

Week 1

# Recipe Book

for Inspiration

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Empowered Fertility  
Renewal

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# *Egg, Bacon & Avocado Bowl*



## YOU WILL NEED:

- 2 pieces bacon
- 2 hardboiled eggs, chopped
- ½ large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt & ground pepper, to taste

## HOW TO MAKE

1. Fry the bacon until crisp. Let it cool slightly and chop.
2. Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.
3. Season with salt and pepper to serve.



# *Turkey, Sweet Potato, and Apple Breakfast Scramble*



## YOU WILL NEED:

- 1 pound ground turkey
- 2 small sweet potatoes, diced into small bites
- 2 small apples (Honeycrisp really good here), diced
- 1 tbsp. coconut oil
- sea salt & ground pepper, to taste
- Optional for serving: serve over arugula with a side of avocado and kimchi or sauerkraut

## HOW TO MAKE

1. Heat coconut oil in a skillet on medium heat and start to cook turkey while breaking it apart. Cook for 3 or 4 minutes.
2. Add in sweet potato and apple
3. Continue cooking until sausage is browned, and the sweet potato is soft and getting caramelized.
4. Season with salt and pepper to serve. Serve over arugula lettuce with avocado - delish!

# Egg Muffins

## *You will need:*

- 8 eggs
- 4 links Italian sausage (sweet or hot, your choice)
- 1 head broccoli, florets removed and cut into smaller pieces
- 1/2 red bell pepper, diced
- 1 tbsp coconut oil
- 1/2 yellow onion, diced
- 1 garlic clove, minced
- Coconut oil for muffin tin preparation
- 1/2 cup grated pecorino romano cheese (optional)
- Salt and pepper to taste

*Serves 4*



## *How to make:*

1. Preheat oven to 350° F and prepare muffin tin with coconut oil
2. Remove sausage from casing, cook on stovetop skillet, breaking sausage apart into small pieces while stirring. Remove from the stove once cooked and browned and set aside
3. Using the same pan, heat the coconut oil. Add garlic and onion and cook while stirring on medium heat until fragrant, approximately 1 minute. Add broccoli, pinch of salt and pepper, stir, and cover until just beginning to soften. Remove from skillet.
4. In separate bowl, whisk 8 eggs, add salt and pepper. Add in sausage and broccoli to the eggs and mix well. Divide egg mixture to fill 8 muffin openings approximately 3/4 full. Sprinkle cheese over the top.
5. Place in preheated oven for 15-20 minutes or until eggs are set.



# Spinach Shakshuka



SERVES 2

## YOU WILL NEED:

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped
- Optional avocado as a side

## HOW TO MAKE

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.
2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve (avocado as a side is delish)



# Maple N'Oatmeal

## YOU WILL NEED:

- 1 head cauliflower, broken in 1-inch florets
- 2 tbsp coconut oil melted + 2 tbsp coconut oil unmelted
- 1/4 cup full-fat coconut milk
- 2 tbsp coconut sugar
- 2 tbsp maple syrup
- 1/2 tsp sea salt
- 1/2 tsp cinnamon
- 1 tsp vanilla
- 4 scoops [Vital Proteins Beef Gelatin](#) (or meat-based protein powder of choice)
- fresh fruit, extra cinnamon, and/or chia seeds for serving

## HOW TO MAKE

1. Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. In a large bowl, add the cauliflower florets and mix well with 2 melted tbsp coconut oil until well coated.
3. Place florets in single layer and roast for 20-25 minutes or until tender with edges turning a deep brown.
4. Once done, remove cauliflower from oven and add cauliflower, 2 tbsp coconut oil, coconut milk, coconut sugar, maple syrup, salt, cinnamon, and vanilla in food processor. Process for several minutes until mixture is creamy and thick.
5. Mix in your protein of choice. I prefer an unflavored beef-based collagen or gelatin. Spoon into bowls with extra toppings of berries, a little extra cinnamon, and enjoy!





# *Simple Chili & Sweet Potato Fries*



## DIRECTIONS

1. Heat the oven to 420°F (215°C).
2. Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper. Drizzle with olive oil and make sure all the potatoes are seasoned.
3. Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
4. In the meantime, heat a skillet over a medium-high heat and add the ground beef. Cook for about 2-3 minutes and season with chili flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

*Serves 4*

## INGREDIENTS

- For the potatoes:
- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- salt & pepper
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- For the simple chili:
- 1 lb. (450g) ground beef
- 1 tbsp. chili flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water
- 
- For the garnish:
- 2 tbsp. coriander, chopped
- 1 avocado, mashed

# Egg & Turkey Stuffed Peppers

*Serves 4*



## INGREDIENTS

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb. (450g) ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- Optional: ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

## DIRECTIONS

1. Heat oven to 400°F (200°C).
2. Beat the eggs, egg whites and milk, then set aside.
3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.
4. Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.
5. Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.
6. Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.
7. Place the peppers in a baking dish and sprinkle them with grated cheese (or no cheese if DF).
8. Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.
9. To serve, sprinkle with chopped parsley.



# *Salmon Tartar With Avocado & Mango*

SERVES 2



## YOU WILL NEED:

- 2 small salmon fillet (200g), cut in cubes
- 1/2 avocado, cut in cubes
- 1/2 cup (30g) mango, cut in cubes
- 2 tbsp. lime juice
- 1 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

## HOW TO MAKE

1. Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.
2. Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.
3. Set aside to chill in the fridge for at least 10 minutes

## TIP:

Buy from a reputable fish market for sushi-grade, wild-caught salmon.

# Chicken, Orange & Walnut Salad

## YOU WILL NEED:

### For the salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- ¼ iceberg lettuce
- 1 orange
- ⅓ pomegranate fruit, seeds
- ¼ cup (30g) pecans, roasted

### For the dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- ⅓ tsp. cinnamon

## HOW TO MAKE

1. Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.
2. Mix the ingredients of the dressing in a cup, season with salt and pepper.
3. Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.
4. Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.
5. Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.







## Guacamole

prep: 10 minutes

### INGREDIENTS

- 2 ripe avocados, mashed
- 2 garlic cloves, minced
- 1/2 lime, juiced
- 1/2 yellow onion, chopped
- 1/2 jalapeño, minced
- 2 tbsp cilantro, chopped (more if desired)
- 1 tomato, diced

Mix avocados, garlic, onion, lime juice, jalapeno, cilantro, and tomato together. Salt to taste and enjoy!



## Slow Cooker Chicken Fajitas

prep: 10 minutes

Slow cook 3-4 hours

### INGREDIENTS

- 2 lbs. (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

1. Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.
2. Lastly, add the remaining peppers and onions and cook for 4 hours on high.
3. Remove the chicken and shred it with a fork, then return it in the slow-cooker. Mix well and cook for another 10 mins. on low.
4. Serve fajitas over cauliflower rice with salsa, guacamole, sour cream (if doing dairy), cheese.

Optional: Make your own [Paleo Tortillas from Paleo Gluten Free](#)

# *Dandelion and Chiocory "Coffee"*

SERVES 2



## YOU WILL NEED:

- 4 tbsp roasted dandelion root
- 2 tsp roasted chicory root
- 2 tsp cinnamon bark = 1 or 2 long bark pieces broken up into smaller bits
- 4 cups water

## HOW TO MAKE

1. Place all ingredients into a small pot and bring to a boil.
2. Lower heat and let simmer for 5-10 minutes, then strain out the root pieces and cinnamon bark with a fine mesh strainer.
3. Serve in a mug similar to coffee - can add coconut milk, cream, additional cinnamon, a little maple syrup for sweetness or even a little cocoa. Enjoy!



# Green Glow Protein Smoothie

SERVES 1

## YOU WILL NEED:

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tsp coconut oil
- 1 tbsp. almond butter
- $\frac{2}{3}$  cup (150ml) coconut water
- 1 scoop Vital Proteins Collagen powder

## HOW TO MAKE

1. Gently saute spinach and kale in skillet with 1 tsp coconut oil until slightly wilted.
2. Place all ingredients into a high-speed blender and blitz until smooth.
3. Serve immediately.

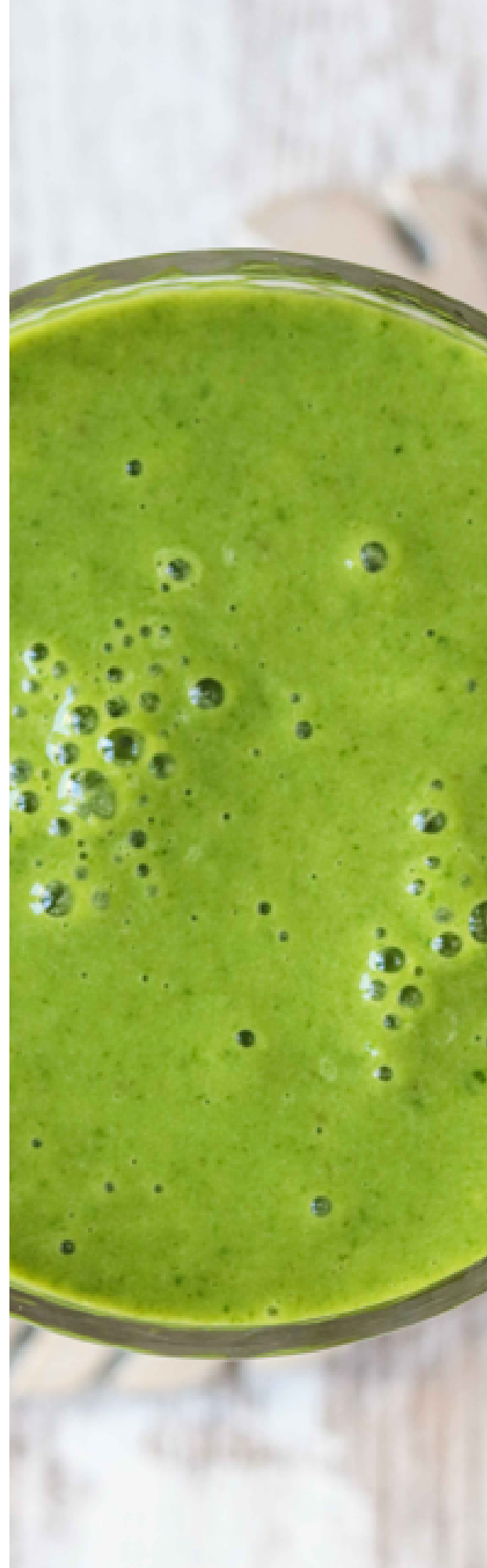
# Antioxidant Blueberry Smoothie

SERVES 1

## YOU WILL NEED:

- $\frac{1}{2}$  cup (125ml) coconut water
- $\frac{1}{2}$  cup (125ml) almond milk, unsweetened
- 2 scoops VP Collagen/Beef Gelatin or powder of choice
- $\frac{1}{2}$  cup (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

Blend all the ingredients in a high-speed blender until smooth and serve.







# Coco Chia Berry Pudding

*Serves 4*

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I love to prepare this pudding as a staple so that I have it in case I get hit by a sweet tooth! It's great to have on hand, and stays fairly well in the fridge for a couple of days.

Prep time: 5 minutes

Cook time: 10 minutes

Total time: 15 minutes    Servings: 4

## INGREDIENTS

- 1 can (13.5 oz) coconut cream or full-fat coconut milk
- 1/3 cup chia seeds
- 1 tsp vanilla
- Berries of your choice - strawberries, blueberries, raspberries etc.
- Cinnamon to taste when serving

Combine coconut milk or cream with chia seeds and vanilla. Mix well. Set in fridge for at least 10 minutes. Scoop out and enjoy with berries and cinnamon.





## *Creamy Avocado Chocolate Pudding*

This is a delectably creamy pudding that is better than "normal" pudding. Talk about getting awesome fats and nutrients in while satisfying your chocolate demons...mmm...

Prep time: 5 minutes

Total time: 10 minutes

Servings: 4 (or 2 if you're like me :-)

- 2 ripe avocados
- 1/3 cup coconut milk
- 1/3 cup maple syrup
- 1/2 cup cocoa
- 1 tsp vanilla
- pinch of salt

Scoop out avocados and combine all ingredients in a food processor. Process until smooth and creamy. Throw some berries on top or eat plain. Enjoy!