



WEEK 7

# RECIPE BOOK

for inspiration

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# *Omelette With Cottage Cheese & Basil*

*Serves 4*

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- 8 large eggs
- 4 tbsp. water
- 1 - 2 tbsp. oil or butter as needed
- 1 bunch fresh basil
- 1 cup cottage cheese
- 12 cherry tomatoes

1. Beat the eggs with the water and season with salt and pepper.
2. Heat oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under lint-free towel and another plate over top.
3. Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.
4. Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.



# *Spanish Zucchini Tortilla*

*Serves 2*

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- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

1. Heat oil in a cast iron skillet and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.
2. In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.
3. Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.
4. After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.
5. After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

# Omelette Wraps

*Serves 4*

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- 8 oz. (200g) cottage cheese
- 6 handfuls watercress
- 1 lemon, peel only
- 8 eggs
- ¼ cup (60ml) almond milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 8 oz. (100g) smoked salmon, chopped

1. Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
2. Beat the eggs with the milk and herbs in a separate bowl.
3. Heat 1 tsp. of oil in a skillet and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then flip. Cook the other side for ½ minute.
4. Remove the omelet from the pan and set aside. Cook the other omelettes with the rest of the oil.
5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

# Smoked Salmon, Feta & Asparagus Omelette

*Serves 2*

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- 4 oz. (125g) asparagus
  - 1 tsp. coconut oil
  - 4 large eggs
  - 5 tbsp. (70ml) milk, plant or dairy
  - 4 oz. (60g) smoked salmon, cut into pieces
  - ¼ cup (30g) feta cheese (or brie, camembert), cubed
  - 5 cherry tomatoes, halved
  - dill, to serve
1. Wash the asparagus, break off the hard ends then discard (they will break themselves in the right place). Cut the softer stalks diagonally to equal pieces
  2. Boil in lightly salted water for about 2 minutes, then strain and set aside.
  3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
  4. Heat the oven to 350°F (180°C). Heat the oil in a skillet (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
  5. Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.
  6. To serve sprinkle with fresh dill and season with freshly ground black pepper.



# Bacon Apple Breakfast Hash

*Serves 4*

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- 1 tablespoon coconut oil
- 8 slices organic bacon, chopped
- 2 cups chopped, de-stemmed kale
- 1 medium apple, cored and diced
- 1/2 teaspoon minced thyme
- Salt and pepper to taste

1. In a large skillet, heat coconut oil over medium-high heat. Cook bacon until crisp, then remove and set aside.
2. Add the remaining ingredients and cook for 5 minutes, until apple is tender. Return the bacon to the skillet and mix.
3. Serve warm.

# Tuna & Quinoa Toss Salad

*Serves 2*

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**For the dressing:**

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt & pepper, to taste

**For the salad:**

- 1 cup (185g) soaked and cooked quinoa
- ¼ cup (50g) chickpeas, rinsed and drained
- ½ cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7oz./200g drained)

1. Soak quinoa: 1 cup of quinoa covered with 3 cups of water. Add in 1 Tbsp of fresh lemon juice or apple cider vinegar. Leave at room temperature for 24 hours, then drain, rinse, and cook as usual
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.

# Baked Salmon With Zoodles & Quinoa

*Serves 2*

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- 2 salmon fillets (4.4 oz. /125g each)
  - 3.5 oz. (100g) quinoa, cooked
  - 1 zucchini
  - ½ tbsp. olive oil
  - 1 garlic clove, crushed
  - 2.5 oz. (70g) sundried tomatoes, rinsed, chopped
- Salmon marinade:**
- 2 tbsp. coconut aminos
  - ½ tbsp. olive oil
  - ½ tsp. sweet paprika
  - ½ tsp. hot paprika
  - 1 tbsp. rice vinegar
  - 1 tsp. honey
  - 1 tbsp. black sesame seeds
  - chili flakes, to taste

1. Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.
2. While the salmon is marinating, cook the quinoa and spiralize the zucchini.
3. Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.
4. Heat the oven to 480°F (250°C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.
5. Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.
6. Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.



# Zesty Turkey Meatballs

*Serves 4*

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- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) ground turkey
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) full fat yogurt (Greek, dairy or non dairy)
- 1 garlic clove, minced
- Salt to taste

**For serving:**

- 8 cups of salad greens
- 1 cucumber, sliced

1. Heat 1 tbsp. of oil in a skillet over medium heat, and sauté onion for 5 minutes. Add in the chilis and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.
2. Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.
3. In the meantime, make the sauce by mixing the yogurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.
4. Heat the remaining 1 tbsp. of oil in skillet over medium heat. Fry the meatballs for 10 minutes, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.
5. Serve with yogurt sauce over a bed of salad greens and cucumber.

# Beet, Goat, & Walnut Salad

*Serves 4*

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- 8 medium beets, trimmed from greens (save greens for a different recipe)
  - 1/2 cup walnuts
  - 3 oz goat cheese
  - 5 tbsp olive oil
  - 2 tbsp red wine vinegar
  - 2 tbsp lemon juice
  - Pinch of salt
  - 1/2 tsp of turmeric
  - 8 cups arugula or greens of choice
  - Optional: golden raisins
1. Place beets in pot of water and bring to a boil. Boil until soft and easily pierced with a fork or knife, approximately 30 minutes. Allow to cool before handling. Using paper towels to cover hands from being dyed, hold a beet in your hands and slowly work the skin off. Dice.
  2. For the dressing: Combine olive oil, red wine vinegar, lemon juice, turmeric, pinch of salt and whisk.
  3. Toss arugula and greens, beets, walnuts, goat cheese, and dressing together.
  4. Divide between 4 plates and enjoy

# Lemon-Garlic Salmon With Beet Greens & Mushrooms

*Serves 4*

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## For the salmon:

- 4 wild caught salmon fillets
- 2 tsp fresh parsley, chopped
- 2 garlic cloves, minced
- Zest of 1 lemon
- 2 Tbsp butter, divided
- 1 Tbsp coconut oil
- 1 Tbsp lemon juice
- Salt and Pepper to taste

## For the greens:

- Beets greens from 2 bunches of beets (kale, or spinach can be used instead)
- 1/2 onion, diced
- 1 garlic clove, minced

## For the mushrooms:

- 8 oz mushrooms (porcini, shiitake preferred but any will do)
- 2 Tbsp butter

1. Preheat oven to 350° F
2. Mince 2 garlic, zest lemon. Cut lemon in half and slice 8 very thin lemon slices from one half. Then juice the rest of the lemon. Mix 2 tbsp butter with parsley, garlic, lemon zest, and salt. Rub garlic butter evenly over the salmon fillets. Drizzle lemon juice over the salmon and place lemon slices on top. Bake for approximately 12 minutes, depending on thickness, or until salmon fat is just starting to come out the top.
3. While salmon cooking: Heat 2 tbsp butter in pan, cook mushrooms until soft and fragrant. Salt and pepper to taste. Set aside.
4. Heat coconut oil in pan, add garlic and onion, cook while stirring until fragrant and onions look slightly translucent. Add beet greens. Cook until greens are soft and cooked. Salt and pepper to taste.
5. Combine the salmon, mushrooms, and beets on a plate and enjoy!



# Sautéed Pork Chops With Collard Greens

*Serves 4*

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**4 center cut pork chops, ½ inch thick**

**For the Collards:**

- ½ pound of bacon, diced
- 1 onion, sliced thin
- 1 small carrot, diced
- 2 cloves garlic, sliced
- 1 tsp chili flakes
- 3 cups chicken/bone broth
- 1 pound collard greens

1. To clean the collard greens cut the tough stem from the center removing the leaves. The leaves can be torn or cut into bite sized pieces while the stems need to be cut very fine.
2. In a medium sized pot cook bacon until crispy and the fat has nicely rendered off. Remove bacon from the pot but leave in the fat. Add onions and carrots and sweat for 2 minutes. Add garlic and chili flake and sweat for another minute. Add stock, collard greens and bacon back into the pot and cover. Bring to a simmer and cook for 45 minutes or until the collards are very tender.
3. For the pork: Season both sides aggressively with salt and pepper and sear in a very hot skillet. Cook to desired temperature.

# Butter Chicken

Serves 6+

- 6 Tbsp ghee or butter, divided
  - 2 pounds chicken thigh, cut into cubes
  - 2 tsp garam masala
  - 2 tsp paprika
  - 2 teaspoons ground coriander
  - 1 Tbsp fresh ginger, minced
  - 1/4 tsp chili powder
  - 1 tsp cinnamon
  - 6 cardamom pods, smashed with the side of the knife
  - 15 ounce can tomato sauce
  - 1 Tbsp coconut aminos
  - 1 cup coconut cream (the solid white part; place can in fridge for 2 hours before cooking if needed)
  - 1.5 Tbsp fresh lemon juice
  - Salt to taste
  - Fresh cilantro for serving
  - Cooked cauliflower rice to serve
1. Heat 1 Tbsp ghee or butter in pot over medium-high heat, brown 1/2 the chicken thighs until cooked through. Set aside. Cook the remaining chicken and set aside.
  2. Reduce heat to medium-low and add the remaining ghee and melt. Add in garam masala, paprika, coriander, ginger, chili powder, cinnamon, and cardamom pods. Stir fry for 1 minute or until fragrant. Return chicken to pot and mix to coat.
  3. Add the tomato sauce and coconut aminos and let simmer for 10 minutes, stirring occasionally, until sauce has thickened.
  4. Add in coconut cream and lemon juice, let simmer for an additional 10 minutes or until sauce has thickened. Add salt to taste (the more salt, the better).
  5. Remove the cardamom pods from the pot and discard.
  6. Serve over cauliflower rice and plenty of cilantro

# Pear, Cured Ham, & Walnut Salad

*Serves 2*

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- 4 handfuls of mixed greens
- 1 ripe pear, sliced
- 3 oz. blue cheese, cubed
- 4 slices cured ham, cut into strips
- 1/2 cup walnuts, chopped

## Dressing:

- 2 tbsp. olive oil
- 4 tsp. lemon juice
- 2 tbsp. maple syrup

1. Divide the greens between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the greens evenly.
2. Add the cubed cheese and the ham. Finally, top with nuts.
3. Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.



# Homemade Quinoa Chicken Nuggets

*Serves 4*

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- **1 lb. (450g) chicken breasts, cut into chunks**
  - **1 cup (185g) cooked quinoa**
  - **1 egg, beaten**
  - **¼ cup (30g) cup Parmesan, grated**
  - **1 tbsp. dried herbs, of choice**
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1. Set oven to 350°F (180°C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.
  2. Increase the oven temperature to 390°F (200°C).
  3. Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.
  4. Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.

# *Summer Smoothie Protein Bowl*

*Serves 2*

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- **2 medium peaches, chopped, frozen**
- **1 medium banana, sliced, frozen**
- **¾ cup (190g) full fat yogurt of choice (dairy or non dairy)**
- **½ cup (125ml) coconut water**
- **1 scoop (25g) protein powder of choice (vanilla or unflavored)**

## **Optional toppings:**

- **fresh berries, any kind**
- **Goji berries**
- **walnuts**
- **chia seeds**

1. Place all ingredients in a high-speed blender and blitz until smooth. If using unflavored protein powder, add a small splash of vanilla extract.
2. Divide between 2 bowls, add your favorite toppings and serve straight away.

# *Tropical Granola*

*Serves 4*

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- **1 cup (165g) pineapple, cubed**
- **5 Medjool dates, pitted and roughly chopped**
- **orange, 2 tbsp. juice**
- **1 tbsp. vanilla extract**
- **1 tsp. ground cinnamon**
- **¼ cup (60ml) coconut oil, melted**
- **3 cups (400g) almonds, roughly chopped**
- **1 cup (150g) cashew nuts, roughly chopped**
- **3 cups (90g) unsweetened coconut flakes**
- **½ cup (70g) sunflower seeds**
- **½ tsp. salt**

1. Pre-heat oven to 250°F (120°C) and prepare 2 racks lined with baking sheets.
2. In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.
3. Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.
4. Fold in the pineapple mix into the nuts and mix well until combined.
5. Divide the wet granola between the two prepared baking sheets and spread into a thin layer.
6. Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.
7. In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.
8. The granola can be kept for a couple of weeks.

# *Kiwi Boost Smoothie*

*Serves 2*

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- **⅔ cup (160g) coconut yogurt**
- **½ cup (120ml) coconut milk**
- **¼ tsp. ginger, grated or minced**
- **2 kiwis, peeled & quartered**
- **2 Tbsp chia seeds**
- **2 cups (60g) baby spinach**

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

# *Cilantro Detox Smoothie*

*Serves 1*

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- 1 handful parsley
- 1 handful cilantro
- 1 cucumber
- 1/2 tsp fresh ginger, minced or grated
- 1/4 tsp turmeric powder
- Juice from 1/2 lemon
- 2 cups coconut water

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

# *Sweet Potato & Black Bean Brownies*

*Serves 12*

- **9 oz. (250g) sweet potato**
- **1 14oz. (400g) can black beans, drained**
- **½ cup (60g) walnuts**
- **3.5 oz. (100g) coconut sugar**
- **1 bar dark chocolate, chopped**
- **3 tbsp. olive oil**

1. Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.
2. Heat the oven to 360°F (180°C) and prepare an 11x7-inches (28x18cm) baking tin lined with baking paper.
3. Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Next add in the olive oil and blitz again.
4. Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.