



T2H

Transition 2 Health CookBook



**100 Delicious Recipes
to Take Your Health
to a New Level**

T2H Transition to Health Cookbook © John Lark 2011

All rights reserved. No portion of this manual may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own use. This manual may not be reproduced in any form without the written permission of the author, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine or newspaper and has written approval prior to publishing

For information contact:

Sphere Fitness

Dun Sion

Maynooth

Co.Kildare

Tel: 00 353 1 5052131

Fax: 00 353 1 6292852

Email: info@spherefitness.ie

Website: www.spherefitnessstudio.com

Thanks for purchasing this cookbook. It is designed to accompany the 'T2H Nutrition Plan' that you can download from the Sphere Fitness Membership Site found by joining here <http://healthcamp.ning.com>

All these recipes have been tried and tested and come from a combination of personal experience, books, friends and clients and for that I am eternally grateful. They have all made healthy eating taste good which in itself is a challenge!

It is hoped that you gain enough resources from this book to truly make a difference to your health and fitness. Not only will this work in the short term but it will also work in the long term as you gather momentum in your repertoire of meals that you can call on to fulfil your goals.

Prepare your kitchen. Shop organic. And most importantly enjoy the process of cooking delicious healthy meals that are geared to your health rather than rob you of it.

Yours in health

John Lark

T2H Recipes

Breakfast

Turbo Charge Breakfast Drink
Almond Butter and Blueberry Pancakes
Quinoa Porridge
Breakfast Salad
Poached Eggs on Toast
Asian Eggs
Breakfast Hash Browns
Sprouted Grain Avocado, Tomato and Almond Butter Sandwich

Smoothies

Berry Blast
Avocado Avalanche
Avocado Berry Blitz
Green Power Shake
Get Massive Muscle Gainer Shake
Vanilla Crème Shake

Soups

Veggie Soup with Soba Noodles
Mock Mulligatwany Soup
Hippocrates Soup
Lentil Soup
Julienne Soup

Salads

John's Stir Fry
Lentil Salad
Quinoa Super Salad
Spinach Salad
Sweet Potato Salad
Courgette Salad
Coleslaw
Carrot and Orange Salad
Celery Salad
Cucumber Salad
Apple and Celery Salad
Waldorf Salad
Grapefruit and Celery Salad
Egg Salad
Broccoli and Sesame Salad

Roasted Veggie Platter
Mock Mash Potatoes – Spud Free

Dressings

Tahini Sauce
Ultimate Salad Dressing
Balsamic Dressing
Avocado and Groundnut Dressing
Thai Curry Paste
French Dressing
French Dressing V2
Rialta
Black Bean Salsa
Guacamole
Hummus

Legumes

Quick Quinoa
Quick Brown Rice
Chili Chick Pea Stew
Quick Veggie Burgers
Tabbolueh
Tabbolueh with Raisins
Black Bean and Rice Salad
Bean Blitz
Cheeky Bean Salad
Big Boy Bean Salad
Black Bean and Rice Salad
Black Bean Flurry
Brown Rice and Beans

Animal Protein

Liver Onions and Mock Mash
Zippy Asian Beef
Zappy Zucchini Chicken
Asian Beef Kebabs
Grilled Moroccan Spiced Steak
Spring Beef Salad
Baked Chicken with Apples
Lamb Salad
Sunshine Chicken Salad

Fish

Salmon Salad
Australian Grilled Fish
Oven Baked Sardines

Desserts

Baked Apples
Dairy Free Ice Cream
Trail Mix
Berry Pudding
Vegan Chocolate Mousse

Preparing Your Kitchen

Here are some essential tools for your kitchen to make these meals take 5 minutes rather than 5 hours. It is definitely worth the investment. I have lost count of how many sliced fingers or frustrated attempts at cutting a tomato I have had. This lot will set you back around 200 euros in total and will save you HOURS of food prep.

Food Processor

Find one that can also 'grate' vegetables to make salads in minutes. Jamie Oliver does a good one. You can knock up soups in seconds. These are actually better done with a hand blender.

Greenstar Juicer

There aren't any juicing recipes in this book but this is a great investment. It is not cheap by any means but this 'masticating' juicer will save hours in the kitchen. Most juicers come in about 14 parts. This takes no time to rinse. If you are juicing then don't rely on them as meals and avoid using fruit as your base. Use celery or carrot.

Mandolin

This is a great piece of kit that will (if you avoid slicing your fingers off) will make salad preparation a second process rather than hours. I picked my JML one up in Heaton's for about 10 euros.

Stainless Steel Salad Bowls and Mixing Bowls

I love stainless steel salad bowls as they don't break when you drop them ☺ No other secret!

Good Pans

I have a great set of stainless steel pans that have lasted me years. They are from Le Creuset. Avoid Teflon non-stick pans. They will leach formaldehyde into your food.

Sharp Knives

Invest in a great set of knives which will make life a lot easier too. I got mine from Ikea and I love them.

Measuring Cups

A lot of the recipes will call for these. It makes balancing the tastes a lot easier.

Smoothie Maker

Again – try not to cheap out on these. The motor tends to burn out on them if you go cheap with them, particularly if you are blending nuts and frozen fruits.

That should do it. Chip away at this list over time if the budget is tight. It will be worth the investment.

Spice and Herb Combinations

This is a list of spices that I picked up that will spice up any dish and make packets, jars and ready mixes a thing of the pastⁱ. I personally haven't used a packet mix in years.

You can use them as rubs or mix them into rice, quinoa or even gluten free porridge if you wish. Would be a good idea to print this sheet off and pin it to the inside of your cupboard. That way you get can get learning the combinations as you do them.

Italian – Parsley, Oregano, Basil

French – Parsley, Tarragon, Chives

Middle Eastern – Pepper Coriander, Cinnamon and Cumin

Indian – Curry and Chili Powder

Curry (make Your Own) – Coriander, Cumin, Pepper, Tumeric, Ginger, Celery Seed, Fennel

Cajun – Paprika, Cumin, Cayenne Pepper, Celery Seed, Garlic

Jamaican – Chili, Garlic, Thyme, Cinnamon, Ginger

Moroccan – Pepper, Cardamom, Nutmeg, Cinnamon, Cloves, Turmeric,

Asian – Ginger, Popper, Sesame Seeds

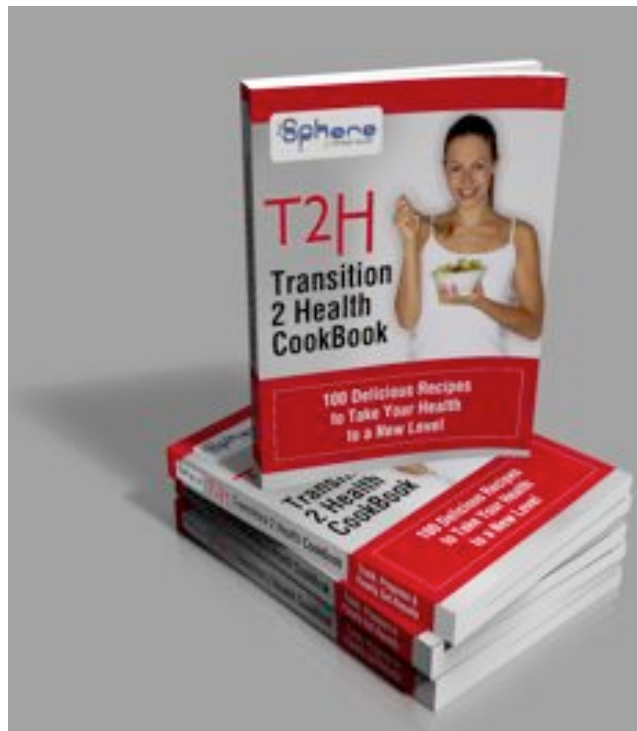
Mexican – Paprika Cumin, Garlic, Chili

Poultry Rub – Sage, Thyme, Marjoram

Beef Rub – Garlic, Onion, Pepper, Thyme

Salmon Rub – Paprika, Cumin, Garlic, Celery Seed, Oregano

Breakfast



Turbo Charge Breakfast Drink

¼-1 tsp of PRP Alkalising Salts

1 scoop of PRP Green Life

1 litre of Clean Filtered Water

Squeeze of Fresh Lemon Juice

8 pH Drops

8 Oxy-lift Drops

All of these products can be purchased here <http://www.philrichardsp performance.co.uk> or ask in the shop! This is a wee Olympic level formula that will have you flying through the day.

Almond Butter and Blueberry Pancakes

1 and ½ Cups of Gluten Free Flour

½ cup of Silken Tofu

Fresh Blueberries

1 Organic Egg

Coconut or Rice Milk

Splash of Water for the consistency you desire

Almond Butter

Coconut Oil

Blend the tofu, flour, blueberries, egg and coconut milk in a food processor. Pour the batter into a hot pan with coconut oil.

Flip after bubbles start appearing at the surface (normally 2-3 minutes).

Serve warm with almond butter spread on them and fresh fruit.

Quinoa Porridge

1 cup of Quinoa Flakes

250ml of Almond Milk

Frozen Berries

Coconut Oil

Cook this little treat up on the mornings you like porridge. Once a week is ok. I normally want to save this to the weekend. The reason being is that you wont be as mentally sharp from this as you would a salad and fish type breakfast.

Breakfast Salad

2 Tomatoes

1 Cucumber

1 tbsp Oil

1 Spring Onion

Half a Lettuce

1 Avocado Sliced

2 tbsp apple cider Vinegar

Scald the tomatoes and take off the skin, and put them into cold water or on to the ice until quite cold. Cut them up the same as an orange; peel and cut up the cucumber into very thin slices and mince up the onion. Sprinkle these with pepper and salt, pour over the oil and vinegar. Shred up the lettuce and lay on the top, it is then ready to serve. Garnish with a sliced avocado.

Poached Eggs on Toast

3 Eggs

1 tablespoon of Vinegar

Water

Sprouted Grain Bread

Almond Butter

Poach the eggs in water and vinegar. Toast the sprouted grain bread and spread almond butter. Serve on the side with some chopped carrot sticks and hummus

Asian Eggs

Organic Eggs – 3

Spinach

Eggs

Peppers

Coconut Oil

Ginger Root

Braggs Liquid Aminos

Coriander

Spring Onions

Scrambled the three whole eggs in a bowl and mix in salt and pepper.

Saute some onion, coriander and peppers in a pan with the coconut oil and add in the coriander and ginger Cook till soft.

Pour in the egg mix and cook. Garnish with some spring onions and a teaspoon of braggs liquid aminos.

Breakfast Hash Browns

Sweet Potatoes finely cubed

Onions

Parsley

Cumin

Paprika

Salt and Pepper

Water to cook

Coconut Oil

Part boil the sweet potatoes for 10 minutes

Cook the veggies in the pan with a little oil for around 2-3 minutes and add in the potatoes finely cubed alongside the spices, salt and pepper.

Keep adding water to the pan as you cook the mix. Add the remaining ingredients

Serve after training or part of a training day breakfast.

Sprouted Grain Avocado, Tomato and Almond Butter Sandwich

4 Slices of Sprouted Grain Spelt Bread

Sliced Avocado

Sliced Tomato

Almond Butter

Spread Almond Butter on the Bread, slice avocado and tomato to top the sandwich.

Smoothies



Berry Blast

Vanilla Rice and Pea Protein Powder

1 cup of frozen mixed berries

3 ice cubes

Water on consistency

1 Avocado

Blend to desired consistency

Avocado Avalanche

1 large avocado

2 teaspoons coconut milk

1 cup ice

Scoop out avocado into blender. Add 2 teaspoons coconut milk or a little more, depending on how sweet you like it. Then add the ice and blend all of it together until it's a semi-creamy texture

Avocado Berry Blitz

Half a ripe avocado

1 to 1 1/2 frozen bananas

4 to 5 frozen or fresh strawberries

Splash of rice milk

Pinch cardamom

Pinch all spice

1 scoop of Plant Based Protein Powder (Rice and Pea)

Whatever else strikes your fancy. . . Nuts, fruits, spices, etc throw all ingredients into a blender and blend until desired texture is reached. I prefer it smooth, but some like a chewable drink.

Green Power Shake

Water

Ice

¼ cup of Coconut Milk or 250ml of Kara Dairy Free

Avocado

Green Life 1 scoop or Green Power Protein 1 scoop

Mint Leaf

Blend the lot in a smoothie maker

Muscle Gainer Shake

This makes up enough for the day and should be made every day as a weight gainer shake.

1 tin of coconut milk -

1 litre of Kara Dairy Free

2 cups of Frozen Berries

4 scoops of Green Power Protein

1 avocados

4 blocks of frozen spinach

3 tsp of Soya Lecithin (to help with the fat content)

3 tablespoons of coconut oil

2 bananas

½ cup of almonds

Blend it and leave in a jug in the fridge ready for you to consume for the day :0

It makes around 5-6 big glasses.

This works out around 2800 Kcal and makes enough for a day.

Vanilla Crème Shake

Ice cubes

½ cup of coconut milk

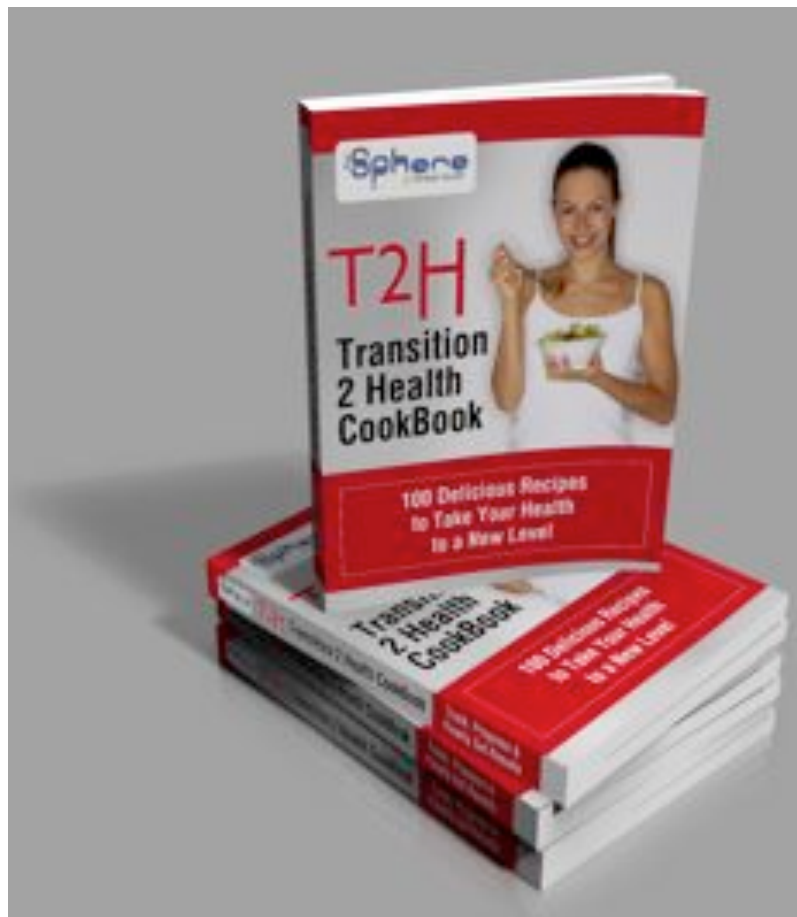
Cinnamon to taste

1 banana

Vanilla Flavour Protein Plant Based Protein Powder

Blend this – add more or less water depending on how thick you want it to be.

Soups



Veggie Soup with Soba Noodles

1 carrot
1 onion
1 turnip
1 stalk celery
1 c. boiling water
1/2 tsp. salt
1/2 c. soba noodles
2 sprigs parsley
1/8 tsp. pepper
1 qt. household yeast free stock

Dice the vegetables and put them on to cook with the boiling water and the salt. Cook for a few minutes or until partly soft. Add the noodles, parsley, pepper, and stock and cook for 15 minutes longer. Serve.

Mock Mulligatawny Soup

3. Organic chicken Breasts
1 lb. Organic Beef
4 qt. cold water
1 tsp of coconut oil
2 onions
4 peppercorns
4 cloves
1 stalk celery
1 Tb. curry powder
1 tsp. salt
1/4 tsp. pepper
1 lemon

Cut up the chicken and beef, add the cold water to them, and place over a slow hob.. Slice the onions and brown them in the coconut oil. Add them and the peppercorns, cloves, chopped celery, and curry powder stirred to a smooth paste with a little water to the meat. Simmer together slowly until the chicken is tender. Remove the meat from the bones and cut it into small pieces. Put the bones into the pan and simmer for another hour. Strain the liquid from the veal and bones and remove the fat. Add the salt, pepper, chicken, and the juice of the lemon. Return to the fire and cook for a few minutes. Serve with a tablespoonful or two of cooked rice in each soup dish.

Hippocrates Soup

2 stalks of celery

2 bunches of parsley

Garlic – 2-3 cloves

2 leeks

1 and ½ pounds of tomatoes

2 onions

1 pound of Potatoes

This is taken from Max Gerson's work the Gerson Diet which is used to treat cancer patients. Never the less it is a good formula if you are feeling a little under the weather.

Keep the soup as pure as possible by using filtered water and not peeling the veggies (use organic) Make sure they are scrubbed fully though.

Stew for a couple of hours and then blend with a hand blender

Lentil Soup

1 Onion

3 Carrots

2 Stalks of Celery

1 litre of Yeast Free Stock

2 cups of Lentils

2 cloves of Garlic

Fresh Parsley

Salt and Pepper to Taste

Saute the onion, carrots and celery in a pan together for about 10 minutes. Then add the garlic and parsley and cook for a further minute.

Add the lentils and the stock and cook through for a further 20 minutes.

This will make a lot so you have a batch to keep for a while.

Julienne Soup

1 pt. mixed vegetables
1/2 tsp. salt
1 litre. yeast free vegetable stock
1/4 tsp. pepper

Cut into tiny dice or into strips such vegetables as celery, carrots, and turnips, making them as nearly the same size and shape as possible.

Put them on to cook in enough boiling salted water to cover well. Cook until they are soft enough to be pierced with a fork, but do not lose their shape. Drain off the water and put the vegetables into the stock.

Bring to the boiling point, season with the pepper, and serve

Salads



John's Stir Fry

Bag of Beansprouts

Head of a broccoli chopped

Pepper chopped

Onion

Chili fresh – seeded

Ginger root about 1 inch cube

Mange Tout – packet

Cashew Nuts

Braggs Liquid Aminos – 1 tbsp

Pepper

Coriander

Coconut Oil

Throw it all in the wok and cook quickly. Add Soba or rice noodles with this. Or add in a side of some legumes such as chick peas and lentils for added fibre 😊

Lentil Salad

3 cups cold water
1/2 cup dried lentils
1/2 teaspoon salt
1/2 cup diced celery
1/2 cup diced red bell pepper
1/3 cup mint sauce
1/4 cup diced red onion
1/4 cup chopped flat-leaf parsley
2 tablespoons olive oil
1 clove small garlic, finely chopped
1/4 teaspoon dried oregano, crushed
4 large lettuce leaves

Cook the lentils in a pan with the water and a yeast free vegetable stock cube for 15-20 minutes. Set aside.

Whilst these are cooking prepare the rest of the ingredients in a large bowl. Add lentils to the mix.

Quinoa Super Salad

5 cup of quinoa, cooked -- (basic recipe)

1 cup of carrots -- chopped

$\frac{3}{4}$ cup of parsley -- minced

1 cup of sunflower seeds

4 cloves of garlic, minced -- or to taste

$\frac{1}{4}$ cup of olive oil -- or less

$\frac{1}{4}$ cup of braggs liquid aminos

$\frac{1}{2}$ cup of lemon juice

Tomatoes

Black olives

Cook quinoa. let cool. Add carrots, parsley sunflower seed and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives.

Spinach Salad

2 bags Washed Fresh spinach

2 Hard boiled eggs

$\frac{1}{4}$ cup Chopped pitted black olives

$\frac{1}{2}$ Red onion sliced

1 grated carrot

Add vinegar and oil dressing

Sweet Potato Salad

1 lb of Sweet potatoes -- baked

½ cup Green peas -- cold cooked

½ cup Crushed unsweetened pineapple

3 tbsp Parsley -- chopped fresh

1/3 cup of Ultimate Salad Dressing

Lettuce leaves -- (optional)

Peel and slice cooked sweet potatoes and place in a small bowl. Add remaining ingredients; toss lightly. If desired, serve on lettuce leaves.

Zucchini/Courgette Salad

2 medium zucchini -- shredded

2 teaspoons salt

1 cup Egg Free Mayonnaise

1 tablespoon fresh lime juice

1 teaspoon cumin seed

1 tsp black pepper

1 tsp of paprika

2tbsp of onion -- grated

In a colander, sprinkle zucchini with salt and allow to stand 15 minutes. Squeeze as much moisture as possible from zucchini. Combine remaining ingredients in ceramic bowl. Stir in zucchini. Chill at least one hour.

Cole Slaw

5 tablespoons egg free Mayonnaise -- (heaping)

1/2 teaspoon tabasco

2 tablespoons Yellow mustard (heaping)

2 tablespoons Olive oil

1 tablespoon Wine vinegar

1 teaspoon Garlic salt

Juice of mediums size lemon

3 teaspoons Salt (to taste)

4 each Bell peppers -- sliced

2 each Onions, medium -- shredded

1 each Large cabbage -- shredded

4 carrots shredded

Combine the raw ingredients in a large bowl.

Carrot and Orange Salad

1 1/2 c. water

4 oz. grated raw carrots

4 oz. freshly squeezed orange juice

1 tbsp. lemon juice

1/4 tsp. salt

Spinach leaves

Mix in a bowl and serve on the spinach leaves.

Celery Salad

4 c. slivered celery, sliced diagonally

2 heads lettuce

2 tbsp of Olive Oil

1 1/2 tbsp. lemon juice

1 1/2 tbsp. Dijon mustard

4 tbsp. finely chopped parsley

Salt and pepper

Cover and cook celery in very small amount of boiling water. Cook for 3 minutes. Drain and cool. Arrange on lettuce cups. Mix olive oil, lemon juice, mustard, and parsley. Season to taste and pour dressing over celery.

Cucumber Salad

Besides serving plain slices of cucumber on a lettuce leaf, as may be done at any time, cucumbers may be used as an ingredient in the making of many salads.

3 medium-sized cucumbers

1 c. diced tomato

1/2 c. diced celery

Salad dressing

Lettuce

1 pimiento

Peel the cucumbers, cut them into halves, and with a small spoon scoop out the cucumbers in chunks, so that a boat-shaped piece of cucumber that is about 1/4 inch thick remains. Dice the pieces of cucumber which have been scooped from the center, and place the cucumber shells in ice water so as to make them crisp. Mix the diced tomato, celery, and cucumber together, and just before serving drain them carefully so that no liquid remains. Mix with salad dressing, wipe the cucumber shells dry, fill them with the salad mixture, and place on salad plates garnished with lettuce leaves. Cut the pimiento into thin strips, and place three or four strips diagonally across the cucumber.

Apple and Celery Salad

1 c. diced apples

1 c. diced celery

Lettuce

Lemon Juice/Vinegar/ Olive Oil Dressing

Prepare the apples and celery as short a time before serving as possible, but if it is necessary that the apples stand for any length of time, sprinkle them with a little lemon juice and water to keep them from turning brown. Just before serving, mix them with the salad dressing. Place on salad plates garnished with lettuce and serve.

Waldorf Salad

1 c. diced apples

Egg Free Mayonnaise

1 c. diced celery

Lettuce

1/2 c. chopped English walnut meats.

Prepare the apples and celery as short a time before serving as possible, but if it is necessary that the apples stand for any length of time, sprinkle them with a little lemon juice and water to keep them from turning brown.

Add 1/2 cupful of chopped walnut meats is added, what is known as Waldorf salad will result. The nuts, which should be added to the mixture just before placing it on the table.

Nuts that are to be used for such a purpose should not be run through a grinder, but should be cut with a knife or chopped with a chopping knife and bowl. Just before serving, mix them with the salad dressing. Place on salad plates garnished with lettuce and serve.

Grapefruit and Celery Salad

2-3 stalks of celery

2-3 Grapefruits

Dressing of your Choice

Celery is sometimes used with grapefruit to make a salad. This combination is most often served with French dressing, but any other desirable dressing may be used as well. Prepare the grapefruit in the same way as oranges are prepared for salad, and cut each section into three or four pieces. Add to this an equal amount of diced celery and serve on a lettuce leaf with any desired dressing.

Egg Salad

6 Eggs

1 Lettuce

1 bunch Watercress

Egg Free Mayonnaise

1 Beetroot

Put the eggs into boiling water and boil fifteen minutes. Plunge into cold water till quite cold, peel and cut into quarters. Wash and cleanse the watercress and lettuce and cut into pieces. Put a layer of this at the bottom of the bowl, then one of eggs dipped in the dressing, then another of lettuce and egg until all are used up, leaving plenty of lettuce for the top. Garnish with sprigs of watercress and slices of beetroot alternately.

Broccoli Sesame Salad

1 head of broccoli

2 tbsp of olive oil

¼ cup of rice wine vinegar

¼ cup of Braggs Liquid Aminos

2 tbsp of Sesame oil

4 tbsp of sesame seeds – toasted

Wash broccoli, discarding leaves and toughest part of stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem (peeled, if desired) into 2" pieces.

Preheat oven to 450 degrees. Pour olive oil onto a baking sheet

Roasted Veggie Platter

Carrots

Parsnips

Peppers

Courgettes

Thyme

Parsley

Coriander

Olive Oil

Salt and Pepper

This will bring out the sweetness in any vegetable. Cut and place under in the oven for 20-30 minutes with a good drizzle of olive oil and the herbs loosely placed over the vegetables. Serve as a side dish.

Mock Mash Potatoes

Cauliflower

Coconut Oil

Garlic 1-2 cloves

Salt and pepper to taste

Cook the head of the cauliflower and drain. Whilst cooling melt a tablespoon of coconut oil over the vegetable.

Saute the garlic for about a minute and then work in to the mix as you blend it with a hand blender. Add salt and pepper to taste.

Dressings



Tahini Gravy

2 Tablespoons of Tahini

$\frac{1}{4}$ cup of water

$\frac{1}{2}$ tsp of braggs liquid aminos

Lemon Juice to Taste

Place all the ingredients in a bowl and mix together. Pour over veggies or salads.

The Ultimate Salad Dressing

- 1 tsp Dry mustard
- 1/2 tsp Salt
- 1/4 ttsp Pepper
- 1 tsp Dried Oregano
- 2 tbsp Parsley
- 2 tbsp Minced onions
- 1 tbsp Minced Garlic cloves
- 1 tbsp Minced Sweet Red peppers
- 4 tsp Lemon juice
- 5 tsp White wine vinegar
- ½ cup Light Oil

In small bowl, whisk together all ingredients except oil. Whisk mixture while slowly drizzling in oil.

Let stand for 30 minutes to blend flavors. Whisk again before using. Dressing can also be made in food processor. (use pulse)

Balsamic Dressing

150ml of Water

150ml of Balsamic vinegar

3 tsp of Capers

2 tsp of Dijon mustard

1.5 tbsp of Dried basil

1 tbsp of Fresh parsley -- chopped (opt)

Combine the ingredients. Adjust vinegar to taste, since it has a strong flavor. Store in a covered container in the refrigerator. Makes about 1 cup.

Note: If you don't have balsamic vinegar, you may substitute another kind. But, if this be the case, start with water and vinegar in equal proportions.

Avocado with Groundnut Dressing

2 avocados – ripe

1 tablespoon lemon juice

2 tablespoons pecans

½ tsp paprika

½ tap cinnamon

cayenned to taste

Salt to taste

Fresh Chives to garnish

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with

lemon juice and set aside. Grind the pecans roughly with a rolling pin or in a grinder for a few seconds. Mix the pecans and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.

Thai Green Curry Paste

1 stalk of Lemongrass

1 sliced chilli

1 small onion

4 cloves of garlic

1 thumb sized piece of Ginger

½ cup of Fresh Coriander

½ cup of Fresh Basil

½ tsp of Cumin

½ tsp of Pepper

½ tsp of Coriander

3 tbsp of Fish Sauce or 1 tbsp of Braggs Liquid Aminos

½ tsp of Himalayan Salt

Juice of Half a Lime

4 tbsp of Coconut Milk

Prepare all the ingredients and then put into a food processor. Blend until it forms a paste.

You can use this as the base in all Thai Currys. Cook your meat/pulse and whilst you are doing this heat some coconut oil in a pan and place two tablespoons of the paste in the pan. Heat for a couple of minutes before placing 1 tin of coconut milk in the pan. Place a load of chopped veggies into the mix. Bring to the boil, reduce to a simmer and cook until veggies are soft. Add in the meat/pulse. I love chick peas and some organic chicken or organic lamb in this.

French Dressing V2

3/4 tsp. salt

1/4 tsp. mustard

1/4 tsp. pepper

3 Tb. vinegar

1/4 tsp. paprika

1/2 c. oil

Measure the dry ingredients and place them in a bowl. Measure the vinegar and oil and add them to the dry ingredients. If possible, place a piece of ice the size of a walnut in the bowl. Beat with a fork until the ingredients are thoroughly mixed and the oil and vinegar form an emulsion that will remain for a short time. The ingredients will separate if the dressing is allowed to stand, but the colder they are, the more easily will the emulsion form and the longer will it remain. If ice cannot be used, have the ingredients as cold as possible before mixing them.

French Dressing

Lemon Juice 1 Tbsp

½ tsp of Salt

1/8 tsp of pepper

Good Pour of Olive Oil

Ice

Mix 1 tablespoon lemon juice or vinegar, 1/2 teaspoon salt, 1/8 teaspoon pepper or few grains cayenne pepper in bowl; add 3 to 4 tablespoons olive oil, beating constantly. Place on ice until ready to serve.

Raita

2 cups dairy free yoghurt (about 500 ml)
1 teaspoon cumin seed, roasted and ground
1 1/2 teaspoons salt
1 dash black pepper
1 teaspoon coriander leaves, finely chopped

Mix all ingredients into a bowl.

Black Bean Salsa

- 3 (15 ounce) cans black beans, drained and rinsed
- 1 (11 ounce) can corn, drained
- 2 (10 ounce) cans diced tomatoes with green chili peppers
- 2 tomatoes, diced
- 2 bunches green onions, chopped cilantro leaves, for garnis
- 1 clove of garlic crushed

Place all ingredients into a food processor and blend to a paste. Great with burgers .

Classic Guacamole

2 large ripe avocados
2 small ripe tomatoes chopped
1/3 cup cilantro, chopped
3 tablespoons finely minced onions
1 lemon, juice of
1-2 jalapeno, to taste
1 clove garlic, minced
1/2 teaspoon salt

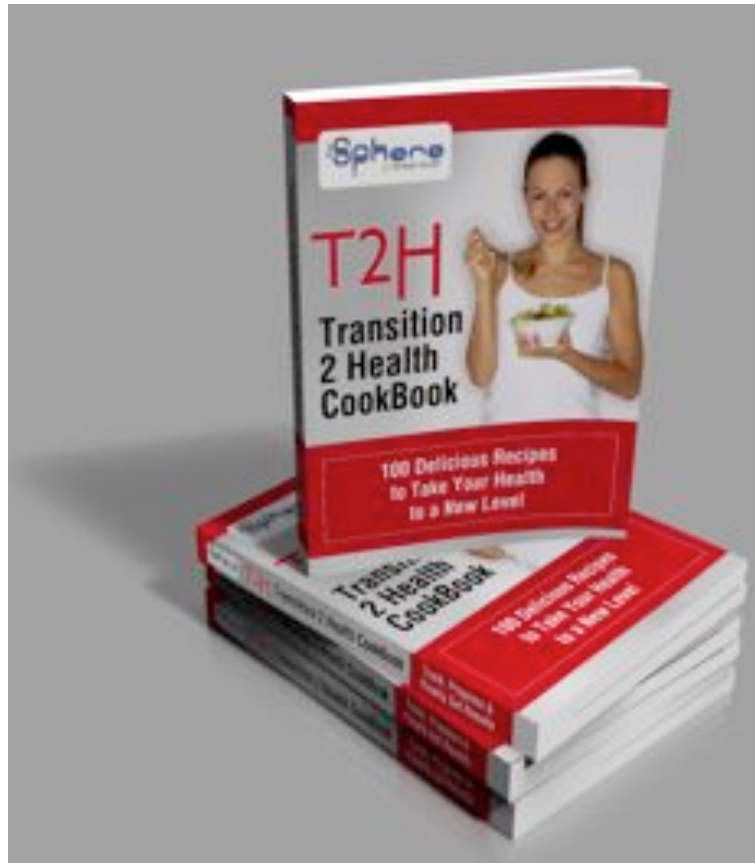
Combine in a food processor and blend to a paste.

Hummus

1 can chick peas
1/4 cup tahini paste
3 tablespoons fresh lemon juice
1 clove garlic
1/4 teaspoon ground cumin
salt and pepper

Place all ingredients in a food processor and blend to a paste.

Legumes



Quick Quinoa

1 bag of Quinoa

3 (750ml) Cups of Yeast Free Stock (Kavo)

I make a batch of this and keep it in my fridge. It is very handy to dip into and use as the basis for salads etc. It is an awesome nutritious food.

Empty the bag and then cover the quinoa with the stock. Boil and then remove from heat when the water has gone. Cover and let stand for 15 minutes.

Quick Brown Rice

3 cups of Brown Rice

3 cups of Yeast Free Stock (Kavo)

This is a staple as a basis for salads and dishes and it always handy to have a big batch of cooked up in the fridge.

Cover and cook and let stand for 15 minutes after the water has been absorbed.

You can also mix in any of the spice combinations to jazz things up a bit or get a big hunk of herbs, chop them up and mix in with the rice.

Chili Chick Pea Stew

1 Onion

1 Leek

3 Carrots

3 Cloves of Garlic

1 inch cube of Ginger

2 tbsp of Fresh Parsley

2 tsp of Chili Powder

1 tin of Chick Peas

1 tin of Tomatoes

Salt and Pepper to Taste

Coconut Oil

1 cup of Brown Rice

This is like a stew and big but you can also water it down with yeast free stock to make a soup.

Saute the onion, leek, celery and carrots first until soft in coconut oil.

The add the garlic, chilli powder, ginger and parsley and cook for one minute.

Add the tomatoes, chick peas and cooked brown rice and warm for 10 minutes. Serve with salt and pepper to taste.

Quick Veggie Burgers

1 Tin of Mixed Beans

1 Onion

1 Jalapeno Pepper

1 Red Bell Pepper

2 Celery Stalks

1 clove of Garlic

Salt and Pepper to Taste

½ tsp of Chili Powder (optional)

1 cup of Rice or Potato Flour

Fresh Parsley and Coriander Leaf

Coconut oil

This will make a batch and they keep quite well.

Process the tin of beans in a food processor and transfer to a mixing bowl.

Chop the veggies.

Process the remaining ingredients in the food processor including the herbs, onion, celery, jalapeno pepper, bell pepper and add ½ tsp of chilli powder.

Place in with the mixed beans and then add 1 cup of the flour.

Mix until you get a soft doughy like consistency.

Fry in a pan with a little coconut oil for 10 minutes each side.

Great with a salad or some hummus and a tabbouleh side side.

Tabbolueh

8 cups of Pre-Cooked Quinoa

2 large sprigs of Fresh Parsley

2 large sprigs of Mint

1 Lemon

Chopped Spinach – 1 cup

Tomatoes to Garnish

Scallions – Bunch of

1 Cucumber – Chopped

Salt and Pepper to Taste

Good Drizzle of Olive Oil

Love this dish – quick easy, refreshing and very nutritious.

Use the Quick Cook Quinoa and place into a large mixing bowl. Chop all the ingredients and mix in with the Quinoa. Garnish with a good drizzle of Olive Oil and the juice of one lemon. Top off with some cherry tomatoes.

Tabbouleh with Raisins

1 cup bulgur or use Quinoa if you want a gluten free option

2/3 up scallions -- sliced

½ cup fresh parsley -- lightly packed

2-3 tbsp fresh lemon juice

½ cup of seedless raisins

1/5 tbsp olive oil

1 tbsp of sesame oil

black pepper -- to taste

In a large mixing bowl, pour boiling water over bulgur just enough to cover. Let it for 20 minutes until water is absorbed and bulgur is tender. You can also use Quinoa and cook normally.

Drain excess water from bulgur and squeeze out any remaining water, using your hands.

Add sliced scallions, chopped parsley and fresh

Black Bean and Rice Salad

2 cups of Cooked rice -- cooled

1 cup of Cooked black beans

1 cup of Chopped fresh tomato

1 tbsp of Snipped fresh parsley

¼ cup French Dressing

1tbsp of Fresh lime juice

Lettuce leaves

Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.

Bean Blitz Salad

1 teaspoon Salt

1 cup of Apple Cider Vinegar

Green beans, can -- drained

Yellow beans, can -- drained

Lima beans, can -- drained

Garbanzo beans, can -- drained

Red kidney beans -- drained

Green pepper -- slivered

Celery -- sliced

Onions, medium -- sliced thin

Toss all other ingredients together and pour the vinegar. Lemon juice and oil mixture over them. Marinate for 24 hrs in refrigerator, stirring occasionally.

Cheeky Bean Salad

3 cups of Water

2 cans of Cannellini Beans

1/3 cup of Olive Oil

3 tsp of Red Wine Vinegar

1 tsp of Salt

Pepper

1 Red Onion

Mix together oil, vinegar, salt and pepper. Pour over beans and onion in a shallow bowl. Cover and refrigerate at least 1 hour. Transfer bean mixture to serving platter with slotted spoon. .

Big Boy Bean Salad

1 cup kidney beans -- dry

1 cup lima beans -- dry

1 cup pinto beans -- dry

1 cup garbanzo beans -- dry

1 cup green beans

1 red onion -- chopped

3 tablespoons fresh chopped parsley

freshly ground black pepper -- to taste

Vinagrette

1/3 cup virgin olive oil

3/4 cup red wine vinegar

1 tsp dry mustard

3 cloves of garlic -- minced

2 tsp oregano

Soak all dry beans overnight in water to cover. Rinse and place in a large pot and fill with water to cover. Cook for 1 hour, or until done, then turn heat off and add green beans. Let sit in the hot water for 30 minutes. Drain. Mix in the onion, parsley, pepper and vinaigrette. Refrigerate overnight.

Vinaigrette: Whisk all ingredients together and pour over salad.

Black Bean and Rice Salad

2 cups of Cooked rice -- cooled

1 cup of Cooked black beans

1 cup of Chopped fresh tomato

1 tbsp of Snipped fresh parsley

¼ cup French Dressing

1tbsp of Fresh lime juice

Lettuce leaves

Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.

Black Bean Flurry

2 cups of Cooked or canned black beans -- (rinse & drained c

2 cups of Cooked rice

1.5 cups of Fresh cilantro

$\frac{1}{4}$ cups Lime juice

$\frac{3}{4}$ cup of Oil

$\frac{1}{2}$ cup of Chopped onion

2 Garlic cloves -- crushed

Salt

Freshly ground black pepper

Mix the beans, rice, and cilantro together in a bowl. Place the lime juice in a small bowl and whisk in the oil. Add the onion and garlic and toss with the rice and beans. Add salt and pepper to taste.

Brown Rice and Beans

Brown Rice

Yeast Free Vegetable Stock Cube

Mixed Beans 1 tin

Tomatoes

Chili

Red Onion

Garlic

Avocado

Cilantro

Coriander

Parsley

Lemon Juice

Cook the brown rice in some yeast free vegetable stock. Stir in a tin of warmed mixed beans. Whilst this is cooking make your salsa by finely chopping onions, chilli, red onion and garlic.

Warm the mixed beans and add to the cooked rice. Stir in sliced avocado, ½ cup of salsa and chopped avocado. Stir in cilantro and lemon juice to top

Animal Protein



Liver and Onions with Mock Mash

Lambs Liver

Onions

Garlic

Salt and Pepper

Veggie Broth made from Yeast Free Stock Cube

Mock Mash (see recipe)

Lightly cook slices of the lambs liver with coconut oil or raw organic butter with onions and garlic. Serve on a bed of mock mash. Make a gravy from the juice by adding a little yeast free veggie broth to the trimmings and pouring over the food.

Zippy Asian Beef

1lb of Sirloin Cut into Thin Strips

Chili Chopped

Garlic Grated

½ tsp of Mixed Spice

Salt

Pepper

Coconut Oil

Braggs Liquid Aminos

Spread the beef out on a board. Drop all the ingredients onto the beef from a height before massaging in well with your hands. Transfer to a pan and cook each side for 2-3 minutes turning with tongs.

Serve layered with some breakfast salad or if you have trained add in some gluten free noodles such as Soba Noodles

Zappy Zucchini Chicken

2 small (whole) skinless, boneless organic chicken breasts

1 c. carrots, shredded (about 2 sm.)

1 c. courgette, shredded (about 1 med.)

1 tsp. salt

Pepper to taste

1 kavo yeast free stock cube

1/4 c. water

In a bowl, combine carrots, courgette, salt and pepper. Spoon about 1/2 cup mixture into each pocket (each breast should open similar to a butterfly); secure with toothpicks. Place chicken in a pan, sprinkle with a little stock.

Add water to pan and cook over medium high heat, heat to boiling. Reduce heat to low; cover and simmer about 40 minutes or until chicken is fork tender. Remove toothpicks.

Asian Beef Kebabs

1 1/2 pounds boneless sirloin steak, cut into 1-inch cubes
1/2 cup Braggs Liquid Aminos
1/2 cup vegetable oil
1/2 cup rice wine vinegar
2 tablespoons sesame seeds
6 garlic cloves, finely minced
1 teaspoon sesame oil*
2/3 teaspoon red pepper flakes
2 small zucchini
4 large green onions

Wooden skewers, soaked several minutes in water.

Combine all ingredients in the bowl before placing as a marinade over the beef that is threaded onto the kebab sticks.

Cook under a grill turning regularly.

Grilled Moroccan Spiced Steak

- 1 onion, chopped
- 1/2 cup olive oil
- 5 tablespoons lemon juice
- 2 tablespoons bragg's liquid aminos
- 2 tablespoons chopped flat-leaf parsley
- 5 1/2 tablespoons grated gingerroot
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 teaspoon ground turmeric
- 1 teaspoon dried oregano leaves
- 1 teaspoon pepper
- 2 garlic cloves, crushed
- 4 pounds organic sirloin

Make a marinade with all the ingredients except the sirloin 😊 Place this over the steak and cook in the oven, under the grill or in a pan with a little coconut oil.

Spring Beef Salad

3 cups cooked organic beef, cut in chunks

1 package raw spinach, washed and drained with stems removed and torn into small pieces

1 small clove garlic, minced

1 tablespoon chives, snipped, fresh or frozen

1 teaspoon salt or to taste

1/8 teaspoon ground pepper

3/4 cup chopped pecans

2 apples, chopped

1/2 cup oil

1/4 cup red wine vinegar

In a salad bowl combine all ingredients and toss lightly. Serves a lot!

Baked Chicken With Apples

2 1/2 to 3 lb. chicken, cut up

1/2 tsp. salt

1/4 tsp. pepper

1 yeast free stock cube

1/2 c. boiling water

2 c. sliced fresh green beans, French style

1 c. diced peeled apples

1 tbsp. gluten free flour

1 tsp. ground cinnamon

Sprinkle both sides of chicken with salt and pepper. Place chicken on a rack in a shallow open roasting pan. Bake in hot oven (450 degrees) until browned, about 20 minutes. Reduce oven temperature to 350 degrees. Remove chicken and rack; pour off any fat from pan. Return chicken to pan. Dissolve stock in boiling water. Pour over chicken. Stir in green beans. Cover and bake 25 minutes. Stir in apple. Cover and bake 10 minutes longer. Meanwhile, in small saucepan mix flour with cinnamon. Blend with 1 tablespoon of cold water. Stir in hot pan liquid. Cook and stir until mixture boils and thickens slightly. Serve with chicken and vegetables.

Lamb Salad

2 cups cooked, diced organic lamb

1 cup cooked rice (1/4 cup uncooked yields 1 cup cooked)

3/4 cup chopped celery

½ cup of chopped mint

1/2 cup sliced pimento-stuffed green olives

1/4 cup toasted slivered almonds

1/4 cup thinly sliced scallions

1 teaspoon salt or to taste

1/4 teaspoon ground pepper

1/2 cup egg free mayonnaise

2 tablespoons fresh lemon juice

In a mixing bowl combine all ingredients and serve salad on a bed of lettuce leaves.

I love the mix of this salad.

Sunshine Chicken Salad

3 cups cooked, diced organic chicken

Juice from freshly squeezed oranges (2)

3 tablespoons oil

1 tablespoon vinegar

1/4 teaspoon mustard

1/4 teaspoon salt or to taste

1/8 teaspoon Tabasco

1 cup chopped celery

1/2 cup diced ripe olives

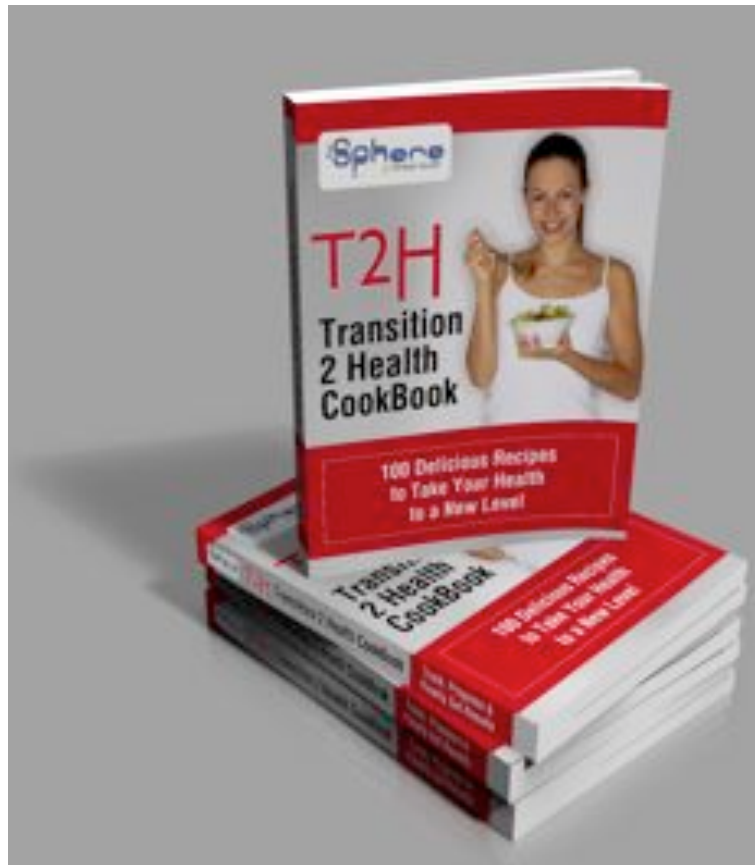
1 medium avocado, cut in small chunks

1/4 cup toasted, slivered almonds

In a blender or food processor, make dressing by blending orange juice, oil, vinegar, mustard, salt and Tabasco at high speed 5 seconds or until smooth. In a salad bowl combine chicken, celery, olives, avocado and almonds. Pour dressing over. Toss and chill at least 30 minutes before serving.

This is surprisingly sweet.

Fish



Oven Baked Sardines with Spinach, Pomegranate and Cucumber Salad

Sardines – Fresh from the fishmonger

Bag of Spinach

Pomegranate

Cucumber

Chilli – sliced and diced

Coriander

Parsley

Coriander

Olive Oil

Balsamic Vinegar

Lemon Juice

Fresh sardines are the best here filleted and ready to go. Stuff the inners of the fish with chilli, coriander and parsley and baste with a good squeeze of lemon. Place in the oven for 15-20 minutes with cherry tomatoes sprinkled around the side. Serve with a large spinach, cucumber and pomegranate salad and a healthy drizzle of olive oil and balsamic vinegar.

Salmon Salad

2 c. salmon

1 c. diced celery

1/4 c. diced Spanish onion

3 or 4 sweet pickles, chopped fine

Salad dressing – Lemon Juice, Olive Oil, Vinegar

Lettuce

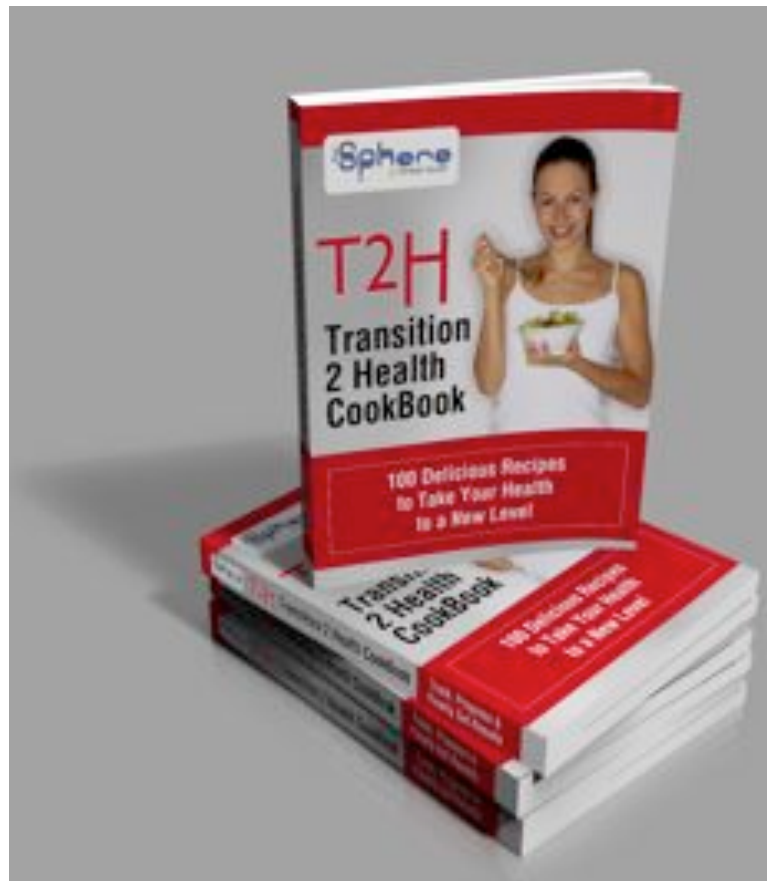
Look the salmon over carefully, removing any skin and bones. Break into medium-sized pieces and mix carefully with the celery, onion, and chopped pickles. Marinate this with the dressing, taking care not to break up the salmon. Drain and serve with any desired salad dressing on salad plates garnished with lettuce.

Australian Grilled Fish

4 Salmon steaks
1/4 c Lime juice
2 T Vegetable oil
1 t Dijon mustard
2 t Fresh ginger root --,Grated
1/4 t Cayenne pepper
Black pepper

Combine all ingredients in a bowl except the salmon. Place over the fish and grill for 25-30 minutes.

Desserts



Baked Apples

Apples

Cinnamon

Wash and core apples. Slit and peel 1/3 of the way down. Place apples in oven-proof dish. Sprinkle with cinnamon. Bake until apples are tender. Simple but really tasty and the kids love em too 😊

Dairy Free Ice Cream

1 tin of Coconut Milk

2 cups of Frozen Berries

Blend in a processor and then leave in the freezer until it sets.

Enjoy guilt free and tastes awesome

Trail Mix

1 bag of cashews

1 bag of Brazils

1 bag of almonds

1 bag of Goji berries

1 bag of shredded coconut

Empty the contents of each into a big glass jar and give it a good shake! Go easy on this as this is a great post workout snack but outside of this you may be sneaking in excess nutrients into your diet that you may not need. If you struggle with portion control then this may not be for you ;)

Berry Pudding

1 punnet of blueberries

2 bananas

½ cup of dates

2 cups of cashews or macadamias

Blend all of the above in a food processor and chill for a couple of hours.

Fruit Bowl

Strawberries

Blackberries

Cherries

Blueberries

Cinnamon

Prepare and sprinkle with cinnamon for a really low sugar treat.

Vegan Chocolate Mousse

2 ripe avocados
1 package silken tofu
2 tsp. vanilla essence / paste
2 tbsp. maple syrup
2 cups melted chocolate green and blacks

Peel the avocados and cut them in half lengthwise. Scoop out the pits with a spoon and discard them. With very ripe avocados, you can pick out the pits with your fingers.

Allow the tofu to reach room temperature and put it into a blender or food processor. Add vanilla, syrup and avocados and mix until everything is completely combined.

Add the melted chocolate chips and mix well. Place your vegan chocolate mousse into a pie crust, or layer it in dessert dishes with whipped topping or fruit.

Good for a reward meal!

ⁱ Berardi, John and Williams, J 2004 Gourmet Nutrition Science Link