

KETTLEBELLEBODY RECIPES

BREAKFASTS (also work for lunch or dinner!):

Spinach Omelette

3 eggs
Dash water / almond milk
Salt & pepper
Spinach (or any veg!)
Coconut / olive oil or butter

Heat oil of choice in a pan (wipe excess with greaseproof paper), and beat eggs & liquid in a bowl.

When pan is hot, add the spinach (could also add mushrooms, peppers, onions etc...). Add salt / pepper and spices (cumin is good!)

When veg is wilted / softened remove it onto a plate, clean the pan, add a little more oil & reheat.

When pan is nice & hot, add the egg mix (it wants to bubble a little!) & distribute.

Let it set slightly, then draw the egg away from the edges and let the uncooked egg fill the gap. Turn the heat down & put the veggie mix on top. You could also use leftover steamed veggies instead of pre-cooking.

Heat until the eggs are set to your liking, bearing in mind they continue to cook in their own heat when removed from the hob - I like my eggs a bit runny!

Fold and serve - with a salad, veggies etc!

Spinach, Tomato & Bacon Frittata

A frittata is pretty similar to an omelette. Again, you can switch veggies as you like!

3 eggs
Dash water / almond milk
Slice nitrite free organic bacon, chopped into small pieces.
Salt & pepper
Spinach (or any veg!)
Tomato - diced
Coconut / olive oil or butter

Heat oil of choice in a pan (wipe excess with greaseproof paper), and beat eggs & liquid in a bowl. Turn the oven on to about 180 C

When pan is hot, add the bacon and cook to your liking. Then add the spinach (could also add mushrooms, peppers, onions etc...) to wilt and finally the chopped tomatoes. Add salt / pepper and herbs / spices.

When veg is wilted / softened remove it, clean the pan, add a little more oil & reheat.

When pan is nice & hot, add half of the egg mix (it wants to bubble a little!) & distribute.

[N.B. Alternative / slightly quicker method: put the veggie mix straight into the egg mix & stir then pour this into the pan]

Let the egg set slightly & put the bacon / veggie mix on top (you could also use leftover steamed veggies).

Pour the rest of the egg mix evenly over the veggies. You can sprinkle some grated parmesan here if you like!

Place the pan in the oven and cook until the frittata is set to your liking.

Remove carefully - the handle will be hot!

Cut into quarters and serve - with a salad, veggies etc!

A really great, portable food. I tend to make a frittata if I am travelling, wrapping each quarter up for an easy, on the run meal or snack.

Spanish Omelette

Follow the frittata recipe above, but stir in pre-steamed cauliflower chunks to the egg mix - in place of the potatoes you would have in a Spanish omelette! You could do 1/2 sweet potato & half cauliflower too.

Once you have the basics of these recipes dialled, you can really get creative with the variations - different veggies, different herbs & spices, serve with different salads!

Greek Omelette / Frittata

Top with a little goats cheese & sliced olives.

Sag Aloo Omelette:

Inspired by sag aloo - no potatoes though! You could add some Indian spices such as garam masala, but I did this plain and it was lush...

If you use frozen veg this is a great 'emergency' meal when you haven't managed to shop...

3 eggs

Frozen spinach & cauliflower

Butter or coconut oil or olive oil.

Steam some cauliflower & spinach. Turn the oven on to 180 degrees.

Beat the eggs in a bowl, add a little water & celtic sea salt / pepper (spices if you want to)

Heat a frying pan and add a small amount of oil to lubricate the pan - use greaseproof paper.

Don't over-heat so the fat burns but you want it hot before you put the eggs on.

Once the cauliflower is softened (5-8 mins usually, depends how you like it!) mix it into the egg mix.

Pour the egg mix into the hot pan, let it set, I like to draw the edges into the middle and let the uncooked egg fill the gap but it is up to you!

Turn the heat to medium. Place the steamed spinach over the eggs, covering one half (you could also add it in with the cauliflower if you like).

Put the pan into the oven for 5 mins or so, until the egg is set as you like it. You could add a grate of parmesan before this.

As the omelette is cooking, prepare a fresh, mixed salad, dressed with lemon juice, apple cider vinegar or balsamic vinegar.

Use a tea towel to hold the handle when you take it out of the oven!

Fold the omelette in half and place on the salad.

Enjoy!

Courgette Hash Brown Omelette:

This was inspired by a recipe for courgette hash browns, where you mix the courgettes with the egg and fry in small batches. This is a simpler version and I think even better, but you could try the 'fritters' too!

3 eggs,
1 courgette
Butter

Beat the eggs, and add a little water

Cut the courgette into 3 even pieces then slice each piece into thin strips, thinner is better for this, you could even grate.

Heat the butter in a pan (butter does make this taste really good but coconut oil or olive oil both fine too) and add the courgettes. Stir fry till browned and softened.

Pour the egg mix over the courgettes, agitate a bit to get the egg under the courgettes but not so much you create a scramble (although if you do mess it up a veggie scramble is fine!)

Lower the heat and place a lid on the pan, so the omelette cooks all the way through.

Fold in half & serve with salad. Enjoy!

Turkey Scramble

125g turkey mince (per person)

1 eggs (per person)

Clove garlic, chopped

1/2 red onion, diced.

Spinach or other leftover veggies - courgettes, broccoli etc.

Coconut / olive oil or butter

Heat the oil in a frying pan, removing excess with greaseproof paper.

Add garlic and onion, soften, then add the turkey mince & cook till lightly browned.

Add veggies - cook till wilted / softened

Add the egg and mix through.

Serve hot with a lovely, crisp salad.

Veggie Scramble

3 eggs

Clove garlic, chopped

1/2 red onion, diced.

Veggies - spinach, courgettes, broccoli etc. Ideally leftovers or steam lightly first.

Tomato, diced.

Coconut / olive oil or butter

Heat the oil in a frying pan, removing excess with greaseproof paper.

Add garlic and onions & cook till lightly browned.

Add the remaining veggies and a few minutes later the tomato - cook till wilted / softened

Add the egg and mix through.

Serve hot with a lovely, crisp salad.

Spinach & Poached Egg

Steam some spinach. Poach 2 eggs by breaking into a small frying pan of simmering water, removing when cooked, with a slotted spoon.

Serve the poached eggs on the spinach.

BREAKFASTS (not recommended for lunches / dinners!):

Banana Breakfast Omelette (don't have this every day, but an occasional sweet treat version of a savoury omelette!):

1 small chopped banana (can use any fruits you like really! Some won't need heating and can add straight to the egg mix.

3 medium eggs

Splash of water or kara coconut milk / mandorle almond milk

Tsp cinnamon

1/2 tbsp olive oil, coconut oil or butter.

Heat the oil in pan (wipe excess with greaseproof paper) on a medium heat then add the chopped banana. Heat until it softens.

While the banana is warming, beat the 3 eggs in a bowl & add a little extra liquid.

Pour the eggs over the banana (or add to the egg mix then pour back in the pan)

When the omelette is almost cooked sprinkle the cinnamon over the top.

Protein Porridge:

30g jumbo oats (or oat groats - these are oats before they are flattened!). NOT quick cook oats!

Water & 100-200ml Kara coconut milk / almond milk if you want.

Scoop vanilla protein powder, or an egg & some xylitol / agave / vanilla.

Fruit: grated apple & cinnamon / sliced banana & nutmeg / blueberries & cinnamon...

Place oats and fluid in a saucepan and heat gently, cooking according to instructions - ideally 5-6 minutes as you don't want the quick cook oats! Stir gently.

Prepare the fruit as you are waiting.

Remove from the heat and stir the vanilla protein powder through the porridge.

If you are using an egg, let it cool a little first so it doesn't scramble! This is not as wierd as it sounds - think egg custard not scrambled egg!

Stir well, if you used an egg, reheat for a few minutes, stirring well.

Add the spices and stir in the fruit.

You could also sprinkle some sliced almonds on top if you like.

SUPER SHAKES:

A Perfect & Speedy Way to Start the Day! Also a good snack or pre / post workout option...

BASE INGREDIENTS:

* 25g Sunwarrior rice protein. Use choc or vanilla, depending on the recipe! Some can work with either.

* **OPTIONAL:** 1 - 200ml Kara Dairy Free Coconut Milk (not the tinned stuff, use 50ml + water if you use that) or Mandorle / unsweetened Almond milk, or home-made almond / hemp milk, if you want to (all optional). If coconut water is listed, use this instead of the milk alternative.

- * Top up with water to the required consistency. Better to start with less water and gradually add more than go too watery - pretty hard to squeeze it out again...
- * For all shakes I recommend you add spices! I add cinnamon (helps regulate bloody sugar) and ginger (anti-inflammatory). Play with what you like! All spices are great for you.
- * You can also add a greens mix or spirulina / barleygrass / wheatgrass and any additional powdered or liquid supplements. In addition to the greens, I add things like glutamine (for recovery / cravings), milk thistle (for liver health), MSM (good for joints), maca (hormone balancer) and ashwagandha (adaptogen / anti-stress) & 10 ml fish oil. Don't stress about the supplements, though: focus on the basics first and talk to me for individualised supplement advice.
- * If you use frozen fruit you don't need ice, but otherwise do add some ice if you want it thick and more satisfying.

N.B. Use the best blender you can - a VitaMix is great, or a Magic Bullet.

Basic Berry: 50g frozen blueberries and / or raspberries.

Monster Green: 1/2 frozen banana, a handful frozen blueberries, and 4 chunks frozen spinach (honestly, try it, this is my daily shake (with all the extras listed above!))

Pumpkin Patch: 3 tbsp canned pumpkin puree - you can get this from me as I have loads! 1/2 tsp mixed spice (or cinnamon & nutmeg). Tsp vanilla extract or powder. Ice.

Choc Nut: Tbsp raw cacao powder (or regular cocoa) & tbsp almond (or peanut) butter. Ice.

Cinnamon-Walnut: 30g walnuts, tsp vanilla extract or powder, 1/2 tsp cinnamon, ice.

Brownie: Tbsp raw cacao. 200 ml coconut water (not milk). 30g walnuts. Tsp vanilla extract or powder. 1/2 tsp cinnamon. Ice.

Choc Banana: Tbsp raw cacao, 1/2 frozen banana.

Berry-Cherry: 100g frozen blueberries & 100g frozen cherries.

Tutti-Fruity: 1/2 banana, 100g frozen mango / berries etc!

Cocoa-Nutty: Tbsp raw cacao, 50ml coconut milk, 200 ml coconut water, ice.

Avo-Cucumber: 1/2 avocado, 1/2 cucumber, 200ml coconut water, ice, parsley.

Apple & Carrot: 200ml coconut water, carrot (peeled & chopped), 1/2 apple, 1/2 cucumber, cinnamon / nutmeg.

LUNCHES & SALADS (also great breakfasts / dinners!):

GENERAL SALAD TEMPLATE: MIX & MATCH!

- * Greens of choice - lettuce, baby spinach, kale, raddichio, rocket, romaine, mixed leaves etc...
- * Sprouts - alfalfa, mung beans, beansprouts etc

- *Raw veggies - tomato, cucumber, shredded beetroot / carrot, red cabbage, spinach, peppers, red onion, spring onions etc.
- *Leftover steamed veggies - sugar snap peas, broccoli, asparagus etc.
- *Leftover roasted veggies - courgette, pepper, aubergine, red onion, asparagus etc....
- *Protein of choice: meat, fish, egg, pulses... Anchovies add flavour!
- *Chopped / grated apples / pear or few grapes
- *Added fat: Nuts, seeds, olives, possibly a little goats cheese / feta,
- *Apple cider vinegar or lemon or balsamic as dressing (plus sugar-free mustard and a little olive oil)
- *Herbs / spices: fresh ideally - basil, chives etc.

Basic Salad Dressing:

100ml Apple cider vinegar and / or balsamic vinegar and / or lemon juice.

30-50 ml extra virgin olive oil

Tbsp wholegrain (sugar free) mustard.

Chopped, fresh basil

Clove garlic

Blend roughly (blender or chop well and shake in a jar) and drizzle on salads - store in a glass jar in the fridge. Play with ingredients!

With all salads, simply assemble / toss together, serve with a little home-made dressing, or just some apple cider vinegar / lemon juice & celtic sea salt / black pepper.

Chef's Salad

Hearts of Romaine lettuce

A boiled egg

75-100g chicken, sliced

1/4 Cucumber

Radishes

Cherry tomatoes.

Spinach Salad

Sliced chicken / turkey / beef.

Fresh baby spinach

1/4 red onion

10 Cherry tomatoes

Sliced almonds

Dressing to taste

Chicken & Avocado Salad

Greens of choice

Red cabbage, diced

1/2 avocado, diced

1/4 red onion, diced

10 cherry tomatoes

Small chicken breast, diced

Lemon juice / dressing to taste

(Diced bacon also goes well with chicken & avocado!)

Nicoise Salad

Tuna - freshly cooked fillet or a can, in spring water, drained

Green beans - steamed & cooled
Olives, sliced
Cauliflower chunks - steamed & cooled, or leftover cooked butternut squash / sweet potato
Egg, chopped
6 Anchovy fillets
Lettuce / greens of choice - little gem / romaine work well
Tomato - cherry or diced
Dressing to taste - Dijon mustard works well with this salad

Chicken Wraps

Sturdy lettuce leaves or cabbage leaves
Shredded chicken breast
Shredded carrot
Tbsp Tahini or home-made houmous / other dip (see condiments section) or 1/2 mashed avocado
Seasoning to taste.

Mix the chicken with the veggies, except for the lettuce, and add the tahini / homemade houmous / mashed avocado to moisten & bind.

Place the lettuce / cabbage leaves on a plate - these are your wraps!

Place the mix onto the leaves, top with some lemon juice / seasoning and roll up - you can use a cocktail stick to secure.

Carrot, Apple & Beet Salad:

1 apple, shredded
1-2 medium carrots, peeled and shredded
1 medium beet, peeled and shredded
Wedge of cabbage (any kind, red is great) shredded
Juice of one orange, lime or lemon
Sprinkle of cinnamon (optional)

* Mix everything in a glass bowl and refrigerate for about an hour for all the flavors to blend.
Eat as a side salad with protein of choice, or just as a quick, nutritious, yummy snack!

MAIN DISHES (Perfect for any meal!):

I recommend you make a huge salad once a day and serve with every meal - raw food has such life-enhancing properties and adds zing to things! A taste of summer in winter months, too!

Thai Coconut BBQ Chicken with Fragrant Cauli-Mash

I invented this the other day and it was the best meal I have had in ages - can't wait to have it again!

Thai green curry paste - the stuff you get in a plastic tub, about 250ml, that is just spices - nothing else! Check the label!

About half a can light coconut milk (freeze the rest for the next time you make this)

2 chicken breasts (for 2 people - you can multiply the recipe as you like)

Cauliflower

Other green veg of choice - I used courgette, pak choi would be good here too. Any juicy, steamed green veg in my opinion!

Place 2 generous tbsp thai curry paste in a tupperware bowl and mix with about 1/4 can coconut milk. The liquid wants to be quite thick so not too much coconut milk. Save the other 1/4 can for later.

Place the chicken breasts in the mix and stir around. Seal and marinate for as long as you can - overnight would be ideal.

When you are ready to cook, fire up the BBQ.

Steam a medium cauliflower for about 10 mins.

Place the chicken onto the BBQ making sure it is nice and hot. You want the marinade to be quite thick, so any that is still in the pot add to the top of the chicken for maximum flavour!

As the chicken is cooking (make sure it's hot to seal the meat, then use a lower heat if you can, turn frequently) remove the steamed cauliflower from the steamer and place into a large bowl.

Add the green veg to the steamer 5 mins before the chicken is ready.

As the chicken is finishing and the green veg is steaming, use a hand blender to puree the cauliflower.

Add 1/4 can coconut milk and a tablespoon of the thai spices. Add some ground black pepper to taste. Puree some more, taste to check and add more spices if you need to.

Place the fragrant mash onto the plate, and place the cooked chicken breast on top.

Serve with the green veg.

This is soooooo lush! Enjoy!

Quick Chilli

Tbsp olive oil / coconut oil

1 small onion, diced

2 cloves garlic, diced

Tbsp cumin

2 tbsp chilli powder & / or diced chilli & / or 1/4 tsp dried chilli flakes

1 red pepper, deseeded and diced

1 green pepper, deseeded & diced

1lb turkey or lean steak mince (serves 4)

1 tin chopped tomatoes

Heat oil in a large saucepan, add onion / garlic & saute until softened (about 5 mins) then add the meat and stir, heating till lightly browned. Add all the spices, and the peppers, then add the canned tomatoes.

Cook on a medium heat, stirring occasionally, for 15-30 mins until the pepper are softened.

Alternatively chuck all the ingredients into a slow cooker and leave on low for 6-8 h!

A dash of balsamic vinegar at the end is good.

Serve on top of cumin-spiced cauliflower mash, courgetti spaghetti, or with a huge salad.

For an extra treat, have a sprinkle of parmesan, a dollop of Greek yoghurt & / or some mashed avocado / home-made guacamole.

Chicken Breasts

A few ways to cook a chicken breast! Simple and quick and tasty! Cook a batch, you can store the spares in the fridge for a couple of days so you always have a quick and easy protein source to hand!

- * Cook in the oven at 180 C, with spices of choice and a spray of olive oil, for 20 minutes. You can place on a baking tray / ovenproof dish or wrap in foil.
- * Poach in water (with herbs / bay leaves) for 20 mins - use a small saucepan of simmering water. You can add some coconut milk too.
- * Grill on the George Foreman, with herbs / spices of choice.
- * Cook on the BBQ - see the BBQ flavour matrix!

Stir-Fry Beef & Broccoli

Alternatively you can use any protein / veg combo you like!

Olive oil / coconut oil
 250g beef strips (serves 2)
 Broccoli florets
 Red onion
 Shredded carrot
 Shredded savoy cabbage
 Beansprouts
 Freshly grated ginger
 Clove garlic, minced
 Bragg liquid aminos / wheat free tamari or balsamic vinegar
 Optional: 100ml coconut milk & tbsp tahini

Heat the oil in a wok, add the onions & garlic
 Add the beef and brown
 Add all the veggies, stirring, cook for a few minutes
 Add Bragg / tamari / balsamic and continue to heat until cooked to your taste.
 Add coconut oil & tahini at the end, if you want a satay-style stir-fry!

Serve with courgetti spaghetti noodles! You can also sprinkle with some sesame seeds.

Chicken Pizza

4 chicken breasts
 1 tube tomato puree
 1 chopped pepper
 1 small chopped red onion
 100g goats' cheese or 50g grated parmesan
 Mixed herbs: Italian mix or oregano / basil & salt / pepper to taste.

- * Butterfly cut the chicken breasts and flatten them out
- * Cover with tomato puree & herbs / seasoning.
- * Sprinkle peppers and onions over the top
- * Place on a baking tray in a pre-heated oven at 200*C for 15 minutes
- * Remove from the oven and sprinkle with goats cheese
- * Place them back in the oven for 5 minutes to soften the cheese

Makes 4 servings.

Take-Away Style Kebab

1 whole egg
 1/2 tsp black pepper
 1 tsp garlic powder

½ tsp celtic / himalayan sea salt
½ tsp chilli powder
1 pound of minced beef
1 tbsp chives
4 tbsp full fat Greek yoghurt

- *Place in a mixing bowl: beaten egg, black pepper, salt, chilli powder, mince and ½ tsp garlic powder, shaping it into loaf.
- *Place it on a baking tray and cook in a pre-heated oven for 1 hour 20 minutes, turning half way through so that it browns evenly
- *Mix the yoghurt, chives and ½ tsp garlic powder to form a garlic dip
- *Once cooked thoroughly, slice it very thinly and serve with a side salad and the garlic dip.

Serves 4 (save the leftovers!)

Grilled Rosemary Chicken Strips

2 organic & free range chicken breasts
4-6 sprigs of fresh rosemary (leaves picked and finely chopped)
A handful of fresh French tarragon (optional) or a tsp of fennelseeds (ground)
1 tbs olive or sesame oil (I like sesame better for taste...)
2-4 tbs Bragg's Liquid Aminos or dash of wheat-free tamari or balsamic vinegar
1 tsp fresh ground pepper

Put your rosemary and tarragon (or fennel) into a large mixing bowl with the Bragg's, the oil and the fresh pepper. Give it a mix with a fork.

Slice your chicken breasts lengthwise into long thin strips (about a half inch wide) and place in the bowl with your mixture. Make sure the chicken is thoroughly covered and then press it down into the bowl, forcing the liquid up to cover as much of the chicken as possible. Cover with a plate and put in the fridge for anywhere from 30 minutes to 2 hours.

When you're getting ready to prepare your meal, fire up your BBQ grill on high heat and wait for it to get to it's maximum temperature (most of them have a little thermometer).

When the grill is nice and hot, turn it all the way down to minimum and lay your chicken strips out on the grill. Flip them after about 5 minutes. Continue cooking on the other side until the chicken is firm to the touch—approximately another 5 minutes depending on your grill.

This is great served with a nice green salad or you can slice some zucchini lengthwise and pop it onto the grill for the 10-12 minutes. Just brush / spray with some olive oil and grind some Celtic sea salt and pepper on it.

BBQ (or general baking / roasting) FLAVOUR MATRIX!

Select one of the following marinade ideas:

Middle Eastern: 2tbsp Ras El Hanout, tbsp harissa, juice of 1 lemon, tbsp chopped mint & 100ml greek yog (optional)

Zesty Garlic: 2 crushed garlic cloves, 15g chopped capers, zest & juice 2 lemons, 2 tbsp olive oil, handful chopped parsley

Cajun Spice: Zest 1 lime, 1/2 tsp paprika, 1/4 tsp mild chilli powder, chopped garlic, 1/2 tsp ground cumin, 1/2 tsp ground coriander - blend in food processor.

Quick & Basic - you can just use a little balsamic vinegar and olive oil on the meat and veg and throw it straight on the BBQ!

Combine with your choice of the following & cook (allow 150g protein per person):

Lamb / beef / pork - diced and skewered or steaks. Marinate 1-8 h & BBQ 6-15 min

King prawns - marinate 1 h max & BBQ on skewers 3-5 mins

Chicken breast - chunks on skewers or fillets, marinated 1-8h. Cook 8-15 mins.

Fish: tuna, haddock, cod, swordfish or whole mackerel / sardines. Marinate 30 mins (chopped on skewers, fillets or whole) and BBQ direct or in foil wrap 8-10 mins

Veg: courgettes, peppers, mushroom, aubergine, asparagus, red onions etc. Slice & cook direct or dice and skewer. Brush marinade over before cooking for 15 mins.

Serve with huge mixed salad, and roasted / BBQd veg.

MORE MAINS (GREAT FOR ANY MEAL!):

Beef Burgers

1lb lean beef mince (can also use lamb / turkey / buffalo mince etc) for 4 (or 6 smaller) burgers

Clove garlic

Egg

Spices - cumin, chilli, mustard all work well

Salt / pepper to taste.

Blend the egg with garlic & spices in a Magic Bullet / Hinari Genie

Mash up the mince with the spice mix - add gradually so you don't use too much.

Mix it around with your hands, then shape into 4 burgers

Cook on a BBQ or in a pre-heated oven at 200 C for 10-12 minutes, or on the George Foreman grill for 5-8 mins, or you can fry in coconut oil / butter / olive oil (not too much!).

I like mine nice and rare - cook to your liking!

Serve with a huge, mixed salad, and / or roasted / BBQd veggies. I suggest having one burger and lots of veggies, and saving the other for lunch the next day, so this recipe should serve 4.

A blob of home-made houmous / guacamole or mashed avocado is nice, too, and perhaps some grated parmesan.

If you use lamb, add mint and diced feta for a real Greek experience, and perhaps some sliced olives.

Again, as with most of these recipes - you can play and experiment!

Moroccan Meat Balls

Tbsp olive / coconut oil

2 red onions, diced

2-4 cloves garlic, minced

2tsp each cumin & coriander seeds - toast in a dry pan for a few mins and grind up roughly

Can tinned tomatoes

30g fresh coriander leaves - chopped

15g fresh mint - chopped

1 egg - whisked lightly

1lb beef mince (or any meat)

Balsamic vinegar

Heat oil in a pan, add onions / garlic & spices. Cook for a few mins.

Add half the spice mix to the beef, along with the egg and chopped herbs, then craft lovingly into meatball shapes - about the size of a walnut (in its shell...).

Keep the other half of the spice mix in the pan and add the tomatoes and simmer for 15 mins or so, until reduced.

Heat oil in a frying pan and cook the meatballs until browned. Then add the meatballs to the sauce and simmer until cooked through.

Add a drop of balsamic vinegar to the sauce.

Serve with salad, courgetti spaghetti, cauliflower mash or veg of choice!

Slow Cooker Ethiopian Chicken Stew

2 chicken breasts, diced

1 medium onion

Tsp cayenne pepper

Tsp paprika

1/2 Tsp pepper

1/2 tsp grated ginger root

2 tbsp lemon juice

100 ml water

Add all to the slow cooker and cook on low for 5-6 h.

Alternatively cook on low (120 C ish) in a casserole dish in the oven.

Serve with cauliflower mash and other green veg.

Tuna Balls

1 sweet potato, diced

2 cans tuna in spring water, drained

1 small red onion

1 medium carrot, grated

1 egg

Tsp oil

Seasoning to taste

Steam the sweet potato for about 10 mins until soft, then mash with a fork.

Pre-heat oven to 180 C

Mix all the ingredients together & shape into balls or patties.

Bake for 25 mins at 180 C.

Serve with tomato salsa, or avocado salad.

Prawn & Tomato Curry

Tsp olive / coconut oil

Clove garlic, minced

1.5cm fresh garlic, peeled & chopped

1/2 green chilli, chopped & de-seeded

2 cardamom pods

2 tsp dried curry leaves

100g cherry tomatoes, halved

1/2 can light coconut milk

200 - 300g raw king prawns

Bag spinach

Juice 1/2 lime

Heat oil in a pan and add garlic, ginger, chilli, cardamom and curry leaves. Cook on a medium heat for a few mins then add tomatoes and stir to coat. Pour in coconut milk, season & simmer 10 mins, until a creamy sauce.

Add prawns & spinach, bring to the boil and simmer 3-4 mins till prawns pink & spinach wilted. Add a squeeze of lime, season to taste.

Serve with courgetti-spaghetti (stir in with the spinach to cook or steam first then mix) or cauliflower mash.

Mexican Beef Casserole

2lb diced lean beef

Tbsp olive / coconut oil

1 large onion, diced

Tsp each ground cumin, coriander, fresh grated ginger

1/2 tsp chilli powder

1-2 fresh chillis, diced

2-3 cloves garlic, diced

Can chopped tomatoes

125 ml water

Juice 1/2 lemon & / or balsamic vinegar

Seasoning to taste

Set oven to 180 C.

Heat oil in a pan, add garlic & onions & soften 3-5 mins, then add beef 3-5 mins to brown.

Add spices and heat 1-2 mins

Add remaining ingredients and stir.

Add mix to casserole dish and place in the oven for 1.5 h until meat is tender (or you can cook on the hob gently, for less time)

Alternatively just throw all the ingredients into a slow cooker and cook on low for 8h.

The great thing about these dishes is they often taste even better a couple of days later, so make sure you make extra and save some for another day!

Serve with cauliflower mash, or courgetti spaghetti, and top with some Greek yoghurt / parmesan if you like...

Beef Stifado

400g diced lamb or lean beef (serves 3-4)

3 tsp ground cumin

Tbsp olive oil

Large red onion, diced

1-2 cloves garlic, diced

1 cubed aubergine

Tin chopped tomatoes

1 red chilli - de-seeded & diced

2 tbsp chopped black olives

Handful fresh mint

Seasoning to taste

Mix lamb & cumin and leave to infuse.

Heat oil in frying pan and add onion / garlic, heat for a few mins to soften.

Add aubergine and toss around to coat. Reduce heat and cook for further 5 mins.

Increase heat then add meat and cook until browned.

Season & add tomatoes. Add 175ml water, olives, chilli and bring to the boil then reduce heat and simmer gently for 25 mins.

At the end, stir in the chopped mint. Serve with a blob of Green Yoghurt if you like, on a big salad, or cauliflower mash.

Slow cooker version - chuck all into slow cooker and cook 8h on low!

Parmesan Crusted Chicken & Avocado Salad

2 chicken breasts

Pinch chilli powder

50 g grated parmesan

1 egg

Tbsp coconut oil

Lemon wedges

Slice each chicken breast in half to give four flat pieces.

Mix chilli powder into parmesan and place on a plate.

Whisk the egg and dip the chicken into the egg, then press both sides of the chicken into the parmesan.

Heat the oil in a frying pan to a high heat & fry the chicken on each side until cooked through & crisp & golden.

Serve with the salad below, and wedges of lime.

Avocado Salad: 1 ripe avocado, 1/2 red onion, 2 diced tomatoes, tsp balsamic vinegar / olive oil, shredded basil tossed together.

Cod & Asparagus Parcels

350g asparagus

250g cod fillet

25 g butter
Pinch chilli flakes
Juice of 1 lemon

Preheat oven to 200 C.
Snap ends off asparagus and divide between two 30cm squares of foil.
Cut the cod into cubes and divide into two, placing on top of the asparagus.
Divide the butter / chilli & lemon juice between the two and season.
Make a parcel with the foil, sealing tightly.
Bake for 15-20 mins on a baking tray until asparagus tender and cod is opaque.

Roast Lemon & Rosemary Cod / Haddock

250 g cod / haddock fillet
Olive oil, lemon juice, rosemary

Preheat oven to 200 C
Place onto a baking tray & spray olive oil, squeeze lemon juice and add sprigs of fresh rosemary, then season.
Bake for 15 - 20 mins.

VEG / SIDE DISHES:

Cauliflower Mash

Break up the cauliflower into chunks & steam for 10 mins or so, until soft.
Place in a large bowl, add seasoning (cumin and nutmeg work well) and maybe a little almond milk, butter or olive oil.
Using a hand blender, puree thoroughly.
Serve in place of mash, rice, pasta - great with curries and anything with a sauce to absorb!

Celeriac Chips

Peel & slice a celeriac into chip shapes.
Place in a bowl, add a tsp olive oil, paprika & celtic sea salt / black pepper.
Shake vigorously so the oil is evenly (but thinly!) distributed.
Bake for 25 - 30 mins until golden.
Eat in place of chips! Fab with a lovely fillet steak and some broccoli or spinach.

Roasted Butternut Squash

Preheat oven to 200 C.
Dice the butternut squash - you don't need to peel! Remove seeds (you can wash & dry these and bake in olive oil, and spices / salt / pepper for a healthy snack!)
Place in a bowl, add a tsp olive oil & shake vigorously so the oil is evenly (but thinly!) distributed.
Bake for 25 - 30 mins until soft.
You can also halve a squash, de-seed, wrap in foil and cook amongst the coals of a BBQ - South African style!

Baked Sweet Potato

Pre-heat oven to 200 C, scrub & pierce potatoes a few times with a fork.
Bake for 25-30 mins until cooked (or slice first and cook for 10-15 mins)
Serve in the skins - or cool & save for other recipes.

You can also slice and steam for 5-7 minutes. You could roast, the same as baking but add a little olive oil / seasoning before cooking.

Roasted Veggies:

Selection of veggies (not all starchy ones!): courgettes, red onion, peppers, asparagus, aubergine work well. Add a clove or two of minced garlic to taste. Can also add butternut squash. Try Brussels sprouts - so much nicer roasted!

Preheat oven to 180-200 C.

Slice and place in a large baking dish.

Spray olive oil & / or balsamic vinegar and mix well so lightly covered.

Season to taste - I like cumin for the Middle Eastern flavour, mixed herbs for a French or Italian flavour.

Roast in the oven for 30 mins until the veggies are nicely browned and delicious! Mix the veg around a couple of times during cooking.

Serve with protein of choice, and perhaps also some salad. Save some to go in your salad for lunch - yum. Roasted veggies always seem even nicer cold the next day for some reason!

CONDIMENTS:

Spicy Red Pepper Salsa

1 red pepper deseeded / chopped

2 large tomatoes

1 small onion, chopped

Juice of 1/2 lemon

1 green chilli, chopped

2 tbsp parsley / basil

Celtic sea salt / black pepper

Whiz all together in a food processor / blender

Home-made Houmous

Can chick peas

2 tbsp tahini

1 tbsp olive oil

2 cloves garlic

Juice 1 lemon

Seasoning to taste.

Optional: cumin / paprika / cayenne etc.

Whix up with a blender.

You can make this lighter by leaving out the olive oil and / or tahini & using reduced fat Greek Yoghurt instead.

Home-made Pesto

200 g fresh basil

2 cloves garlic

2 tbsp olive oil

3 tbs pine nuts
Seasoning to taste

Blend all together - adding oil slowly to get consistency right.

Guacamole

1 ripe avocado
1 large tomato
1/2 red onion
Clove garlic
Juice of a lemon
Seasoning to taste.

Whiz all together in the Magic Bullet / Ninja genie, or use a hand blender. Season to taste.

Almond Milk

200g almonds (can use some pine-nuts too)
200ml water

Soak almonds for 12 hours in water. Discard the water and blend the nuts. Add water gradually while continuing to blend on high.

Strain through a strainer or cheesecloth (use the pulp as a body scrub!).

Milk keeps for 3-4 days in the fridge.

SWEET TREATS: OCCASIONAL SNACKS / DESSERTS (Treats, still!):

A small sweet treat can fit into your plan! Don't go overboard - calories do count! The more indulgent desserts and treats can be for your 'planned off-plan' meal if you don't want to make it a 'low-grade' meal!

Super-Buff Berrylicious:

This is so saintly it is crazy that it tastes so good!

In a large wine glass, place a combination of frozen raspberries & blueberries.

Pour Kara coconut milk onto the berries, to almost cover.

Sprinkle some sliced almonds on the top, if you like (optional) and some cacao or cinnamon powder too (also optional).

The milk seems to soak into the raspberries, and freezes a bit, so this is like a slush ice-cream! Great as a snack or a dessert!

Buff Bootylicious Berries: This adds some protein which makes it a great option as a standalone snack or breakfast.

Blend 15g of rice protein (vanilla or choc are both great!) with about 100ml Kara (adjust for preferred consistency). Place frozen raspberries & blueberries into a bowl or glass and pour the mix over, stir if you want to!

Frozen banana: Chuck a whole banana in the freezer (great to use up ones that will otherwise get wasted) and peel straight from the freezer under a warm tap, chop up and eat - like

banana ice cream only nicer! You can also peel and halve a banana, wrap in foil or film and freeze, so you don't have to peel out of the freezer.

Add a little coconut milk for extra creaminess (can blend and re-freeze) or a blob of yoghurt... Add some chopped nuts if you like the added crunch factor and want to get indulgent - or some almond butter. Add a few frozen berries. So many options - but of course, don't go overboard!

Great for kids too - can get a banana, cover in melted chocolate & chopped nuts and freeze for a great alternative to regular ice cream. Not tried this one myself!

You can also blend frozen banana, adding a little tahini or nut butter, and any other frozen fruit you like, to make even more ice-cream like. You will need a powerful blender for this, I like it simply chopped up myself so haven't tried it this way.

Frozen Fruit:

Cherries and mango are awesome straight from the freezer (can allow to soften a little if you like!) and frozen berries are great, too, although I find berries tend to go better with a little extra creaminess from coconut milk / yoghurt / nut butter. Add a sprinkle of cinnamon / mixed spice. Sainsbury's usually have bags of frozen fruit at 3 for £5!

Poached Pears:

2 Pears
200ml Red wine & / or juice of 2 oranges.
Optional: Tbsp agave / tsp xylitol
Dash cinnamon / mixed spice

Core the pears and cut the base off so they stand up in a small saucepan.
Pour water around the pears, and add the wine / juice & sweetener to taste.
Sprinkle with cinnamon / spices.
Simmer gently, until pears are softened.

Baked Apples

2 apples
50 g chopped nuts (walnuts / almonds)
30g raisins
Tsp cinnamon, 1/4 tsp nutmeg

Preheat the oven to 180 C. Core the apples and place on an ovenproof dish. Mix the chopped nuts / raisins and place in the hollow of the apple (or you can halve the apples and place on top of each half). Sprinkle with spices.
Place in the oven and bake for 20-30 mins until soft.

Pumpkin Pie Cake.

3 eggs - separate.

Whisk / blend yolks with 200 g canned pumpkin.

Alternatively, peel, steam & mash butternut squash (you can do a few, mash and freeze in portions for future use...) plus a splash of kara to get a creamy consistency.

Add 1-2 tsp mixed spice or 1 tsp cinnamon & nutmeg. You can add a little xylitol or agave to sweeten.

Whisk the egg whites till stiff.

Fold whites into the yolk mix. Pour into a baking tray (ideally a small one so it isn't too thin, or make more) that you have greased with coconut oil or butter.

Bake in pre-heated oven 150 degrees for 45 mins - although this will depend on the thickness / size of the tray.

You could add some cacao, haven't tried that but will do next time I make it! Use this as a base and have a play!

Tulsi Tea Cooler:

This is a great alternative to a cold beer or wine on a summer's evening! Even if you are still having an alcoholic beverage it is well worth alternating with plain water, or this!

Make some tulsi (holy basil) ginger tea (or any herbal tea you like - ginger is good in this though, but that is my personal taste!).

I personally do this when I have made a large mug of tea and only drunk a bit, then left the tea bag in for ages. I save the cold tea, place it in the fridge and use it when I want to make a cooler.

Alternatively, use 2-4 tea bags in a litre jug, top with boiled water (not boiling) and leave to brew. The tulsi tea is actually better if you leave it as long as possible, other teas may taste too strong if you leave them too long. You could leave the tulsi like this for several hours or overnight.

Remove the bags and store in the fridge if you are not using right away.

Place a generous amount of ice in a tall pint glass (or smaller glass if you prefer!) If you want to make it a 'Pimms' like experience, add some cucumber / strawberries and even mint.... Any fruit would be nice I reckon.

Pour the iced tea over so the glass is just over half full.

Top almost to the brim with sparkling water.

Squeeze the juice of a lemon on top (lime would be good too!)

Serve with a straw and a cocktail umbrella and revel in the fact that it is just as tasty and enjoyable as a beer / cocktail without any of the negative effects (drunkenness, slurring, fat gain, hangover, inappropriate behaviour, needing a fried breakfast to 'absorb' the toxins, ending up raiding the secret chocolate stash etc etc....).

There is something very mood enhancing about Tulsi tea and I'm not sure why - but it really makes me feel happy, calm and relaxed, so really does make a great alcohol alternative!

If you are needing more of a boost, then go for something with green tea in it. Ginger & lemon green tea would be great, but do bear in mind that there is still some caffeine in green tea, so if you are having on a weeknight with a meal stick to the teas without caffeine in...

Hot Cacao:

1 tbsp raw organic cacao powder

200ml almond or Kara Coconut milk

Sweeten to taste with agave or xylitol

Spices / cinnamon / mixed spice / chilli / cardamom to taste.

Heat fluid gently and add cacao, whisking till blended, then add sweetener to taste. Can also chill and serve over ice. A great craving-buster!