



MENSTRUAL CYCLE MASTERY

Lunch Recipe pack

Eat WHOLEFOODS FOR YOUR HORMONES

The Happy Hormone Club

Wholefoods list



	INCLUDE	REDUCE
Fruit & veggies	All fresh vegetables and fruits (preferably organic or washed with bicarbonate of soda before use). Fresh herbs and spices.	Canned fruit and veggies.
Grains	Oats, rye, quinoa, amaranth, red sorghum, rice, teff, millet, buckwheat, tapioca.	Gluten grains such as wheat, barley.
Dairy	Nut milks such as almond & macadamia; coconut milk & cream (preferably organic); goats milk	Cow's dairy such as milk, yogurt, cheese and ice cream.
Protein	Grass-fed antibiotic free beef and chicken, lentils, beans, free-range eggs	Non organic soy, conventional meat that contains antibiotics & growth hormones.
Oils + vinegars	Coconut oil or avocado oil (for cooking), hemp seed oil, extra virgin olive oil, grass-fed butter, macadamia oil and flaxseed oil. Almond, macadamia or cashew nut butter. Apple cider vinegar, Balsamic vinegar.	Vegetable oils such as canola, sunflower, soybean, & peanut.
Sugar + Salt	Honey, maple syrup, black strap molasses, coconut sugar, dates and raisins (all in moderation). Himalyan salt, Celtic salt or Natural sea salt.	All refined sugars including: white, brown, high-fructose corn syrup, beet syrup, fructose and fruit juice. Iodated table salt.
ALWAYS AVOID Artificial sweeteners, processed and fake meat & caffeinated energy drinks such as Red Bull, Play & Monster.		
<div> <div>AVOID: STEP 2</div> <div>Alcohol</div> </div> <div> <div>FOCUS: STEP 2</div> <div>Liver loving lunches</div> </div>		

This weeks hormone friendly swaps

These simple swaps will support your overall health and hormonal balance

REPLACE THIS	USE THIS INSTEAD	
<p>Alcohol</p> 	→	<p>Non alcoholic options like Kombutha or water with fresh fruit or cucumber</p>  <p>Give you liver a much needed break from alcohol this week</p>
<p>Coffee</p> 	→	<p>Barley / Chicory cup</p>  <p>First step: Avoid drinking coffee on an empty stomach.</p>
<p>Plastic containers</p> 	→	<p>Glass or stainless steel</p>  <p>Toxins in plastic cause hormone disruption</p>

THE DIRTY DOZEN

The Environmental Working Group (EWG) listed these as the most pesticide contaminated produce. Start by buying organic options of these:

- | | | | |
|-----------------|------------|-------------|--------------|
| 1. Strawberries | 4. Apples | 7. Cherries | 10. Celery |
| 2. Spinach | 5. Grapes | 8. Pears | 11. Kale |
| 3. Nectarines | 6. Peaches | 9. Tomatoes | 12. Potatoes |

HAPPY HORMONE TRACKER

Menstrual Cycle Mastery

STEP 3

HAPPY HORMONE HABITS

	M	T	W	T	F	S	S
Eating a balanced breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoiding coffee on an empty stomach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a liver loving lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LSA Seed Mix (1 tbs p/day)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No or reduced refined sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No or reduced alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SELF CHECK IN 45MIN AFTER EATING

	ANY SYMPTOMS EXPERIENCED	ENERGY LEVEL
M	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

HOW ARE YOU FEELING?

M

T

W

T

F

S

S

SUPPLEMENT TRACKER

	M	T	W	T	F	S	S
Gut Fix	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acidosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight loss tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Sample day Template

Implementing Step 1, 2 & 3 of the Nourish Sequence

MEAL IDEAS

Breakfast idea



Liver loving juice
Nutrient boost



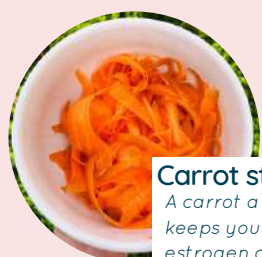
Omelette with avo
Quick & easy

Lunch ideas



Lunch bowl
With cruciferous veggies

OR



Carrot starter
A carrot a day keeps your estrogen at bay



Meat & rainbow veggies
Choose your favourite cruciferous veggies & as much colour as possible

DAILY ROUTINE IDEAS

Morning

- Start with luke warm water with lemon juice & pinch of celtic or Himalyan Rock Salt
- Enjoy a liver loving juice
- Eat a blood sugar balanced breakfast
- Optional: Enjoy a cup of organic coffee (To avoid drinking it on an empty stomach). Or drink Green Tea.

Midday

- Drink 1 tablespoon ACV in a tall glass of water ½ hour before lunch
- Enjoy a carrot salad starter
- Eat a fresh lunch bowl or grab and go jar and include cruciferous veggies of choice to support liver health
- To support digestion: Eat animal proteins at lunch instead of dinner to ensure proper digestion.

LUNCH MEAL PLAN

*Continue with Gut Fix and other supplements. Juices are optional, however a great boost for the liver. If you don't have a juicer request these recipes at your local juice bar or Kauai

MONDAY	JUICE	ABC liver juice
	BREAKFAST	Smashed avo, sauted veggies & scrambled eggs on sourdough toast
	LUNCH	Balanced lunch bowl
TUESDAY	JUICE	Liver loving juice
	BREAKFAST	Coconut-quinoa breakfast bowl
	LUNCH	Tuna crunch
WACKY WEDNESDAY	JUICE	ABC liver juice
	BREAKFAST	Berry smoothie
	LUNCH	Starter: Carrot salad Black bean burgers
THURSDAY	BREAKFAST	Chia pudding of choice
	LUNCH	Meatballs & sweet potatoes
	NIGHT ELIXIR	Golden milk
FRIDAY	BREAKFAST	Strawberry cauliflower smoothie
	LUNCH	Sexi mexi lunch jar
	NIGHT ELIXIR	Golden milk
SELF-CARE SATURDAY	LEMON WATER	1½ lemon's juice in luke warm water with a pinch of Himalayan Rock Salt Liver loving juice
	BREAKFAST	Omelette with sautéed vegetables on sourdough bread
	LUNCH	Starter: Carrot salad Main: Quinoa fritters / Fish cakes with veggies or salad of choice
SUNDAY FUNDAY	LEMON WATER	1½ lemon's juice in luke warm water with a pinch of Himalayan Rock Salt ABC liver juice
	BREAKFAST	Easy flapjacks stack with berry compote & nut butter
	LUNCH	Starter: Carrot salad. Main: Free range meat of choice, quinoa & veggies /salad Or Beef or lamb stew

Grocery list (Lunches + Juices)

Fruit + veggies

Season fruit for snacks
Avocado's
Leafy greens: Spinach / kale
Beetroot
Carrots, sweet potatoes
Broccoli / cauliflower / cabbage
Onions, garlic
Fresh coriander (For lunch bowls, hummus, fish cakes)

Juice ingredients

Apple; beetroot, carrot; fresh ginger; fresh parsley; lemon; celery; cold pressed olive or hemp seed oil

Proteins (Free-range + antibiotic free)

Sardines, Tuna
Quinoa
Eggs
Lunch bowl additions (Beef or venison) + Sunday lunch fish or meat of choice

Beans, pulses & grains

Black beans; Butter beans or chickpeas
Cashews (Optional: For Cashew sour cream; lunch bowls; snacks)

Spices

Turmeric powder; Cumin

Oils

Cold pressed olive oil; Tahini

Breads / Wraps

Sourdough (Optional)

See the wholefoods list for your kitchen staples

TREATS & SPECIAL SEED MIX

Treats

Dates; Honey or maple syrup; Cocoa powder; Peanuts; coconut oil; vanilla paste or essence

LSA Seed mix

3 part Linseeds (whole Flaxseeds)
2 parts Sunflower seeds
1 part Almonds

DAILY LIVER LOVING INGREDIENT CHECK LIST

Leafy greens ☐ Carrot salad ☐ Good fat ☐ Clean ☐
Beetroot ☐ Cruciferous veggies ☐ 2 l spring water ☐ protein ☐



LSA Seed mix

Liver support

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 3 parts Linseeds (whole flaxseeds)
- 2 parts Sunflower seeds
- 1 part Almonds

DIRECTIONS

1. Put linseed, sunflower seeds and almonds into your blender or food processor. Blend at a high speed for 10-20 seconds, or until finely ground.
2. If you're using a coffee grinder, do it one ingredient at a time and in small quantities, then mix ground ingredients together.
3. Store in a air tight glass container in the fridge.
4. Rather make smaller weekly batches or make a fresh batch as needed to prevent oxidation and nutrient depletion.
5. Quantity ideas: 3 tablespoons linseed, 2 tablespoons sunflower seeds and 1 tablespoon almonds makes approximately $\frac{2}{3}$ cup of LSA Seed mix. Make more or less depending on servings.
6. Include a tablespoon daily in breakfast smoothies, lunch bowls, soups or stews.

NOTES

This mix is a great liver support and an excellent source of omega fatty acids. Altogether, this mixture is a good source of dietary fiber, vitamin E, thiamin, magnesium, phosphorus, copper, and manganese. LSA was developed by Dr. Sandra Cabot as part of a liver cleansing diet.



Strawberry & cauliflower

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

½ cup cooked cauliflower,
then frozen
1 cup frozen strawberries
½ cup almond milk
½ cup full fat coconut milk
OR ½ avocado
1 tablespoon LSA (Linseeds,
sunflower seeds & almonds)
Seed mix

Toppings (optional):
Seeds; cacao nibs;
cinnamon

DIRECTIONS

1. Grind the whole linseeds, sunflower seeds & almonds to a fine powder in a coffee grinder.
2. Add all ingredients, into your blender and blend until smooth.
3. Decorate with topping of choice (optional).
4. Make an extra serving to freeze and use as another breakfast when you pressed for time.

NOTES

Berries are super foods. They are high in antioxidants, low GI (so giving you more energy for longer) and high in fiber. Cauliflower is included as a great liver supporter (Recipe modified from Dr. J. Brighten, Beyond the pill).



Vegetable juices

Juicing vegetables provide a boost in phytonutrients such as B vitamins from greens or amalyse enzymes from carrots to support healthy detoxification in the liver. Stay clear of pure fruit juice, as it is stripped from all the fiber and will throw off blood sugar levels that will mess with your hormones.



ABC liver juice

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

½ teaspoon cinnamon
 1 teaspoon cold pressed
 extra-virgin olive oil, OR cold
 pressed hemp seed oil
 Thumbnail size ginger root
 ¼ lemon with the skin
 1 handful parsley
 1 carrot
 1 granny smith apple
 1 beetroot

DIRECTIONS

1. Wash all ingredients with a water bicarbonate solution (soaking for 20 minutes in the solution is ideal). Juice all the ingredients, and stir in the oil or hemp seed oil. Enjoy fresh.
2. Drink your juice about 15 minutes after drinking one to two glasses of filtered spring water upon waking up.

NOTES

Beetroot is a high-antioxidant vegetable containing a number of nutrients that have been shown to be cleansing and detoxifying, plus, they're delicious and versatile. Try juicing them for a cleansing morning tonic. (Recipe from Doctors Beyond Medicine).



Liver loving juice

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

2 x carrots
2 x celery stalks
1 x apple
Handful of fresh parsley
1 teaspoon cold pressed
extra-virgin olive oil, OR cold
pressed hemp seed oil
¼ lemon with the skin
(optional)

DIRECTIONS

1. Wash all ingredients with a water bicarbonate solution (soaking for 20 minutes in the solution is ideal). Juice all the ingredients, and stir in the oil or hemp seed oil. Enjoy fresh.
2. Drink your juice about 15 minutes after drinking one to two glasses of filtered spring water upon waking up.



Fresh starters

When we eat like the French and include a fresh starter before our main meal we support stable blood sugars levels. The fiber in the starter will ensure that carbohydrates consumed afterwards, will be released slower, allowing for more stable energy levels, blood sugar and happier hormones.



Raw carrot salad

Fresh starter

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

1 carrot grated
1 teaspoon apple cider
vinegar
½ tablespoon coconut oil
Pinch of Himalayan Rock
salt

DIRECTIONS

1. Grate or ribbon the carrot and dish it into your favourite small serving bowl.
2. Melt coconut oil in a pan.
3. Add apple cider vinegar, melted coconut oil and pinch of salt to your grated carrots.
4. Enjoy before your main meal.

NOTES

A scientist discovered that by eating a raw carrot salad each day helped to remove toxins and excess estrogen from the body. This also helped to reduce PMS, improve mood & digestion and more. Maybe it's 'Eating a carrot a day will keep the doctor away?'.

A close-up, top-down view of a dark blue bowl filled with a fresh spinach salad. The salad consists of bright green spinach leaves, several pieces of grilled chicken breast with visible black pepper seasoning, and a generous amount of bright red pomegranate seeds. A wooden salad spoon is partially submerged in the salad on the right side. In the background, a portion of a green dip and a golden-brown fried item are visible on a white plate.

Lunch

These nourishing recipes focus on whole food liver loving ingredients that are minimally processed & high in fiber. Your digestive fire is the 'hottest' in the middle of the day, which means this is the time of optimal digestion. Eat your free range meat at lunch instead of at dinner as it takes the longest to digest.



Balanced bowl

Your template

SERVINGS: 1

PREP TIME: 30 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 1/2 cup ancient grains
- 1/2 cup beans / lentils / grass fed beef strips or chicken
- 1 cup steamed veggies
- 1 cups of leafy greens

Toppings:

- 1/2 avocado/
- cashew 'sour cream';
- nuts and seeds; extra virgin olive oil; 1 tablespoon of LSA
- Seed mix; homemade vinaigrette salad dressing (Olive oil, vinegar & salt).

DIRECTIONS

1. Get all your prepared grains, protein and veggies out of the fridge.
2. In your favourite serving bowl or takeaway glass bowl (for work lunch) scoop in your bottom layer of ancient grains (red sorghum, millet, quinoa, amaranth or rice).
3. Layer with protein (beans, lentils, chicken or beef or venison strips).
4. Add your steamed veggies such as broccoli, cabbage, cauliflower, pumpkin, collard or sweet potato.
5. Top with leafy greens & greens (lettuce, water cress, rocket, coriander, celery, spinach or cucumber).

NOTES

The balanced bowl in the picture contains red sorghum, butter bean, baby spinach, steamed broccoli, avocado & cashew sauce.



Balanced jars

Grab & go ideas

Tuna crunch



Tinned tuna



Shredded cabbage



Coriander (Great liver detoxer)



1/2 avocado



Cherry tomatoes

Dressing: Homemade mayonnaise or cashew sour cream. Layer ingredients in jar starting with tuna. Sprinkle with LSA Seed mix.

Sexy Mexi



Kernels of one cooked mielie



1/2 cup black / kidney beans



Coriander (Great liver detoxer)



Spring onion



1/2 avocado



Cherry tomatoes

Dressing: Freshly squeezed lemon or lime, fresh coriander leaves, olive oil & salt to taste. Layer ingredients in jar starting with beans. Sprinkle with LSA Seed mix.



Tuna cabbage wraps

Fun and fantastic

SERVINGS: 1

PREP TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

Carrot salad (See recipe)
Steam the best cabbage leaves in a steamer / pot (1 leaf = 1 serving)
1 cup spinach
1 or ½ tin Tuna in brine
½ teaspoon mustard powder
1 tablespoon LSA Seed mix
1 ½ avocado
Sauce: 1 tablespoon tahini
2 tablespoons lemon juice
Zest of 1 lemon
Himalayan Rock salt to tast

DIRECTIONS

1. Pickle the grated carrots in one tablespoon apple cider, salt and coconut oil.
2. Steam whole cabbage leaves (your wraps) in a steamer or pot for about 10 minutes. *If cabbage is not in season, you can use fresh whole lettuce leaves (no need for streaming), but wash in salt water.*
3. In a medium saucepan saute your onions and cook until translucent. Add spinach and saute until wilted, add spices, salt and mustard powder to taste.
4. Fill your cabbage wrap with cooked onions, spinach, tuna, pickled carrots and top with fresh herbs, LSA seed mix and tahini sauce.

NOTES

This is a go-to for a quick lunch or dinner. Fill your cabbage cup with all your favourite things, such as salsa, beans, hummus, corn, and vegetables. This is a party favourite for adults and kids. Cabbage contains sulforaphane a compound that supports a healthy digestive system.



Meatballs & sweet potatoes

SERVINGS: 2

PREP TIME: 30 MIN

COOKING TIME: 20 - 30 MIN

INGREDIENTS

500 g free-range mince
 ¼ cup ground oats /
 sourdough bread crumbs
 2 free range eggs
 2 cloves garlic, minced
 ¼ cup chopped fresh parsley
 (or 1 tablespoon dried
 parsley)
 1 teaspoon dried oregano
 1 teaspoon dried basil
 ½ teaspoon Himalyan salt
 ¼ teaspoon black pepper
 2 large sweet potatoes

DIRECTIONS

1. Preheat oven to 180°C, for baking the meatballs
2. Mix the meatball ingredients: In a large bowl, combine the mince, breadcrumbs, eggs, garlic, parsley, oregano, basil, salt, and pepper.
3. Shape the meatballs: Using your hands, shape the mixture into small meatballs. You should get about 12-16 meatballs depending on the size. Place the meatballs in an oven dish.
4. Wash and cut your sweet potatoes and place with the meat balls in the oven dish.
5. Bake in the preheated oven for 20-30 minutes or until the sweet potatoes are cooked through. By this time the meatballs will surely be cooked, but double check

NOTES

Meatballs variations: Spicy Jalapeño Meatballs. Add 1-2 finely chopped fresh jalapeños or a teaspoon of red pepper flakes to the meat mixture.



Black bean burgers

The best!

SERVINGS: 4

PREP TIME: 15

COOKING TIME: 20 MIN

INGREDIENTS

1 can of black beans
(drained, and unsalted) or 1
x cup of cooked black
beans
1 cup finely chopped red
onion
¾ cup chopped bell pepper
1 tablespoon garlic
1 ½ teaspoon ground cumin
1 teaspoon chili powder
(optional)
¼ teaspoon smoked paprika
½ cup of oat flour or gluten-
free oats (processed)
2 flax-seed eggs (See
recipe) OR 1 egg
Himalayan Rock Salt and
pepper (to taste)

DIRECTIONS

1. In a food processor, grind rolled gluten free oats (or use oat flour).
2. Drain black beans (if canned beans are used) and place on a oven pan to dry (Approximately 8-10 min in 180C oven).
3. In a pan, sauté the onions and bell peppers until soft. Remove from heat and discard any excess liquid.
4. In a glass bowl mix cumin, chili powder, paprika and salt together and add flax-eggs (1 tablespoon ground flaxseed mixed with 3 tablespoons hot water = 1 egg).
5. Add dried out beans and onion mixture to spice mixture.
6. Mash your beans with a fork until the mixture is easily molded into patties in your hands without falling apart (add oat flour if mixture is too moist).
7. Place patties on a baking tray with coconut oil/ or on baking paper and Bake 5-7 min each side (Rotate patties once).
8. Serve on a portobello mushroom or sourdough bread. *Patties freezes well.*



Quinoa / amaranth fritters

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 60 MIN

INGREDIENTS

1 cup quinoa
 3 medium eggs
 1 small onion, finely chopped
 1 medium red pepper
 ¼ cup coriander, finely chopped
 ¼ cup basil or spinach
 ¼ cup chives
 ¼ cup almond, brown rice or coconut flour (or ground oats)
 2 tablespoons coconut oil
 ½ teaspoon turmeric powder
 Himalayan Rock salt and pepper, to taste

DIRECTIONS

1. Cook quinoa for 30 - 40 minutes, until the seeds pop open.
2. Grind oats in a food processor to a fine powder or use oat, rice or coconut flour.
3. Finely chop onions, red pepper, coriander, spinach and chives.
4. Combine all ingredients into mixing bowl.
5. Place minimal coconut oil in a pan, on medium heat.
6. With a wooden spoon, scoop mixture into pan and press lightly to flatten. Place as many as you can fit without edges of fritter touching each other.
7. Cook until both sides are lightly golden brown and crispy.
8. Serve with steamed vegetables such as spinach, Brussels sprouts or asparagus and top with fresh herbs or microgreens.
9. Optional: Serve with chicken / beef or fish



Fish cakes

Great source of Omega-3

SERVINGS: 14 SMALL CAKES

PREP TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

2 medium sweet potatoes
2 tins of sardines (drained)
1 tablespoon (15 ml)
seasoning (Combine,
ground black pepper, salt,
mustard powder, paprika)
1 small onion, finely diced
3 spring onions, chopped
3 tablespoons (45 ml) fresh
drill / coriander / parsley,
chopped
2 tablespoon (10 ml) hot
sauce, such as Tabasco
(optional)
1 free-range egg
1 tablespoon corn flour
2 teaspoon lemon juice
Coconut oil for frying

DIRECTIONS

1. Preheat oven to 180C while chopping the onion into the fine pieces and sweet potato's in halves.
2. Bake the sweet potato's and onion with a little bit of coconut oil on a baking try in the oven, until tender (20-30 minutes).
3. Place the cooked sweet potato's, onions, drained fish, herbs, hot sauce, corn flour, lemon juice and egg in a mixing bowl and with an electric hand blender and pulse until mixture is combined. If the mixture is wet, add some corn flour to firm up slightly.
4. Make patties and fry them over medium heat for about 5 minutes per side side until golden brown.
5. Tip: The fish is oily, so do not use a lot of oil for frying.
6. Serve with oven baked Portobello mushroom and coleslaw.



Free-range beef/lamb stew

SERVINGS: 4

PREP TIME: 20 MIN

COOKING TIME: 90 MIN

INGREDIENTS

600 grams of free-range
beef/lamb of choice AND /
OR
1 tin / cup kidney beans
3 sweet potato's
3 carrots
1 large red onion
2 cups sliced cabbage
2 tomatoes
2 tablespoons fresh herbs
(marjoram / coriander /
parsley)
Salt & pepper for seasoning
2 tablespoons corn flour
1 teaspoon chopped chilli
(optional)

DIRECTIONS

1. In a medium pot, fry onions in coconut oil until translucent.
2. Add meat of choice and fry until meat is golden brown.
3. Add 2 cups of water and herbs and allow to cook. Leave the meat cooking until almost tender (60 - 75 minutes). Add more water if necessary.
4. Place the chopped vegetables and beans in the pot and allow to cook until tender.
5. Mix corn flour with a dash of water in a cup to combine and add to the stew to thicken up.
6. If you choose to make the stew 100% plant based, add the beans with the herbs, water and vegetables to a pot, and allow to cook until tender.
7. Feel free to add more of your favourite vegetable to make it your own.

Dips & sauces

All of the recipes are made with whole food ingredients to avoid any hidden sugars and preservative found in conventional condiments.



Butter bean dip / Hummus

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

2 cloves garlic (crushed)
1 cup or can butter beans
(or chick peas to make
hummus)
3 tablespoons lemon juice
2 tablespoons tahini
1 tablespoon olive oil
½ teaspoon ground cumin
1/4 teaspoon ground
coriander
Cayenne pepper to taste
2 tablespoons finely
chopped fresh coriander
or parsley

DIRECTIONS

1. Combine drained and rinsed butter beans, ¼ cup water, lemon juice, tahini, cumin, garlic, coriander, and a pinch of cayenne, in a food processor.
2. Mix until creamy and smooth. Transfer to a bowl, cover, and chill for at least 1 hour.
3. Before serving, let butter bean dip come to room temperature.
4. Stir in coriander or parsley.

NOTES

This homemade bean dip is delicious and perfect for entertaining or as a snack. Pair with lightly toasted pita bread, crisp veggies, or a selection of olives.
Reference: This recipe is inspired by the Whole Foods Diet.



Cashew sour cream

Perfect for a dipping sauce too

SERVINGS: 1 ¼ CUPS

PREP TIME: 30 MIN

COOKING TIME: 0 MIN

INGREDIENTS

½ cup raw cashews
1 teaspoon lemon juice
2 teaspoons apple cider
vinegar
Salt to taste (about 1/8
teaspoon)

DIRECTIONS

1. Place cashews in a small bowl and cover with boiling water. Let soak for at least 30 minutes. Drain cashews and place in a blender with vinegar, lemon juice, salt and about ½ cup water.
2. Blend until very smooth, adding more water as required to puree the mixture.

NOTES

Use this as a mayonnaise replacement and to add to salads, Mexican food or on crackers. (Recipe: The whole foods diet)

A top-down view of a glass cup filled with a light brown liquid, likely tea. A sprig of fresh thyme is placed inside the cup. To the left, a wooden bowl contains several round, golden-brown cookies. To the right, another glass cup is partially visible. The background is a light, neutral color.

Tea's & elixirs

Health boosting elixirs and tea's will set you up
for a great day as well as sooth you for a
great nights rest.



Anti-inflammatory Golden milk

SERVINGS: 1

PREP TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

1 cup (250ml) full-fat coconut milk/ almond or macadamia milk
1 teaspoon turmeric powder
½ teaspoon freshly grated ginger or ginger powder
1 teaspoon coconut oil
½ teaspoon cinnamon
1 teaspoon raw honey
Pinch of freshly grated black pepper

DIRECTIONS

1. Place all the ingredients into a small saucepan and slowly blend together with a stick blender, or mix in a blender to combine and then transfer to the saucepan.
2. Simmer for 5 minutes over medium heat.
3. Drink the latte hot or place in the fridge for later.
4. A thin film will form on the top when cooled. Mix well again before drinking.

NOTES

Golden milk has been used for many years in the traditional Chinese and Ayurvedic Indian medicines due to the combination of the healing spice blend. Turmeric with the additional of black pepper is highly absorbable and offers anti-inflammatory properties. As an addition ginger also soothes the intestinal track and cinnamon is great for blood sugar regulation.

A close-up photograph of four strawberry bakes arranged on a white plate. Each bake consists of a dark, textured chocolate base topped with a whole, bright red strawberry. The strawberries are dusted with a fine, light-colored powder, likely coconut flour or powdered sugar. The background is a soft, out-of-focus grey fabric.

Treat sheet & bakes

All of the recipes are refined sugar free and made with whole food ingredients. Eat these treats after a meal, and not on an empty stomach, to prevent dips in blood sugar levels. Enjoy guilt-free.



Natural sugars

Use instead of refined sugars

Apple sauce

In season (Feb - May)

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

4 cups chopped red apples
(skin on, discard cord &
pips)

10 large dates (pips
removed)

Juice of 1 medium lemon

(Makes about 2 cups)

DIRECTIONS

1. Boil all ingredients together until soft (about 15 minutes)
2. Keep in an airtight glass container in the fridge and eat within a week.
3. It also freezes well.
4. To reduce sweetness, reduce or exclude dates.

Date syrup

SERVINGS: 4

PREP TIME: 20 MIN

COOKING TIME: 0 MIN

INGREDIENTS

8 large dates

1 teaspoon pure vanilla

½ cup boiling water

Pinch of Himalayan rock
salt

(Make about ½ cup date
syrup)

DIRECTIONS

1. Remove date stones and soak the dates in boiling water for at least 15 minutes.
2. After soaking, add vanilla and pinch of Himalayan rock salt and blend in food processor until smooth.
3. Keep date syrup in an airtight glass container in the fridge and eat within a few days. Date syrup also freezes well.



Snicker-bars

Refined sugar & dairy-free

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

Chocolate ingredients:

1 cup coconut oil

½ cup of cocoa powder

Caramel ingredients:

½ cup chopped dates

½ tablespoon raw honey /
maple syrup

Pinch of Himalayan Rock
Salt

1 tablespoon coconut oil

1 teaspoon vanilla essence

½ cup of raw peanuts

DIRECTIONS

For the Caramel:

1. Chop dates into smaller pieces and place in cup. Cover with boiling water and soak for at least 15 minutes (The longer they soak the easier they will blend).
2. Strain the dates and add to the rest of the ingredients for caramel. Blend in a food processor until nice and smooth.

For the Chocolate:

1. In a small saucepan melt oil and cocoa and set aside. It should be glossy and smooth.

Combine:

1. Line a square dish or silicon mold with parchment paper.
2. Pour half of the chocolate mixture in the bottom. Let it set and then add the caramel layer. Top it with the remaining chocolate.
3. Cut into squares when set. (Speed up the process in the freezer)

Tip: Make a extra batch and freeze for an emergency snack.