

A top-down view of a white ceramic bowl filled with a thick, light brown smoothie. The smoothie is garnished with several fresh raspberries and a generous amount of shredded white coconut flakes. The bowl is set on a dark, textured surface, possibly a slate or stone countertop. The lighting is soft, highlighting the texture of the smoothie and the freshness of the fruit.

August
BUNDLES



Welcome to August's Clubhouse Recipe eBook!

This month will be the last month of the Clubhouse looking the way it currently does – as there are some exciting changes a foot. Next month I will be launching something new and fabulous that is going to help you get to the next level for you!. So enjoy these scrumptious recipes and keep an eye out on emails and for FB live as I share the changes that are going to take place.

So with that in mind - make sure you download and save all the bundle you want, so you have can keep these recipes for life.

But we have our monthly workshop which will be all about the THYOIRD – it is going to be a juicy one, and find out all the monthly happenings by heading to Clubhouse home page [here](#).

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?
- It's 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!
- Making a double batch of chilli or curry and saving some for the rest of the 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}

Low Sugar Smoothie Bowl

A thicker type of smoothie for when you would rather scoop than slurp ;)

Serves 1

Ingredients

- 2 tbsp chia sees
- 2 tbsp hemp seeds
- 2 tbsp nut or seed butter
- 2 tsp MCT oil - *optional*
- small handful spinach/ 1 block of frozen spinach
- 1/3 of a frozen banana
- pinch sea salt
- 250ml almond milk
- 1/2 tsp cinnamon
- extra stevia is desired

Instructions

1. Place all the ingredients in a blender and blend until smooth.
2. Pour into bowl and top with your favourite toppings.

Notes

- Feel free to add more liquid to make this a thinner consistency.
- Low sugar toppings are – cacao nibs, coconut flakes, walnut nuts, nut butter, and so much more.
- Feel free to use a whole banana if you are still adapting to a low sugar life.



LUNCH, DINNER & MISC

Sweet Potato Nachos

Because nachos are sometimes just what you need – crunchy, filling and super comforting!

Serves 2+

Ingredients

NACHOS

- 1 medium sweet potato per person
- OR
- Bag of sweet potato crisps OR organic tortilla chips

CHILLI

- 500g beef
- OR
- 500g mixed beans
- 2 tsp paprika
- sea salt to season
- 1/2 tsp cinnamon
- 1 tsp cocoa
- 1 tsp oregano
- 1 tsp chilli flakes
- 1 small clove garlic
- 10 mushrooms
- 1 onion
- large handful fresh coriander

Instructions

1. If you are making your own nachos, slice the sweet potato in thin disc slices – try to keep them even and about 1/4cm in thickness.
2. Place onto a grease baking tray and lightly brush with some oil . Place in oven at 220c for 25-40 mins depending of oven and thickness.
3. Then in a pan add the onions and mince (if using) and sauté for 5- 10 minutes.
4. Add the mushrooms, spices, garlic, salt and cover with a lid and sauté at a low heat for a further 5- 10 minutes.
5. Keep checking on the sweet potatoes! Don't let them burn.
6. When ready to serve remove sweet potato from oven and taste chilli to see if additional seasoning is required.
7. Serve with avocado slices or if you can be bother some guacamole!

Notes

- Sick of sweet potato? Then you could also use thinly slices parsnip too.
- Or feel free to go 'wild' and get some organic non GMO corn tortilla and simply enjoy those instead.





Salmon Burgers

Fish is SUCH a good source of nutrients and ideally we want to be eating around 2-3 servings a week. So here is a perfect way to get some salmon in burger style!

Serves 1

Ingredients

- 400g tinned salmon
- 150g cauliflower
- 250g sweet potatoes
- ¾ -1 tsp salt
- tsp cumin
- 2 garlic cloves
- a large handful coriander
- 2 beaten eggs
- 3 tbsp coconut flour
- 1/2-1 tsp chilli powder - optional

Instructions

1. Cook the cauliflower and sweet potato.
2. Then in a bowl mix the tinned salmon, cooked sweet potato and cauliflower, crushed/chopped garlic and cauliflower cumin, salt, chilli powder.
3. Mash together until well combined.
4. Add the coriander, very finely chopped.
5. Stir in the beaten egg and then add the coconut flour, it will be a sticky consistency.
6. Using your hands grab handful and shape into a burger shape
7. Place on a frying pan with some oil and cook for 10-15 mins.
Be gentle to flip them over and cover the frying pan with a lid.
8. Serve in a lettuce bun with fresh lemon slices and homemade mayo!

Notes

- Don't do fish? This would work with tempeh, tinned tuna and more!



One Minute Mayo!

Currently I am obsessed with mayo. Seriously so good. This recipe literally is the quickest thing to make and can be done in one minute flat.

Make 6-10 servings

Ingredients

- 250 ml of oil (I use a blend of mild olive oil, MCT oil and avocado oil)
- ½ tsp sea salt
- juice ½ lemon
- ½ tsp raw apple cider vinegar
- 1 organic egg
- paprika, mustard powder, garlic, herbs – *optional flavouring*

Instructions

1. In a long jug or container often supplied with hand/immersion blenders, crack the egg into the bottom.
2. Add the lemon juice, raw apple cider vinegar, salt and an optional flavourings.
3. Pour in the oil and allow the egg to settle at the bottom again.
4. Place your hand/immersion blender into the jug/container so it touches the bottom.
5. Turn blender on and hold it in there for 15-20 seconds until you see the mayo forming. Then lifting the blender slightly to finish emulsifying all the oil
6. Viola – homemade mayo in a jiffy!
7. Store in sterile jar in the fridge.

Notes

- This mayo is really about the oil you use. So make sure you use a good quality olive oil that's milk, or avocado. **Avoid using sunflower, rapeseed or any other vegetable oil.**
- MCT should not be used as the sole oil, but as it has a neutral taste. It is a good way to neutralise the stronger flavour oils like the olive oil.



Tahini & Lemon Dressing

Having a jar of dressing in the fridge is a busy girls best friend. Add it to salad, use it to make a dull meal more exciting, dip in some carrots or to make a pre-dinner mini salad when you're starving

Make 6-10 servings

Ingredients

CHILLI

- 3 tbsp tahini
- 85ml olive oil - mild
- 85ml water - more for runnier
- a small garlic clove
- 1/4 tsp honey
- 3/4 tsp salt
- juice of a lemon
- handful basil or coriander
- seasoning

Instructions

1. Blend all ingredient except water until smooth.
2. The slowly add water until at your desired consistency. Taste and add more salt or honey to taste.
3. Serve with the halloumi salad or any other salad you fancy.
4. Store in deals jar in fridge for up to 4 days.

Notes

- If you don't enjoy the tahini you could use some plain cashew butter or almond butter instead



Coleslaw & Halloumi Salad

So turns out fried cheese is just the best. I know unsurprising really but news to me. This simple salad make for one speedy lunch if made in advance and is super nourishing!

Make 1-2

Ingredients

COLESLAW

- 300g red cabbage
- 2 carrots
- 2 celery stick
- 3 spring onions
- tsp salt
- tsp RACV
- 5 tbsp homemade mayo

HALLOUMI

- 100g halloumi per person

SALAD

- additional lettuce, radish, cucumbers tomato – whatever you enjoy!

Instructions

1. Finely chop or roughly grate the cabbage, carrot and celery (best to chop celery) and place in bowl. Add finely chopped spring onions
2. Mix in the mayo, raw apple cider vinegar and salt
3. Meanwhile slice up the halloumi to about ½ cm of thickness. Place in a frying pan and cover with a lid.
4. Dry fry (don't add additional oil) for about 5 mins and turn over when brown and crispy.
5. Serve the coleslaw (about 203 tbsp worth) with the halloumi slices and lots and lots of extra salad.

Notes

- You can make this in advance and store in packed lunch.





TREATS, SNACKS & DESSERT!

Chocolate Peanut Fat Bombs

These are little pockets of awesome nourishing fats. Just one as a snack will keep you full for hours and make you feel like you're having a treat!

Makes 6-10

Ingredients

BASE

- 150g cacao butter
- 70g coconut oil
- 30g butter
- salt
- pinch cinnamon
- 2 tbsp cocoa
- 1 tsp stevia or 1 tsp raw honey or maple syrup

TOPPING

- 2 tbsp peanut butter
- 1 tbsp coconut oil
- 1 tsp raw honey
- 2 tsp maca powder

Instructions

1. Melt the cacao butter in a pan.
2. In a food processor blend all the other BASE ingredients and add in the melted cacao.
3. Pour into silicon cupcake moulds, making it about $\frac{3}{4}$ cm deep only.
4. Place in the freezer, and allow to set for 45 mins.
5. Then blend the TOPPING ingredients until smooth then remove the BASES and pour about 1 tsp of the TOPPING on each.
6. Place back in the freezer.
7. When you want to eat, remove for 5-10 mins to allow to slightly defrost before consuming.
8. Store in freezer.

Notes

- Feel free to use almond or cashew butter instead of peanut butter.
- No cacao butter? Then use 100g of extra coconut oil and 50g of coconut oil instead.



'Seedy' Chocolate Chip Cookies

These are low sugar sugar that are perfect when you need a treat and a glass of milk. Gluten, dairy, and grain free and a fabulous source of vitamin E (great for healthy skin).

Makes 6

Ingredients

- 2 tbsp tahini paste or sunflower seed or almond butter
- 3 tbsp coconut flour
- 4 tbsp xylitol or 5 tbsp coconut sugar
- 2 tbsp coconut oil
- 1 tsp maca
- 1 egg
- 100g sunflower seeds
- 30g 85% dark chocolate or cacao nibs
- 1 tsp cinnamon
- pinches salt
- DRIZZLE
- 25g 85% dark chocolate

Instructions

1. In a food processor blend the paste or nut butter, sunflower seeds, coconut oil, cinnamon and xylitol/coconut sugar and maca until fully combined.
2. Add the egg and blend, then the coconut flour. Stir in the chopped dark chocolate
3. Then lay out the mixture on a layer of cling film and place the now sticky mixture in the cling film. Seal and roll the cookie dough into a small 'log shape', like a small traditional cookie dough roll (roughly 15cm in length)
4. Place in the fridge for at least ½ hour
5. When you want to cook all or one of the cookies, pre heat oven to 200c. Slice the 'log' into cookie slices, or roughly 1cm. Place onto greased baking tray and push down each cookie with the back of a spoon.
6. Cook for 8-10 mins.
7. If you want to add the drizzle, melt the dark chocolate in a glass bowl over boiling water and then drizzle the melted chocolate over the cookies.
8. The cookie dough will keep for 3-4 days in the fridge. Cookies are best eaten within 1-2 days.

Notes

- I use super dark chocolate to make chocolate chips but simply chopping it up small.
- Xylitol make this a much lower sugar cookie and it better for your blood sugar regulation.