

**WRITTEN & CREATED BY GAVIN WALSH**

# **LEAN COOK RECIPES FOR FAT LOSS**



**OVER 90 RECIPES**

# Contents

<u>INTRODUCTION</u>	<u>5</u>
<u>PREPARATION</u>	<u>9</u>
<u>WEEK 1</u>	<u>10</u>
<u>WEEK 2</u>	<u>12</u>
<u>WEEK 3</u>	<u>14</u>
<u>WEEK 4</u>	<u>15</u>
<u>THE END?</u>	<u>16</u>
<u>BREAKFAST TIME</u>	<u>18</u>
<u>Breakfast Courgette Pancakes</u>	<u>19</u>
<u>Almond Pancakes</u>	<u>20</u>
<u>Sha – Bang Eggs</u>	<u>21</u>
<u>Homemade Muesli</u>	<u>22</u>
<u>Fruit and Nut Bowl</u>	<u>22</u>
<u>Banana and Cinnamon Omelette</u>	<u>23</u>
<u>Asparagus Egg Soldiers</u>	<u>24</u>
<u>Fruity Crepes</u>	<u>25</u>
<u>Breakfast Bausti's</u>	<u>26</u>
<u>Baked Egg in Avocado Cups</u>	<u>27</u>
<u>Cashew Granola</u>	<u>28</u>
<u>Special Breakfast Eggs</u>	<u>29</u>
<u>Fruity Omelette</u>	<u>30</u>
<u>SHAPE Green Smoothie</u>	<u>31</u>
<u>Banana and Cinnamon Smoothie</u>	<u>32</u>
<u>Pineapple and Coconut Smoothie</u>	<u>33</u>
<u>Berry and Spinach Smoothie</u>	<u>34</u>
<u>OMEGA Breakfast</u>	<u>35</u>
<u>Scrambled Eggs and Smoked Salmon</u>	<u>36</u>
<u>Inferno Breakfast</u>	<u>37</u>
<u>Hot Muesli</u>	<u>38</u>

<u>Breakfast Bars</u>	39
<u>Granola</u>	40
<u>Caramelized Banana and Date "Porridge"</u>	41
<u>Millet Porridge</u>	42
<u>Breakfast Stir fry</u>	43
<u>Guilt-Free Huevos Rancheros</u>	44
<u>Baked Salmon and Asparagus Frittata</u>	45
<u>Kedgeree</u>	46
<u>Bang for your Buck Breakfast</u>	47
<u>LUNCH</u>	48
<u>Sweet Potato Mess</u>	49
<u>Broccoli and Mint Soup</u>	50
<u>Herb Meatballs with Spicy Tomato Sauce</u>	51
<u>Prawn, Mango and Avocado Salad</u>	52
<u>Chicken Wraps with Pesto-Yoghurt Dressing</u>	53
<u>Chicken, Quinoa and Mango Salad</u>	54
<u>Stuffed Peppers</u>	55
<u>Greek Salad with Lamb</u>	56
<u>Thai Chicken Curry Soup</u>	57
<u>Puréed Broccoli Soup</u>	58
<u>Carrot and Orange Zest Soup</u>	59
<u>Chicken Kebabs</u>	60
<u>Sizzling Cajun Steak Salad</u>	61
<u>Lettuce and Tuna Hotboats</u>	62
<u>Watercress and Asparagus Soup</u>	63
<u>Zingy Tuna Steaks</u>	64
<u>Coriander Spiced Veg Soup</u>	66
<u>Goats Cheese and Asparagus Frittata</u>	67
<u>Mixed Green Avocado and Smoked Salmon Salad</u>	68
<u>Grilled Chicken Breast South East Asian Style</u>	69
<u>Lettuce Wraps</u>	70

<u>Spicy Lentil Pate with Crudités</u>	71
<u>Cauliflower and Coriander Soup</u>	72
<u>Beef Stir Fry</u>	73
<u>Spicy Butternut Squash Soup</u>	74
<u>Sweet Potato and Lentil Soup</u>	75
<u>Roasted Tomato Soup</u>	76
<u>Hot Potato</u>	77
<u>Fennel, Watercress and Walnut Salad</u>	78
<u>Turkey Noodle Broth</u>	79
<u>Chicken Caesar Salad</u>	80
<u>DINNER (OR AS WE SAY UP NORTH, TEA)</u>	81
<u>Salt n' Chili Squid</u>	82
<u>Coconut Chicken</u>	83
<u>Jessie's Dhesi Chicken Curry</u>	84
<u>Chili Chicken with Chickpea Mash</u>	85
<u>Thai Green Curry Paste</u>	86
<u>Griddled Kingfish Thai Green Curry</u>	87
<u>Roasted Fennel, Cherry Tomatoes and Chickpeas</u>	88
<u>Chicken and King Prawn Spinach Curry</u>	89
<u>Chicken Pizza</u>	90
<u>Thai-Inspired Scallop Soup</u>	91
<u>Pesto Turkey Burger</u>	92
<u>Moroccan Meatballs</u>	93
<u>Asian Rice and Vegetable Stir Fry</u>	94
<u>Butternut Squash and Goat Cheese with Purple Sprouting Broccoli</u>	95
<u>Spicy Pork</u>	96
<u>Chili Con Carne with Guacamole</u>	97
<u>Guacamole</u>	98
<u>Spanish Meatballs</u>	99
<u>Chickpea Broth</u>	100
<u>Monkfish and Lemon Skewers</u>	101

<u>Thai Green Turkey Burgers</u>	102
<u>Fat-loss Fishcakes</u>	103
<u>Guilty Free Family Shepherd's Pie</u>	104
<u>Sticky Chicken Surf and Turf</u>	105
<u>Big Bad Burger &amp; Chips</u>	106
<u>Oven Baked Sea Bass with Sweet Potato Chili Mash and Spinach</u>	107
<u>Chicken Skewers and Hummus</u>	108
<u>Hummus</u>	109
<u>Crab and Cauli Cakes</u>	110
<u>Prawn, Fennel and Tomato Ragout</u>	111
<u>Veggie Burgers</u>	112
<u>Chicken in Walnut and Garlic Sauce</u>	113

# INTRODUCTION

Congratulations and welcome to the Lean Cook.

The recipes in this cook book will help you transform your health in just 30 days.

Your fat loss hormones will awaken from their slumber, your metabolism will go into overdrive and if you stick with it you might just burn some chub in the process.

How does this Lean Cook malarkey work then?

It's simple...

Choose one breakfast, one lunch and one dinner from the recipes provided.

There are plenty of recipes to choose from.

In fact, there are 90 different ones for you to choose from: 30 different breakfast options, 30 different lunch options and 30 different dinner options.

Many people reading this book will no doubt want to lose weight and the great news is that there's no need to count calories, points or any other mumbo-jumbo that you might have done in the past or just really can't be arsed with.

Follow my guidelines and use these recipes over the next 30 days and I've no doubt you'll lose lard.

I've seen bellies shrink, energy levels go through the roof and the overall wellbeing of those who follow these guidelines soar.

If losing the old jelly belly is your number one priority exercise will certainly help speed up the process.

However, as I say to everyone else – getting your diet sorted is far more important than the exercise.

I see so many people join a gym when they want to lose their jelly belly, but do next to nothing with the food they eat.

I'd go as far as saying that losing your wobbly bits is 70% diet and 30% exercise.

I know you might want to jump on to the exercise wagon, which is great, but just make sure you follow a program that produces results...just like mine ☺

Having read this far, you must be serious about burning the jelly belly?

Give this plan a go for a week and YOU WILL notice a difference in your body shape, clothing and your overall energy levels.

In fact, to make sure you are going in the right direction I not only recommend that you weigh yourself before starting but I'd also take some measurements (chest, naval, waist, hips and thighs) and photos (front, side and back).

Honestly, the results can be very impressive in just a short period of time.

Now, here comes the nitty gritty and to see whether you are indeed serious...

To get the BEST results you'll need to follow my diet rules, which means eliminating the following grub from your diet.

Some people may see this as a detox and, in a way, it is.

But when we're looking to improve your health and drop a wee bit of timber this stuff works.

Detox or not.

What you need to understand though is that this way of eating should be viewed as a lifestyle choice.

Not a detox or a one off diet plan to help get chubzilla off your back before going on holiday.

If you can follow these rules and cut out the following foods your health WILL improve and you WILL lose weight.

So, here are the food sources I want you to bin over the few weeks:



- **WHEAT**
- **CAFFEINE**
- **ALCOHOL**
- **DAIRY** (except those listed in the recipes)
- **SUGAR**
- **PROCESSED FOODS**

You've probably just read that list twice and are now starting to wonder whether this is even possible.

Or what exactly you're going to eat.

I'll be honest, this way of eating isn't easy initially and you will be tempted to ditch these rules when you're out and about with friends and family.

But listen up amigo, eliminating this grub from your diet will reboot your internal systems allowing your body to detoxify, fire up your skinny hormones and burn more of those pesky lardites causing trouble down below.

Part of the reason it's not easy is down to the fact you will most likely feel like shite during the first few days.

You'll question why on earth you're doing this and if feeling like a slug with a hangover is at all worth it.

You'll probably experience headaches and low energy over those first few days, but stick with it.

There is light at the end of the tunnel...I promise you.

Now, let's be realistic...

This is a recipe book and you're probably not going to cook all of the recipes over the next 30 days.

However, what you can do is follow my diet rules (no wheat, dairy, booze, etc) and cook just ONE of these recipes every couple of days.

That's very doable.

My goal for you is to build some of the recipes into your 'go-to' meals.

After all, we're creatures of habit and most of us cook the same things over and over again.

If you can get friendly with these recipes and start using them on a regular basis, not only will your health and wellbeing improve, but you'll also be able to keep the jelly belly down to a minimum.

Throw in some exercise and you'll also be able to treat yourself at the weekend.

That's what I do.

Monday to Friday I stick by these rules and once the weekend comes round I'll allow myself a couple of beers, dessert, etc.

I'm not saying I go mental, but I still enjoy my grub and go out with friends and family.

Are you ready?

As I've already said, it's going to be easy, but it'll be bloody well worth it...that I can promise my friend!

*\*Always check with your GP if you have any medical issues.*

# PREPARATION

If your priority is to stop being 'ample' then the first thing you need to do is record your weight, body measurements and take some photos.

Measurement wise, these are the ones I would like you to record:

- Chest/Bust
- Naval (belly button)
- Waist (trouser band)
- Hips (widest point around your butt)
- Thighs (widest point)
- Arms (widest point)

Once you've done this it's time to check out your cupboards and see what foods need to go.

If you've got food that doesn't fit in with our rules, then it's time to get rid.

You can either bin them, give them away to family or friends or hide them away so that you're not tempted by them over the next few weeks.

Now, it's time to get out and shop for some good, clean, grub.

Have a look over the recipes and see which ones take your fancy.

Also, think about your usual meals and how you can tweak them to fit in with our diet rules.

For example instead of having cow's milk choose goat's milk, almond milk or coconut milk.

And instead of having pasta shoot for quinoa.

Instead of eating copious amounts of chocolate get some fruit down you.

Little tweaks...

## WEEK 1

I find it's always best to start this sort of thing off on a Monday.

There's something about a Monday that gets you in the right frame of mind.

Oh and you've not got to deal with family and friends offering cakes, chocolates, beers and wine!

Speaking of family and friends, you've got to get them on side if you want to be successful with this way of eating.

Especially with you being new to this.

Let your family and friends know about this cook book and tell them why you're following the guidelines I've set out.

Lay down the law.

Tell them not to badger you into eating cakes and biscuits or having a few drinky poohs after work just because they want to.

If they fall out of line, knowing full well you're trying to sort out your diet, tell them you'll have no choice but to poke them in the eye or give 'em a swift slap around the chops.

In all seriousness, it would be better if you can get your friends and family on board with this way of eating.

Bit of morale support for you.

It really does help to have someone else following the plan along with you.

Maybe your spouse needs to lose some lard or one of your best friends keeps moaning about their weight or health.

You can keep each other on the straight and narrow.

Just make sure it's not one of your flaky friends who always says "Ooh, go on. Let's be naughty and have a slice of cake/glass of wine/deep fried mars bar".

You know the sort!

For you to lose the fattimus from your assimus you need to be well and truly focused and you can't have someone waving a snickers bar in your face every 5 minutes.

Righto, are you good to go?

This week's challenge...

I want you to cook the following recipes:

- Banana and Cinnamon Omelette (page 12)
- Mixed Green Avocado and Smoked Salmon Salad (page 38)
- Coconut Chicken (page 69)

This should be easy enough for you to do.

However, if you would like to really get stuck in them by all means, go for it.

Now, as I've already mentioned.

The first few days of eating this way can be a struggle.

Withdrawal symptoms from caffeine are usually the first to surface and it's not uncommon to experience a dull headache whilst your body comes to terms with the lack of caffeine.

Next up the sugar withdrawal symptoms kick in.

It may well seem that temptation is everywhere, but do your best to dodge the usual sugary treats and get your sugar hit from a piece of fruit instead.

In my experience, apples and bananas won't do the job.

You'll need to find something a wee bit more exotic like strawberries, pineapple, blackberries or kiwi.

Yes, I know these aren't super exotic but us Brits aren't very imaginative when it comes to fruit and these are a step up from the usual apples and bananas ☺

## WEEK 2

How are you hanging in there?

Hopefully you've survived the weekend?

Weekends are a bitch to get through when you're trying to sort out your excessive baggage and clean up your diet.

If you couldn't quite resist the temptation of the vino or a cheeky bit of chocolate then don't beat yourself up.

You can still lose fat and all is not lost.

As it's the start of week 2 I want you to record your weight again and your body measurements.

Don't worry about your photos just yet, we can save them for the end.

What I often notice through the middle of week 2 is a slump in motivation.

Not because the results have been pants, but because of all social things going on and the sacrifices that have to be made.

So, listen up.

Do you REALLY want to lose those wobbly bits?

Because for the next few weeks you will have to say "No".

Probably quite a lot.

"No" to the sweets.

"No" to the beers.

"No" to your Aunts chocolate cake that she's made especially.

You see there is never a perfect time to lose lard.

You'll have all sorts of shit throwing itself down in front of you.

Trying to knock you off the path to a lean, mean, skinny bean.

It's up to you to knuckle down.

Make those sacrifices and perhaps up set a few people along the way.

But if you REALLY want to lose el chuberina you've got to take control.

Okay, enough of my mojo speech.

This week and your challenge if you should so accept is to cook the following:

- Baked Egg in Avocado Cups (page 16)
- Herb Meatballs in Spicy Tomato Sauce (page 37)
- Chilli Con Carne with Guacamole (83)

Off you pop then...



## WEEK 3

If you've been following the rules for the last couple of weeks, congratulations.

You are a superstar.

You should now be seeing some positive changes, not only in your energy levels and the quality of your sleep, but in your under-crackers too.

Yes, stand in front of a mirror in your under-crackers and have a good look at yourself.

How do you feel, can you see any difference?

Don't worry if not, that's what the photos are for next week!

Right, it's week 3 and I need you to knuckle down sunny-jim.

Watch out for those pesky friends and family of yours.

Steer clear of the 'naughty' aisles when you're shopping and especially those sugary muffins in your local coffee shop.

I know what you're like!

If you need a sweet hit then get the Almond Pancakes on the go (page 9).

Your challenge this week...

Cook the following recipes:

- Almond Pancakes (page 9)
- Chicken, Quinoa and Mango Salad (page 40)
- Guilty Free Family Shepherd's Pie (page 91)

One more week to go...

## WEEK 4

Well, well, well...

Who'd have thought it?

You've made it to week 4 and you have lost fat left, right and centre.

Your body should be well and truly over all those withdrawal symptoms that you experienced early doors in week 1 and now you should be feeling pretty bloody good ☺

But hold on.

You're not there yet!

This is the last week and it can be super easy to get complacent.

Can you promise me (and yourself) to finish this week on a high?

No mucking around, no half efforts and no excuses.

Hit it hard.

Remember, life has a habit of throwing crap at you, but you've got to knuckle down and get the results YOU want.

Nobody is going to do it for you.

This week's challenge is to cook the following:

- SHAPE Green Smoothie (Page 19)
- Zingy Tuna Steaks (page 50)
- Chicken in Walnut and Garlic Sauce (Page 100)

Remember, finish on a high...

# THE END?

Woohoo, you've made it! 😊

"Celebrate, good times. C'mon! It's a celebration!"

If you've made it this far, I must say I'm really chuffed with you.

You've battled on and stuck it out.

Probably feeling AND looking a whole lot better, which makes the whole thing worthwhile.

Now, if you haven't already recorded your measurements and taken your 'after' photos, crack on!

Hopefully you'll be pleased with the results.

You know what would be absolutely magic?

And if you don't mind?

If you could send me an email with the changes.

It would be great to hear from you 😊

Is this THE END?

Yes and no.

You see, you might well have finished this ickle challenge I set you, but that doesn't mean you just throw it all in and go back to your shoddy old way of eating.

Don't get me wrong, I don't expect you to eat like a saint all the time.

But I want you to take what you've learnt and how it's improved your body and the way you feel and keep at it.

Make these rules and this way of eating a habit.

Do what I do and follow the 80/20 rule.

That's 80% of the time I follow the rules (Monday to Friday) and then I relax them at the weekend.

And if you haven't already, start exercising.

This'll help you keep the fat off when you go a bit overboard and mean you can enjoy those shoddy foods every once in a while.

They'll be some ups and downs over the next few weeks and months, but whatever happens always try to revert back to these basic rules.

Once again, well done.

And if you need any help with anything just give me a shout.

That's what I'm here for ☺

Gavin

# BREAKFAST TIME

Let's have a laugh...

A man wakes up one morning with the filthiest hangover and no recollection of the night before. Slowly opening his eyes, he sees a bottle of aspirin and a glass of water on the bedside table.

He looks around the room to find his clothes are on the dresser, neatly folded, with a clean shirt on top. The bedroom is immaculate. On the bedside table is a note, which says, "Darling, your breakfast is in the kitchen. I love you."

Downstairs, he finds his favourite cereal, croissants, fresh OJ and freshly brewed coffee laid out waiting for him, along with the morning paper - and his 15-year-old son, who is finishing his own breakfast.

"Tell me, son," he asks, "what happened last night?"

"Well," says the boy, "you came home so blind drunk you didn't even know your own name. You nearly broke the door down, then you were sick in the hallway, then you knocked the furniture over and when Mum tried to calm you down, you thought she was the police, so you gave her a black eye."

"Christ!" says the man. "Then how come my clothes are all folded, the house is tidy and my breakfast is ready?"

"When Mum dragged you into the bedroom and tried to get your trousers off to put you into bed, you shouted at her, 'Get your filthy hands off me, you whore, I'm married!'"

# **Breakfast Courgette Pancakes**

**Serves 1**

## **Ingredients**

- 1 courgette
- 1 spring onion
- 1 egg
- Sea salt and black pepper
- 2 tbsp. coconut oil



## **Method**

1. Grate courgette into a small bowl.
2. Finely chop 1 spring onion and mix with the courgette.
3. Combine 1 egg into the bowl and mix thoroughly, adding salt and pepper to taste.
4. Heat oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten.
5. Flip pancake until browned on both sides.

# Almond Pancakes

**Serves 1-2**

## Ingredients

- 1 cup almond flour
- 2 eggs
- 3-4 tbsp. coconut milk
- 1 vanilla pod, split and seeds scraped out
- 1 tbsp. ground cinnamon
- 2 tbsp. coconut oil



## Method

1. Mix eggs, coconut milk and vanilla in a bowl and whisk together.
2. Sift in almond flour and cinnamon.
3. Heat a large pan over medium heat; add 1 tbsp. of coconut oil to the pan and add pancake batter in small rounds, quickly turning the pan around to spread the pancake.
4. Cook until brown on the underside, about 45 seconds and then flip to brown the other side.

# Sha – Bang Eggs

**Serves 1**

## Ingredients

- 2 eggs
- 1 avocado
- 1 red pepper
- 1/2 red onion
- 1/2 tomato
- Handful baby spinach
- Handful cooked prawns
- 1 tsp. coconut oil.
- 1-2 garlic cloves
- Fresh parsley, basil, sage, tarragon, dill or chives
- Sea salt and black pepper

## Method

1. Chop the red onion, red pepper and garlic and sauté in a large wok with 1 tsp. coconut oil.
2. When the onions are soft, add beaten eggs, prawns, diced avocado, diced tomato and spinach.
3. Continue cooking on medium heat until eggs are cooked and scrambled.
4. Add chopped herbs and season with salt and pepper to taste.

# **Homemade Muesli**

**Serves 1-2**

## **Ingredients**

- 1lb gluten-free porridge oats
- 1 cup flaked almonds or mixed nuts
- 1/2 cup flax seeds
- 1 cup coconut milk

## **Method**

1. Mix all of the dry ingredients together in a big bowl with coconut milk. Leave until all the coconut milk is absorbed by the oats.
2. Spread the mix thinly across a baking tray and toast in a low-heated oven until lightly browned and fully dried.
3. Serve with coconut milk when cooled.

# **Fruit and Nut Bowl**

## **Ingredients**

- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 2 tsp. coconut oil
- 1/2 cup shredded coconut
- 1 mango
- 1/4 cup blueberries
- 1/4 cup strawberries
- 1/4 cup chopped pecans
- 1/4 cup chopped walnuts
- 2 tbsp. flax seeds

## **Method**

Chop the mango and mix all ingredients together in a bowl and chill before serving.

# Banana and Cinnamon Omelette

**Serves 1**

## Ingredients

- 1 banana
- 1-2 eggs
- 2 tbsp. cinnamon
- 1 tbsp. olive oil

## Method

1. Heat olive oil in pan on a medium heat then add a chopped banana.
2. Heat the banana, turning occasionally until soft and brown.
3. While the banana is cooking, beat the eggs in a bowl.
4. Pour the eggs into the pan with the banana.
5. When the omelette is almost cooked, sprinkle cinnamon over the top.
6. Place the pan under a medium-high grill for 1-2 minutes and then serve.

# Asparagus Eggy Soldiers

**Serves 1**

## Ingredients

- 2 free range or organic eggs
- 4 asparagus spears
- 1 tsp. coconut oil
- Sea salt and black pepper

## Method

1. Boil enough water in a pan to cover the eggs by 1 centimetre.
2. Once boiled, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While eggs are boiling, heat the coconut oil in a frying pan and cook the asparagus spears for 2-3 minutes.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season with salt and pepper to taste.



# Fruity Crepes

**Serves 1-2**

## Ingredients

- 1/2 cup coconut milk
- 3/4 cup water
- 2 eggs
- 1 tbsp. melted butter
- 1 cup brown rice flour
- 1/2 tsp. sea salt
- 1/2 tsp. vanilla
- 2 tbsp. coconut oil
- Almond butter (optional)
- Bio live yoghurt with blueberries (optional)



## Method

1. Combine the wet ingredients in one bowl and mix with a whisk until well blended.
2. In another bowl, combine the dry ingredients and mix well. Combine the dry and wet ingredients to form a thin batter.
3. Heat an 8 inch skillet on medium-high heat and add a small amount of coconut oil to the pan.
4. Pour about 1/4 cup of batter into a hot skillet. Swirl the skillet until the bottom of the pan is coated with the batter. Cook the crepe for 1 minute.
5. Use a thin spatula to loosen the edges and gently flip it over and cook for an additional minute. Transfer to plate and fill with favourite topping, i.e. almond butter or bio live yoghurt with blueberries, to make a great and fresh fruit crepe.

# Breakfast Bausti's

**Serves 1-2**

## Ingredients

- 3 eggs
- 40g courgette
- 60g steamed cauliflower
- 60g cooked chicken
- Chili flakes
- Handful of baby leaf spinach



## Method

1. Pre-heat the oven to 180°C/355°F.
2. Dice the cauliflower, chicken and courgette into small pieces.
3. Fill 6 medium sized muffin cases to about half-full with the chicken and veggies.
4. Beat 2 of the eggs and add some chili flakes, then spoon the egg and chili mix equally into each muffin case and bake in the oven for about 7 minutes.
5. Beat the remaining egg.
6. Top up muffins with the remaining egg (reason for that is that the beaten eggs will set during the baking process, leaving space for the top up).
7. Bake for another 7-8 minutes. Serve on a bed of greens.

# Baked Egg in Avocado Cups

**Serves 1**

## Ingredients

- 1 avocado
- 2 eggs
- Sea salt and black pepper
- Handful of chives
- Chili flakes
- Handful of baby leaf spinach



## Method

1. Preheat the oven to 200°C/390°F.
2. Slice avocado in half and remove the pit.
3. Use a spoon to scoop out some avocado to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. To make them more stable, slice a little from the avocado to give it a flat base.
4. Crack an egg into each avocado half.
5. Sprinkle with salt, pepper and chili flakes to taste.
6. Bake for 8-15 minutes, depending how well done you like your eggs.
7. Sprinkle with chopped chives and chili flakes and serve with a spinach salad.

# Cashew Granola

**Serves 1**

## Ingredients

- 200g gluten-free rolled oats
- 10g butter
- 120g chopped cashews
- 1 tsp. vanilla
- 2 tsp. fresh ginger



## Method

1. Preheat the oven to 150°C/300°F.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl.
3. Transfer to a large baking dish and spread out evenly.
4. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured.
5. Add cashews, minced ginger and vanilla 20 minutes into the baking time and stir thoroughly.
6. Serve or store in a covered container.

*\*(Will keep refrigerated for up to two weeks)*

# Special Breakfast

## Eggs

Serves 1-2

### Ingredients

- 2 eggs
- Handful of frozen or fresh peas
- Handful of tiger prawns (7 or so)
- Sea salt and black pepper
- Fresh coriander
- 2 tbsp. coconut oil

### Method

1. Heat a frying pan with coconut oil.
2. Beat the eggs and add them to the pan. Let them cook as you scramble them.
3. Add the peas and prawns with salt and pepper to taste.
4. Mix well until the eggs are cooked.
5. Sprinkle with chopped coriander and serve while still hot.



# Fruity Omelette

**Serves 2-3**

## Ingredients

- Handful of fresh berries
- 1 banana
- 1 tsp. coconut oil
- 4 eggs
- Cinnamon

## Method

1. Melt coconut oil in a small omelette pan.
2. Slice the banana and add to the omelette with berries. Fry for 2 minutes.
3. Beat the eggs until they begin to froth, then pour into the pan. Cook on a medium heat for 2–3 minutes.
4. Before the omelette is fully cooked, sprinkle cinnamon on top and transfer it to the grill to finish cooking. Wait until the top is lightly browned then serve.



# **SHAPE Green Smoothie**

**Serves 1**

## **Ingredients**

- 2 celery sticks
- 1/2 cucumber
- 1 tsp. cashew nut butter
- 1 tsp. coconut oil
- Handful of spinach
- Handful of watercress
- 1/2 avocado
- Coconut milk
- Handful of ice cubes

## **Method**

1. Place all ingredients into the blender and blend. Add coconut milk to desired thickness.
2. Drink immediately.

# Banana and Cinnamon Smoothie

**Serves 1**

## Ingredients

- 4 ice cubes
- 1 banana
- 1 tsp. cinnamon
- 250ml coconut milk

## Method

1. Place all ingredients into the blender and blend on high until smooth.
2. Pour into a large glass and drink immediately.

# Pineapple and Coconut Smoothie

**Serves 2**

## Ingredients

- 1/2 fresh pineapple
- 2 bananas
- 400ml of coconut milk
- 1 tsp. organic cashew nut butter
- Handful of ice cubes

## Method

1. Chop the pineapple and place all ingredients into the blender.
2. Blend on high until smooth. Drink immediately.



# Berry and Spinach Smoothie

**Serves 1**

*This is a brilliant way to get more green nutrients!!*

## Ingredients

- 1 handful of strawberries
- 1 handful of blackberries
- 200ml coconut milk
- ½ cup frozen spinach
- Handful of ice cubes



## Method

1. Place all ingredients into the blender and blend on high until smooth.
2. Drink immediately.

# **OMEGA Breakfast**

**Serves 1**

## **Ingredients**

- 1/4 cup of walnuts
- 1/4 cup of pecans
- 1 tbsp. cinnamon
- 1 pinch of ginger
- 1 pinch of nutmeg
- 1 tbsp. of almond butter
- 1 banana
- 2 eggs
- 1/4 - 1/2 cup of almond milk
- 2 tbsp. pumpkin seeds
- Handful of berries

## **Method**

1. Blend nuts and spices in a food processor to make a grain like consistency. Place to the side.
2. Whisk the eggs and almond milk together, then mash the banana and add to the eggs with almond butter. Stir.
3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.
4. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.

# Scrambled Eggs and Smoked Salmon

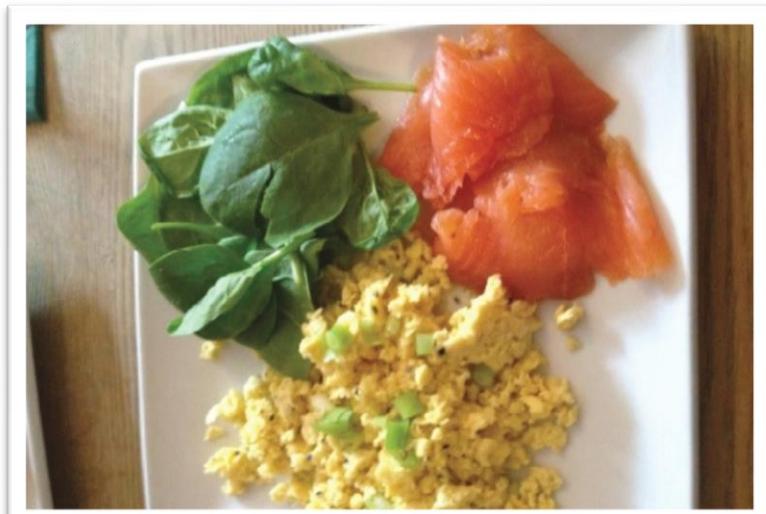
Serves 1-2

## Ingredients

- 3 eggs
- Sea salt and black pepper
- 1 tsp. coconut oil
- 2 spring onions
- 2 slices smoked salmon

## Method

1. Combine eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat coconut oil in a non-stick frying pan over a medium-low heat. Thinly slice the green tops of the spring onion and add to the pan, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan and cook until they just begin to set (about 10 seconds). Thinly slice the smoked salmon and stir into the eggs. Cook for about 3-5 minutes, gently stirring until the eggs have thickened into soft, creamy curds.
4. Season with salt and pepper to taste and serve immediately.

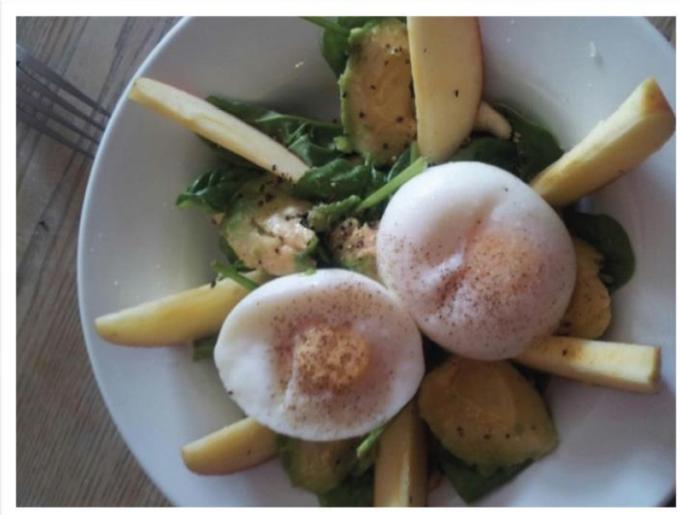


# Inferno Breakfast

Serves 1

## Ingredients

- 2 eggs
- Handful baby leaf spinach
- Smoked salmon
- 1 apple
- Handful of walnuts
- Extra virgin olive oil
- Balsamic vinegar



## Method

1. Bring saucepan of water to a boil.
2. Crack in 2 eggs and boil for 60-90 seconds until white.
3. Serve eggs on a bed of spinach and torn smoked salmon.
4. Slice the apple and place on the salad with walnuts.
5. Dress the salad with olive oil and balsamic vinegar to taste.

# Hot Muesli

**Serves 1**

## Ingredients

- 50g gluten-free porridge oats
- 1 tbsp. linseeds, pumpkin, sunflower or sesame seeds
- 1 tbsp. desiccated coconut
- 1 tsp. cinnamon
- 1 apple or pear
- Handful of blueberries



## Method

1. Grate the apple or pear. Put all ingredients in a bowl and pour in 100ml of boiling water. Leave to rest for about 2 minutes.
2. The oats will plump up, the berries will soften and the mixture will be similar to a hot porridge. Add more or less water to your own preference.

# **Breakfast Bars**

**Serves 8**

## **Ingredients**

- 2 cups of gluten-free porridge oats
- 4 tbsp. of almond, cashew or hazelnut butter
- 50g butter
- 1 banana
- 3 tbsp. of manuka honey or agave syrup
- Handful of flax seed, sunflower and pumpkin seeds.
- Handful of walnuts
- Handful of flaked almonds
- 1 lemon
- 1 orange



## **Method**

1. Preheat oven to 160°C/320°F.
2. Melt butter, nut butter and honey or agave in a large saucepan.
3. Mash the banana and add to the saucepan.
4. Once mixture is melted, remove from the heat.
5. Add half of the seeds, oats, nuts and the zest of the lemon and orange. Mix together.
6. Place baking paper into baking tin and grease.
7. Place mixture into tin and spread evenly, about 1 inch thick.
8. Sprinkle with remaining seeds and drizzle honey or agave over mixture to finish.
9. Place in oven for 30 minutes. Once cool take out and cut into bars.
11. Enjoy!

# Granola

**Serves 4-5**

## Ingredients

- 4 cups gluten-free oats or millet flakes
- 3/4 cup mixed nuts
- 1/2 cup pumpkin, sesame, sunflower and linseeds
- 1/2 cup coconut oil
- 1/4 cup cashew butter
- 1/2 cup desiccated coconut
- 1/3 cup berries
- Sea salt
- 1 tsp. cinnamon
- 1/2 tsp. ground ginger

## Method

1. Preheat oven to 200°C, line a baking tray with baking paper and grease.
2. Mix all dry ingredients in a large bowl then add melted coconut oil and cashew butter.
3. Ensure all dry ingredients are well coated and add more coconut oil if required.
4. Spread onto tray and bake for 25-30 minutes or until dark brown and crunchy, making sure to stir 2-3 times during the bake.
5. Add berries during the last 15 minutes, or use to serve.
6. Once baked, stir well and allow to cool.
7. Store in a Tupperware dish to keep fresh.

# Caramelized Banana and Date "Porridge"

**Serves 2**

What a great way to make use of leftovers! Be sure to heat the cauliflower thoroughly because when cauliflower puree is hot, the flavour blends well with the other ingredients. When cold, it may have a distinct taste.

## Ingredients

- 1 banana
- 2 dates
- 1 tsp. coconut oil
- 1/2 head of cauliflower, pureed
- Cinnamon

## Method

1. Slice the banana. Pit the dates and dice them into small pieces.
2. Place the coconut oil into a small frying pan and heat on medium-high.
3. At the first sign of melting, add the banana and dates and sauté for 2-3 minutes, constantly stirring.
4. When the banana starts turning golden, reduce the heat to medium, add the pureed cauliflower and heat thoroughly.
5. Sprinkle cinnamon over the top and serve.

# Millet Porridge

**Serves 1-2**

## Ingredients

- 6oz. millet flakes
- 9fl oz. rice, almond or coconut milk
- 9fl oz. water
- Ground nutmeg
- Ground cinnamon
- Handful of berries

## Method

1. Mix millet, milk and water in a saucepan. Add cinnamon and nutmeg to taste.
2. Bring to boil and simmer for 4-5 minutes, stirring continuously.
3. Add berries to serve.

# **Breakfast Stir fry**

**Serves 1**

## **Ingredients**

- 1/2 bag ready sliced cabbage and leeks
- 5 asparagus tips, chopped
- Handful of sugar snap peas
- 2 eggs
- 75g smoked salmon
- 1tbsp. coconut oil
- 1tsp. cinnamon
- 1 wedge of lemon

## **Method**

1. Heat coconut oil in pan until it softens. Chop the asparagus tips and add the vegetables to the pan. Fry for 3-4 minutes.
2. Add eggs and cinnamon, stirring continuously until set, then serve with smoked salmon and a lemon wedge.

# Guilt-Free Huevos Rancheros

**Serves 1**

## Ingredients

- 1 gluten-free tortilla or brown rice tortilla
- 2 organic eggs
- 1/2 avocado
- 1 red pepper
- 1 tomato
- 1/2 white onion
- 2 spring onions
- 1 garlic clove
- A sprig fresh coriander
- 1 wedge of lime (optional but yummy)
- Sea salt and black pepper
- 2 tbsp. coconut oil



## Method

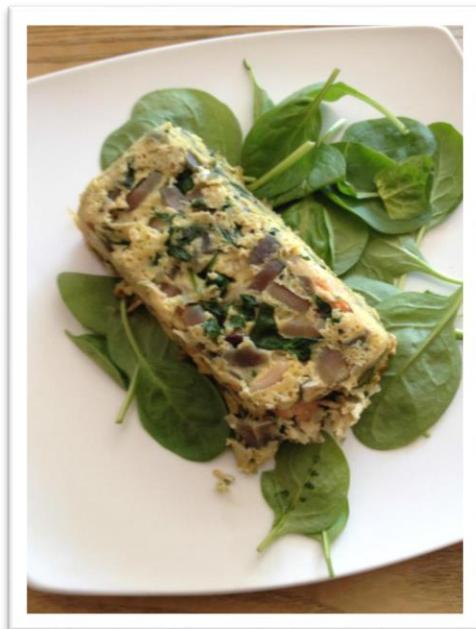
1. Heat a tbsp. of coconut oil in a shallow pan and add minced garlic and white onion.
2. Sauté until golden and add the diced tomato and red pepper
3. Add salt and pepper.
4. Let it simmer on medium heat until the red pepper has softened and has the consistency of tomato sauce.
5. Sprinkle with diced spring onions.
6. In another pan with a tbsp. of coconut oil fry 2 eggs, adding salt and pepper to taste
7. Place the tortilla on a plate and arrange with avocado strips and the wedge of lime on the side.
8. Spoon the tomato sauce onto the tortillas and arrange the eggs on top.
10. Sprinkle with the chopped coriander and serve.

# Baked Salmon and Asparagus Frittata

**Serves 2**

## Ingredients

- 4 eggs
- 50g coconut milk
- 125g smoked salmon
- 6 asparagus spears
- 1 red onion
- 1 garlic clove
- Handful of basil leaves
- Handful of baby leaf spinach
- 1 tbsp. coconut oil
- Sea salt and black pepper



## Method

1. Preheat the oven to 200°C/390°F and heat a small frying pan in the oven with 1 tbsp. of coconut oil.
2. Blend eggs, coconut milk, basil and salt and pepper in a blender until fluffy.
3. Chop the asparagus, red onion and garlic and add to the pan. Pouring in the egg mixture and add top with smoked salmon.
4. Bake 15-20 minutes and serve with a large plate of spinach.

# Kedgeree

**Serves 3**

## Ingredients

- 450g /1lb smoked haddock fillets
- 3 hardboiled eggs
- 2 tbsp. parsley
- 150g/5oz. (raw) brown rice
- 75ml rice milk

## Method

1. Place haddock in a large frying pan, cover with water and allow to simmer for 10-12 minutes until haddock is tender.
2. Meanwhile, cook the rice in a separate saucepan.
3. Drain the haddock and remove and discard skin and bones. Flake the flesh.
4. Chop 2 hardboiled eggs (save a third to garnish).
5. Mix together the haddock, rice, chopped eggs, parsley and rice milk in a large saucepan.
6. Stir until heated through and the rice milk has been absorbed.
7. Serve garnished with parsley and slices of the remaining egg.

# Bang for your Buck Breakfast

**Serves 1**

## Ingredients

- 2 eggs
- 1/2 bag of mixed greens
- Fresh coriander
- Fresh basil
- 1 garlic clove
- 1/2 red chili
- Handful of pumpkin seeds
- 2 vine tomatoes
- 1 cucumber
- 1/2 red onion
- 1 tbsp. coconut oil
- 1 lime



## Method

1. Boil a saucepan of water for poaching eggs. Poach eggs for 5 minutes for soft boiled or 7 minutes for hard boiled.
2. Chop the coriander, basil and garlic and add to a bowl with sliced red chili, vine tomatoes, cucumber and red onion. Add the pumpkin seeds and mixed greens and create a dressing for the salad by combining 1 tbsp. of melted (and cooled) coconut oil with the juice of 1 lime.
3. Dress salad and place eggs on top for a tasty breakfast.

# LUNCH



## Let's have a laugh...

The Little Johnny was 8 years old when his parents decided to have him circumcised. After a few days of recovery, the boy went back to school. After about an hour, the pain was really starting to bother him so he asked if he could see the school nurse. He went to see her, but was too embarrassed to tell her what the problem was.

She suggested that he call his Mom and see if she could come and get him. The nurse waited in the other room while the call was made. After a few minutes the little boy came out and started walking back to class, but the nurse noticed that his joystick was hanging out of his pants.

She said, "Johnny, what are you doing? You can't walk around like that."

He replied, "Well I told my Mom how much I hurt and she said that if I could just stick it out till lunchtime she would come pick me up then."

# Sweet Potato

## Mess

**Serves 1**

### Ingredients

- 1 sweet potato
- 40g goat cheese
- 1 red chili
- Handful parsley leaves
- Handful of baby spinach
- 6 cherry tomatoes
- Extra virgin olive oil
- Balsamic vinegar
- 2 tsp. coconut oil
- Pine nuts



### Method

1. Preheat oven at 180°C/350°F for 20 minutes.
2. Chop sweet potato in half and place on a baking tray. Cover sparingly with 2-3 tsp. of coconut oil and place in oven for 25-30 minutes.
3. Once potatoes are cooked, place on a chopping board and cover in chopped parsley, chili, goat cheese and pine nuts. Coat with 2 tbsp. of olive oil. Using a large kitchen knife, chop up potato mix from all angles until mixed together. Serve with baby spinach, tomatoes and balsamic vinegar to dress.

# Broccoli and Mint Soup

**Serves 2**

## Ingredients

- 1 onion
- 1 tbsp. coconut oil
- 1 head of broccoli
- 3 cups chicken or vegetable stock
- Handful of mint leaves



## Method

1. Dice an onion and fry it in a large pan with coconut oil on medium heat until soft.
2. Add chopped broccoli and stock. Simmer for 10-15 minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with mint leaves, or use an electric blender and blend into a smooth texture.
4. Heat to serve.

# Herb Meatballs with Spicy Tomato Sauce

**Serves 4**

## Ingredients

- 500g minced beef
- 1/2 onion
- 1/2 cup fresh basil
- 1/2 cup fresh parsley
- 1 cup spinach
- 4 eggs
- 1/2 cup almond flour
- 1 tbsp. dried oregano
- 4 garlic cloves
- Sea salt and black pepper



## Method

1. Preheat your oven to 180°C/350°F.
2. Blend minced onion and garlic, spinach and herbs in a blender.
3. Combine all the ingredients in a bowl and mix well with your hands.
4. Season the mixture to taste with sea salt and freshly ground black pepper.
5. Make small balls the size of golf balls and place them apart on a baking tray, then place them in the preheated oven to cook for about 30 minutes or until browned.

## *Spicy tomato sauce*

- 1 onion
- 2 tsp. coconut oil
- Sea salt and black pepper
- 1 garlic clove
- 1 tsp. paprika
- Chili flakes
- 2x 400g cans of chopped tomatoes
- 1 bay leaf

## **To make the sauce:**

1. Place the minced onion in a pan with coconut oil and season with salt and pepper. Cover with a lid and fry over a low heat until soft.
2. Add the minced garlic, paprika and chili flakes and fry for a further 30 seconds, stirring constantly.
3. Add the tomatoes and bring to a simmer. Simmer the sauce for 20

minutes. Liquidise until smooth. Pass the sauce through a sieve, back into the pan. Taste and add seasoning as necessary.

## Prawn, Mango and Avocado Salad

**Serves 1-2**

### Ingredients

- 12 large, cooked prawns
- 1 mango
- 1/4 cucumber
- 1/2 avocado
- 20g unsalted plain cashews
- 1 tsp. olive oil
- 1/2 lime
- Chili flakes
- Handful baby leaf spinach
- Handful of watercress



### Method

1. Juice the lime and combine with olive oil and chili flakes, to taste.
2. Chop up the mango, cucumber and avocado and mix in a bowl with prawns and cashews. Dress with olive oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

# Chicken Wraps with Pesto-Yoghurt Dressing

**Serves 2**

## Ingredients

- 2 skinless chicken breasts
- 1 small tomato
- 1 tbsp. fresh oregano
- 1 or 2 large Romano lettuce leaves
- 2 tbsp. coconut oil

## Dressing

- 1/3-1/2 cup plain, active-culture yoghurt
- 1 tbsp. pine nuts or walnuts
- 1 garlic clove
- 2 tbsp. olive oil
- 1 cup fresh basil
- Sea salt

## Method

1. Heat the coconut oil in a skillet and add oregano and chicken, cut into strips. Cook the chicken thoroughly, then set aside.
2. Blend the pine nuts or walnuts and garlic into the blender and pulse until finely blended. Add 2 tbsp. olive oil and pulse several times. Add in the basil, yoghurt and salt. Pulse until thoroughly blended.
3. Lay the Romano leaf flat on a plate. Spread the whole of the leaf with the dressing and assemble with sliced tomato and chicken. Wrap and secure with a toothpick to serve.

# Chicken, Quinoa and Mango Salad

**Serves 1**

## Ingredients

- 1/2 cup cooked quinoa
- 1 cooked chicken breast
- 1 mango
- Half a red pepper
- Half a red onion
- Handful of mixed spinach, rocket and watercress
- Handful of mint
- 1 lemon



## Method

1. Chop the mango, red pepper, onion and mint and combine with quinoa and mixed salad.
2. Squeeze the juice from a fresh lemon over the ingredients.
3. Slice up the chicken and mix through.

# Stuffed Peppers

Serves 1-2

## Ingredients

- 1 cup cooked quinoa
- 2 red onions
- 2 tomatoes
- 3 red pepper
- 1 clove garlic
- 4 tbsp. of lemon juice
- 2 tbsp. coconut oil
- Olive oil



## Method

1. Preheat the oven to 200°C/390°F.
2. Heat 2 tbsp. of coconut oil in a pan. Chop your onions, tomatoes, garlic and 1 of the red peppers and fry for 2 minutes. Add in quinoa and cook for a further 1 minute.
3. Cut off the tops of the remaining peppers and deseed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.
5. Drizzle olive oil and lemon juice onto the peppers once cooked and serve.

# Greek Salad with Lamb

**Serves 2-3**

## Ingredients

- 450g/1lb minced lamb
- 1/2 cup dill, mint, oregano and parsley
- 2 hearts romaine lettuce
- 1-2 tomatoes
- 1 large or 2-4 small cucumbers
- 1 cup pitted Kalamata or other Greek olives
- 1/4 cup lemon juice
- 1/2 cup olive oil
- Sea salt



## Method

1. Chop herbs and sauté ground lamb with them for 12-15 minutes, or until cooked through. Add salt to taste.
2. In a separate bowl, combine lamb and olives with finely chopped lettuce, tomato and cucumber.
3. Whisk together with lemon juice and olive oil. Drizzle on top of salad.

# Thai Chicken Curry Soup

**Serves 4**

## Ingredients

- 2 tsp. coconut oil
- 1 chicken breast
- 1 onion
- 1 red pepper
- 1 cup button mushrooms
- 2-3 tbsp. curry powder
- 2 cups water or chicken stock
- 3 cups coconut milk
- 1/2 tsp. fresh coriander
- Sea salt and black pepper
- 1 tbsp. almond flour for thickening (optional)
- 1 tbsp. fish sauce (optional)



## Method

1. Chop the chicken breast and add to a large saucepan with 2 tsp. coconut oil on medium heat. Toss the chicken in the coconut oil and cook for about 2 minutes.
2. Chop the onion, red pepper and mushrooms and add to the Saucepan. Cook for 1 minute and season to taste with salt and pepper.
3. Coat the meat and vegetables in curry powder (add up to 3 tbsp. depending on how spicy you want the dish to be). Cook for 45 seconds.
4. Add the water or stock, almond flour (optional), coconut milk and fish sauce (optional). Stir well. Allow the soup to simmer for 5 to 10 minutes, until the vegetables are tender and the chicken is cooked through.
5. Adjust the seasoning if needed and top with freshly chopped coriander prior to serving.

# Puréed Broccoli Soup

**Serves 1-2**

## Ingredients

- 3/4 cup red onion
- 2 tsp. olive oil
- 1/4 tsp. tarragon
- 4 cups broccoli florets
- 1 tbsp. coconut flour
- 1 cup water, divided
- 2 cups chicken broth
- 1 tsp. white wine vinegar
- Sea salt and black pepper
- 1 tbsp. baby carrot



## Method

1. Chop red onion and mix in a saucepan with olive oil, tarragon, broccoli and salt to taste. Stir over medium heat for about 3 minutes. In a small bowl, whisk coconut flour and 2 tbsp of water until smooth; set aside.
2. Add broth, vinegar, black pepper and remaining water to pan. Bring to a slow boil. Reduce heat and simmer for about 10 minutes.
3. Purée soup in blender and return to pot. Whisk in flour mixture; stir over medium-high heat until slightly thickened. Sprinkle with shredded baby carrot.

# Carrot and Orange Zest Soup

Serves 1-2

## Ingredients

- 1oz. butter
- 1 garlic clove
- 1 onion, sliced
- 500g carrots
- 1 litre water
- 1 orange
- 1 tsp. tomato puree
- Sea salt and black pepper



## Method

1. In a pan, melt the butter and add minced garlic, sliced onions and coarsely grated carrot. Stir and cook covered for 5 minutes on low heat.
2. Add water, orange juice zest, tomato puree and salt and pepper. Simmer covered for 30 minutes.
3. Liquidise and enjoy.

# Chicken Kebabs

**Serves 2**

## Ingredients

- 2 chicken breasts, cut into 1 inch pieces
- 1 yellow pepper, cut into 1 inch pieces
- 1 red pepper, cut into 1 inch pieces
- 1 red onion, cut into 1 inch pieces
- 1 mango, cut into 1 inch pieces
- 4 cherry tomatoes
- Wooden skewers
- 2 tbsp. coconut oil
- Chili flakes



## Method

1. Cut the chicken, onion, peppers and mango into 1 inch pieces and skewer with tomatoes onto sticks.
2. Melt coconut oil and brush all over, sprinkle with chili flakes then grill until the chicken is cooked through.
3. Serve with a salad of your choice.

# Sizzling Cajun Steak Salad

**Serves 1**

## Ingredients

- 1 rump or sirloin steak
- 1 head Romaine lettuce
- 8 cherry tomatoes
- 2 tbsp. coconut oil
- 1 cucumber
- 1 roasted pepper
- 2 radishes
- Any other salad vegetable you might like, be creative!
- Chili, garlic, cayenne or mustard powder



## Method

1. Cut tomatoes in half and peel and slice the cucumber and radishes into thin rounds. Cut the roasted pepper into strips and mix all items together with lettuce and any additional vegetables.
2. Sprinkle chosen spice mix over steak on both sides.
3. Heat coconut oil in a frying pan or griddle and cook steak to your liking.
4. Slice steak and place slices on top of salad.
5. Serve immediately!!

# Lettuce and Tuna Hotboats

**Serves 1**

## Ingredients

- 1 head lettuce or endive
- 1 185grm tin of tuna steak
- 1 tomato
- 1 yellow pepper
- 1/2 white onion
- 1 red chili
- 1 tsp. of wheat-free soy sauce
- 1 avocado
- 2 tbsp. olive oil
- Sea salt and black pepper



## Method

1. Dice the avocado and yellow pepper and finely chop the white onion, tomato and chili. Mix In a big bowl with drained and flaked tuna steak.
2. Add salt and pepper, 2 tbsp. of olive oil and 1 tsp. wheat-free soy sauce.
3. Take a couple of large lettuce or endive leaves, and with a spoon arrange the tuna salad mix along the leaves.
4. If the lettuce leaves are big, you can fold them as if it was a wrap, otherwise simply tuck into these super hotboats, you'll love 'em!

# Watercress and Asparagus Soup

**Serves 4**

## Ingredients

- 900ml of vegetable stock
- 1 small cauliflower
- 350g asparagus spears
- 4 spring onions
- 50g watercress
- 25g fresh mint
- Sea salt and black pepper



## Method

1. Fill a large pan with water and vegetable stock and bring to the boil. Add chopped cauliflower and boil till soft. Add chopped asparagus and spring onions and bring back to a boil for 3 minutes.
2. Now take off the boil and stir in the watercress and mint until wilted. Blend the soup in blender and then re-heat and season with salt and pepper.

# Zingy Tuna Steaks

**Serves 2**

## Ingredients

- 2 x 150g/5oz tuna steaks
- Sea salt
- Olive oil

## *Salsa Verde*

- 1 tsp. Dijon mustard
- 150-250ml/5-9fl oz. olive oil
- 4 anchovy fillets
- Handful fresh parsley
- Handful fresh basil
- Handful fresh tarragon
- 1-2 tbsp. capers
- 1 garlic clove
- Sea salt
- 1 lemon, juice only



## *To serve*

- 1 lemon wedge
- 2 sprigs fresh parsley
- 2 sprigs fresh mint

## Method

1. Preheat the oven to 200°C/390°F. For the tuna, season the tuna steaks with sea salt and drizzle with olive oil. Rub the salt and oil into the steaks.
3. Heat a heavy-based frying pan until hot. Add a tuna steak to the pan and sear until lightly browned. Carefully turn over and sear the other side (this will take about 30 seconds on each side, longer if the tuna is thickly cut). Remove and keep to one side. Repeat with the other tuna steak.
4. Place the tuna steaks in a roasting tray and place in the oven for 1-2 minutes (they should still be slightly pink on the inside). Remove and keep warm.

5. For the salsa verde, place the mustard and a few tablespoons of olive oil in a bowl and whisk to emulsify. Finely chop the anchovies and add to the bowl.
6. Pick the leaves from the herbs (except the basil; you can include the stems in the sauce). Pile the picked herbs onto a chopping board. Sprinkle the capers over the top. Finely chop the herbs and capers and add to the bowl with the mustard and oil mixture.
7. Peel the garlic clove. Place it on the chopping board and sprinkle with sea salt. Crush to a fine paste with a knife blade and add the paste to the bowl and mix. Add some of the remaining olive oil to the bowl. The sauce should have a spooning consistency, so add just enough oil - you may have some left over. Mix thoroughly.
8. Just before serving, add the lemon juice to the sauce (the lemon will cause the herbs to go brown if you add it too early).
9. To serve, place the tuna steaks onto plates. Squeeze on some lemon juice and serve with a wedge of lemon, a dollop of salsa verde and a sprig of parsley and mint each.

# Coriander Spiced Veg Soup

**Serves 4**

## Ingredients

- 2 tbsp. coconut oil
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 onion
- 2 celery sticks
- 2 garlic cloves
- 1cm piece root ginger
- 1 litre vegetable stock
- 300g carrots
- 200g turnips
- 1 red pepper
- 150g frozen peas
- Sea salt and black pepper
- Handful fresh coriander

## Method

1. Place a heavy bottomed pan with 2 tbsp. coconut oil over a medium-high heat.
2. Finely chop the onion and garlic and cut celery sticks into 1 centimetre pieces. Peel and grate the ginger and add everything to the pan with cumin and coriander to stir fry for 2-3 minutes.
3. Add the vegetable stock and chopped carrots, turnips, red pepper to the pan and bring to a boil.
4. Reduce the heat to medium-low, cover and simmer for 20 minutes, or until the vegetables are tender.
5. Add the peas and simmer for 3-4 minutes.
6. Season well then remove from the heat.
7. Stir in freshly chopped coriander and serve in warm bowls.

# Goats Cheese and Asparagus Frittata

**Serves 3**

## Ingredients

- 400g asparagus tips
- 2-3 rashers of bacon
- 1 tbsp. olive oil
- 1 round of goat cheese
- 6 eggs
- 2 tbsp. chives



## Method

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering salt water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1 centimetre pieces.
2. Heat oil in frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus and chopped chives.
4. Pour the egg mixture into the pan. Cook over a gentle heat for 2 minutes and then add crumbled goat cheese. Place under the grill for a few minutes or until lightly golden and the top is set.

# Mixed Green Avocado and Smoked Salmon Salad

**Serves 2**

## Ingredients

- 1 avocado
- 100 grams smoked salmon
- 1 egg, boiled
- 2 tomato
- 4 handfuls of fresh spinach
- 4 handfuls of watercress
- 2 green peppers
- 1 small clove of garlic
- 1 small onion
- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 lime
- Sea salt



## Method

1. Thoroughly wash and drain the watercress and spinach and put into a big salad bowl.
2. Chop the peppers and add them to the salad bowl, thoroughly mix Up the ingredients and put the bowl to the side.
3. Dice the avocado, onion, garlic and tomato into small pieces. Put all the pieces into a separate wooden bowl and mix all the ingredients together.
4. Add 2 tbsp. of olive oil, apple cider vinegar and the juice of 1 lime and mix all together.
5. Put the avocado on top of the spinach, peppers and watercress.
6. Slice the boiled egg and smoked salmon into small pieces, add them to the salad and mix up all the ingredients.
7. Season the salad to taste with sea salt.

# Grilled Chicken Breast South East Asian Style

**Serves 2**

## Ingredients

- 4 garlic cloves
- 1 inch piece ginger
- 2 limes
- 1 tbsp. olive oil
- 1 red chili
- 1 tsp. wheat-free soy sauce
- 2 skinless chicken breasts
- Sea salt and black pepper
- Handful baby leaf spinach
- Handful watercress
- 1 avocado



## Method

1. Preheat oven to 180°C/350°F.
2. Juice both limes and peel the garlic. Place in the blender with garlic, olive oil, chili, soy sauce and salt and pepper. Pulse to a paste. Coat chicken with paste and place in the oven for 25 minutes.
2. Serve with a green salad including baby leaf spinach, sliced avocado and watercress.

# Lettuce Wraps

**Serves 2**

## Ingredients

- 4 leaves iceberg lettuce
- 2 cooked turkey breasts
- 1/2 cucumber
- 4 spring onions
- 250g hummus
- Paprika, to taste



## Method

1. Cut the cucumber, spring onion and turkey breast into long strips. Place the turkey breast, cucumber, onion, hummus and paprika in lettuce leaves. Wrap with another leaf to make a wrap.
2. Repeat with remaining ingredients.

# Spicy Lentil Pate with Crudités

**Serves 2**

## Ingredients

- 100g split red lentils
- 125ml water
- 1 onion
- 2 carrots
- 1 celery stick
- 1 cucumber
- 1-2 garlic cloves
- 1 tsp. cumin seeds
- 1 tsp. ground cumin
- 1 tsp. turmeric
- 1/2 tsp. ground coriander
- 50g butter
- Sea salt and black pepper

## Method

1. Boil water in a small pan. Once at a boil, cook lentils for about 20-25 minutes until soft.
2. At the same time, fry the cumin seeds in a frying pan until they start to pop.
3. Add butter, then fry diced onion, crushed garlic and 1 grated carrot until soft.
4. Add in the remaining spices and stir through. When cooked, add the lentils and stir vegetable mix thoroughly.

\*Crudités – Serve with carrot, celery and cucumber sticks.

# Cauliflower and Coriander Soup

**Serves 4**

## Ingredients

- 3 tbsp. coconut oil
- 1 large onion
- 4 garlic cloves
- 1 1/2 tbsp. coriander seeds
- 2 sweet potatoes
- 1kg cauliflower
- 750ml vegetable stock
- A pinch of fresh coriander
- 1 tsp chili flakes

## Method

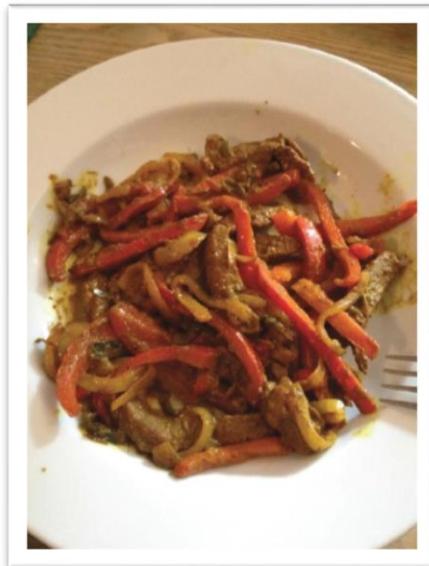
1. Heat a large saucepan over medium heat. Add 3 tbsp. coconut oil, chopped onions, crushed garlic, chili flakes and ground coriander seeds and fry for 10-15 minutes stirring occasionally until golden brown.
2. Chop the cauliflower and sweet potatoes and add to pan with half the stock, then cover and simmer for 20-30 minutes. When the cauliflower and sweet potato are soft add the rest of the stock and continue to simmer for 10 minutes.
3. Blend the soup to your desired consistency. Season with fresh coriander, salt and pepper and serve or chill and store.

# Beef Stir Fry

Serves 1

## Ingredients

- 1 rib eye steak
- 2 shallots
- 1 red pepper
- 2 garlic cloves
- 4-5 fresh curry leaves
- 1 green chili
- 2 tbsp. coconut oil
- Sea salt and black pepper
- Ground cinnamon
- Ground turmeric
- Fresh coriander



## Method

1. Cut the steak into strips and cover with salt, pepper and turmeric. Coat well with the mix until yellow.
2. Cut the red pepper, shallots and garlic cloves lengthwise and add to a wok or pan with 2 tbsp. coconut oil. Add curry leaves, finely chopped green chili and a heaping tbsp. of cinnamon. Season with salt and pepper.
3. Cook for about 2 minutes on high heat then add the beef.
4. Mix it all well and cook beef to taste.
5. Sprinkle a few roughly chopped fresh coriander leaves on top.
6. Serve in a bowl piping hot.

# Spicy Butternut Squash Soup

**Serves 2**

## Ingredients

- 1 butternut squash
- 1 red onion
- 2 garlic cloves
- 1 red chili
- Handful of coriander
- 1/2 tsp. cumin seeds
- 1 1/2 pints of vegetable stock
- 2 tbsp. coconut oil
- Sea salt and black pepper



## Method

1. Chop the onion, coriander and chili and place in a pan with coconut oil. Add crushed garlic and cumin seeds and fry for 30 seconds so that the spices release their flavour.
2. Peel and dice the butternut squash and add it to the pan for 2 minutes. Mix so that they are covered in the spice mixture.
3. Cover the mixture with vegetable stock and simmer for 30 minutes. Let the soup cool and then blend in batches until smooth. Season with salt and pepper to taste.

# Sweet Potato and Lentil Soup

**Serves 4**

## Ingredients

- 2 tsp. medium or hot curry powder
- 3 tbsp. coconut oil
- 2 onions
- 1 apple
- 3 garlic cloves
- 20g fresh coriander
- A thumb size piece ginger
- 800g sweet potatoes (about 2 medium sized ones)
- 1.2 litres vegetable stock
- 120g red lentils
- 300ml coconut milk
- 1 lime (optional)

## Method

1. Put curry powder in a large saucepan without oil and heat on medium heat for a couple of minutes.
2. Add 3 tbsp. coconut oil and stir as the spices sizzle.
3. Add chopped onion, apple and coriander; grated ginger and crushed garlic. Stir every now and then and cook for about 5 minutes.
4. Peel and chop the sweet potatoes and add to the pan with the stock, lentils and coconut milk. Simmer for 20 minutes or until veggies and lentils are soft.
5. Blend until smooth, add the juice of 1 lime (optional) and check seasoning.
6. Garnish with coriander if you wish.

# **Roasted Tomato Soup**

## **Ingredients**

- 5.5lbs/2.5kg plum tomatoes or vine ripe tomatoes
- 4 tbsp. coconut oil
- 4 garlic cloves
- 1 lemon
- 1 red onion
- 1 tsp. dried basil
- 1 tin of chopped tomatoes
- 4 yeast free stock cubes
- 1 bay leaf
- Sea salt and black pepper
- 1/2 tsp. red chili flakes (optional)

## **Method**

1. What you'll need to do first: Roast the tomatoes.
2. Preheat the oven to 200°C/390°F.
3. Cut the plum tomatoes in half and toss them into a roasting pan with 2 tbsp coconut oil, dried basil and 3 crushed cloves of garlic. Add the juice of 1 lemon.
4. Put into the oven and gather the next ingredients. The tomatoes should be ready in roughly 45 minutes.
5. Heat 2 tbsp. coconut oil over medium heat. Add diced onion and crushed garlic and stir for five minutes. Add the basil and chili flakes (optional), and stir for another minute or two, until the onion is softened. Add the canned tomatoes and stock. Toss in the bay leaf and season with sea salt and fresh ground pepper to taste.
6. Add the oven-roasted tomatoes and garlic, breaking the pieces apart with a wooden spoon. Cover and bring to a simmer; lower the heat and continue to simmer for about 30-40 minutes.
7. Discard the bay leaf and puree the soup in a blender then return to the pot. Taste for seasoning adjustments. Heat through.
8. If the soup is too thick, add enough hot broth to thin it to the consistency you prefer.

# Hot Potato

**Serves 1**

## Ingredients

- 1 medium sweet potato
- Chili flakes
- 1 egg
- Sea salt and black pepper
- Handful baby spinach
- Handful watercress

## Method

1. Heat oven to 200°C/390°F and bake potato for 10 minutes.
2. Remove potato and cut in half lengthways, mash the potato up a little then break egg into middle.
3. Season and add chili flakes, then place back in the oven for a further 10 minutes.
4. Serve with a green salad of baby spinach and watercress.

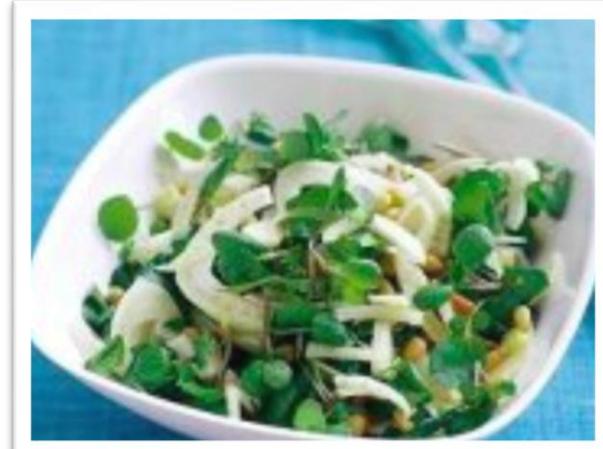


# Fennel, Watercress and Walnut Salad

**Serves 1**

## Ingredients

- 1 lime
- 1 tbsp. coconut oil
- 1 head fennel
- Small bag of watercress
- 50g/1 fl-oz walnuts



## Method

1. In a large bowl, whisk the juice of 1 lime with melted coconut oil and season to taste. Halve and thinly slice the fennel and toss in dressing to coat. Leave to marinate for 10 minutes if you have time.
2. Just before serving, tip the watercress and nuts into the bowl and toss well to combine.

# Turkey Noodle Broth

**Serves 1**

## Ingredients

- 50g turkey mince
- 2.5cm piece ginger
- 750mls hot chicken stock
- 50g leeks
- 50g frozen peas
- 2 tbsp. wheat-free soy sauce
- 50g mushrooms
- 100g rice noodles
- Handful watercress
- 1 lemon
- Black pepper



## Method

1. Mix the turkey mince with finely chopped ginger and season with black pepper. Roll into small balls the size of a large marble.
2. Meanwhile, place the hot stock, finely sliced leeks and peas into a large saucepan. Bring to a boil and cook for 2 minutes. Drop in the turkey meatballs one by one and simmer for 3-4 minutes until the turkey is cooked through.
3. Add the soy sauce, sliced mushrooms, cooked rice noodles and chopped watercress. Warm through and check the seasoning, add a dash of lemon juice to finish and serve.

# Chicken Caesar Salad

**Serves 1**

## Ingredients

- 1 chicken breast
- Handful of lettuce leaves
- 1 cucumber
- 6 cherry tomatoes
- 2 spring onions
- 4 fresh basil leaves
- 1 tbsp. olive oil
- 1 lime
- Black pepper

## Method

1. Grill the chicken breast until blackened and cooked through.
2. While cooking, slice the spring onions and cucumber and toss in a bowl with lettuce, cherry tomatoes and basil leaves.
3. Make dressing with 1 tbsp. olive oil, black pepper and the juice of 1 lime, then dress salad.
4. Slice chicken and arrange on top of salad bowl.

# **DINNER (OR AS WE SAY UP NORTH, TEA)**



Let's a laugh...

How does a man take a bubble bath?

He eats beans for dinner.

# Salt n' Chili Squid

**Serves 2**

## Ingredients

- Coconut oil
- 2 tbsp. coconut flour
- 2 tsp. paprika
- 1 tsp. chili powder
- Sea Salt
- 500g/1lb squid
- 1 garlic clove
- 1 red chili
- 1 spring onion
- Handful baby spinach
- 1 lemon



## Method

1. Place coconut flour, paprika, chili powder and sea salt into a freezer bag then shake to mix.
2. Thinly slice the squid and drop in the bag, shake until fully coated.
3. Heat coconut oil in a deep pan and fry in batches until golden brown, around 2 minutes.
4. Dry squid on kitchen paper and sprinkle chopped chili, garlic and spring onion over.
5. Serve with a green salad of baby spinach and lemon wedges.

# Coconut Chicken

Serves 4

## Ingredients

- 300ml coconut milk
- 1 tbsp. water
- 2 tbsp. tomato puree
- 1 tbsp. chili flakes
- 2 tbsp. ground almonds
- 2 tsp. turmeric
- 2 tsp. Garam masala
- 2 tsp. cumin
- 4 chicken breast fillets
- 2 onions
- 2 garlic cloves
- 2 tbsp. coconut oil
- 4 tbsp. fresh coriander



## Method

1. Mix the coconut milk with the tomato puree, chili, almonds, turmeric, Garam masala, cumin and 1 tbsp. water. Chop the chicken into bite sized pieces and coat. Cover with cling film and refrigerate for at least 1 hour
2. Chop the onions and garlic and cook in 2 tsp. coconut oil until soft.
3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 minutes, covered over a low heat. Add the marinade and the remaining coconut oil and cook for 15-20 minutes.
4. Stir in the fresh coriander and serve.

# Jessie's Dhesi Chicken Curry

**Serves 4**

## Ingredients

- 2 onions
- 150g button mushrooms
- 1 red pepper
- 4 garlic cloves
- 1 red chili
- 1 tbsp. ginger powder
- 1 tbsp. sea salt
- 1 1/2 tbsp. Garam Masala
- 6-8 medium tomatoes
- 1 tbsp. turmeric
- Fresh coriander
- 3 chicken thighs
- 4-6 chicken drumsticks
- 1 1/2 tbsp. coconut oil



## Method

1. Add 1 1/2 tbsp. coconut oil to skillet or large pan.
2. Once melted, add finely chopped onion and garlic until browned.
3. Stir in ginger, chopped chilies, tomatoes, turmeric, Garam masala and salt.
4. Allow to simmer for 3 minutes.
5. Add chicken and coat.
6. Cook on slow heat for at least 30–45 minutes.
7. Add sliced mushrooms and sliced red pepper and cook for a further 5 minutes.
8. Finish with a sprinkle of torn coriander.

# Chili Chicken with Chickpea Mash

**Serves 4**

## Ingredients

- 4 skinless chicken breasts
- 1 tbsp. olive oil
- 8 tsp. harissa (chili) paste

## *Chickpea mash*

- 2 tbsp. olive oil
- 2 garlic cloves
- 1 x 400g tin chickpeas (no salt or sugar added)
- 4 tbsp. rice or almond milk
- 3 tbsp. fresh coriander
- Handful baby spinach



## Method

1. Make shallow cuts in each chicken breast. Place chicken in a dish and brush with olive oil and coat both sides of each breast with the harissa paste. Season and cover the dish with foil and marinate in the fridge for at least 30 minutes.
2. Preheat oven to 220°C/425°F. Transfer the chicken breasts to a roasting tin and roast for about 20-30 minutes until they are cooked through.
3. Meanwhile make the chickpea mash. Heat the oil in a saucepan and gently fry the crushed garlic for a minute, then add the chickpeas and rice or almond milk and heat through for a few minutes. Transfer to a blender and puree till smooth.
4. Season to taste and add fresh coriander.
5. To serve divide the chickpea mash up between 4 and top with 1 chicken breast and garnish with coriander. Add a portion of green veg or a green salad of baby spinach.

# Thai Green Curry Paste

## Ingredients

- 2 handfuls fresh coriander
- 2 shallots
- 4 garlic cloves
- 1-2 jalapeno peppers or 1-2 tsp. chili flakes
- 1 inch piece ginger
- 1 lime
- Sea salt
- 1/4-1/2 cups water
- 1 can full-fat coconut milk

## Method

1. Deseed and chop the jalapeno peppers, ginger, garlic and shallots.
2. Place all ingredients into a blender and blend until smooth. Pour into a small pot and simmer for about 10-15 minutes, uncovered.

# Griddled Kingfish Thai Green Curry

**Serves 4**

## Ingredients

- 1 butternut squash
- 2 tsp. Thai Green Curry Paste (see recipe below)
- 1 garlic clove
- 1 tbsp. Thai fish sauce
- 1 lime
- 400ml coconut milk
- 2 tbsp. fresh coriander
- 400g Broccoli, cut into small florets
- 400g sugar snap peas
- 4×100g white fish fillets
- 2 tbsp. coconut oil



## Method

1. Preheat oven to 180°C/355°F.
2. Peel and dice the squash and add to a non-stick roasting tray and roast with 1 tbsp. of coconut oil. Place in the oven for 15-20 minutes until soft.
3. Remove from the oven and set aside.
4. Heat 1 tbsp. coconut oil in a wok or large heavy based pan. Add the curry paste and chopped garlic and cook for two minutes over a low heat. Add the fish sauce, juice of 1 lime, coconut milk and chopped coriander and bring to just below boiling.
5. Cut the broccoli into small florets and place in the pan with sugar snap peas; bring to a boil. Reduce the heat and add the fish and simmer for 5-6 minutes or until fish is cooked through.
6. Garnish with coriander and serve!

# Roasted Fennel, Cherry Tomatoes and Chickpeas

**Serves 2**

## Ingredients

- 2 medium fennel buds
- 2 sprigs fresh sage
- 1/2 lemon
- 12 cherry tomatoes
- 400g chickpeas
- 2 tsp. coconut oil
- Sea salt and black pepper



## Method

1. Preheat the oven to 180°C/355°F.
2. Cut the fennel bulbs into quarters and place them on a roasting tray with 1 tsp. of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with 1 tsp. of coconut oil. When melted, squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil, then add the roasted tomatoes, 2 generous pinches of pepper and 1 pinch of salt.
5. Cook for 2 minutes, stirring constantly. Drain the chickpea and add them to the pan along with the fennel. Cook for a further 3 minutes, stirring often, then serve.

# Chicken and King Prawn Spinach Curry

Serves 4

## Ingredients

- 1 red onion
- 2 tbsp. curry powder
- 1 tsp. cinnamon
- 2-3 garlic cloves
- 1 inch piece ginger
- 1 green chili
- 3 skinless chicken fillets
- 400ml boiling water
- Bag of fresh spinach
- Fresh coriander
- 2 tbsp. coconut oil
- 2 - 3 tsp coconut milk
- King Prawns (optional)



## Method

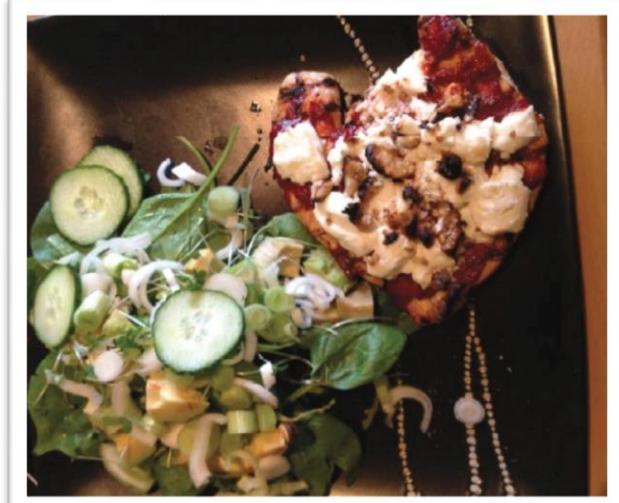
1. Melt 2 tbsp. coconut oil in frying pan, add finely chopped onion, garlic, ginger and chili and stir fry for 2-3 minutes.
2. Add curry powder and cinnamon, then stir fry for 1 minute.
3. Add chopped, bite-sized chicken pieces, water and spinach. Cover and cook for 15-20 minutes.
4. Add prawns 5 minutes before the end of cooking, if using.
5. Season well and remove from heat.
6. Stir in coconut milk and garnish with chopped coriander.

# Chicken Pizza

**Serves 2**

## Ingredients

- 2 chicken breasts
- 1 tube tomato puree
- 1 red pepper
- 1 onion
- 50g goat cheese
- 8 walnuts



## Method

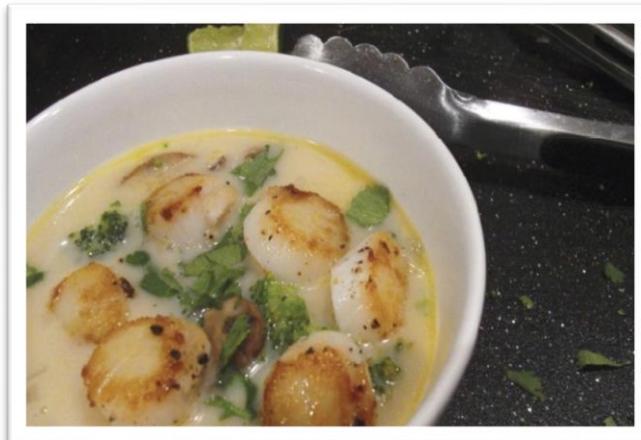
1. Preheat oven to 180°C/355°F.
2. Butterfly-cut the chicken breasts and then flatten out.
3. Thinly cover the chicken breasts with tomato puree.
4. Sprinkle sliced pepper and onion over the top.
5. Place on a baking tray and cook for 15-20 minutes.
6. Remove and sprinkle with goat cheese and crushed walnuts.
7. Place back in oven for 5 minutes then serve.

# Thai-Inspired Scallop Soup

**Serves 3**

## Ingredients

- 1 tsp. coconut oil
- 1 inch piece ginger
- 2 garlic cloves
- 500g scallops
- 400ml coconut milk
- 1 litre chicken or fish stock
- 1 red pepper
- 2 spring onions
- Handful fresh basil
- 1 lime
- Sea salt
- Hot sauce (optional)



## Method

1. Heat 1 tsp. coconut oil in a deep saucepan over medium heat. Add finely chopped ginger and garlic and sauté briefly.
2. Lightly salt scallops and add them to the pan. Sauté for 2-3 minutes then add coconut milk, chicken stock, sliced bell peppers and spring onions.
3. Bring the soup to a gentle boil, then remove from heat and stir in the juice of 1 lime and chopped basil.
4. Add salt or hot sauce to taste.

# Pesto Turkey Burger

Serves 4

## Ingredients

- 400g turkey mince
- 8 sundried tomatoes
- 1 sweet red pepper
- 1 shallot
- 3 tbsp. walnut pesto (see recipe below)
- Sea salt and black pepper

## Method

1. In a large bowl, place the minced turkey.
2. Combine sun-dried tomatoes, chopped sweet red pepper and chopped shallot in a blender and pulse until finely blended. Add to turkey mixture.
3. Add walnut pesto to turkey and mix all ingredients well with your hands to combine. Season with salt and pepper.
4. Form into medium sized patties and refrigerate until ready to grill.
5. Preheat grill to medium.
6. Grill burgers for approximately 5 minutes on each side or until cooked through.



## Walnut Pesto

- 100g walnuts
- 1 garlic clove
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper
- 3 cups fresh basil
- olive oil

1. Put the walnuts, garlic, salt and pepper in a blender and pulse until coarsely ground. Add the basil and pulse a couple of times. With the blender on, drizzle in the olive oil until your desired consistency is reached.

# Moroccan Meatballs

**Serves 4**

## Ingredients

- 500g lamb mince
- 1 onion
- 2 garlic cloves
- Handful fresh parsley
- 2 tbsp. olive oil
- 1 tsp. ground cumin
- 1 tsp. ground cinnamon
- 1/2 tsp. cayenne pepper
- 400g chopped tomatoes
- Handful fresh coriander



## Method

1. Put the lamb mince, half a chopped onion, 1 clove of crushed garlic and chopped parsley in a bowl. Use your hands to combine, then set aside.
2. Heat 2 tbsp. olive oil in a large heavy-based frying pan, set over a high heat. Cook the remaining chopped onion and 1 clove of crushed garlic for 5 minutes, until soft and golden. Add the cumin, cinnamon, and cayenne pepper and cook, stirring constantly, for 1 min, until aromatic. Add the tomatoes and 250ml water and bring to a boil. Cook for 5 minutes.
3. With slightly wet hands, roll the lamb mixture into walnut sized balls, then put them directly into the sauce. Reduce the heat, cover and cook for about 15 minutes, until the meatballs are cooked through. Stir in the coriander and keep warm.
4. Serve the meatballs with a crunchy salad on the side.

# Asian Rice and Vegetable Stir Fry

**Serves 4**

## Ingredients

- 200g cooked brown rice
- 1 tbsp. sesame oil
- 1 inch piece ginger
- 2 garlic cloves
- 3 onions
- 2 sprigs fresh rosemary
- 1 tsp. cayenne pepper
- 2 red peppers
- 2 yellow peppers
- 75g cashews
- 100g fine green beans
- 100g mange tout
- Handful of baby spinach
- 1 tbsp. gluten-free soy sauce
- 2 spring onions
- 1/2 lemon
- Handful almond flakes



## Method

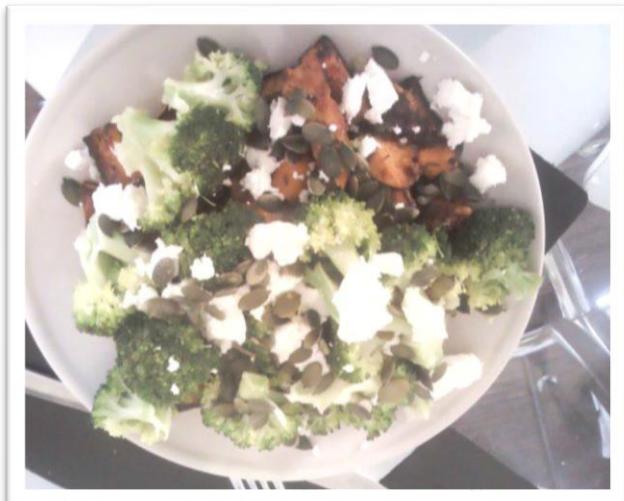
1. Heat 1 tbsp. sesame oil in a pan and add quartered onions, grated ginger, cayenne pepper and crushed garlic. Cook for 2-3 minutes.
2. Add rosemary and diced yellow and red peppers, then cook for 3-4 minutes.
3. Add in cashews, green beans and mange tout then continue to cook for a further 2-3 minutes. Add rice and soy sauce to vegetables with diagonally sliced spring onions and cook for a further 2 minutes.
4. At the last minute, add spinach and warm through, then squeeze the juice of 1/2 lemon over rice and serve in bowls with a sprinkling of toasted almond flakes on top.

# **Butternut Squash and Goat Cheese with Purple Sprouting Broccoli**

**Serves 2**

## **Ingredients**

- 1 butternut squash
- 2 chicken breasts
- 1 tbsp. harissa paste
- 2 tbsp. coconut oil
- 1 tsp. chili flakes
- 1 tsp. cumin seeds
- Sea salt and black pepper
- 200g purple sprouting broccoli
- 100g pumpkin seeds
- 200g goat cheese



## **Method**

1. Preheat the oven to 200°C. Cut the chicken breast into strips and mix with the harissa paste; leave for 15 minutes for the flavours to marinate.
2. Peel and cut the squash into chunks, toss in melted coconut oil and then mix in the chili flakes and cumin seeds. Put the squash in a roasting tin and place in the oven for about 40 minutes until they start to brown at the edges.
3. Roast the chicken breast for around 30 minutes while steaming the broccoli for about 3 minutes.
4. Assemble on plate and crumble the goat cheese and pumpkin on top.

# Spicy Pork

**Serves 4**

## Ingredients

- 400g pork loin fillet or boneless chops
- 1 tbsp. olive oil
- 3 tbsp. gluten-free soy sauce
- 2 tsp. tomato puree
- 1 inch piece ginger
- 1 red chili
- 1 spring onion
- 2 garlic cloves
- 2 tsp. raw organic honey

## Method

1. Peel and grate the ginger and finely chop the red chilli, spring onion and garlic cloves. Place in a blender with soy sauce, olive oil, tomato puree and honey and pulse until well blended.
2. Rub this all over the pork and leave to marinate for at least 1 hour; the longer the better.
3. Place in an oven proof tin, cover with foil and bake for about 30-35 minutes at 180°C.
4. Serve with sweet potato wedges and steamed green vegetables.

# Chili Con Carne with Guacamole

**Serves 4**

## Ingredients

- 2 onions
- 1 garlic clove
- 1 tbsp. olive oil
- 2 tsp. chili powder
- 1 red chili
- 1 tsp. ground cumin
- Sea salt and black pepper
- 455g turkey mince
- 4 large tomatoes or 2 x 400g tin tomatoes
- 1/2 stick of cinnamon
- Red kidney beans soaked overnight or 2 x 400g tins



## Method

1. Use a metal pan or casserole dish with a lid that can be used both on the hob and the oven.
2. Preheat the oven to 150°C.
3. Put the onions and garlic into a blender until finely chopped, then fry in 1 tbsp. olive oil until soft.
4. Add the chili powder, fresh chili, cumin and salt and pepper, to taste.
5. Add the turkey mince and continue to cook, stirring until all has browned.
6. Now add the tomatoes, cinnamon stick and a wineglass of water (not wine).
7. Bring to a boil, cover with greaseproof paper and the lid, then either turn the heat down to simmer and cook for 1 hour 30 minutes or transfer to the oven for about 1 hour 30 minutes.
8. Add the kidney beans 30 minutes before the end of the cooking time.
10. This recipe always tastes better if you cook it the day before, as flavours will develop. Serve with a green salad, guacamole and rice.

# Guacamole

## Ingredients

- 3 avocados
- 1 lime
- 1 tsp. salt
- 75g onion
- Handful fresh coriander
- 2 small tomatoes
- 1 garlic clove
- Cayenne pepper (optional)

## Method

1. Peel, pit and scoop out the avocado into a medium bowl.
2. Mash together the avocados, juice of 1 lime and salt.
3. Mix in chopped onion and coriander; diced tomatoes, garlic and cayenne pepper (optional).
4. Refrigerate, covered, for one hour, then serve.

# Spanish Meatballs

## Ingredients

- 500g lean minced beef
- 1 egg
- 2 x 400g tins chopped tomatoes
- 2 organic beef stock cubes
- 1 litre boiling water
- Dried Herbs de Provence (or a good selection of dried mixed herbs)
- 1 white onion
- 1 garlic clove
- Olive Oil
- Sea salt and black pepper.



## Method

1. Mix the minced beef with egg and 1/2 a chopped onion. Season with 1 beef stock cube and black pepper.
2. Roll the mixture with your hands into ping pong sized balls and fry in olive oil until almost cooked (the meatballs can still be slightly pink in the middle as they are going to simmer in the sauce).
3. Be sure to turn them around now and again so they cook evenly.
4. Take the meatballs out and put them on a plate to rest.
5. Drain all but 1 tbsp. olive oil in the pan, retaining the bits of meat that are left in the bottom of the pan.
6. Add the rest of the remaining chopped onion and some finely chopped garlic and sauté for a further 2 minutes until golden.
7. Add the 2 tins of chopped tomatoes and a good sprinkling of Herbs de Provence.
8. Add in the water and crumble in the final stock cube. Season with sea salt and pepper, to taste.
9. Simmer for about 10-15 minutes until the sauce thickens a little.
10. Add the meatballs and mix them well with the tomato sauce. Let them cook for another couple of minutes.

# Chickpea Broth

**Serves 2**

## Ingredients

- 400g canned chickpeas
- 200g cooked red lentils
- 100ml vegetable stock
- 2 garlic cloves
- Sea salt and black pepper



## To serve

- 1 tbsp. fresh parsley
- Olive oil

## Method

1. Rinse and drain the chickpeas and place them into a saucepan with the lentils, vegetable stock and finely chopped garlic. Bring to a boil, then reduce the heat until the mixture is simmering. Simmer for 5 minutes or until the chickpeas are tender.
2. Remove from the heat and blend with a hand-held blender until smooth, adding more stock as necessary. Season to taste with salt and black pepper.
3. To serve, ladle the chickpea broth into two bowls. Garnish with the chopped parsley and a drizzle of olive oil.

# Monkfish and Lemon Skewers

**Serves 4**

## Ingredients

- 800g monkfish tail fillets
- 4 lemons
- 2 tsp. sumac (see recipe below)
- 1-2 tsp. chili flakes
- 4 garlic cloves
- Handful fresh parsley
- Salt and freshly ground black pepper
- Handful rocket

## Method

1. (Sumac is a blend of spices and is widely used in Turkish cooking. If you can't find it, mix together 1 tsp. lemon zest, toasted crushed cumin seeds and sweet smoked paprika and use this instead)
2. Put the monkfish into a glass bowl. Finely grate the zest of 2 lemons in a separate bowl and set aside. Halve the lemons and squeeze the juice over the fish. Add the sumac and chili flakes, season well with sea salt and stir. Cover and chill in the fridge for 15-30 minutes.
3. Meanwhile, preheat your grill to high. Add the garlic and parsley to the lemon zest. Season, mix well and set aside.
4. Thinly slice the remaining lemons. Cut the monkfish into 4 centimetre pieces. Thread the monkfish and lemon slices alternatively onto 8 metal skewers (or wooden skewers soaked in water for 30 minutes). Grill for 8-10 minutes, turning halfway through, or until the fish is cooked through.
5. Garnish with the zest mixture and serve with rocket salad.



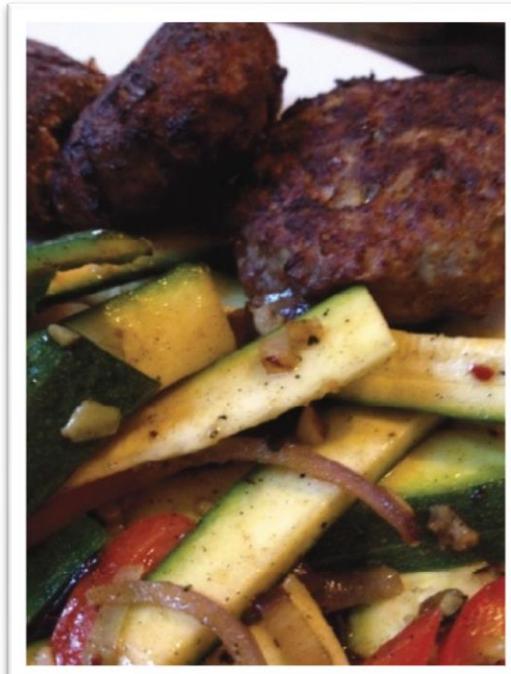
# Thai Green Turkey Burgers

**Serves 4**

For the Thai Green Curry Paste  
see page 73.

## Ingredients for burgers:

- 600g turkey mince
- 1 egg
- 2-3 tbsp. Thai Green curry paste
- 1 courgette
- Handful of fine green beans
- 1 red onion
- 2 tbsp. coconut oil
- 1 green chili
- 1/2 inch piece ginger
- Sea salt



## Method

1. Mix together the turkey mince, curry paste and egg until everything is bound together.
2. Season with sea salt. Shape into small patties. 600g should make 6-8 patties.
3. Shallow fry the burgers for about 4 minutes on each side in 2 tbsp. coconut oil.
4. Meanwhile use a peeler to get strips of courgette and cut the beans in half-length ways.
5. Heat a little oil in a wok and fry off the grated ginger and chili. Add the veggies and toss in the oil so the chili and ginger coat the veggies.
6. Serve burgers with stir fried veggies and some raw spinach.

# Fat-loss Fishcakes

**Serves 4**

## Ingredients

- 1 rainbow trout
- 100g smoked salmon
- 2 sweet potatoes
- 2 garlic cloves
- 1 red chili
- 1 egg
- 6 chives
- 50g gluten-free breadcrumbs



## Method

1. Wrap rainbow trout in foil and place in oven for 25 minutes at 200°C.
2. Once the rainbow trout is cooked, leave out to cool.
3. Peel and boil sweet potatoes, once soft, mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add crushed garlic, diced chili and finely chopped chives.
4. Mix all ingredients together. Place in fridge for 1-2 hours.
5. Now beat an egg in one bowl, place breadcrumbs in another. Remove bowl from fridge. Using your hands, take handfuls of the mixture and shape into patties. Place the fishcake into the bowl of beaten egg until covered, then into the bowl of breadcrumbs until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place fishcakes in oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle balsamic vinegar and olive oil.

# Guilt Free Family Shepherd's Pie

**Serves 4**

## Ingredients

- Turkey Mince 500g
- 4 sweet potatoes
- 2 carrots
- 1 white onion
- 10 button mushrooms
- Wheat and gluten-free gravy (goodnessdirect.co.uk)
- Goat cheese
- 1 tsp. coconut oil
- Any dried mixed herbs



## Method

1. Preheat oven to 180°C. Skin sweet potatoes, chop and place into a pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop onion, mushrooms and 1 carrot. Heat a deep pan with 1 tsp. of coconut oil. Add onions and mushrooms and stir for 2-3 minutes until slightly golden. Add turkey mince to pan and cook for 10 minutes or until brown.
3. Add 1 tsp. of mixed herbs and stir. 1 grated carrot, 250ml of boiling water and 4 tbsp. of gravy mix. Stir and simmer for approximately 10 minutes.
4. Mash sweet potatoes together until smooth with no lumps. Place mince mixture into large deep oven dish. Place sweet mash evenly over mince mixture.
5. Sprinkle a handful of grated goat cheese over the sweet potato mash. Place in oven at 180°C for 30 minutes.
6. Serve with savoy cabbage and enjoy!

# Sticky Chicken Surf and Turf

**Serves 4**

## Ingredients

- 2 lemons
- 12 chicken wings
- 12 uncooked prawns, shell on
- 1tsp. oregano
- Sea salt and black pepper

## *For the marinade*

- 1 lemon
- 2 tomatoes
- 1 onion
- 4 tbsp. olive oil
- 1 red chili
- 6 garlic cloves

## Method

1. Preheat oven to 180°C/355°F.
2. Juice and zest 1 lemon, chop the onion and both tomatoes and place in a blender with the garlic, red chili and olive oil. Blend until smooth.
3. Place the chicken in a roasting tin with the marinade and mix to coat. Add the 2 quartered lemons.
3. Roast for 30 minutes, occasionally giving the tray a shake to mix it up.
4. Add the prawns and squeeze the roasted lemons over them.
5. Cook for a further 10 minutes, or until the prawns are cooked.
6. Season with oregano and salt and pepper. Serve with a green salad.

# **Big Bad Burger & Chips**

## **Ingredients for Burgers**

- 500g extra lean beef mince or turkey mince
- 1 onion
- 1 red chili
- 1 egg

## **Method**

1. Chop the onion and chili and mix all ingredients together in a bowl. Divide it into 4 portions. Knead each portion so it all sticks together nicely, then flatten into a patty.
2. Heat some coconut oil in a frying pan and shallow fry for around 4 minutes each side.

## **Ingredients for Wedges**

- 2 sweet potatoes
- 1/2 tsp. chili powder
- 1 tsp. paprika
- 1 tbsp. coconut oil

## **Method**

1. Slice up the sweet potatoes so they look like wedges.
2. Melt the coconut oil then toss all ingredients into a large bowl then place it into a large baking tray in the oven at around 200-220°C/390-420°F for 30-40 minutes.
3. Serve alongside a bed of steamed greens.

# Oven Baked Sea Bass with Sweet Potato Chili Mash and Spinach

**Serves 2**

## Ingredients

- 4 sea bass fillets
- 2 sweet potatoes
- 2 garlic cloves
- 1 red chili
- Ground cinnamon
- Coconut oil

## Method

1. Coat 2 sea bass fillets with finely chopped garlic, chili and melted coconut oil. Place in an oven for 20-30 minutes.
2. Peel, boil and mash 4 sweet potatoes then add chilies and a dash of cinnamon.
3. Serve with a bed of fresh raw spinach.



# Chicken Skewers and Hummus

**Serves 4**

## Ingredients

- 3-4 skinless chicken breasts

## *For the marinade*

- 1/2 tsp. of coriander, cumin and fennel seeds
- 1 tsp. smoked sweet paprika
- 2 garlic cloves
- 30-40 strands saffron
- 1/2 bunch fresh or dried oregano
- 1 tsp. lemon juice
- 1 tsp. olive oil



## Method

1. Take 10 bamboo skewers and soak in a jug of water then cut chicken breast fillets in half lengthways and then into 1" cubes.
2. Crush the coriander, cumin, fennel seeds and garlic. Infuse saffron with 1 tbsp. boiling water and finely chop oregano. Add to a large mixing bowl with remaining ingredients and place the chicken in the bowl. Mix thoroughly and leave in the fridge for at least 2 hours.
3. When ready to cook, heat a griddle pan on a high heat, whilst waiting for the pan to heat, skewer 4-5 pieces of chicken onto each stick, slightly flattening them as you go.
4. When all the skewers are done, place them in the hot pan and cook on a high heat for about 5-6 minutes each side so that they are slightly charred on the outside and just cooked and juicy on the inside, serve with a green salad and hummus.

# Hummus

## Ingredients

- 200g / 7oz chickpeas
- 2-3 garlic cloves
- 1 1/2 Lemons
- 3 tbsp. olive oil
- 3 tbsp. tahini

## Method

1. Soak the chickpeas overnight.
2. Once ready, drain the chick peas and place them in a saucepan with fresh water.
3. Bring them to a boil and then simmer until soft. To test if they are soft squish one between your fingers!
4. Run the chick peas under cold water until cool and then drain.
5. Juice the lemons and using a blender, blend the ingredients adding a little warm water as you go until you are left with a smooth, creamy paste.
6. Remove from the mixing bowl and season to taste.
7. You can keep this in the fridge for up to a week and take some to work each day with some vegetable crudités for your lunch or to snack on.

# Crab and Cauli Cakes

## Ingredients

- 350g white crabmeat
- 1 head cooked cauliflower
- 3 stalks celery
- 1 onion
- 1 tbsp. fresh parsley
- 2 eggs
- 1 tsp chili powder or 1 red chili
- Coconut oil for frying



## Method

1. Mash the cooked cauliflower and finely chop the celery, onion and parsley. Beat the eggs and combine them in a large bowl with all the ingredient except the coconut oil.
2. Form into 6 patties and chill in the fridge for at least 1 hour. Heat coconut oil in frying pan and brown for 3 minutes on each side.
3. Serve with a green salad and lime wedges.

# Prawn, Fennel and Tomato Ragout

**Serves 2**

## Ingredients

- 1 tbsp. coconut oil
- 1 onion
- 1 fennel bulb
- 400g cherry tomatoes
- 200g large cooked, peeled prawns
- Handful black or green olives



## Method

1. Heat the coconut oil in a large pan. Add chopped onion and fennel that's been quartered, sliced with the leafy tops reserved. Cook for 5 minutes, stirring every so often.
2. Add the tomatoes then bring to a boil.
3. Cover and cook on a low heat for 10 minutes until the fennel is tender, then stir in the prawns and warm through.
4. Serve scattered with olives and the reserved fennel tops, roughly chopped.

# Veggie Burgers

**Serves 4**

## Ingredients

- 2 tbsp. coconut oil
- 1 onion
- 1 carrot, grated
- 1/2 red pepper
- 3 garlic cloves
- 2 tbsp. tomato puree
- 2 tsp. dried herbs
- 1 tsp. oregano
- 2 tsp sprouted, ground flaxseed
- 400g cooked kidney beans or black beans
- 200g cooked brown rice
- 50g mixed nuts
- Sea salt and black pepper
- 3 tbsp. gluten-free flour

## Method

1. Melt 1 tbsp. coconut oil in a saucepan.
2. Add finely chopped onion and garlic; herbs and oregano.
3. Season with salt and pepper to taste. Stir fry for 5 minutes.
4. Blend beans, carrots, red pepper, tomato puree, flaxseed and rice in a blender. Add onion mix and chopped nuts. Blend briefly.
5. Chill the mix in the freezer for 15 minutes.
6. Dust work surface with gluten-free flour. Make 6–8 patties. Place on a baking sheet and chill.
7. Melt 1 tbsp. of coconut oil in a frying pan on a high heat. Fry burgers until brown (Approx. 10 minutes.)
8. The burgers freeze well. Defrost for 4 hours.

# Chicken in Walnut and Garlic Sauce

## Ingredients

- 4 skinless chicken breasts
- 4 tbsp. coconut oil
- 3 tbsp. walnuts
- 3 tbsp. fresh parsley
- 3 garlic cloves
- Sea salt and black pepper

## Method

1. Preheat the oven to 200°C/390°F.
2. Place the chicken breasts in an ovenproof serving dish.
3. Melt the coconut oil, chop the walnuts, garlic and parsley and put them in a blender with all the remaining ingredients. Blend briefly until it becomes a sauce.
4. Spread the mixture over the chicken and bake in the oven for 40 minutes until golden and cooked through. Serve with a huge avocado salad.

# Extreme Fat Loss

I truly hope you've enjoyed this recipe book and that you've used it to burn el chuberino.

If you would like to lose more lard or start a fat loss plan that's geared up to help you lose as much fat as possible in 19 days, then I thoroughly encourage you to visit the page below.



You'll learn [how one lady lost 17 pounds in 19 days](#) and how you can do it too.

It's not for everyone, but if you're serious about losing the jelly from your belly, it's definitely worth a peak.

All the best,

Gavin

