- This is honestly best left for a day or two in fridge as the spices really grow in flavour.







Goats Cheese & Walnut Salad

This is probably one of my all time favourite salads – like ever! So simple but super filling and fat-tastic. Perfect for a summer dinner or a lunch in the garden.

Serves 1

Ingredients

- 2 handfuls of chopped lettuce
 - handful of spinach
 - 5 radishes chopped
 - 1 spring onions chopped
 - 100g circle of goats cheese
 - 8-9 walnuts
 - generous serving of olive oil and balsamic vinegar
 - ½ avocado
- OPTIONAL 'FANCY' EXTRAS
- slices of dried fig
 - handful goji berries
 - 2 dried apricots chopped up thinly
 - handful pumpkin seeds

Instructions

1. Assemble all the veggies on a plate or bowl, chopped and ready to go
2. Top with lump of goats cheese, sprinkle with the walnuts and throw on any 'fancy extras'
3. Drizzle with olive oil and balsamic and a pinch a sea salt
4. ENJOY.

Notes

- Don't like goats cheese? Try some quality feta instead
- Don't do dairy at all? Then you could add a fillet of salmon to this or simple add in more nuts and/or a hard boiled eggs or two!



Chilli Lettuce 'Tacos'

Mexican inspired lettuce tacos are the perfect Mexican night feast! Make with some salsa and guacamole for the ultimate nourishing dinner experience.

Serves 3-4

Ingredients

CHILLI

- 2 onions
- 500g beef mince OR 500g tempeh OR 500g quorn
- tsp paprika
- ½-1.5 tsp chilli flakes (depending on how spicy you like it!)
- tsp cinnamon
- salt
- tsp ground cumin
- tsp cocoa
- handful fresh coriander

GUACAMOLE

- 2 avocado
- ½ lime juice
- handful fresh coriander
- ¼ tsp salt
- ½ garlic cloves
- pinch of chilli powder

'glug' of oil

SALSA

- 800g fresh tomatoes
- tsp salt
- 1/4 lime juice
- handful fresh coriander
- 1/10 onion – chopped finely
- pinch of chilli

'TACOS'

- 2-3 gem lettuces

Instructions

1. CHILLI - Cook the onion and mince in a pan with some coconut oil and salt for 5 minutes.
2. Add the spices and stir in, place the pan lid on and allow to cook for 10 mins on a low heat.
3. SALSA – chop all the ingredient and mix into a bowl.
4. GUACAMOLE – Place everything in a food processor and mix until smoothie OR roughly mash everything with a fork.
5. TO SERVE – wash the gem lettuce leaves, leaving them whole.
6. Use the lettuce leaves to scoop up lumps of chilli, guacamole and salsa – its messy but fun!
7. Feel free to sprinkle with cheese





TREATS, SNACKS & DESSERT!

Raw SKINNY Banoffee Pies

A low sugar option for a delightful banoffee snack or treat on a sunny eve or Sunday afternoon. I have kept these low in the sugar so if you aren't quite at that level yet or are making these for family then feel free to add some more honey or maple syrup.

Makes 8-10

Ingredients

BASE

- 100g linseeds
- 50g pumpkin seeds
- 50g almonds
- 2 dates
- 2 tsp honey

SAUCE

- 3 tsp raw honey
- 2 tsp ghee
- 1 banana

TOPPING

- 400ml coconut cream

Instructions

1. Place all the BASE ingredient in a food processor blend until finely chopped and then push into cup case cases, making it about $\frac{3}{4}$ cm in depth. Place in the fridge.
2. SAUCE – 2 options:
In a food processor place the raw honey, melt the ghee and add that, and add banana and blend into a creamy sauce
OR
in a bowl add the room temperature ghee and raw honey into a thick paste. Slice the banana up so you have individual slices
3. Assemble. Remove the bases from fridge and then pour over the sauce OR layer the honey mixture and then top with slices of banana.
4. If making a banana sauce then freeze for 1 hour minimum to ensure sauce solidifies. If leaving overnight allow to thaw for 10-15 before consuming.
5. Then when ready to serve, top each 'pie' with tsp of coconut cream and serve!
6. Store in the fridge or freezer and best served within a few days of making.

Notes

- If you want to make things in advance, then add the banana slices (if using that method) and the coconut cream last.
- Feel free to use another assortment of nuts – cashews, pecan or macadamia nuts would all be LOVELY!



Chocolate Fudge Crunch Ice Lollies

Because I am hoping we get some sunshine here in Scotland! And here is a secret, this recipe also makes an awesome chocolate smoothie recipe. Meaning any leftovers smoothie can easily be poured into a lolly mold for instant green smoothie lollies ;)

Makes 2-4 (*depending on lolly mold size*)

Ingredients

- 1 ripe avocado
- 2 tbsp cocoa
- a few pinches of sea salt
- 250-300ml of water OR coconut OR whole milk
- 3 medjool dates OR 2 tbsp raw honey OR ½ tsp stevia
- 3 tbsp cacao nibs

Instructions

1. Blend the avocado, coconut milk/water, cocoa, sea salt, dates, until smooth.
2. Then stir in cacao nibs (don't blend).
3. Pour into ice lolly molds and place in freezer until set.
4. Take out when set and enjoy!

Notes

- You could also replace the avocado with x2 ripe bananas for a banana-ramma style
- Other crunch ideas? Add some swirls of peanut butter, pumpkin seeds, walnut, pecans or real life choc-chips.