



*Tasty*  
**SAUCES,  
MARINADES**

**&**

**SALAD DRESSINGS**

*Recipe Guide*





# Welcome!

Thank you so much for downloading your copy of the *Tasty Sauces, Marinades, and Salad Dressings Recipe Guide*!

Who says healthy eating has to be bland? (Not us!)

Inside you'll find more than a dozen recipes that will elevate almost any meal – from homemade spicy Buffalo Sauce and Avocado-Wasabi Sauce to zesty Lime-Mango Dressing and even an elegant Provençale Sauce.

## **Why use homemade sauces, dressings, and marinades?**



- ✓ They're fresh, quick, and simple to assemble.
- ✓ They are a LOT healthier than store-bought so will keep you on track with your goals!
- ✓ You have full control over the seasonings and can adjust to suit your own tastes.
- ✓ They don't contain any "extras" like excess sodium, sugar, unhealthy fats, fillers, thickeners, or preservatives.



## SNEAKY TIPS:



Using sauces and dressings is a GREAT way to get the picky eaters in your household to start eating more veggies!

Try drizzling your veggies with homemade Buffalo Sauce, vegan Cheezy Nacho Sauce, or Creamy Italian Dressing.

PLUS ... I've included a "perfect formula" for making your own marinade and salad dressing recipes.

I hope you find some new favorites in this guide.

Committed to your health,

*Jewely*





# Table of Contents

- 4 The “Secret Sauce” That Keeps Healthy Meals Exciting**
- 6 Your Perfect Healthy & Delicious Marinade Formula**
- 9 Your Perfect Healthy & Delicious Salad Dressing Formula**
- 12 Recipes**
  - 12 *Avocado-Wasabi Sauce*
  - 13 *Buffalo Sauce*
  - 13 *Creamy Italian Dressing*
  - 14 *Green Goddess Dressing*
  - 14 *Homemade Steak Sauce*
  - 15 *Kale Pesto*
  - 16 *Lime-Mango Dressing*
  - 16 *Provençale Sauce*
  - 17 *Nacho Cheezy Sauce (Vegan)*
  - 18 *Roasted Pepper and Lemon Dressing*
  - 18 *Sesame Ginger Sauce*
  - 19 *Sweet & Sour Carrot Ginger Dressing*
  - 19 *Teriyaki Marinade*
- 20 A Gift for You**





# THE "SECRET SAUCE" THAT KEEPS MEALS EXCITING.

*Exciting.*



Sauces can seem like an afterthought, but did you know that in traditional French kitchens, one of the most valued positions is the saucier, or “sauce chef”?

You’ll be glad to know that the recipes in this ebook will NOT require a lot of time, culinary experience, or special expertise – but they WILL pack lots of flavour.

All you will need for most of them is a food processor or high-speed blender.

Most of these recipes will keep for several days in an airtight container in the refrigerator.





# Choosing HEALTHY OILS & FATS

Whenever possible, use unrefined oils.

Oils can be processed using several different methods – they can be cold-pressed, expeller-pressed, or processed using heat.

Choose cold-pressed, which uses no heat, or expeller-pressed oils, which creates only a small amount of heat.

This is because any process that uses heat can affect the nutritional quality of oils and can even create harmful fats during processing.

Always check your labels to make sure it explains how the oil was processed, and also check the ingredient list to make sure the word “refined” isn’t listed.



# YOUR PERFECT (& HEALTHY + DELICIOUS) MARINADE FORMULA

## Marinade

You don't need a lot of specialty ingredients or a secret recipe to make an amazing marinade for fish, poultry, steak, or even vegetables!

Once you know this formula, which combines the right ratio of healthy fats, good-for-you acids, and yummy seasonings, you can create your OWN recipes.

This formula matters because:

- ✔ *Fats help evenly distribute your seasonings and “extras” over the surface of the food you’re marinating – and helps stop the acid from making the food too tender or mushy.*
- ✔ *Acid tenderises your food, which also allows it to absorb more of the flavors you use.*



## FUN FACT:

Full-fat plain yogurt can serve as both an acid and a fat.



## Your Perfect MARINADE FORMULA



**3 parts healthy fat  
+ 1 part acid  
+ 1 part seasoning  
+ extras  
+ salt to taste**

### QUICK TIP:

Always taste your marinade and adjust your seasonings – some seasonings and acids pack more punch than others. Your taste buds are smarter than any formula.

Here are some marinade component ideas to get you started ...

#### FATS INCLUDE

- ✓ Olive oil
- ✓ Avocado oil
- ✓ Full-fat coconut milk

#### ACIDS INCLUDE

- ✓ Vinegar (apple cider, rice, wine, or any other type)
- ✓ Citrus juice (lemon, lime, orange)
- ✓ Buttermilk or full-fat yogurt

#### SEASONINGS INCLUDE

- ✓ Coconut aminos
- ✓ Soy sauce
- ✓ Mustard
- ✓ Worcestershire sauce
- ✓ Fish sauce
- ✓ Sriracha sauce

#### EXTRAS INCLUDE

- ✓ Minced/pressed garlic or ginger
- ✓ Herbs (fresh or dry)
- ✓ Spices
- ✓ Citrus zest
- ✓ Sweeteners like honey or maple syrup
- ✓ Chilli peppers
- ✓ Salt



## QUICK TIPS



Never reuse marinade! Before you begin marinating meat, reserve some of the marinade to use later as a sauce.

Here are some samples that put this formula into action. *To assemble: simply whisk the ingredients together.*

### MARINADE #1

$\frac{3}{4}$  cup (180 ml) olive oil  
 $\frac{1}{4}$  cup (60 ml) lemon juice  
1 garlic clove, minced  
1 Tbsp dried basil  
salt to taste

### MARINADE #2

$\frac{3}{4}$  cup olive oil (180 ml)  
 $\frac{1}{4}$  cup (60 ml) orange juice  
 $\frac{1}{4}$  cup fish sauce  
chili  
salt to taste

### MARINADE #3

$\frac{3}{4}$  cup coconut milk (180 ml)  
 $\frac{1}{4}$  cup (60 ml) lime juice  
soy sauce  
ginger  
salt to taste





# YOUR PERFECT (& HEALTHY + DELICIOUS) SALAD DRESSING FORMULA

## *Salad Dressing*



You'll never buy salad dressing again.

Making your own fresh dressing is not only tasty but also gives you control over the quality of ingredients you're eating.

Salad dressings have three major components: a fat, an acid, and something that brings the two together – an emulsifier. The emulsifier can also add flavour to your dressing.



## Your Perfect SALAD DRESSING FORMULA



**2 parts healthy fat  
+ 1 part acid  
+ small amount (1-2 tsp)  
of emulsifier, depending  
on how much fat you use  
+ extras**

### QUICK TIP:

If you like your dressings with a little less “zing,” use 3 parts fat instead. And as with the marinades, always taste-test first and adjust!

Here are some salad dressing component ideas to get you started ...

#### HEALTHY FATS INCLUDE

- ✓ Olive oil
- ✓ Avocado oil
- ✓ Cold-pressed nut or seed oils (walnut, flax, etc.)
- ✓ Full-fat Greek yogurt

#### ACIDS INCLUDE

- ✓ Vinegar (balsamic, cider, rice, wine, your favourite)
- ✓ Lemon or other citrus juice – this can be used instead of the vinegar or alongside it
- ✓ Greek yogurt

#### EMULSIFIERS INCLUDE

- ✓ Mustard
- ✓ Mayonnaise
- ✓ Honey
- ✓ Miso
- ✓ Coconut aminos or soy sauce
- Other flavourings of your choice
- ✓ Or a combo

#### EXTRAS INCLUDE

- ✓ Salt & pepper
- ✓ Dried or fresh herbs & spices
- ✓ Minced garlic or ginger
- ✓ A dash of sweetness from maple or coconut sugar

## QUICK TIP



A mason jar is a perfect all-purpose salad dressing tool.

You can use it to both mix and store your homemade dressings.

Here are some samples that put this formula into action.

*To assemble: Whisk all the ingredients together, adjust to suit your taste. Enjoy!*

### **SALAD DRESSING #1**

½ cup (120 ml) olive oil  
¼ cup (60 ml) apple cider vinegar  
1 tsp Dijon mustard  
salt & pepper to taste

### **SALAD DRESSING #2**

½ cup olive oil (120 ml)  
2 Tbsp (30 ml) balsamic vinegar  
2 Tbsp (30 ml) lemon juice  
1 tsp honey  
salt & pepper to taste





# RECIPES

# Recipes

Experiment and have fun with these recipes. Use them as salad dressings, sauces, or marinades for grilled meats and vegetables.

They also can be spooned over cooked veggies, burgers, or used as dipping sauces.

## PORTION PATROL

For most of these recipes, a portion size = 2 tablespoons.



## AVOCADO-WASABI

## Sauce

*(Makes about 8 servings)*

- ½ avocado, cubed
- 1 tsp wasabi paste (or more or less to taste)
- ¼ cup (40 grams) plain Greek yogurt
- 1 Tbsp lime juice (or more to taste)
- ½ teaspoon pink Himalayan salt

Place all the ingredients in a food processor or high-speed blender. Process until smooth. Taste and adjust seasonings. Enjoy!

**NOTE: The avocado will change color if not used immediately.**



## BUFFALO

# Sauce

*(makes about ¾ cup sauce)*

- ½ cup (120 ml) of your favourite hot sauce
- 2½ Tbsp organic butter
- 1 Tbsp coconut aminos
- 1 tsp apple cider vinegar
- ½ tsp garlic powder

Place all the ingredients in a small saucepan over medium heat. Let it heat until the butter melts, and then whisk to combine all ingredients.

Remove from heat. Use immediately or place in a covered container and keep in the refrigerator for up to two weeks.



## CREAMY ITALIAN

# Dressing

*(makes about 7 servings)*

- ½ cup (110 grams) full-fat Greek yogurt
- ¼ cup red wine vinegar
- 1½ tsp Italian seasoning
- 1 garlic clove
- ¼ tsp pink Himalayan salt (or to taste)
- 2 Tbsp olive oil

Place all the ingredients except the olive oil in a high-speed blender or food processor and blend until combined.

Continuing to process, slowly add the olive oil. Taste and adjust seasonings.





## GREEN GODDESS *Dressing* (Makes 6 servings)

- 1 cup (225 grams) of full-fat Greek yogurt
- 1 cup (about 25 grams) fresh herbs (example: basil, parsley, coriander, and dill. Remove any tough stems.)
- 2 garlic cloves, chopped
- ½ tsp sea salt
- Black pepper, to taste

Place all the ingredients in a food processor and process until smooth and green – the herbs should be reduced to tiny flecks. Taste and add more salt and/or pepper if necessary.

This will keep in the fridge for up to a week.



## HOMEMADE STEAK *Sauce* (makes 6-8 servings)

Brush this over steak while you're grilling it, or use it as a sauce (or both!)

- 1 small onion, minced
- 1 Tbsp olive oil
- ½ cup (135 grams) organic sauce
- ¼ cup (60 ml) apple cider vinegar
- 2 Tbsp mustard
- 2 Tbsp coconut aminos
- 1 tsp sriracha sauce

Saute the onion in the olive oil over medium heat until it starts to soften (2-3 minutes).

Stir in the remaining ingredients and let simmer for 5 minutes. Remove from the heat and allow to cool.

This will keep several days in the refrigerator.



**KALE**  
*Pesto*  
 (Makes 8 servings)

- 1 large bunch kale, washed with stems removed – enough to make 1½ cups of cooked/wilted kale
- ¼ cup (30 grams) walnuts
- ½ lemon, juiced
- 1 clove garlic, minced
- 2 Tbsp nutritional yeast
- ¼ cup (60 ml) olive oil
- ¼ tsp salt
- Pepper to taste

Bring a large saucepan of water to boil over medium-high heat. Add the kale and cook for about 1 minute, until it's bright green and slightly tender (don't overcook it).

Remove from the heat and carefully pour into a colander to drain. Rinse with cold water and squeeze dry.

In a food processor, pulse the kale, nuts, lemon juice, garlic, and nutritional yeast. Gradually add the olive oil and process until smooth. Add the salt and 1-2 dashes of pepper. Stir, taste, and adjust seasonings.





## LIME-MANGO *Dressing*

*(Makes about 6-8 servings)*

This dressing will transport you to the tropics! Use it as a salad dressing or as a marinade or sauce for shrimp and stir-fries.

- 1 medium mango, peeled and chopped
- 1 lime, juiced
- 1 tsp each: Dijon mustard, coconut sugar, and salt
- ¼ cup (60 ml) rice vinegar
- ½ cup (120 ml) olive oil

Puree the mango, lime juice, mustard, coconut sugar, and salt in a food processor or blender. Slowly pour in the vinegar and olive oil and keep blending until emulsified.

This will keep several days in the refrigerator.



## PROVENÇALE *Sauce*

*(Makes 4-6 servings)*

Serve this over steak, chicken, burgers, veggies, or whatever strikes your fancy!

- 1 medium tomato, chopped
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 clove garlic, minced
- ¼ cup (32 grams) chopped green olives
- ¼ cup (15 grams) chopped fresh parsley
- Salt & pepper to taste

In a small bowl, stir together all the ingredients and let sit for 10-15 minutes. Taste and adjust seasonings. Serve and enjoy!



## VEGAN NACHO CHEEZY

# Sauce

(Makes 6 servings)

This vegan “cheese” sauce is delicious as a warm dip, over vegetables, or with rice & beans.

- 1 cup (115 grams) raw cashews
- 2 (or so) cups (480 ml) of water
- Juice from 1 lemon
- ¼ cup nutritional yeast
- ½ tsp chilli powder
- ½ tsp each garlic and onion powder
- 1 tsp hot sauce
- Salt to taste

Boil 1½ cups (360 ml) of water in a medium saucepan. Remove from the heat and add the cashews. Allow them to soak for at least 10 minutes to soften. (Alternative: let the cashews soak for several hours or overnight until softened.)

When the cashews are done soaking, drain, and place them in a high-speed blender or food processor with the other ingredients. Blend until smooth.

When the mixture is smooth, scrape the cheese sauce into a medium saucepan and place it over medium heat. Whisk the mixture until it begins to bubble and thicken. Gradually add the remaining water until your nacho cheezy sauce reaches its desired thickness.

Taste and adjust seasonings. Enjoy!

Note: this sauce will thicken as it cools. Reheat before use.





## ROASTED RED PEPPER

# Dressing

*(Makes 6-8 servings)*

This makes for a GREAT salad dressing or marinade and is packed with complex flavors.

- 2 Tbsp lemon juice
- 1 tsp lemon zest
- 1 Tbsp Dijon mustard
- ½ tsp honey
- Salt to taste
- ½ cup (120 ml) olive oil
- 1 450 gram jar of roasted red peppers or capsicums, drained and chopped

Whisk together the first 5 ingredients, and gradually whisk in the oil, so that it emulsifies. Taste and adjust seasonings. Stir in the red peppers. Store covered in the refrigerator for several days.



## SESAME GINGER

# Sauce

*(Makes 6 servings)*

Serve this sauce over salad, stir-fries, use as a marinade, or even as a dipping sauce for chicken tenders.

- 2 Tbsp sesame oil
- 2 Tbsp olive oil
- 2 Tbsp coconut aminos
- Dash of chilli pepper or your favorite hot sauce
- 2-3 Tbsp rice vinegar
- 1½ Tbsp pure maple syrup
- 2 cloves garlic, finely minced
- 1 Tbsp freshly minced ginger

Place all the ingredients in a bowl and whisk together until well blended. This will keep, covered, for several days in the refrigerator.



## SWEET & SOUR CARROT GINGER

### *Dressing*

*(Makes 4-6 servings)*

An Asian-inspired dressing, this is delicious with greens.

- 1 carrot, chopped
- 1 cup (240 ml) water
- 2 Tbsp rice vinegar
- 2 Tbsp chopped, peeled ginger
- 1 tsp honey
- 1 tsp coconut aminos
- 1 tsp sesame oil
- Salt, to taste

Boil the carrot in boiling water until it's soft. Drain the water, reserving  $\frac{1}{2}$  cup to use later. Let cool. Place the carrot +  $\frac{1}{2}$  cup water in a food processor or high-speed blender. Add the rest of the ingredients (except salt) to the blender and puree until smooth. Taste and season with salt if desired.



## TERIYAKI

### *Marinade*

*(makes about 1 cup (240 ml)  
of sauce)*

You can also use this marinade as a stir-fry sauce.

- $\frac{1}{2}$  cup (120 ml) coconut aminos
- 2 Tbsp sesame oil
- $\frac{1}{4}$  cup (60 ml) avocado oil
- 2 Tbsp honey
- 2 tsp grated fresh ginger
- 2 garlic cloves, minced

To make a marinade: Combine all the ingredients in a large resealable bag. Use as a marinade for 1 kg chicken or beef. Add the meat to the bag and keep it in the refrigerator for 1-2 hours. To make a sauce: Combine all the ingredients in a mason jar, cover, and shake well.



# HEALTHY SOLUTIONS FOR A HEALTHIER LIFE

## *Healthier Life*



We hope you love the recipes in this guide! As you can see, eating a healthy diet doesn't mean you're doomed to repeating the same boring and bland meals every week.

The fact is, what you eat affects how you feel – and we want you to feel AMAZING.

As a coach, I specialise in helping my clients find simple solutions to make it easier to maintain a healthy lifestyle.

- ✔ *Motivation*
- ✔ *Accountability*
- ✔ *Support*
- ✔ *A complete customised plan – and a proven process! – that fits your needs and schedule*
- ✔ *Coaching in other areas that affect your results (stress, sleep, workouts, and more)*



If you're looking to make changes in your energy, fitness, or wellness, I'm here for you!

As a special thank you for downloading this recipe book, I have a gift for you.

I'd be honoured to be part of your fitness & wellness journey.

To book just call me on **0418 263 786** or email me at **[jewelz@tightenup.com.au](mailto:jewelz@tightenup.com.au)** with "**I'm ready!**"

To your health,

*Jewelz*



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