

Back to Basics *Challenge* (Family)

**PROGRESS
OVER POUNDS**



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Guidelines



Plan Meals

Get organized! Look at the week ahead. What will you eat? What days will you cook? Make a meal plan, create a shopping list, and go shopping.



Eat Slowly

Eat slowly for better digestion and enjoyment. It takes twenty minutes for your brain to recognize that you feel full.



Eat Nutritious Foods

Say yes to minimally processed, whole foods. Include lean protein, smart carbs, healthy fats, and lots of vegetables.



Stay Hydrated

Stay hydrated by drinking mainly water with some tea, herbal tea, coffee, and La Croix. Aim for 64oz (2 liters) per day.



Get Enough Sleep

Develop a sleep routine and get enough sleep. Also, take the time to relax and take care of your mental well-being.



Avoid Processed Foods

Say no to fast food, processed grains and added sugar (such as bread, pasta, cookies, baked goods), and artificial sweeteners (such as diet soda, ketchup).



Have less

Avoid drinking excessive amounts of calorie-containing beverages (such as milk, soda, fruit juice, alcohol etc.)

What to Eat

Protein

Meat and Poultry

- Beef, Lamb, Pork, Venison, Chicken, Turkey, Duck

Fish and Shellfish

- Cod, Haddock, Mackerel, Pollock, Salmon, Trout, Crab, Prawns, Scallops, Squid

Dairy and Other

- Cottage Cheese, Plain Strained Yogurt, Eggs, Whey Protein Powder

Plant-Based

- Beans, Chickpeas, Lentils, Peas, Tempeh, Tofu, Pea Protein Powder

Healthy Fats

Nuts and Seeds

- Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pistachios, Walnuts, Chia Seeds, Flaxseed, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds

Drupes

- Avocados, Coconuts, Olives

Dairy and Other

- Butter, Ghee, Natural Nut Butters, Omega 3 Supplement

Oils

- Avocado Oil, Coconut Oil, Extra Virgin Olive Oil, Olive Oil, Fish Oil, Cold-Pressed Flaxseed Oil, Walnut Oil

Vegetables

Salad

- Spinach, Kale, Bok Choy, Arugula, Beet Greens, Lettuce, Radicchio, Watercress

Vegetables

- Asparagus, Artichoke, Bean Sprouts, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celeriac, Celery, Cucumber, Eggplant, Fennel, Green Beans, Green Onions, Leeks, Mushrooms, Okra, Onions, Radishes, Rutabaga, Sugar Snap Peas, Tomatoes, Zucchini

Flavors, Herbs and Spices

- Chili Peppers, Garlic, Ginger, Basil, Bay Leaves, Chives, Cilantro, Dill, Lemongrass, Mint, Oregano, Parsley, Rosemary, Thyme

Smart Carbs

Starches

- Carrots, Corn, Parsnips, Potatoes, Pumpkin, Squash, Sweet Potatoes, Yams

Fruit and Berries

- Apricots, Apples, Bananas, Cantaloupe, Cherries, Grapefruit, Grapes, Lemons, Limes, Mangoes, Melons, Nectarines, Oranges, Papaya, Peaches, Pineapple, Plums, Pomegranates, Rhubarb, Acai Berries, Blackberries, Blueberries, Raspberries, Strawberries

Whole Grains

- Amaranth, Barley, Brown Rice, Buckwheat, Kamut, Millet, Quinoa, Rolled Oats, Sorghum, Spelt, Sprouted Grains, Teff, Wild Rice

Meal Planning Sheet

	Breakfast	Snack	Lunch	Snack	Dinner
Mon					
Tue					
Wed					
Thurs					
Fri					
Sat					
Sun					

Overnight Oats



Directions

1. Combine the rolled oats, chia seeds, Greek yogurt, almond milk, and whey protein powder in a large Mason jar.
2. Put the lid on and shake vigorously until the ingredients are fully combined. Top with frozen berries, put the lid back on and refrigerate overnight.
3. Stir and serve.

This recipe can be made up to four days in advance to save you time in the morning. Enjoy this recipe hot or cold.

Ingredients

- ½ cup rolled oats
- ½ tbsp chia seeds
- 1 cup plain Greek yogurt
- ½ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ¾ cup frozen berries

1 serving • 8 hours 10 mins • 6 ingredients

Yogurt Parfait



Directions

1. In mason jars or bowls, begin layers with a quarter cup of Greek yogurt, followed by a layer of berries, and nuts.
2. Repeat the layering process until yogurt, berries and nuts are gone. If desired, add a sprinkling of cinnamon to the yogurt layer before adding berries.

One of the easiest breakfasts there is, it can be made with any toppings you like. Choose fruits that are in season to get the best flavor.

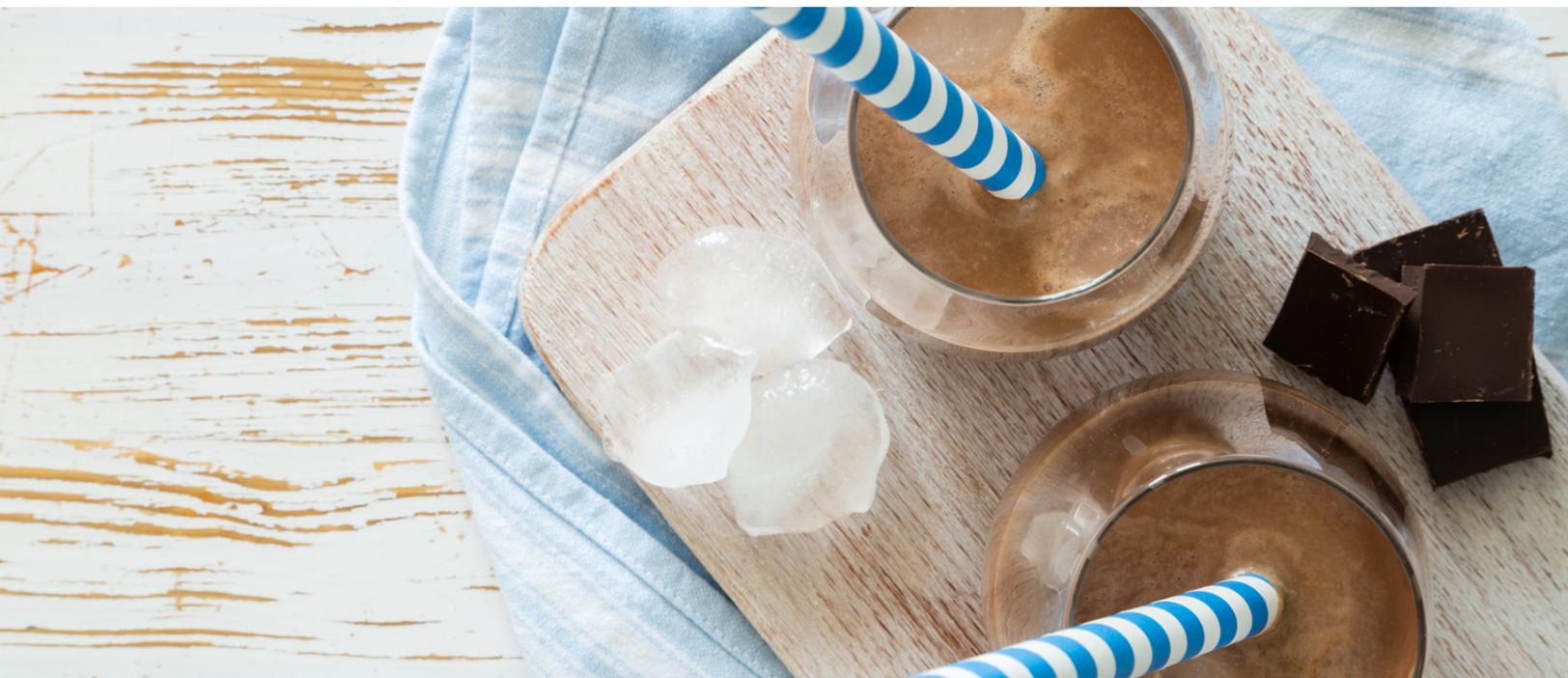
Store any uneaten parfaits covered in the fridge for up to two days.

Ingredients

- 2 cups Greek yogurt
- 1 cup blackberries, sliced
- 1 cup blueberries
- 1 cup raspberries
- ¼ cup nuts
- Cinnamon, optional

2 servings • 10 mins • 6 ingredients

Cherry Chocolate



Directions

1. Combine all ingredients in a blender.
2. Blend on high until the mixture is smooth and creamy.
3. Enjoy the rich and fruity flavors.

Ingredients

- 1 cup water
- 1 scoop chocolate protein powder
- 1 cup unsweetened frozen cherries
- 1 cup spinach
- 1 tbsp walnuts
- 1 tbsp cacao nibs

1 serving • 5 mins • 5 ingredients

Berry Super Shake



Directions

1. Combine all ingredients in a blender.
2. Blend on high until the mixture is smooth and creamy.
3. Enjoy the berry bursting flavors.

Ingredients

- 1 cup unsweetened almond milk
- ½ cup frozen blueberries
- ½ cup frozen strawberries
- 1 cup spinach
- 1 scoop vanilla protein powder
- 1 tbsp milled flaxseed

1 serving • 5 mins • 6 ingredients

Breakfast Peppers



Directions

1. Preheat your oven to 375°F (180°C).
2. Melt the oil in a skillet placed over a medium heat.
3. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook for about 2 minutes.
4. Add the spinach and cook until wilted, about 1 or 2 minutes.
5. Season to taste with salt, black pepper, and garlic powder.
6. Divide the vegetable mixture equally among the bell pepper halves.
7. Top off each bell pepper half with some of the beaten eggs. Add the bacon, if using.
8. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.

Ingredients

- 1 tbsp coconut oil
- 1 onion, diced
- 1 cup mushrooms, sliced
- 1 tomato, diced
- 3 cups baby spinach
- ½ tsp garlic powder
- Salt, to taste
- Pepper, to taste
- 4 bell peppers, sliced in half and deseeded
- 8 eggs, beaten
- 4 slices bacon, nitrite free

4 servings • 50 mins • 11 ingredients

Mushroom Frittata



Directions

1. With the rack in the middle position, preheat the oven to 350°F (180°C).
2. Butter an 8-inch square baking dish. Set aside.
3. In a large bowl, whisk the eggs. Add grated cheese. Season with salt and pepper. Place bowl aside.
4. In a large non-stick skillet, brown onion and mushrooms in butter over medium heat. Season with salt and pepper. Add spinach and continue cooking for about 1 minute, stirring constantly.
5. Pour mushroom mixture into the egg mixture. Stir well and pour into a baking dish. Bake the frittata for about 25 minutes or until lightly browned and puffed. Cut frittata into squares and remove using a spatula.

Ingredients

- 3 tbsp butter
- 8 eggs
- 4 oz cheddar cheese
- Sea salt
- Black pepper
- 1 onion, thinly sliced
- 4 oz button mushrooms
- 2 cups baby spinach

4 servings • 30 mins • 8 ingredients

Pecan Porridge



Directions

1. Chop the dates into thin slices. Add the oats, chopped dates, almond milk, water, and ground cinnamon to a small pan.
2. Turn on the heat and bring to the boil, stirring the contents occasionally with a wooden spoon.
3. Put on a loose-fitting lid and return to stir frequently over a 15 minute period. If the porridge thickens up too much add a little extra plant-based milk or water.
4. After 15 minutes you can turn it off and allow it to continue cooking in its own heat until you are ready to eat, OR it can be served immediately.
5. Top with pecans. For extra sweetness, add banana slices and blueberries.

Ingredients

- 4 organic dates, pitted
- ½ cup porridge oats
- 1 ½ cup almond milk
- ½ cup water
- 1 tsp ground cinnamon
- 4 pecan nuts
- ½ banana, optional
- ½ cup blueberries, optional

1 serving • 5 mins • 8 ingredients

Egg Muffins



Directions

1. Preheat oven to 400°F (200°C). Generously coat a 12-cup standard muffin tin with olive oil, or use muffin cases.
2. Place the sausage in a medium skillet over medium-high heat and cook, breaking the meat into small pieces with a wooden spoon, until browned and cooked through (7 to 8 minutes). Evenly divide $\frac{3}{4}$ of the sausage between the muffin wells.
3. Divide the mushrooms, onion, and spinach evenly between the muffin wells. Top with the remaining sausage. Place the eggs, butter, salt, and pepper in a medium bowl and whisk until the eggs are completely incorporated. Pour into the muffin wells, filling each $\frac{1}{2}$ to $\frac{3}{4}$ full.
4. Bake until the eggs are set and lightly browned around the edges (12 to 14 minutes). Place the pan on a wire rack and let cool for 2 to 3 minutes. If the mixture has been cooked directly in the muffin tin, run a butter knife around each cup to loosen the muffins before removing them from the pan.
5. Serve warm, or cool completely on a wire rack before refrigerating or freezing.

Ingredients

- 1 tbsp olive oil
- 8 oz pork breakfast sausage, casings removed (sugar-free)
- 1 cup mushrooms, sliced
- $\frac{1}{2}$ cup green onions, diced
- 1 cup baby spinach, chopped
- 8 large eggs
- 3 tbsp butter
- 1 tsp sea salt
- $\frac{1}{4}$ tsp black pepper

4 servings • 25 mins • 9 ingredients

Potato Quiche



Directions

1. Preheat oven to 400°F (200°C).
2. Peel and slice the sweet potatoes into thin slices (the slices should be thin enough to bend easily). Arrange potato slices in a pie dish in a circular pattern to form a “crust” for the quiche.
3. Drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake for 15 to 20 minutes.
4. Meanwhile, melt some cooking fat in a skillet over medium heat and add the garlic and onion.
5. Cook until the onion and garlic are soft and fragrant, around 5 minutes. Add in the spinach. Sauté until wilted, 2 to 3 minutes, and set aside to cool down.
6. When the sweet potatoes are done, lower the oven heat to 375°F (190°C).
7. In a bowl, combine beaten eggs with the spinach mixture, bacon, and chives. Pour over the sweet potato crust and place back in the oven.
8. Bake 30 to 35 minutes, or until the eggs are set; serve warm.

Ingredients

- 4 sweet potatoes
- 4 eggs, beaten
- 2 cups baby spinach
- 4 slices bacon, nitrate free, cooked and crumbled
- ½ onion, sliced
- 1 clove garlic, ground
- 2 tbsp fresh chives
- 2 tbsp olive oil
- Sea salt
- Black pepper

4 servings • 1 hour 15 mins • 10 ingredients

Egg Scramble



Directions

1. Add coconut oil to the pan and preheat on the stove.
2. Place bacon strips in the pan. Fry until preferred crispiness and set aside on a paper towel-lined plate.
3. In the same pan as bacon, cook sprouts and onions until tender, about 5 minutes.
4. Add garlic powder, salt, and pepper to taste.
5. When the Brussels sprouts are done, cook eggs in your preferred manner.
6. Serve together in a bowl or on a plate and enjoy!

Ingredients

- 1 tbsp coconut oil
- 4 slices bacon, nitrite free
- 12 Brussels sprouts, cut in halves or quarters
- ½ onion, diced
- Garlic powder
- Sea salt, to taste
- Black pepper, to taste
- 6 eggs

2 servings • 20 mins • 7 ingredients

Roast Lentil Salad



Directions

1. Preheat oven to 400°F (200°C).
2. Chop the sweet potato and spread on a couple of baking trays in a single layer. Drizzle with the 1 tsp of olive oil and sprinkle over the rosemary and thyme. Add a pinch of salt and pepper to taste. Mix until they're well-coated.
3. Roast the sweet potato in the oven for 35 to 40 minutes until tender and browned.
4. While the sweet potatoes are roasting, add the dry lentils and vegetable broth to a pot.
5. Bring to a boil on the stove top then cover and reduce heat to a light simmer. Cook for 20 to 25 minutes until the lentils are tender, adding a little extra water as needed.
6. Once everything is cooked, divide the lentils and roasted vegetables between 4 bowls and toss with the balsamic vinegar.
7. Serve with spinach and sundried tomatoes.

Ingredients

- 1 sweet potato, cubed
- 1 tbsp olive oil
- 1 tbsp fresh rosemary
- 1 tbsp fresh thyme
- Sea salt
- Black pepper
- 1 cup uncooked lentils
- 2 ¼ cups vegetable broth or water
- 2 tbsp balsamic vinegar
- ½ cup sundried tomatoes
- 2 cups spinach

2 servings • 45 mins • 11 ingredients

Italian Bowls



Directions

1. Preheat oven to 450°F (220°C). Line a baking sheet with aluminum foil and set aside.
2. In a small bowl, mix salt, pepper, basil, marjoram, rosemary, thyme, and paprika.
3. Place the chicken and vegetables in the baking dish.
4. Sprinkle all the spices and garlic evenly over the chicken and vegetables. Drizzle with the olive oil.
5. Bake for 15 to 20 minutes until chicken is cooked, and vegetables are slightly charred.
6. Broil for 1 to 2 minutes to brown chicken.
7. Divide the cooked rice into 4 individual meal prep containers.
8. Divide chicken and vegetables evenly on top of the rice.

Cover and store in the fridge for 3 to 5 days.

Ingredients

- 1 tsp sea salt
- ½ tsp black pepper
- 2 tsp basil
- 2 tsp marjoram
- 2 tsp rosemary
- 2 tsp thyme
- 1 tsp paprika
- 2 lbs chicken breasts, sliced
- 1 ½ cups broccoli florets
- 1 red onion, chopped
- 1 cup plum tomatoes
- 1 zucchini, chopped
- 2 tsp ground garlic
- 2 tbsp olive oil
- 3 cups cooked rice of choice, optional

4 servings • 45 mins • 15 ingredients

Indian Chickpeas



Directions

1. Heat olive oil in a pan, add the garlic, yellow bell pepper, chili and green onions, and fry for 5 minutes over a medium-high heat.
2. Add the spices, tomatoes, most of the cilantro, and the chickpeas to the sauté pan and cook for 1 to 2 minutes more. Stir enough liquid from the chickpeas to moisten everything. Leave to simmer gently.
3. In a saucepan of boiling water, poach the eggs for 2 minutes. Spoon the chickpea mixture onto plates and top with the eggs.
4. Use remaining cilantro to garnish.

Ingredients

- 2 cloves garlic, chopped
- 1 yellow bell pepper, diced
- ½ red chili, chopped
- ½ bunch green onions
- 1 tbsp olive oil
- 3 tomatoes, cut into wedges
- Cumin
- Cilantro
- Turmeric
- 4 eggs
- 1 can chickpeas (14 oz can, drained)

2 servings • 15 mins • 10 ingredients

Steak Skewers



Directions

If using wooden skewers, soak in water before threading (to prevent burning and minimize splinters).

1. Put the steak cubes in a freezer bag.
2. Add the zest and juice of the citrus fruit, olive oil, garlic, smoked paprika, salt, and pepper.
3. Coat the ingredients thoroughly.
4. Allow the ingredients to marinate in the refrigerator for at least 30 to 60 minutes for best results.
5. Re-coat once or twice as it's marinating.
6. Thread the steak and veggie pieces onto skewers alternately.
7. Grill the skewers over direct high heat, with the lid closed, until the meat is cooked to your taste (6 to 8 minutes for medium-rare), turning occasionally.

Vary this recipe by using chicken, fish or halloumi in place of steak.

4 servings • 45 minutes • 14 ingredients

Ingredients

- 16 oz steak, cut into cubes
- 1 lemon, zest and juice
- 1 orange, zest and juice
- 1 lime, zest and juice
- 1 tbsp olive oil
- 2 cloves garlic, ground
- 1 tsp smoked paprika
- 1 tsp sea salt
- ½ tsp black pepper
- 2 bell peppers
- 12 mushrooms
- 1 cup cherry tomatoes
- 1 zucchini
- 1 cup yellow squash

Thai Chicken Curry

Directions

1. Slice chicken into bite-sized pieces. Heat coconut oil on medium/high heat, add the chicken and the carrots and cook for about 3 minutes, until the carrots just begin to soften.
2. Turn the heat down to medium and add in the pepper, broccoli, onion and ginger and cook until they begin to soften and brown, about 5 minutes.
3. Add in the curry powder and cook until fragrant, about 1 minute.
4. Add in the can of coconut milk (shaking thoroughly first) and a pinch of salt, mixing well.
5. Raise the heat to medium/high and bring the mixture to a boil.
6. Once boiling, turn the heat down to medium/low heat and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken.
7. While the sauce cooks, heat the remaining coconut oil in a separate pan over medium heat.
8. Spiralize the potato using a 3mm blade and then add it to the pan.
9. Cook the sweet potato noodles, stirring often, until they just begin to wilt, about 10 minutes. Season with salt.
10. While you wait, toss together the diced mango, red onion, Thai chili (adjust to preferred level of spiciness), apple cider vinegar and cilantro in a medium bowl. Season with a pinch of salt.
11. Divide the noodles between two plates and top with the curry. Garnish with the mango salsa and extra cilantro.

Ingredients

Thai Chicken Curry

- 16 oz chicken breasts
- ½ tbsp coconut oil
- 1 red and/or green bell pepper, cubed
- 1 carrot, sliced
- 1 cup broccoli, sliced
- ½ onion, cubed
- ½ tsp ginger
- ¼ cup chicken broth
- ½ tbsp yellow curry powder
- 1 can full fat coconut milk

Noodles

- 1 sweet potato
- ½ tbsp coconut oil
- Sea salt

Mango Salsa

- 1 mango, diced
- 2 red onions, diced
- 1 red Thai chili
- ½ tsp apple cider vinegar
- ¼ cup cilantro
- 1 pinch sea salt

4 servings • 45 mins • 20 ingredients

Chickpea Soup



Directions

1. Heat oil in a large pot, or Dutch oven, over medium heat.
2. Add the carrots, celery, onion, garlic and sauté until tender and fragrant, about 6 to 8 minutes.
3. Add the broth, tomatoes, chickpeas and pepper. Add the rosemary, basil and bay leaves, cover and cook on low for 30 minutes.
4. Add the spinach, cover and simmer until wilted, about 2 minutes.
5. Remove the bay leaves, rosemary sprig, and season to taste with salt and black pepper. Ladle soup into bowls.

Ingredients

- 1 tsp olive oil
- ½ cup carrots, diced
- ½ cup celery, diced
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 1 can crushed tomatoes (28 oz)
- 2 cans chickpeas, drained (2 x 15 oz)
- 3 cups chicken or vegetable broth
- Sea salt
- Black pepper
- 1 sprig fresh rosemary
- 2 bay leaves
- 2 tbsp fresh basil, chopped
- 2 cups baby spinach

4 servings • 45 minutes • 14 ingredients

Thai Quinoa Salad



Directions

1. Cook quinoa according to package directions.
2. Once cooled, drizzle half of the peanut sauce dressing quinoa and toss to combine.
3. In a large bowl combine the red pepper, carrots, edamame, tomatoes, avocado, and cilantro. Fold in the quinoa. Add the remaining dressing and cashews, and garnish with green onions.
4. Serve on a bed of kale.

Ingredients

- 1 cup uncooked quinoa
- 1 red bell pepper, diced
- ¼ cup red onion, chopped
- 1 cup carrot, shredded
- 1 cup edamame, shelled
- 4 tomatoes, chopped
- ½ avocado, chopped
- 1 tbsp cilantro
- ½ cup cashew halves
- 2 green onions, chopped
- 4 cups kale

4 servings • 15 minutes • 9 ingredients

Chili Con Carne



Directions

1. Heat the oil in a heavy-based pan. Cook the onion for 10 mins until softened and starting to caramelize. Add the garlic and spices and cook for a further 1 to 2 mins.
2. Drain the black beans but keep the juice from the tinned tomatoes.
3. Combine everything into a large slow cooker. This recipe is meatless but feel free to add 16 oz of ground beef if you want to at this point.
4. Cover and cook for 8 hours on low.

Ingredients

- 2 cloves garlic, crushed
- $\frac{2}{3}$ tbsp chili powder
- $\frac{2}{3}$ tbsp ground cumin
- $\frac{3}{4}$ tsp dried oregano
- $\frac{3}{4}$ tsp dried basil
- $\frac{1}{3}$ tsp cayenne pepper
- 1 can black beans, drained (18 oz)
- 1 can diced tomato with juice (18 oz)
- 1 can chickpeas, drained (10 oz)
- $\frac{3}{4}$ cup onion, chopped
- 2 bell peppers, sliced
- $\frac{1}{2}$ cup celery
- $\frac{1}{2}$ cup carrot
- $\frac{2}{3}$ cup mushrooms
- $\frac{2}{3}$ cup zucchini, cubed

4 servings • 8 hours 15 mins • 16 ingredients

Lamb Moussaka

Directions

1. Preheat oven to 375°F (180°C).
2. Cut the eggplants into thin round slices, then brown them with one tablespoon of olive oil in a large skillet over a high heat. Cook for 2 to 3 minutes on each side, or until golden brown, and set aside.
3. For the béchamel sauce, using the same skillet, add cauliflower florets, almond milk, half of the chopped onion, one clove of garlic, salt, and pepper.
4. Bring to a boil, stirring occasionally, and reduce to a simmer. Cover with a lid and cook for 15 minutes.
5. Remove from the heat and carefully add to a blender. Pulse until smooth and add the eggs one at a time. Then, set aside.
6. For the meat sauce, wipe your large skillet clean and heat the other half of the chopped onion over medium heat with one tablespoon of olive oil and a pinch of salt.
7. Add the ground lamb (cooking until the meat is fully browned) then stir in the tomatoes with water. Toss in the remaining garlic, cinnamon, and oregano. Cover and cook over medium heat for about 10 minutes.
8. For the moussaka, grease a 11" x 7" casserole dish and arrange half the eggplants in an even layer as the bottom base.
9. Cover with half the meat sauce and add a second of eggplant rounds on top.
10. Cover with remaining meat sauce and then top generously with béchamel sauce. Sprinkle with fresh herbs.
11. Bake for about 45 minutes or until the top layer is golden brown.

Ingredients

- 2 eggplants, sliced
- 2 tbsp olive oil, divided
- 2 cups cauliflower florets
- ¾ cup almond milk
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- Sea salt
- Black pepper
- 2 eggs
- 16 oz ground lamb
- 5 tomatoes, diced
- ½ cup water
- 1 tsp cinnamon
- 1 tsp dried oregano
- ¼ cup fresh parsley, finely chopped



4 servings • 1 hour 20 mins • 15 ingredients

Vegetable Pizza

Directions

1. Preheat oven to 450°F (220°C).
2. On a chopping board, place a large piece of parchment paper and spray it with non-stick cooking oil.
3. Wash and thoroughly dry a small head of cauliflower. Cut off the florets and pulse in your food processor for about 30 seconds, until you get powdery snow-like cauliflower. You should end up with 2 to 3 cups cauliflower.
4. Place the cauliflower in a microwave safe bowl and cover. Microwave on full power for 4 minutes. Dump cooked cauliflower onto a towel and allow to cool for a bit.
5. Once cauliflower has cooled, wring in a towel, squeezing out as much water as possible. Place squeezed cauliflower into a bowl.
6. Add Parmesan cheese, mozzarella cheese, salt, crushed dried basil, crushed dried oregano, garlic powder. Add 1 tbsp of almond meal if the mixture is closer to two cups, rather than three. Now add the egg and mix together by hand.
7. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it nice and tightly formed together.
8. Using a cutting board, slide the parchment paper onto your baking sheet in the oven. Bake for 8 to 11 minutes, until it starts to turn golden brown. Remove from oven.
9. Add however much sauce, cheese, and toppings you want. Cook for another 5 to 7 minutes, or until cheese is golden brown.

If you want a meat option, add ground beef or pulled chicken.

Ingredients

- 1 cauliflower, small
- ¼ cup parmesan cheese
- ¼ cup mozzarella
- Sea salt
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp garlic powder
- 1 egg, whole
- 1 tbsp almond meal, optional
- Pizza sauce, no sugar added
- Vegetables (eg, bell peppers, mushrooms)
- Cheese for topping



2 servings • 30 mins • 12 ingredients

Beef Burgers



Directions

1. Preheat a cast-iron skillet (or heavy-bottomed pan) on the stove on high heat. Add 1 tbsp coconut oil to the pan.
2. Mix together the ground beef, salt, pepper, garlic granules, garlic clove, and chives and form the mixture into four burger patties.
3. Place the patties on the skillet and press down on them with your spatula.
4. Cook for 3 to 5 minutes on each side, until cooked through.
5. Let rest 5 minutes, then serve with lettuce, avocado, onion, and tomato.

Serve either on its own or with some seasoned sweet potato wedges.

Ingredients

- 1 tbsp coconut oil
- 16 oz ground beef
- 1 tsp sea salt
- ½ tsp black pepper
- 1 clove garlic, ground
- 1 tsp granulated garlic
- 1 tsp dried chives
- 1 head butter lettuce
- 1 avocado
- ½ red onion, sliced
- 1 large tomato
- Mustard, sugar free

4 servings • 30 minutes • 12 ingredients

Vegetable Jalfrezi



Directions

1. Heat the vegetable oil in a large saucepan. Add the onions, apple and garlic and cook, stirring, for 3 to 4 minutes. Stir in the curry paste and cook for a few seconds.
2. Add the carrot, bell pepper, tomatoes, cauliflower, chickpeas, and stock. Simmer, partially covered, for 25 to 30 minutes, adding a little extra stock or water if needed. At the same time, cook the rice in a large saucepan of gently boiling water. It will take about 30 minutes.
3. Add the peas and cilantro (if using) to the curry and heat for 2 to 3 minutes. Check the seasoning, adding a little ground black pepper if needed.
4. Serve the vegetable curry on warmed plates, with the rice, topping each portion with 1 tbsp of low-fat yogurt.
5. Cool any leftovers quickly and refrigerate, covered, for up to 3 days. Make sure you reheat thoroughly before serving.

Ingredients

- 2 tsp olive oil
- 2 onions, chopped
- 1 apple, chopped
- 1 clove garlic, crushed
- 1 carrot, sliced
- 1 green bell pepper, chopped
- 14 oz tomatoes, chopped
- 3 cups cauliflower florets
- 14 oz chickpeas, drained
- 1 ¼ cups vegetable stock
- 1 cup long grain rice
- ⅓ cup frozen peas
- 2 tbsp cilantro, chopped
- 2 tbsp Jalfrezi curry paste
- 4 tbsp Greek yogurt
- 1 pinch Black pepper

4 servings • 45 minutes • 16 ingredients

Salmon Burgers



Directions

1. In a small bowl, whisk the olive oil, vinegar, shallots, Dijon, salt and pepper.
2. Cut about a 4 oz piece off the salmon and place in a food processor to finely chop. This will help hold the burgers together.
3. With a knife, finely chop the remaining salmon. Transfer to a large work bowl.
4. Heat a large, nonstick skillet over medium heat; add the oil and sauté shallots and kale.
5. Season with salt and pepper and cook over medium heat until wilted and tender, about 4 to 5 minutes.
6. Transfer warm mixture to the bowl with salmon along with quinoa, Dijon, Old Bay and egg. Mix to combine, then form into 4 patties.
7. Lightly heat a nonstick grill pan or skillet over medium heat. When hot spray with oil and add the salmon patties.
8. Cook the patties for 4 to 5 minutes, then gently turn and fry for a further 4 to 5 minutes, or until cooked through.
9. Toss the dressing with the baby arugula and grapefruit; divide on four plates.
10. Top each salad with a salmon burger.

4 servings • 25 minutes • 13 ingredients

Ingredients

Burgers

- 16 oz wild salmon fillet
- $\frac{3}{4}$ cup cooked quinoa
- $\frac{1}{3}$ cup shallots, diced
- 1 cup kale, chopped
- 1 tsp olive oil
- Sea salt
- Black pepper
- 2 tbsp Dijon mustard
- $\frac{1}{2}$ tsp Old Bay
- 1 large egg, beaten

Wraps

- 2 tbsp olive oil
- 2 tbsp champagne vinegar
- 2 tbsp shallots, minced
- 1 tsp Dijon mustard
- Sea salt
- Black pepper
- 10 cups baby arugula
- 1 pink grapefruit, peeled and diced

Chicken Wraps



Directions

1. In a slow cooker, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough).
2. Cover and cook on high for 4 hours.
3. Remove the chicken from the pot, reserve ½ cup broth and discard the rest.
4. Shred the chicken with two forks, return to the slow cooker with the ½ cup broth and the hot sauce and set on high for an additional 30 minutes.
5. To prepare lettuce cups, place some buffalo chicken in each leaf, top with shredded carrots, celery and dressing of your choice.
6. Wrap up and start eating.

Ingredients

Buffalo chicken

- 4 chicken breasts
- ½ onion, diced
- 1 stalk celery
- 1 clove garlic
- 16 oz chicken broth, fat free low sodium
- ½ cup hot chili sauce (eg, Frank's Hot Sauce)

Wraps

- 6 lettuce leaves
- 2 carrots, grated
- 2 stalks celery, cut into 2" long pieces

4 servings • 4 hours 35 minutes • 8 ingredients

Spaghetti Bolognese



Directions

1. To make the spaghetti, use the thick noodle blade on a spiralizer to create carrot and zucchini noodles. If you don't have a spiralizer, simply julienne the carrots and zucchini using a sharp knife. Set aside until needed.
2. Melt the oil or fat in a large frying pan over medium-high heat. Add the onion, carrot, and celery and cook for 4 to 5 minutes until the onion is soft. Stir in the garlic and cook for 1 minute until fragrant and starting to brown.
3. Add the beef and brown, breaking up any lumps with a wooden spoon, for 5 to 6 minutes. Add the tomato paste, stir and cook for 1 minute. Mix in the oregano and cook for 4 to 5 minutes.
4. Add the passata, half the broth and the chili flakes (if using) and season with salt and pepper. Simmer on low heat for 30 minutes, adding more broth if needed.
5. Bring a saucepan of salted water to the boil. Add the carrot noodles and cook for 30 seconds, then add the zucchini noodles and cook for a further 15 seconds until just tender. Drain well.
6. Spoon the noodles into four serving bowls, top with the bolognese, then garnish with a sprinkle of basil.

Ingredients

- 16 oz ground beef
- 18 oz tomato passata or whole peeled tomatoes
- 1 onion, chopped
- 1 carrot, diced
- 1 celery stalk, finely diced
- 4 cloves garlic, finely chopped
- 2 tbsp tomato paste
- 1 tbsp oregano leaves, chopped
- 2 tbsp coconut oil or good-quality animal fat
- 1 ¼ cups chicken bone broth (either homemade or high-quality, shop-bought)
- 1 pinch chili flakes (optional)
- Sea salt
- Black pepper
- Baby basil leaves, to serve
- 3 zucchini, spiralized or cut julienne
- 2 carrots, spiralized or cut julienne

2 servings • 30 mins • 12 ingredients

Cookie Snowballs



Directions

1. Line a baking sheet with parchment paper; set aside.
2. Place the pecans and shredded coconut in the bowl of a food processor and mix until the pecans are finely ground. Add all of the remaining ingredients and mix until a sticky dough is formed.
3. Shape tablespoonfuls of dough into balls, then place them on the prepared baking sheet. Freeze for at least 1 hour.
4. Place extra shredded coconut and tapioca starch in a small bowl and roll the snowballs to coat.

Snowballs can be stored in an airtight container in the refrigerator for up to 1 month.

Ingredients

- 1 cup pecan halves
- ½ cup shredded coconut
- 10 Medjool dates, pitted
- 1 tbsp coconut oil
- ½ tsp sea salt
- ½ tsp vanilla extract
- ½ cup tapioca starch

12 serving • 1 hours 10 mins • 7 ingredients

Frozen Yogurt Bark



Directions

1. Line a baking tray with non-stick baking paper and spread the yogurt to half an inch thick.
2. Sprinkle the berries and nuts on top.
3. Freeze for at least two hours.
4. Once frozen, use a wooden spoon to crack the yoghurt into bark pieces.
5. Place in a container and keep it in the freezer, until ready to serve.

Ingredients

- 16 oz Greek yogurt
- 1 cup frozen berries
- 2 tbsp pecans, crush

2 servings • 2 hours 10 mins • 3 ingredients

Banana Ice Cream



Directions

1. Peel the banana and chop it into small, evenly sized pieces. Put the bananas in a freezer bag. Freeze until solid, at least 2 hours but ideally overnight.
2. Once frozen, using a small food processor or high-speed blender, pulse to break up. Keep pulsing - the banana will look crumbly at first, then gooey, then like oatmeal. Scrape down the food processor between stages.
3. Keep blending and scraping until the last bits of banana smooth out and the mixture has a creamy, soft-serve ice cream texture.
4. Transfer to an airtight container and freeze until solid. You could eat the ice cream immediately, but it will be quite soft.

Once blended, to create other varieties, add strawberries, frozen cherries, or natural peanut butter.

1 serving • 2 hours 10 mins • 1 ingredient

Ingredients

- 1 large banana

Chia Pudding



Directions

1. Place the clementine segments and coconut milk in a high powered blender. Blend for at least two minutes, or until completely smooth.
2. Pour the mixture into a large bowl and add the chia seeds. Stir to combine and then transfer to the refrigerator to set for at least four hours.
3. Spoon the pudding into cups.

Ingredients

- 2 cups clementine orange, peeled and split into segments
- 1 can full-fat coconut milk (14 oz)
- ½ cup black chia seeds

6 servings • 4 hours 10 mins • 3 ingredients

Sunshine Lollies



Directions

1. Finely grate the carrots and place them in the middle of a clean muslin cloth. Gather up the cloth, and squeeze the carrot juice into a jug, discarding the pulp.
2. Add the orange juice and top up with a little cold water if needed to make up 1½ cups of liquid.
3. Stir in the zest of one orange and the satsuma pieces, if using. Pour into lolly molds and freeze overnight.

Ingredients

- 5 carrots
- 3 oranges, juiced
- 1 satsuma, segmented and chopped

6 servings • 8 hours 10 mins • 3 ingredients