

28-DAY TOTAL-BODY TRANSFORMATION *Challenge*



GREEN & PROTEIN SMOOTHIES



TRAINER TIP

Blend the water with the greens FIRST, and then add the rest of the ingredients (each recipe makes 1 serving)

▶ **Chia Berry Green Protein Smoothie (green)**

1 cup of water, ½ cup mixed frozen berries, ½ frozen banana, 1-2 cups spinach, handful ice, 1 serving protein powder (chocolate or vanilla) sprinkle of chia seeds

▶ **Vanilla Almond Protein Smoothie (green)**

1/2 banana, handful spinach leaves, 1 ½ cups vanilla unsweetened almond milk, 1 serving vanilla protein powder, 1 tsp. honey (or stevia to taste)

▶ **Chocolate Covered Blueberry (green)**

½ cup unsweetened almond milk, 2 cups spinach, ½ cup frozen blueberries, 1 scoop chocolate protein powder

▶ **Sprouted Smoothie (green)**

1 cup water, 2 cups baby spinach, ½ banana, ¼ cup frozen blueberries, ¼ cup frozen blackberries, ½ cup sprouts, 3 ice cubes, vanilla protein - optional

▶ **Mighty Brain Booster**

½ cup water, ½ avocado ½ banana, ½ cup blueberries, 5-6 walnuts, 1 scoop vanilla protein powder

Green & Protein Smoothies

▶ **Pumpkin Smoothie**

½ cup vanilla unsweetened almond milk, 3 leaves kale, 1 TB flax seed, ½ frozen banana, ¼ tsp. cinnamon, ½ cup pumpkin puree, 3 ice cubes, vanilla protein optional

▶ **Berry Good Morning Smoothie**

1/3 can coconut milk, 1 scoop vanilla protein powder, 1 cup frozen berries, ½ tsp. cinnamon, raw honey or stevia to taste

▶ **Chocolate Avocado Smoothie**

½ cup frozen strawberries, ½ avocado, 1½ tsp cacao powder, ¾ cup coconut or almond milk, ¼ tsp vanilla, raw honey or stevia to taste



HOMEMADE DRESSINGS & CONDIMENTS

HOUSE BALSAMIC DRESSING

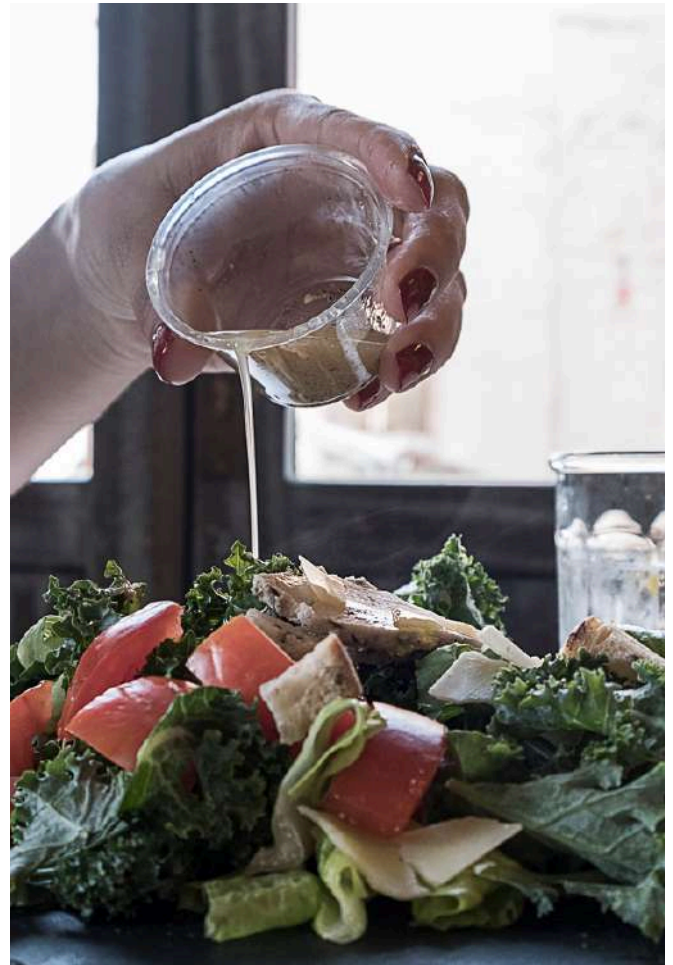
(12 servings, 2 Tbsp. per serving. Store in refrigerator)

INGREDIENTS

- 1 cup extra virgin olive oil (preferably first cold pressed)
- $\frac{1}{3}$ cup good quality aged balsamic vinegar
- 1 tbsp dried parsley
- $\frac{1}{2}$ tsp sea salt.
- Freshly ground pepper to taste
- 1 tbsp honey mustard
- 1 garlic clove, passed through a garlic press or minced (optional)

DIRECTIONS

Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.



Homemade Dressings & Condiments

BEET DRESSING

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

INGREDIENTS

- 2 cups cooked beetroot, chopped
- 2 Tbs. Apple Cider Vinegar
- ½ tsp. Sea Salt
- 2 TB water
- 2 Tbs. Flax Oil

DIRECTIONS

Blend all ingredients on high. This is perfectly sweet, tart, and creamy and perfect over any type of greens with cucumber, red onion, and carrots. Enjoy!

CREAMY AVOCADO DRESSING

(12 servings, 2 Tbsp. per serving. Lasts about 7-10 days in the fridge)



INGREDIENTS

- 2 ripe avocados
- Juice of 1.5 limes
- 1/8 cup balsamic vinegar
- 1/8 cup water
- 4 sprigs of fresh coriander
- 1-2 pinches of Sea Salt
- 1 tsp. garlic powder
- Fresh ground black pepper, to taste

DIRECTIONS

Blend all ingredients in a food processor or blender until smooth. If it's too creamy for you, just add a little water (about 1 teaspoon at a time). Enjoy!

Homemade Dressings & Condiments

GREEK DRESSING

(6 servings, 2 Tbsp. per serving)

INGREDIENTS

- ¼ cup olive oil
- 2 cloves pressed garlic
- ¾ tsp. oregano
- ¾ tsp. basil
- ½ tsp. black ground pepper
- ½ tsp. Sea Salt
- ½ tsp. onion powder
- 1 tsp. Dijon mustard
- 1/3 cup red wine vinegar

DIRECTIONS

Combine all ingredients into a jar or storage container, and shake well. Let the dressing sit for a minimum of 10 minutes before serving to let flavors blend together.

HOMEMADE MAYO

(32 servings, 1 Tbsp. per serving. Stays good in the refrigerator for about a week!)

INGREDIENTS

- 3 large eggs
- 1.5 tsp dry mustard
- 1 tsp himalayan or sea salt
- 1/4 cup fresh lemon juice
- 1 small garlic clove, peeled
- 1 cup coconut oil
- ½ cup extra virgin olive oil
- ½ cup fresh basil chopped

DIRECTIONS

Combine the two oils in a small bowl and set aside. Put the eggs, mustard, salt, and lemon juice into blender and process 10 seconds to mix. While machine is running, drop in peeled garlic clove.

Very slowly pour the mixed oils into blender while running. Process until all of the oil is incorporated. Mixture will be the consistency of mayonnaise. Add chopped basil & stir to combine. Refrigerate for 1 hour before using. Soooo good!

BREAKFAST DELICIOUSNESS

SATURDAY MORNING POWER SKILLET

INGREDIENTS

- 2 strips bacon
- 2 Tbsp. olive oil
- 1 sweet potato, peeled & cubed in 1/2 cm pieces
- 1/4 red onion, diced in 1 cm pieces
- 1 clove garlic
- ¼ tsp ground cumin
- Pink Salt and pepper, to taste
- 4 Eggs (make 2 eggs per serving. *Save half the hash for the following day.*)



DIRECTIONS

In a frypan over medium-high heat, add bacon and olive oil. When the bacon begins to sizzle, add sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Cook for about 5 minutes or until potatoes start to brown.

Toss potatoes until all sides of potatoes are browned and bacon is crisp. (about 3-5 min) While potatoes are cooking, in a separate pan, cook 2-4 eggs to your liking.

Add onions, garlic, cumin, and season with salt and pepper. Allowing everything to sit in the heat of the pan for a minute or 2. Once the eggs are done, add them over the top of the skillet or on the side. Enjoy!

Breakfast Deliciousness

VEGGIE SCRAMBLE

Serves 1

INGREDIENTS

- 1/2 Tbsp. coconut oil
- 1/2 cup broccoli, chopped
- 1/2 cup onion, diced
- 1/3 green capsicum, diced
- 2 Eggs
- 1/2 tomato, diced,
- 1/4 Avocado, sliced, for garnish

DIRECTIONS

Heat coconut oil in a frypan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs. Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy!

EASY PUMPKIN PROTEIN EGG PANCAKES

Serves 1. (Pumpkin Puree recipe on page 42)



INGREDIENTS

- ½ cup egg whites (need about 4 eggs)
- ½ cup pumpkin puree
- 1 scoop vanilla protein powder
- Cinnamon, to taste

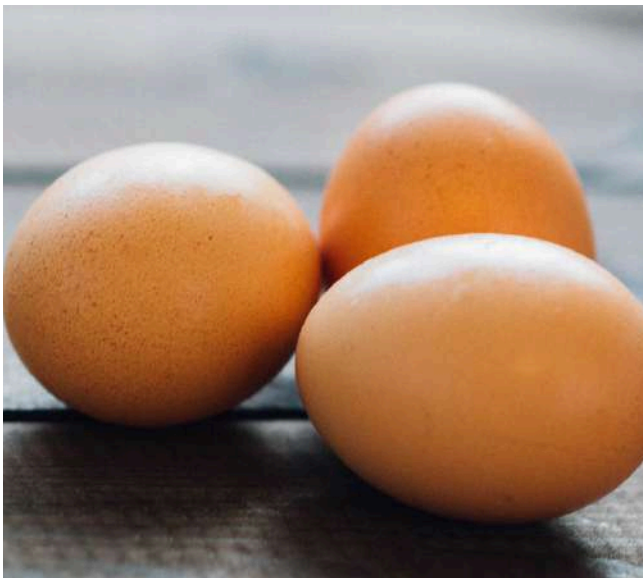
DIRECTIONS

Blend together and cook in a frypan

PROSCUITTO WRAPPED MINI FRITTATA MUFFINS

(6 Servings, serving size = 2 muffins (makes 12 muffins.)

Keep in refrigerator on hand for breakfast in a hurry. Inspired by NomNomPaleo.com)



INGREDIENTS

- 4 TB coconut oil
- ½ medium onion, finely diced
- 3 cloves of garlic, minced
- 225g mushrooms, thinly sliced
- 225g frozen spinach, thawed & squeezed dry
- 8 large eggs
- ¼ cup coconut milk
- 2TB coconut flour
- 1 cup of cherry tomatoes, halved
- 140g of Prosciutto di Parma
- Himalayan Pink Salt & Fresh Ground Pepper
- 12 cup muffin tin

DIRECTIONS

Preheat oven to 190°C. Heat coconut oil over medium heat in a large frypan and sauté onion until soft and translucent. Add garlic and mushrooms and cook until the mushroom moisture evaporates.

Season with salt and pepper and spoon to a plate to cool to room temperature.

In a large bowl, beat the eggs with coconut milk, coconut flour, salt, and pepper until combined. Then, add the sautéed mushrooms and spinach and stir to combine.

Brush the remainder of melted coconut oil onto a muffin tin and line each cup with prosciutto, covering the bottom and sides.

Spoon the egg mixture into the prosciutto cups and top with halved cherry tomatoes. Bake in oven for 20 minutes- rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes. Enjoy!!

Breakfast Deliciousness

VANILLA ALMOND OVERNIGHT QUINOA

(2 servings)

INGREDIENTS

- 1 cup almond milk
- 1/2 cup cooked quinoa
- 1/2 cup almond pulp (or almond flour or finely ground almonds)
- 4 TB chia seeds
- 2 TB maple syrup
- 1/4 tsp. almond extract
- 1/4 tsp. vanilla extract
- Stevia, to taste (optional)
- Chopped almonds, to garnish (optional)

DIRECTIONS

Divide all ingredients between 2 mason jars. Stir until incorporated. Place in refrigerator and let sit overnight. Remove and garnish with chopped almonds. Enjoy! (save the second serving for another day)

OVERNIGHT OATS IN A JAR

(1 serving)

INGREDIENTS

- 1/2 cup steel cut oats
- 1 TB unsweetened shredded coconut
- 1 TB chia seeds
- 1 TB chopped nuts (I used almonds)
- 1/3 cup blueberries or berries of choice
- 1/2 -1 cup almond milk
- 1 tsp ground vanilla beans (optional)

DIRECTIONS

Mix all of the ingredients in a mason jar the night before. Store in the fridge overnight. Just pull out and eat in the morning. SO easy!

SALADS & WRAP RECIPES

BLUEBERRY, AVOCADO, & TOASTED PECAN QUINOA SALAD

(1 serving)

INGREDIENTS

- 1/2 cups quinoa, cooked
- 1/4 cup blueberries
- 1/2 large avocado, diced
- 1/4 cup pecans

LIME BASIL DRESSING

- 1/4 TB extra virgin olive oil
- 1/4 TB maple syrup
- Squeeze of fresh lime juice
- 1 TB basil, finely chopped
- Himalayan Salt, to taste
- Fresh ground black pepper, to taste



DIRECTIONS

In a large bowl - add quinoa, blueberries and avocados. In a small frypan, toast pecans on low-medium heat until lightly brown, about 4-5 minutes. Stir frequently and watch closely not to burn. Transfer to a bowl with other ingredients.

In a small bowl, whisk together Lime Basil Dressing ingredients, pour over the salad and gently stir to combine. Serve cold.

Salads & Wraps

SIGNATURE STEAK SALAD

(serves 4)

INGREDIENTS

- 450g Skirt Steak, trimmed of excess fat, halved crosswise (at room temperature)
- 1-2 TB extra virgin olive oil
- 2 cups cherry tomatoes, halved
- 225g baby rocket
- ½ cup roasted capsicums
- ¼ sliced avocado
- Choice of dressing (suggested: Balsamic)



DIRECTIONS

Cast-iron frypan: Heat frypan on medium-high to high and add olive oil. When oil begins to simmer, place steak in frypan and do not move for 5 minutes. Turn it once, and cook for another 3 minutes to med-rare (or more or less depending on preference).

On a bbq: Prepare bbq for direct-heat cooking over hot charcoal or high heat for gas. Oil grill rack, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.

Transfer steak to a cutting board and let rest, loosely covered with foil, for five minutes. Arrange rocket on a platter. Thinly slice steak on the diagonal, across the grain. Arrange over rocket, then toss remaining ingredients on top. Drizzle dressing on top and serve.

Salads & Wraps

VEGGIE "DETOX" LETTUCE WRAPS

(1 Serving. These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below)

INGREDIENTS

- 2 large leaves of Butter lettuce leaves
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans, nuts, or seeds)

DRESSING

- Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY
- (***)ONLY add tuna, turkey, or chicken if it calls for it in your meal plan)

DIRECTIONS

Take all of your sliced veggies and place them inside the middle of your large Butter lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

SIMPLE GREEK SALAD

(1 serving)

INGREDIENTS

- 2-3 cups chopped cos lettuce
- 1/2 tomato, chopped
- 1/2 cucumber, sliced
- 2 Tbsp. chopped purple onion
- 1/4 cup Kalamata olives (optional)
- 1/4 cup Pepperoncini peppers (optional)
- 2 Tbsp. Greek dressing (recipe on page 4)
- Protein of choice (suggested: chicken)

DIRECTIONS

Combine all ingredients and toss in a bowl. Top with your protein of choice, and enjoy!

Salads & Wraps

FENNEL, PEAR, ROCKET & WALNUT SALAD

(1 serving)

INGREDIENTS

- 1 cup baby rocket, packed
- 1/2 fennel bulb, sliced thinly
- 1 pear (core removed & cut into 1/2cm chunks)
- 1/4 cup roasted walnuts (unsalted- see below for directions)
- 2 Tbsp. Balsamic Dressing (recipe page 3)
- Add Sliced Turkey – if called for in plan

DIRECTIONS

Combine all ingredients in a bowl and mix well. Next, whisk the oil and vinegar together in a small bowl before dressing the salad.

Roasted Walnuts: Preheat the oven to 200°C. Roast for 5-6 minutes on a baking sheet and keep a close eye to make sure they don't burn.

KITCHEN SINK SALAD

(1 serving)

INGREDIENTS

- 2-3 cups Mixed Greens (not iceberg)
- 1/2 tomato
- 1 TB Pumpkin seeds
- 1/2 Shaved carrot
- 1/2 Sliced zucchini
- 1/2 Diced red capsicum
- Handful of Sprouts
- ¼ avocado, sliced
- 2 Tbsp. Balsamic Dressing (recipe page 3)
- 115-225g. Protein of choice (chicken, fish, turkey)

DIRECTIONS

In a bowl, toss everything together any way that you please. Enjoy!

Salads & Wraps



GO-TO CHICKEN SALAD ROLL-UPS

(1 serving)

INGREDIENTS

- 115-225g. Chopped chicken breast (precooked)
- 2-3 Butter lettuce leaves
- 1/4 cup chopped almonds
- 1/4 cup red seedless grapes, halved
- 1/4 Mashed avocado
- Salt & pepper, to taste

DIRECTIONS

Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into butter lettuce leaves to make a nice wrap!

PROTEIN:

CHICKEN & TURKEY RECIPES

SESAME CRUSTED TURKEY

(3-4 servings)

INGREDIENTS

- 450g turkey or chicken tenderloin
- 40g toasted sesame seeds
- 1 tsp. ground cumin
- 1 tsp. lemon pepper
- 1 egg white, lightly beaten
- 1 pinch salt
- 1TB extra virgin olive oil

DIRECTIONS

Preheat oven to 200°C. Mix the sesame seeds, cumin, and lemon pepper together in a large bowl. Also-preheat a frypan to medium-high.

Season the turkey with 1/4 tsp salt. Dip the turkey in the egg allowing the excess egg to drip off. Finish by coating it completely with sesame seeds.

Add 1 Tbsp. olive oil to the frypan and sear crusted turkey for 1-2 minutes each side until crispy and golden. Place in a glass baking dish. Roast in oven for 15 minutes or until internal temp 73°C. Let rest 5 minutes once cooked.



Protein: Chicken & Turkey Recipes

HUMMUS CHICKEN

(3 servings)

INGREDIENTS

- 3 boneless, skinless chicken breasts
- 1 yellow squash, sliced
- 1 zucchini, sliced
- 1 red capsicum chopped in 5cm strips
- 1 medium onion, chopped
- 2 lemons
- Salt and pepper, to taste
- Italian seasoning
- 1/2 cup hummus, homemade or store-bought
- 2 Tbsp dried rosemary
- 1 Tbsp extra virgin olive oil
- 1 tsp smoked paprika
- Generous drizzle of Balsamic Vinegar



DIRECTIONS

Preheat oven to 230°. Prepare one large baking dish and lightly coat with olive oil. Season the chicken breasts with salt, pepper, and Italian seasoning.

In a large bowl, toss the sliced zucchini, squash and onion with olive oil until evenly coated. Season with salt, pepper, and Italian seasoning.

Cover each chicken breast with 1 TB of hummus. Place all vegetables on the bottom of a 20×30cm dish in an even layer. Lay the chicken evenly on top. Squeeze the juice of one lemon over the chicken and vegetables.

Lightly season the entire dish with chopped rosemary and paprika. Thinly slice the remaining lemon, and place a few thin slices in the dish.

Drizzle balsamic vinegar over the top, then bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

Protein: Chicken & Turkey Recipes

CHICKEN WITH SAUTÉED ONIONS AND LEMON

(3 servings)

INGREDIENTS

- 6 chicken thighs, boned but with skin
- 1 Tbsp. Coconut oil
- 1 shallot onion, halved and thinly sliced
- 1-2 garlic cloves, thinly sliced
- 1/2 lemon thinly sliced
- 1/4 cup chicken or vegetable broth
- 2 Tbsp. fresh flat leaf parsley
- Salt and pepper, to taste



DIRECTIONS

Season chicken with salt and pepper. In a large frypan over medium heat, place chicken skin side down in a preheated pan with extra virgin olive oil or coconut oil. *The trick is not to turn the chicken over until the pieces are well browned.

When both sides are browned and cooked through, remove chicken from pan and continue with remaining pieces. Remove chicken from pan. Pour off all but 2 tbsp.'s of the remaining oil. Add onions. Season with salt and pepper, to taste. Sauté onions until almost golden brown. Add the garlic and cook until onions are golden.

Add the lemon slices and sauté for one minute. Add the stock and stir. Add the chicken back to the pan. Add the parsley and stir. Check for seasoning. Enjoy!

Protein: Chicken & Turkey Recipes

CORIANDER LIME CHICKEN

(serves 3-4)

INGREDIENTS

- 450g chicken breasts
- 1 Tbsp. Extra Virgin Olive Oil
- 1 lime, juice and zest
- 2TB fresh coriander, coarsely chopped
- 1/2 jalapeno, coarsely chopped (optional)
- 1 clove garlic, coarsely chopped
- Salt and pepper, to taste

DIRECTIONS

Puree the oil, lime, juice and zest, coriander, jalapeno and garlic in a food processor until smooth. Place the chicken on foil on a baking sheet, pat dry, and season with salt and pepper.

Spread the coriander and lime mixture and bake in a preheated 200°C oven (or on the grill) until internal temperature reads 74°C (about 25-35 minutes.)



PROTEIN:

PORK & STEAK RECIPES

SIMPLE & DELICIOUS PORK CHOPS

Makes 2 servings. (you may want to double this recipe- it's a GOOD one!)

INGREDIENTS

- 2 pork chops 2cm thick
- 1 teaspoon olive oil
- 1/2 lemon
- 2 cloves of garlic
- Pink Himalayan Salt & Fresh Ground Pepper to taste

DIRECTIONS

Preheat oven to 175°C. Then, preheat an oven-safe frypan to med to med-high on the stove. Rinse and pat dry both pork chops. Season both sides of chop with salt & pepper. Smash garlic cloves with the side of your knife and cut lemon in half.

Once your frypan is heated, add the olive oil. Once oil is heated (in a couple of seconds), place the 2 garlic cloves in the pan carefully separated by a few cms.

Place each pork chop on top of a garlic clove. Allow to sear for 2-3 minutes. Flip chops and sear for an additional 2-3 minutes. (You're looking for a nice crust on each side). Squeeze ½ lemon over the chops.

Place the pan in the oven for about 10 minutes or until the internal temperature reaches 63°C. Let rest for 3 minutes and enjoy!



Protein: Pork & Steak Recipes

CHIMICHURRI STEAK

(Serves 3-4)

CHIMICHURRI INGREDIENTS

- 1 cup fresh flat leaf parsley
- ¼ cup fresh coriander
- ½ cup extra virgin olive oil
- 1/3 cup red wine vinegar
- ½ tsp. sea salt
- 2 cloves garlic
- ½ tsp. cumin powder
- ½ tsp. chilli flakes

FOR THE STEAK

- 2 boneless rib-eye steaks (220g each)
- 1 TB balsamic vinegar
- Extra virgin olive oil
- Salt and pepper, to season

DIRECTIONS

Chimichurri: Blend all ingredients in a food processor or blender until smooth.

Steak: Let steaks sit out of fridge for about 30 minutes to bring to room temperature before cooking. Season with salt and pepper. Drizzle with balsamic vinegar and just enough olive oil to coat.

Heat frypan over medium heat. Add the steaks to the pan and cook for 4-5 minutes, then flip the steaks and cook an additional 5-6 minutes. Avoid moving the steaks around in the pan while cooking. Remove from the pan, and let rest about 5 minutes. Slice the meat in thin strips and drizzle with the chimichurri sauce. Serve and enjoy!



Protein: Pork & Steak Recipes

EASY BEEF BURGERS

(serves 3)

INGREDIENTS

- 450g. beef mince
- Himalayan Pink Salt & Fresh Ground Pepper
- Any other seasoning you like!

DIRECTIONS

Take meat out of the fridge and allow it to come to room temperature for 20-30 minutes. Divide the meat into 3 parts and by hand, create three separate patties. Heat a frypan to medium heat.

Season both sides of the patties with salt and pepper (and any other seasoning you like). Place all 3 patties in the pan for 3-5 minutes per side. Remove from the pan and allow to rest for a few minutes. Enjoy!



FISH & SEAFOOD DISHES

PAN SEARED TROUT WITH TOMATO BASIL

(Makes 2 servings)



INGREDIENTS

- 30g chopped pancetta
- 1 cup cherry tomatoes, halved
- 1/2 tsp minced garlic
- 1/2 tsp freshly ground black pepper, divided
- 1/4 tsp Himalayan salt, divided
- 1/4 cup small basil leaves
- 1 tablespoon olive oil, divided
- 2 trout fillets, divided (340-450g total)
- 2 lemon wedges

DIRECTIONS

Over low heat, heat pancetta in frypan. Cook just until pancetta begins to brown (for about 4 minutes).

Add cherry tomatoes, garlic, 1/2 the pepper, and 1/2 the salt, and cook for 3 minutes or until tomatoes begin to soften. Remove from the heat, and stir in basil leaves.

In another large non-stick frypan, heat over medium-high heat. Add enough oil to lightly coat the bottom of the pan. Sprinkle fish evenly with remaining salt and pepper.

Add both fillets to the pan; cook for 2 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan. Top fish with tomato sauté. Serve with lemon wedges.

Fish & Seafood Dishes

CITRUS FISH TACOS

(serves 2)



MARINADE INGREDIENTS

- 2 large oranges (juiced)
- ½ lime (juiced)
- 3 TB olive oil
- 1 tsp. cumin powder
- ½ tsp. salt
- 2 fish fillets (cut in 2.5cm chunks)
Barramundi or Snapper work well

WRAP INGREDIENTS

- 3-6 butter lettuce leaves
- ½ red capsicum (diced)
- ½ red onion (diced)
- ½ mango (diced)
- ½ avocado (sliced)

DIRECTIONS

Mix the orange juice, lime juice, olive oil, cumin, and salt in a bowl and combine well.

Gently place the pieces of fish into a large Ziploc bag and pour in the juice.

Marinate for 2-4 hours in the refrigerator, flipping the bag over about half way through.

Next, heat some olive or coconut oil over a large frypan. When the pan is warm, add the fish and cook for about 4-5 minutes on 1 side, then turning only once, finish cooking on the other side (about 8-9 minutes total)

Then, simply prepare your tacos to your liking, adding the fish, capsicum, onion, & mango! (be creative and add anything else you think may taste great on there!)

It's very refreshing and absolutely DELICIOUS! Once you get the marinade in the fridge, it will only take you about 10 minutes to prepare them.

Fish & Seafood Dishes

CHIPOTLE SALMON BURGERS WITH MANGO SALSA

(Serves 3. Serve with Mango Salsa (recipe page 34))

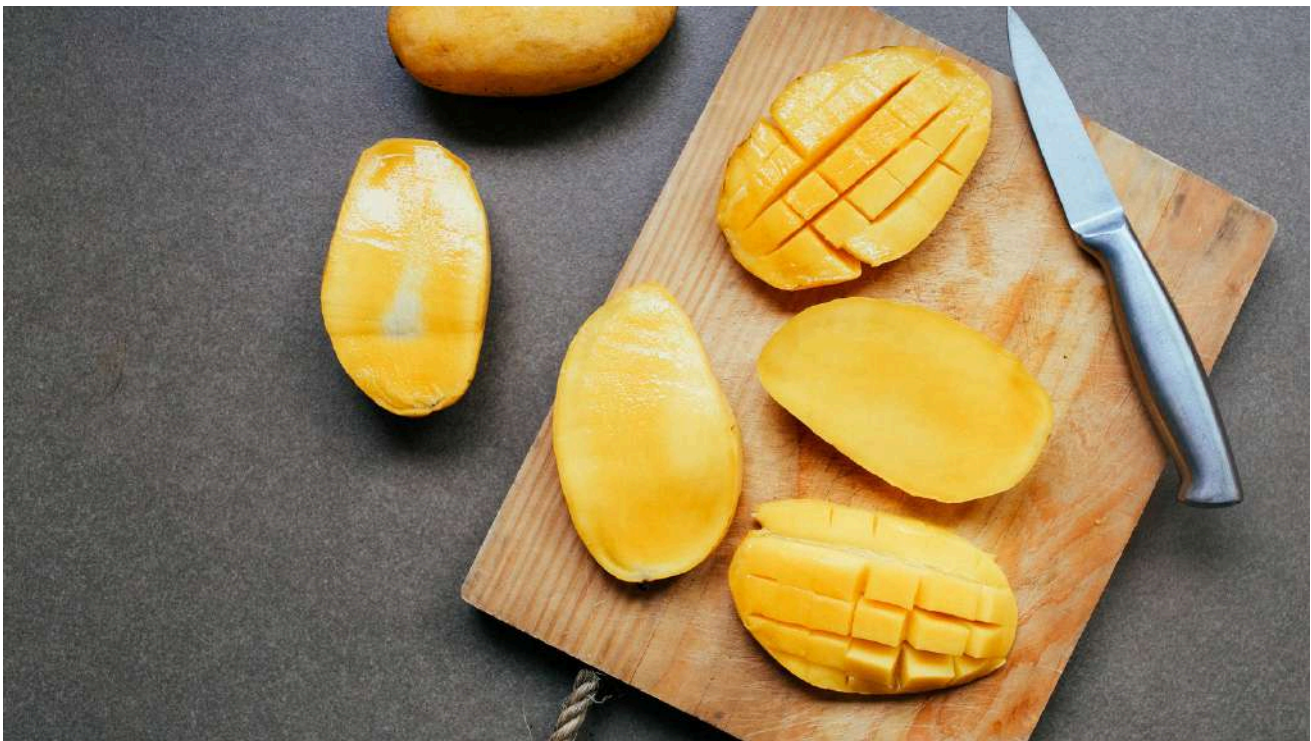
INGREDIENTS

- 450g salmon
- 2TB chipotle peppers in adobo sauce – chopped
- 1 TB + 1 tsp wholegrain mustard
- 1 lime (just the zest)
- 1/2 lime (just the juice)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1TB extra virgin olive oil

DIRECTIONS

Combine all ingredients in a food processor and pulse for 30 seconds to combine. If no food processor available, finely dice the salmon in a large mixing bowl combine everything together and mix. Divide into 3 burger patties...

Preheat non-stick frypan on medium for 1 minute. Drizzle olive oil and sear burgers for 3-4 minutes each side until golden brown. Enjoy!



Fish & Seafood Dishes



GRILLED SALMON

(makes 2 servings)

INGREDIENTS

- 2 x 170g Salmon Fillets
- Himalayan Pink Salt
- Fresh ground pepper
- 1 tsp grated lemon rind
- 2 Tbsp. fresh squeezed lemon juice, divided
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. dried rosemary
- Lemon slices for garnish

DIRECTIONS

Season salmon fillets evenly with salt and pepper. In a plastic bag, place salmon, lemon rind, 1 Tbsp. of the lemon juice, 1 Tbsp. of the olive oil, and rosemary in a Ziplock bag. Make sure the salmon is evenly coated. Marinate in the refrigerator for 30 minutes.

Preheat your grill. Brush a baking dish with olive oil. Remove salmon from marinade. Place fillets, skin side down, on the oil-coated dish. Grill fish 15cm from heat for about 8-10 minutes or until fillets flake easily with a fork.

Whisk together remaining tablespoon of lemon juice and 1 tablespoon oil; drizzle over fillets. Garnish, with lemon slices.

Fish & Seafood Dishes

SAUTÉED PRAWNS

(makes 2 servings)

INGREDIENTS

- 2 Tbsp. Butter (or olive oil)
- 225-340g Prawns, shelled & deveined
- 1 Red or Yellow Capsicum
- 2 garlic cloves, minced
- Himalayan Pink Salt & fresh ground pepper to taste
- 1 tsp fresh thyme, chopped

DIRECTIONS

In a frypan, melt the butter over medium-low heat. Add the capsicum and cook for about a few minutes until softened. Add garlic and cook until fragrant (about 30 seconds)

Add the prawns and salt and pepper and sauté for 5-6 minutes (time will depend on size of prawn, cook until prawns are no longer translucent)

Add the thyme, mix all of the ingredients one last time, and enjoy!

Prawns cook very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking.

Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until they're done.



FAVORITE SOUPS

CHILLED AVOCADO SOUP

(3-4 servings)



INGREDIENTS

- 3 ripe avocados
- 3 cups chicken stock
- 3 Tbs fresh lime juice
- 1/3 cup fresh coriander leaves
- 1 tsp. ground cumin
- 1/2 jalapeno, diced into small pieces (optional)
- 1/4 tsp. cayenne pepper
- 1 tsp Himalayan Pink Salt
- Fresh Ground pepper, to taste

DIRECTIONS

Combine all of the ingredients in a blender or food processor and blend until smooth. Season with additional salt and pepper if necessary. Refrigerate for about 2 hours.

Favorite Soups

ZUCCHINI AND FENNEL SOUP

(makes 3-4 servings)

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 3 zucchini, chopped and peeled
- 1/2 Vidalia onion, chopped
- 1/2 fennel bulb, chopped
- 3 cups chicken or vegetable stock (low-sodium)
- Salt and pepper, to taste

DIRECTIONS

Heat olive oil in a large frypan or soup pot with zucchini, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min.

Add stock, bring to a boil and then simmer until soft. Put everything in blender and blend. Serve immediately and enjoy!



Favorite Soups

BUTTERNUT PUMPKIN & BACON SOUP

(makes 6 servings. Inspired by civilizedcavemancooking.com)



INGREDIENTS

- 1 large butternut pumpkin, peeled and cut into large chunks (about 1-1.5kg)
- 3 carrots, peeled and cut into large chunks
- 1.5 TB coconut oil, melted
- 225g bacon, chopped
- 1 small onion, chopped
- 1 small apple, chopped
- 2 cups chicken stock
- 1 cup full fat coconut milk
- 1 teaspoon salt
- 1-2 TB cinnamon
- 1 TB nutmeg

DIRECTIONS

Preheat your oven to 175°C . Toss pumpkin and carrots with the coconut oil. Place in a baking dish and roast uncovered for 35 minutes or until tender.

In a large stock pot over medium heat, cook bacon until crisp. Remove bacon and set aside for the garnish. Add the onion and apple to the pot and sauté in bacon fat over medium heat until tender, about 5 minutes.

Add the roasted butternut pumpkin carrots, chicken stock, and coconut milk to stock pot and bring to a boil, stirring often.

Remove from heat. Use an immersion blender to blend your soup or working in several small batches, blend soup in food processor or blender until smooth.

Return to stock pot, bring to a simmer and season with salt, cinnamon, and nutmeg. Serve soup in large bowls garnished with bacon! Enjoy.

Favorite Soups

OH SO GOOD! CHILI WITH A TWIST

(6-8 servings. Pumpkin Puree recipe on page 42. Chilli Inspired by Primal Cravings. I recommend doubling this recipe- it's AWESOME!)

INGREDIENTS

- 1 Tbsp. Extra Virgin Olive Oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 500g beef mince
- 500g turkey mince
- 1/2 cup pumpkin puree
- 400g can crushed tomatoes
- 225g tomato pasata sauce
- 50g can diced green chilies (optional)
- 1/2 - 1 cup beef stock (add as needed)
- 1-2 Tablespoon chilli powder
- 1 Tablespoon ground cumin
- 1 Tablespoon paprika
- 2 teaspoon ground coriander
- 2 teaspoon cocoa powder
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon cayenne pepper
- Pink Himalayan salt to taste
- OPTIONAL: 1/2 jalapeno, seeded and finely diced to taste
- Sliced avocado



DIRECTIONS

In a large soup pot over medium heat, sauté the onion and garlic until onions begin to soften. Then, add the beef and turkey, and stir occasionally until browned.

Add the rest of the chili ingredients (except the avocado). Let simmer, stirring every so often for at least 15 minutes. Garnish with sliced avocado. Serve and enjoy!

Favorite Soups

MUM'S MINESTRONE

(4 servings)

INGREDIENTS

- 1 slice (½cm-thick) prosciutto, (120g), diced (don't trim off the fat)
- ¼ cup extra-virgin olive oil, plus more for serving
- 1 large yellow onion, diced 1cm pieces
- 1 large leek, white and pale green parts only, diced 1cm pieces
- 2 celery sticks, diced into 1cm pieces
- 2 small carrots, diced into 1cm pieces
- 4 garlic cloves, minced
- 1 teaspoon oregano
- ¼ teaspoon crushed chilli flakes
- 1 zucchini, trimmed and diced into 1cm pieces
- 400g can diced tomatoes
- 1 tablespoon tomato paste
- 6-8 cups reduced-sodium chicken stock
- Rind from a chunk of Parmesan cheese (OPTIONAL)
- 1 bay leaf
- 1 can kidney beans
- 1½ cups packed thinly sliced kale, thick stems removed
- Sea salt & freshly ground black pepper

DIRECTIONS

Cook the prosciutto and oil together in a soup pot over medium heat just until the prosciutto is lightly browned, about 3 minutes.

Then, add the onion and leeks. Cook, stirring occasionally, until softened, about 3 minutes. Add the celery, carrots, garlic and oregano, and chilli flakes, and cook until the vegetables are beginning to soften, about 3 minutes more.

Add the zucchini and cook until it begins to soften, about 3 minutes. Add the tomatoes and their liquid and the tomato paste, bring to a boil and cook 3 minutes.

Add the stock, bay leaf and the Parmesan rind. Bring to a boil. Reduce the heat to medium-low. Simmer until the flavours are blended, about 1 hour.

Stir in the beans and kale and cook until tender, about 5 minutes. Remove the Parmesan rind. Serve and Enjoy!

AMAZING SIDE DISHES

SIMPLE ROASTED BUTTERNUT PUMPKIN

(4 servings)



INGREDIENTS

- 1 small butternut pumpkin, seeded and cubed
- 2 Tbsp. Extra Virgin Olive Oil
- Himalayan Pink Salt
- Fresh ground pepper

DIRECTIONS

Preheat oven to 200°C. Toss pumpkin with the olive oil and spread on a baking sheet, making sure none of the cubes are touching each other. Season with salt and pepper. Roast until lightly browned (about 25-30 minutes.)

Amazing Side Dishes

BUTTERNUT PUMPKIN WITH PANCETTA AND SAGE

(6-8 servings)

INGREDIENTS

- 2TB Extra Virgin Olive Oil
- 115g. Pancetta or nitrite free bacon, chopped
- ½ tsp finely chopped fresh sage or ¼ tsp dried
- 1kg butternut pumpkin, peeled, seeded and cut in to 2.5cm chunks
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 dash of ground nutmeg
- Salt and pepper, to taste
- 1 cup chicken stock

DIRECTIONS

Add bacon and olive oil to frypan and cook until bacon is crisped.

Remove bacon with a slotted spoon. Add pumpkin and chopped onions.

Cook over medium heat until onions are clear and started to turn golden. Add sage, nutmeg and season with salt and pepper (white pepper if you have it).

Add stock and bring to a boil, reduce heat to simmer and cover with lid. Cook until pumpkin is tender when pierced with a fork. Serve and enjoy.



Amazing Side Dishes

MANGO SALSA

(4-6 servings, Serving Size is ½ cup.)

INGREDIENTS

- 2 mangos (peeled & cubed) Frozen works well if fresh isn't available
- 1 purple onion (peeled & diced)
- 2 kiwi (peeled & diced)
- 1 jalapeno (seeds removed, minced)
- 1 red capsicum (seeds removed, diced)
- 1 avocado (peeled & diced)
- 1 tomato, diced
- Juice of 1 lime
- Bunch of coriander, chopped
- ½ tsp sea salt

DIRECTIONS

Mix ingredients in a bowl & refrigerate for 2 hours. Serve and enjoy!

MASHED CAULIFLOWER

(4 servings)

INGREDIENTS

- 1 entire head of cauliflower, remove leaves (chopped into small pieces)
- 1 cup of low sodium chicken stock
- 2-3 cloves of garlic
- Sea salt & pepper to taste

DIRECTIONS

In a large pot, add the chicken stock and cauliflower. Cover and bring it to a boil. Reduce the heat and simmer for 30-35 minutes until the cauliflower is until very tender, and you can smash it with your fork. (If you need to add more stock during this time, you can add it. Make sure your pot doesn't run dry.)

Add the garlic cloves and simmer for a few minutes longer (about 5). Drain the liquid and add all of the remaining ingredients to a food processor or blender. Blend to your desired consistency. (I like mine pureed with a few chunks.) Season with salt & pepper, and any other seasoning you like! Enjoy.

Amazing Side Dishes

ZUCCHINI PASTA WITH SUNDRIED TOMATOES

(serves 2)

INGREDIENTS

- 2-3 zucchini, shredded (can be made ahead and refrigerated)

PESTO

- ¼ cup roasted unsalted almonds
- 1 cup tightly packed basil leaves
- 2 Tbsp. extra virgin olive oil
- 1 TB lemon juice
- ¼ cup sundried tomatoes
- Salt and pepper, to taste

DIRECTIONS

With a spiralizer, mandolin, or peeler – cut the zucchini into long noodle shaped pieces and set aside.

In a blender, place all of the other ingredients except olive oil and sundried tomatoes and process for 5 seconds. With machine running, drizzle in the olive oil until blended.

Place all ingredients (including zucchini) in a bowl. Stir in sun dried tomatoes. Toss and serve.



Amazing Side Dishes



ZUCHINNI NOODLES (ZOODLES)

(serves 4-6)

INGREDIENTS

- 3-6 Zucchini

DIRECTIONS

How to make zoodles:

You can leave the skin on, cut ends of zucchini. You can use a peeler, spiralizer, mandolin or just a knife to make your zoodles or pasta. You can buy them ready to serve, but they're always nicer made fresh. They are also great raw!

To heat: Place your hot food directly on top of the zoodles on your plate, or put them in a strainer and pour hot water on them. If boiling them, make it as brief as they can turn to mush quickly.

Amazing Side Dishes

ROASTED BROCCOLI & GARLIC

(3-4 servings)

INGREDIENTS

- 1 entire broccoli (about 700g.) Cut into florets. (if you want to use the stems, cut into bite-sized pieces) (*this is great with cauliflower too!*)
- 2 Tbsp. Extra Virgin Olive Oil
- 1 entire garlic, cloves peeled. (I prefer not to slice the cloves, but you can if you like)
- Himalayan Pink Salt & Freshly Ground Pepper to taste

DIRECTIONS

Preheat oven to 230°C. In a large bowl, drizzle the olive oil over the broccoli. Add the garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap. Cook for about 20 min or until the edges of broccoli are crispy!

SIMPLE SAUTÉED SPINACH

(2 servings)

INGREDIENTS

- 700g. of baby spinach, cleaned & dried
- 3 cloves of garlic, peeled & thinly sliced
- 1/2 fresh lemon
- 1.5 TB coconut oil
- Sea salt & fresh ground pepper to taste

DIRECTIONS

Heat a large frypan with coconut oil over med heat. Add 1/3 of the spinach to the pot and with tongs, continually turn the spinach for 1-2 minutes. Add the next 1/3 of spinach to the pot, continually turning (about 1 min). Add the final 1/3 of spinach AND the sliced garlic, and continually turn until all of the spinach is mostly wilted (another 1-3 minutes).

Remove spinach mixture from the pot and squeeze 1/2 lemon over the spinach. Season with salt & pepper and toss well. That's it! Very easy & healthy!

Amazing Side Dishes

PROTEIN-PACKED GRAIN SALAD

(Serves 6-8. Perfect to make ahead of time and keep in fridge. You'll have a little extra on hand for a quick and easy side in case you need one!)

INGREDIENTS

- 1/4 cup brown rice
- 1/4 cup red rice
- 1/4 cup quinoa, rinsed
- 1/2 can chickpeas, drained and rinsed
- 2 roasted red capsicum chopped (jar)
- 8 marinated artichoke hearts, chopped (from a jar)
- 1 medium handful of parsley, chopped
- 1/4 cup pine nuts, roasted
- Sea salt and freshly ground pepper, to taste



DIRECTIONS

Combine the brown and red rice together in a medium size pot with 1 cup of water. Bring to a boil, cover, and reduce heat to medium-low. Cook for 15 minutes and then add the quinoa and another cup of water. Cook for another 10 minutes or so. You may need to add another 1/4 cup water. While the grains are cooking prepare the rest of your ingredients.

Once the grains are cooked, remove from heat and allow to cool for 15 minutes. Combine all the ingredients together in a bowl and mix well. Taste and adjust seasoning. Enjoy!

SNACKS AND SUCH

SPICY BAKED PLANTAIN CHIPS

(serves 1-2)

INGREDIENTS

- 1 green plantain
- ½ tsp paprika
- ½ tsp ground cumin
- ½ tsp dried thyme
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp cayenne pepper
- 2TB coconut oil



DIRECTIONS

Preheat the oven to 230°C with a rack in the centre of the oven. Mix all the spices together in a bowl. Peel the plantains with a knife.

Slice the plantain into thin slices (about 2mm thick). Place the plantain slices in a mixing bowl. Pour the coconut oil into the bowl and all but ½ tsp of the spice mix. You'll use the remaining ½ tsp once they are cooked.

Mix the slices together with the oil and spices until they are coated. Lay the slices out flat onto a baking sheet making sure none are stuck together.

Place in the oven and bake for about 7 minutes. Remove the sheet from the oven and flip the chips over one at a time. Place back in the oven and bake for another 3-5 minutes being sure not to burn the chips.

Remove from the oven. Transfer to a bowl and add the rest of the spice mix. Mix well and enjoy. Better than potato chips!

ROASTED BUTTERNUT PUMPKIN SEEDS

INGREDIENTS

- Butternut Pumpkin seeds

DIRECTIONS

Preheat the oven to 120-150°C with the rack in the middle.

Scoop the seeds out of the pumpkin and remove as much of the stringy orange pulp as you can. Rinse the seeds.

Lay the seeds out on a plate or baking sheet to dry overnight. If you want to use them right away pat them dry with a kitchen towel.

Spread the seeds out on a baking sheet and put it in the oven and roast for 10-15 min until crispy. **Keep your eyes on deck because these can burn quickly!



“GRAB & GO” CHOICES:

- Apple & 1 TB Almond Butter
- Lox (or smoked) salmon with sliced tomato (a few capers – optional)
- 115g Sliced Turkey roll-ups with ½ sliced capsicum (red, yellow, green)
- Greek Yogurt & Fresh Berries (blueberries, raspberries, blackberries, strawberries)

HOW-TO'S

HOW TO HARD BOIL AN EGG

INGREDIENTS

4-6 eggs (you can make as many as you want at a time)

DIRECTIONS

Fill a saucepan halfway with water & add your eggs. Do not crowd the pot.

Bring water to a boil over medium - high heat. When the water boils, remove the pot from the heat and set aside with a tight lid for 15 minutes.

Drain water and place eggs in a bowl with cold water & ice. Peel when ready to use!

HOW TO BAKE A SWEET POTATO

INGREDIENTS

2-4 Sweet potatoes, rinsed & dried



DIRECTIONS

Preheat oven to 200°C. Pierce each sweet potato a few times with a fork (don't get trigger happy... it's just to let some of the steam out).

Place the sweet potatoes on a baking sheet lined with foil. Bake for about 45 minutes, or until potatoes are tender.

That's it! (Serving size = 110g.)

How To's

HOW TO STEAM VEGGIES (BROCCOLI, CARROTS, MIXED VEG, ETC.)

INGREDIENTS

- Any Vegetable of choice, cut to bite sized pieces (Broccoli, Pepper, Cauliflower, Asparagus, Carrots, etc.)
- ½ tsp. Sea Salt (Optional)

DIRECTIONS FOR STEAMING IN A PAN

Bring 2cm of water to a boil in a large saucepan.

Add salt to the water if desired. Add your vegetable of choice, cover, and then steam your veg until they are as tender as you want (about 3-5 minutes).

DIRECTIONS FOR STEAMING IN A STEAMER BASKET

Bring 2cm of water to a boil in the bottom of a pot (where you will then place your steamer basket into).

Place veggies into the steamer basket, set over the boiling water. Cover and steam until cooked to your liking (about 3-5 minutes).



How To's

HOW TO MAKE PUMPKIN PUREE

INGREDIENTS

- 1kg. kent or butternut pumpkin (will make approx 2 cups of puree)

DIRECTIONS

Thoroughly wash the skin of the pumpkin as you will leave this on while baking. Cut the pumpkin into quarters. Depending on the size of the pumpkin, and how much puree you want to make, you may only use a half or quarter of a pumpkin. Remove the seeds from the pumpkin.

Cut the pumpkin into large wedges. Place the wedges onto a baking tray lined with non-stick baking paper. Put the pumpkin into a pre-heated oven and roast for 30-45 minutes depending on the size of the wedges and the pumpkin variety.

When the pumpkin is tender, remove from the oven and allow to cool until you can handle it. Then, using a spoon, scoop the flesh from the pumpkin wedges and discard the skin.

Place the pumpkin flesh in the bowl of a food processor and whiz until smooth. If puree appears to be watery, strain in a colander lined with cheesecloth for about 1 hour. It is now ready to use, refrigerate or freeze.



HOW TO MAKE QUINOA

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- ½ tsp. salt

DIRECTIONS

Rinse quinoa in a fine sieve until water runs clear. Then, drain and transfer to a medium pot. Add 2 cups water and salt and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, about 15-20 minutes. Set aside away from heat for about 5 minutes. Uncover and fluff with a fork. Will make 3 cups quinoa.

Quinoa naturally has a protective coating, called saponins, that easily rinse off. However if not rinsed, will be bitter and may cause an upset stomach.

If you toasted quinoa in a skillet with a little olive oil over low heat for a few minutes before adding to the boiling water, it will have an even tastier, nutty flavor.



DESSERTS

LEMON BITES

DRY Ingredients

- 1.5 cup almond flour
- 1/3 cup raw coconut flour
- 1 - 2 pinch Himalayan pink salt

WET INGREDIENTS

- 6 TB liquid sweetener (maple syrup, coconut nectar, or raw honey)
- 1/4-1/3 cup lemon juice
- 1 TB lemon zest
- 2 tsp vanilla extract
- 1/4 cup coconut oil (+ 1TB, melted/liquid)



DIRECTIONS

Add all the dry ingredients into a bowl and fold together. Next, add all the wet ingredients (EXCEPT the coconut oil) to a separate small bowl and mix.

Slowly add the wet ingredients (EXCEPT the coconut oil) to the dry ingredients until they are mixed well. Slowly add the melted/liquid coconut oil and mix until it is blended in.

Take out about a spoonful at a time and roll them in the palms of your hand into a bite-sized ball.

Leave them plain or roll in shredded coconut flakes, almond flour, or sprinkle with coconut sugar. Put them in the refrigerator to firm for about 20-30 minutes. Keep them in the cold until ready to serve because they will get soft/mushy if left out at room temperature.

Enjoy!

Desserts

PUMPKIN PIE CHIA PUDDING

(Pumpkin Puree recipe on page 42)

INGREDIENTS

- 1.5 cups almond milk
- ½ cup pumpkin puree
- 1 scoop protein powder
- 2TB almond butter
- 1 TB raw honey
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ⅛ tsp ground ginger
- ⅛ tsp ground cloves
- ¼ cup chia seeds
- Sea Salt, a pinch

DIRECTIONS

Blend all ingredients, except chia seeds, until smooth. Place the blended mixture into a resealable large jar (or 2 smaller jars) then add chia seeds. Seal jar and shake.

Place in refrigerator overnight or for at least 3+ hours. Feel free to shake jars once or twice in between to make sure they didn't become too gelatinous. Breakfast, snack or post workout recovery is served!

COOKIE DOUGH GREEK YOGURT

INGREDIENTS

- 1 serving vanilla Greek Yogurt (full fat)
- 1 tsp. almond butter
- 1TB mini chocolate chips

DIRECTIONS

Just mix together ingredients and enjoy!



Desserts

CHOCOLATE CHIP PUMPKIN MUG CAKE

(Compliments of Running with Spoons Blog. Pumpkin Puree recipe on page 42)

INGREDIENTS

- 2 TB coconut flour
- ¼ tsp baking powder
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger
- ⅛ tsp ground nutmeg
- 1 TB sweetener (raw honey, maple sugar)
- ¼ cup unsweetened almond milk
- 1 egg white
- 2-3 TB pumpkin puree
- 1 TB chocolate chips

DIRECTIONS

Add coconut flour, baking powder, and spices to a microwave-safe mug or bowl. Stir until well combined.

Add in sweetener of choice and milk, stirring until no clumps remain before adding in your egg white. Use a fork or whisk to beat the egg into the batter. Add pumpkin, mixing well to make sure that everything is fully incorporated. Fold in chocolate chips, reserving a few to sprinkle on the top.

Microwave on high for 2 ½ to 3 minutes, depending on microwave strength and thickness of mug. Remove from microwave, grab a spoon, and enjoy!

SALTED CHOCOLATE COCONUT PISTACHIO CLUSTERS

(Compliments of PaleOMG)

INGREDIENTS

- 1 cup mini dark chocolate chips
- 1 tsp. coconut extract
- 1.5 cup raw pistachios
- ¼ cup unsweetened shredded coconut
- 1 pinch of Himalayan Pink Salt

DIRECTIONS

Melt chocolate in a bowl (microwave or in a double boiler on the stove). Mix in coconut extract. Fold in pistachios.

Line a plate with baking paper. Use a spoon to scoop a spoonful of the chocolate mixture and push onto the baking paper. Sprinkle a tiny bit of salt and sprinkle with coconut.

Repeat with all the chocolate pistachios. Makes 10-12 clusters. Place in freezer and let cool for 30 minutes or more. Once chocolate is hard, eat up. 1 cluster is a serving size. Store in the refrigerator.

JUICES & DRINKS

HOMEMADE SUPERHERO JUICE

Great for reducing inflammation and cell maintenance

INGREDIENTS

- 1lt Water
- ½ Lemon (sliced)
- ¼ tsp Turmeric
- ¼ tsp Cumin
- 1 Pinch Cayenne
- 1 Pinch Cinnamon

DIRECTIONS

Mix ingredients together and drink

HOMEMADE GATORADE

INGREDIENTS

- 1lt. Water or Coconut Water
- ¼ tsp Himalayan Pink Salt
- ¼ cup of juice (lemon, lime, grape, apple, etc.)
- 1 tsp sweetener (raw honey or stevia)

DIRECTIONS

Mix ingredients together and drink

MORNING MOJO: LEMON GINGER DETOX

INGREDIENTS

- 340ml glass water (at room temperature)
- Juice of ½ lemon
- Either: ½ inch knob ginger root OR pinch of cayenne pepper

DIRECTIONS

Add the lemon juice to the glass of water. If ginger: finely grate the ginger using a zester, and add the zest to the glass of water. If cayenne pepper: add a pinch of cayenne to your water.

Perfect way to start your day!

