

February's Meal Plan



February's Meal Plan Bundle

The first few months of the year can often feel like a bit of a slog to get through. It's dark, cold and we can feel the post Christmas slump.

And this is all 100% ok, it is simply a part of our seasonal and cyclical living. So don't beat yourself up. It's OK to want to focus on comforting foods to not dive head first into some extreme detox or juice cleanse...in fact please don't ;)

This month is actually the perfect time to focus on some belly and body love. How could you take your self care to another level? What could you do to support your gut health?

As always feel free to follow this to the letter or mix and match and pick the bit you fancy – you do not 'have' to follow this exactly or at all. If you're already in a groove with your eating then keep going ;)

Click the [blue links](#) to get additional recipes – all other recipes are found in this months recipe ebook.

'Print me off!'

*If you want to quickly print off the meal plan and shopping lists only (without the recipes to save paper) – **then** [click here to download a ready to go print off!](#)*

Be the Bold Beautiful YOU!

Kezia xxx

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 too.

Fish. I have also had a monthly [fishbox.co.uk](#) where you can get wild Scottish fish straight to your door from small boats. You can put in your preferences too so you wont 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. Or you can buy a soy free 'soy sauce' called coconut aminos which is only really available online [here](#)

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.

Meal Plan 1

Breakfast	Lunch	Dinner	Snacks/ treats
X2-3 Scrambled eggs with cooked spinach and smoked salmon	Chicken Broth Soup with some cheese slices wrapped in ham or topped with chicken or pumpkin seeds	BA Easy Chilli with roasted sweet potato <i>(make an extra sweet potato for lunch next day)</i>	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>
X2 boiled eggs with small glass of smoothie of choice	Leftover Chilli with baked sweet potato	Butternut & Mushrooms Curry served cauliflower rice or normal rice	Small square of Pumpkin & Choc Chip Bars
Smoothie of choice <i>Make sure there is some added fat and protein!)</i>	Detox Dressing & Green leafy salad with a fillet salmon or mixed cooked beans	Cottage Pie	½ of any of the green smoothie recipes
Organic greek yogurt, with berries and pumpkin seeds	Detox Dressing & Green Salad with 2 hard boiled eggs and/or chicken breast slices	Speedy Chilli with guacamole and salsa and some roasted veggies	Carrot batons with tsp of peanut/almond butter Maca Oat Square
Omelette with smoked salmon and onions	Chircken Broth Soup with some Moroccan Hummus on 2-3 oatcakes	Thai Beef Slow Cooker Ste w OR Indian Butternut Stew	Avocado mashed onto 2 rice cakes with pinch of salt
Smoothie of choice	Leftovers – either chilli or curry	Sweet potato chips, fried eggs, GF/veggies sausages with some peas and <u>organic/homemade mayo</u>	
<u>Waffles!</u> <i>With organic bacon, mushrooms and cooked veggies of choice</i>	Moroccan Hummus and a baked potato and a large salad	Leftovers	

Meal Plan 2

Breakfast	Lunch	Dinner	Snacks/ treats
Celery juice then... Chocolate, Maca & Cinnamon Protein Porridge	1-2 Lettuce Sub Sandwich with coconut yoghurt and handful pecans	Veggies Rich Thai Green Curry With cauliflower rice	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>
2-3 scrambled eggs with smoked salmon and/or spinach	Big Bowl Cauliflower Cheese Soup (BA) with ½ avocado and 2 rices cakes	Quinoa Fried 'Rice'	1-2 segments of Sugar free chocolate
Smoothie of choice	Omelette filled with spinach, feta cheese, & sun dried tomatoes	Cottage Pie (BA)	½ of any of the green smoothie recipes
Banana pancakes with berries and coconut yoghurt	Big Bowl Cauliflower Cheese Soup with ½ avocado and 2 rices cakes	Sweet potato quiche Green leafy salad	Slice Banana Bread toasted Handful of walnuts
Celery juice then... Chocolate, Maca & Cinnamon Protein Porridge	1-2 Lettuce Sub Sandwich with some Sugar Free chocolate	Pizza! Either make the Grain Free Pizza Base or by a GF one from the shop <i>(I like this one!)</i> Serve with a large salad and olive oil	Celery sticks with almond butter
Smoothie of choice	Buckwheat or Linseed Bread toasted topped with avocado or cooked mackerel	Leftover Cottage Pie	
'Fry up' – grill bacon, GF or veggie, sausage, sautéd mushroom, spinach and poached eggs with a slice of Buckwheat Bread toasted	Smoothie of choice	Slice of leftover Sweet Potato Quiche with roasted vegetables	

Tips

- Don't feel like you 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 [buckwheat soda bread](#) then store slices in the freezer for when you need speedy toast?
- Or pick your favourite recipe from this or other bundles and double the amount you make.

Recipes

Breakfasts and smoothies

Celery Juice

Serves 1

Ingredients

- a whole bulb of celery
- 1/3 cucumber
- 1 cm slice of ginger – optional
- Squeeze of lemon juice - optional

Instructions

1. Place all the above in a juicer and drink immediately.

Notes

- Just to say – this is not a meal nor does it count as a meal. The idea is you eat a proper breakfast about 30 minutes after consuming this juice.

Gingerbread Green Smoothie

Serves 1

Ingredients

- Tsp Cinnamon
- Tsp ground ginger
- Good pinches of nutmeg and ground cloves
- 2-3 dates
- 2 handfuls of spinach
- 200ml water
- 100ml milk of choice
- Tbsp chia seeds
- Handful of almonds

Instructions

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

Chocolate Pudding Smoothie

Serves 1

Ingredients

- 1 tbsp chia seeds
- 150ml milk
- 150ml water
- handful of goji berries or 1-2 medjool dates
- handful of spinach
- 1 tbsp peanut or almond butter
- 4-5 drops stevia drops
- 1 tbsp cocoa
- 1 tbsp gelatin/collagen

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.

Chocolate, Maca & Cinnamon Protein Porridge

Makes 1

Ingredients

- 50g gf oats
- 2 scoops collagen powder or gelatine
- tsp cocoa - heaped
- 1 ½ tsp maca
- 1 ½ tsp cinnamon
- 1-2 tsp raw honey or stevia, or a blend of both
- pinch of salt
- tsp/dash of MCT oil – optional
- tsp chia seeds - optional

TOPPING IDEAS

- desiccated coconut
- tbsps peanut/almond/cashew butter
- blueberries

Instructions

1. Ideally soak your oats overnight to help with digestion. If you do this rinse in cold water before doing the following.
2. Place oats in a pan with 200-300ml water or nut milk (you will need less liquid if you have soaked them overnight) and place on a medium heat.
3. Add the maca, cinnamon, salt and stir.
4. Cook until thick, add more water/milk if needed (I love very thick porridge you might love it runnier)
5. Once ready stir in the collagen and tsp MCT if using and add your favourite topping.

Notes

- This could also easily be an overnight oat recipe – by placing everything in a jar and leaving in fridge overnight.

Grain & Gluten-free Waffles

Makes 2 waffles

Ingredients

- 50g coconut flour
- 3eggs
- tbsp almond/nut butter
- good pinch salt
- 1/2 banana
- tsp cinnamon
- 60 ml ghee or coconut oil - melted
- a splash milk – any kind

SERVING SUGGESTIONS

- blueberries
- coconut cream
- slices of banana and almond butter
- butter and honey
- bacon (uncured and organic ideally)

Instructions

1. In a food processor or blender - blend until smooth.
2. Pour into preheated and greased waffle iron and cook for roughly 3-5 minutes each.
3. Serve with any of the above ideas.

Notes

- You could make a batch of these and then freeze them and simply toast when you want to a speedy waffle breakfast!
- I recommend cast iron cookware as it is less toxic – [here is a cast iron waffle iron](#) that will last for years. But follow the instructions of your own iron in regard to cooking waffles.

Banana Pancakes

Ingredients

- 2 bananas
- 3 organic eggs
- 1 tsp cinnamon

Instructions

1. Blend all the ingredients until smooth.
2. 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.
3. When the pancakes are more solid carefully flip over.
4. Do this with all the mixture and serve with organic butter/coconut oil, fruit, organic bacon, nut butter or raw honey!

Lunches

Lettuce Subway 'Sandwich'

Serves 1

Ingredients

- 2 large iceberg lettuce leaves
- 2 leafy lettuce leaves
- 3 slices of organic ham or turkey OR 3 slices quorn ham OR 2 hardboiled eggs sliced thinly
- 3-4 slices of goat cheese or other cheese - optional
- 1 tomato - thinly sliced
- 1-2 tsp of homemade 1 Min Mayo
- ½ tsp wholegrain mustard
- pinch salt

Instructions

1. Lay out the lettuce leaves flat on a chopping board. If there are any 'stiff' bits gently cut them through the middle to make the leaf more flexible.
2. Then lay out the ham slice next to each other, with a slight overlap. Then put the mayo and mustard on.
3. Add the thinly sliced tomato and cheese (if using) and pinch of salt.
4. Then roll up! Fold up slightly one end and then roll up. Then cut in half and enjoy! 5. *If you want to make this as a packed lunch I recommend laying out a sheet of greaseproof paper first, then adding the lettuce and other fillings on top of this as this can make it easier to roll and store. You then need to secure the paper with some string or tape.

Notes

- You can really use any filling you like with this!
- You really need a looser and more flexible lettuce – kos or mini lettuces for example wouldn't work for this.
- I have 100% just adapted this from Against All Grain and there is a tutorial on how to wrap it up [here](#)

Chicken Broth Soup

Serves 4-6

Ingredients

- 1 litre chicken broth or veggies stock
- leftover chicken bits OR 150g frozen peas
- 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.
2. Sauté chopped onions, leek, salt, cabbage and garlic in some coconut oil for 5 mins.
3. Add broth and leftover 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. 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

Cauliflower Cheese Soup

Serves 4+

Ingredients

- 600ml broth/stock
- 1 litre water
- 2 whole cauliflower heads - chopped
- salt to season (amount depends on stock using)
- 80g mixed cheese (goat, cheddar, mozzarella) OR 3-4 tbsp nutritional yeast – dairy free option
- pepper
- a handful fresh coriander
- 2 garlic cloves

Instructions

1. Place all ingredients - except cheese - in a pan and bring to boil. Then simmer for about 25 minutes until cauliflower is soft.
2. Then puree with hand blender. Add the cheese, seasoning and coriander and blend again until silky smooth.
3. Store for 4-5 days in fridge.

Notes

- Enjoy with some protein like mackerel, tuna, hummus or chicken for a yummy lunch.

Main meals

Gluten Free Pizza Base

Serves 2-4

Ingredients

- 100g tapioca flour
- 75g coconut flour
- Tsp salt
- 1 egg beaten
- 60ml oil
- Tsp oregano
- 150ml water

Instructions

1. Preheat oven to 200c. Mix the dry ingredient in a bowl.
2. Then add the oil and mix in, followed by the beaten egg. Then slowly add the water bit by bit until a crumbly dough forms (you may not need all the water or you may need more).
3. Then bring together to form on dough in your hands.
4. Roll out between two sheets of grease proof paper until it is about 1/2 cm in thickness.
5. Place in oven and after 10-15 pull it out and stab a few times with a knife to release air.
6. Put back in oven for further 10-15 minutes or until lightly golden.
7. Then simply add your toppings!
8. TOPPINGS – tomato sauce, rocket, mushrooms, corn, artichoke, onion, goats cheese or normal cheese if tolerated

Indian Butternut and Lentil Stew

By Laura at www.wholeheartedlylaura.com

Serves 2

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 red lentils
- 750ml 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.

Sweet Potato Quiche

Serves 4-6

Ingredients

- 14 organic eggs
- a large handful fresh coriander or basil
- 3 spring onions
- 200g thinly sliced sweet potato
- tsp salt or to taste
- garlic clove crushed
- 75g goats cheese – optional

Instructions

1. Whisk the eggs with salt.
2. Then in a large frying pan add some fat and then cover the bottom of the pan with the sweet potato slices until it fully covered.
3. In the egg mixture mix in the spring onions garlic and pour over the sweet potato into the pan. The evenly place the sliced or lumps of goats cheese across the mixture and scatter the coriander on top.
4. Keep on the hob on a low/medium heat for about 5 minutes then transfer to a medium heated grill and grill until firm and golden on top. Serve hot with roast veg or cold with some fresh salad.
5. Feel free to use any other veg you have.

Thai Beef Slow Cooker Stew

By Danielle Walker at www.againstallgrain.com

Serves 6-8

Ingredients

- 2 tablespoons coconut oil, divided
 - 1.3 kg beef stew steak, trimmed of fat
 - 1 medium onion, thinly sliced
 - 2 cloves garlic, minced
 - 2 teaspoons peeled and minced fresh ginger
 - 1 can full-fat coconut milk
 - 1/3 cup tomato puree
 - 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 (roughly 4)
 - 1 cup peeled and julienned jicama (optional)
- 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, and jicama during the last 30 minutes if cooking on high, or the last hour if cooking on low. Serve garnished with coriander.

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.

Butternut, Mushroom & Coconut Curry

Serves 4-5

Ingredients

- 3 red onions
- tsp cumin seed
- tsp coriander
- 1 tsp gram masala
- 1/2 tsp cayenne
- salt and pepper to taste
- 250g mushrooms
- 400g butternut
- knob ginger (roughly thumb sized)
- 200ml coconut milk
- 300ml bone broth or water
- Fresh coriander - optional

Instructions

1. Place the spices in a pan on a medium heat. Add no fat and just keep an eye on it until it starts to smell – making sure you it doesn't burn. This should take roughly 2-4 mins.
2. Remove spices from heat and grind in pestle and mortar.
3. Then place some ghee in a pan and add the chopped onions and salt and saute for about 5 mins until transparent.
4. Then add the spices to onions and mix and stir in, then add the butternut, mushrooms, ginger and stir for one minute.
5. Then add the coconut milk and broth/water.
6. Bring to simmer and allow to simmer for 20-30 mins or until vegetables are soft
7. Taste and add salt and pepper.
8. Serve with cauliflower rice, normal rice or on its own topped with fresh coriander.

Notes

- Feel free to add in different vegetables – cauliflower, spinach, potatoes – pretty much anything!
- To use slow cooker simply sauté onions and spices then place all ingredient in the slow cooker for 6 hours.

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 and maybe some of these 'tortilla' wraps.
8. Store or freeze leftovers as desired.

Veggie Rich Thai Green Curry

Serves 3

Ingredients

- 1 red bell pepper
- 200g spinach
- 400ml coconut milk
- 1/2 tsp cayenne pepper - optional
- 2.5 tbsp organic thai green curry paste
- 300g chicken or tempeh or king prawns or chick peas
- 30g fresh coriander
- 150g dry red lentils
- 100ml water or broth

Instructions

1. Dice and sauté the pepper chicken or tempeh (NOT the prawns if using) in a pan with some added coconut oil for a few minutes.
2. Then add the curry paste and lentils and sauté on low heat for a few minutes.
3. Add the coconut milk and broth and bring to simmer.
4. Allow to simmer until the lentils (and chicken if using) are cooked – roughly 20 minutes. Stir regularly and keep on medium/low heat..
5. In the final few minutes add the prawns (if using) the spinach and chopped coriander. And let it simmer for 2-3 minutes or until prawns are cooked (they turn pink).
6. Taste and season accordingly.
7. Serve up on cauliflower rice or normal rice and garnish with fresh coriander leaves.

Notes

- If your lentils are 'super' absorbent then feel free to add more broth/stock.
- Feel free to mix up the vegetables and add things like mushrooms or pok choi.
- Feel free to buy a green curry paste from the supermarket just check the ingredients.

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 saute 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.

Quinoa Fried Rice

Serves 4-6

Ingredients

SAUCE

- 60ml tamari sauce or coconut aminos
- 50g almonds or 2 tbsp almond butter
- thumb size of ginger
- 2 garlic cloves
- 1/2 tsp maple syrup
- juice 1/2 lemon or juice of x1 lime
- 1/2 tsp cayenne powder

OTHER

- 400g cooked quinoa (130g dried weight) (to cook use 500ml water and 500ml bone broth)
- 3 carrots – chopped thinly
- 1/2 red pepper - chopped thinly
- 1/4 broccoli head – chopped thinly
- 1/2 courgette – chopped thinly
- 2 eggs – beaten
- 1 tsp toasted sesame oil

TOPPING

- chopped spring onions
- chopped fresh coriander

Instructions

1. If cooking the quinoa place the quinoa in a pan with the water and broth and pinch of salt. Bring to the boil and then cover and cook on a low heat for 20 mins. Then allow to cool.
2. In a pan or wok place the carrot and sesame oil and cover and allow to cook on medium heat for around 5 mins.
3. Meanwhile blend all the sauce ingredient.
4. In the wok add the other vegetables and stir fry for another 5 mins.
5. Then add the cooled quinoa and stir in the blended sauce.
6. Then pour in the beaten egg and cook for a further 5- 10 mins until its thickened together.
7. Top with coriander and spring onion and serve on it sown or with a tuna steak, prawn or chicken!

Notes

- ! You can also use a fresh chilli instead of cayenne if you have it.
- ! You can also use a pre-chopped stir fry pack from the shop to make this even quicker.

Sides and Sauces

One Minute Mayo!

Make 6-10 servings

Ingredients

- 250 ml of mild olive oil or avocado oil, or a blend of both
- 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 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.

Guacamole

Make 1 large portion

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.

Detox Basil 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 sealed container.

Notes

- olive oil can have quite a strong flavour so go for cold pressed organic avocado oil or rapeseed 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.

Cakes Bakes and Treats

Buckwheat Yeasted Bread

Makes 1 large loaf

Ingredients

- 500g buckwheat flour GF
- 2 tsp dried yeast
- 2 tbsp coconut sugar
- several pinches of salt
- 1/2 cup olive oil
- 300ml warm water
- 2 eggs

Instructions

1. Preheat oven to 180c
2. In a bowl mix the yeast and sugar together and add the warm water - leave for 10 mins.
3. Meanwhile mix the flour and salt in a bowl.
4. Then create a 'well' in the flour mix and slowly add in the watery/yeast to the flour.
5. Add 2 beaten eggs and 1/2 cup oil.
6. Mix together and it should form a runny batter.
7. Oil a loaf tin and some cling film.
8. Pour the batter into a large loaf tin (leaving about 1 inch from top) cover with the oil
9. Cling film place in a warm place to rise for 30 mins.
10. Then remove cling film and cook in oven for 30-35mins.

Notes

- This bread is best eaten fresh OR slice the bread on the day you bake and freeze.

Linseed Bread

Makes 1 loaf

Ingredients

- 250g linseeds - ground
- 3/4 tsp salt
- tsp bicarbonate of soda
- tsp mixed herbs - optional
- 100ml ghee - melted
- 100ml water
- 5 eggs whites
- 20g coconut flour
- 2-3 tbsp of sunflower/pumpkin seeds – optional

Instructions

1. Preheat the oven to 180 degrees and prepare a non-stick loaf tin (30cm or 2lb loaf tin).
2. Mix all the dry ingredients together in a large bowl.
3. Whisk the eggs whites, ghee and water until combined.
4. Pour the wet mixture into the bowl with the dry ingredients in and stir until thoroughly combined.
5. A sticky thick 'dough' should have formed – so shape it into the greased loaf tin.
6. Bake in the oven for 30-40 minutes depending on your oven, remove when the springs back.
7. Remove and allow to cool before slicing and I prefer it toasted!

Notes

- Golden or brown linseeds can be used for this.
- Feel free to add more flavours or herbs – think of this as the base for different flavours.
- Once cooked I slice it up into about 15-17 thin slices and freeze for instant avocado on (linseed) toast.
- Not sure what to do with eggs yolks? Make you own may here or paleo custard!

Pumpkin and Choc Chip Bars

Makes 10 squares

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 choc chips I just use 85% chocolate and chop it up small with a knife.
- Feel free to use freshly cooked or canned pumpkin puree or simple

Maca Oat Bakes

Serves 8+

Ingredients

- 125g butter/coconut oil
- tsp cinnamon
- 2 tsp maca
- 3 tbsp 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

Instructions

1. Preheat oven at 180.C
2. Melt butter/coconut oil and honey and mix all the dry ingredients in a separate bowl.
3. Mix 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 tray, 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

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!

Chocolate Chip Banana Bread

Serves 10

Ingredients

- 2 ½ ripe bananas
- 4 eggs
- 150g gf oats
- 110g ground almonds
- 80g tapioca flour
- 4 tsp cinnamon
- tsp ginger
- ½ tsp baking powder
- 2-3 tbsp coconut sugar
- 50g choc chips
- 60ml ghee – melted

DECORATE

- ½ banana length ways

Instructions

1. Preheat oven to 180c and grease and line a large loaf tin.
2. In a food processor blend the ripe bananas and eggs until smooth.
3. Add in the oats, almonds, tapioca flour, cinnamon, ginger and coconut sugar and blend until its slightly smoother.
4. Add in the baking powder, ghee and pulse in.
5. Then stir in the chocolate chips and pour into the loaf tin.
6. Place the halved banana on top of the mixture before cooking
7. Cook for 30-40 mins or until it spring back once pushed.

Notes

- This tastes best fresh and warm.
- Suitable for freezing and can be defrosted in the microwave and toasted.
- Feel free to add more sweetness to this with adding more coconut sugar or an extra banana as this isn't a super sweet loaf.