



RECIPE GUIDE

**37+ DELICIOUS & HEALTHY RECIPES // POWER SMOOTHIE RECIPES
QUICK SNACKS & THIRST QUENCHING DRINK IDEAS**

PROTEIN SHAKES & SMOOTHIES

GREEN

CHIA BERRY GREEN PROTEIN SMOOTHIE:

1 cup of water, ½ cup mixed frozen berries, ½ frozen banana, 1-2 cups spinach, handful ice, 1 serving protein powder (chocolate or vanilla) sprinkle of chia seeds

GREEN

VANILLA ALMOND PROTEIN SMOOTHIE:

½ banana, handful spinach leaves, 1 ½ cups vanilla unsweetened almond milk, 1 serving vanilla protein powder, 1 tsp. honey (or stevia to taste)

GREEN

CHOCOLATE COVERED BLUEBERRY:

½ cup unsweetened almond milk, 2 cups spinach, ½ cup frozen blueberries, 2 scoops chocolate protein powder

GREEN

SPROUTED SMOOTHIE:

1 cup water, 2 cups organic baby spinach, ½ banana, ¼ cup frozen blueberries, ¼ cup frozen blackberries, ½ cup sprouts, 3 ice cubes, 2 scoops vanilla protein powder

REGULAR

BRAIN BOOSTER:

½ cup water, ½ avocado ½ banana, ½ cup blueberries, 5-6 walnuts, 1 scoop vanilla protein powder

REGULAR

BLUEBERRY DELICIOUSNESS SMOOTHIE:

½ banana, frozen, 1 ½ cups frozen blueberries, 1 ½ cups almond milk or nondairy milk of choice, 2 tablespoons chopped walnuts, 1 cup kale leaves only tightly packed, ½ teaspoon ground cinnamon

REGULAR

BERRY GOOD MORNING SMOOTHIE:

½ can coconut milk, 1 scoop vanilla protein powder, 1 cup frozen berries, ½ tsp. Cinnamon, raw honey or stevia to taste

REGULAR

CHOCOLATE AVOCADO SMOOTHIE:

½ cup frozen strawberries, ½ avocado, 1½ tsp cacao powder, ¾ cup coconut or almond milk, ¼ tsp vanilla, raw honey or stevia to taste

HOMEMADE DRESSINGS & CONDIMENTS



HOUSE BALSAMIC DRESSING

(12 servings, 2 Tbsp. per serving.
Store in refrigerator)

1 cup extra virgin olive oil
 ½ cup balsamic vinegar
 1 Tbs. dried parsley
 ½ tsp. sea salt.
 Freshly ground pepper to taste
 1 Tbs. honey mustard (organic if possible)
 1 garlic clove, passed through a garlic press or minced (optional)

DIRECTIONS: Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.



BEET DRESSING

(12 servings, 2 Tbsp. per serving.
Store in refrigerator)

2 cups cooked beetroots, chopped
 2 TB Apple Cider Vinegar
 ½ tsp. Sea Salt
 2 TB filtered water
 2 TB Flax Oil

DIRECTIONS: Blend all ingredients on high. This is perfectly sweet, tart, and creamy and perfect over any type of greens with cucumber, red onion, and carrots. Enjoy!



CREAMY AVOCADO DRESSING

(12 servings, 2 Tbsp. per serving.
Lasts about 7-10 days in the fridge)

2 ripe avocados
 Juice of 1.5 limes
 1/8 cup balsamic vinegar
 1/8 cup water
 fresh coriander
 1-2 pinches of Sea Salt
 1 tsp. garlic powder
 Fresh ground black pepper, to taste

DIRECTIONS: Blend all ingredients in a food processor or blender until smooth. If it's too creamy for you, just add a little water (about 1 teaspoon at a time). Enjoy!



GREEK DRESSING

(6 servings, 2 Tbsp. per serving)

¼ cup olive oil
 2 gloves pressed garlic
 ¾ tsp. oregano
 ¾ tsp. basil
 ½ tsp. black ground pepper
 ½ tsp. Sea Salt
 ½ tsp. onion powder
 1 tsp. Dijon mustard
 1/3 cup red wine vinegar

DIRECTIONS: Combine all ingredients into a jar or storage container, and shake well. Let the dressing sit for a minimum of 10 minutes before serving to let flavors blend together.

HOMEMADE DRESSINGS & CONDIMENTS



HOMEMADE MAYO

INGREDIENTS

- 3 large eggs
- 1 ½ tsp. dry mustard
- 1 tsp. Himalayan pink salt
- ¼ cup fresh lemon juice
- 1 small garlic clove, peeled
- 1 cup coconut oil
- ½ cup extra virgin olive oil
- ½ cup fresh basil chopped

DIRECTIONS

Combine the two oils in a small bowl and set aside. Put the eggs, mustard, salt, and lemon juice into blender and process 10 seconds to mix. While machine is running, drop in peeled garlic clove.

Very slowly pour the mixed oils into blender while running. Process until all of the oil is incorporated. Mixture will be the consistency of mayonnaise.

Add chopped basil & stir to combine. Refrigerate for 1 hour before using. Soooo good!

(Stays good in the refrigerator for about a week!)



BREAKFAST DELICIOUSNESS



SATURDAY MORNING POWER START

INGREDIENTS

- 2 strips bacon
- 2 Tbsp. olive oil
- 1 sweet potato, peeled & cubed in ¼ pieces
- ¼ red onion, diced in ½ pieces
- 1 clove garlic
- ¼ tsp ground cumin
- Pink Salt and pepper, to taste
- 4 Eggs (make 2 eggs per serving. Save half the hash for following day.)

DIRECTIONS

In a pan over medium-high heat, add bacon and olive oil. When the bacon begins to sizzle, add sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Cook for about 5 minutes or until potatoes start to brown.

Toss potatoes until all sides of potatoes are browned and bacon is crisp. (about 3-5 min) While potatoes are cooking, in a separate pan, cook 2-4 eggs to your liking.

Add onions, garlic, cumin, and season with salt and pepper. Allow everything to sit in the heat of the pan for a minute or 2. Once the eggs are done, add them over the top or on the side. Enjoy!



BREAKFAST DELICIOUSNESS



VEGGIE SCRAMBLE

INGREDIENTS

- ½ Tbsp. coconut oil
- ½ cup broccoli, chopped
- ½ cup onion, diced
- ½ green pepper, diced
- 2 Eggs
- ½ tomato, diced,
- ¼ Avocado, sliced, for garnish

DIRECTIONS

Heat coconut oil in a sauté pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs.

Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy!



BREAKFAST DELICIOUSNESS



EASY PROTEIN PANCAKES

INGREDIENTS

- 4 egg whites
- 1 banana, roughly chopped
- full-fat Greek yogurt
- 1 scoop vanilla protein powder
- Cinnamon, to taste

DIRECTIONS

Blend together and cook



BREAKFAST DELICIOUSNESS



WRAPPED MINI FRITTATA MUFFINS

INGREDIENTS

- 4 TB coconut oil
- ½ medium onion, finely diced
- 3 cloves of garlic, minced
- mushrooms, thinly sliced
- spinach
- 8 large eggs
- ¼ cup coconut milk
- 2 TB coconut flour
- 1 cup of cherry tomatoes, halved
- Italian Ham
- Himalayan Pink Salt & Fresh
- Ground Pepper
- 12 cup muffin tin



(6 Servings, serving size = 2 muffins (makes 12 muffins). Keep in refrigerator on hand for breakfast in a hurry.

DIRECTIONS

Pre-heat oven to 375°F. Heat coconut oil over medium heat in a large cast iron pan and sauté onion until soft and translucent. Add garlic and mushrooms and cook until the mushroom moisture evaporates. Season with salt and pepper and spoon to a plate to cool to room temperature.

In a large bowl, beat the eggs with coconut milk, coconut flour, salt, and pepper until combined. Then, add the sautéed mushrooms and spinach and stir to combine.

Brush the remainder of melted coconut oil onto a muffin tin and line each cup with ham, covering the bottom and sides.

Spoon the egg mixture into the cups and top with halved cherry tomatoes. Bake in oven for 20 minutes- rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes. Enjoy!!

BREAKFAST DELICIOUSNESS



OVERNIGHT QUINOA

INGREDIENTS

- 1 cup almond milk
- ½ cup cooked quinoa
- ½ cup almond flour or finely ground almonds
- 4 TB chia seeds
- 2 TB maple syrup
- ¼ tsp. almond extract
- ¼ tsp. vanilla extract
- Stevia, to taste (optional)
- Chopped almonds, to garnish (optional)

DIRECTIONS

Divide all ingredients between 2 mason jars. Stir until incorporated. Place in refrigerator and let sit overnight. Remove and garnish with chopped almonds. Enjoy! (save the second serving for another day)



BREAKFAST DELICIOUSNESS



OVERNIGHT OATS IN A JAR

INGREDIENTS

- ¼ cup oat groats, rinsed (soaked for at least 4 hours)
- ¼ cup steel cut oats
- 1 TB unsweetened shredded coconut
- 1 TB chia seeds
- 1 TB chopped nuts (I used almonds)
- 1 cup blueberries or berries of choice
- ½ -1 cup almond milk
- 1 tsp. ground vanilla beans (optional)
- 2 TB Vanilla protein powder

DIRECTIONS

Mix all of the ingredients in a mason jar the night before. Store in the fridge overnight. Just pull out and eat in the morning. SO easy!



SALAD & WRAP RECIPES



BLUEBERRY, AVOCADO & TOASTED PECAN QUINOA SALAD

INGREDIENTS

- ½ cups quinoa, cooked
- ¼ cup blueberries
- ½ large avocado, diced
- ¼ cup pecans

LIME BASIL DRESSING:

- ¼ TB extra virgin olive oil
- ¼ TB maple syrup
- Squeeze of fresh lime juice
- 1 TB basil, finely chopped
- Himalayan Salt, to taste
- Fresh ground black pepper, to taste

DIRECTIONS

In a large bowl - add quinoa, blueberries and avocados. In a small pan, toast pecans on low-medium heat until lightly brown, about 4-5 minutes. Stir frequently and watch closely not to burn. Transfer to a bowl with other ingredients.

In a small bowl, whisk together Lime Basil Dressing ingredients, pour over the salad and gently stir to combine. Serve cold.



SALAD & WRAP RECIPES



SIGNATURE STEAK SALAD

INGREDIENTS

- 150g-250g Steak
- 1-2 TB extra virgin olive oil
- 2 cups cherry tomatoes, halved
- rocket
- ½ cup roasted peppers
- ¼ sliced avocado
- Choice of dressing (suggested: Balsamic)

DIRECTIONS

CAST-IRON PAN: Heat pan on medium-high to high and add olive oil. When oil begins to simmer, place steak in pan and do not move for 5 minutes. Turn it once, and cook for another 3 minutes to med-rare (or more or less depending on preference).

ON A GRILL: Prepare grill for direct-heat cooking. Oil grill, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.

Transfer steak to a cutting board and let rest, loosely covered with foil, for five minutes. Arrange salad on a plate. Thinly slice steak on the diagonal, across the grain. Arrange over arugula, then toss remaining ingredients on top. Drizzle dressing on top and serve.



SALAD & WRAP RECIPES



VEGGIE "DETOX" LETTUCE WRAPS

INGREDIENTS

- 2 large lettuce leaves
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no beans, nuts, or seeds)
- Dressing: Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY
- (**ONLY add tuna, turkey, or chicken if it calls for it in your meal plan)

DIRECTIONS

Take all of your sliced veggies and place them inside the middle of your large lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below



SALAD & WRAP RECIPES



SIMPLE GREEK SALAD

INGREDIENTS

- 2-3 cups chopped romaine lettuce
- ½ tomato, chopped
- ½ cucumber, sliced
- 2 Tbsp. chopped purple onion
- ¼ cup olives (optional)
- ¼ cup peppers (optional)
- 2 Tbsp. Greek dressing (recipe on page 3)
- 1-2 Palms Protein of choice • (suggested: chicken)

DIRECTIONS

Combine all ingredients and toss in a bowl. Top with your protein of choice, and enjoy!



SALAD & WRAP RECIPES



FENNEL, PEAR, ROCKET & WALNUT SALAD

INGREDIENTS

- 1 cup baby rocket, packed
- ½ fennel bulb, sliced thinly
- 1 pear (core removed & cut into ¼" chunks)
- ¼ cup roasted walnuts (unsalted- see below for directions)
- 2 Tbsp. Balsamic Dressing (recipe page 3)
- Add Sliced Turkey – if called for in plan

DIRECTIONS

Combine all ingredients in a bowl and mix well. Next, whisk the oil and vinegar together in a small bowl before dressing the salad.

*Roasted Walnuts: Preheat the oven. Roast for 5-6 minutes on a baking sheet and keep a close eye to make sure they don't burn.



SALAD & WRAP RECIPES



KITCHEN SINK SALAD

INGREDIENTS

- 2-3 cups Mixed Greens (not Iceberg)
- ½ tomato
- Shaved carrot (½)
- Sliced courgette (½)
- Diced Red Bell Pepper (½)
- Handful of Sprouts
- ¼ avocado, sliced
- 2 Tbsp. Balsamic Dressing (recipe page 3)
- 1-2 Palm Sizes Protein of choice (chicken, fish, turkey)

DIRECTIONS

In a bowl, toss everything together any way that you please. Enjoy!

SALAD & WRAP RECIPES



GO-TO-CHICKEN SALAD ROLL-UPS

INGREDIENTS

- 1-2 Chopped chicken breasts (pre-cooked)
- 2-3 lettuce leaves
- ¼ cup chopped almonds
- ¼ cup red seedless grapes, halved
- ¼ Mashed avocado
- Salt & pepper, to taste

DIRECTIONS

Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into lettuce leaves to make a nice wrap!



PROTEIN: CHICKEN & TURKEY RECIPES



SESAME CRUSTED TURKEY

INGREDIENTS

- 500g Organic turkey breast
- toasted sesame seeds
- 1 tsp. ground cumin
- 1 tsp. lemon pepper
- 1 egg white, lightly beaten
- 1 pinch salt
- 1 TB extra virgin olive oil

DIRECTIONS

Preheat oven to 200. Mix the sesame seeds, cumin, and lemon pepper together in a large bowl. Also- preheat a sauté pan to medium-high.

Season the turkey with 1/4 tsp. salt. Dip the turkey the egg allowing the excess egg to drip off. Finish by coating it completely with sesame seeds.

Add 1 Tbsp. olive oil to the sauté pan and sear crusted turkey for 1-2 minutes each side until crispy and golden. Place in a glass baking dish. Roast in oven for 15 minutes or until done. Let rest 5 minutes once cooked.



PROTEIN: CHICKEN & TURKEY RECIPES



HUMMUS CHICKEN

INGREDIENTS

- 3 boneless, skinless chicken breasts
- 1 yellow squash, sliced
- 1 courgette, sliced
- 1 red bell pepper, 2" chopped
- 1 medium onion, chopped
- 2 lemons
- Salt and pepper, to taste
- Italian seasoning
- 1/2 cup hummus, homemade or store-bought
- 2 Tbsp. dried rosemary
- 1 Tbsp. extra virgin olive oil
- 1 tsp. smoked paprika
- Generous drizzle of Balsamic Vinegar

DIRECTIONS

Preheat oven to 200. Prepare one large baking dish and lightly coat with olive oil. Season the chicken breasts with salt, pepper, and Italian seasoning.

In a large bowl, toss the sliced courgette, squash and onion with olive oil until evenly coated. Season with salt, pepper, and Italian seasoning.

Cover each chicken breast with 1 tablespoon of hummus each. Then place on top of the vegetables. Place all vegetables on the bottom of the dish in an even layer. Lay the chicken evenly on top. Squeeze the juice of one lemon over the chicken and vegetables.

Lightly season the entire dish with chopped rosemary and paprika. Thinly slice the remaining lemon, and place a few thin slices in the dish.

Drizzle balsamic vinegar over the top, then bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

PROTEIN: CHICKEN & TURKEY RECIPES



CHICKEN WITH SAUTÉED ONIONS & LEMONS

INGREDIENTS

- 6 chicken thighs, boned but with skin
- 1 Tbsp. Coconut oil
- 1 sweet onion, halved and thinly sliced
- 1-2 garlic cloves, thinly sliced
- ½ lemon thinly sliced
- ¼ cup organic chicken or vegetable broth
- 2 Tbsp. fresh flat leaf parsley
- Salt and pepper, to taste

DIRECTIONS

Season chicken with salt and pepper. In a large sauté pan over medium heat, place chicken skin side down in a preheated pan with extra virgin olive oil or unrefined coconut oil. *The trick is not to turn the chicken over until the pieces are well browned.

When both sides are browned and cooked through, remove chicken from pan and continue with remaining pieces. Remove chicken from pan. Pour off all but 2 tbsp.'s of the remaining oil. Add onions. Season with salt and pepper, to taste. Sauté onions until almost golden brown. Add the garlic and cook until onions are golden.

Add the lemon slices and sauté for one minute. Add the stock and stir. Add the chicken back to the pan. Add the parsley and stir. Check for proper seasoning. Enjoy!

PROTEIN: CHICKEN & TURKEY RECIPES



CORRIANDER LIME CHICKEN

INGREDIENTS

- 1 lb. organic chicken breasts
- 1 Tbsp. Extra Virgin Olive Oil
- 1 lime, juice and zest
- 2 TB fresh coriander, coarsely chopped
- ½ jalapeno, coarsely chopped (optional)
- 1 clove garlic, coarsely chopped
- Salt and pepper, to taste

DIRECTIONS

Puree the oil, lime, juice and zest, coriander, jalapeno and garlic in a food processor until smooth. Place the chicken on foil on a baking sheet, pat dry, and season with salt and pepper.

Spread the coriander and lime mixture and bake in a pre-heated oven (or on the grill) (about 25-35 minutes.)



PROTEIN: PORK & STEAK RECIPES



SIMPLE & DELICIOUS PORK CHOPS

INGREDIENTS

- 2 pork chops (all-natural or organic, 1" thick)
- 1 teaspoon olive oil
- ½ lemon
- 2 cloves of garlic
- Pink Himalayan Salt & Fresh Ground Pepper to taste

DIRECTIONS

Preheat your oven to 350 degrees F. Then, pre-heat an oven-safe sauté pan to med to med-high on the stove. Rinse and pat dry both pork chops. Season both sides of chop with salt and pepper. Smash your garlic cloves with the side of your knife and cut your lemon in half.

Once your sauté pan is heated, add the olive oil. Once oil is heated (in a couple of seconds), place the 2 garlic cloves in the pan carefully separated by a few inches).

Place each pork chop on top of a garlic clove. Allow to sear for 2-3 minutes. Flip chops and sear for an additional 2-3 minutes. (You're looking for a nice crust on each side). Squeeze ½ lemon over the chops.

Place the pan in the oven for about 10 minutes or until the internal temperature reaches 145 degrees. Let rest for 3 minutes and enjoy!

*** (you may want to double this recipe- it's a GOOD one!)



2 SERVINGS

PROTEIN: PORK & STEAK RECIPES



CHIMICHURRI STEAK

INGREDIENTS

CHIMICHURRI INGREDIENTS:

- 1 cup fresh flat leaf parsley
- ¼ cup fresh coriander
- ½ cup extra virgin olive oil
- 1/3 cup red wine vinegar
- ½ tsp. sea salt
- 2 cloves garlic
- ½ tsp. cumin powder
- ½ tsp. red pepper flakes

FOR THE STEAK:

- 2 boneless rib-eye steaks
- 1 TB balsamic vinegar
- Extra virgin olive oil
- Salt and pepper, to season

DIRECTIONS

Chimichurri: Blend all ingredients in a food processor or blender until smooth.

Steak: Let steaks sit out for about 30 minutes to bring to room temperature before cooking. Season with salt and pepper. Drizzle with balsamic vinegar and just enough olive oil to coat.

Heat a grill-pan over medium heat. Add the steaks to the pan and cook for 4-5 minutes, then flip the steaks and cook an additional 5-6 minutes. Avoid moving the steaks around in the pan while cooking. Remove from the pan, and let rest about 5 minutes. Slice the meat in thin strips and drizzle with the chimichurri sauce. Serve and enjoy!

PROTEIN: PORK & STEAK RECIPES



EASY GRASS-FED BURGERS

INGREDIENTS

- 500g of grass-fed ground beef
- Himalayan Pink Salt & Fresh Ground Pepper
- Any other seasoning you like!

DIRECTIONS

Take meat out of the fridge and allow it to come to room temperature for 20-30 minutes. Divide the meat into 3 parts and by hand, create four separate patties. Heat a sauté pan to medium heat.

Season both sides of the patties with salt and pepper (and any other seasoning you like). Place all 3 patties in the pan for 3-5 minutes per side. Remove from the pan and allow to rest for a few minutes. Enjoy!



PROTEIN: FISH & SEAFOOD RECIPES



PAN SEARED TROUT WITH TOMATO BASIL

INGREDIENTS

- Chopped pancetta
- 1 cup cherry tomatoes, halved
- ½ tsp minced garlic
- ½ tsp freshly ground black pepper, divided
- ¼ tsp Himalayan salt, divided
- ¼ cup small basil leaves
- 1 tablespoon olive oil, divided
- 2 trout fillets or any other fish, divided
- 2 lemon wedges

DIRECTIONS

Over low heat, heat pancetta in Pan. Cook just until pancetta begins to brown (for about 4 minutes).

Add cherry tomatoes, garlic, 1/2 the pepper, and ½ the salt, and cook for 3 minutes or until tomatoes begin to soften. Remove from the heat, and stir in basil leaves.

In another large non-stick pan, heat over medium-high heat. Add enough oil to lightly coat the bottom of the pan. Sprinkle fish evenly with remaining salt and pepper.

Add both fillets to the pan; cook for 2 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan. Top fish with tomato sauté. Serve with lemon wedges.



PROTEIN: FISH & SEAFOOD RECIPES



CITRUS FISH TACOS

INGREDIENTS

- 2 large oranges (juiced)
- ½ lime (juiced)
- 3 TB olive oil
- 1 tsp. cumin powder
- ½ tsp. salt
- 2 tilapia fillets or any other fish of choice (cut in 1" chunks)

INGREDIENTS (WRAPS):

- 3-6 lettuce leaves
- ½ red pepper (diced)
- ½ red onion (diced)
- ½ mango (diced)
- ½ avocado (sliced)

DIRECTIONS

Mix the orange juice, lime juice, olive oil, cumin, and salt in a bowl and combine well.

Gently place the pieces of Tilapia into a large Ziploc bag and pour in the juice. Marinate for 2-4 hours in the refrigerator, flipping the bag over about half way through.

Next, heat some olive or coconut oil over a large pan. When the pan is warm, add the Tilapia and cook for about 4-5 minutes on 1 side, then turning only once, finish cooking on the other side (about 8-9 minutes total)

Then, simply prepare your tacos to your liking, adding the fish, pepper, onion, & mango! (be creative and add anything else you think may taste great on there!)

It's very refreshing and absolutely DELICIOUS! Once you get the marinade in the fridge, it will only take you about 10 minutes to prepare them.

PROTEIN: FISH & SEAFOOD RECIPES



SALMON BURGERS WITH MANGO SALSA

INGREDIENTS

- 1-2 Palms Salmon
- peppers chopped
- 1 TB + 1 tsp. wholegrain mustard
- 1 lime (just the zest)
- ½ lime (just the juice)
- ½ tsp. salt
- ¼ tsp. pepper
- 1 TB extra virgin olive oil

DIRECTIONS

Combine all ingredients in a food processor and pulse for 30 seconds to combine. If no food processor available, finely dice the salmon in a large mixing bowl combine everything together and mix. Divide into 3 burger patties...

Preheat non-stick pan on medium for 1 minute. Drizzle olive oil and sear burgers for 3-4 minutes each side until golden brown. Enjoy!

Serve with Mango Salsa (recipe pg. 26)

PROTEIN: FISH & SEAFOOD RECIPES



STEAMED SALMON

INGREDIENTS

- 1-2 Salmon Fillets
- Himalayan Pink Salt
- Fresh ground pepper
- 1 tsp grated lemon rind
- 2 Tbsp. fresh squeezed lemon juice, divided
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. dried rosemary
- Lemon slices for garnish

DIRECTIONS

Season salmon fillets evenly with salt and pepper. In a plastic bag, place salmon, lemon rind, 1 Tbsp. of the lemon juice, 1 Tbsp. of the olive oil, and rosemary in a Ziploc bag. Make sure the salmon is evenly coated. Marinate in the refrigerator for 30 minutes.

Preheat your steamer. Brush a baking dish with olive oil. Remove salmon from marinade. Place fillets, skin side down, on the oil-coated dish. Steam fish 6 inches from heat for about 8-10 minutes or until fillets flake easily with a fork.

Whisk together remaining tablespoon of lemon juice and 1 tablespoon oil; drizzle over fillets. Garnish, with lemon slices.

PROTEIN: FISH & SEAFOOD RECIPES



SAUTÉED SHRIMP

INGREDIENTS

- 2 Tbsp. Grass-fed Butter (or olive oil)
- 1-2 Palms Wild-Caught Shrimp
- 1 Red or Yellow Bell Pepper
- 2 garlic cloves, minced
- Himalayan Pink Salt & fresh ground pepper to taste
- 1 tsp. fresh thyme, chopped

DIRECTIONS

In a pan, melt the butter over medium-low heat. Add the bell peppers and cook for about a few minutes until softened. Add garlic and cook until fragrant (about 30 seconds)

Add the shrimp and salt and pepper and sauté for 5-6 minutes (until shrimp is no longer translucent)

Add the thyme, mix all of the ingredients one last time, and enjoy!

***Shrimp cooks very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking. Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until they're done.



FAVOURITE SOUPS



CHILLED AVOCADO SOUP

INGREDIENTS

- 3 ripe avocados
- 3 cups chicken broth
- 3 Tbs. fresh lime juice
- ½ cup fresh coriander leaves
- 1 tsp. ground cumin
- ½ jalapeno, diced into small pieces (optional)
- ¼ tsp. cayenne pepper
- 1 tsp. Himalayan Pink Salt
- Fresh Ground pepper, to taste

DIRECTIONS

In a pan, melt the butter over medium-low heat. Add Combine all of the ingredients in a blender or food processor and blend until smooth. Season with additional salt and pepper if necessary. Refrigerate for about 2 hours.



FAVOURITE SOUPS



COURGETTE & FENNEL SOUP

INGREDIENTS

- 1 Tbsp. extra virgin olive oil
- 3 courgette, chopped and peeled
- ½ onion, chopped
- ½ fennel bulb, chopped
- 3 cups chicken stock (low-sodium)
- Salt and pepper, to taste

DIRECTIONS

Heat olive oil in a large pan or soup pot with courgette, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min.

Add stock, bring to a boil and then simmer until soft. Put everything in blender and blend. Serve immediately and enjoy!



FAVOURITE SOUPS



BUTTERNUT SQUASH & BACON SOUP

INGREDIENTS

- 1 large butternut squash, peeled and cut into large chunks (about 2.5-3 pounds)
- 3 carrots, peeled and cut into large chunks
- 1 ½ tablespoons coconut oil, melted
- raw bacon, chopped
- 1 small onion, chopped
- 1 small apple, chopped
- 2 cups chicken stock
- 1 cup full fat coconut milk
- 1 teaspoon salt
- 1-2 Tbsp. cinnamon
- 1 Tbsp. nutmeg

DIRECTIONS

Preheat your oven to 200. Toss squash and carrots with the coconut oil. Place in a baking dish and roast uncovered for 35 minutes or until tender.

In a large stock pot over medium heat, cook bacon until crisp. Remove bacon and set aside for the garnish. Add the onion and apple to the pot and sauté in bacon fat over medium heat until tender, about 5 minutes.

Add the roasted butternut squash, carrots, chicken broth, and coconut milk to stock pot and bring to a boil, stirring often.

Remove from heat. Use a blender to blend your soup or working in several small batches, blend soup in food processor or blender until smooth.

Return to stock pot, bring to a simmer and season with salt, cinnamon, and nutmeg. Serve soup in large bowls garnished with bacon! Enjoy.

FAVOURITE SOUPS



OH SO GOOD! CHILLI WITH TWIST

INGREDIENTS

- 1 Tbsp. Extra Virgin Olive Oil
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 250g ground grass-fed beef
- 250g ground turkey
- ¼ cup pumpkin puree
- 1 can crushed tomatoes
- Passata sauce
- Diced green chili's
- ½ cup beef stock
- 1 Tablespoons chili powder
- 1/2 Tablespoon ground cumin
- 1/2 Tablespoon paprika
- 1 teaspoon ground coriander
- 1 teaspoon cocoa powder
- ½ teaspoon garlic
- ¼ teaspoon cayenne pepper
- Pink Himalayan salt to taste
- OPTIONAL: ½ jalapeno, seeded and finely diced to taste
- Sliced avocado

DIRECTIONS

In a large soup pot over medium heat, sauté the onion and garlic until onions begin to soften. Then, add the beef and turkey, and stir occasionally until browned.

Add the rest of the chili ingredients (except the avocado). Let simmer, stirring every so often for 15 minutes. Garnish with sliced avocado. Serve and enjoy!

I recommend doubling this recipe- it's AWESOME!

FAVOURITE SOUPS



MOM'S MINESTRONE

INGREDIENTS

- 1 slice (¼-inch-thick) prosciutto, cut into ¼-inch dice (do not trim off the fat)
- ¼ cup extra-virgin olive oil, plus more for serving
- 1 large yellow onion, cut into ½-inch dice
- 1 large leek, white and pale green parts only, cut into ½-inch dice
- 2 celery ribs, cut into ½-inch dice
- 2 small carrots, cut into ½-inch dice
- 4 garlic cloves, minced
- 1 teaspoon oregano
- ¼ teaspoon crushed hot red pepper flakes
- 1 courgette, trimmed and cut into ½-inch dice
- 1 can diced tomatoes in juice
- 1 tablespoon tomato paste
- 6-8 cups reduced-sodium chicken broth
- Parmesan cheese (OPTIONAL)
- 1 bay leaf
- 1 can kidney beans
- 1½ cups packed thinly sliced kale, thick stems removed
- Sea salt & freshly ground black pepper

DIRECTIONS

Cook the prosciutto and oil together in a soup pot over medium heat just until the prosciutto is lightly browned, about 3 minutes.

Then, add the onion and leeks. Cook, stirring occasionally, until softened, about 3 minutes. Add the celery, carrots, garlic and oregano, and cook until the vegetables are beginning to soften, about 3 minutes more.

Add the courgette and cook until it begins to soften, about 3 minutes. Add the tomatoes and their liquid and the tomato paste, bring to a boil and cook 3 minutes.

Add the broth, bay leaf and the Parmesan. Bring to a boil. Reduce the heat to medium-low. Simmer until the flavors are blended, about 1 hour.

Stir in the beans and kale and cook until tender, about 5 minutes.



AMAZING SIDES



SIMPLY ROASTED BUTTERNUT SQUASH

INGREDIENTS

- 1 cup extra virgin olive oil
- ½ cup balsamic vinegar
- 1 Tbs. dried parsley
- ½ tsp. sea salt.
- Freshly ground pepper to taste
- 1 Tbs. honey mustard (organic if possible)
- 1 garlic clove, passed through a garlic press or minced (optional)

DIRECTIONS

Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.

 4 SERVINGS



SIMPLY ROASTED BUTTERNUT SQUASH

INGREDIENTS

- 2 TB Extra Virgin Olive Oil
- Pancetta or bacon, chopped
- ½ finely chopped fresh sage or ¼ tsp. dried
- butternut squash, peeled, seeded and cut in to 1" chunks
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 dash of ground nutmeg
- Salt and pepper, to taste (white pepper if you have it)
- 1 cup organic chicken stock

DIRECTIONS

Add bacon and olive oil to sauté pan and cook until bacon is crisped. Remove bacon with a slotted spoon. Add squash and chopped onions. Cook over medium heat until onions are clear and started to turn golden. Add sage, nutmeg and season with salt and pepper (white pepper if you have it).

Add broth and bring to a boil, reduce heat to simmer and cover with lid. Cook until squash is tender when pierced with a fork. Serve and enjoy.

 6-8 SERVINGS

AMAZING SIDES



MANGO SALSA

INGREDIENTS

- 2 mangos (peeled & cubed)
- 1 purple onion (peeled & diced)
- 2 kiwi (peeled & diced)
- 1 jalapeno (seeds removed, minced)
- 1 red pepper (seeds removed, diced)
- 1 avocado (peeled & diced)
- 1 tomato, diced
- Juice of 1 lime
- Bunch of coriander, chopped
- ½ tsp. sea salt

DIRECTIONS

Mix ingredients in a bowl & refrigerate for 2 hours. Serve and enjoy! Mix ingredients in a bowl & refrigerate for 2 hours. Serve and enjoy!

 4-6 SERVINGS [½ cup size]



MASHED CAULIFLOWER

INGREDIENTS

- 1 entire head of cauliflower, remove leaves (chopped into small pieces)
- 1 cup of low sodium chicken stock
- 2-3 cloves of garlic
- Sea salt & pepper to taste

DIRECTIONS

In a large pot, add the chicken stock and cauliflower. Cover and bring it to a boil. Reduce the heat and simmer for 30-35 minutes until the cauliflower is until very tender, and you can smash it with your fork. (If you need to add more stock during this time, you can add it. Make sure your pot doesn't run dry.)

Add the garlic cloves and simmer for a few minutes longer (about 5). Drain the liquid and add all of the remaining ingredients to a blender. Blend to your desired consistency.

 6-8 SERVINGS

Season with salt & pepper, and any other seasoning you like! Enjoy.

AMAZING SIDES



COURGETTE PASTA WITH SUNDRIED TOMATOES

INGREDIENTS

- 2-3 courgette, shredded (can be made ahead and refrigerated)

PESTO:

- ¼ cup roasted unsalted almonds
- 1 cups tightly packed basil leaves
- Tbsp. extra virgin olive oil
- 1 TB lemon juice
- ¼ cup sundried tomatoes
- Salt and pepper, to taste

DIRECTIONS

With a spiralizer, mandolin, or peeler – cut the courgette into long noodle shaped pieces and set aside.

In a blender, place all of the other ingredients except olive oil and sundried tomatoes and process for 5 seconds. With machine running, drizzle in the olive oil until blended.

Place all ingredients (including courgette) in a bowl. Stir in sundried tomatoes. Toss and serve.

 2 SERVINGS



SPAGHETTI SQUASH

INGREDIENTS

- 1 Spaghetti Squash cut in half length-wise, and de-seeded (use a spoon)
- Extra Virgin Olive Oil
- Sea salt & fresh ground pepper to taste

DIRECTIONS

Pre-heat your oven to 200. Cover a baking pan in aluminum foil and set aside. Place your two halves face up, and lightly brush the inside with olive oil. Then, season with salt & pepper to taste. Let the oil soak in for a couple of minutes. Then, place the two pieces of squash face DOWN in the pan, and place into the oven. Cook for 45-60 minutes.

Flip over the squash when it's finished cooking, Use a fork to "shred" & pull out the spaghetti squash. It comes out like spaghetti- pretty AWESOME! Place the squash in a colander to drain any excess water for a minute or two (covered with foil to keep warm). Top with tomato sauce or season with salt & pepper and enjoy!

 6-8 SERVINGS

AMAZING SIDES



ROASTED BROCCOLI & GARLIC

INGREDIENTS

- 1 entire broccoli, Cut into florets. (if you want to use the stems, cut into bite-sized pieces) (this is great with cauliflower, too!)
- 2 Tbsp. Extra Virgin Olive Oil
- 1 entire garlic, cloves peeled. (I prefer not to slice the cloves, but you can if you like)
- Himalayan Pink Salt & Freshly Ground Pepper to taste

DIRECTIONS

Preheat oven. In a large bowl, drizzle the olive oil over the broccoli. Add the garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap. Cook for about 20 min. or until the edges of broccoli are crispy!

 4-6 SERVINGS



PROTEIN PACKED GRAIN SALAD

INGREDIENTS

- ¼ cup brown rice
- ¼ cup red rice
- ¼ cup quinoa, rinsed
- ½ can chickpeas, drained and rinsed
- 2 roasted red peppers, chopped (jar)
- 8 marinated artichoke hearts, chopped (from a jar)
- 1 medium handful of parsley, chopped
- ¼ cup pine nuts, roasted
- Sea salt and freshly ground pepper, to taste

DIRECTIONS

Combine the brown and red rice together in a medium size pot with 1 cup of water. Bring to a boil, cover, and reduce heat to medium-low. Cook for 15 minutes and then add the quinoa and another cup of water. Cook for another 10 minutes or so. You may need to add another ¼ cup water. While the grains are cooking prepare the rest of your ingredients.

Once the grains are cooked, remove from heat and allow to cool for 15 minutes.

Combine all the ingredients together in a bowl and mix well. Taste and adjust seasoning. Enjoy!

 3-4 SERVINGS

AMAZING SIDES



SIMPLE SAUTÉED SPINACH

INGREDIENTS

- baby spinach, cleaned & dried
- 3 cloves of garlic, peeled & thinly sliced
- ½ fresh lemon
- 1½ Tbsp. coconut oil
- Sea salt & fresh ground pepper to taste

DIRECTIONS

Heat up a large sauté pan with coconut oil over med heat. Add 1/3 of the spinach to the pot and with tongs, continually turn the spinach for 1-2 minutes. Add the next 1/3 of spinach to the pot, continually turning (about 1 min). Add the final 1/3 of spinach AND the sliced garlic, and continually turn until all of the spinach is mostly wilted (another 1-3 minutes).

Remove spinach mixture from the pot and squeeze ½ lemon over the spinach. Season with salt & pepper and toss well. That's it! Very easy & super healthy!

 2 SERVINGS

SNACKS



SNACK BARS:

Look for bars with a decent protein content, at least 10-15g per bar, and for ones with wholefood ingredients wherever possible such as nuts, dried fruit, hemp, coconut and seeds. Chocolate or carob topped bars are ok, and can be a delicious way to get some micronutrients and have a chocolate fix at the same time. Careful of bars with vegetable oils, hydrogenated fats and hydrolysed gelatine. A lot of commercial protein bars are often filled with sugar and poor quality whey protein with the aim of hitting a protein target, regardless of the ingredients, so be wary of what you choose in the protein bar supplement world. And, as a whole, be wary of the calorie impact many small bars can have, they can often surprise you with how much of a punch they pack.

Good bars are:

- Coco chia bars (only available on the internet)
- 9 bars (found in Tesco's & other shops, best of a bad bunch)
- Trek bars (decent option, coconut one is lovely)
- Eat natural bars (best commercial option if out and about, choose one with nuts in to slow the carbohydrate breakdown)

- Naked bars (made from puréed fruit and nuts)
- Lara Bars (very difficult to find anymore)
- Not a snack bar, but biltong and biltong blends are a great high protein option
- Quest bars, Muscle-Pharm Crunch bars and Oh Yeah! Protein bars

OTHER SNACKS:

Other snacks should largely be mini versions of what you might have at meal times. Ultimately we're looking for the highest quality nutrition 80-90% of the time, so the usual snacks may be off the menu as they tend to be junk. Fruit, meats or vegetable sticks are a mainstay in the diets of many successful dieters and athletes alike as they understand the value of real food 90% of the time. And for the ones that handle carbs well in terms of energy, popcorn can be a nice change of pace.

Cottage cheese with a few crackers and fruit, a banana and peanut butter wrap and simple chicken legs make fantastic snacks if you have a few more calories to eat.

CRAVING BUSTING SNACKS



Sometimes we just want to feel like we are being treated, and shakes and smoothies can really hit the spot along with some other geeky alternatives....

1. Super green/berry drinks
 2. Protein shakes with some fat and fruit make awesome smoothies (i.e. strawberry whey protein, mixed berries, nut butter and water/milk)
 3. Protein pancakes
 4. Egg cakes (scrabbled eggs baked in the oven with your preferred choice of veggies and spices simply cook in cap-cake tins)
 5. Home made protein bars or brownies.
- Check out ProteinPow.com for inspiration

OTHER SNACKS:

When you're shopping and looking for a quick and simple snack you generally need to follow the same guidelines as the rest of this guide and avoid the foods commonly seen on the snack counters, again unless you have a very high energy need and you know where to place these foods and why.

Foods such as:

- Pre cooked meats
- Raw vegetables (the snack packs such as baby corn and sugar snaps are ideal)
- Lower sugar Fruits – Pears, plums, apples
- High energy (so be wary) fruit/nut/seed mixes
- Snack bars (see earlier list)
- Salad pots or sushi/sashimi salads
- Greek Yoghurts or Cottage cheese
- Tinned fish, chilli or stew (eaten cold if pushed for options, canned food with a good protein content)
- Biltong packs
- Meze platters
- Popcorn

In essence try and stick to the most natural food possible, with emphasis on good protein content. If you are 'breaking the rules', know why and how and its impact, and then own that decision and factor it into your needs.

HOW TO...



HARD BOIL AN EGG

INGREDIENTS

- 4-6 eggs (you can make as many as you want at a time)

DIRECTIONS

Fill a small sauce pot half way with water & add your eggs. Do not crowd the pot.

Bring water to a boil over med - high heat. When the water boils, remove the pot from the heat and set aside with a tight lid for 15 minutes.

Drain water and place eggs in a bowl with cold water & ice. Peel when ready to use!



BAKE A SWEET POTATO

INGREDIENTS

- 2-4 Sweet potatoes, rinsed & dried

DIRECTIONS

Pre-heat oven to 200° Pierce each sweet potato a few times with a fork (don't get trigger happy... it's just to let some of the steam out).

Place the sweet potatoes on a rimmed baking sheet lined with foil. Bake for about 45 minutes, or until potatoes are tender. That's it!

HOW TO...



STEAM VEGGIES [BROCOLLI, CARROTS, MIXED VEG]

INGREDIENTS

- Any Vegetable of choice, cut to bite sized pieces (Broccoli, Pepper, Cauliflower, Asparagus, Carrots, etc.)
- ½ tsp. Sea Salt (Optional)

DIRECTIONS

Bring a 1/4 inch of water to a boil in a large sauté pan.

Add salt to the water if desired. Add your vegetable of choice, cover, and then steam your veg until they are as tender as you want (about 3-5 minutes).

Steaming in a Steamer Basket:

Bring an inch of water to a boil in the bottom of a pot (where you will then place your steamer basket into).

Place veggies into the steamer basket, set over the boiling water. Cover and steam until cooked to your liking (about 3-5 minutes).



MAKE QUINOA

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- ½ tsp. salt

DIRECTIONS

Rinse quinoa in a fine sieve until water runs clear. Then, drain and transfer to a medium pot. Add 2 cups water and salt and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, about 15-20 minutes. Set aside away from heat for about 5 minutes. Uncover and fluff with a fork. Will make 3 cups quinoa.

****Quinoa naturally has a protective coating, called saponins, that easily rinse off. However, if not rinsed, will be bitter and may cause an upset stomach.**

****If you toasted quinoa in a pan with a little olive oil over low heat for a few minutes before adding to the boiling water, it will have an even tastier, nutty flavor.**

JUICES & DRINKS



HOMEMADE SUPERHERO JUICE

- Water
- ½ Lemon (sliced)
- ¼ tsp. Turmeric
- ¼ tsp. Cumin
- 1 Pinch Cayenne
- 1 Pinch Cinnamon
- 1 Pinch CoQ10 Powder (Coenzyme Q-10)

DIRECTIONS:

Mix ingredients together and drink.



HOMEMADE ENERGY DRINK

- 300ml Water or Coconut Water
- ¼ tsp. Himalayan Pink Salt
- ¼ cup of juice (lemon, lime, grape, etc.)
- 1 tsp. raw honey or stevia

DIRECTIONS:

Mix ingredients together and drink.



MORNING MOJO - LEMON GINGER DETOX

- Cup of water
- Juice of ½ lemon
- Either: ½ inch knob ginger root OR pinch of cayenne pepper

DIRECTIONS:

Add the lemon juice to the glass of water.

If ginger: finely grate the ginger using a zester, and add the zest to the glass of water. If cayenne pepper: add a pinch of cayenne to your water. Perfect way to start day.