

# The March Nourish Bundle



# Hello Beautiful!

Say no more overwhelm and to hours spent planning meals – its time to NOURISH your body from the inside out. And I have got you sorted with this months bundle of meal plans.

This bundle include:

- x2 meal plans with recipes gathered below for ease of finding them
- 5 new recipes from me
- x2 shopping list ready for you to print off or save onto you phone and head to the shop with

As always recipes are gluten and refined sugar free, with various options to make them vegetarian and dairy free too.

Feel free to follow these plans to the letter OR to mix and match and pick the meals you fancy – make this work for you.

## **Gluten dairy and sugar free – eeeekkkk!**

If you feel overwhelmed by eating this way then first take a deep breath – its easier than you think. Read the Flourish eBook and go at your own pace. Focus on all the food you CAN eat and go one step at a time. I am here for you – let me know any support you need!

And want to see a certain recipe in next fews months bundle? Then make sure you let me know in the Nourish Facebook page – and I will get cooking!

I have also included a Batch Cooking Flow – this is a rough timetable you could follow on a Sunday morning to save you tons of time the rest of the week. Again, only use this is helpful.

*BA = BULK ALERT - this makes a large quantity so you can cook once and eat twice.*

*This meal plan is based on 2-4 people eating (2 with big appetite , 4 with small appetites) adjust to your own quantities.*

Happy Eating  
Kezia xxx

*PS. Don't forget that there are over 80 recipes in the Nourish Recipes eBook – is if you want to mix things up then simply swap in a new recipe!*

## Ingredients & Notes

**Meat.** I get a monthly meat box delivered from [Coombe Farm](#) which is a organic and fully grass fed farm with high quality meat. Another organic and grass fed farm is [Eversfield Farm](#) where you can order meat from too.

**Fish.** I have also had a monthly [fishbox.co.uk](http://fishbox.co.uk) where you can get wild Scottish fish straight to your door from small fisherman boats. You can put in your preferences too so you won't get stuck with oysters if you don't like them!

**Vegetables.** You can get organic veg delivered straight to your door. Either google a local company in your region or you can use [Abel & Cole](#) or [Riverford](#) to get vegetables, eggs and milk (if you drink it) straight to your door.

### Other tid-bits

- **Tempeh** – lots of health food shops sell this or you can buy it online in bulk [here](#) (not sold in supermarkets but this is a great source of protein for veggies)
- **GF sausages** – lots of great brands are gluten free -just check the ingredients and look for the gluten free label.
- **Veggies sausages** – [quorn](#) does a gluten free veggies sausage
- **Soy & dairy free cheese** – you don't want to eat loads of dairy free cheese as its pretty processed but if you know you don't react well to dairy but cravings a cheesy pizza then [Violife](#) does a good soy and dairy free cheese
- **Tamari sauce** – available in the free-from aisle in most supermarkets and is a gluten free version of soy sauce.

## Meal Plan 1

- [Click here](#) to download the meal plan & shopping lists (*easier to print off*)

All recipes for both meals plans are found at the bottom

Breakfast	Lunch	Dinner	Snacks/ Pudding
<b>X2-3 Scrambled eggs</b> with cooked spinach or mushrooms and smoked salmon	<b>Super Soup</b> with 1. some cheese slices wrapped in ham or topped with chicken 2. veg sticks with hummus & avocado	BA <b>Speedy Chilli</b> with roasted sweet potato (make an extra sweet potato for lunch next day)	Aim for 1-2 a day and use common sense... <i>I.e don't just eat oat bakes all day as a snack !?</i>
<b>X2 boiled eggs with small glass of smoothie of choice</b>	<b>Speedy Chilli</b> – <i>leftovers</i> with baked sweet potato	<b>Pea &amp; Sweet Potato Curry</b> served cauliflower rice or normal rice	Small square of <b><u>Pumpkin &amp; Choc Chip Bars</u></b>
<b>Smoothie of choice</b>	<b>Detox Dressing &amp; Green leafy salad</b> with 1. 2 hard boiled eggs and/or chicken breast slices, 2. goats cheese with walnuts and pumpkin seeds	<b>Beef Burgers or Falafel Burgers</b> served with salad & homemade chips	½ of any of the green smoothie recipes  Carrot batons with tsp of peanut/almond butte
<b>Organic greek/coconut yogurt</b> , with berries, walnuts and pumpkin seeds	<b>Pea &amp; Coconut Soup</b> with 1. some cheese slices wrapped in ham or topped with chicken 2. veg sticks with hummus & avocado	<b>Speedy Chilli</b> - <i>Leftovers</i> with <b><u>guacamole and salsa</u></b> and some roasted veggies	Hot chocolate made with tbsp cocoa, milk of your choice and small amount of sweetener ;)
<b>Omelette</b> with smoked salmon and onions	<b>Detox Dressing &amp; Green leafy salad</b> with 1. 2 hard boiled eggs and/or chicken breast slices, 2. goats cheese with walnuts and pumpkin seeds	<b><u>Thai Beef Slow Cooker Stew</u></b> OR <b><u>Indian Butternut Stew</u></b>	Avocado mashed onto 2 rice cakes with pinch of salt
<b>Smoothie of choice</b>	<b>Leftovers</b> – either chilli or curry	<b>Sweet potato chips, fried eggs</b> , GF/veggie sausages with some peas and <b><u>organic/homemade mayo</u></b>	
<b><u>Waffles!</u></b> <i>With bacon, mushrooms</i>	<b>Pea &amp; Coconut Soup</b>	Leftovers or Speedy Stir-fry with salmon/tempeh with Almond Satay	

## Meal Plan 2

- [Click here](#) to download the meal plan & shopping lists (*easier to print off*)

All recipes for both meals plans are found at the bottom

Breakfast	Lunch	Dinner	Snacks/ treats
<p><b>X2-3 soft boiled eggs* with a slice of buckwheat bread as soldiers</b></p> <p><i>*add eggs to boiling water and time for 4 ½ mins</i></p>	<p><b>Large bowl Tomato Soup with avocado slices</b></p> <p>Lots of sliced pepper and celery sticks too with some hummus.</p>	<p><b><u>One Pan Cranberry Balsamic Roasted Chicken</u></b></p> <p>OR</p> <p><b><u>Spanish Chickpea and Spinach Stew</u></b></p> <p><i>served with roasted vegetables</i></p>	<p>Aim for 1-2 a day and use common sense... I.e <i>don't just eat torte all day as a snack !?</i></p> <p><b>Chewy Chia Choc Cookie</b></p>
<p><b>Smoothie of choice</b></p>	<p><b>Baked sweet potato with Moroccan hummus</b> and side salad</p>	<p><i>BA – Cottage Pie</i> served with cooked peas</p>	<p>½ of any of the green smoothie recipes</p>
<p><b>Smoothie of choice</b></p>	<p><b>Cottage Pie - leftovers</b> served with salad</p>	<p><i>BA - Chickpea &amp; Tomato Curry</i> with homemade chips <i>*Slice potatoes to finger size. Cook at 180c for 30 mins on a greased tray (use coconut oil or ghee)</i></p>	<p><b>Gingerbread square</b></p> <p>Carrot batons with tsp of peanut/almond butter</p>
<p><b>X2-3 scrambled eggs</b> with avocado slices, sea salt and smoked salmon</p>	<p><b>Large bowl Tomato Soup</b> with x2 hard boiled eggs and/or slices of ham, carrot sticks and hummus</p>	<p><b>Almond Satay Stir Fry</b> with ready made veggies and chicken/prawns/tempeh</p>	<p>Hot chocolate made with tbspcocoa, milk of your choice and small amount of sweetener ;)</p>
<p><b>Smoothie of choice</b></p>	<p><b>Butternut &amp; Feta salad</b> with cooked salmon fillet, ham or mixed beans</p>	<p><b>Sausages &amp; Mash</b> 2-3 GF Sausages or veggies sausages served with cooked onions* and sweet potato mash <i>*cook onions in coconut oil or ghee on low for 20 mins</i></p>	
<p><b>2 rashers of bacon, 2 poached eggs</b> with portobello mushrooms and/or avocado and <a href="#">pancakes</a>.</p>	<p><b><u>Pea and Coconut Soup</u></b> with some cheese and cucumber slices</p>	<p><i>BA – Cottage Pie</i> served with cooked peas</p>	
<p><b>Chocolate Pudding Smoothie</b></p>	<p><b>2x Poached egg on <u>Buckwheat Toast</u></b> with wilt spinach and cooked mushrooms.</p>	<p><b>Chickpea &amp; Tomato Curry - leftovers</b> with some cauliflower rice, normal rice or cooked vegetables</p>	

# Recipes

## Breakfasts

### **Turmeric & Mango Green Smoothie**

Makes 1 large or 2 small servings

#### *Ingredients*

250g mango (frozen works well)

1/4 tsp turmeric

thumbnail size organic lemon peel

150ml water

200ml coconut water

tbsp chia seeds

2 handfuls spinach

3-5 drops of stevia/ honey if desired

handful of cashews or tbsp of nut butter

#### *Instructions*

1. Blend everything until smooth. Serve immediately.

#### *Notes*

- Feel free to omit coconut water and just use all water.

## **Chocolate Pudding Smoothie**

Makes 1 large or 2 small servings

### *Ingredients*

1 handful of spinach  
2 tbsp cocoa powder  
2 tbsp pumpkin seeds  
2 tbsp chia seeds  
2 tbsp almond butter  
1/4 tsp vanilla powder - optional  
1 tsp of stevia or 1/2 frozen banana  
350ml almond milk or water  
pinch salt  
2 handfuls of ice – optional

### Instructions

1. Blend in all together until smoothie and drink immediately.

## **Banana Pancakes**

Serves 2

### *Ingredients*

2 bananas

3 organic eggs

1 tsp cinnamon

### *Instructions*

2. Blend all the ingredients until smooth.
3. Heat a frying pan with some fats (butter, coconut oil or oils) and use about 2 tbs of mixture per pancake. Make sure the pan is hot and then once the batter has been poured turn the heat down.
4. When the pancakes are more solid carefully flip over.
5. Do this with all the mixture and serve with organic butter/coconut oil, fruit, organic bacon, nut butter or raw honey!

## Lunches

### **Creamy Tomato Soup**

Serves 4

#### *Ingredients*

300g tomato paste  
200g butternut squash  
2 onions  
tbsp balsamic vinegar  
tsp tamari sauce  
1/2 tsp honey  
300ml broth  
650ml water  
knob butter  
1/2 tsp salt  
pepper

#### *Instructions*

1. Roughly chop the butternut squash and onions and then place all the ingredients, except butter, in a pan and bring to simmer for 25 minutes.
2. When everything is soft, blend until smooth and add the butter.

#### *Notes*

- Store in fridge for 3-4 days or freeze and defrost when desired.
- roughly chop and cook for 25 mins

## Butternut & Feta Salad

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

## Pea & Coconut Soup

Makes 6-8 servings

### *Ingredients*

600ml stock - ideally homemade broth

600ml water

500g frozen petit pois

2 leeks roughly chopped

1 large garlic clove

tsp of salt and seasoning to taste

100g creamed coconut

### *Instructions*

1. In a large pan place all the ingredients and bring to boil. Simmer for 20 mins then blend until smooth. Add seasoning to taste.
2. Serve with sauerkraut.

### *Notes*

- Feel free to use coconut milk just add less water. So if you use 150ml of coconut milk use 150ml less of water.
- Add more or less liquid depending on you preferred consistency.

## main meals

### **Beef Burgers**

Serves 4

#### *Ingredients*

500g organic mince or tempeh

1 onion

125g butternut squash raw

Tsp dried oregano

Tsp salt

One egg whisked

TO SERVE

Several large leaves of lettuce to wrap around the burgers and any topping you fancy.

#### *Instructions*

1. In a food processor place the onion and butternut and other ingredients and blend until combined. OR grate both until very fine.
2. Then mix in and add the mince. Pulse the for processor just a few time or mix by hands until fully combined.
3. Place a large frying pan on the hob and brush with small amount of fat.
4. Shape the mixture into burger shapes with you hands - you want them about 1.52cm thick. They will be sticky so just put them straight onto the hot pan. Do this with all the burgers as you go if you shape them all together they will just stick.
5. Cook on a medium to low heat for about 10-15mins or until cooked all the way through.
6. Serve immediately with cheese, guacamole, salsa, eggs, chips or coleslaw!

#### *Notes*

- You can omit the butternut in these too and they are still tasty!
- Why not place in between two thin slices of the linseed flat bread, or wrapped in lettuce bun or sandwiched between to portabello mushrooms

## Falafel Burgers

Serves 4

### *Ingredients*

400g cooked (ideally sprouted) chickpeas

1 tsp salt

1/2 tsp paprika

1 tsp cumin

Pinch cayenne pepper

1 tsp ground coriander

1 small organic egg

1 small onion

30g ground linseeds OR ground almonds

TO SERVE

x4-6 large lettuce leaves

### *Instructions*

1. In a food processor blend all the burger ingredients except the ground linseed or almonds. Then grab heap tbsp fulls of the mixture and shape into burger shapes and dust with the ground linseed or almonds. Then place the burgers on a medium heated frying pan with coconut oil or other fat and cooked for about 5-10 minutes on each side on a low heat.
2. Once cooked place the burgers on the lettuce and wrap in the lettuce leaf.

### *Notes*

- Feel free to add more kick by adding for cayenne .
- Serving ideas - cheese, avocado, bacon, salsa, fresh tomato or guacamole.

## Cottage Pie

Serves 4-6

### *Ingredients*

#### TOPPING

1kg potato (I used 800g sweet potato and 200g white potatoes)

salt

knob butter

#### PIE

500g mince or cooked lentils

1 onion

2 carrots

200g frozen peas

150g mushroom

3 garlic cloves

2 tbsp balsamic

4 tbsp tomato paste

1/2 tsp honey

400ml water or broth/stock

seasoning

### *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 mince or lentils, carrots, mushrooms, garlic, balsamic and honey and stir briefly.
4. Add the tomato paste, peas and water/stock and bring to simmer.
5. Simmer for about 10 minutes or until meat is cooked. Taste and add additional salt and pepper according to your preference.
6. If potatoes are cooked (they should be after 15mins is) drain and mash with butter and a few pinches of salt.
7. Then gently spoon the potato onto on the meat/lentil sauce and smooth over.
8. Optional - Top with handfuls of cheese if you desire and place under grill until golden.
9. Serve immediately and freeze or fridge any leftovers.

### *Notes*

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

## Thai Beef Slow Cooker Stew from Danielle Walker - [AgainstAllGrain.com](http://AgainstAllGrain.com)

Serves: 6-8

### *Ingredients*

2 tablespoons coconut oil, divided  
1.3kg beef stew meat, trimmed of fat  
1 medium yellow onion, thinly sliced  
2 cloves garlic, minced  
2 teaspoons peeled and minced fresh ginger  
1 can full-fat coconut milk  
1/3 cup tomato paste  
1/2 cup Thai red curry paste  
2 tablespoons fish sauce  
2 teaspoons fresh lime juice  
2 teaspoons sea salt  
2 cups broccoli florets  
2 cups julienned carrots  
fresh Coriander, for garnish

### *Instructions*

1. Heat 1 tablespoon of the coconut oil in a large skillet over medium-high heat. Working in batches, brown the meat on all sides.
2. Use a slotted spoon to transfer each batch of browned meat directly to the slow cooker, then continue browning. Wipe out the skillet between batches if a lot of liquid has accumulated at the bottom to ensure even browning.
3. Wipe out the skillet and add the remaining 1 tablespoon of coconut oil. Saute the onion, garlic, and ginger over medium high heat for 5 minutes.
4. Pour in the coconut milk and stir continuously to release the browned bits on the bottom of the pan.
5. Add the tomato paste, curry paste, fish sauce, lime juice, and salt, then pour the mixture over the beef in the slow cooker.
6. Cook on high for 5 hours or low for 8 hours. Add the broccoli, carrots, during the last 30 minutes if cooking on high, or the last hour if cooking on low. Serve garnished with cilantro.

## Indian Butternut Stew By Laura @ [Wholeheartedly Laura](#)

Serves 2-4

### *Ingredients*

1 onion

3-4 tablespoons of mild curry powder OR 3-4 tablespoons of curry paste, I used korma paste

1/2 large butternut squash

200g / 1 1/2 cups of red lentils

750ml / 3 cups of water or vegetable stock

2 large handfuls of spinach

Optional: 1 tablespoon fresh grated ginger, 1 teaspoon turmeric

### *Instructions*

1. Heat some oil in a large pan over a medium low heat.
2. Finely chop the onion and add to the pan along with the curry powder or paste and ginger and turmeric if using. Fry for a few minutes taking care to not let it burn.
3. Peel and de-seed the squash and chop into small cubes, then add to the pan.
4. Rinse the lentils well in a sieve and add to the pan along with the water or vegetable stock.
5. Simmer the stew on a medium heat with the lid on the pan for 20-30 minutes stirring occasionally to prevent the lentils sticking to the bottom.
6. The stew is done when the lentils have broken down and the squash is soft.
7. Turn off the heat and add the spinach, stirring through until it wilts into the stew.
8. Serve.

### *Notes*

- Serves 2 very generously or 3 - 4 more moderately
- Add more water or stock as needed if you prefer it a less thick texture

## Pea & Sweet Potato Curry

Serves 4

### *Ingredients*

400ml stock or homemade bone broth  
2 tbsp garam masala  
1 tbsp turmeric  
1/2 tsp cayenne powder  
1 tsp sea salt  
25g ginger - grated and peeled  
2 sweet potatoes  
2 onions  
300g frozen peas  
400ml coconut milk

### *Instructions*

1. In a pan on medium heat add 1 tbsp of ghee or coconut oil and add chopped onions and sauté for a few minutes until the edges become clear.
2. Add the salt and all the spices to the pan.
3. Chop the sweet potato into small diced pieces (peel if you want but I don't) and mix in.
4. Then add the stock/broth.
5. Add the coconut milk and frozen peas and bring to boil.
6. Simmer for about 15 minutes or until sweet potato is soft. Season with salt as necessary.
7. Serve with rice or whatever else you fancy.

*\*Use quality veggie stock to make it vegetarian and feel free to use and add other veg - like some added frozen spinach would also taste yum in this!*

## **Sweet Potato Chips**

Serves 2

### *Ingredients*

2 large sweet potatoes

Tbsp ghee/coconut oil/ fat

### *Instructions*

1. Preheat oven to 200c. Place in oven dish with tbsp of fat and allow it to melt.
2. Chop the sweet potato's into wedges and chip like sizes. Remove hot tray from oven and place chips on the hot try tossing in the hot oil/fat.
3. Cook until golden brown (you may need to toss the chips again to get even browning)

## Satay Stir Fry with Salmon (or Tempeh)

### *Ingredients*

SATAY (serves 4 – sauce is 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 raw apple cider vinegar  
1/2 tsp cayenne OR ½ fresh chilli  
Tsp raw honey  
30g coconut oil  
STIR FRY (serves 2)  
350g mixed stir fry veg  
x2 pieces of salmon fillet or Tempeh

### *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.
- I often just buy the packet of stir fry veg from supermarket to make it super speedy.

## Easy Chilli

Serves 6-8 This is a BULK recipe

### *Ingredients*

1kg organic mince OR 400g cooked lentils

300g kidney beans

300g any other bean of choice!

tsp cayenne

tsp paprika

tsp cocoa

tsp cumin

salt and pepper seasoning to taste

1 onion

4 garlic cloves

500ml broth

4 tbsp tomato paste

125g mushrooms

2 carrots – chopped small

### *Instructions*

1. In a pan with some ghee or coconut oil sauté the onions with some salt for about 5 mins.
2. Then add the beef, place lid on pan and on a low heat allow it to brown for another 5 mins.
3. Then stir in all the spices, carrots, mushrooms and garlic.
4. Add the broth or stock and tomato paste.
5. Bring to boil then allow to simmer for about 20 mins or until beef is cooked thoroughly.
6. Taste and add more salt and pepper according to taste.
7. Serve with some veggies, guacamole and salsa with a large salad
8. Store in fridge or freeze leftovers as desired.

### Notes

- Save the remainder for another meal later in the week or freeze for a speedy meal.

## One Pan Cranberry Balsamic Roasted Chicken

by Lindsay @ [CotterCrunch](#)

Serves 5

### *Ingredients*

550g chicken thighs or breasts with skin on (around 4 to 6 chicken thighs or breast)

fresh thyme

a sprinkle of dried Italian herbs (optional)

45g-70g fresh cranberries (or previously frozen)

1 tbsp each maple syrup and balsamic vinegar mixed together to coat chicken during roasting

### MARINADE

45g cranberries

2 tbsp olive oil

2 tbsp gluten free tamari sauce or coconut aminos (optional)

2 tbsp maple syrup

60ml cup balsamic vinegar

1/4 tsp sea salt

1/4 tsp black peppers

2 garlic cloves (or 1 tsp minced)

### *Instructions*

1. Clean your chicken then place in a roasting or baking dish. Set aside.
2. Next prepare your marinade.
3. Blend all the ingredients listed in the Marinade in a food processor or blender until liquified and smooth.
4. Pour this over the chicken thighs, coating evenly.
5. Cover and place in fridge to marinate for 30 minutes or up to 24 hrs.
6. Once marinated, preheat oven to 375F.
7. Remove chicken from fridge.
8. Add your extra 1/3 to 1/2 cup cranberries, thyme, and Italian herbs to the dish. Spread it out evenly on and around the chicken.
9. Bake skin side down first for 25-30 minutes.
10. Remove and turn skin side up. Check for doneness. Then brush each chicken skin with the maple syrup/balsamic vinegar combo.
11. Add more seasoning (like dried herbs, salt, pepper) to the top if desired. if using fresh herbs, wait to add until after broil
12. Depending on the thickness of your chicken, either bake a little longer skin side up, then broil. Or if chicken is almost done and not pink, then skip extra baking and just Broil for about 3-4 minutes or until skin is crispy and chicken is cooked evenly inside.
13. Updated If using boneless chicken, cooking time will be around 35 minutes total.

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14. After thoroughly cooked, remove from oven.
15. Spoon the sauce from the pan onto each chicken thigh/breast and a pinch of black pepper or cracked pepper.
16. Serve with the roasted cranberries on top and any extra fresh herbs desired.

*Notes*

- This is a great recipe to make ahead. Prep the marinade hours before then just pop in the oven the next day or later in day.

## Spanish Chickpea and Spinach Stew by Ania at [Lazy Cat Kitchen](#)

Serves 4

### *Ingredients*

2 tbsp / 30 ml oil (I used olive oil)  
3 garlic cloves, finely chopped  
1 medium red onion, finely chopped  
3 tsp cumin (ground)  
1½ tsp smoked paprika (ground)  
¼-½ tsp cayenne pepper or hot chilli powder  
½ tsp salt  
2-3 tsp coconut sugar  
black pepper, to taste  
2 x 400 g tins of peeled plum tomatoes  
1 tbsp of tomato paste  
250g of cooked chickpeas  
200 g of spinach  
a handful of almond flakes, toasted  
fresh parsley, chopped (optional)  
cooked rice (I used brown), to serve with

### *Instructions*

1. Heat up the oil in a large frying pan (ideally with a lid). Add chopped onion and fry on a low heat until almost translucent, stirring from time to time.
2. Add chopped garlic. Keep on stirring frequently until the onion is translucent and garlic softens completely and releases its beautiful aroma.
3. Add all the ground spices to the fried onion and garlic mixture and stir them around well. Fry them off gently for a minute or two stirring the whole time as they burn easily.
4. Add tomato paste to the pan and stir it into the onion and garlic mixture.
5. Squash plum tomatoes with a potato masher in a separate bowl before adding them to the pan. Add tomatoes to the pan, salt and half of the sugar. Let the sauce thicken by simmering it on a low heat with no lid on. Give the sauce a good stir from time to time.
6. Once the sauce thickens, taste it and season with some black pepper and more sugar if needed. I used 3 tsp of sugar in this recipe as my tomatoes were quite tangy, but you may not need as much.
7. Stir in cooked chickpeas and let them warm through. Now add in the spinach and place the lid on to let spinach wilt and cook in the steam. If you are not in a rush, you can gently pan-fry the spinach in a little olive oil and garlic separately and then add it to the dish, but that's optional.
8. Serve over rice, sprinkled with toasted almonds and fresh parsley.

### SLOW COOK OPTION

9. Follow steps 1-4 and then place all the other ingredients in a slow cooker on low, except spinach. When ready to serve add spinach and allow 1-2 minutes to wilt/cook. Cook for 6

hours on a low heat.

## **Chickpea & Tomato Curry**

Bulk recipes

**Serves 6-8**

*Ingredients*

2 onions

1 tsp salt

4 tsp mild curry paste

1/2 tsp chilli flakes – *optional*

500g chick peas - cooked

x1 can/400ml coconut milk

800g chopped tomatoes - *can or carton*

125g cherry tomatoes

200g frozen peas

*Instructions*

1. Chop the onions finely and place in a pan with tsp of ghee or coconut oil, cook until soft.
2. Add salt, the curry powder and the optional chilli flakes. Cook for 2 mins.
3. Add the chopped tomatoes and coconut milk and chick peas.
4. Cook for 15-20 minutes.
5. Then 10 minutes before you want to serve add the freshly chopped tomatoes and frozen peas and cook until peas are soft and cooked.
6. Serve with rice or cauliflower.

## Chicken/Prawn Satay

Serves 2

### *Ingredients*

2 portions of chicken (i.e 2 chicken breasts or thighs) OR 2 portions of Prawns

2 handfuls fresh spinach

2 onions chopped

2 tbsp almond butter

1/8 tsp cayenne pepper or chilli powder

1 garlic clove

60ml raw apple cider vinegar

250ml-375ml of water

25g creamed coconut

3 chest nut mushrooms chopped

½ tsp salt

2 tbsp tamari or coconut amino's sauce

### Instructions

1. Sauté the onions and vegetables and chicken in a pan on a low heat with some fat for 10 minutes.
2. Then add the spices followed by ALL the other ingredients except water.
3. Allow to simmer for 10 minutes and add additional water slowly to get desired consistency.
4. Serve with cauliflower rice/stir fry vegetables

### Notes

- Feel free to switch in some beef or more veggies
- You could also put all the ingredients in a slow cooker and cook it throughout the day.

## Sides and Sauces

### One Minute Mayo

6-10 servings

#### *Ingredients*

250 ml of oil (I use a blend of mild olive 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 mild, or avocado oil . Avoid using sunflower, rapeseed or any other vegetable oil.
- MCT should not be used at the sole oil.

## Moroccan Hummus

Serves 4-6

### *Ingredients*

400g cooked chick peas  
juice of 2 lemons  
1.5 tsp salt  
tbsp tahini  
tsp paprika  
tsp cumin - heaped  
tsp smoked paprika  
1/4 tsp cinnamon  
125ml olive oil  
2 tsp raw honey  
2 onions – roasted - optional  
4 garlic cloves – roasted – optional

### *Instructions*

1. Optional - Preheat oven at 180 and place the onions roughly chopped and whole garlic cloves in for 25 mins – or until golden brown.
2. Then simply in a food processor blend all the ingredients together until smooth.
3. Taste and season accordingly (hummus often needs more seasoning than you think)
4. Store in fridge for 3-5 days in sealed container.

### *Notes*

- Why not double this recipe and place a batch in the freezer?
- Serve on rice cakes, in a roasted sweet potato or on some buckwheat bread.
- Feel free to omit the onions and cooked garlic if in a hurry – add it makes for a richer flavour but is fine without it.

## Detox Dressing

Serves 2-4

### *Ingredients*

60g fresh basil

125ml olive oil or oil of choice\*

60ml MCT oil or other neutral oil\*\*

salt

1 garlic clove

tsp raw honey or ½ tsp stevia

2 tbsp raw apple cider vinegar (racv)

50g pumpkin seeds

125ml water

organic egg yolk

### *Instructions*

1. Simply place ingredients in a high powered blender (except water) and blend until smooth adding the water until at your desired consistency. (I like mine runny but you can easily make this thicker by halving the amount of water added)
2. Add more water or oil to get desired thickness.
3. This will thicken after being in fridge so shake or add additional oil when you wish to serve.
4. Use 1-2 tbsp to cover a salad.
5. Store in fridge for 4-5 days in a sealed container.

### Notes

- \* olive oil can have quite a strong flavour (often it is the slightly bitter flavour of the vit E) so ideally go for cold pressed organic avocado oil or even rapeseed oil if you don't like the flavour of olive oil.
- \*\*MCT oil is a oil with zero flavour but great for revving up your metabolism. A cheaper alternative would be organic cold pressed rapeseed or avocado oil.

## **Guacamole**

Serves 2

### *Ingredients*

3 avocados

tsp salt

4 tbsp olive oil

Pinch cayenne pepper

Handful fresh coriander

Juice of 1 lime

### *Instructions*

1. Blend ingredients until smooth.
2. Serve and use immediately.

## **Salsa**

Serves 2

### *Ingredients*

300g cherry tomatoes

1/4 tsp cayenne pepper

1 garlic clove

tsp salt

4 tbsp olive oil

4 tbsp tomato paste

1 tbsp balsamic vinegar

1/2 tsp raw honey

Small handful of fresh coriander

### *Instructions*

1. Pulse all the ingredients in a food processor a few times (3-4) until chunky (don't allow the processor to just blender for ages!)
2. Taste and add more salt or spice to your liking

## Cakes, Bakes and Treats

### **Chewy Chia Chocolate Cookies**

Makes 8-10

#### *Ingredients*

100g ground almonds

3 tbsp ground linseed/flaxseed

2 tbsp chia seeds

1/8 tsp salt

5 medjool dates

3 tbsp raw cacao or 2/3 tbsp Cocoa

1 tbsp scoop of coconut oil

120ml water

1 - 2 tbsp maple syrup or honey

#### *Instructions*

1. Preheat oven to 180c.
2. In a food processor blend the almonds until they are fine.
3. Add the other ingredients and blend until a sticky dough is formed.
4. On a greased tray place a tbsp of the dough. Try to flatten it with your spoon - it is very sticky and I like thick cookies - so see the notes if you want thinner ones.
5. Place in oven for 20 mins or until slightly crispy on top.
6. Allow to cool and best eaten within 2-3 days.

#### *Notes*

- I like eating these straight from the fridge.
- Feel free to use organic butter instead of coconut oil and any other nut (pecans would be FAB) instead of almonds.

## Gingerbread Energy Squares

Makes 10+ squares

### *Ingredients*

2 tsp ground ginger  
1 tsp cinnamon  
2 pinches ground nutmeg  
2 pinches ground cloves  
150g almonds  
25g pumpkin seeds  
3 medjool dates - pitted  
pinch salt  
75g coconut oil  
DRIZZLE – optional  
30g 85% chocolate

### *Instructions*

1. Place almonds, coconut oil and medjool dates in food processor and blend until silky smooth – this will take about 5-10 mins (keep stopping and scrapping the sides)
2. Then add in other ingredients and blend until smooth.
3. Pour in a glass container and shape to about 2 cm in thickness .
4. Allow to set for an hour.
5. Once set melt the chocolate in a glass bowl over a pan of boiling water and drizzle over gingerbread then place in freezer to set.
6. To chop remove from freezer for about 10-15 mins before slicing up into small 3x3cm squares.
7. Store in freezer or fridge.

### *Notes*

- You could use any other nut in this and increase spices if you want a stronger kick ;)

## **Buckwheat Soda Bread - Gluten & Grain Free**

*Makes 15 ish slices*

### *Ingredients*

500g buckwheat flour

100g tapioca flour

2 tsp salt

1 tsp bicarb

500g natural yogurt

few grinds of pepper

1 tsp coconut sugar

2 eggs

### *Instructions*

1. Preheat oven to 180c (fan assisted).
2. Mix the flours, salt and bicarb in a large mixing bowl.
3. In another bowl or jug mix the yogurt and eggs together thoroughly.
4. Then create a hole in centre of your flour and slowly pour in the yogurt and egg mix and stir flour in gradually.
5. Make sure all the flour is incorporated in, it will probably be slightly sticky.
6. Then place into a well greased and lined loaf tin (I used one that is roughly 11cm x 22cm) and place in middle to lower half of oven for 45 mins or until brown.
7. Allow to cool and serve with toppings of your choice...but butter is never a bad choice!
8. Notes
9. This is a super simple and speedy loaf but is best eaten fresh. From day 2 onward toast it for best results.
10. I placed pre-sliced piece in the freezer for GF bread on tap.
11. Feel free to add more exciting flavour like basil, mixed herbs, sun dried tomatoes etc.

## **Pumpkin & Chocolate Chip 5 Minute Bars**

Makes 10

### *Ingredients*

200g pumpkin puree

40g choc chips (85%)

50g coconut oil or organic butter

pinch salt

150g cashews

3-4 tbsp raw honey

tsp cinnamon

1/2 tsp ground ginger

a few pinches of nutmeg & ground cloves

### *Instructions*

1. Place everything except the choc chips in a food processor and blend until very smooth (about 3-4 minutes).
2. Then taste and adjust sweetness to preference.
3. Then pour into some greaseproof paper in a dish. Flatten and shape into a rough rectangle about 1-1.5cm in thickness and place in freezer until set (about 1 hour).
4. Once set simply melt the chocolate in a glass bowl over boiling water and then use a spoon to drizzle it over now frozen bars. Place in freezer and cut to size - roughly 5x5cm.
5. These will last in freezer for over a month.

### *Notes*

- For chocolate chips I just use 85% chocolate and chop it up small with a knife.
- Feel free to use freshly cooked or canned pumpkin puree (check for added nasties!) or substitute one cooked butternut squash also works well.
- You could also shape these into balls or pour into cupcake cases.

## **Simple Waffles** By George Bryant ([CivilizedCavemanCooking.com](http://CivilizedCavemanCooking.com))

Makes 4

### *Ingredients*

#### WAFFLES

1 banana (143 grams)

1 apple, peeled and cored (141 grams)

1 cup almond butter (260 grams)

2 eggs

1 tablespoon arrowroot powder (Can use coconut flour 1:1)

1 tablespoon vanilla

1/2 teaspoon baking powder

coconut oil for greasing waffle iron

#### WHIPPED TOPPING

1 can full fat coconut milk, refrigerated overnight (only thick white stuff, not the water)

1 tablespoon honey

### *Instructions*

#### WAFFLES

1. Puree apple and banana in a food processor.
2. Whip almond butter on high for 2-3 minutes until smooth and fluffed using hand mixer.
3. Add puree and remaining ingredients to whipped almond butter and continue to whip until combined.
4. Grease your hot waffle maker for every waffle you make.
5. Use about 1 ladle of batter per 8-by-4-inch waffle onto hot waffle iron for 3-5 minutes until browned. Do not fill up entire waffle maker, leave about 1/3 unfilled so that the batter can spread.
6. Eat immediately or store flat in freezer and make your own breakfast by reheating in toaster - the waffles will be firm enough!

#### WHIPPED TOPPING

7. Using a stand mixer or hand mixer whisk coconut milk (only the thick white stuff, not the water) on high for 3 minutes
8. Add honey and whisk for an additional 3 minutes.
9. Serve over waffles and enjoy