

## BREAKFASTS

### **Chia pots: Pre-make the night before. Makes 2 pots. Can also be a dessert or snack**

40g of chia seeds

120ml of unsweetened almond milk (I like Provamel almond milk).

1/4 tsp of vanilla extract

- Mix the almond milk with the vanilla essence and pour over the chia seeds and leave them to soak overnight
- The next morning, if needed add a little more almond milk then top with 1/2 a chopped banana and a handful of berries or 1 chopped apple plus 1 tbsp of chopped nuts (such as almonds or walnuts).

### **Oats and seeds granola. Makes a big batch that can be stored for up to 10 days**

1/2 cup ghee

1/2 cup honey

3 cups rolled oats

2 cups pecans

1 cup whole raw almonds

1 cup walnuts

1/2 cup flaxseeds

1/2 cup sunflower seeds

1/2 cup black sesame seeds

1 cup dried cherries (no sugar added)

- Preheat the oven to 180C. Combine the ghee and honey in a small pot and cook the mixture over a low heat. Stir so it is fully combined
- Spread the oats and all of the nuts and seeds on a tray lined with baking parchment paper. Drizzle ghee mixture over the granola mixture and stir until all the pieces are covered
- Bake for 10 minutes. Remove the sheet and give it a good toss with a wooden spoon then fold in the cherries to the mixture. Continue backing for another 5-8 minutes. Let it cool
- Break apart the pieces and store in a sealed tub.
- Top with unsweetened almond milk, a little natural yoghurt and a good handful of fresh berries

## BREAKFASTS

### **Poached egg on zingy avocado rye toast: Serves 2**

1 tbsp of olive oil  
1/4 fresh red chilli finely chopped (seeds removed)  
4 medium sized eggs  
4 ripe tomatoes chopped or 8-10 cherry tomatoes halved  
extra virgin olive oil  
Juice of 1/2 a lime  
1 ripe avocado mashed  
4 thin slices of rye or sourdough rye bread  
1/4 red onion  
1 handful of fresh coriander - leaves removed  
salt and pepper

- Finely chop the red onion and soak it in the lime juice for around 15 mins
- Place the tomatoes and chill in a pan with the olive oil and lightly cook for 10 mins until slightly softened
- Toast the rye bread and top with the mashed avocado
- Poach the eggs
- Place the avocado toast on a plate and place the cooked tomatoes and chilli on top, then add the soaked onions and place the poached eggs on the top. Scatter over the coriander leaves and season to taste

### **Breakfast eggs baked in avocado:**

1 ripe avocado  
2 eggs  
1 large handful of cherry tomatoes  
salt and pepper  
olive oil  
1/2 red chilli - seeds removed

- Preheat the oven to 180
- Drizzle some olive oil over the tomatoes, place them on a baking tray and in the oven for around 10-15 mins
- Meanwhile, cut the avocado in half, remove the stone and scoop out a tablespoon of flesh from each half to create a hold big enough for the egg.
- Crack an egg into each avocado half, pierce each egg white in a couple of places, season with salt and pepper and place in the oven for around 5-10mins
- Scatter with the chopped chill if desired
- Serve with a piece of rye or sourdough rye bread toasted and little buttered

## SALADS

### **Lentil salad with feta and tomatoes: Serves 2**

1 red onion chopped  
1 tbsp olive oil  
1 garlic clove chopped  
200g puy lentils rinsed  
vegetable stock, enough to cover the lentils  
1 handful of feta cheese, cubed  
1 handful of chopped tomatoes  
1 tbsp of chopped mint  
a squeeze of lemon juice  
1 tbsp of extra virgin olive oil

- In a pan, soften the red onion in the olive oil, add the garlic clove and fry for 1 minute
- Add the lentils, cover with the vegetable stock, bring to the boil and simmer until tender
- Drain the stir in the feta, tomatoes, mint
- Season, add the lemon juice and drizzle with extra-virgin olive oil to serve

### **Rocket and watercress salad- Serves 2. Serve with served with a cooked fish or chicken**

2 large handfuls of washed rocket  
2 handfuls of watercress, torn  
1 gem lettuce, torn into pieces  
1 tbsp cress  
1 tbsp of dressing made from 2 tbsp of extra virgin olive oil, the juice of half a lemon and seasoned with salt and pepper

### **Coleslaw - Serves 2. Serve with served with a cooked fish or chicken**

200g of red or white cabbage, finally shredded  
85g of carrots, grated  
1/2 small onion, finely chopped  
2 tbsp of pomegranate seeds  
2 tbsp of plain natural yoghurt  
Juice of 1/2 a lemon, salt and pepper to taste

- Mix all the ingredients well in a large bowl

### **Walnut and three bean salad- Serves 2. Adapted from Patrick Holford, the low GI Diet Bible**

400g can of mixed beans such as haricot beans, chickpeas and flageolet beans  
1/2 apple cubed  
2 tsp chopped fresh parsley or chives  
handful of walnuts roughly chopped  
2 tbsp extra virgin olive oil  
juice of 1/2 a lemon  
1 celery stick, finely chopped  
salt and pepper to taste  
mixed salad leaves such as watercress, rocket, spinach

- Combine all the ingredients and serve with the mixed salad leaves

## HOT MEALS

### Cashew and cauliflower rice salad

For the salad:

100g cashew nuts

1 large cauliflower (about 1 kg)

2 tablespoon olive oil

400g can of chick peas drained and rinsed

2 teaspoons each of ground turmeric, ground cumin and ground coriander

1/2 teaspoon ground cinnamon

1 teaspoon paprika

75g raisins

200g dried apricots roughly chopped

4 spring onions finally chopped

50 g fresh mint leaves picked and chopped

50g fresh parsley, leaves picked and chopped

For the dressing: 2 tablespoons of tahini; 1 1/2 tablespoons of olive oil; juice of 1/2 lemon; juice of 1/2 orange

- Preheat the oven to 200C. Place the cashews on a baking tray and roast for 5-10 mins until they turn golden brown. Remove from the oven and leave to cool
- Cut the cauliflower florets from the stem and chop into 2.5-5cm pieces. Place into a food processor and blitz until they look like rice (takes about 30 secs)
- Heat the olive oil in a large frying pan and add the cauliflower and chick peas, spices, salt and pepper. Give is a mix then add the raisins, apricots and cashews, Mix in the pan for about 5 mins until it is all warmed up. Remove the pan from the heat. Meanwhile whisk all the dressing ingredients in a bowl
- Mix the spring onions and herbs into the cauliflower then serve and drizzle over the dressing

### Sautéed greens - a side dish for 4 people. Serve with fish or meat

3 tablespoons of tamari soy sauce

2 teaspoons of sesame oil

1 tablespoon of olive oil

2 courgettes halved lengthways then cut into half moons

200g Tenderstem broccoli each cut into 3 (thinly sliced)

100g torn up kale, coarse ribs removed

handful of sesame seeds

- Heat the tamari soy sauce and oils in a large pan or wok then add the courgettes and broccoli and stir fry over a high heat for 3 mins
- add the kale and cook for another 2 mins until the leaves have wilted
- Take off the heat and place on a serving plate and scatter with the sesame seeds

## HOT MEALS

### **Egg and vegetable fried rice with chicken or salmon. Serves 2:**

2 portions of brown rice  
2 medium organic eggs  
4 handfuls of kale  
2 handfuls of broccoli chopped into 1 cm pieces  
5 spring onions finely chopped  
1 clove of garlic finely chopped  
2 cm piece of ginger  
1 carrot chopped into small 1 cm pieces  
1 tsp of coconut oil or olive oil

- Boil the rice as per the instructions on the packet
- Whisk the eggs lightly with a fork then stir into the cooked brown rice and set to one side
- Stir fry the vegetables in the coconut or olive oil until softened then add the rice egg mix
- Fry for 2-3 mins until cooked
- Serve with a portion of grilled chicken or salmon per person

### **Red Thai curry**

1 tbsp coconut oil  
2-4 tbsp of red Thai curry paste  
100g chicken breast or leg meat sliced or 175g prawns  
425ml coconut milk  
2 tsp fish sauce  
1 handful of pak choi chopped  
1 large handful of spinach

- Fry the chicken or prawns in the oil for 5 minutes then add the paste and fry for another few 5 minutes. Add the coconut milk and bring to simmer then add the fish oil
- Add the pak choi and simmer for a few more minutes. Just before serving add the spinach to the dish. Serve with brown basmati rice

### **Salmon with lentils, spinach and yoghurt (adapted from Jamie Oliver) - Serves 4**

255g black lentils  
4 salmon fillets  
salt and pepper  
olive oil  
juice of 1 lemon  
2 good handfuls of mixed herbs such as flat leaf parsley  
3 large handfuls of spinach  
200ml of natural yoghurt

- Preheat the oven to 220C. Put the lentils into a pan, cover with water, bring to the boil and simmer until tender. Season the salmon fillets and sprinkle a little olive oil on top and roast for 10-15 mins in the oven.
- Drain away most of the water from the lentils and season with salt and pepper, the lemon juice and 4 lugs of olive oil. Just before serving stir in the herbs and spinach to the lentils and place on a high heat for a few minutes. Place onto plates with the salmon and finish with a drizzle of lightly seasoned yoghurt

## HOT MEALS

### Warm chermoula chicken with avocado quinoa

8 skinless and boneless chicken thighs

175g quinoa

500ml chicken stock

2 ripe avocados

handful of fresh coriander leaves

extra virgin olive oil for drizzling

For the chermoula:

2 tsp cumin seeds

1 tsp coriander seeds

1 clove of garlic

1/4 tsp turmeric

2 tsp ground paprika

juice of 1 lemon

3 tbsp olive oil

salt and pepper for seasoning

- Prepare the chermoula: Dry fry the cumin and coriander in a small heavy based frying pan over a medium-high heat shaking the pan regularly to stop them catching, for 2-3 mins or until lightly golden and releasing their fragrant aroma. Remove from the heat and using a pestle and mortar, grind until a fine powder. Alternatively, place in a freezer bag and crush with a rolling pin
- Crush the garlic and add to the bowl with the ground spices, ready-ground spices, lemon juice and olive oil. Season with salt and pepper and mix well until all combined
- Slice each chicken thigh widthways into strips. Place in a sealable freezer bag, then add the chermoula, seal the bag and massage the marinade into the meat and leave to marinade for 2-3 hours or overnight. Store in the fridge and allow it to return to room temperature before cooking.
- When you are ready to cook the chicken, add the quinoa to a saucepan and pour over the stock, then cover with a lid and bring to the boil. Reduce the heat to low and simmer gently for about 15 mins or until the stock has been completely absorbed. Remove from the heat, fluff up the quinoa grains with a fork and set aside.
- Grill or fry the marinated chicken on a medium heat until cooked
- Meanwhile, slice each avocado in half, discard, scoop out the flesh and cut into 1cm thick wedges.
- Serve the chicken and sliced avocado on a bed of the quinoa and scatter the fresh coriander and drizzle in extra virgin olive oil

## TREATS

### **Kale crisps**

100g kale leaves (chunky stakes removed)  
1/2 tbsp olive oil  
1 heaped tbsp of ras el hanout

- Heat oven to 150C/130C fan/gas 2 and line 2 baking trays with baking parchment. Wash the kale and dry thoroughly. Place in a large bowl, tearing any large leaves into smaller pieces.
- Drizzle over the oil, then massage into the kale.
- Sprinkle over the ras el hanout and some sea salt, mix well, then tip onto the trays and spread out in a single layer.
- Bake for 18-22 mins or until crisp but still green, then leave to cool for a few mins

### **Seed bars. Makes 12 bars that can be stored for up to 1 week**

70g coconut oil  
100g unbalanced almonds  
100g pecan nuts  
1/2 tsp bicarbonate of soda  
1 tsp cinnamon powder  
100g pitted soft dried dates  
2 tbsp honey  
70g mixed seeds (pumpkin, sesame, sunflower)

- Preheat the oven to 180C. Grease and line a shallow 30x23cm traybake pan with baking parchment. Put the almonds into a high speed blender or food processor and add the pecans, coconut, bicarbonate of soda, cinnamon and dates. Process to chop the nuts and dates finely.
- Put the honey and oil in a saucepan over a medium heat and warm through until the oil had melted. Add to the blender/food processor and briefly process to combine. Add the seeds and pulse into the mixture
- Spoon the mixture into a prepared pan, press down and smooth the top. Bake for 25-30 mins until golden. Leave to cool in the pan then turn out onto a board and cut into 12 bars. Store in an airtight container for up to 1 week or freeze for upto 1 month.

### **Cocoa energy balls - these are very quick to make: Makes 6**

4tbsp almond butter  
1tbsp honey  
2tbsp cocoa or cacao powder  
1tsp vanilla extract  
A pinch of salt  
1 tbsp coconut milk  
1 and a half cups of desiccated coconut

- Combine the almond butter, honey, cocoa powder vanilla extract and salt together.
- Then add in 1tbsp coconut milk and 1 and half cups of dedicated coconut.
- Roll into balls and place in the fridge for a few hours

## TREATS

**Oat and seed cookies: This recipe makes 10-12 cookies and they will keep for up to 3 days.**

300g oats

grated zest of 1 orange

grated zest of 1 lemon

juice of 1/2 orange

juice of 1/2 lemon

2 tablespoons of chia seeds

1 tablespoon of pumpkin seeds

3 tablespoons of coconut oil

8 tablespoons of almond milk

40g raisins

- Preheat the oven to 200c (180c fan assisted)
- Line a tray with baking parchment
- Place 200g of the oats into a food processor and blitz for 30-40 seconds until they form a flour
- Melt the coconut oil over a gentle heat
- Add all the ingredients into a bowl (not forgetting the remaining oats)
- Stir until you have a sticky mixture
- Hand roll around 1 tablespoons worth into a ball and place it onto the tray. Repeat this until you have 10-12 cookies then flatten each one gently.
- Bake for 20-25 minutes.
- Allow to cool before serving.

**Apple and plum nut crumble: Serves 6**

8 plums

4 eating apples, cored, peeled and chopped

1 tbsp lemon juice

2 tsp ground cinnamon

2 tbsp maple syrup or honey

150g unblanched almonds

a pinch of sea salt

60g coconut oil, melted

100g pecans nuts chopped

yoghurt to serve

- Preheat the oven to 180C. Put the plums and apples in a shallow baking dish and add the lemon juice, 1 teaspoon of the cinnamon and 1 tablespoon of the maple syrup. Mix together well.
- Put the almonds into a high speed blender or food processor and grind until very fine. Put in a large bowl and add the salt and the remaining cinnamon. Stir to combine. Mix in the oil, remaining maple syrup and the pecans. Scatter the mixture evenly over the fruit. Bake for 40-50 mins until golden and crisp.
- Serve with yoghurt