

RECIPES

NOURISHING COCONUT LENTIL CURRY (Serves 4)

INGREDIENTS

1 Brown Onion chopped
2 cloves garlic chopped
1 Tsp Cumin seeds
1 Tsp ground chilli or 1 whole fresh chilli (de-seeded)
1-2 Tbsp Curry paste of your choice (I like yellow)
Salt and pepper to taste
1 1/2 cans of organic coconut milk (opt for one with no emulsifiers/gums etc)

2 cups of soaked red lentils (or 1 1/2 cans of lentils)
half head cauliflower chopped
1 1/2 cups of pumpkin chopped or veg of your choice (zucchini also works well)

Greek yoghurt for garnishing
Fresh Coriander for garnishing

DIRECTIONS

In a medium/high heat pan, add a little EVOO, the onion, garlic and cumin seeds and saute for 3-4 minutes. Add in chilli, salt, pepper and curry paste and saute for a further 2-3 minutes or until aromatic and mixed through.

Add in chopped cauliflower, pumpkin and lentils and mix through so spices start to cover the ingredients.

Add in coconut milk and bring to a boil. Reduce and let simmer for 20 minutes.

For muscle gainers, serve with brown rice. For weight management, serve with cauliflower rice or simply have it on it's own (it will be enough, trust me!)

Garnish with a dollop of greek yoghurt and fresh coriander.

Enjoy!



RECIPES

QUICK VEGE STIR FRY

2 small chicken breasts, organic and sliced thinly OR 100g of firm tofu
1 tbsp EVOO
½ red onion
2 garlic cloves
1 tsp freshly grated ginger
1/2 cup shallots
1 tsp chilli flakes
1/2 cup cashews
½ red cabbage
1 carrot ribboned
½ bunch of kale, chopped
½ head broccoli
2 tbsp tamari
tsp sesame oil
1 tbsp sesame seeds

DIRECTIONS

Heat oil in a non-stick pan and add in the EVOO and sesame oil, onion and garlic and fry until soft and fragrant.

Add in chicken or tofu and cashews and cook through. After a few minutes add in the ginger and shallots, the chilli, and tamari and cook for a further 1-2 minutes.

Now add in all your vegetables. Mix through so they are coated then cover with a pan so they steam slightly for 4-5 minutes.

Serve immediately with sesame seeds on top.

Your choice to serve with or without rice.



RECIPES

CREAMY VEGGIE RISOTTO (Serves 4)

INGREDIENTS

3 1/2 - 4 cups vegetable broth
2 Tbsp EVOO
1 bunch asparagus
1 bunch broccolini
1 medium red capsicum
~1/4 tsp each sea salt and black pepper
3/4 cup thinly sliced shallot
1 cup arborio rice
1/4 cup dry white wine (or sub more vegetable broth)
1/4 cup of nutritional yeast

DIRECTIONS

In a medium saucepan, heat veggie broth over medium heat. Once simmered, reduce heat to low to keep warm.

In the meantime, heat a large pan over medium heat. When hot, add half of the EVOO and the asparagus, broccolini, garlic and the red capsicum. Season with a pinch each salt and pepper and sauté until just tender and slightly browned - 3-4 minutes. Add shallots and saute for a further 1-2 mins.

Add arborio rice and cook for 1 minute, stirring occasionally. Then add dry white wine or more veggie broth and stir gently. Cook for 1-2 minutes or until the liquid is absorbed.

Using a ladle, add warmed vegetable broth 1/2 cup (120 ml) at a time, stirring pretty much constantly, giving the risotto little breaks to come back to a simmer. The heat should be low to medium, and there should always be a slight simmer.

Continue to add vegetable broth 1 ladle at a time, stirring to incorporate, until the rice is "al dente" - cooked through but not mushy. This whole process should take around 15-20 minutes.

Once the rice is cooked through, remove from heat and season with salt, pepper and nutritional yeast.

Garnish with fresh parsley and serve!

Muscle gainers can add in chicken if you wish and up your serving size!

Enjoy!



RECIPES

THE BIG KALE SALAD (serves 4)

QUINOA

3/4 cups quinoa

1 1/2 cups water

VEGETABLES

3 large carrots chopped

1 zucchini chopped

1 whole beet sliced

2 Tbsp EVOO or water

1 pinch sea salt

1/2 tsp cumin

1/2 tsp paprika

DRESSING

1/3 cup unhulled tahini

2-3 Tbsp lemon juice*

1-2 Tbsp maple syrup

1 pinch sea salt

Water, to thin

PLUS

6 cups kale chopped

1/2 purple cabbage chopped

1 cup chopped cherry tomatoes

1 ripe avocado sliced or cubed

1/4 cup hemp seeds

DIRECTIONS

Heat a small pot over medium heat and add rinsed, drained quinoa. Add water and bring to a low boil. Once boiling, reduce heat to a simmer, cover, and cook for around 20 minutes or until liquid is completely absorbed. Once cooked, fluff with a fork, remove lid, and set aside.

Preheat oven to 190 C and add carrots, zucchini beets to a baking sheet. Add oil and spices of choice and toss to coat. Roast for 25-30 minutes or until tender and slightly golden brown.

In the meantime, prepare dressing by adding tahini, lemon juice, maple syrup, and salt to a small mixing bowl and whisking to combine. Then add 1 tsp water at a time and whisk until pourable. Taste and adjust flavour as needed.

Place kale in a bowl and massage with a little EVOO and lemon. Once veggies are cooked, place them on the kale along with all other ingredients and toss.

Serve with your choice of grilled protein (salmon, chicken, turkey etc)

Enjoy!



RECIPES

THE BEST BREAD YOU WILL EAT

INGREDIENTS

1 cup sunflower seeds
½ cup flax seeds
½ cup almonds and 1/2 cup macadamias
1 ½ cups rolled oats
2 Tbsp. chia seeds
3 Tbsp psyllium husk powder
1 tsp. salt
1 Tbsp. maple syrup or stevia for sugar free
3 Tbsp. melted coconut oil
1 ½ cups / 350ml water

DIRECTIONS

In a bread pan (silicone ones work well) combine all the dry ingredients and mix.
Mix maple syrup (if using), oil and water together in a cup. Add to the dry ingredients and mix until everything is completely soaked and dough becomes thick.
Smooth out the mixture so it is even across the pan, then let it sit out on the counter for at least 2 hours. It should retain its shape even when you pull the sides of the loaf pan away from it.
2. Preheat oven to 180°C.
3. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from the pan, place it upside down directly on the rack and bake for another 30-40 minutes.
Let cool completely before slicing.
Will keep in the freezer for up to a month.
Top with your favourite condiment. Next level with butter or avo or scrambled eggs!
Enjoy.

You can alter this recipe by replacing the rolled oats with a fully grated carrot and zucchini, adding fennel seeds and 3 Tbsp Nutritional Yeast to the mix. Also remove the water. It is delicious! Email me for the exact recipe.



RECIPES

BEETROOT HUMMUS

INGREDIENTS

1 large whole beetroot
2-3 cloves garlic
1 can chickpeas
half a lemon juiced
1 tsp salt
2 Tbsp Tahini
1 tsp paprika
1 tsp cumin
100-120ml EVOO

DIRECTIONS

In a hot oven (190 C), roast your beetroot with the 3 cloves of garlic. I like to wrap mine in foil and drizzle a little EVOO in there for approximately 45-50 minutes.

Once your beet and garlic has cooled and peeled, chop it up and add to your food processor. Blend until only small bits remain.

Add all remaining ingredients except for EVOO and blend until smooth.

Drizzle in olive oil as the hummus is mixing. Add a little water if it's too thick.

Taste and adjust seasonings as needed.

Enjoy!

This is the perfect snack to have with crackers or vege sticks. It is low in calories and bursting with nutrients, plus it's delicious and so easy to make!

