

Two green pea pods are shown vertically against a white background. The pod on the left is open, revealing a row of ten bright green peas. The pod on the right is closed. The text 'April's Vegetarian Meal Plan' is overlaid in the center in a black, handwritten-style font.

April's
Vegetarian
Meal Plan

Hello Lovely!

Welcome to April!

This meal plan bundle is solely focus on vegetarian food! It's all the vegetables. If you are a veggie or pescatarian then this is for you and if not then feel free to simply add in some organic chicken or beef or wild salmon.

If you are a vegetarian though it is worth noting that you will need to work a bit harder to ensure you get a good amount of protein. So I highly recommend adding a scoop of pea protein powder (get it [here](#)) to your smoothies as well as focusing on eggs, tempeh (not tofu) and fish (if pescatarian). Adequate healthy protein is so important for detoxification, weight loss and blood sugar regulation.

As always feel free to follow this meal plan 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 ;)

For a printable meal plan and shopping list [Click here](#)

*BA = BULK ALERT - To let you know to make double and keep some for lunch/weekend
This meal plan is based on 2 people eating large amounts, adjust to your own quantities*

Be the Bold Beautiful YOU!

Kezia xxx

Ingredients & Notes

Meat. I get a monthly meat box delivered from Coombe Farm which is an 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 where you can get wild Scottish fish straight to your door from small 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)
- **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

Vegetarian Essential Foods

As mentioned above you need to be more intentional about adding good protein and other fats.

- **Pea protein powder** – one scoop can be up to 24g of protein
- **Tempeh** – this is a soy product but a great source of protein and much better quality than standard tofu
- **Hemp protein powder** – not as high as pea protein but also fabulous!
- **Chia seeds** – if you're a strict veggie then you will struggle to get enough omega 3 fatty acid which come from fresh wild fish. Therefore, make sure you have 1 tbsp of chia seeds a day.

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 & 2

- Click here to download it meal plans and shopping list separately (*to print*)
- All recipes for both meals plans are found at the bottom

Breakfast	Lunch	Dinner	Snacks/ Pudding
Gluten free Coconut Chia porridge made with coconut milk and topped with blueberries	Baked sweet potato with hummus, lettuce and tomatoes	Vegetarian Shepherd's pie with steamed broccoli and kale	Aim for 1-2 a day and use common sense... <i>i.e don't eat the same thing all day as a 'snack'</i>
Scrambled eggs with avocado and sauerkraut	Leftovers or Cauliflower soup with carrots batons and hummus	Pesto Pasta with salad and added tempeh or cashews	Carrots and nut butter
Kale, Kiwi and Banana Smoothie	Leftovers or Rice cakes with tuna and hummus dressed in olive oil and lemon juice, & avocado	Sweet potato quiche <i>with roasted vegetables</i>	½ of any of the green smoothie recipes with ½ scoop protein powder
Superfood cereal with (Unsweetened) almond milk	Leftover quiche with salad or Cauliflower soup with 2 boiled eggs or cheese slices and carrot sticks	Fat Busting stir Fry with brown rice or rice noodles	Almonds and cashews Guacamole with vegetable sticks Tamari Trial mix
Smoothie of choice or scrambled eggs with mushrooms and Spinach	Millet & Fennel Salad with added avocado and pumpkin seeds	Saag Aloo served with salad or cauliflower rice <i>BA</i>	Sweet and salty coconut crisps
Banana Pancakes with Coconut yoghurt and Blueberries	Leftover curry	Gluten-free Lentil Lasagne with salad <i>BA</i>	
Cooked Breakfast: poached eggs with portobello mushrooms and/or avocado	Leftover Lasagne	Quinoa Green Machine Risotto with leafy salad	

Breakfast	Lunch	Dinner	Snacks/ treats
Chocolate power smoothie or other green smoothie of choice	Sweet potato & Leek Soup (large bowl) Lots of sliced pepper and celery sticks too with some hummus.	30min Sweet Potato Curry BA	Aim for 1-2 a day and use common sense.. Cup of soup
Spinach and Mushroom Omelette <i>(Add some smoked salmon or tempeh for more filling option)</i>	Leftovers or soup with vegetable sticks and nut butter	Beetroot falafel With sweet potato chips, salsa, mayo and salad leaves to wrap.	1-2 cheese slices OR heaped tsp almond butter with apple x4 whole walnut with square 85% chocolate
Lemon and Blueberry Muffin smoothie or other smoothie of choice	Baked Potato <i>(sweet or normal)</i> with hummus or cheese drizzled in olive oil and side salad	Gluten Free Pizza <i>(make extra for lunch)</i> With salad dressed with detox basil dressing	Fat-tastic Filling Hot Chocolate
Spinach and Mushroom Omelette <i>(Add some tempeh for more filling option)</i>	Butternut squash and chilli soup with gluten free oatcakes and goats cheese or mashed avocado.	Slow Cooked Ratatouille with vegetable spaghetti or lentil pasta	Chocolate Avocado Pot
Cinnamon and Maple Paleo Granola with almond milk	Green leafy salad with Detox basil dressing with 1-2 of the following: walnuts, pumpkin seeds, cooked mackerel or egg!	Coconut & Green Lentil curry served with rice BA	
Buckwheat Toast with nut butter and banana slices	Curry leftovers or Soup	Smoky Baked Beans with poached eggs, celeriac and apple coleslaw	
Poached eggs on spinach with, fried tomato and mushrooms	Mashed avocado , tomato & salt served on gluten free oatcake or rice cakes, followed by some natural yogurt or coconut yoghurt	Leftovers	

Recipes

Breakfasts and Smoothies

Kale, Kiwi and Banana Smoothie

Serves 1

Ingredients

- 12 oz water
- 1 small ripe banana
- 2 slices of cucumber
- 1/4 peeled lemon
- 1 handful of kale, washed and stalks removed
- 2 ripe kiwi fruit, peeled
- 1 apple, peeled and sliced

Instructions

1. Blend all ingredients until smooth.
2. Serve and drink immediately for optimal nutrition! Or you can keep in the fridge for up to 24hrs.

Chocolate Power

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
- pinch salt
- 2 handfuls of ice - optional

Instructions

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

Lemon & Blueberry {Muffin} Smoothie

Makes 1 large or 2 small servings

Ingredients

- zest of half lemon
- 100g/1 cup blueberries
- 1 banana
- 2 large handfuls of fresh spinach
- 1 celery stalk
- 300ml filtered water
- juice of a lemon
- 60g almonds
- 1/2 ripe avocado

Instructions

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

Cinnamon & Maple Paleo Granola

Makes 4-6 servings

Ingredients

- 175g pumpkin seeds
- 200g sunflower seeds
- 40g desiccated coconut (flakes would also be tasty)
- 75g chopped almonds (or other nut)
- 2 tbsp coconut oil or organic butter
- 3 tbsp maple syrup or raw honey
- Pinch salt
- 3 tsp cinnamon

Instructions

1. Preheat oven to 180c fan or 200c without a fan.
2. Melt coconut oil in pan and mix in with the maple syrup.
3. In separate bowl mix all the other ingredients.
4. Then pour the coconut oil and syrup mixture over the other ingredients and mix until the seeds are all coated and glossy.
5. Then place on some grease proof paper on a baking tray and place in oven for about 15-20 minutes.
6. Watch the granola carefully as it will catch quickly and burn but once the seeds are golden in colour and puffed up slightly remove from oven.
7. Allow to cool thoroughly and then store in sealed jar.
8. Serve with blueberries or other fruit.

Banana Pancakes

Serves 2

Ingredients

- 2 large bananas
- 3 organic/free range eggs
- 1 tsp cinnamon

Instructions

1. Blend all the ingredients until smooth.
2. Heat a frying pan with some fats (ghee or coconut oil) and use a about 2 tbsp 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 ghee, organic bacon, nut butter etc!

Notes

- You need to be super careful when slipping these and make sure they are thoroughly cooked before flipping. A good pan and plenty of oil helps too.

Superfood Cereal

Makes 3-4 servings

Ingredients

100g Pecans

- 100g Pumpkin Seeds
- 4 tbsp Goji Berries (or other dried fruit)
- 4 tbsp Cacao Nibs

Instructions

1. Put all ingredients in a blender and pulse for about 30 seconds until it is roughly chopped.
2. Serve with milk and or yogurt! You can also store this in an airtight container for several weeks.

Notes

Feel free to use any dried fruit seed or nut and mix it up a bit!

Gluten Free Coconut Chia Porridge

Makes 1

Ingredients

- 50g gluten free oats
- 100ml water
- 50ml coconut milk or cream
- pinch salt
- tbsp chia seeds
- pinch of cinnamon

Instructions

1. Soak the oats overnight (just cover oats with water until covered and leave overnight).
2. Drain oats and then place all ingredient in a pan. Add more water if you like a runnier porridge – I love paste-like porridge!
3. Bring to boil and then serve.
4. Top with a few blue berries a ¼ banana sliced

Lunches

Butternut Squash & Chilli Soup

Serves 4

Ingredients

- 800g butternut squash (peeled and chopped)
- 1¼ litres of stock/homemade broth (reduce by 200ml if using Coconut Milk)
- 1 tsp cayenne pepper
- 1½ tsp ground ginger
- ½ tsp freshly grated ginger
- 100g coconut cream (or 200ml coconut milk)
- 2 garlic cloves
- Seasoning to taste

Instructions

1. Place the ingredients (except salt and pepper) in a pan or slow cooker. Cook until butternut is very soft (overnight in slow cooker or about 30 mins on medium heat on hob)
2. Remove from heat and then using a hand blender to blend until smooth.
3. Season with quality salt and pepper to taste.

Notes

- This is delicious as it is but feel free to add any extra veg that needs using up or fresh herbs like coriander or oregano.
- Homemade broth/stock is highly recommended but if using stock cubes make sure they contain no MSG, gluten or other weird ingredients if possible :)

Creamy Cauliflower Soup

Makes 3 large helpings

Ingredients

- ½ cauliflower head roughly chopped
- 2 garlic cloves salt to taste
- 25g creamed coconut
- 500ml homemade bone broth or other stock
- 500ml water (or add until desired consistency)
- 1 onion (chopped)
- A good pinch of the turmeric, cinnamon and chilli

Instructions

1. Sauté the onion in some fat for 1-3 minutes on low heat
2. Then add all the other ingredient and bring to boil.
3. Simmer with pan lid on for about 15-20 minutes or until cauliflower is soft.
4. Then blend until smooth with hand blender and season to taste.

Notes

- This would also be great cooked in a slow cooker overnight.
- Add more water if you leave it to simmer for longer as it will have evaporated.

Sweet Potato & Leek Soup

Serves 8

Ingredients

- 1.25kg Sweet Potatoes
- 3 Leeks
- 2 Onions
- 3 Garlic Cloves
- 1.7ml Water
- 1 tbsp Salt
- 65g Organic Butter

Instructions

1. Put everything except the butter in a large pan or in a slow cooker. Allow it to come to boil and then simmer until soft (roughly 30 mins).
2. If using slow cooker put on medium for 4-6 hours or longer.
3. Then blend and add the butter (or coconut cream if want it dairy free) until smooth.
4. Add more water if it's too thick for your liking.
5. Serve with chopped raw carrot 'croutons'.

Notes

- To save time when using a slow cooker don't bother to chop any of the veg, just half the potatoes and place in pot with water. Feel free to add spice, more coconut or other veg!

Millet & Fennel Salad

Serves 4+

Ingredients

- 200g millet
- 300g fennel roasted
- 200-250ml vegetable stock (or broth)
- 2 tbsp raw apple cider vinegar •
- 60ml olive oil
- tsp salt
- 75g feta
- 1 carrot grated
- pepper

Instructions

1. Chop the fennel and roast at 180c for 20 minutes.
2. Meanwhile place millet and broth in pan with lid on and bring to simmer and cook for 25 mins adding more water as and when needed.
3. Drain the millet, mix with all other ingredients and enjoy warm or cool from fridge.
4. Store for 4-5 days in fridge.
5. Simply add more protein like a hard boiled egg, some salmon or tuna for a perfect speedy lunch!

Notes

- Feel free to add some fresh basil or coriander to this for some flavour variation.
- You can also use quinoa instead of millet if you wish.

main meals

Gluten Free Pasta Pesto

Serves 2

Ingredients

SPAGHETTI

- 2 courgettes
- Additional handfuls of spinach or rocket if desired

PESTO

- 20g (large handful) fresh basil
- A small avocado
- 2 tbsp cashews
- 25ml raw apple cider vinegar
- 1/4 tsp quality salt
- tbsp oil of your choice (ideally cold pressed)
- Juice of 1/2 a lemon
- 1 small garlic clove

Instructions

1. Spiralise the courgette and place in bowl.
2. Blend all the pesto ingredients together until smooth.
3. Taste and add any additional seasoning if required.
4. Mix in with the spaghetti and leaves and serve.
5. Adding a poached egg or meat or nuts to this makes this a more filling meal. If you want a hot meal just gently warm it all on the hob for a few minutes.

Slow Cooked Ratatouille

Serves 3-4

Ingredients

- 250g mushrooms
- 500g butternut squash
- 3 carrots
- 5 cloves garlic
- 2 tins chopped tomatoes
- 3 tsp tomato paste
- 250ml veggie stock (or broth)
- tsp salt or to taste
- tsp maple syrup
- pepper
- tsp racv

Instructions

1. Optional – sauté the onions and garlic in a pan for 5 minutes on low heat to release flavour
2. Chop and place all ingredients in a slow cooker and cook on medium heat for minimum of 5 hours.
3. Serve with some cheese, or with some chicken or fish or simply on its own and large amount s;)

Notes

- Feel free to double this if you have a large slow cooker! Or to use your oven at about 120C and slow cook it in there throughout the day if you are home.
- You could add any meat to this if you fancy or leave it plain.

Quinoa Green Machine Risotto

Serves 4

Ingredients

- 3tbsp dried porcini mushrooms
- 150ml Hot water
- 1tbsp ghee
- 2 medium onions
- 3 celery sticks, diced
- 4 garlic clove, diced
- 1 leek, diced
- 1 courgette, peeled and diced
- 400g mushrooms sliced
- 11/2tsp dried thyme or 3tsp fresh
- 250g Quinoa (optional-soak during the day covered in water with some lemon juice)
- 200ml white wine or 1tbsp apple cider vinegar
- 700ml vegetable broth or bone broth
- Hard goats' cheese or parmesan to serve

Instructions

1. Add the water to a bowl and throw in the dried mushrooms, soak for 20min
2. As they soak heat up the ghee in a pan and gentle fry the onion, celery and leek for 8min until soft.
3. Add the garlic, thyme, fresh mushrooms and courgette cook through for a few minuets
4. Drain and rinse the quinoa (if you soaked it) and add to the pan stir and leave for a minuet until the quinoa is sticking to the pan.
5. Add the wine or vinegar to deglaze Pour in most of the broth and bring to a boil then simmer.
6. After 8 min of cooking quinoa should be nearly cooked so chop the porcini mushrooms and add with the liquid cook for a further 5 min.
7. Turn off the heat and add more broth if you want a soupier consistency
8. Season and grate your chosen cheese on top

Notes

- If you are avoiding cheese or want to add more protein a poached egg on top of this risotto is particularly good!
- I always make double the recipe because I absolutely love this as leftovers
- Hot leftover tip – Risotto balls makes 10: add 40-60g of arrowroot or chickpea flour to 2 portions of leftover risotto mix well and roll into balls bake 180C for 20-30min serve with salad or as a snack.

Cashew Nut Pho with Courgette Noodles

by Davida at the Healthy Maven

Serve 4 large bowls

Ingredients

- 1 cup Cashew Nuts
- 10 cups of stock
- 1 large onion
- 3 inch knob of ginger
- 2 star anise
- 4 whole cloves
- 2 tsp fish sauce (optional)
- 1 tsp coconut sugar
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 hot pepper (optional),
- 2 heads of bok choy, sliced
- 4 handfuls of bean sprouts
- 3 large courgette , spiralized on the smallest blade or chopped VERY finely
- fresh basil 1 lime, cut into wedges

Instructions

9. Preheat oven to 240 C GM 9.
10. Peel onion and chop in half. Peel ginger and slice into 3 small chunks. Place on a baking sheet and bake on top rack for 25 minutes. Flip onion and ginger halfway through. Add in star anise and whole cloves in last 5 minutes of baking to toast slightly.
11. Place stock in a large pot. When oven is done, chop up ginger and onions and add to stock.
12. Add toasted star anise and cloves, (fish sauce- optional), coconut sugar, salt, black pepper and hot pepper if using to stock.
13. Bring stock a boil and then lower heat and let simmer for 1 hour. Add in Cashews and bok choy and allow to wilt. Divide bean sprouts and courgette noodles into 4 bowls and cover with soup.
14. Place basil and lime wedge on top and serve.

Notes

- If storing for several days, keep stock separate from bean sprouts and zucchini noodles so they don't get mushy.

Beetroot Falafel

Makes 10

Ingredients

- 2 beetroots (just under tennis ball size)
- 2 large garlic cloves
- 250g (2 cups) cooked chickpeas
- 1 handful fresh coriander leaves
- 1 tablespoon ground coriander
- 1 heaped teaspoon ground cumin
- 1 teaspoon sea salt

Instructions

- Ahead of time: Slice the rough neck/top off the beetroots and discard. Chop the remaining beetroot into cubes (1.5cm/half an inch cubed in size). Bake in the oven on a baking tray for about 45 minutes on a high heat. When done, take out and leave to cool until you are ready to make the falafels. This can be done ahead of time, or the night before when you are using the oven for something else. When beetroot is ready...
1. Add all ingredients into a food processor and blend until everything has broken down. It doesn't need to be pureed completely, just broken down into tiny pieces so that when you compress, everything binds together.
 2. Roll into balls (a little smaller than golf balls in size).
 3. Press the balls down into mini patty shapes. 4. Place onto a grill tray (broiler in the USA) and grill on a medium/low heat for about 8 minutes on each side. (You can also bake these in the oven as an alternative to grilling).
 4. Serve right away.

30min Sweet Potato Curry

By www.minimalistbaker.com

Serves 4

Ingredients

LENTILS

- 360 ml water
- 128 g red lentils (if subbing another kind of lentil, adjust cook time accordingly)

CURRY

- 30 ml avocado or coconut oil
- 1 tsp whole mustard seed
- 1 tsp whole cumin seed
- 1 tsp whole coriander seed
- 3 whole cardamom pods
- 80 g sliced shallot
- 9 g minced ginger
- 1 serrano pepper (seeds removed, diced)
- 2 cloves garlic (minced)
- 107 g chopped cauliflower
- 150 g chopped red bell pepper
- 225 g peeled and chopped golden potato or sweet potato (large bite-size pieces)
- 1 tsp curry powder
- 1/4 tsp sea salt
- 1 425-g can diced tomatoes (or sub three large ripe tomatoes)
- 360 ml vegetable broth
- 30 ml coconut aminos
- 15 ml maple syrup
- 120 ml full-fat coconut milk (or sub other dairy-free milk, such as almond, cashew, or rice)

FOR SERVING optional

- Rice or Quinoa
- Coriander
- Lime wedges

Instructions

1. Bring water to a boil over high heat. Once boiling, add lentils, bring back to a gentle boil, then reduce heat to a simmer and cook uncovered for 7-10 minutes or until just tender. You want them to be cooked through but not mushy. Drain well and set aside.
2. In the meantime, heat a large rimmed skillet or pot over medium heat. Once hot, add oil (or water), mustard seed, cumin seed, coriander seed, and cardamom pods. Cook for 30 seconds to 1 minute, or until fragrant and popping (stirring occasionally).
3. Add shallot, ginger, and serrano pepper and stir. Sauté for 3 minutes, stirring occasionally. The shallot should be soft and translucent. Then add garlic and stir once more.

4. Add cauliflower, red bell pepper, potato, curry powder, and salt and stir. Cook for 4 minutes, stirring occasionally.
5. If grating your tomatoes, do so and add to the pan now. If using diced canned tomatoes, I recommend giving them a quick blend in a food processor or small blender to create more of a purée. Once tomatoes have been added to the pan, also add vegetable broth and bring to a simmer over medium heat. Cover and cook for 10 minutes or until potatoes are tender.
6. Add cooked drained lentils, coconut aminos, maple syrup, and coconut milk and stir. Bring back to a simmer and cook for a few minutes to let the flavours meld. You can simmer this for up to 15 minutes, but it's not necessary.
7. Taste and adjust flavours as needed, adding more maple syrup for sweetness, curry powder to intensify the curry flavour, salt to taste, or coconut aminos for saltiness / depth of flavour. We added a bit more of each.
8. To serve, divide between serving bowls and enjoy as is or with a side of rice, steamed greens, or quinoa (optional). Fresh lime juice and coriander make lovely additions as well (optional).
NOTE: Be careful not to eat the cardamom seeds as they can have quite a kick!

Coconut Green Lentil Curry

by Lindsay at the Pinch of Yum

Serves 4

Ingredients

- 1 cup uncooked lentils,
- rinsed ½ cup quinoa or rice
- 2½ cups water or vegetable broth
- ¼ cup green curry paste
- ¾ teaspoon turmeric
- 1 tablespoons tomato paste
- 1½ tablespoons butter
- 2 cloves garlic minced
- 2 teaspoons garam masala
- 1 teaspoon sea salt
- ½ cup coconut milk
- 1 teaspoon fresh ginger, peeled and minced
- 2 cups fresh spinach, stems removed
- Greek yogurt for topping (optional)

Instructions

15. Place lentils, quinoa, 2 cups water, curry paste, and turmeric in a medium saucepan.
16. Bring to a boil and simmer for 15-20 minutes or until lentils are mostly cooked. Add the remaining ½ cup water during cook time if lentils and quinoa have absorbed all the water. You want to cook it until there is no liquid remaining.
17. Turn the heat to medium or low, if it's not already. Keeping the saucepan on the heat, stir in the tomato paste. Mixture should thicken slightly.
18. Add butter, garlic, and garam masala; stir to combine until butter is melted.
19. Add coconut milk and simmer for another 5-10 minutes or until thick and creamy.
20. Remove from heat and stir in ginger and spinach until barely wilted. You can also serve this with fresh spinach, adding it just before serving.

Notes

- This can be vegan if you omit the butter and yogurt.

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

21. Preheat oven to 200c. Mix the dry ingredient in a bowl.
22. 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).
23. Then bring together to form on dough in your hands.
24. Roll out between two sheets of grease proof paper until it is about 1/2 cm in thickness.
25. Place in oven and after 10-15 pull it out and stab a few times with a knife to release air.
26. Put back in oven for further 10-15 minutes or until lightly golden.
27. Then simply add your toppings!
TOPPINGS – tomato puree, rocket, mushrooms, corn, artichoke, onion, goats cheese or normal cheese if tolerated

Notes

- If you don't tolerate dairy then feel free to just load it with veggies and drizzle with olive oil and chilli flakes and balsamic vinegar. Or use some goats cheese or dairy free, soya free cheese.

Smoky Baked Beans

Serves 6

Ingredients

- 6 tins cooked beans
- 2 bay leaves
- 1 tbsp ghee
- 2 large onions, diced
- 2 celery sticks finely chopped
- 4 garlic cloves, grated
- 2 tsp ground cumin
- 1 tsp smoked hot paprika or ½ tsp smoked sweet paprika and ½ tsp cayenne pepper
- 1 1/2tsp dried oregano
- 1 1/2 tsp dried thyme
- 2tbsp tomato paste
- 800g passata
- 2tbsp good quality molasses or 1-2 tbsp maple syrup
- 1l broth
- ½-1tsp tamari
- 3tbsp butter

Instructions

1. In a large pan heat up the ghee and fry onion until soft
2. Add celery, garlic, spices, herbs and stir cook over and gentle heat for 5 min
3. Turn the heat up and the tomato puree, passata, molasses, bay, salt and pepper and broth and simmer for 30min
4. Add the drained and rinsed beans and simmer for another 30min (or longer if you can) Remove the lid near the end of cooking if needed to create a thick sticky sauce.
5. Add ½ tsp tamari then taste before you add more. Season to taste stir through the butter and serve.

Notes

- Serve with coleslaw

Gluten Free Lentil 'Lasagne'

Serves 6+ BULK recipe

Ingredients

MINCE

- 450g red lentils
- 4 onions - finely chopped
- 350g mushrooms - chopped finely
- 2tbsp dried oregano
- 4 tbsp tomato paste
- 2 tsp sea salt
- 1 tbsp balsamic
- 2 leeks OR 2 courgettes slice thinly
- 800g chopped tomatoes
- Extra water or stock if required
- 2 garlic cloves

SAUCE

- 300g cauliflower - cooked
- 3 eggs
- 300ml almond milk
- a garlic clove
- salt
- 2-3 tbsp nutritional yeast or 1 tsp mustard powder

Instructions

1. Preheat the oven to 180c.
2. Sauté the onions, salt in coconut oil or ghee, until the onions are soft. Then add all the other ingredients (except the leeks) and simmer for 5 minutes.
3. Meanwhile take your leeks, top and tail them, and cut them to the middle but no further, i.e don't cut the leek in half! Then fan the leek out and begin to separate out into sheets. OR Thinly slice the courgette length ways to create 'lasagne' sheet. No need to pre cook.
4. As the mince cooks, put the sheets of leeks in a pan of boiling water until they are very soft.
5. Cook the cauliflower. Blend all the sauce ingredients until smooth.
6. Then a large lasagne dish and pour in a layer of mince, then place your drained and cooked leek sheets and use them like pasta sheets. Build up the layers of mince and leek /courgette sheets.
7. Then on the top/last layer pour on the white sauce and sprinkle with some more black pepper! Cook for about 45min -1 hour depending on the size of your lasagne.
8. Serve with salad or vegi's and enjoy!

Notes

- Feel free to add cheese if you tolerate it or dairy free cheese.

Saag Aloo

Serves 4

Ingredients

- 600g potato diced small
- tsp cumin seeds
- tsp mustard seeds
- tsp turmeric
- clove garlic
- tsp fresh chopped ginger
- tsp salt and to taste
- 50ml/splash water or broth
- half red chilli
- 400g frozen spinach

Instructions

1. In a pan with fat (coconut oil or ghee) add the garlic, ginger and mustard seeds and cook for a minute. Add the diced potatoes and stir well.
2. . Add all the other ingredients except spinach and water/broth. Cover the pan and stir - keep an eye on it and make sure it doesn't catch. Afer a minute or too ad a splash of water or broth and stir. 3. Keep an eye on the pan and make sure it doesn't catch, if it starts to add more liquid. Leave to cook with lid on for about 15 minutes.
3. Then add more salt and the spinach- cook for further 10 minutes. 5. Season to taste and serve!

Notes

- You can use normal or sweet potato and feel free to add more chilli to your liking!

Fat Busting Stir Fry

Serves 2

Ingredients

- STIRFRY
- Really any vegetables you want. You could use a pre made supermarket pack of vegetable to really save time or use my suggestions below.
- 4 carrots
- 2 onions
- 1 courgette
- 1/2 head broccoli All chopped into batons or as desired
- 150g cashew
- handful of pumpkin seeds

SAUCE

- 1 large garlic clove
- 4 tbsp tamari or coconut aminos sauce
- fresh ginger roughly 1 inch x 1cm piece or 2 tbsp chopped
- 1/2 tsp cayenne pepper
- 1/2 tsp ground coriander
- 25g large handful fresh coriander
- 1 tsp salt
- 1 tbsp honey

Instructions

1. Put all the vegetable in a wok or frying pan on a medium heat.
2. Meanwhile in a food processor or hand blender mix all the 'sauce' ingredients until smooth.
3. Add the nuts and seeds to vegetables, then add the sauce and cook for 3-5 minutes.
4. Serve with fresh coriander .

Notes

- Serve this with cauliflower rice, rice noodles, brown rice or simply on its own. Its is a large meal for 2 or if served with rice or noodles would serve 3-4 people.

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.
4. The evenly place the sliced or lumps of goats cheese across the mixture and scatter the coriander on top.
5. 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.
6. Feel free to use any other veg you have.

Notes

- Don't add the goats cheese if you can't tolerate it, sprinkle with nutritional yeast instead

Veggie Shepherd's Pie with Sweet Potato Mash

by BBC Good Food

Serve 4

Ingredients

- 1 tbsp olive oil
- 1 large onion, halved and sliced
- 2 large carrots (500g/1lb 2oz in total) cut into sugar-cube size pieces
- 2 tbsp thyme chopped
- 200ml red wine
- 400g can chopped tomatoes
- 2 vegetable stock cubes
- 410g can green lentils
- 950g sweet potatoes, peeled and cut into chunks
- 25g butter
- 85g vegetarian mature cheddar, grated

Instructions

1. Heat oven to 190C/170C fan/gas 5
2. Heat the oil in a frying pan, then fry the onion until golden. Add the carrots and all but a sprinkling of thyme.
3. Pour in the wine, 150ml water and the tomatoes, then sprinkle in the stock cubes and simmer for 10 mins.
4. Tip in the can of lentils, including their juice, then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy.
5. Meanwhile, boil the sweet potatoes for 15 mins until tender, drain well, then mash with the butter and season to taste.
6. Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over the cheese and remaining thyme. The pie can now be covered and chilled for 2 days, or frozen for up to a month..
7. Place in oven and cook for 20 mins if cooking straight away, or for 40 mins from chilled, until golden and hot all the way through. Serve with broccoli.

Sweet Potato or Normal 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). For sweet potatoes this is about 25-30 mins but sometimes normal potatoes are done quicker.

Sides and Sauces

Salsa

Serves 3-4

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. Mix all ingredients in a food processor until chunky. Taste and add more salt or spice to your liking.
2. Eat on the day it's made

Detox Basil Dressing

Serves 2-4

Ingredients

- 60g fresh basil
- 125ml mild 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 (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.

One Minute Mayo

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 handover 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, but as it has a neutral taste . It is a good way to neutralise the stronger flavour oils like the olive oil.

Celeriac & Apple Coleslaw

Makes 6

Ingredients

- 500g grated celeriac (roughly one small one)
- 200g grated cabbage (about 1/4 of whole one)
- 1/2 onion grated
- 4 apples grated
- 3 organic egg yolks
- 50 ml raw apple cider vinegar
- 200ml natural yogurt (or Kefir)
- 1 tsp salt
- 2 tsp raw honey
- 100 ml olive oil

Instructions

1. Use a food processor to grate all the vegetables/fruit and then mix thoroughly with your hands in a large bowl.
2. Then in a food processor blend the eggs, yogurt, oil, raw apple cider vinegar, salt and honey until smooth.
3. Then simply mix together in a bowl and enjoy with some sweet potato chips or a burger!
4. This will last about 2-3 day in fridge.

Cakes, Bakes and Treats

Buckwheat Soda Bread

1 loaf

Ingredients

- 500g buckwheat flour
- 100g tapioca flour
- 2 tsp salt
- 1 tsp bicarb
- 500g natural yogurt or coconut yoghurt
- 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.

Notes

- This is a super simple and speedy loaf but is best eaten fresh. From day 2 onward toast it for best results.
- I placed pre-sliced piece in the freezer for GF bread on tap.
- Feel free to add more exciting flavour like basil, mixed herbs, sun dried tomatoes etc.

Peanut Butter Squares

Makes 12

Ingredients

- 200g organic peanut butter
- 4 medjool dates (see notes)
- 150ml of melted organic butter OR coconut oil
- 1/2 tsp vanilla essence
- 2-3 pinches salt

TOPPING

- 2 tbsp cacao nibs or coconut sugar sweetened choc chip

Instructions

1. Grease a glass dish for the mixture to set in.
2. Melt the butter or coconut oil.
3. Blend all the ingredient together (except the cacao nibs) until smooth.
4. Taste and add more sweetness according to you taste.
5. Pour into grease dish. It will be a thick paste like mixture.
6. Smoothie until about 2 cm in thickness or to your preference.
7. Sprinkle the cacao nibs on top.
8. Place in freezer for about an hour until set.
9. Cut into small 3x3cm squares for the perfect snacking size!

Notes

- If you don't have medjool dates then feel free to use 3-4 tbsp raw honey.
- If you can't have peanuts they you can substitute in any other nut butter like almond or cashews butter.
- No cacao nibs? Then feel free to use dark chocolate chips or roughly chopped 75% dark chocolate to sprinkle on top. This will mean there is some refined sugar in the square but a very minimal amount.

Fat-tastic & Filling Breakfast Hot Chocolate

Serves 1

Ingredients

- tsp MCT oil - optional
- tsp gelatin - optional
- 10g/knob organic butter
- tsp coconut oil
- tsp raw honey or more to your taste (or stevia, maple syrup, coconut sugar or rice malt syrup)
- a pinch sea salt
- tbspc organic cocoa
- pinch cinnamon - optional
- 275-300ml boiling water (less water the 'darker' it will taste)

Instructions

- Place all the ingredients in your blender (if your blender allow hot water blending) or in a jug and use hand blender.
- Blender for 20 sec until smooth.
- Drink immediately.
- If your blender does not allow hot water simply add all the ingredients and take a small amount of COLD water and blend to create a paste. Add the paste to your cup and pour the remaining water HOT over the top stirring all the time.

Notes

- Feel free to add more or less sweetener.
- Omit butter to make it dairy free and feel free to remove MCT or Gelatin.
- I sometime add a pinch of chilli too of a bit of a kick!!

Tamari Trail Mix

6-8 servings

Ingredients

- 200g mixed seeds
- 75g almonds
- 1/4 tsp salt
- 4 tbsp tamari or coconut amino's
- Pinch cayenne

Instructions

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

Sweet and Salty Coconut Crisps

6-8 servings

Ingredients

- 90g coconut flakes
- 60ml of coconut oil or butter melted •
- ¼ tsp salt

Instructions

1. Melt the coconut oil or butter and then stir into the other ingredients.
2. Place onto a baking tray or dish and place in oven at 180 for about 15-20 mins turning and stirring regularly.
3. Allow to cool and store in air tight container.
4. . This will store for over a week in fridge and air tight container.

Variations

5. Add tsp cinnamon and just a pinch of salt for some cinnamon spiced goodness. And why not make in bulk and double the recipe so have tasty snack always ready to go:)

Chocolate Fudge Avocado Pots

Makes 4

Ingredients

- 2 ripe avocados
- 5 tbsp scoops coconut oil (when hard)
- 5-7 tbsp raw honey
- 1/2 tsp vanilla essence
- 5 tbsp cocoa
- 2 pinches of quality salt
- tsp cinnamon – optional
- 1/8 tsp chilli powder - optional

Instructions

1. Melt the coconut oil and honey together then blend with all the other ingredients until silky and smooth. Taste and add for honey accordingly.
2. Pour into ramekins and leave to set for an hour.
3. Serve with coconut cream, strawberries or mango.