

# ANTI- INFLAMMATORY DIET COOKBOOK

*for Beginners*

Boost your Immunity, Detox and Reduce  
Inflammation with **Delicious and Easy**  
**Recipes** to Restore Gut Health and  
Acquire Healthy Habits

+ 30 DAYS MEAL PLAN

BY  
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# *Introduction*

Imagine your body as a city. When everything runs smoothly, the roads are clear, people are working, and life is good, but what happens when there's a small fire in one of the buildings? Firefighters rush in, put out the flames, and then leave once the danger is gone. That's precisely how acute inflammation works - it's your body's first response to injury or infection, a short-term rescue mission that helps you heal.

Now, imagine if those firefighters never left. They keep spraying water everywhere, even though the fire is out. Over time, this causes more damage than the fire itself - flooding streets, weakening buildings, and disrupting daily life. Chronic inflammation is a long-term response that can quietly harm your body over months or years.

Inflammation isn't always harmful - in fact, it's essential for healing. But when it sticks around too long, it can lead to health problems like arthritis, heart disease, and even diabetes. The good news? The food you eat can either fuel the fire or help put it out.

In this chapter, we'll break down the difference between good and bad inflammation, how it affects your body, and how you can control it with simple dietary choices. Ready to learn how to cool the flames and feel your best?

*Let's dive in!*

# CHAPTER 1.

## The Basics of the Anti-Inflammatory Diet

### What is Inflammation

*Inflammation is a natural and essential process in the body. It is key in healing and protecting us from injury, infection, and toxins. However, not all inflammation is beneficial. While acute inflammation is a short-term, necessary response, chronic inflammation can contribute to long-term health issues. Understanding the difference between the two is crucial for making dietary and lifestyle choices that support overall well-being.*

### Acute vs. Chronic

*Acute inflammation is a short-term response that quickly resolves once the body has addressed the issue. It is a sign that your immune system is doing its job.*

#### Common Causes of Acute Inflammation:

- Infections: Bacterial, viral, or fungal infections
- Injuries: Cuts, burns, sprains, or broken bones
- Exposure to toxins: Chemicals, pollutants, or allergens

#### Symptoms of Acute Inflammation:

- Redness
- Heat
- Swelling
- Loss of function (e.g., difficulty moving a swollen joint)
- Pain

These temporary symptoms usually subside within a few hours or days as the body heals.

#### EXAMPLE OF ACUTE INFLAMMATION IN ACTION:

Imagine you accidentally cut your finger while chopping vegetables. The area around the cut becomes red, swollen, and painful. Your immune system sends white blood cells to the site to prevent infection and start healing. After a few days, the swelling disappears, and the wound closes. This is how acute inflammation does its job!

Unlike acute inflammation, chronic inflammation is a long-term response that can persist for months or even years. Instead of healing the body, chronic inflammation can gradually damage tissues and organs, contributing to various diseases. Chronic inflammation doesn't always cause immediate or obvious symptoms. Over time, however, it can contribute to some of the issues mentioned below.

#### Causes of Chronic Inflammation:

- Poor diet (high in processed foods, sugar, and unhealthy fats)
- Long-term stress
- Lack of exercise
- Environmental toxins (pollution, chemicals in food and products)
- Autoimmune disorders (e.g., rheumatoid arthritis, lupus)
- Chronic infections (e.g., hepatitis, gum disease)

#### Symptoms of Chronic Inflammation:

- Persistent fatigue and low energy
- Frequent infections or slow-healing wounds
- Joint pain or stiffness
- Digestive problems (bloating, IBS, acid reflux)
- Brain fog, anxiety, or depression



### Health Conditions Linked to Chronic Inflammation:

Chronic inflammation has been linked to a wide range of diseases, including:

- Heart disease (due to inflammation in blood vessels)
- Diabetes (linked to insulin resistance and inflammatory markers)
- Arthritis (caused by chronic joint inflammation)
- Obesity (fat cells trigger inflammatory responses)
- Alzheimer's disease (inflammation in the brain contributes to cognitive decline)
- Cancer (persistent inflammation can lead to DNA damage and tumor growth)

### EXAMPLE OF CHRONIC INFLAMMATION IN ACTION:

Imagine a person eating a diet high in fast food, sugar, and processed snacks while also dealing with ongoing stress from work. Over time, his body remains in a constant low-grade state of inflammation, leading to insulin resistance, weight gain, joint pain, and eventually, chronic diseases like diabetes or heart disease. This is how chronic inflammation slowly damages the body over time.

## How the Anti-Inflammatory Diet Works

*Every bite of food you eat sends a message to your body. It can either help calm inflammation and promote healing or fuel the fire and contribute to long-term health issues. The anti-inflammatory diet is not just another trendy eating plan - it's a scientifically backed way of eating that supports your body's natural ability to heal while reducing the risk of chronic diseases.*

The anti-inflammatory diet works in several key ways. First of all, it supplies your body with powerful anti-inflammatory nutrients. These include:

- **Omega-3 Fatty Acids** - Fatty fish (salmon, sardines), walnuts, and flaxseeds contain omega-3s, which help lower inflammation levels.
- **Antioxidants** - Berries, leafy greens, and dark chocolate contain antioxidants that help neutralize free radicals that cause cell damage.
- **Polyphenols** - Plant compounds found in berries, cocoa powder, green and black tea, turmeric and other spices, olives and olive oil. They soothe inflammation and support overall health.

By eating a variety of these foods, you help your body fight back against chronic inflammation naturally.

Secondly, it supports gut health, the key to reducing inflammation. Your gut is home to trillions of bacteria that directly influence inflammation levels. A fibre-rich diet, probiotics, and whole foods help maintain a healthy gut microbiome, crucial in immune function and inflammation control.

The diet eliminates the worst inflammatory foods that trigger it and keeps your body under constant stress. Cutting out these foods from your daily meals gives your body the break it needs to start healing.

Finally, an anti-inflammatory diet balances blood sugar and reduces insulin spikes. When you eat too much sugar or processed carbohydrates, your blood sugar spikes rapidly. This causes the body to release insulin - a hormone that can promote inflammation when levels remain consistently high. The anti-inflammatory diet focuses on low-glycemic, whole foods that help stabilize blood sugar, such as whole grains, healthy fats, and lean proteins. This helps reduce insulin resistance, lower inflammation, and support long-term health.

## Benefits of Reducing Inflammation

*Imagine waking up feeling refreshed, pain-free, and full of energy - without the sluggishness, bloating, or achy joints that have become all too familiar. What if the secret to better health, boundless energy, and a longer life wasn't found in pills or quick fixes but in your daily food choices?*

Chronic inflammation is often called the "silent killer" because it operates beneath the surface, slowly damaging your cells, tissues, and organs over time. But here's the good news: You have the power to reduce inflammation naturally - and when you do, the benefits go far beyond just feeling good.

***Let's explore how lowering inflammation can improve your health, energy, and longevity.***



## Lifestyle Consideration

*An anti-inflammatory diet is a powerful tool for reducing chronic inflammation but works best with a healthy lifestyle. Beyond the foods you eat, exercise, stress management, and quality sleep are crucial in keeping inflammation in check. These three factors help regulate immune function, improve digestion, and enhance well-being.*

### The Role of Exercise in Reducing Inflammation

Regular physical activity is one of the most effective ways to combat chronic inflammation. Moderate exercise can lower levels of inflammatory markers, boost circulation, and support a healthy immune response. Activities like walking, swimming, cycling, and yoga help keep the body balanced without causing excessive stress, which can trigger inflammation.

### Best Practices for Anti-Inflammatory Exercise:

- Aim for at least 150 minutes of moderate weekly exercise, such as brisk walking or light jogging.
- Include strength training twice a week to maintain muscle mass and metabolic health.
- Try low-impact activities like yoga, tai chi, or swimming, which promote movement without straining the body.
- Avoid overtraining, as excessive or intense exercise without proper recovery can increase inflammation.

### MANAGING STRESS TO REDUCE INFLAMMATION

*Chronic stress is a major contributor to inflammation. When constantly stressed, your body releases cortisol, a hormone that can disrupt immune function and increase inflammatory responses. Mind-body practices can significantly reduce stress and improve overall health.*

#### Effective Stress-Reduction Techniques:

- Meditation and Deep Breathing - Mindfulness meditation or deep breathing exercises can help lower cortisol levels.
- Spending Time in Nature - Walking in green spaces, gardening, or simply sitting outdoors can calm the nervous system.
- Journaling and Gratitude Practices - Writing down thoughts and focusing on gratitude can help reframe stressful situations.
- Hobbies and Creative Activities - Like painting, knitting, or playing music helps shift focus away from stress.

### THE IMPORTANCE OF SLEEP FOR INFLAMMATION CONTROL

*Sleep is a critical factor in regulating inflammation. Poor sleep can increase inflammatory markers, disrupt digestion, and weaken the immune system. Aiming for 7-9 hours of quality sleep per night can help the body repair and reduce inflammation.*

#### Tips for Better Sleep:

- Stick to a Consistent Sleep Schedule - Going to bed and waking up at the same time daily helps regulate the body's internal clock.
- Create a Relaxing Bedtime Routine - Reading, taking a warm bath, or practicing deep breathing can prepare the body for restful sleep.
- Limit Screen Time Before Bed - Screens' blue light can interfere with melatonin production, making it harder to fall asleep.
- Avoid Heavy Meals and Caffeine Late in the Evening - these can disrupt sleep quality and digestion.

### BRINGING IT ALL TOGETHER

Combining an anti-inflammatory diet with regular exercise, effective stress management, and quality sleep creates a holistic approach to health. These lifestyle choices work synergistically to keep inflammation under control, support digestion, and enhance overall well-being. Small, sustainable changes in daily habits can lead to long-term benefits, making maintaining a balanced, inflammation-free life easier.



# CHAPTER 2.

## The Anti-Inflammatory Meal Plan

### Smart Grocery Shopping

Like any other, an anti-inflammatory diet starts with smart grocery shopping. Your choices at the store impact the meals you prepare and, ultimately, your health. Selecting fresh, whole, and nutrient-rich foods can reduce inflammation and support overall well-being. Here's a guide to help you shop wisely and stock your kitchen with anti-inflammatory essentials.

#### 1. PLAN BEFORE YOU SHOP

Walking into the grocery store without a plan can lead to impulse purchases and unhealthy choices. A well-prepared shopping list keeps you focused on anti-inflammatory ingredients while saving time and money.

##### Tips for Effective Planning:

- Create a weekly meal plan that includes anti-inflammatory meals and snacks
- Make a grocery list organized by food categories: fruits, vegetables, proteins, grains, etc.
- Check your pantry and fridge to avoid buying unnecessary items
- Shop after a meal - hunger can lead to unhealthy impulse buying

#### 2. READ FOOD LABELS CAREFULLY

Not all packaged foods are bad, but labels must be read to avoid hidden inflammatory ingredients. Processed foods often contain added sugars, unhealthy fats, and artificial additives that can trigger inflammation.

##### Ingredients to Avoid:

- Refined sugars, such as high-fructose corn syrup, cane sugar, dextrose
- Trans fats and hydrogenated oils
- Artificial additives, preservatives, and colorants
- Refined grains, such as white flour, white rice

#### 3. BUY SEASONAL & ORGANIC WHEN POSSIBLE

Seasonal fruits and vegetables are fresher, more flavorful, and often more affordable. Choose organic options for foods with higher pesticide levels, such as strawberries, spinach, and peppers, when possible.

##### Best Seasonal Choices by Season:

- Spring: Asparagus, spinach, kale, Swiss chard, rocket, artichokes, leafy greens, broccoli, cauliflower, strawberries, blueberries, avocados, walnuts, parsley, coriander, mint
- Summer: Tomatoes, courgette, cucumber, raspberries, blackberries, cherries, peaches, nectarines, plums, peppers, chilli peppers, basil, oregano, rosemary
- Fall: Pumpkins, sweet potatoes, carrots, beets, squash, shiitake, maitake, reishi, cabbage, kale, apples, pears, pomegranates, almonds, pecans, turmeric, ginger
- Winter: spring greens, mustard greens, Swiss chard, oranges, lemons, grapefruits, brussels sprouts, cabbage, cauliflower, sweet potatoes, garlic, onions, and cinnamon

Smart grocery shopping is the foundation of an anti-inflammatory lifestyle. Planning, reading labels, choosing whole foods, and avoiding inflammatory ingredients set yourself up for success. A kitchen stocked with nourishing ingredients makes preparing healthy, anti-inflammatory meals effortless and enjoyable.



## Best Anti-Inflammatory Foods

Here are some of the best anti-inflammatory foods to incorporate into your daily meals:

- Fatty Fish like salmon, mackerel, sardines, and tuna are rich in omega-3 fatty acids, which help lower inflammation and support heart and brain health by reducing inflammatory markers like C-reactive protein.
- Leafy Green Vegetables such as spinach, kale, rocket, Swiss chard, and spring greens are packed with vitamins, minerals, and antioxidants that fight inflammation. They are also high in fibre and rich in vitamin K, which supports gut and bone health and reduces inflammatory markers.
- Berries like blueberries, strawberries, raspberries, and blackberries contain potent antioxidants called flavonoids, which help combat oxidative stress and inflammation. They are also a great source of vitamins and fibre.
- Turmeric contains curcumin, a compound with potent anti-inflammatory and antioxidant properties. Adding turmeric to your diet, especially when combined with black pepper (which enhances absorption), can help reduce inflammation and support joint health.
- Nuts and Seeds, such as almonds, walnuts, flaxseeds, and chia seeds, are excellent sources of healthy fats, fibre, and antioxidants. Walnuts, in particular, are rich in omega-3s, which help lower inflammation and improve heart health.
- Extra virgin olive oil is a Mediterranean diet staple known for its anti-inflammatory benefits. It contains monounsaturated fats and polyphenols that help reduce inflammation and lower the risk of chronic diseases.



- Tomatoes are rich in lycopene, a powerful antioxidant that helps reduce inflammation and supports heart health. Cooking tomatoes, as in tomato sauce or soup, enhances lycopene absorption.
- Green tea is packed with polyphenols and catechins, which have been shown to reduce inflammation and provide various health benefits, including improved metabolism and heart health.
- Ginger has bioactive compounds like gingerol that have anti-inflammatory effects. It can help relieve muscle pain, arthritis symptoms, and digestive issues when consumed fresh, dried, or as a tea.
- Garlic contains sulfur compounds that boost the immune system and reduce inflammation. It has been used for centuries for its medicinal properties and is particularly effective in heart health and immune support.
- Fruits, such as oranges, lemons, and grapefruits - rich in vitamin C and flavonoids; pomegranates - powerful superfood high in antioxidants, polyphenols, and gut-supporting compounds; apples - contain quercetin, a powerful anti-inflammatory compound; pineapple.
- Avocados are a great source of monounsaturated fats, fibre, and anti-inflammatory compounds like carotenoids and tocopherols. They help reduce the risk of inflammation-related diseases and support overall health.
- Vegetables, such as broccoli, brussels sprouts, cauliflower - contain sulforaphane, a potent anti-inflammatory compound; peppers and chilli peppers - high in capsaicin and vitamin C; beets - rich in betalains, which reduce oxidative stress.
- Dark chocolate with at least 70% cocoa contains anti-inflammatory flavonoids. It is also packed with antioxidants that promote heart and brain health. However, it should be consumed in moderation.
- Whole grains such as quinoa, brown rice, oats, buckwheat, and whole wheat products contain fibre, which helps reduce inflammation by supporting gut health. Avoid refined grains, which may increase inflammation.
- Legumes, like beans, lentils, and chickpeas, are excellent plant-based protein sources rich in fibre and antioxidants. They help regulate blood sugar levels and reduce inflammatory markers.
- Mushrooms like shiitake, maitake, and reishi contain compounds that modulate the immune system and reduce inflammation. They are also a good source of vitamins and minerals that support overall health.





## Foods to Avoid

Here are the top foods to avoid when following an anti-inflammatory diet:

- Processed and Fried Foods - fast food, fried chicken, french fries, and other deep-fried items are high in trans fats, which are known to increase inflammation and raise the risk of chronic diseases. These foods also contain advanced glycation end products (AGEs), which can promote inflammation.
- Refined Carbohydrates - white bread, white rice, pastries, and other refined grains lack fibre and essential nutrients. They cause rapid blood sugar spikes, leading to increased inflammation and insulin resistance over time.
- Sugary Foods and Beverages - excess sugar consumption contributes to chronic inflammation, obesity, and insulin resistance. Avoid soda, candy, baked goods, sweetened cereals, and fruit juices with added sugar. Choose natural sweeteners in moderation, such as honey or maple syrup.
- Processed Meats - such as deli meats, sausages, hot dogs, bacon, and other processed meats contain high levels of sodium, preservatives, and harmful compounds that can trigger inflammation and increase the risk of heart disease and certain cancers.
- Red Meat (in Excess) - while lean cuts of red meat in moderation may be acceptable, excessive consumption - mainly processed or fatty cuts - can contribute to inflammation due to their high saturated fat and heme iron content.
- Dairy Products (for Some People) - like whole milk, cheese, and butter - can trigger inflammation in those who are lactose intolerant or sensitive to dairy. However, fermented dairy products - like cheese, natural yoghurt, and kefir, especially those containing A2 beta-casein (from sheep, goats, and buffalo) - may benefit some individuals due to their probiotic content.

- Artificial trans fats and Hydrogenated Oils - Margarine, vegetable shortening, and certain processed snack foods contain artificial trans fats, which are strongly linked to increased inflammation and a higher risk of heart disease. Always check labels for partially hydrogenated oils and avoid them.
- Highly Processed Snacks and Packaged Food, such as crisps, crackers, instant noodles, and microwaveable meals, often contain unhealthy fats, high sodium levels, and artificial additives that promote inflammation and provide little nutritional value.
- Excessive Alcohol - while moderate red wine consumption may have some health benefits due to antioxidants, excessive alcohol intake can lead to inflammation in the liver, gut, and other parts of the body. It can also disrupt sleep and weaken the immune system.
- Highly Processed Vegetable Oils - such as soybean, corn, sunflower, and cottonseed oils are high in omega-6 fatty acids, which can promote inflammation when consumed in Excess. Instead, opt for anti-inflammatory oils like extra virgin olive, coconut, or avocado.
- Artificial Sweeteners and Additives - aspartame, sucralose, and other artificial sweeteners may contribute to gut inflammation and metabolic issues. Artificial colourings and preservatives in processed foods can also lead to adverse health effects.
- Gluten-Containing Foods (for Sensitive Individuals) - people with gluten sensitivity or celiac disease should avoid gluten-containing grains such as wheat, barley, and rye, as they can trigger inflammation and digestive problems.

Avoiding pro-inflammatory foods and incorporating anti-inflammatory ones into your diet can significantly impact your health by reducing inflammation, preventing chronic diseases, and promoting overall well-being. A balanced diet rich in whole, nutrient-dense foods and healthy lifestyle choices can help you maintain optimal health and vitality. Making mindful food choices will provide long-term benefits for your well-being.

## 30-Day Meal Plan

Welcome to your 30-day journey toward healing, balance, and vibrant well-being. This chapter is designed to make your anti-inflammatory lifestyle easy, delicious, and sustainable - with a month of nourishing meals planned for you.

Each day is thoughtfully crafted to reduce inflammation, support your immune system, and energize your body using whole, nutrient-dense foods.

### DON'T FORGET TO HYDRATE!

As you follow this meal plan, staying well-hydrated is just as important as the food on your plate. Drink plenty of still water throughout the day to help flush out toxins, aid digestion, and support every system in your body. Aim for at least 8 glasses daily—or more if you're active.

In addition to water, include the anti-inflammatory drink recipes from this book in your routine. From golden turmeric lattes to cucumber-mint-infused waters and ginger teas, these drinks offer powerful healing benefits and an extra layer of nourishment.

This 30-day plan is more than a meal guide - it's a reset for your body and mind. Let food be your daily medicine, and enjoy the delicious simplicity of eating with purpose.

For most adults following an anti-inflammatory lifestyle, a daily calorie range of 1,500 to 2,000 calories is considered balanced and sustainable.

**For General Wellness & Inflammation Reduction:**

- Women: 1,500–1,800 calories/day
- Men: 1,800–2,200 calories/day

**For Active Lifestyles or Muscle Maintenance:**

- Women: 1,800–2,200+ calories/day
- Men: 2,200–2,500+ calories/day

**What Matters More Than Exact Calories:**

- Nutrient density: Focus on foods rich in antioxidants, fibre, healthy fats, and plant compounds (like polyphenols and flavonoids).
- Balanced macros: Aim for a moderate mix of healthy fats (35–40%), clean protein (20–25%), and complex carbs (35–45%) to support energy and reduce inflammation.
- Portion awareness without restriction — encourage intuitive eating and tuning into hunger/fullness cues.

DAY	BREAKFAST	LUNCH	SNACK/DESSERT	DINNER	TOTAL CALORIES
1	Coconut & Turmeric Oatmeal Avocado & Matcha Energy Smoothie	Wild Salmon & Sweet Potato Chowder Grilled Turkey Burger Bowl with Chimichurri Sauce	Cinnamon-Spiced Baked Apple Slices	Ginger-Sesame Veggie Stir-Fry Noodles with Lime & Coriander	1860 kcal
2	Chia Seed & Almond Milk Pudding with Berries Green Detox Smoothie	Cauliflower & Chickpea Curry Grilled Courgette & Tomato Salad with Basil Dressing	Dark Chocolate & Walnut Energy Bites	Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts	1500 kcal
3	Avocado & Smoked Salmon Toast on Sprouted Bread Golden Turmeric & Mango Smoothie	Sweet Potato & Black Bean Tacos Kale & Quinoa Super Salad with Lemon-Tahini Dressing	Golden Milk Cashew Latte Bites	Grass-Fed Beef & Cauliflower Cottage Pie	1670 kcal
4	Quinoa & Walnut Porridge with Cinnamon and Honey Coconut & Berry Chia Seed Smoothie	Salmon & Avocado Spring Greens Wrap Rocket & Walnut Salad with Pomegranate Vinaigrette	Dark Chocolate Avocado Mousse	Spiced Chickpea & Sweet Potato Buddha Bowl	1730 kcal
5	Spinach & Mushroom Omelet with Turmeric Cinnamon-Spiced Apple Pie Smoothie	Garlic & Herb Grilled Chicken with Roasted Vegetables Butternut Squash & Lentil Salad	Blueberry & Coconut Baked Oatmeal Cups, 1 piece	Turmeric-Garlic Roasted Salmon with Quinoa & Spinach	1780 kcal
6	Berry & Flaxseed Overnight Oats with Coconut Milk Banana & Walnut Omega-3 Smoothie	Turmeric & Ginger Lentil Soup Wild Salmon & Brown Rice Nourish Bowl	Coconut & Matcha Bliss Balls, 1 piece	Courgette Noodles with Avocado Pesto & Cherry Tomatoes	1730 kcal
7	Sweet Potato & Avocado Breakfast Hash Ginger & Carrot Immunity Smoothie	Slow Cooker Grass-Fed Beef & Root Vegetable Stew Stuffed Peppers with Quinoa & Spinach	Berry & Almond Yogurt Bark, 1 piece	Miso-Ginger Glazed Cod with Pak Choi & Brown Rice	1530 kcal

<b>8</b>	Greek Yogurt with Pomegranate Seeds, Walnuts & Drizzle of Honey Golden Turmeric & Mango Smoothie	Avocado & Cucumber Gazpacho Spicy Roasted Brussels Sprouts with Chilli-Lime Prawn	Chia & Berry Parfait	Sautéed Garlic Mushrooms & Grass-Fed Beef Stir-Fry	1510 kcal
<b>9</b>	Golden Milk Chia Pancakes with Maple & Almond Butter Pomegranate & Beet Anti-Inflammatory Smoothie	Turmeric & Garlic Baked Cod with Spinach Avocado & Spinach Detox Salad	Almond Flour Banana Bread, 1 slice	Spiced Chicken & Roasted Cauliflower Traybake	1710 kcal
<b>10</b>	Turmeric Scramble & Avocado Toast Green Detox Smoothie	Slow Cooker Grass-Fed Beef & Root Vegetable Stew Sautéed Greens & Garlic Mushrooms with Quinoa	Flaxseed & Honey Nut Granola Clusters	Garlic & Ginger Stir-Fried Prawn with Broccoli & Cauliflower Rice	1760 kcal
<b>11</b>	Avocado & Tomato Breakfast Wrap Coconut & Berry Chia Seed Smoothie	Tomato & Roasted Red Pepper Soup with Basil Grass-Fed Beef & Quinoa Power Bowl	Turmeric & Ginger Spiced Almonds	Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing	1770 kcal
<b>12</b>	Flaxseed & Almond Butter Banana Pancakes Avocado & Matcha Energy Smoothie	Spiced Lentil & Veggie Stew Spiced Turkey & Avocado Lettuce Wrap	Mango & Coconut Chia Ice Lollies, 1 piece	Mediterranean Baked Cod with Olives & Tomatoes	1580 kcal
<b>13</b>	Coconut & Turmeric Oatmeal Cinnamon-Spiced Apple Pie Smoothie	Roasted Beet & Goat Cheese Salad with Balsamic Glaze Cauliflower & Chickpea Curry	Ginger & Turmeric Poached Pears, 1 serving	Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts	1620 kcal
<b>14</b>	Chia Seed & Almond Milk Pudding with Berries Banana & Walnut Omega-3 Smoothie	Curried Butternut Squash & Coconut Soup Grilled Turkey Burger Bowl with Chimichurri Sauce	Banana & Walnut Oat Bars	Ginger-Sesame Veggie Stir-Fry Noodles with Lime & Coriander	1730 kcal
<b>15</b>	Avocado & Smoked Salmon Toast on Sprouted Bread Ginger & Carrot Immunity Smoothie	Spiced Lentil & Veggie Stew Sweet Potato & Black Bean Tacos	Chia & Flax Superfood Crackers	Spiced Chicken & Roasted Cauliflower Traybake	1560 kcal
<b>16</b>	Quinoa & Walnut Porridge with Cinnamon and Honey Pomegranate & Beet Anti-Inflammatory Smoothie	Moroccan Spiced Chickpea & Vegetable Stew Salmon & Avocado Spring Greens Wrap	Sweet Potato Brownies with Dark Chocolate, 1 piece	Grass-Fed Beef & Cauliflower Cottage Pie	1660 kcal
<b>17</b>	Spinach & Mushroom Omelet with Turmeric Green Detox Smoothie	Curried Butternut Squash & Coconut Soup Garlic & Herb Grilled Chicken with Roasted Vegetables	Spiced Chai Latte Dairy-Free Ice Cream, 1 portion	Spiced Chickpea & Sweet Potato Buddha Bowl	1760 kcal

<b>18</b>	Berry & Flaxseed Overnight Oats with Coconut Milk Golden Turmeric & Mango Smoothie	Stuffed Peppers with Quinoa & Spinach Turmeric Roasted Chickpea & Kale Salad	Raspberry & Cashew Energy Balls	Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing	1730 kcal
<b>19</b>	Sweet Potato & Avocado Breakfast Hash Coconut & Berry Chia Seed Smoothie	Wild Salmon & Brown Rice Nourish Bowl Miso Ginger Cucumber Salad	Pumpkin Spice & Pecan Granola	Courgette Noodles with Avocado Pesto & Cherry Tomatoes	1670 kcal
<b>20</b>	Greek Yogurt with Pomegranate Seeds, Walnuts & Drizzle of Honey Avocado & Matcha Energy Smoothie	Moroccan Spiced Chickpea & Vegetable Stew Grass-Fed Beef & Quinoa Power Bowl	Dark Chocolate Avocado Mousse	Turmeric-Garlic Roasted Salmon with Quinoa & Spinach	1900 kcal
<b>21</b>	Golden Milk Chia Pancakes with Maple & Almond Butter Ginger & Carrot Immunity Smoothie	Kale & Quinoa Super Salad with Lemon-Tahini Dressing Spicy Roasted Brussels Sprouts with Chilli-Lime Prawn	Blueberry & Coconut Baked Oatmeal Cups, 1 cup	Spiced Chicken & Roasted Cauliflower Traybake	1730 kcal
<b>22</b>	Turmeric Scramble & Avocado Toast Cinnamon-Spiced Apple Pie Smoothie	Turmeric & Garlic Baked Cod with Spinach Spiced Cauliflower Rice with Coriander & Lime	Cinnamon & Walnut Stuffed Dates, 2 pieces	Garlic & Ginger Stir-Fried Prawn with Broccoli & Cauliflower Rice Brussels Sprouts & Walnuts with Honey-Balsamic Drizzle	1610 kcal
<b>23</b>	Avocado & Tomato Breakfast Wrap Banana & Walnut Omega-3 Smoothie	Spiced Turkey & Avocado Lettuce Wrap Golden Roasted Carrots with Cumin & Ginger	Chia & Berry Parfait, 1 portion	Miso-Ginger Glazed Cod with Pak Choi & Brown Rice	1660 kcal
<b>24</b>	Flaxseed & Almond Butter Banana Pancakes Pomegranate & Beet Anti-Inflammatory Smoothie	Wild Salmon & Sweet Potato Chowder Sautéed Greens & Garlic Mushrooms with Quinoa	Almond Flour Banana Bread, 1 slice	Grass-Fed Beef & Cauliflower Cottage Pie Garlic Sautéed Spinach with Lemon Zest	1820 kcal
<b>25</b>	Coconut & Turmeric Oatmeal Green Detox Smoothie	Mediterranean Baked Cod with Olives & Tomatoes Garlic & Turmeric Roasted Sweet Potatoes	Mango & Coconut Chia Ice Lollies, 1 piece	Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts	1540 kcal
<b>26</b>	Chia Seed & Almond Milk Pudding with Berries Avocado & Matcha Energy Smoothie	Cauliflower & Chickpea Curry Warm Lentil & Mushroom Sauté	Ginger & Turmeric Poached Pears, 1 portion	Grass-Fed Beef & Quinoa Power Bowl	1640 kcal
<b>27</b>	Avocado & Smoked Salmon Toast on Sprouted Bread Golden Turmeric & Mango Smoothie	Garlic & Herb Grilled Chicken with Roasted Vegetables Roasted Cauliflower & Tahini Drizzle	Sweet Potato Brownies with Dark Chocolate, 1 piece	Turmeric & Garlic Baked Cod with Spinach	1510 kcal

<b>28</b>	Quinoa & Walnut Porridge with Cinnamon and Honey Coconut & Berry Chia Seed Smoothie	Grilled Turkey Burger Bowl with Chimichurri Sauce	Spiced Chai Latte Dairy-Free Ice Cream, 1 portion	Spicy Roasted Brussels Sprouts with Chilli-Lime Prawn Crispy Chickpeas with Paprika & Sea Salt	1630 kcal
<b>29</b>	Spinach & Mushroom Omelet with Turmeric Cinnamon-Spiced Apple Pie Smoothie	Salmon & Avocado Spring Greens Wrap Butternut Squash & Lentil Salad	Golden Milk Cashew Latte Bites, 1 bite	Stuffed Peppers with Quinoa & Spinach	1550 kcal
<b>30</b>	Berry & Flaxseed Overnight Oats with Coconut Milk Ginger & Carrot Immunity Smoothie	Slow Cooker Grass-Fed Beef & Root Vegetable Stew Sweet Potato & Black Bean Tacos	Coconut & Matcha Bliss Balls, 1 piece	Wild Salmon & Brown Rice Nourish Bowl	1710 kcal





## CHAPTER 3

# Breakfast Recipes

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# Chia Seed & Almond Milk Pudding with Berries

 2 servings  5 min  0 min

*This Chia Pudding is a delicious, fibre-rich, omega-3-packed breakfast or snack. It's naturally sweetened and pairs perfectly with fresh berries for a refreshing, nutritious treat!*

## INGREDIENTS

- ¼ cup chia seeds
- 240 g unsweetened almond milk (or any plant-based milk)
- 1 tablespoon of maple syrup or honey
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon (optional)
- ½ cup mixed berries (strawberries, blueberries, raspberries, or blackberries)
- 1 tablespoon chopped nuts (almonds, walnuts, or pecans)
- 1 teaspoon unsweetened desiccated coconut (optional)

## DIRECTIONS

1. In a mixing bowl or jar, whisk together chia seeds, almond milk, maple syrup (or honey), vanilla extract, and cinnamon until well combined.
2. Let the mixture sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours or overnight until the pudding thickens.
4. Before serving, stir the pudding well and divide it between two bowls or jars.
5. If desired, top with fresh mixed berries, chopped nuts, and desiccated coconut.
6. Enjoy chilled!

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~200, Protein: 5 g, Carbohydrates: 20 g, Fiber: 10 g, Sugar: 10 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 80mg

# Coconut & Turmeric Oatmeal

 2 servings  5 min  10 min

*This creamy, nourishing Oatmeal is packed with anti-inflammatory properties from turmeric and ginger and healthy fats from coconut. Perfect for a warming, nutrient-dense breakfast!*

## INGREDIENTS

- 90 g old-fashioned porridge oats
- 1 ½ cups unsweetened coconut milk (or any milk of choice)
- ½ cup water
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1 tablespoon honey or maple syrup
- ¼ teaspoon sea salt
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened desiccated coconut
- 1 tablespoon chia seeds (optional, for extra fibre)
- 1 tablespoon chopped nuts (almonds, walnuts, or pecans)
- ½ banana, sliced (for topping)
- 1 tablespoon coconut yoghurt (optional for topping)

## DIRECTIONS

1. Combine oats, coconut milk, and water in a medium saucepan over medium heat. Stir well.
2. Add turmeric, cinnamon, ginger, honey (or maple syrup), and sea salt. Stir to combine.
3. Bring the mixture to a gentle simmer, stirring occasionally, and cook for 7–10 minutes until the oats are soft and creamy. Remove from heat and stir in vanilla extract.
4. Divide oatmeal between two bowls.
5. Sprinkle with desiccated coconut, chia seeds, and chopped nuts. If desired, top with sliced banana and a dollop of coconut yoghurt.
6. Serve warm and enjoy!

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 5 g, Carbohydrates: 40 g, Fiber: 5 g, Sugar: 10 g, Fat: 10 g, Saturated Fat: 5 g, Sodium: 150mg





## Avocado & Smoked Salmon Toast on Sprouted Bread

 2 servings  5 min  0 min

*This Avocado & Smoked Salmon Toast is rich in healthy fats, fibre, and protein, making it a perfect balanced breakfast or light lunch option!*

### INGREDIENTS

- 2 slices sprouted bread
- 1 ripe avocado
- ½ teaspoon lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 115 g smoked salmon
- ¼ teaspoon red pepper flakes (optional)
- 1 teaspoon capers (optional)
- 2 teaspoons chopped fresh dill (or chives)
- 4 cherry tomatoes, halved (optional)
- 1 teaspoon extra virgin olive oil (for drizzling)

### DIRECTIONS

1. Toast the sprouted bread slices to your desired crispiness.
2. Mash the avocado with lemon juice, salt, and black pepper in a small bowl until smooth.
3. Spread the mashed avocado evenly onto each slice of toast.
4. Layer the smoked salmon on top. Sprinkle with red pepper flakes, capers, and fresh dill or chives.
5. Add cherry tomato halves on top if using.
6. Drizzle with a bit of extra virgin olive oil. Serve immediately and enjoy!

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 15 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 0 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 450mg

## Quinoa & Walnut Porridge with Cinnamon and Honey

 2 servings  5 min  15 min

*This hearty Quinoa Porridge is packed with protein, fibre, and healthy fats, making it a nourishing breakfast that keeps you full and energized!*

### INGREDIENTS

- ½ cup quinoa, rinsed
- 240 g unsweetened almond milk (or any milk of choice)
- ½ cup water
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup
- ¼ teaspoon sea salt
- 2 tablespoons chopped walnuts
- 1 tablespoon chia seeds (optional, for added fibre)
- ½ banana, sliced (for topping)
- 1 teaspoon unsweetened desiccated coconut (optional)

### DIRECTIONS

1. Combine the quinoa, almond milk, water, cinnamon, and sea salt in a small saucepan over medium heat. Stir well.
2. Bring to a boil, then reduce heat to low and let it simmer for about 12–15 minutes, stirring occasionally, until the quinoa is tender and the liquid is absorbed.
3. Remove from heat and stir in vanilla extract and honey (or maple syrup).
4. Divide the porridge between two bowls.
5. Top with chopped walnuts, chia seeds, sliced banana, and desiccated coconut if desired.
6. Serve warm and enjoy!

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 10 g, Carbohydrates: 40 g, Fiber: 5 g, Sugar: 10 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 150mg





## Spinach & Mushroom Omelet with Turmeric

 1 serving  5 min  10 min

*This flavorful Spinach & Mushroom Omelet is packed with anti-inflammatory turmeric, protein-rich eggs, and nutrient-dense spinach and mushrooms, making it a perfect way to start your day!*

### INGREDIENTS

- 2 large eggs
- 1 tablespoon unsweetened almond milk (or any milk of choice)
- ¼ teaspoon ground turmeric
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- ½ tablespoon olive oil (or butter)
- ½ cup fresh spinach, chopped
- ¼ cup mushrooms, sliced
- 1 tablespoon chopped onions (optional)
- 1 tablespoon crumbled feta cheese (optional)
- 1 teaspoon chopped fresh parsley (for garnish)

### DIRECTIONS

1. Whisk together the eggs, almond milk, turmeric, sea salt, and black pepper in a small bowl until well combined.
2. Heat olive oil in a non-stick frying pan over medium heat.
3. Add mushrooms and onions (if using) to the frying pan and sauté for 3–4 minutes until softened.
4. Stir in chopped spinach and cook for another minute until wilted. Remove the vegetables from the frying pan and set aside.
5. Reduce the heat to low. Pour the egg mixture into the frying pan, tilting the pan to spread it evenly. Let the eggs cook undisturbed for about 2–3 minutes until they start to set.
6. Spread the sautéed vegetables evenly over half of the omelet.
7. If using, sprinkle feta cheese over the vegetables.
8. Gently fold the omelet in half and cook for another minute.
9. Transfer to a plate, garnish with fresh parsley, and serve warm.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 15 g, Carbohydrates: 5 g, Fiber: 0 g, Sugar: 0 g, Fat: 15 g, Saturated Fat: 5 g, Sodium: 350mg

## Berry & Flaxseed Overnight Oats with Coconut Milk

 2 servings  5 min  0 min

*This creamy and nutrient-dense Overnight Oats recipe is packed with fibre, flaxseed omega-3s, and berry antioxidants, making it a delicious and wholesome breakfast!*

### INGREDIENTS

- 90 g old-fashioned porridge oats
- 1 ½ cups unsweetened coconut milk (or any milk of choice)
- 1 tablespoon ground flaxseeds
- 1 tablespoon chia seeds (optional, for extra fibre)
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 tablespoon honey or maple syrup
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 1 tablespoon unsweetened desiccated coconut (optional)
- 1 tablespoon chopped nuts (almonds, walnuts, or pecans)

### DIRECTIONS

1. Combine oats, coconut milk, flaxseeds, chia seeds (if using), vanilla extract, cinnamon, and honey (or maple syrup) in a bowl or jar. Stir well.
2. Cover and refrigerate for at least 4 hours or overnight until the oats are soft and creamy.
3. Before serving, stir the oats to redistribute the flavors.
4. Divide into two servings and top with mixed berries, desiccated coconut, and chopped nuts.
5. Enjoy chilled!

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 5 g, Carbohydrates: 40 g, Fiber: 10 g, Sugar: 10 g, Fat: 10 g, Saturated Fat: 5 g, Sodium: 100mg



# Turmeric Scramble & Avocado Toast

 2 servings    5 min    10 min

*This Turmeric Scramble & Avocado Toast is an energizing, anti-inflammatory breakfast loaded with healthy fats, fibre, and protein to fuel your morning cleanly.*

## INGREDIENTS

### For the Turmeric Scramble:

- 4 large eggs
- 2 tablespoons unsweetened almond milk (or any milk of choice)
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 tablespoon olive oil or avocado oil
- ½ cup baby spinach, chopped
- 2 tablespoons chopped spring onion or fresh parsley (optional)

### For the Toast:

- 2 slices sprouted grain or whole grain bread
- 1 ripe avocado
- 1 teaspoon lemon juice
- Salt & pepper, to taste
- Red pepper flakes (optional, for heat)
- Cherry tomatoes or microgreens (optional, for garnish)

## DIRECTIONS

1. Toast the bread slices to your liking. Mash the avocado with lemon juice, salt, and pepper in a small bowl. Set aside.
2. Whisk together eggs, almond milk, turmeric, cumin, garlic powder, salt, and pepper in a bowl. Heat oil in a non-stick frying pan over medium heat. Add egg and cook for 3–5 minutes, stirring gently. Add chopped spinach during the last 1–2 minutes and cook until wilted.
3. Spread mashed avocado evenly onto each slice of toast. Top with half the turmeric scramble on each.
4. Garnish with spring onions, red pepper flakes, cherry tomatoes, or microgreens if desired. Serve warm.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 15 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 0 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 300mg





# Golden Milk Chia Pancakes with Maple & Almond Butter



2 servings



10 min



10 min

*These Golden Milk Chia Pancakes are packed with anti-inflammatory turmeric, fibre-rich chia seeds, and healthy fats, making them a delicious, nutritious, and energizing breakfast!*

## INGREDIENTS

### For the Pancakes:

- ½ cup oat flour (or wholemeal flour)
- ½ teaspoon baking powder
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1 tablespoon chia seeds
- ½ teaspoon vanilla extract
- 1 tablespoon honey or maple syrup
- ½ cup unsweetened almond milk (or any milk of choice)
- 1 egg (or flax egg for vegan option: 1 tablespoon flaxseed meal + 3 tablespoons water)
- ½ tablespoon melted coconut oil (plus more for cooking)

### For the Toppings:

- 1 tablespoon almond butter
- 1 tablespoon of maple syrup
- 1 tablespoon chopped almonds (optional)
- ½ teaspoon desiccated coconut (optional)

## DIRECTIONS

1. Whisk together the oat flour, baking powder, turmeric, cinnamon, ginger, and chia seeds in a bowl.
2. Whisk together the egg, vanilla extract, honey (or maple syrup), almond milk, and melted coconut oil in another bowl.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Let the batter rest for 5 minutes, allowing the chia seeds to absorb the liquid.
4. Heat a non-stick frying pan or griddle over medium heat and lightly grease with coconut oil.
5. Pour a small amount of batter (about 2 tablespoons per pancake) into the frying pan. Cook for 2–3 minutes until bubbles appear on the surface, then flip and cook for another 2 minutes until golden brown.
6. Repeat with the remaining batter.
7. Serve warm with almond butter, maple syrup, chopped almonds, and desiccated coconut.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 10 g, Carbohydrates: 40 g, Fiber: 5 g, Sugar: 10 g, Fat: 15 g, Saturated Fat: 5 g, Sodium: 150mg



# Greek Yogurt with Pomegranate Seeds, Walnuts & Drizzle of Honey

 2 servings  5 min  0 min

*This refreshing and protein-rich Greek Yoghurt Bowl is packed with antioxidants, healthy fats, and natural sweetness, making it a perfect breakfast or snack!*

## INGREDIENTS

- 240 g plain Greek yoghurt (full-fat or low-fat)
- ½ cup pomegranate seeds
- 2 tablespoons chopped walnuts
- 1 tablespoon honey
- ½ teaspoon ground cinnamon (optional)
- 1 teaspoon unsweetened desiccated coconut (optional)

## DIRECTIONS

1. Divide the Greek yoghurt between two serving bowls.
2. Sprinkle pomegranate seeds and chopped walnuts evenly over the yoghurt.
3. Drizzle with honey and sprinkle with cinnamon, if desired.
4. Top with desiccated coconut for added texture (optional).
5. Serve immediately and enjoy!

## NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 10 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 15 g (natural sugars from pomegranate and honey), Fat: 10 g, Saturated Fat: 0 g, Sodium: 50mg



# Sweet Potato & Avocado Breakfast Hash

 2 servings  10 min  20 min

*This hearty and nutritious Sweet Potato Breakfast Hash is packed with fibre, healthy fats, and vibrant flavors, making it a perfect start to the day!*

## INGREDIENTS

- 1 medium sweet potato, peeled and diced
- 1 tablespoon olive oil or avocado oil
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ½ small red onion, diced
- ½ red pepper, diced
- ½ cup mushrooms, sliced (optional)
- 2 large eggs (optional for added protein)
- 1 small avocado, diced
- 1 tablespoon chopped fresh coriander or parsley
- 1 teaspoon hot sauce (optional)

## DIRECTIONS

1. Heat olive oil in a large frying pan over medium heat.
2. Add the diced sweet potatoes and season with sea salt, black pepper, smoked paprika, cumin, and garlic powder. Stir well to coat. Cook for about 10 minutes, stirring occasionally, until the sweet potatoes soften.
3. Add the diced red onion, pepper, and mushrooms (if using). Cook for another 7-8 minutes, stirring occasionally, until the vegetables are tender and slightly caramelized.
4. If adding eggs, make small wells in the hash and crack an egg into each well. Cover and cook for 3-4 minutes or until the eggs are cooked to your liking.
5. Remove from heat and top with diced avocado and fresh coriander or parsley.
6. Drizzle with hot sauce if desired, and serve immediately.

## NUTRITIONAL INFO (PER SERVING, WITHOUT EGGS)

Calories: ~280, Protein: 5 g, Carbohydrates: 35 g, Fiber: 10 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 300mg



## Avocado & Tomato Breakfast Wrap

 2 servings  5 min  5 min

*This Avocado & Tomato Breakfast Wrap is a nutritious, fibre-rich, and satisfying meal packed with healthy fats, protein, and vibrant flavors—perfect for a quick and energizing breakfast!*

### INGREDIENTS

- 2 whole wheat or sprouted grain tortillas
- 1 ripe avocado, mashed
- ½ teaspoon lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon olive oil
- ½ cup cherry tomatoes, halved
- ¼ cup red pepper, diced
- 2 tablespoons red onion, finely chopped
- 2 large eggs (or scrambled tofu for a vegan option)
- ¼ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- 1 tablespoon fresh coriander or parsley, chopped
- 2 tablespoons crumbled feta cheese (optional)

### DIRECTIONS

1. Mash the avocado with lemon juice, sea salt, and black pepper in a small bowl. Set aside.
2. Heat olive oil in a small frying pan over medium heat. Add cherry tomatoes, red pepper, and red onion. Sauté for 2–3 minutes until softened.
3. In a separate bowl, whisk the eggs with cumin and smoked paprika. Pour into the frying pan with the veggies and scramble for 2–3 minutes until cooked. Remove from heat. Warm the tortillas in a dry frying pan for 30 seconds on each side.
4. Spread the mashed avocado evenly over each tortilla. Divide the scrambled eggs and sautéed veggies between the two wraps. Sprinkle with fresh coriander and feta cheese (if using).
5. Roll up the tortillas, tucking in the sides as you go. Slice in half and serve warm.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 10 g, Carbohydrates: 35 g, Fiber: 10 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 5 g, Sodium: 350mg

## Flaxseed & Almond Butter Banana Pancakes

 2 servings  10 min  10 min

*These Flaxseed & Almond Butter Banana Pancakes are naturally sweet, protein-rich, and packed with fibre and healthy fats - perfect for a nutritious and satisfying breakfast!*

### INGREDIENTS

- 1 ripe banana, mashed
- 1 egg (or flax egg: 1 tablespoon flaxseed meal + 3 tablespoons water)
- 2 tablespoons almond butter
- ½ cup oat flour (or wholemeal flour)
- 1 tablespoon ground flaxseeds
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ¼ cup unsweetened almond milk (or any milk of choice)
- ½ tablespoon coconut oil (for cooking)

#### For Toppings (Optional):

- 1 tablespoon almond butter
- 1 teaspoon of maple syrup or honey
- ½ banana, sliced
- 1 teaspoon chopped almonds or walnuts

### DIRECTIONS

1. In a mixing bowl, mash the banana and whisk in the egg, almond butter, vanilla extract, and almond milk.
2. Add oat flour, ground flaxseeds, baking powder, and cinnamon. Stir until well combined. Let the batter rest for 5 minutes to thicken.
3. Heat coconut oil in a non-stick frying pan over medium heat. Pour a small amount of batter (about 2 tablespoons per pancake) into the frying pan.
4. Cook for 2–3 minutes until bubbles form on the surface, then flip and cook for another 2 minutes until golden brown. Repeat with the remaining batter.
5. Serve warm with almond butter, maple syrup, banana slices, and chopped almonds.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 10 g, Carbohydrates: 35 g, Fiber: 5 g, Sugar: 10 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 180mg





## CHAPTER 4

# Lunch Recipes

- 24 GRILLED TURKEY BURGER BOWL WITH CHIMICHURRI SAUCE
- 25 CAULIFLOWER & CHICKPEA CURRY
- 25 SALMON & AVOCADO SPRING GREENS WRAP
- 26 SWEET POTATO & BLACK BEAN TACOS
- 26 GARLIC & HERB GRILLED CHICKEN WITH ROASTED VEGETABLES
- 27 WILD SALMON & BROWN RICE NOURISH BOWL
- 27 STUFFED PEPPERS WITH QUINOA & SPINACH
- 28 SPICY ROASTED BRUSSELS SPROUTS WITH CHILLI-LIME PRAWNS
- 28 TURMERIC & GARLIC BAKED COD WITH SPINACH
- 29 SAUTÉED GREENS & GARLIC MUSHROOMS WITH QUINOA
- 29 SPICED TURKEY & AVOCADO LETTUCE WRAP
- 30 GRASS-FED BEEF & QUINOA POWER BOWL



# Grilled Turkey Burger Bowl with Chimichurri Sauce



2 servings



15 min



15 min

*This Grilled Turkey Burger Bowl with Chimichurri is a balanced and vibrant lunch packed with lean protein, fibre, and healthy fats — perfect for a clean, energizing meal!*

## INGREDIENTS

### For the Turkey Burgers:

- 225 g minced turkey (lean)
- 1 garlic clove, minced
- 1 tablespoon chopped fresh parsley
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon olive oil (for grilling)

### For the Bowl Base:

- 185 g cooked brown rice or quinoa
- 30 g of mixed greens or baby spinach
- ½ cup cherry tomatoes, halved

- ½ avocado, sliced
- ¼ cup shredded carrots
- 1 tbsp sunflower or pumpkin seeds (optional)

### For the Chimichurri Sauce:

- ¼ cup fresh parsley, finely chopped
- 1 tbsp fresh coriander (optional), finely chopped
- 1 garlic clove, minced
- 2 tbsps red wine vinegar or lemon juice
- 3 tbsps olive oil
- ¼ tsp crushed red pepper flakes (optional)
- Salt & pepper to taste

## DIRECTIONS

1. Make the Chimichurri Sauce: Whisk together chopped herbs, garlic, vinegar or lemon juice, olive oil, red pepper flakes, salt, and pepper in a small bowl. Set aside to let the flavors blend.
2. Prepare the Turkey Patties: Mix minced turkey with garlic, parsley, onion powder, smoked paprika, salt, and pepper in a bowl. Form into 2 patties.
3. Cook the Turkey Burgers: Heat a grill pan or frying pan over medium heat with olive oil. Cook turkey patties for 5–6 minutes per side or until fully cooked (internal temp: 74°C). Let rest for 2–3 minutes.
4. Assemble the Bowls: Divide cooked rice or quinoa between two bowls. Top with mixed greens, cherry tomatoes, avocado slices, desiccated carrots, and seeds.
5. Add Turkey & Sauce: Place one turkey patty in each bowl. Drizzle with chimichurri sauce and serve immediately.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~430, Protein: 30 g, Carbohydrates: 30 g, Fiber: 5 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 400mg



## Cauliflower & Chickpea Curry

 4 servings  10 min  25 min

*This Cauliflower & Chickpea Curry is a comforting, nutrient-rich, and flavorful dish with anti-inflammatory spices and plant-based protein - perfect for a cozy weeknight meal!*

### INGREDIENTS

- 1 tablespoon coconut oil or olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 tsp ground ginger)
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon sea salt (to taste)
- 1 medium head cauliflower, cut into florets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (1115 g) diced tomatoes
- 1 can (1115 g) coconut milk (full-fat or light)
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh coriander (for garnish)

### DIRECTIONS

1. Heat coconut oil in a large pot over medium heat. Add diced onion and cook for 3–4 minutes until softened. Add garlic and ginger, and cook for another 1 minute.
2. Stir in curry powder, turmeric, cumin, coriander, and salt. Cook for 30 seconds until fragrant.
3. Add cauliflower florets and chickpeas to the pot. Stir to coat them well with the spices.
4. Pour in diced tomatoes (with juice) and coconut milk. Stir well to combine.
5. Bring to a gentle simmer. Cover and cook for 15–20 minutes or until the cauliflower is tender and the sauce thickens slightly.
6. Stir in lemon juice and adjust seasoning if needed.
7. Garnish with chopped coriander and serve warm over brown rice, quinoa, or whole-grain flatbread.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~330, Protein: 10 g, Carbohydrates: 30 g, Fiber: 10 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 10 g, Sodium: 400mg

## Salmon & Avocado Spring Greens Wrap

 2 servings  10 min  10 min

*This Salmon & Avocado Spring Greens Wrap is a low-carb, anti-inflammatory, and omega-3-rich meal that is perfect for a light lunch or post-workout snack.*

### INGREDIENTS

- 2 large spring greens leaves (washed, stems trimmed flat)
- 240 ml cooked salmon (grilled, baked, or canned wild salmon)
- 1 small avocado, sliced
- ½ cup grated carrots
- ½ red pepper, thinly sliced
- ¼ cucumber, julienned
- 2 tablespoons hummus or Greek yoghurt (optional, as a spread)
- 1 teaspoon lemon juice
- Salt & pepper to taste

### DIRECTIONS

1. Trim the thick part of the spring greens stem so the leaf lays flat. Optional: Blanch the leaves in hot water for 30 seconds to make them more pliable, then pat dry.
2. Spread 1 tablespoon of hummus or Greek yoghurt in the center of each leaf for extra flavor and creaminess.
3. Layer half of the salmon, avocado slices, desiccated carrots, red pepper, and cucumber in the center of each leaf. Drizzle with lemon juice and season with salt and pepper.
4. Fold in the sides, then roll the leaf tightly from bottom to top, burrito-style. Slice in half and serve immediately.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~330, Protein: 20 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 200mg





## Sweet Potato & Black Bean Tacos

 4 servings  10 min  25 min

*These Sweet Potato & Black Bean Tacos are a delicious, fibre-packed, and plant-based option full of colour, flavor, and nutrition - perfect for Meatless Monday or taco night!*

### INGREDIENTS

- 2 medium sweet potatoes, peeled and diced
- 1 tablespoon olive oil
- 1 teaspoon chilli powder
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- 1 can (15 oz) black beans, drained and rinsed
- 8 small corn or wholemeal tortillas
- 1 avocado, sliced or mashed
- ½ cup red cabbage, desiccated (optional)
- ¼ cup fresh coriander, chopped
- 2 tablespoons fresh lime juice
- 2 tablespoons pumpkin seeds or chopped nuts (optional)

### DIRECTIONS

1. Preheat the oven to 200°C. Toss diced sweet potatoes with olive oil, chilli powder, cumin, paprika, garlic powder, and salt. Spread on a baking tray and roast for 20–25 minutes, flipping halfway through, until tender and slightly crispy.
2. While the sweet potatoes roast, warm the black beans in a small saucepan over low heat. Season with a pinch of salt and lime juice, if desired.
3. Slice or mash the avocado. Shred red cabbage and chop fresh coriander.
4. Warm tortillas in a dry frying pan or microwave. Divide roasted sweet potatoes and black beans among the tortillas. Top with avocado, cabbage, coriander, and a squeeze of lime juice. If using pumpkin seeds, add them for extra crunch.
5. Serve immediately with extra lime wedges on the side.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 10 g, Carbohydrates: 40 g, Fiber: 10 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 300mg

## Garlic & Herb Grilled Chicken with Roasted Vegetables

 4 servings  15 min  25 min

*This Garlic & Herb Grilled Chicken with Roasted Vegetables is a wholesome, protein-rich, and flavorful meal perfect for weeknight dinners or healthy meal prep.*

### INGREDIENTS

#### For the Grilled Chicken:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

#### For the Roasted Vegetables:

- 1 medium courgette, sliced
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 red onion, sliced
- 240 ml broccoli florets
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- Salt & pepper to taste

### DIRECTIONS

1. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano, thyme, rosemary, salt, and pepper. Rub the mixture all over the chicken breasts. Let them marinate in the fridge for at least 15 minutes (or up to 8 hours).
2. Preheat the oven to 220°C. Toss all the vegetables with olive oil, garlic powder, Italian seasoning, salt, and pepper. Spread them evenly on a baking tray and roast for 20–25 minutes, stirring halfway through.
3. While the vegetables roast, heat a grill or grill pan over medium-high heat. Grill the chicken for 5–6 minutes per side or until cooked through (internal temperature should reach 74°C). Let rest for 5 minutes before slicing.
4. Slice the grilled chicken and serve it alongside the roasted vegetables. If desired, garnish with fresh herbs or an extra squeeze of lemon.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~360, Protein: 35 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 320mg





## Wild Salmon & Brown Rice Nourish Bowl

 2 servings  15 min  15-20 min

*This Wild Salmon & Brown Rice Nourish Bowl is a balanced, anti-inflammatory meal rich in omega-3s, fibre, and antioxidants - perfect for a light but filling lunch or dinner!*

### INGREDIENTS

- 2 wild salmon fillets (about 150 g each)
  - 1 tablespoon olive oil
  - 1 tablespoon lemon juice
  - 1 garlic clove, minced
  - ½ teaspoon sea salt
  - ¼ teaspoon black pepper
  - 185 g cooked brown rice
  - 30 g of baby spinach or mixed greens
  - ½ avocado, sliced
  - ½ cup grated carrots
  - ½ cup cucumber, sliced
  - ¼ cup red cabbage, desiccated
  - 1 tablespoon sesame seeds or hemp seeds (optional)
- For the Dressing (Optional):**
- 1 tablespoon tahini or olive oil
  - 1 tablespoon lemon juice or apple cider vinegar
  - ½ teaspoon Dijon mustard
  - 1 teaspoon of maple syrup or honey
  - Salt & pepper, to taste

### DIRECTIONS

1. Mix olive oil, lemon juice, garlic, salt, and pepper in a small bowl. Rub the mixture over the salmon fillets.
2. Heat a frying pan over medium heat. Cook the salmon skin-side down for 4-5 minutes, then flip and cook another 3-4 minutes, or until cooked through and flaky.
3. Whisk together all dressing ingredients in a small bowl until smooth.
4. Divide the cooked brown rice and greens between two bowls. Top each with cooked salmon, avocado slices, desiccated carrots, cucumber, and red cabbage.
5. Drizzle with dressing and sprinkle with sesame or hemp seeds if desired. Serve warm or chilled.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~480, Protein: 30 g, Carbohydrates: 30 g, Fiber: 5 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 320mg

## Stuffed Peppers with Quinoa & Spinach

 4 servings  15 min  30 min

*These Stuffed Peppers with Quinoa & Spinach are a hearty, fibre-rich, and plant-powered meal perfect for lunch or dinner — flavorful, satisfying, and packed with nutrients!*

### INGREDIENTS

- 4 large peppers (any colour), tops cut off and seeds removed
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 60 g fresh spinach, chopped
- 185 g cooked quinoa
- 1 can (15 oz) black beans, drained and rinsed
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ cup diced tomatoes (fresh or canned, drained)
- ¼ cup crumbled feta cheese or dairy-free alternative (optional)
- 2 tablespoons fresh parsley or coriander, chopped

### DIRECTIONS

1. Preheat your oven to 190°C. Lightly grease a baking dish and set aside.
2. Heat olive oil in a frying pan over medium heat. Add the onion and sauté for 3-4 minutes until softened. Add garlic and cook for 1 minute.
3. Stir in chopped spinach and cook until wilted, about 2 minutes. Add quinoa, black beans, diced tomatoes, cumin, smoked paprika, salt, and pepper. Mix well and cook for another 2-3 minutes to warm through.
4. Spoon the quinoa mixture into each pepper, pressing down gently to pack. Place the stuffed peppers upright in the baking dish.
5. Cover with foil and bake for 25-30 minutes until the peppers are tender. Sprinkle cheese on top during the last 5 minutes of baking if using.
6. Remove from oven, let cool slightly, and garnish with chopped parsley or coriander before serving.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 10 g, Carbohydrates: 35 g, Fiber: 10 g, Sugar: 5 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 400mg





## Spicy Roasted Brussels Sprouts with Chilli-Lime Prawns

 2 servings  15 min  20 min

*This Spicy Roasted Brussels Sprouts with Chilli-Lime Prawn recipe combines bold flavors, crisp textures, and clean ingredients - making it a light but satisfying anti-inflammatory meal.*

### INGREDIENTS

#### For the Brussels Sprouts:

- 480 g Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon chilli powder
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper

#### For the Chilli-Lime Prawn:

- 225 g raw prawns, peeled and deveined
- 1 tablespoon olive oil
- Zest of 1 lime, Juice of 1 lime
- ½ teaspoon chilli flakes or chilli powder (adjust to taste)
- 1 garlic clove, minced
- ¼ teaspoon cumin
- ¼ teaspoon sea salt
- Fresh coriander or parsley, chopped (for garnish)




### DIRECTIONS

1. Preheat the oven to 220°C. Toss halved Brussels sprouts with olive oil, smoked paprika, chilli powder, garlic powder, salt, and pepper. Spread them on a baking tray in a single layer and roast for 20 minutes, flipping them halfway through until crispy and golden.
2. While the sprouts roast, combine prawns with olive oil, zest, lime juice, garlic, chilli flakes, cumin, and salt. Mix well and let marinate for 10 minutes.
3. Heat a frying pan over medium-high heat. Add the marinated prawns and cook for 2–3 minutes per side until pink and cooked through. Remove from heat.
4. Divide roasted Brussels sprouts between two plates. Top with cooked prawns and garnish with fresh coriander or parsley. Serve with an extra squeeze of lime if desired.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 30 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 520mg

## Turmeric & Garlic Baked Cod with Spinach

 2 servings  10 min  15-18 min

*This Turmeric & Garlic Baked Cod with Spinach is light, protein-rich, and packed with anti-inflammatory ingredients - perfect for a clean and flavorful lunch or weeknight dinner.*

### INGREDIENTS

#### For the Baked Cod:

- 2 cod fillets (about 150 g each)
- 1 tablespoon olive oil
- 1 garlic clove, minced
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper

- 1 tablespoon fresh lemon juice
- Lemon wedges for serving

#### For the Sautéed Spinach:

- 1 teaspoon olive oil
- 120 g fresh spinach
- 1 garlic clove, minced
- Pinch of sea salt and black pepper

### DIRECTIONS

1. Preheat your oven to 200°C. Line a small baking tray with parchment paper.
2. Mix olive oil, garlic, turmeric, cumin, paprika, salt, pepper, and lemon juice in a small bowl. Rub the mixture evenly over both sides of the cod fillets.
3. Place the seasoned cod fillets on the baking tray and bake for 15–18 minutes or until the fish is opaque and flakes easily with a fork.
4. While the cod bakes, heat 1 teaspoon olive oil in a large frying pan over medium heat. Add garlic and sauté for 30 seconds. Add spinach and a pinch of salt and pepper. Cook for 1–2 minutes, stirring, until just wilted.
5. Divide the sautéed spinach between two plates, top each with a baked cod fillet, and serve with lemon wedges for extra brightness.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 30 g, Carbohydrates: 5 g, Fiber: 0 g, Sugar: 0 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 350mg





## Sautéed Greens & Garlic Mushrooms with Quinoa

 2 servings  10 min  15 min

*This Sautéed Greens & Garlic Mushrooms with Quinoa is a hearty, plant-based dish full of fibre, protein, and earthy umami flavor - perfect for a clean, energizing lunch or dinner!*

### INGREDIENTS

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 70 g mushrooms, sliced (cremini, button, or shiitake)
- 120 g mixed greens (e.g., kale, spinach, or Swiss chard), chopped
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 185 g cooked quinoa
- 1 tablespoon nutritional yeast or grated Parmesan (optional)
- Red pepper flakes (optional, for heat)

### DIRECTIONS

1. If not prepared, cook the quinoa according to the package instructions (typically ½ cup dry quinoa + 240 ml water = 1 cup cooked). Set aside and keep warm.
2. Heat olive oil in a large frying pan over medium heat. Add garlic and cook for 30 seconds until fragrant. Add mushrooms and sauté for 5–7 minutes until tender and browned.
3. Add chopped greens to the frying pan. Cook for 2–3 minutes, stirring occasionally, until wilted. Season with salt, pepper, and lemon juice. Optional: add red pepper flakes for a kick.
4. Divide the cooked quinoa between two bowls. Top each with the sautéed greens and garlic mushrooms.
5. Sprinkle with nutritional yeast or Parmesan for added flavor, if desired. Serve warm.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 10 g, Carbohydrates: 30 g, Fiber: 5 g, Sugar: 0 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 300mg

## Spiced Turkey & Avocado Lettuce Wrap

 2 servings  10 min  10 min

*These Spiced Turkey & Avocado Lettuce Wraps are light, flavorful, and protein-rich meals, perfect for a clean lunch or dinner that's low in carbs but high in satisfaction!*

### INGREDIENTS

- 225 g minced turkey (lean or extra lean)
- 1 tablespoon olive oil
- 1 garlic clove, minced
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon chilli powder (optional)
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 tablespoon fresh lime juice
- 1 small avocado, sliced
- 1 small tomato, diced
- ¼ red onion, finely chopped
- 4 large butter lettuce or romaine leaves
- Fresh coriander or parsley (for garnish)
- Red pepper flakes or hot sauce (optional)

### DIRECTIONS

1. Heat olive oil in a frying pan over medium heat. Add garlic and sauté for 30 seconds. Add minced turkey, cumin, paprika, chilli powder, salt, and pepper. Cook for 6–8 minutes, breaking up the turkey with a spatula until fully cooked and browned. Stir in lime juice and remove from heat.
2. While the turkey cooks, slice the avocado, dice the tomato, and chop the onion.
3. Lay out 4 large lettuce leaves. Spoon the cooked turkey mixture evenly onto each. Top with avocado, tomato, and onion.
4. Garnish with fresh herbs, optional red pepper flakes, or a splash of hot sauce. Serve immediately.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 25 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 0 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 300mg





# Grass-Fed Beef & Quinoa Power Bowl



2 servings



15 min



15 min

*This Grass-Fed Beef & Quinoa Power Bowl is a protein-packed, nutrient-dense meal that's perfect for fueling your day - clean eating made delicious!*

## INGREDIENTS

### For the Bowl:

- 170 g ground grass-fed beef
- 1 teaspoon olive oil
- 1 garlic clove, minced
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 185 g cooked quinoa
- 30 g of baby spinach or mixed greens
- ½ cup cherry tomatoes, halved
- ½ avocado, sliced
- ¼ cup desiccated carrots
- 1 tablespoon pumpkin seeds or hemp seeds (optional)

### For the Dressing (Optional):

- 1 tablespoon olive oil
- 1 tablespoon lemon juice or apple cider vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon honey or maple syrup
- Salt & pepper, to taste

## DIRECTIONS

1. Heat olive oil in a frying pan over medium heat. Add garlic and sauté for 30 seconds. Add the minced beef, cumin, paprika, salt, and pepper. Cook for 6–8 minutes, breaking it up with a spatula, until browned and fully cooked.
2. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper until smooth.
3. Divide cooked quinoa between two bowls. Top each with spinach, cherry tomatoes, desiccated carrots, avocado slices, and cooked beef.
4. Drizzle with dressing if using or sprinkle with seeds for added crunch. Serve warm or chilled.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~450, Protein: 25 g, Carbohydrates: 30 g, Fiber: 5 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 360mg

## CHAPTER 5

# Salads & Sides

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# Butternut Squash & Lentil Salad



2 servings



15 min



25 min

*This Butternut Squash & Lentil Salad is a cozy, fibre-rich, and protein-packed meal perfect for meal prep or a satisfying plant-forward lunch or dinner.*

## INGREDIENTS

### For the Salad:

- 480 ml butternut squash, peeled and cubed
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon sea salt
- ½ cup dry green or brown lentils (or 1 ½ cups cooked)
- 60 g rocket or baby spinach
- ¼ cup red onion, thinly sliced
- 2 tablespoons pumpkin seeds or chopped walnuts
- 2 tablespoons crumbled feta cheese (optional)

### For the Dressing:

- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar or lemon juice
- 1 teaspoon of Dijon mustard
- ½ teaspoon maple syrup or honey
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat the oven to 200°C. Toss cubed squash with olive oil, cumin, paprika, and salt. Spread on a baking tray and roast for 20–25 minutes, flipping halfway, until golden and tender.
2. While the squash roasts, rinse the lentils and place them in a pot with 1 ½ cups of water. Bring to a boil, reduce heat, and simmer for 15–20 minutes or until lentils are tender but not mushy. Drain and let cool.
3. In a small bowl, whisk together olive oil, vinegar or lemon juice, Dijon mustard, maple syrup, and a pinch of salt and pepper.
4. Combine roasted butternut squash, cooked lentils, rocket or spinach, red onion, and seeds or nuts in a large bowl. Toss gently with the dressing.
5. Top with crumbled feta cheese if using. Serve warm or chilled.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~400, Protein: 15 g, Carbohydrates: 40 g, Fiber: 10 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 300mg



## Avocado & Spinach Detox Salad

 2 servings  10 min  0 min

*This Avocado & Spinach Detox Salad contains antioxidants, healthy fats, fibre, and liver-supporting ingredients like parsley and lemon - perfect for a light, cleansing, and energizing meal.*

### INGREDIENTS

#### For the Salad:

- 120 g baby spinach
- 1 ripe avocado, diced
- ½ cup cucumber, sliced or diced
- ½ cup grated carrots
- ¼ cup red cabbage, thinly sliced
- ¼ cup fresh parsley or coriander, chopped
- 2 tablespoons pumpkin seeds or sunflower seeds
- 1 tablespoon hemp seeds (optional)
- 1 tablespoon sesame seeds (optional)

#### For the Lemon-Ginger Dressing:

- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 teaspoon grated fresh ginger
- ½ teaspoon maple syrup or honey
- Sea salt & black pepper, to taste

### DIRECTIONS

1. In a small bowl, whisk together lemon juice, olive oil, grated ginger, and maple syrup. Season with salt and pepper to taste.
2. Combine spinach, avocado, cucumber, desiccated carrots, red cabbage, and herbs in a large bowl.
3. If using, sprinkle the salad with pumpkin, hemp, and sesame seeds.
4. Drizzle the lemon-ginger dressing over the salad. Toss gently to coat the chicken and serve immediately.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~300, Protein: 5 g, Carbohydrates: 20 g, Fiber: 10 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 200mg

## Rocket & Walnut Salad with Pomegranate Vinaigrette

 2 servings  10 min  0 min

*This Rocket & Walnut Salad with Pomegranate Vinaigrette is peppery, crunchy, and tangy-sweet - packed with antioxidants, healthy fats, and a refreshing flavor combo that's perfect for any season!*

### INGREDIENTS

#### For the Salad:

- 960 ml fresh rocket
- ¼ cup walnuts, lightly toasted
- ¼ cup pomegranate seeds
- ¼ cup cucumber, thinly sliced
- ¼ avocado, sliced (optional)
- 1 tablespoon crumbled feta or goat cheese (optional)

#### For the Pomegranate Vinaigrette:

- 2 tablespoons pomegranate juice
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar or balsamic vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon honey or maple syrup
- Pinch of sea salt and black pepper

### DIRECTIONS

1. Whisk together pomegranate juice, olive oil, vinegar, Dijon mustard, and honey in a small bowl or jar - season with salt and pepper to taste.
2. In a large bowl, add rocket, cucumber, and pomegranate seeds. Gently toss to combine.
3. Top with walnuts, avocado slices, and crumbled cheese if using.
4. Drizzle with the pomegranate vinaigrette just before serving. Toss lightly and enjoy!

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~250, Protein: 5 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 2.5 g, Sodium: 150mg





# Turmeric Roasted Chickpea & Kale Salad

 2 servings  10 min  25 min

*This Turmeric Roasted Chickpea & Kale Salad is a vibrant, anti-inflammatory dish that's rich in fibre, healthy fats, and plant protein - perfect for a nourishing lunch or dinner.*

## INGREDIENTS

### For the Roasted Chickpeas:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon ground turmeric
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- Pinch of black pepper
- ½ avocado, diced
- ¼ cup desiccated carrots
- ¼ cup red cabbage, thinly sliced
- 2 tablespoons pumpkin seeds or sunflower seeds
- 1 tablespoon hemp seeds (optional)

### For the Salad:

- 120 g chopped kale (stems removed)
- 1 teaspoon olive oil (for massaging kale)

### For the Dressing:

- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1 teaspoon of maple syrup or honey
- 1–2 tablespoons water
- Salt & pepper to taste

## DIRECTIONS

1. Preheat the oven to 200°C. Dry the chickpeas with a towel. Toss them with olive oil, turmeric, paprika, garlic powder, salt, and pepper. Spread on a baking tray and roast for 20–25 minutes, shaking the pan halfway through, until golden and crispy.
2. Place chopped kale in a large bowl. Drizzle with 1 tsp olive oil and a pinch of salt. Massage with hands for 1–2 minutes until tender and dark green.
3. Whisk together tahini, lemon juice, maple syrup, and water until smooth and pourable - season with salt and pepper to taste. Add desiccated carrots, red cabbage, avocado, and seeds to the massaged kale. Toss gently.
4. Top the salad with warm roasted chickpeas. Drizzle with tahini dressing and serve immediately.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~400, Protein: 15 g, Carbohydrates: 30 g, Fiber: 10 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 350mg

# Roasted Beet & Goat Cheese Salad with Balsamic Glaze

 2 servings  10 min  40 min

*This Roasted Beet & Goat Cheese Salad with Balsamic Glaze is earthy, tangy, and creamy with a touch of sweetness - perfect as a starter, side, or light main dish.*

## INGREDIENTS

### For the Salad:

- 2 medium beets, trimmed and scrubbed
- 120 g mixed greens (rocket, spinach, or spring mix)
- 55 g goat cheese, crumbled
- ¼ cup walnuts or pecans, toasted

### For the Balsamic Glaze:

- ¼ avocado, sliced (optional)
- Sea salt & black pepper, to taste
- ¼ cup balsamic vinegar
- 1 teaspoon honey or maple syrup

## DIRECTIONS

1. Preheat the oven to 200°C. Wrap each beet in foil and place on a baking tray. Roast for 35–40 minutes or until tender when pierced with a fork. Let it cool slightly, then peel and cut it into wedges or slices.
2. While the beets roast, place balsamic vinegar and honey in a small saucepan over medium heat. Bring a gentle simmer and cook for 5–7 minutes until reduced by half and slightly syrupy. Remove from heat and let cool.
3. Layer the mixed greens in a large bowl or on a platter. Top with roasted beet slices, crumbled goat cheese, toasted nuts, and avocado, if using.
4. Drizzle the salad with balsamic glaze and season with sea salt and black pepper. Serve immediately.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 5 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 10 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 200mg



# Kale & Quinoa Super Salad with Lemon-Tahini Dressing

 2 servings    15 min    15 min

*This Kale & Quinoa Super Salad with creamy Lemon-Tahini Dressing is bursting with colour, texture, and anti-inflammatory goodness - perfect for a clean, plant-based meal that nourishes and satisfies.*

## INGREDIENTS

### For the Salad:

- 185 g cooked quinoa (½ cup dry)
- 60 g chopped kale (stems removed)
- 1 teaspoon olive oil (for massaging kale)
- ½ cup grated carrots
- ½ cup cucumber, diced
- ¼ cup red cabbage, desiccated
- ¼ cup cherry tomatoes, halved
- ¼ avocado, diced
- 2 tablespoons pumpkin seeds or sunflower seeds
- 1 tablespoon hemp seeds (optional)

### For the Lemon-Tahini Dressing:

- 2 tablespoons of tahini
- 2 tablespoons lemon juice (freshly squeezed)
- 1 teaspoon of maple syrup or honey
- 1 garlic clove, minced (or ¼ tsp garlic powder)
- 2–3 tablespoons water (to thin)
- Salt & black pepper, to taste

## DIRECTIONS

1. If not already cooked, rinse ½ cup of quinoa under cold water. Combine with 240 ml of water in a small pot. Bring to a boil, reduce heat to low, cover, and simmer for 12–15 minutes until fluffy. Let cool.
2. Place chopped kale in a large bowl. Drizzle with 1 tsp olive oil and a small pinch of salt. Massage with hands for 1–2 minutes until leaves soften and darken.
3. Whisk together the tahini, lemon juice, maple syrup, garlic, and 2 tablespoons of water in a small bowl. Add more water as needed to reach a creamy, pourable consistency - season with salt and pepper to taste.
4. Add cooked quinoa, desiccated carrots, cucumber, red cabbage, cherry tomatoes, and avocado to the bowl with kale. Toss to combine.
5. Drizzle with lemon-tahini dressing. Top with seeds and toss again lightly, or leave dressing and seeds on top for presentation.
6. Serve immediately or chill for 30 minutes for even more flavor.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~400, Protein: 10 g, Carbohydrates: 35 g, Fiber: 10 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 200mg





# Miso Ginger Cucumber Salad

 2 servings  10 min  0 min

*This Miso Ginger Cucumber Salad is cool, crunchy, and full of umami flavor — a perfect detox-friendly side dish or light snack.*

## INGREDIENTS

### For the Salad:

- 1 large English cucumber (or 2 Persian cucumbers), thinly sliced
- 1 teaspoon sea salt
- 1 tablespoon sesame seeds (toasted)
- 1 spring onion, thinly sliced
- 1 tablespoon chopped fresh coriander or mint (optional)

### For the Miso Ginger Dressing:

- 1 tablespoon white miso paste
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon of maple syrup or honey
- 1 teaspoon fresh grated ginger
- 1 tablespoon water (to thin, as needed)
- Pinch of chilli flakes (optional)

## DIRECTIONS

1. Place sliced cucumbers in a colander and toss with sea salt. Let it sit for 10 minutes to draw out moisture. Pat dry with a paper towel or gently squeeze to remove excess water.
2. Whisk together miso paste, rice vinegar, sesame oil, maple syrup, grated ginger, and water until smooth in a small bowl. Add chilli flakes if desired.
3. Combine the cucumbers, spring onion, and optional herbs in a bowl. Pour the miso ginger dressing over the chicken and toss to coat evenly.
4. Sprinkle with toasted sesame seeds and serve immediately or chill for 15 minutes to let the flavors develop.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~90, Protein: 0 g, Carbohydrates: 10 g, Fiber: 0 g, Sugar: 5 g, Fat: 5 g, Saturated Fat: 0.5 g, Sodium: 380mg



# Grilled Courgette & Tomato Salad with Basil Dressing

 2 servings  10 min  10 min

*This Grilled Courgette & Tomato Salad with Basil Dressing is light, herby, and perfect for summer - great as a side dish or a plant-based main.*

## INGREDIENTS

### For the Salad:

- 1 medium courgette, sliced lengthwise into ¼-inch strips
- 150 g cherry tomatoes, halved
- 1 tablespoon olive oil (for grilling)
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- 2 tablespoons crumbled feta or goat cheese (optional)
- 1 tablespoon toasted pine nuts or chopped walnuts (optional)

### For the Basil Dressing:

- ¼ cup fresh basil leaves, packed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon of Dijon mustard
- ½ teaspoon honey or maple syrup
- 1 tablespoon water (to thin, as needed)
- Salt & pepper to taste

## DIRECTIONS

1. Brush the courgette slices with olive oil and season with salt and pepper. Grill on a pan or outdoor grill over medium heat for 3–4 minutes per side until tender and slightly charred. Set aside to cool slightly.
2. Combine basil, olive oil, lemon juice, Dijon mustard, honey, and water in a small blender or food processor. Blend until smooth - season with salt and pepper to taste.
3. On a plate or shallow bowl, layer grilled courgette and cherry tomatoes. Drizzle with basil dressing.
4. Top with crumbled cheese and nuts, if using. Serve immediately at room temperature or slightly chilled.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 5 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 200mg



## Spiced Cauliflower Rice with Coriander & Lime

 2 servings  
  10 min  
  10 min

*This Spiced Cauliflower Rice with Coriander & Lime is light, zesty, and full of flavor - an easy low-carb, anti-inflammatory side dish you'll want to make again and again!*

### INGREDIENTS

- 1 small head cauliflower (or 360 g pre-riced cauliflower)
- 1 tablespoon olive oil or avocado oil
- 1 garlic clove, minced
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ¼ teaspoon smoked paprika (optional)
- ¼ teaspoon sea salt
- Juice of ½ lime (about 1 tablespoon)
- 2 tablespoons fresh coriander, chopped
- Black pepper to taste



### DIRECTIONS

1. Cut cauliflower into florets and pulse in a food processor until it resembles rice. Be careful not to over-process.
2. Heat olive oil in a large frying pan over medium heat. Add minced garlic and sauté for 30 seconds until fragrant. Stir in cumin, turmeric, paprika, and salt.
3. Add the riced cauliflower to the frying pan. Cook for 5–7 minutes, stirring occasionally, until tender but not mushy.
4. Remove from heat and stir in lime juice and chopped coriander - season with black pepper to taste.
5. Serve warm as a side dish with grilled veggies, fish, lean protein, or bowls and wraps.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~90, Protein: 5 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 5 g, Fat: 5 g, Saturated Fat: 0 g, Sodium: 250mg

## Garlic & Turmeric Roasted Sweet Potatoes

 2 servings  
  10 min  
  25-30 min

*These Garlic & Turmeric Roasted Sweet Potatoes are savory, slightly sweet, and loaded with anti-inflammatory benefits - perfect for pairing with any meal or enjoying on their own.*

### INGREDIENTS

- 2 medium sweet potatoes, peeled and diced into 1-inch cubes
- 1 ½ tablespoons olive oil
- 2 cloves garlic, minced
- ¾ teaspoon ground turmeric
- ½ teaspoon paprika (optional for smoky flavor)
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 tablespoon chopped fresh parsley or coriander (for garnish)
- ½ teaspoon lemon juice (optional for brightness)

### DIRECTIONS

1. Preheat your oven to 220°C. Line a baking tray with parchment paper.
2. In a large bowl, toss diced sweet potatoes with olive oil, garlic, turmeric, paprika (if using), salt, and black pepper until evenly coated.
3. Spread the seasoned sweet potatoes in a single layer on the prepared baking tray. Roast for 25–30 minutes, flipping halfway through, until golden brown and crispy on the edges.
4. Remove from the oven and drizzle with lemon juice if desired. Garnish with chopped parsley or coriander. Serve hot as a side dish or toss into grain bowls and salads.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 0 g, Carbohydrates: 30 g, Fiber: 5 g, Sugar: 5 g, Fat: 10 g, Saturated Fat: 1.5 g, Sodium: 300mg





## Brussels Sprouts & Walnuts with Honey-Balsamic Drizzle

 2 servings  10 min  25 min

*This Brussels Sprouts & Walnuts with Honey-Balsamic Drizzle recipe is a perfect balance of savory, nutty, and sweet - great as a side dish for any occasion!*

### INGREDIENTS

- 180 g Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup raw walnuts
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey or maple syrup
- Optional garnish: fresh thyme or parsley

### DIRECTIONS

1. Preheat the oven to 200°C. Line a baking tray with parchment paper.
2. Toss Brussels sprouts with olive oil, salt, and pepper in a bowl. Spread them in a single layer on the baking tray.
3. Roast for 20 minutes. After 20 minutes, scatter the walnuts over the sprouts and roast for 5 minutes, until the sprouts are golden and slightly crispy and the walnuts are toasted.
4. While the sprouts are roasting, whisk together balsamic vinegar and honey (or maple syrup) in a small bowl.
5. Transfer the roasted Brussels sprouts and walnuts to a serving dish. Drizzle with the honey-balsamic mixture and toss gently. Garnish with fresh herbs if desired.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 5 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 200mg

## Golden Roasted Carrots with Cumin & Ginger

 2 servings  10 min  25-30 min

*These Golden Roasted Carrots with Cumin & Ginger are earthy, slightly sweet, and full of warm spice - perfect as a vibrant side for any meal.*

### INGREDIENTS

- 4 medium carrots, peeled and cut into sticks or rounds
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground ginger (or 1 tsp fresh grated ginger)
- ½ teaspoon ground turmeric
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 teaspoon lemon juice (optional, for brightness)
- 1 tablespoon chopped fresh parsley or coriander (for garnish, optional)

### DIRECTIONS

1. Preheat your oven to 200°C. Line a baking tray with parchment paper.
2. Toss the carrot sticks in a bowl with olive oil, cumin, turmeric, ginger, salt, and pepper until evenly coated.
3. Spread the carrots in a single layer on the baking tray. Roast for 25-30 minutes, flipping halfway through, until tender and slightly caramelized.
4. Remove from the oven and drizzle with lemon juice if using. Garnish with fresh parsley or coriander and serve warm.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~130, Protein: 0 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 200mg





## Garlic Sautéed Spinach with Lemon Zest

 2 servings  5 min  5 min

*This Garlic Sautéed Spinach with Lemon Zest is light, bright, and loaded with antioxidants—perfect for adding a healthy green touch to any meal.*

### INGREDIENTS

- 120 g fresh baby spinach (about 140 g)
- 1 tablespoon olive oil
- 2 cloves garlic, thinly sliced or minced
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- Zest of ½ lemon
- 1 teaspoon lemon juice (optional)




### DIRECTIONS

1. In a large frying pan, heat the olive oil over medium heat. Add the garlic and sauté for 30–60 seconds, stirring frequently, until fragrant but not browned.
2. Add the spinach to the pan in batches if needed. Cook, tossing frequently, for 2–3 minutes until wilted but still bright green.
3. Season with salt and pepper. Remove from heat and stir in the lemon zest and a splash of lemon juice if desired.
4. Serve warm to fish, poultry, grains, or beans as a side dish.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~90, Protein: 0 g, Carbohydrates: 5 g, Fiber: 0 g, Sugar: 0 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 200mg

## Crispy Chickpeas with Paprika & Sea Salt

 2 servings  5 min  35–40 min

*These Crispy Chickpeas with Paprika & Sea Salt are the perfect savory, crunchy snack or topping - high in plant protein and totally addictive.*

### INGREDIENTS

- 1 can (425 g) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika (or regular paprika)
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper (optional)
- Pinch of cayenne pepper (optional, for heat)

### DIRECTIONS

1. Preheat the oven to 200°C. Line a baking tray with parchment paper.
2. After rinsing, thoroughly dry the chickpeas with a clean kitchen towel or paper towels. Remove any loose skins for extra crispiness.
3. Toss the chickpeas in olive oil, paprika, sea salt, and black pepper (and cayenne, if using) until evenly coated.
4. Spread the chickpeas in a single layer on the baking tray. Roast for 35–40 minutes, shaking the pan halfway through, until golden brown and crispy.
5. Let the crisps cool for 5–10 minutes (they get crispier as they cool). Enjoy as a snack or sprinkle over salads and grain bowls.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~200, Protein: 10 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 0 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 250mg





## Roasted Cauliflower & Tahini Drizzle

 2 servings  10 min  25-30 min

*This Roasted Cauliflower with Tahini Drizzle is creamy, earthy, and packed with fibre and healthy fats—perfect as a side dish or part of a plant-powered bowl.*

### INGREDIENTS

#### For the Roasted Cauliflower:

- 1 small head cauliflower, cut into florets
- 1 ½ tablespoons olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika (optional)
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper

#### For the Tahini Drizzle:

- 2 tablespoons of tahini
- 1 tablespoon lemon juice
- 1 teaspoon of maple syrup or honey
- 1–2 tablespoons warm water (to thin)
- Pinch of sea salt
- Pinch of garlic powder (optional)

### DIRECTIONS

1. Preheat the oven to 220°C. Line a baking tray with parchment paper.
2. In a large bowl, toss cauliflower florets with olive oil, cumin, paprika, salt, and pepper until well coated. Spread the dough on the baking tray in a single layer and roast for 25–30 minutes, flipping it halfway through, until it is golden brown and tender.
3. Whisk together tahini, lemon juice, maple syrup, and salt in a small bowl. Add warm water a little at a time until the sauce is smooth and drizzleable. Add garlic powder if you want extra flavor.
4. Transfer roasted cauliflower to a serving plate and drizzle with the tahini sauce. Serve warm, optionally garnished with chopped parsley, sesame seeds, or pomegranate seeds.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~230, Protein: 5 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 220mg

## Warm Lentil & Mushroom Sauté

 2 servings  10 min  20 min

*This Warm Lentil & Mushroom Sauté is comforting, earthy, and loaded with plant-based nutrients - perfect for a cozy, wholesome lunch or dinner.*

### INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 240 ml mushrooms, sliced (cremini, button, or shiitake work well)
- 1 teaspoon fresh thyme (or ½ tsp dried thyme)
- ½ teaspoon smoked paprika (optional)
- 1 ½ cups cooked green or brown lentils (or 1 can, drained and rinsed)
- 1 tablespoon balsamic vinegar
- 1 teaspoon tamari or soy sauce (optional, for umami)
- Salt and pepper to taste
- 60 g baby spinach or chopped kale (optional)
- Fresh parsley, chopped (for garnish)

### DIRECTIONS

1. Heat olive oil in a frying pan over medium heat. Add onion and sauté for 3–4 minutes until softened. Add garlic and cook for another 30 seconds.
2. Add sliced mushrooms and thyme to the frying pan. Cook for 5–6 minutes, stirring occasionally, until mushrooms release moisture and begin to brown.
3. Stir in the cooked lentils, smoked paprika, balsamic vinegar, and tamari (if using). Cook for another 3–4 minutes until everything is heated through - season with salt and pepper to taste.
4. Stir in spinach or kale and cook until wilted, about 1–2 minutes.
5. Spoon into bowls and garnish with fresh parsley. Serve warm as a primary or side dish.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~300, Protein: 15 g, Carbohydrates: 30 g, Fiber: 10 g, Sugar: 5 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 300mg





## CHAPTER 6

# Soups & Stews

- 42 TURMERIC & GINGER LENTIL SOUP
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## Turmeric & Ginger Lentil Soup

 4 servings
  10 min
  30 min

*This Turmeric & Ginger Lentil Soup is warm, grounding, and packed with plant-based protein, fibre, and anti-inflammatory benefits - perfect for a healing lunch or dinner.*

### INGREDIENTS

- 1 tablespoon olive oil or coconut oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 teaspoon ground ginger)
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 190 g dried red lentils, rinsed
- 1 medium carrot, diced
- 1 celery stalk, diced
- 960 ml vegetable broth (or water with bouillon)
- ½ teaspoon sea salt (to taste)
- ¼ teaspoon black pepper
- Juice of ½ lemon (optional, for brightness)
- Fresh coriander or parsley for garnish (optional)

### DIRECTIONS

1. In a large pot, heat the oil over medium heat. Add the onion and sauté for 3–4 minutes until softened. Add the garlic and ginger and cook for another 1–2 minutes until fragrant.
2. Stir in turmeric, cumin, and coriander. Cook for 30 seconds. Add the carrot and celery and stir to coat with the spices.
3. Add the lentils and broth. Bring to a boil, then reduce heat to low and simmer uncovered for about 20–25 minutes, or until lentils and vegetables are soft.
4. Blend half the soup with an immersion or regular blender for a creamier texture, then stir it back into the pot.
5. Stir in lemon juice if using. Adjust seasoning with salt and pepper. Ladle into bowls and garnish with fresh herbs.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~240, Protein: 15 g, Carbohydrates: 30 g, Fiber: 10 g, Sugar: 5 g, Fat: 5 g, Saturated Fat: 0 g, Sodium: 400mg

## Wild Salmon & Sweet Potato Chowder

 4 servings
  15 min
  25 min

*This Wild Salmon & Sweet Potato Chowder is creamy, satisfying, and rich in omega-3s, vitamins, and flavor - a perfect cozy meal that supports wellness and energy.*

### INGREDIENTS

- 1 tablespoon olive oil or avocado oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 medium carrot, diced
- 2 celery stalks, diced
- 1 medium sweet potato, peeled and cubed
- 1 teaspoon dried thyme
- ½ teaspoon smoked paprika (optional)
- ½ teaspoon sea salt (to taste)
- ¼ teaspoon black pepper
- 720 ml low-sodium vegetable broth (or fish/chicken broth)
- 240 ml unsweetened coconut milk (or any milk of choice)
- 225 g wild salmon fillet, skin removed and cut into bite-sized chunks
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh parsley or dill, chopped (for garnish)

### DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add onion, garlic, carrot, and celery. Cook for 4–5 minutes until softened.
2. Stir in sweet potatoes, thyme, smoked paprika (if using), salt, and pepper. Cook for another 2 minutes.
3. Pour in the broth and bring to a boil. Reduce heat to low, cover, and simmer for 12–15 minutes or until sweet potatoes are fork-tender.
4. Gently stir in the salmon chunks and coconut milk. Simmer uncovered for 5–7 minutes or until the salmon is cooked and flakes easily.
5. Stir in lemon juice and adjust seasoning if needed. Ladle into bowls and garnish with fresh herbs. Serve warm.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~360, Protein: 25 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 400mg





## Avocado & Cucumber Gazpacho

 2 servings  10 min  0 min

*This Avocado & Cucumber Gazpacho is creamy, cooling, and full of healthy fats and antioxidants - perfect as a light lunch, appetizer, or hydrating snack.*

### INGREDIENTS

- 1 ripe avocado, peeled and pitted
  - 1 large cucumber, peeled and chopped
  - 1 small garlic clove
  - 2 tablespoons fresh lime juice (or lemon juice)
  - ¼ cup fresh coriander or parsley (optional)
  - 1 tablespoon olive oil
  - ¼ teaspoon sea salt
  - ¼ cup water (more as needed for consistency)
  - ⅛ teaspoon black pepper
  - Pinch of cayenne pepper or jalapeño (optional, for heat)
- Optional Toppings:**
- Diced cucumber or avocado
  - Chopped fresh herbs
  - Drizzle of olive oil
  - Cracked black pepper

### DIRECTIONS

1. In a blender or food processor, combine avocado, cucumber, garlic, lime juice, herbs (if using), olive oil, water, salt, pepper, and cayenne. Blend until smooth and creamy.
2. If you want a thinner texture, add more water, 1 tablespoon at a time. Taste and adjust seasoning as needed.
3. For best flavor, refrigerate for at least 30 minutes before serving. However, it can also be served immediately.
4. Pour into bowls and garnish with your favorite toppings. Serve chilled.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~200, Protein: 0 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 0 g, Fat: 15 g, Saturated Fat: 2.5 g, Sodium: 180mg

## Spiced Lentil & Veggie Stew

 4 servings  15 min  30 min

*This Spiced Lentil & Veggie Stew is hearty, filling, and packed with fibre, plant protein, and anti-inflammatory spices - perfect for meal prep, cozy nights, or anytime you need a comforting bowl of goodness.*

### INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 teaspoon ground ginger)
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon ground coriander
- 190 g dried green or brown lentils, rinsed
- ½ teaspoon smoked paprika
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 small courgette, chopped
- 1 can (1115 g) diced tomatoes
- 960 ml vegetable broth or water with bouillon
- 60 g chopped kale or spinach
- 1 tablespoon lemon juice
- Salt & black pepper to taste
- Fresh parsley or coriander, for garnish (optional)

### DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and sauté for 4–5 minutes until softened. Stir in garlic and ginger, and cook for another 1 minute until fragrant.
2. Stir in cumin, turmeric, paprika, and coriander. Cook for 30 seconds to bloom the spices. Add carrots, celery, courgette, and lentils. Stir to coat.
3. Pour in diced tomatoes and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 25–30 minutes until lentils and vegetables are tender.
4. Stir in chopped kale or spinach and let wilt for 2–3 minutes. Add lemon juice and adjust seasoning with salt and pepper. Ladle into bowls and garnish with fresh herbs, if desired. Enjoy warm.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 15 g, Carbohydrates: 35 g, Fiber: 15 g, Sugar: 5 g, Fat: 10 g, Saturated Fat: 0 g, Sodium: 380mg





# Tomato & Roasted Red Pepper Soup with Basil



4 servings



10 min



25 min

*This Tomato & Roasted Red Pepper Soup with Basil is warm, tangy-sweet, and deeply comforting - perfect as a light meal or starter, especially paired with crusty bread or a salad.*

## INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ¼ teaspoon crushed red pepper flakes (optional, for heat)
- 1 can (225 g) whole or diced tomatoes (no salt added)
- 2 large roasted red peppers (jarred or homemade), chopped
- 480 ml vegetable broth
- 1 tablespoon tomato paste (optional, for richness)
- ½ teaspoon sea salt (to taste)
- ¼ teaspoon black pepper
- ¼ cup fresh basil leaves, chopped (plus more for garnish)
- 1 teaspoon balsamic vinegar or lemon juice (for brightness)
- Splash of unsweetened plant-based milk or cream (optional, for creaminess)

## DIRECTIONS


1. Heat olive oil in a large pot over medium heat. Add onion and cook for 4–5 minutes until softened. Stir in garlic, oregano, and red pepper flakes (if using). Cook another 30 seconds until fragrant.
2. Add tomatoes (with juice), chopped roasted red peppers, broth, tomato paste, salt, and pepper. Stir well.
3. Bring to a boil, then reduce heat and simmer uncovered for 15–20 minutes to allow flavors to blend.
4. Remove from heat and stir in fresh basil and balsamic vinegar or lemon juice. Use an immersion blender to blend the soup until smooth, or carefully transfer to a blender in batches.
5. Return soup to pot if needed and reheat gently. Add a splash of plant milk or cream if desired. Serve hot, garnished with extra basil.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~140, Protein: 5 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 10 g (from natural tomato & pepper sugars), Fat: 5 g, Saturated Fat: 0.5 g, Sodium: 400mg



## Curried Butternut Squash & Coconut Soup

 4 servings  10 min  25-30 min

*This Curried Butternut Squash & Coconut Soup is velvety, aromatic, and packed with warming spices - perfect as a main dish or starter on cool days.*

### INGREDIENTS

- 1 tablespoon coconut oil or olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 tsp ground ginger)
- 1 tablespoon curry powder (mild or medium)
- ¼ teaspoon ground cinnamon (optional)
- ¼ teaspoon chilli flakes or cayenne (optional, for heat)
- 1 medium butternut squash (about 2.5-3 cups), peeled and cubed
- 1 medium carrot, chopped
- 1 can (1115 g) full-fat coconut milk
- 2 ½ cups vegetable broth
- ½ teaspoon sea salt (to taste)
- Juice of ½ lime (or lemon)
- Fresh coriander or parsley, for garnish

### DIRECTIONS

1. In a large pot, heat coconut oil over medium heat. Add onion and cook for 4-5 minutes until softened. Add garlic and ginger and cook for 1 minute until fragrant.
2. Stir in curry powder, cinnamon, and chilli flakes. Add cubed butternut squash and chopped carrot, stirring to coat with spices.
3. Pour in coconut milk and vegetable broth. Add salt and bring to a boil. Reduce heat to low and simmer, covered, for 20-25 minutes or until squash and carrots are very tender.
4. Remove from heat and let cool slightly. Blend the soup using an immersion blender until smooth, or transfer to a blender in batches.
5. Stir in lime juice and adjust seasoning if needed. Serve hot, garnished with chopped fresh herbs.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~280, Protein: 5 g, Carbohydrates: 25 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 15 g, Sodium: 400mg

## Moroccan Spiced Chickpea & Vegetable Stew

 4 servings  15 min  30 min

*This Moroccan Spiced Chickpea & Vegetable Stew is warm, filling, and full of vibrant flavors and anti-inflammatory ingredients—perfect for a cozy plant-powered meal.*

### INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 tsp ground ginger)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne pepper or chilli flakes (optional, for heat)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 medium carrot, diced
- 1 courgette, diced
- 1 small sweet potato, peeled and cubed
- 1 can (1115 g) diced tomatoes
- 480 ml low-sodium vegetable broth
- 2 tablespoons tomato paste
- ½ teaspoon sea salt (to taste)
- ¼ teaspoon black pepper
- 60 g baby spinach or chopped kale (optional)
- Juice of ½ lemon
- Fresh coriander or parsley, chopped (for garnish)

### DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add the onion and cook for 4-5 minutes until softened. Stir in garlic and ginger; cook for another 1 minute.
2. Stir in cumin, coriander, paprika, cinnamon, turmeric, and cayenne (if using). Cook for 30 seconds to bloom the spices.
3. Add chickpeas, carrots, courgette, sweet potato, diced tomatoes, tomato paste, and vegetable broth. Stir well to combine. Bring to a boil, then reduce heat to low and simmer uncovered for 25-30 minutes, or until vegetables are tender and stew thickens slightly.
4. Stir in spinach or kale and cook for another 2-3 minutes until wilted. Add lemon juice and adjust seasoning with salt and pepper.
5. Ladle into bowls and garnish with fresh herbs. Serve alone or with cooked quinoa, couscous, or flatbread.




### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 10 g, Carbohydrates: 45 g, Fiber: 10 g, Sugar: 10 g, Fat: 10 g, Saturated Fat: 1.5 g, Sodium: 400mg





# Slow Cooker Grass-Fed Beef & Root Vegetable Stew

 4 servings    15 min    6–8 hours

*This Slow Cooker Grass-Fed Beef & Root Vegetable Stew is the ultimate comfort food - rich in protein, packed with nutrients, and full of deep, savory flavor. Perfect for make-ahead meals or cozy nights in!*

## INGREDIENTS

- 450 g (450 g) grass-fed beef stew meat, cut into 1-inch chunks
- 1 tablespoon olive oil (for searing, optional)
- 2 carrots, chopped
- 2 parsnips or turnips, peeled and chopped
- 1 medium sweet potato or Yukon gold potato, cubed
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon paprika
- ¼ teaspoon black pepper
- 1 teaspoon sea salt
- 720 ml low-sodium beef or vegetable broth
- 1 tablespoon balsamic vinegar or red wine vinegar (optional, for depth)
- 1 tablespoon arrowroot powder or cornflour + 2 tablespoons water (optional, for thickening)
- Fresh parsley for garnish (optional)

## DIRECTIONS

1. Heat olive oil in a frying pan over medium-high heat. Sear beef on all sides until browned (about 2–3 minutes per side). This step is optional but adds great flavor.
2. Place beef, carrots, parsnips, sweet potato, onion, and garlic into the slow cooker. Stir in tomato paste, thyme, rosemary, paprika, pepper, and salt.
3. Add broth and vinegar (if using). Stir to combine all ingredients well.
4. Cook: Low: 6–8 hours / High: 4–5 hours. Until the beef is tender and the vegetables are cooked through.
5. If you'd like a thicker stew, whisk arrowroot or cornflour with water and stir it into the stew 20–30 minutes before the end of cooking. Let it simmer to thicken.
6. Taste and adjust seasoning if needed. Garnish with chopped fresh parsley. Serve hot.

## NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~380, Protein: 30 g, Carbohydrates: 25 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 450mg






## CHAPTER 7

# Dinner Recipes

- 48 TURMERIC-GARLIC ROASTED SALMON WITH QUINOA & SPINACH
- 48 LEMON-HERB GRILLED CHICKEN WITH ROASTED BRUSSELS SPROUTS
- 49 GINGER-SESAME VEGGIE STIR-FRY NOODLES WITH LIME & CORIANDER
- 50 SPICED CHICKPEA & SWEET POTATO BUDDHA BOWL
- 51 MEDITERRANEAN BAKED COD WITH OLIVES & TOMATOES
- 51 COURGETTE NOODLES WITH AVOCADO PESTO & CHERRY TOMATOES
- 52 MISO-GINGER GLAZED COD WITH PAK CHOI & BROWN RICE
- 53 GRASS-FED BEEF & CAULIFLOWER COTTAGE PIE
- 54 GARLIC & GINGER STIR-FRIED SHRIMP WITH BROCCOLI & CAULIFLOWER RICE
- 55 WILD-CAUGHT SALMON & ROASTED BEET SALAD WITH CITRUS DRESSING
- 55 SPICED CHICKEN & ROASTED CAULIFLOWER TRAYBAKE
- 56 SAUTÉED GARLIC MUSHROOMS & GRASS-FED BEEF STIR-FRY



## Turmeric-Garlic Roasted Salmon with Quinoa & Spinach

 2 servings  10 min  15-18 min

*This Turmeric-Garlic Roasted Salmon with Quinoa & Spinach is a clean, anti-inflammatory meal rich in omega-3s, fibre, and phytonutrients - perfect for lunch or dinner!*

### INGREDIENTS

- |                                      |   |  |
|--------------------------------------|---|--|
| <b>For the Salmon:</b>               | <ul style="list-style-type: none"> <li>• 1 teaspoon lemon juice</li> <li>• 2 salmon fillets (about 150 g each, skin on or off)</li> <li>• 1 tablespoon olive oil</li> <li>• 1 garlic clove, minced</li> <li>• ½ teaspoon ground turmeric</li> <li>• ½ teaspoon paprika</li> <li>• ¼ teaspoon sea salt</li> <li>• ⅛ teaspoon black pepper</li> </ul> | <ul style="list-style-type: none"> <li>• Lemon wedges for serving</li> </ul> |
| <b>For the Quinoa &amp; Spinach:</b> | <ul style="list-style-type: none"> <li>• 185 g cooked quinoa (½ cup dry)</li> <li>• 60 g fresh baby spinach</li> <li>• 1 teaspoon olive oil</li> <li>• 1 garlic clove, minced</li> <li>• Pinch of sea salt and black pepper</li> </ul>  |  |



### DIRECTIONS

1. Preheat your oven to 200°C. Line a baking tray with parchment paper. In a small bowl, mix olive oil, minced garlic, turmeric, paprika, salt, pepper, and lemon juice. Rub the mixture evenly over both salmon fillets. Place them on the prepared baking tray.
2. Roast the salmon for 12–15 minutes or until it flakes easily with a fork. (For crispier edges, broil for 1–2 minutes.)
3. Rinse ½ cup of quinoa and cook with 240 ml of water. Bring to a boil, reduce to a simmer, cover, and cook for 12–15 minutes until fluffy. Let rest, then fluff with a fork.
4. Heat 1 tsp olive oil in a frying pan over medium heat. Add garlic and cook for 30 seconds. Add spinach and sauté until wilted, about 1–2 minutes - season with a pinch of salt and pepper. Divide quinoa and sautéed spinach between two plates. Top each with a roasted salmon fillet and serve with lemon wedges.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~460, Protein: 35 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 0 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 300mg

## Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts

 2 servings  15 min  25-30 min

*This Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts is zesty, satisfying, and full of anti-inflammatory ingredients - great for a clean, protein-rich lunch or dinner.*

### INGREDIENTS

- |  |   |
|--|---|
| <b>For the Lemon-Herb Grilled Chicken:</b>   | <b>For the Roasted Brussels Sprouts:</b>  |
| <ul style="list-style-type: none"> <li>• 2 boneless, skinless chicken breasts</li> <li>• 2 tablespoons olive oil</li> <li>• 2 tablespoons fresh lemon juice</li> <li>• 1 teaspoon lemon zest</li> <li>• 2 cloves garlic, minced</li> <li>• 1 teaspoon dried oregano</li> <li>• ½ teaspoon dried thyme</li> <li>• ½ teaspoon sea salt</li> <li>• ¼ teaspoon black pepper</li> </ul> | <ul style="list-style-type: none"> <li>• 480 ml Brussels sprouts, trimmed and halved</li> <li>• 1 tablespoon olive oil</li> <li>• ½ teaspoon garlic powder</li> <li>• ¼ teaspoon smoked paprika (optional)</li> <li>• Salt and pepper to taste</li> </ul> |

### DIRECTIONS

1. Mix olive oil, lemon juice, lemon zest, garlic, oregano, thyme, salt, and pepper in a small bowl. Place the chicken breasts in a dish or bag and pour the marinade over them. Let marinate for at least 15 minutes (or up to 4 hours in the fridge for more flavor).
2. Preheat the oven to 220°C. Toss Brussels sprouts with olive oil, garlic powder, paprika (if using), salt, and pepper. Spread on a baking tray in a single layer and roast for 20–25 minutes, flipping halfway through, until golden and crispy on the edges.
3. While the sprouts are roasting, heat a grill or grill pan over medium heat. Grill the chicken for 5–6 minutes per side or until the internal temperature reaches 74°C. Let rest for 5 minutes before slicing.
4. Slice the grilled chicken and serve it alongside the roasted Brussels sprouts. If desired, garnish with a squeeze of lemon and fresh herbs.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~400, Protein: 35 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 350mg



# Ginger-Sesame Veggie Stir-Fry Noodles with Lime & coriander

 2 servings    15 min    10 min

*This Ginger-Sesame Veggie Stir-Fry Noodle Bowl is a colourful, satisfying, and antioxidant-rich dish with bold Asian-inspired flavors - perfect for a clean and comforting dinner!*

## INGREDIENTS

### For the Stir-Fry:

- 115 g rice noodles or soba noodles
- 1 tablespoon sesame oil (or avocado oil)
- 1 garlic clove, minced
- 1 tablespoon fresh ginger, grated
- 90 g broccoli florets
- 1 medium carrot, julienned or thinly sliced
- 1 red pepper, thinly sliced
- ½ cup snow peas or snap peas
- 2 spring onions, chopped
- 2 tablespoons fresh coriander, chopped
- Juice of ½ lime (plus more for serving)
- Toasted sesame seeds, for garnish

### For the Ginger-Sesame Sauce:

- 1 tablespoon tamari or low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon of maple syrup or honey
- 1 teaspoon fresh ginger, grated
- 1–2 teaspoons water (to thin, if needed)
- Pinch of red pepper flakes (optional for heat)

## DIRECTIONS

1. Cook the noodles according to the package instructions. Drain and rinse under cool water to prevent sticking. Set aside.
2. Whisk together the tamari, rice vinegar, sesame oil, maple syrup, ginger, and red pepper flakes in a small bowl. Add a splash of water to thin, if needed.
3. Heat sesame oil in a large frying pan or wok over medium-high heat. Add garlic and ginger and sauté for 30 seconds. Add broccoli, carrot, pepper, and snap peas. Stir-fry for 4–5 minutes until crisp-tender.
4. Add the cooked noodles and sauce to the pan. Toss everything together to coat evenly. Stir in spring onions, lime juice, and chopped coriander. Cook for 1–2 more minutes until heated through.
5. Divide into two bowls and garnish with toasted sesame seeds, extra coriander, and lime wedges if desired. Serve warm.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~370, Protein: 10 g, Carbohydrates: 50 g, Fiber: 5 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 500mg





# Spiced Chickpea & Sweet Potato Buddha Bowl



2 servings



15 min



30 min

*This Spiced Chickpea & Sweet Potato Buddha Bowl is a delicious, plant-powered meal that's grounding, satisfying, and full of anti-inflammatory ingredients.*

## INGREDIENTS

### For the Roasted Chickpeas:

- 1 can (425 g) chickpeas, drained, rinsed, and patted dry
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

### For the Roasted Sweet Potatoes:

- 1 medium sweet potato, peeled and cubed
- 1 tablespoon olive oil
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ¼ teaspoon sea salt

### For the Bowl Base:

- 185 g cooked quinoa or brown rice
- 60 g fresh spinach or kale
- ½ avocado, sliced
- ¼ cup desiccated carrots (optional)
- 1 tablespoon pumpkin or sunflower seeds (optional)

### For the Tahini-Lemon Dressing:

- 2 tablespoons of tahini
- 1 tablespoon lemon juice
- 1 teaspoon of maple syrup or honey
- 1–2 tablespoons warm water (to thin)
- Pinch of sea salt

## DIRECTIONS

1. Preheat the oven to 200°C. Line a baking tray with parchment paper.
2. Toss sweet potato cubes with olive oil, cinnamon, turmeric, and salt. Spread on half of the baking tray.
3. On the other half of the sheet (or a separate one), toss chickpeas with olive oil, cumin, paprika, garlic powder, salt, and pepper. Spread evenly.
4. Roast both for 25–30 minutes, flipping halfway through, until sweet potatoes are tender and chickpeas are crispy.
5. Whisk together tahini, lemon juice, maple syrup, salt, and warm water until smooth and pourable in a small bowl.
6. Divide quinoa between two bowls. Add spinach or kale, roasted sweet potatoes, chickpeas, avocado, carrots, and seeds.
7. Drizzle with tahini-lemon dressing and serve warm or at room temperature.

## NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~480, Protein: 15 g, Carbohydrates: 45 g, Fiber: 10 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 350mg



## Mediterranean Baked Cod with Olives & Tomatoes

 2 servings  10 min  20 min

*This Mediterranean Baked Cod is light, zesty, and packed with healthy fats and lean protein - a perfect anti-inflammatory meal that's as beautiful as it is delicious.*

### INGREDIENTS

- 2 cod fillets (about 150 g each), wild-caught if possible
- 1 tablespoon olive oil
- 150 g cherry tomatoes, halved
- ¼ cup pitted Kalamata olives, halved
- 2 cloves garlic, minced
- 1 tablespoon capers (optional)
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- Salt and black pepper to taste
- 1 tablespoon lemon juice
- Zest of ½ lemon
- Fresh parsley or basil, chopped (for garnish)

### DIRECTIONS

1. Preheat your oven to 200°C. Lightly oil a baking dish.
2. In a bowl, combine cherry tomatoes, olives, garlic, capers (if using), oregano, thyme, lemon zest, and olive oil - season with salt and pepper to taste.
3. Place the cod fillets in the baking dish. Sprinkle with lemon juice, salt, and pepper. Spoon the tomato-olive mixture evenly over the fish.
4. Bake for 18–20 minutes until the cod flakes easily with a fork and the tomatoes are softened and juicy.
5. Garnish with fresh herbs and serve warm. This dish pairs well with quinoa, couscous, or a side of sautéed greens.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~320, Protein: 30 g, Carbohydrates: 10 g, Fiber: 0 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 520mg

## Courgette Noodles with Avocado Pesto & Cherry Tomatoes

 2 servings  15 min  5 min

*This Courgette Noodles with Avocado Pesto & Cherry Tomatoes is a fresh, no-guilt meal full of heart-healthy fats, fibre, and vibrant flavor - perfect for a light lunch or dinner!*

### INGREDIENTS

- For the Courgette Noodles:**
- 2 medium courgettes, spiralized into noodles (zoodles)
  - 1 teaspoon olive oil (optional, if sautéing)
  - Pinch of sea salt
  - 2 tablespoons pine nuts or walnuts
  - 2 tablespoons of lemon juice
  - 2 tablespoons olive oil
  - 2–3 tablespoons water (to thin)
  - Sea salt & black pepper to taste

#### Toppings:

- For the Avocado Pesto:**
- 1 ripe avocado, peeled and pitted
  - 240 ml fresh basil leaves
  - 1 garlic clove
  - ½ cup cherry tomatoes, halved
  - 1 tablespoon hemp seeds or pumpkin seeds (optional)
  - Fresh basil leaves (for garnish)

### DIRECTIONS

1. Combine avocado, basil, garlic, nuts, lemon juice, olive oil, and water in a food processor or blender. Blend until smooth and creamy. Add more water as needed for the desired consistency - season with salt and pepper to taste.
2. Prepare the Courgette Noodles:
  - Raw option: Leave as is for a crisp, refreshing base.
  - Warm option: Heat 1 tsp olive oil in a frying pan over medium heat. Add zoodles and sauté for 2–3 minutes until just tender. Sprinkle with a pinch of sea salt. Do not overcook.
3. Toss the courgette noodles with the avocado pesto until evenly coated. Top with cherry tomatoes and seeds (if using). Garnish with fresh basil leaves.
4. Serve immediately for best flavor and texture.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~350, Protein: 5 g, Carbohydrates: 20 g, Fiber: 10 g, Sugar: 5 g, Fat: 30 g, Saturated Fat: 5 g, Sodium: 200mg





# Miso-Ginger Glazed Cod with Pak Choi & Brown Rice

 2 servings    15 min    15-20 min

*This Miso-Ginger Glazed Cod with Pak Choi & Brown Rice is a light yet satisfying meal that's rich in omega-3s, antioxidants, and delicious umami flavor - perfect for a clean, anti-inflammatory dinner.*

## INGREDIENTS

### For the Miso-Ginger Glazed Cod:

- 2 cod fillets (about 150 g each)
- 1 tablespoon white miso paste
- 1 tablespoon rice vinegar
- 1 tablespoon low-sodium tamari or soy sauce
- 1 teaspoon fresh ginger, grated
- 1 teaspoon of maple syrup or honey
- 1 garlic clove, minced
- 1 teaspoon sesame oil

### For the Sautéed Pak Choi:

- 2 small heads of pak choy, halved or quartered lengthwise
- 1 teaspoon sesame oil or olive oil
- 1 garlic clove, minced
- 1 teaspoon fresh ginger, grated
- Pinch of sea salt

### For the Base:

- 185 g cooked brown rice
- Sesame seeds & sliced spring onions for garnish (optional)
- Lime wedges (optional)

## DIRECTIONS

1. Whisk together miso paste, rice vinegar, tamari, ginger, garlic, maple syrup, and sesame oil in a small bowl.
2. Place cod fillets in a shallow dish or on a plate. Spoon half the glaze over the fillets and let them marinate for 10 minutes while you prepare the rest.
3. Preheat the oven to 200°C. Line a baking tray with parchment paper. Place the cod on the sheet and bake for 12–15 minutes or until the fish flakes easily with a fork. In the last 2 minutes, brush with the remaining glaze.
4. While the cod bakes, heat sesame oil in a large frying pan over medium heat. Add garlic and ginger; sauté for 30 seconds. Add pak choy, cut-side down, and cook for 2–3 minutes. Flip and cook another 2 minutes, until tender-crisp - season with a pinch of salt.
5. Divide the cooked brown rice between two bowls or plates. Top with pak choy and glazed cod. Garnish with sesame seeds, spring onions, and a squeeze of lime if desired.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~420, Protein: 30 g, Carbohydrates: 35 g, Fiber: 5 g, Sugar: 5 g, Fat: 20 g, Saturated Fat: 5 g, Sodium: 600mg

# Grass-Fed Beef & Cauliflower Cottage Pie

 4 servings    20 min    30 min

*This Grass-Fed Beef & Cauliflower Cottage Pie is a cozy, satisfying dish with a clean twist - high in protein and fibre, and lower in carbs than the traditional version. Perfect for meal prep or a nourishing family dinner!*

## INGREDIENTS

### For the Cauliflower Mash Topping:

- 1 medium head cauliflower, cut into florets
- 1 tablespoon olive oil or grass-fed butter
- 2 tablespoons unsweetened almond milk (or milk of choice)
- 1 garlic clove, minced (optional)
- Salt & pepper to taste

### For the Beef & Veggie Filling:

- 1 lb (450 g) grass-fed minced beef
- 1 tablespoon olive oil (if needed)
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 1 celery stalk, diced
- ½ cup frozen peas (optional)
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- ¼ teaspoon smoked paprika (optional)
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ cup low-sodium beef broth or water

## DIRECTIONS

1. Steam cauliflower florets until tender (about 10–12 minutes). Drain and transfer to a food processor or bowl. Add olive oil/butter, almond milk, garlic (if using), salt, and pepper. Blend or mash until smooth and creamy. Set aside.
2. Over medium heat, cook the minced beef in a large frying pan until browned, breaking it up as it cooks. Drain excess fat if needed. Add onion and garlic; cook for 2–3 minutes. Stir in carrots, celery, and peas (if using).
3. Add tomato paste, thyme, rosemary, paprika, salt, and pepper. Mix well. Pour in broth and simmer for 5–7 minutes until vegetables are tender and the mixture thickens slightly.
4. Preheat the oven to 190°C. Transfer the beef and veggie mixture to a baking dish (8x8 or similar). Spread the cauliflower mash evenly on top.
5. Bake for 20 minutes until heated through. If desired, broil on high for 2–3 minutes at the end for a golden top.
6. Let it cool slightly before serving. Garnish with fresh thyme or parsley if you like.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~380, Protein: 30 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 400mg





# Garlic & Ginger Stir-Fried Prawn with Broccoli & Cauliflower Rice



2 servings



15 min



10 min

*This Garlic & Ginger Stir-Fried Prawn with Broccoli & Cauliflower Rice is a fast, flavorful, and anti-inflammatory meal - perfect for a light, low-carb dinner packed with nutrients.*

## INGREDIENTS

### For the Prawn Stir-Fry:

- 225 g (225 g) raw prawns, peeled and deveined
- 1 tablespoon olive oil or avocado oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 180 g broccoli florets
- 2 tablespoons low-sodium tamari or soy sauce
- 1 teaspoon sesame oil (optional, for flavor)
- 1 tablespoon lime juice (optional, for brightness)
- Pinch of red pepper flakes (optional, for heat)
- Fresh coriander or spring onion for garnish

### For the Cauliflower Rice:

- 370 g riced cauliflower (store-bought or homemade)
- 1 teaspoon olive oil
- 1 garlic clove, minced
- Pinch of sea salt and black pepper

## DIRECTIONS




1. Heat olive oil in a frying pan over medium heat. Add garlic and sauté for 30 seconds. Add cauliflower rice and a pinch of salt and pepper. Cook for 4–5 minutes, stirring occasionally, until tender. Set aside and keep warm.
2. Heat 1 tablespoon oil in a large frying pan or wok over medium-high heat. Add garlic and ginger and sauté for 30 seconds until fragrant.
3. Add broccoli and cook for 2–3 minutes until bright green and slightly tender. If needed, add a splash of water to the steam.
4. Add prawns to the frying pan with tamari, sesame oil (if using), and red pepper flakes. Stir-fry for 3–4 minutes until prawns are pink and cooked through.
5. Stir in lime juice (if using). Divide cauliflower rice between two bowls, top with prawns and broccoli mixture, and garnish with coriander or spring onions.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~310, Protein: 30 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 5 g, Fat: 15 g, Saturated Fat: 0 g, Sodium: 550mg



## Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing

 2 servings  15 min  25-30 min

*This Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing is full of colour, omega-3s, and antioxidants - a perfect blend of freshness, richness, and clean energy.*

### INGREDIENTS

#### For the Salad:

- 2 wild-caught salmon fillets (about 150 g each)
- 2 medium beets, peeled and cubed
- 120 g mixed greens (rocket, spinach, or spring mix)
- ½ avocado, sliced
- ¼ cup goat cheese or feta (optional)
- 2 tablespoons walnuts or pumpkin seeds, toasted

- Olive oil, salt, and pepper (for roasting)

#### For the Citrus Dressing:

- 2 tablespoons fresh orange juice
- 1 tablespoon lemon juice
- 1 teaspoon orange zest
- 1 teaspoon of Dijon mustard
- 1 teaspoon honey or maple syrup
- 2 tablespoons olive oil
- Sea salt & black pepper, to taste




### DIRECTIONS

1. Preheat the oven to 200°C. Toss the beet cubes with a drizzle of olive oil, salt, and pepper. Spread them on a baking tray and roast for 25–30 minutes, flipping them halfway through, until tender and caramelized. Set aside to cool slightly.
2. While the beets roast, season the salmon fillets with salt and pepper. You can pan-sear (3–4 minutes per side) or bake at 200°C for 12–15 minutes, until the salmon flakes easily.
3. Whisk together orange juice, lemon juice, orange zest, Dijon, honey, olive oil, salt, and pepper until emulsified in a small bowl or jar. Arrange the mixed greens in a large bowl or plate. Top with roasted beets, avocado slices, crumbled goat cheese, toasted nuts or seeds, and salmon.
4. Drizzle with citrus dressing just before serving. Serve warm or at room temperature.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~480, Protein: 30 g, Carbohydrates: 20 g, Fiber: 5 g, Sugar: 10 g, Fat: 30 g, Saturated Fat: 5 g, Sodium: 350mg

## Spiced Chicken & Roasted Cauliflower Traybake

 2 servings  15 min  25-30 min

*This Spiced Chicken & Roasted Cauliflower Traybake is a fuss-free, anti-inflammatory dinner loaded with flavor, fibre, and lean protein - perfect for clean eating and quick prep!*

### INGREDIENTS

#### For the Chicken:

- 2 boneless, skinless chicken breasts (or thighs)
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon turmeric
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- Juice of ½ lemon (optional)

#### For the Cauliflower:

- 1 small head cauliflower, cut into florets
- 1 tablespoon olive oil
- ½ teaspoon ground coriander
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- ¼ teaspoon pepper

#### Optional Garnishes:

- Fresh parsley or coriander
- Lemon wedges
- Tahini drizzle or plain yoghurt

### DIRECTIONS

1. Preheat the oven to 220°C. Line a large baking tray with parchment paper or foil.
2. Mix olive oil, cumin, paprika, garlic powder, turmeric, salt, pepper, and lemon juice in a small bowl. Rub evenly over chicken breasts and set aside.
3. In another bowl, toss cauliflower florets with olive oil, coriander, paprika, salt, and pepper until well coated.
4. Place the chicken on one side of the sheet pan and spread the cauliflower on the other side. Keep everything in a single layer for even roasting.
5. Roast in the oven for 25–30 minutes, flipping the cauliflower halfway through. The chicken is done when it reaches an internal temperature of 74°C, and the cauliflower is golden and tender.
6. Plate the chicken and cauliflower. If desired, garnish with fresh herbs, lemon wedges, or a drizzle of tahini or yoghurt.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~420, Protein: 35 g, Carbohydrates: 15 g, Fiber: 5 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 400mg





# Sautéed Garlic Mushrooms & Grass-Fed Beef Stir-Fry

 2 servings  15 min  10-12 min

*This Sautéed Garlic Mushrooms & Grass-Fed Beef Stir-Fry is savory, satisfying, and packed with nutrient-rich whole foods - perfect for a quick and healthy dinner.*

## INGREDIENTS

### For the Stir-Fry:

- 225 g (225 g) grass-fed beef (sirloin or flank), thinly sliced against the grain
- 480 ml mushrooms, sliced (cremini, shiitake, or button)
- 2 tablespoons olive oil or avocado oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated (optional)
- 60 g baby spinach or pak choi (optional, for added greens)
- 2 spring onions, sliced (for garnish)
- Sesame seeds (optional, for garnish)

### For the Sauce:

- 2 tablespoons low-sodium tamari or soy sauce
- 1 tablespoon rice vinegar or lime juice
- 1 teaspoon sesame oil (optional)
- 1 teaspoon honey or maple syrup
- ½ teaspoon arrowroot starch or cornflour (for thickening)
- 2 tablespoons water

## DIRECTIONS

1. Whisk together tamari, vinegar, sesame oil, honey, arrowroot starch, and water in a small bowl. Set aside.
2. Heat 1 tablespoon oil in a large frying pan or wok over medium-high heat. Add sliced mushrooms and sauté for 5–6 minutes until golden brown and tender. Add minced garlic and ginger; cook for 30 seconds more. Transfer mushrooms to a plate.
3. Add the remaining oil to the frying pan. Add sliced beef and cook for 2–3 minutes per side or until browned and just cooked through.
4. Return the mushrooms to the pan. Pour in the sauce and toss everything together. Add spinach or pak choi, if using, and cook for another 1–2 minutes until the greens wilt and the sauce thickens slightly.
5. Divide between two plates and garnish with spring onions and sesame seeds if desired. Serve alone or with a side of cauliflower rice or brown rice.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~390, Protein: 30 g, Carbohydrates: 10 g, Fiber: 5 g, Sugar: 5 g, Fat: 25 g, Saturated Fat: 5 g, Sodium: 450mg



## CHAPTER 8

# Snacks & Small Bites

- 58 DARK CHOCOLATE & WALNUT ENERGY BITES
- 58 CINNAMON-SPICED BAKED APPLE SLICES
- 59 GOLDEN MILK CASHEW LATTE BITES
- 59 BERRY & ALMOND YOGURT BARK
- 60 COCONUT & MATCHA BLISS BALLS
- 60 FLAXSEED & HONEY NUT GRANOLA CLUSTERS
- 61 TURMERIC & GINGER SPICED ALMONDS
- 61 BANANA & WALNUT OAT BARS
- 62 CHIA & FLAX SUPERFOOD CRACKERS
- 62 RASPBERRY & CASHEW ENERGY BALLS
- 63 PUMPKIN SPICE & PECAN GRANOLA
- 63 CINNAMON & WALNUT STUFFED DATES



## Dark Chocolate & Walnut Energy Bites

 12 bites  10 min  0 min

*These Dark Chocolate & Walnut Energy Bites are the perfect grab-and-go snack - packed with omega-3s, fibre, and a touch of sweetness to keep your energy steady throughout the day.*

### INGREDIENTS

- 90 g porridge oats (gluten-free if needed)
- ½ cup raw walnuts, finely chopped
- ¼ cup ground flaxseed or chia seeds
- ¼ cup unsweetened desiccated coconut (optional)
- ¼ cup mini dark chocolate drops (70% cacao or higher)
- ½ cup natural almond butter or peanut butter
- 2 tablespoons of honey or maple syrup
- 1 teaspoon vanilla extract
- Pinch of sea salt

### DIRECTIONS

1. Combine oats, walnuts, flaxseed (or chia), desiccated coconut, dark chocolate drops, and a pinch of sea salt in a large bowl.
2. Stir in almond butter, honey (or maple syrup), and vanilla extract. Mix well until everything is thoroughly combined and sticky. Add 1–2 tsp water or more nut butter if the mixture feels too dry.
3. Scoop out heaping tablespoons and roll into balls using your hands. Place the slices on a parchment-lined tray or plate.
4. Refrigerate for at least 15–30 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for extended storage.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~120, Protein: 3g, Carbohydrates: 10g, Fiber: 2g, Sugar: 4g, Fat: 8g, Saturated Fat: 1.5g, Sodium: 40mg

## Cinnamon-Spiced Baked Apple Slices

 2 servings  10 min  20–25 min

*These Cinnamon-Spiced Baked Apple Slices are naturally sweet, warming, and packed with fibre and antioxidants — perfect for a healthy dessert, snack, or breakfast topper!*

### INGREDIENTS

- 2 medium apples (such as Honeycrisp or Fuji), cored and thinly sliced
- 1 tablespoon coconut oil or unsalted butter, melted
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger (optional)
- 1 teaspoon of maple syrup or honey (optional, for extra sweetness)
- 1 teaspoon lemon juice
- Pinch of sea salt
- Optional toppings: chopped walnuts, raisins, plain yoghurt, or a sprinkle of hemp seeds

### DIRECTIONS

1. Preheat your oven to 190°C. Line a baking dish or sheet with parchment paper.
2. In a mixing bowl, toss the apple slices with melted coconut oil (or butter), cinnamon, ginger (if using), maple syrup, lemon juice, and sea salt until well coated.
3. Spread the slices evenly in a single layer on the baking dish. Bake for 20–25 minutes, flipping halfway until the apples are tender and lightly golden.
4. Serve warm on their own or topped with a dollop of plain yoghurt, chopped nuts, or a sprinkle of seeds for added texture.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~130, Protein: 1g, Carbohydrates: 22g, Fiber: 4g, Sugar: 15g (mostly natural), Fat: 5g, Saturated Fat: 3g, Sodium: 50mg





## Golden Milk Cashew Latte Bites

 12 bites  10 min  0 min

*These Golden Milk Cashew Latte Bites are warming, creamy, and naturally energizing - perfect as a nourishing snack or a little anti-inflammatory treat with your afternoon tea.*

### INGREDIENTS

- 240 ml raw cashews (unsalted)
- ½ cup unsweetened desiccated coconut
- 2 tablespoons ground flaxseed or chia seeds
- 1 tablespoon coconut oil, melted
- 1 tablespoon of maple syrup or honey
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1 teaspoon vanilla extract
- Pinch of black pepper (enhances turmeric absorption)
- Pinch of sea salt
- Optional: 1 teaspoon instant espresso or finely ground coffee (for a subtle “latte” twist)

### DIRECTIONS

1. In a food processor, combine the cashews and desiccated coconut. Pulse until finely ground. Add flaxseed, turmeric, cinnamon, ginger, black pepper, and salt. Pulse again to mix.
2. Add coconut oil, maple syrup, vanilla extract, and espresso powder (if using). Blend until the mixture sticks together when pressed between your fingers. If too dry, add 1–2 tsp warm water.
3. Scoop out small portions and roll into 1-inch balls. Place the slices on a parchment-lined plate or tray. Refrigerate for 20–30 minutes until firm. Store in an airtight container in the fridge for up to 1 week or freeze for a longer shelf life.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~110, Protein: 2g, Carbohydrates: 6g, Fiber: 2g, Sugar: 3g, Fat: 9g, Saturated Fat: 3g, Sodium: 30mg

## Berry & Almond Yogurt Bark

 8 servings  10 min  0 min

*This Berry & Almond Yogurt Bark is cool, creamy, and antioxidant-rich — perfect for hot days, post-workout fuel, or a clean and colourful snack!*

### INGREDIENTS

- 480 ml plain Greek yoghurt (or dairy-free yoghurt alternative)
- 1–2 tablespoons honey or maple syrup (adjust to taste)
- ½ teaspoon vanilla extract
- Pinch of sea salt (optional)
- ¾ cup mixed berries (blueberries, blackberries, raspberries)
- ¼ cup sliced almonds, lightly toasted
- 1 tablespoon chia seeds or hemp seeds (optional)

### DIRECTIONS

1. Mix the Greek yoghurt with honey (or maple syrup) and vanilla extract until smooth and well combined.
2. Line a 9x9-inch baking dish or sheet pan with parchment paper. Spread the yoghurt mixture evenly across the pan, about ½ inch thick.
3. Sprinkle mixed berries, sliced almonds, chia or hemp seeds, and a pinch of sea salt (if using) evenly over the yoghurt.
4. Place the tray in the freezer for 2–3 hours or until the yoghurt is completely frozen.
5. Once frozen solid, remove it from the freezer and break it into pieces. Serve immediately and store leftovers in a sealed container in the freezer.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~120, Protein: 6g, Carbohydrates: 9g, Fiber: 2g, Sugar: 6g (includes natural sugars from yoghurt & berries), Fat: 7g, Saturated Fat: 1g, Sodium: 30mg





## Coconut & Matcha Bliss Balls

 12 bliss balls  10 min  0 min

*These Coconut & Matcha Bliss Balls are creamy, energizing, and rich in healthy fats and antioxidants - perfect for a clean energy boost or a mindful treat.*

### INGREDIENTS

- 130 g unsweetened desiccated coconut (plus extra for rolling)
- ½ cup raw cashews or almonds
- 2 tablespoons of coconut oil, melted
- 1 tablespoon of maple syrup or honey
- 1 teaspoon matcha green tea powder
- 1 teaspoon vanilla extract
- Pinch of sea salt
- 1–2 teaspoons water (only if needed to help the mixture stick)

### DIRECTIONS

1. Pulse the desiccated coconut and cashews in a food processor until finely ground. Add melted coconut oil, maple syrup, matcha powder, vanilla extract, and a pinch of sea salt. Blend until the mixture starts to come together. If it's too dry to roll, add a teaspoon of water.
2. Scoop out small amounts and roll into 1-inch balls. Roll in extra desiccated coconut for a pretty finish.
3. Place the bliss balls on a plate or tray and refrigerate for 15–20 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for longer.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~110, Protein: 2g, Carbohydrates: 5g, Fiber: 2g, Sugar: 2g, Fat: 9g, Saturated Fat: 6g, Sodium: 20mg

## Flaxseed & Honey Nut Granola Clusters

 6–8 servings  10 min  25–30 min

*These Flaxseed & Honey Nut Granola Clusters are crunchy, lightly sweet, and packed with healthy fats, fibre, and protein - perfect for an anti-inflammatory start to the day or a nourishing snack.*

### INGREDIENTS

- 180 g porridge oats (gluten-free if needed)
- ½ cup raw almonds, chopped
- ½ cup raw walnuts or pecans, chopped
- ¼ cup ground flaxseed
- 2 tablespoons whole flaxseed (optional, for extra crunch)
- ¼ cup unsweetened desiccated coconut (optional)
- 1 teaspoon cinnamon
- ¼ teaspoon sea salt
- ⅓ cup honey or maple syrup
- ¼ cup coconut oil or olive oil, melted
- 1 teaspoon vanilla extract

### DIRECTIONS

1. Preheat your oven to 165°C. Line a large baking tray with parchment paper.
2. Combine oats, chopped nuts, ground and whole flaxseed, coconut (if using), cinnamon, and sea salt in a large bowl.
3. Whisk together honey (or maple syrup), melted coconut oil, and vanilla extract in a small bowl. Pour over the dry ingredients and stir well until everything is evenly coated.
4. Spread the granola mixture onto the baking tray in an even layer. Press down slightly with a spatula to help form clusters.
5. Bake for 25–30 minutes, flipping once halfway through, until golden brown. Do not over-stir — less stirring = more clusters!
6. Remove from the oven and let cool entirely without disturbing. Once cooled, break into clusters and store in an airtight container at room temperature for up to 2 weeks.




#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~250, Protein: 5g, Carbohydrates: 20g, Fiber: 4g, Sugar: 7g, Fat: 18g, Saturated Fat: 5g, Sodium: 80mg





## Turmeric & Ginger Spiced Almonds

 8 servings  5 min  20-25 min

*These Turmeric & Ginger Spiced Almonds are earthy, crunchy, and loaded with anti-inflammatory spices - perfect as a healthy snack, salad topper, or giftable treat!*

### INGREDIENTS

- 260 g raw almonds
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon smoked paprika (optional, for a smoky kick)
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt
- Pinch of cayenne pepper (optional, for heat)
- 1 teaspoon of maple syrup or honey (optional, for a touch of sweetness)



### DIRECTIONS

1. Preheat your oven to 165°C. Line a baking tray with parchment paper.
2. In a mixing bowl, combine almonds with oil, turmeric, ginger, black pepper, salt, paprika, cayenne, and maple syrup (if using). Toss until evenly coated.
3. Spread the almonds in a single layer on the prepared baking tray. Bake for 20–25 minutes, stirring once halfway through, until golden and fragrant. Watch them carefully to avoid burning.
4. Let the almonds cool completely on the baking tray. They will crisp up as they cool. Store in an airtight container at room temperature for up to 2 weeks.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~200, Protein: 6g, Carbohydrates: 6g, Fiber: 4g, Sugar: 1g, Fat: 18g, Saturated Fat: 1.5g, Sodium: 100mg

## Banana & Walnut Oat Bars

 8 bars  10 min  25-30 min

*These Banana & Walnut Oat Bars are soft, chewy, and full of heart-healthy fats, fibre, and natural sweetness - perfect as a snack or nourishing breakfast bar.*

### INGREDIENTS

- 2 ripe bananas, mashed
- 1 ½ cups porridge oats (gluten-free if needed)
- ½ cup chopped walnuts
- 2 tablespoons ground flaxseed (optional, for added fibre)
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg (optional)
- ¼ teaspoon sea salt
- 1 teaspoon vanilla extract
- 2 tablespoons of maple syrup or honey (optional, for extra sweetness)
- 2 tablespoons olive oil or melted coconut oil
- ¼ cup unsweetened plant-based milk (or milk of choice)

### DIRECTIONS

1. Preheat your oven to 175°C. Line an 8x8-inch baking dish with parchment paper.
2. In a large bowl, mash the bananas until smooth. Stir in maple syrup, oil, vanilla extract, and plant milk.
3. Add the oats, walnuts, flaxseed, cinnamon, nutmeg, and salt. Mix until thoroughly combined. The mixture should be thick and sticky.
4. Evenly spread the mixture into the prepared baking dish. Press down firmly to flatten. Bake for 25–30 minutes or until the top is golden and firm.
5. Let the mixture cool completely before slicing into 8 bars. Store in an airtight container at room temperature for 3 days, or refrigerate for up to a week.




#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~180, Protein: 4g, Carbohydrates: 20g, Fiber: 4g, Sugar: 6g (mostly natural from bananas), Fat: 10g, Saturated Fat: 1.5g, Sodium: 90mg





## Chia & Flax Superfood Crackers

 30 crackers  10 min  35-40 min

*These crunchy, satisfying, and nutrient-dense Superfood Crackers are made with wholesome seeds - perfect on their own or paired with your favorite dip or hummus.*

### INGREDIENTS

- ½ cup ground flaxseeds
- ¼ cup whole chia seeds
- ½ cup water
- ¼ cup sunflower seeds or pumpkin seeds (optional for crunch)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon sea salt
- ¼ teaspoon dried rosemary, thyme, or mixed herbs (optional)
- Pinch of black pepper or red pepper flakes (optional)

### DIRECTIONS

1. Preheat the oven to 165°C. Line a baking tray with parchment paper.
2. In a bowl, combine ground flaxseed, chia seeds, and water. Stir well and sit for 10 minutes until the mixture thickens into a gel-like texture.
3. Stir in garlic powder, onion powder, sea salt, herbs, pepper, and any optional seeds. Mix well to combine.
4. Transfer the mixture to the prepared baking tray. Evenly spread out using a spatula or the back of a spoon, forming a thin, even layer (about ⅛ inch thick). Square off the edges for uniform crackers.
5. Use a knife or pizza cutter to score the mixture into cracker-sized squares gently. Bake for 35-40 minutes, flipping halfway through if needed, until crisp and golden.
6. Let it cool completely before breaking into crackers along the scored lines. Store in an airtight container at room temperature for up to 1 week.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~120, Protein: 4g, Carbohydrates: 6g, Fiber: 5g, Sugar: 0g, Fat: 9g, Saturated Fat: 1g, Sodium: 90mg

## Raspberry & Cashew Energy Balls

 12 balls  10 min  0 min

*These Raspberry & Cashew Energy Balls are fruity, creamy, and bursting with antioxidants - a refreshing, nourishing snack to keep you energized throughout the day!*

### INGREDIENTS

- 240 ml raw cashews
- ½ cup freeze-dried raspberries (not fresh or frozen)
- ½ cup unsweetened desiccated coconut (plus extra for rolling, optional)
- 2 tablespoons of maple syrup or honey
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract
- Pinch of sea salt
- 1-2 teaspoons water (only if needed)

### DIRECTIONS

1. Combine cashews, freeze-dried raspberries, and desiccated coconut in a food processor. Pulse until the mixture becomes crumbly and finely ground.
2. Add maple syrup, melted coconut oil, vanilla, and sea salt. Blend again until the mixture begins to stick together. If it's too dry, add 1-2 teaspoons of water.
3. Scoop out portions and roll into 1-inch balls. If desired, roll them in extra desiccated coconut for a pretty finish.
4. Place the balls on a plate or tray and refrigerate for 15-20 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for longer.




#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~110, Protein: 2g, Carbohydrates: 8g, Fiber: 2g, Sugar: 5g, Fat: 8g, Saturated Fat: 3g, Sodium: 25mg





## Pumpkin Spice & Pecan Granola

 8 servings  10 min  25-30 min

*This Pumpkin Spice & Pecan Granola is cozy, crunchy, and packed with fall flavor - perfect with yoghurt, milk, or straight from the jar!*

### INGREDIENTS

- 270 g porridge oats (gluten-free if needed)
- 130 g raw pecans, roughly chopped
- 2 tablespoons ground flaxseed or chia seeds (optional)
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon sea salt
- ⅓ cup pumpkin purée (not pumpkin pie filling)
- ⅓ cup of maple syrup or honey
- ¼ cup melted coconut oil or olive oil
- 1 teaspoon vanilla extract
- Optional: ½ cup dried cranberries or raisins (add after baking)

### DIRECTIONS

1. Preheat the oven to 165°C. Line a large baking tray with parchment paper.
2. Combine oats, pecans, flaxseed, cinnamon, ginger, nutmeg, cloves, and salt in a large bowl.
3. Whisk together pumpkin purée, maple syrup, coconut oil, and vanilla in a separate bowl until smooth.
4. Pour the wet mixture over the dry ingredients and stir until evenly coated.
5. Spread the granola evenly on the baking tray. Press it down gently to encourage clusters. Bake for 25-30 minutes, stirring once halfway through. Let it cool completely — it will crisp up as it cools.
6. Once cooled, stir in dried cranberries or raisins if using. Store in an airtight container for up to 2 weeks.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~240, Protein: 4g, Carbohydrates: 23g, Fiber: 4g, Sugar: 8g, Fat: 15g, Saturated Fat: 4g, Sodium: 90mg

## Cinnamon & Walnut Stuffed Dates

 10 dates  10 min  0 min

*These Cinnamon & Walnut Stuffed Dates are chewy, naturally sweet, and warmly spiced - perfect as a healthy dessert, afternoon snack, or energy bite!*

### INGREDIENTS

- 10 Medjool dates, pitted
- 10 walnut halves (or 5 whole walnuts, broken into halves)
- ½ teaspoon ground cinnamon
- 1 tablespoon almond butter or tahini (optional, for extra creaminess)
- Pinch of sea salt
- Optional: desiccated coconut, crushed pistachios, or cacao nibs for topping

### DIRECTIONS

1. Carefully slice each Medjool date lengthwise (without cutting all the way through) and remove the pit if it is not already pitted.
2. Sprinkle the inside of each date with a small pinch of cinnamon and sea salt. If using almond butter or tahini, add about ½ teaspoon inside each date.
3. Place a walnut half into each date and gently press the sides of the date to hold everything together.
4. Sprinkle with desiccated coconut, crushed pistachios, or cacao nibs for extra texture and flavor.
5. Enjoy immediately or refrigerate in an airtight container for up to 1 week.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~90, Protein: 1g, Carbohydrates: 12g, Fiber: 2g, Sugar: 10g (natural), Fat: 4g, Saturated Fat: 0.3g, Sodium: 10mg





## CHAPTER 9

# Desserts & Sweet Treats

- 65 DARK CHOCOLATE AVOCADO MOUSSE
- 65 BLUEBERRY & COCONUT BAKED OATMEAL CUPS
- 66 CHIA & BERRY PARFAIT
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- 67 GINGER & TURMERIC POACHED PEARS
- 68 SWEET POTATO BROWNIES WITH DARK CHOCOLATE
- 68 SPICED CHAI LATTE DAIRY-FREE ICE CREAM



## Dark Chocolate Avocado Mousse

 2 servings  10 min  0 min

*This Dark Chocolate Avocado Mousse is silky, satisfying, and full of heart-healthy fats and antioxidants - a perfect clean dessert that's as good for your body as it is for your sweet tooth.*

### INGREDIENTS

- 1 ripe avocado
- ¼ cup unsweetened cocoa powder (or raw cacao powder)
- 2–3 tablespoons of maple syrup or honey (adjust to taste)
- 2 tablespoons unsweetened almond milk (or milk of choice)
- 1 teaspoon vanilla extract
- Pinch of sea salt
- Optional: 1–2 tablespoons melted dark chocolate (for richer flavor)
- Optional toppings: fresh berries, cacao nibs, coconut flakes, or chopped nuts




### DIRECTIONS

1. Scoop the avocado flesh into a blender or food processor.
2. Add cocoa powder, maple syrup, almond milk, vanilla extract, sea salt, and melted dark chocolate. Blend until completely smooth and creamy. Scrape down sides as needed.
3. Taste and add more maple syrup or almond milk for the desired sweetness and consistency.
4. Transfer to serving bowls or jars and refrigerate for 30 minutes for a firmer texture.
5. Top with your favorite toppings and enjoy!

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~210, Protein: 3g, Carbohydrates: 20g, Fiber: 7g, Sugar: 10g, Fat: 15g, Saturated Fat: 3g, Sodium: 60mg

## Blueberry & Coconut Baked Oatmeal Cups

 10-12 cups  10 min  25-30 min

*These Blueberry & Coconut Baked Oatmeal Cups are soft, naturally sweet, and filled with fibre, antioxidants, and healthy fats - perfect for grab-and-go mornings or a wholesome snack!*

### INGREDIENTS

- 180 g porridge oats (gluten-free if needed)
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt
- 130 g unsweetened coconut milk (or milk of choice)
- 1 ripe banana, mashed (or ¼ cup unsweetened applesauce)
- 1 egg (or flax egg: 1 tbsp flaxseed + 3 tbsp water)
- ¼ cup of maple syrup or honey
- 1 teaspoon vanilla extract
- ½ cup unsweetened desiccated coconut
- 240 ml fresh or frozen blueberries

### DIRECTIONS

1. Preheat your oven to 175°C. Grease a muffin tin or line with paper liners.
2. Combine oats, baking powder, cinnamon, sea salt, and desiccated coconut in a large bowl.
3. Whisk together mashed banana, egg, coconut milk, maple syrup, and vanilla extract in another bowl until smooth.
4. Pour the wet ingredients into the dry and stir until combined. Gently fold in the blueberries.
5. Divide the mixture evenly into the muffin cups, filling each about ¾ full.
6. Bake for 25–30 minutes or until the tops are golden and set. Cool in the pan for 5 minutes before transferring to a wire rack.
7. Enjoy warm or store in an airtight container in the fridge for up to 5 days. You can also freeze them for more extended storage.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~130, Protein: 3g, Carbohydrates: 18g, Fiber: 3g, Sugar: 6g, Fat: 5g, Saturated Fat: 2g, Sodium: 90mg





## Chia & Berry Parfait

 2 servings  10 min  0 min

*This Chia & Berry Parfait is refreshing, fibre-rich, and packed with antioxidants - a beautiful and balanced choice for clean eating.*

### INGREDIENTS

For the Chia Pudding:

- ¼ cup chia seeds
- 130 g unsweetened almond milk (or milk of choice)
- 1–2 teaspoons of maple syrup or honey (optional, to taste)
- ½ teaspoon vanilla extract

For the Parfait Layers:

- 240 ml mixed berries (blueberries, raspberries, strawberries, blackberries)
- ½ cup unsweetened coconut yoghurt or Greek yoghurt (optional)
- 2 tablespoons granola, nuts, or seeds (optional topping)




### DIRECTIONS

1. Whisk together chia seeds, almond milk, maple syrup (if using), and vanilla extract in a bowl or jar. Let sit for 5 minutes, then whisk again to prevent clumping.
2. Cover and refrigerate for at least 2 hours or overnight until thick and pudding-like.
3. In two glasses or jars, layer chia pudding, a spoonful of yoghurt (if using), and a handful of berries. Repeat layers as desired.
4. Top with granola, chopped nuts, or seeds for crunch. Serve chilled and enjoy!

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~200 (without yoghurt or granola), Protein: 5g, Carbohydrates: 20g, Fiber: 9g, Sugar: 8g, Fat: 10g, Saturated Fat: 1g, Sodium: 50mg

## Almond Flour Banana Bread

 1 loaf  10 min  45–50 min

*This Almond Flour Banana Bread is soft, lightly sweet, and naturally gluten-free - a perfect clean treat for breakfast, snacking, or dessert!*

### INGREDIENTS

- 3 ripe bananas, mashed (about 1 cup)
- 3 large eggs
- 2 tablespoons of maple syrup or honey (optional, for extra sweetness)
- 1 teaspoon vanilla extract
- 2 ½ cups almond flour
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- Optional add-ins: ½ cup chopped walnuts, dark chocolate chips, or blueberries

### DIRECTIONS

1. Preheat your oven to 175°C. Line a loaf pan with parchment paper or grease it lightly.
2. Whisk together mashed bananas, eggs, maple syrup, and vanilla extract in a large bowl until smooth.
3. Stir in almond flour, cinnamon, baking soda, and sea salt. Mix until well combined. Fold in any optional add-ins if using.
4. Pour the batter into the prepared loaf pan and smooth the top. Bake for 45–50 minutes or until a toothpick inserted in the center comes clean.
5. Let the banana bread cool in the pan for 10–15 minutes, then transfer it to a wire rack to cool completely. Slice and enjoy!




#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 6g, Carbohydrates: 11g, Fiber: 3g, Sugar: 6g (mostly from bananas), Fat: 17g, Saturated Fat: 1.5g, Sodium: 160mg





## Ginger & Turmeric Poached Pears

 4 servings  10 min  25-30 min

*These Ginger & Turmeric Poached Pears are light, gently spiced, and packed with healing ingredients - a naturally sweet treat supporting digestion and reducing inflammation.*

### INGREDIENTS

- 4 ripe but firm pears (such as Bosc or Anjou), peeled, stems intact
- 1 tablespoon fresh ginger, sliced (or 1 tsp ground ginger)
- ½ teaspoon ground turmeric (or 1-inch fresh turmeric root, sliced)
- 720 ml water
- 1 cinnamon stick
- 1 tablespoon lemon juice
- 2-3 tablespoons of maple syrup or honey (to taste)
- Optional: pinch of black pepper (enhances turmeric absorption)

### DIRECTIONS

1. Combine water, ginger, turmeric, cinnamon stick, lemon juice, and maple syrup in a medium saucepan. Bring to a gentle boil, then reduce heat to low.
2. Add the peeled pears to the pan. Cover and simmer gently for 25-30 minutes, turning the pears occasionally to ensure even poaching. Pears are done when they are tender when pierced with a knife.
3. Remove the pears from the liquid and set aside. Optionally, simmer the poaching liquid for 5-10 minutes to reduce it to a light syrup.
4. Serve pears warm or chilled, drizzled with a spoonful of the reduced poaching liquid. If desired, garnish with a sprinkle of cinnamon, chopped nuts, or a dollop of coconut yoghurt.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~120, Protein: 1g, Carbohydrates: 28g, Fiber: 4g, Sugar: 18g (mostly natural), Fat: 0g, Saturated Fat: 0g, Sodium: 5mg

## Mango & Coconut Chia Ice Lollies

 6 popsicles  10 min  0 min

*These Mango & Coconut Chia Ice Lollies are creamy, fruity, and packed with tropical flavor - the perfect summer treat that's both refreshing and nourishing.*

### INGREDIENTS

- 1 ½ cups ripe mango chunks (fresh or frozen, thawed)
- 130 g canned full-fat coconut milk (well shaken)
- 1 tablespoon chia seeds
- 1 tablespoon of maple syrup or honey (optional, to taste)
- ½ teaspoon vanilla extract (optional)
- Pinch of sea salt

### DIRECTIONS

1. In a blender, purée the mango until smooth. Set aside.
2. Whisk together coconut milk, chia seeds, maple syrup, vanilla extract, and sea salt in a bowl. Let sit for 5-10 minutes, stirring once or twice, to allow the chia seeds to begin swelling.
3. Spoon alternating layers of mango purée and coconut chia mixture into popsicle molds to create a swirl or layered effect. Gently tap the molds on the counter to remove air bubbles.
4. Insert popsicle sticks and freeze for at least 4-6 hours or overnight until fully frozen.
5. To release the popsicles, run warm water over the outside of the molds for a few seconds and gently pull the popsicles out.




### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~100, Protein: 1g, Carbohydrates: 10g, Fiber: 2g, Sugar: 7g (mostly natural), Fat: 7g, Saturated Fat: 6g, Sodium: 15mg





## Sweet Potato Brownies with Dark Chocolate

 9 brownies  15 min  25-30 min

*These Sweet Potato Brownies with Dark Chocolate are decadently fudgy, nutrient-rich, and made with whole ingredients - a perfect guilt-free indulgence that supports your wellness goals.*

### INGREDIENTS

- 240 ml mashed cooked sweet potato (from ~1 medium sweet potato)
- 2 eggs (or flax eggs: 2 tbsp ground flaxseed + 6 tbsp water)
- ¼ cup almond butter or nut/seed butter of choice
- ¼ cup of maple syrup or honey
- 1 teaspoon vanilla extract
- ½ cup almond flour
- ¼ cup unsweetened cocoa powder
- 1 teaspoon cinnamon (optional)
- ½ teaspoon baking soda
- Pinch of sea salt
- ¼ cup dark chocolate chips or chopped dark chocolate (70% cacao or higher), plus extra for topping

### DIRECTIONS

1. Preheat the oven to 175°C. Line an 8x8-inch baking dish with parchment paper or lightly grease.
2. Mix mashed sweet potato, eggs, almond butter, maple syrup, and vanilla until smooth in a medium bowl.
3. Stir in almond flour, cocoa powder, cinnamon (if using), baking soda, and salt until combined. Fold in chocolate chips.
4. Pour the batter into the prepared pan and smooth the top. Sprinkle with extra chocolate chips if desired. Bake for 25–30 minutes until the center is set and a toothpick comes out with moist crumbs (not wet batter).
5. Let cool in the pan for 10–15 minutes before slicing. The brownies will firm up as they cool. Store in an airtight container in the fridge for up to 5 days.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~180, Protein: 4g, Carbohydrates: 18g, Fiber: 3g, Sugar: 9g, Fat: 10g, Saturated Fat: 2.5g, Sodium: 90mg

## Spiced Chai Latte Dairy-Free Ice Cream

 4 servings  15 min  0 min

*This Spiced Chai Latte Dairy-Free Ice Cream is rich, creamy, and perfectly spiced — a soothing and indulgent frozen treat with anti-inflammatory benefits from warming spices like cinnamon and ginger.*

### INGREDIENTS

- 1 can (13.5 oz) full-fat coconut milk
- ½ cup unsweetened almond milk (or more coconut milk)
- ¼ cup of maple syrup or honey
- 1 ½ teaspoons vanilla extract
- ¼ teaspoon ground ginger
- 1 chai tea bag (or 1 tablespoon loose chai tea)
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon ground cloves
- Pinch of nutmeg
- Pinch of sea salt

### DIRECTIONS

1. Warm the almond milk (do not boil) and steep the chai tea bag in it for 5–7 minutes. Remove tea bag and let the milk cool slightly.
2. Combine the steeped almond milk, coconut milk, maple syrup, vanilla, spices, and salt in a blender. Blend until smooth and creamy.
3. For the best texture in an ice cream maker, refrigerate the mixture for at least 1 hour until well chilled.
4. Churn or Freeze:
  - With the ice cream maker, pour the mixture into the machine and churn it according to the manufacturer's instructions.
  - Without an ice cream maker: Pour into a freezer-safe container, stir every 30–60 minutes for 2–3 hours to break up ice crystals, then freeze solid.
5. Let it sit at room temperature for 5–10 minutes before scooping. Serve plain or with a sprinkle of cinnamon or a drizzle of coconut cream.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 1g, Carbohydrates: 13g, Fiber: 1g, Sugar: 10g, Fat: 18g, Saturated Fat: 15g, Sodium: 30mg



## CHAPTER 10

# Drinks & Smoothies

### DRINKS

- 70 ANTI-INFLAMMATORY GINGER-TURMERIC TEA
- 70 GOLDEN MILK TURMERIC LATTE
- 71 CUCUMBER & MINT INFUSED WATER
- 71 BEETROOT & BERRY DETOX JUICE
- 72 APPLE CIDER VINEGAR DETOX DRINK
- 72 COCONUT & PINEAPPLE HYDRATION TONIC
- 73 ANTI-INFLAMMATORY WATERMELON & BASIL COOLER
- 73 BERRY & HIBISCUS INFUSED WATER

### SMOOTHIES

- 74 GREEN DETOX SMOOTHIE
- 74 GOLDEN TURMERIC & MANGO SMOOTHIE
- 75 COCONUT & BERRY CHIA SEED SMOOTHIE
- 75 AVOCADO & MATCHA ENERGY SMOOTHIE
- 76 CINNAMON-SPICED APPLE PIE SMOOTHIE
- 76 BANANA & WALNUT OMEGA-3 SMOOTHIE
- 77 GINGER & CARROT IMMUNITY SMOOTHIE
- 77 POMEGRANATE & BEET ANTI-INFLAMMATORY SMOOTHIE





# Golden Milk Turmeric Latte



1 serving



5 min



5 min

*This Golden Milk Turmeric Latte is warm, comforting, and packed with anti-inflammatory benefits - perfect for winding down in the evening or starting your morning with calm clarity.*

## INGREDIENTS

- 130 g unsweetened almond milk (or coconut, oat, or cashew milk)
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger (or ½ tsp fresh grated)
- 1 teaspoon of maple syrup or honey (optional)
- ¼ teaspoon vanilla extract (optional)
- Pinch of black pepper (enhances absorption of curcumin)
- Optional: pinch of ground cardamom or nutmeg for added warmth

## DIRECTIONS

1. In a small saucepan, warm the almond milk over medium heat until steaming (do not boil).
2. Add turmeric, cinnamon, ginger, black pepper, and optional vanilla/cardamom. Whisk until smooth and well combined.
3. Stir in maple syrup or honey, adjusting to taste.
4. For a creamier, café-style latte, blend the mixture in a blender for 10–15 seconds until frothy — or use a milk frother.
5. Pour into a mug, sprinkle with cinnamon or turmeric on top, and enjoy warm.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~80, Protein: 1g, Carbohydrates: 10g, Sugar: 5g, Fat: 4g, Saturated Fat: 0.5g, Sodium: 150mg

# Anti-Inflammatory Ginger-Turmeric Tea



2 servings



5 min



10-15 min

*This Ginger-Turmeric Tea is warming, detoxifying, and packed with anti-inflammatory power - perfect for daily sipping or when you're feeling under the weather.*

## INGREDIENTS

- 480 ml water
- 1 tablespoon fresh ginger, sliced (or 1 teaspoon ground ginger)
- 1 tablespoon fresh turmeric, sliced (or 1 teaspoon ground turmeric)
- 1 tablespoon lemon juice (freshly squeezed)
- 1 teaspoon raw honey or maple syrup (optional)
- Pinch of black pepper (enhances curcumin absorption from turmeric)
- Optional: pinch of cinnamon or cayenne for extra warmth

## DIRECTIONS

1. Bring the water, sliced ginger, and turmeric to a boil in a small saucepan.
2. Reduce the heat and simmer for 10–15 minutes. The longer it simmers, the stronger the flavor and benefits.
3. Strain into mugs. Stir in lemon juice, honey (if using), black pepper, and optional spices.
4. Enjoy warm. Let the iced tea cool and pour over ice with a lemon wedge.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~15, Protein: 0g, Carbohydrates: 4g, Sugar: 2g (natural, varies with honey/maple), Fat: 0g, Fiber: 0g, Sodium: 0mg





## Cucumber & Mint Infused Water

 4 servings  5 min  0 min

*This Cucumber & Mint-Infused Water is ultra-refreshing, helps support digestion and hydration, and is perfect for sipping throughout the day - especially during warmer months or as part of a detox routine.*

### INGREDIENTS

- 1 small cucumber, thinly sliced
- 6–8 fresh mint leaves
- 1 liter (4 cups) filtered water
- Optional: 2–3 lemon or lime slices for added brightness
- Optional: a few ice cubes for serving

### DIRECTIONS

1. Wash and thinly slice the cucumber. Gently bruise the mint leaves by rubbing them between your fingers to release natural oils.
2. Add cucumber slices and mint leaves (plus lemon or lime, if using) to a pitcher or large glass jar.
3. Pour in the filtered water and stir gently.
4. Refrigerate for at least 1–2 hours for the flavors to develop. For a stronger flavor, let it infuse overnight.
5. Pour over ice and enjoy chilled. Refresh with new water and re-use the cucumber and mint up to 2 times within 24 hours.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: 0–2, Protein: 0g, Carbohydrates: <1g, Sugar: 0g, Fat: 0g, Fiber: 0g, Sodium: 0mg

## Beetroot & Berry Detox Juice

 2 servings  10 min  0 min

*This Beetroot & Berry Detox Juice is energizing, cleansing, and loaded with anti-inflammatory antioxidants - perfect for mornings, post-workout recovery, or a gentle daily detox.*

### INGREDIENTS

- 1 medium raw beet, peeled and chopped
- 240 ml fresh or frozen mixed berries (blueberries, strawberries, raspberries)
- 1 small apple (green or red), cored and chopped
- 1 tablespoon fresh lemon juice
- ½ teaspoon grated fresh ginger (or a pinch of ground ginger)
- 1–1½ cups filtered water or coconut water
- Optional: a few fresh mint leaves for added freshness
- Optional: ice cubes for serving

### DIRECTIONS

1. Wash, peel, and chop the beet and apple. If using frozen berries, let them thaw slightly.
2. Add beet, berries, apple, lemon juice, ginger, and water to a high-speed blender. Blend on high until smooth.
3. Strain through a fine mesh sieve or nut milk bag for a smoother juice. Or enjoy as-is for a fibre-rich smoothie-style detox juice.
4. Pour into glasses over ice if desired. Garnish with mint leaves or a lemon slice, and enjoy immediately for maximum freshness.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~110, Protein: 2g, Carbohydrates: 25g, Fiber: 5g (less if strained), Sugar: 17g (naturally occurring), Fat: 0g, Sodium: 30mg





## Apple Cider Vinegar Detox Drink

 1 serving  3 min  0 min

*This Apple Cider Vinegar Detox Drink supports digestion, helps balance blood sugar, and may reduce inflammation — a simple daily ritual to support overall wellness.*

### INGREDIENTS

- 1 tablespoon raw, unfiltered apple cider vinegar (with the “mother”)
- 240 ml filtered water (warm or cold)
- 1 teaspoon raw honey or pure maple syrup (optional, to taste)
- Juice of ¼ lemon (optional, for added vitamin C)
- ¼ teaspoon ground cinnamon (optional, for blood sugar balance)
- Pinch of cayenne pepper (optional, for a metabolism boost)

### DIRECTIONS

1. Add apple cider vinegar to the water. If using, stir in honey or maple syrup, lemon juice, cinnamon, and cayenne.
2. Drink immediately, preferably on an empty stomach in the morning or 20–30 minutes before meals. Stir again if the ingredients settle.

*Note: Always rinse your mouth with plain water after drinking ACV to protect your tooth enamel.*

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~15, Protein: 0g, Carbohydrates: 4g, Sugar: 3g (from honey/maple, if used), Fat: 0g, Sodium: 5mg

## Coconut & Pineapple Hydration Tonic

 2 servings  5 min  0 min

*This Coconut & Pineapple Hydration Tonic is tropical, revitalizing, and naturally rich in electrolytes like potassium and magnesium — making it a delicious and functional alternative to sugary sports drinks.*

### INGREDIENTS

- 130 g pure coconut water (unsweetened)
- 240 ml fresh pineapple chunks (or frozen, thawed)
- 1 teaspoon raw honey or maple syrup (optional, to taste)
- 1 tablespoon fresh lime juice
- Pinch of sea salt or pink Himalayan salt
- Optional: a few fresh mint leaves for extra freshness
- Ice cubes, for serving

### DIRECTIONS

1. Combine coconut water, pineapple, lime juice, honey (if using), and salt in a blender. Blend until smooth.
2. Suppose you prefer a smoother drink; strain through a fine mesh sieve. Otherwise, enjoy as is for added fibre.
3. Pour into glasses over ice. Garnish with fresh mint or a slice of lime if desired.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~60, Protein: 0g, Carbohydrates: 15g, Fiber: 1g, Sugar: 11g (natural from fruit), Fat: 0g, Sodium: 90mg, Potassium: ~400mg





## Berry & Hibiscus Infused Water

 4 servings  
  5 min  
  0 min

*This Berry & Hibiscus-Infused Water is light, floral, and bursting with antioxidants - a delicious way to stay hydrated and support your body's natural detox and anti-inflammatory processes.*

### INGREDIENTS

- 240 ml of mixed fresh or frozen berries (blueberries, raspberries, strawberries)
- 1 tablespoon dried hibiscus petals (or 1 hibiscus tea bag)
- 1 liter (4 cups) filtered water
- Optional: 2–3 fresh mint leaves or a squeeze of lemon for added brightness
- Ice, for serving

### DIRECTIONS

1. Add berries and dried hibiscus (or tea bag) to a large pitcher or mason jar. Pour in the filtered water.
2. Let the mixture sit in the refrigerator for at least 1–2 hours to allow the flavors and colour to develop. For a more potent infusion, leave it overnight.
3. If desired, strain before serving or pour directly over ice. Add fresh mint or a lemon wedge for a flavorful boost.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~5–10, Protein: 0g, Carbohydrates: 2g, Sugar: 1g (natural), Fat: 0g, Fiber: 0g, Sodium: 0mg

## Anti-Inflammatory Watermelon & Basil Cooler

 2 servings  
  5 min  
  0 min

*This Watermelon & Basil Cooler is light, hydrating, and full of anti-inflammatory compounds like lycopene (from watermelon) and natural oils (from basil) - perfect for cooling down and nourishing your body.*

### INGREDIENTS

- 480 ml fresh watermelon, cubed and seeds removed
- 1 tablespoon fresh lime juice
- 4–5 fresh basil leaves
- Ice cubes for serving
- ½ cup cold water (or coconut water for extra hydration)
- Optional: pinch of sea salt or a few slices of cucumber for added minerals and freshness

### DIRECTIONS

1. In a blender, combine watermelon, lime juice, basil leaves, and water (or coconut water). Blend until smooth.
2. Strain through a fine mesh sieve for a smoother drink. If you enjoy pulp, skip this step.
3. Pour into glasses over ice. Garnish with a basil leaf or lime wedge if desired. Serve immediately for maximum freshness.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~45, Protein: 1g, Carbohydrates: 11g, Fiber: 1g, Sugar: 9g (naturally occurring), Fat: 0g, Sodium: 10mg, Potassium: ~170mg





# Golden Turmeric & Mango Smoothie

2 servings   
 5 min   
 0 min

*This Golden Turmeric & Mango Smoothie is creamy, tropical, and packed with anti-inflammatory benefits - perfect for breakfast, a post-workout refuel, or an afternoon pick-me-up.*

## INGREDIENTS

- 240 ml frozen mango chunks
- ½ frozen banana (for creaminess)
- ¾ cup unsweetened coconut milk (or almond milk)
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ginger (or ½ teaspoon fresh grated ginger)
- ½ teaspoon cinnamon (optional)
- 1 teaspoon chia seeds or ground flaxseed (optional for fibre & omega-3s)
- 1 teaspoon raw honey or maple syrup (optional, to taste)
- Pinch of black pepper (boosts turmeric absorption)
- Ice cubes (optional for thicker texture)

## DIRECTIONS

1. Add all ingredients to a high-speed blender. Blend until smooth and creamy. Add more milk if needed to reach the desired consistency.
2. Adjust sweetness or spice to taste. If desired, add a splash of lemon or orange juice for extra brightness.
3. Pour into a glass and enjoy immediately. Garnish with a sprinkle of cinnamon or a few chia seeds on top.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~180, Protein: 2g, Carbohydrates: 32g, Fiber: 4g, Sugar: 22g (mostly natural from fruit), Fat: 5g, Saturated Fat: 3g, Sodium: 40mg



# Green Detox Smoothie

1 serving   
 5 min   
 0 min

*This Green Detox Smoothie is creamy, hydrating, and loaded with fibre, antioxidants, and healthy fats - ideal for starting your day or rebooting your system.*

## INGREDIENTS

- 240 ml fresh spinach or kale (stems removed)
- 1 small green apple, cored and chopped
- ½ cucumber, peeled and chopped
- ½ avocado
- 1 tablespoon fresh lemon juice
- ½ teaspoon grated fresh ginger
- 1 tablespoon chia seeds or ground flaxseed
- 130 g unsweetened almond milk or coconut water
- A few ice cubes (optional for a chilled smoothie)
- Optional: a handful of parsley or mint for an extra detox boost

## DIRECTIONS

1. Combine all ingredients in a high-speed blender.
2. Blend on high until creamy and well combined. Add more liquid if needed to reach your desired consistency.
3. Pour into a glass and enjoy immediately for the best flavor and nutrient retention.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~220, Protein: 4g, Carbohydrates: 18g, Fiber: 9g, Sugar: 8g (naturally occurring), Fat: 13g, Saturated Fat: 2g, Sodium: 100mg



# Avocado & Matcha Energy Smoothie

 2 servings    
  5 min    
  0 min

*This Avocado & Matcha Energy Smoothie is creamy, naturally sweet, and loaded with healthy fats and antioxidants - a nourishing and delicious way to power your day.*

## INGREDIENTS

- ½ ripe avocado
- 1 teaspoon matcha green tea powder
- 1 frozen banana (or ½ banana + ice cubes)
- 130 g unsweetened almond milk (or oat/coconut milk)
- 1 tablespoon almond butter (optional for protein & creaminess)
- 1 teaspoon of maple syrup or honey (optional, to taste)
- ½ teaspoon vanilla extract (optional)
- Ice cubes (optional for texture)

## DIRECTIONS

1. Add all ingredients to a blender and blend until smooth and creamy. Adjust liquid as needed for consistency.
2. Add more sweetener if desired or an extra scoop of almond butter for richness and energy.
3. Pour into a glass and enjoy immediately. Garnish with a sprinkle of matcha or chia seeds if desired.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~240, Protein: 4g, Carbohydrates: 20g, Fiber: 6g, Sugar: 9g (mostly natural from banana), Fat: 17g, Saturated Fat: 2g, Sodium: 90mg

# Coconut & Berry Chia Seed Smoothie

 2 servings    
  5 min    
  0 min

*This Coconut & Berry Chia Seed Smoothie is creamy, fruity, and packed with antioxidants, omega-3s, and gut-loving fibre - a perfect anti-inflammatory drink to keep you full and energized.*

## INGREDIENTS

- 240 ml mixed berries (blueberries, strawberries, raspberries – fresh or frozen)
- ¾ cup unsweetened coconut milk (carton or canned for creamier texture)
- ½ frozen banana (for natural sweetness and creaminess)
- 1 tablespoon chia seeds
- 1 teaspoon honey or maple syrup (optional, to taste)
- ½ teaspoon vanilla extract (optional)
- Ice cubes (optional for thicker texture)
- Optional toppings: desiccated coconut, extra chia seeds, fresh berries

## DIRECTIONS

1. Add all ingredients to a blender and blend on high until smooth and creamy. Add more coconut milk if needed to adjust the consistency.
2. Add more sweetener if desired or an extra spoonful of chia seeds for more fibre.
3. Pour into a glass or bowl. Enjoy immediately, or top with your favorite healthy toppings.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~180, Protein: 3g, Carbohydrates: 27g, Fiber: 8g, Sugar: 14g (primarily natural), Fat: 8g, Saturated Fat: 5g, Sodium: 35mg





# Banana & Walnut Omega-3 Smoothie

 2 servings  5 min  0 min

*This Banana & Walnut Omega-3 Smoothie is rich, satisfying, and filled with brain-boosting, heart-healthy fats - a delicious way to support inflammation reduction and long-lasting energy.*

## INGREDIENTS

- 1 ripe banana (fresh or frozen)
- ¼ cup raw walnuts
- 1 tablespoon ground flaxseed (or chia seeds)
- ¾ cup unsweetened almond milk (or milk of choice)
- ½ teaspoon cinnamon
- 1 teaspoon of maple syrup or honey (optional, to taste)
- ½ teaspoon vanilla extract (optional)
- Ice cubes (optional for thicker texture)

## DIRECTIONS

1. Add all ingredients to a high-speed blender. Blend until smooth and creamy. Add more milk to adjust consistency if needed.
2. Add extra cinnamon or sweetener if desired. Toss in a handful of oats for a more filling smoothie.
3. Pour into a glass and enjoy immediately. If desired, garnish with crushed walnuts or a sprinkle of cinnamon.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~270, Protein: 5g, Carbohydrates: 28g, Fiber: 6g, Sugar: 13g (mostly natural), Fat: 17g, Saturated Fat: 1.5g, Omega-3s: ~2.5g, Sodium: 50mg

# Cinnamon-Spiced Apple Pie Smoothie

 2 servings  5 min  0 min

*This Cinnamon-Spiced Apple Pie Smoothie is warming, comforting, and packed with fibre and antioxidants - a perfect fall-inspired treat that supports an anti-inflammatory lifestyle.*

## INGREDIENTS

- 1 medium apple (cored and chopped, peel on or off)
- ½ frozen banana (for natural sweetness and creaminess)
- ¾ cup unsweetened almond milk (or milk of choice)
- 2 tablespoons porridge oats (optional for fibre and texture)
- 1 tablespoon almond butter or cashew butter (optional for richness)
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger (optional)
- 1 teaspoon of maple syrup or honey (optional, to taste)
- ½ teaspoon vanilla extract (optional)
- Ice cubes (optional for a chilled smoothie)

## DIRECTIONS

1. Add all ingredients to a high-speed blender. Blend until smooth and creamy. Add a splash more milk if needed to adjust thickness.
2. Add more cinnamon or sweetener to taste or an extra pinch of spice for more "pie" flavor.
3. Pour into a glass and enjoy immediately. If desired, garnish with a dash of cinnamon or a few apple slices.

### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~210, Protein: 4g, Carbohydrates: 30g, Fiber: 5g, Sugar: 15g (mostly natural), Fat: 8g, Saturated Fat: 1g, Sodium: 100mg





## Ginger & Carrot Immunity Smoothie

 2 servings  5 min  0 min

*This Ginger & Carrot Immunity Smoothie is bright and zingy, packed with vitamins A and C, ginger, and turmeric to help your body fight inflammation and stay energized.*

### INGREDIENTS

- 240 ml carrot juice (fresh or store-bought, unsweetened)
- 1 orange, peeled and segmented (or ½ cup of orange juice)
- ½ frozen banana (for natural sweetness and creaminess)
- ½ teaspoon fresh ginger (or ¼ tsp ground ginger)
- ¼ teaspoon ground turmeric (or ½ tsp fresh turmeric root, grated)
- 1 tablespoon lemon juice (freshly squeezed)
- 1 teaspoon honey or maple syrup (optional, to taste)
- Pinch of black pepper (to enhance turmeric absorption)
- Ice cubes (optional for a chilled smoothie)

### DIRECTIONS

1. Add all ingredients to a high-speed blender. Blend until smooth. If needed, add more carrot juice or water to thin.
2. If desired, add more honey or lemon juice to balance the flavor. Add more banana or a few frozen mango chunks for a thicker smoothie.
3. Pour into a glass and enjoy immediately. Garnish with a slice of orange or a sprinkle of turmeric on top, if you like.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~140, Protein: 2g, Carbohydrates: 30g, Fiber: 4g, Sugar: 20g (natural from fruit and carrot), Fat: 0.5g, Sodium: 60mg, Vitamin A: Over 250% Daily Value, Vitamin C: Over 100% Daily Value

## Pomegranate & Beet Anti-Inflammatory Smoothie

 2 servings  5 min  0 min

*This Pomegranate & Beet Anti-Inflammatory Smoothie is earthy, fruity, and vibrant - rich in antioxidants, fibre, and natural anti-inflammatory compounds. Perfect for supporting heart health, circulation, and glowing skin.*

### INGREDIENTS

- ½ cup pomegranate juice (100% pure, unsweetened)
- ½ cup cooked chopped beet (roasted or steamed, cooled) or ½ raw beet (if using a high-powered blender)
- ½ cup frozen mixed berries (blueberries, raspberries, strawberries)
- ½ frozen banana (for sweetness and creaminess)
- 1 tablespoon chia seeds or ground flaxseed
- ½ teaspoon fresh ginger (or ¼ tsp ground ginger)
- ½ cup water or unsweetened almond milk (to blend)
- Ice cubes (optional, for extra chill)

### DIRECTIONS

1. Add all ingredients to a high-speed blender and blend until smooth and creamy. Add more liquid if needed to adjust consistency.
2. If desired, add a splash of lemon juice for brightness or a touch of honey or maple syrup for added sweetness.
3. Pour into a glass and enjoy immediately - optional garnish: pomegranate arils or a sprinkle of chia seeds on top.

#### NUTRITIONAL INFORMATION (PER SERVING)

Calories: ~170, Protein: 3g, Carbohydrates: 32g, Fiber: 7g, Sugar: 18g (mostly natural), Fat: 4g, Saturated Fat: 0g, Sodium: 45mg, Potassium: ~500mg



# BONUS SECTION

## Quick Reference Guides

### Common Cooking Substitutions

Cooking with anti-inflammatory ingredients doesn't mean sacrificing flavor or texture. Whether you're avoiding dairy, gluten, refined sugars, or processed ingredients, you can make easy and delicious substitutions while keeping your meals both nourishing and satisfying.

This guide provides common cooking swaps to create anti-inflammatory meals with simple, healthier alternatives!

#### DAIRY SUBSTITUTIONS

**Why?** Conventional dairy can cause inflammation in some individuals due to lactose and casein. Try these dairy-free options instead!

Instead of	Try	Best for
Regular milk	Almond, coconut, cashew, oat, flax milk	Smoothies, coffee, baking, soups
Butter	Extra virgin olive oil, avocado oil, coconut oil	Sautéing, baking, spreading
Heavy cream	Full-fat coconut milk	Soups, sauces, coffee
Cheese	Nutritional yeast or cashew-based cheese	Salads, pasta, pizza toppings
Yogurt	Coconut or almond yogurt	Smoothies, breakfast bowls, sauces

#### FLOUR & GRAIN SUBSTITUTIONS

**Why?** White flour and refined grains can spike blood sugar and contribute to inflammation. Try these whole-food, gluten-free swaps instead!

Instead of	Try	Best for
White flour	Almond flour, coconut flour, oat flour, buckwheat flour	Baking, pancakes, breading
Breadcrumbs	Ground flaxseeds, almond flour, crushed nuts	Coating meats, binding meatballs
White rice	Quinoa, cauliflower rice, brown rice	Side dishes, stir-fries, grain bowls
Pasta	Courgette noodles, spaghetti squash, chickpea pasta	Pasta dishes, soups
Corn tortillas	Lettuce wraps, spring greens, coconut flour tortillas	Wraps, tacos

#### SUGAR & SWEETENER SUBSTITUTIONS

**Why?** Refined sugar is highly inflammatory and can contribute to chronic diseases. Instead, use natural, lower-glycemic options for a touch of sweetness.

Instead of	Try	Best for
White sugar	Raw honey, maple syrup, date paste, coconut sugar	Baking, desserts, sauces
Artificial sweeteners	Stevia, monk fruit sweetener	Coffee, tea, drinks
Flavored yogurt	Plain Greek yogurt with fresh fruit	Breakfast, smoothies
Store-bought jams	Mashed berries with chia seeds	Toast, spreads

#### COOKING OIL & FAT SUBSTITUTIONS

**Why?** Refined vegetable oils (like canola and soybean oil) contain unhealthy omega-6 fats that can increase inflammation. Instead, use healthy, anti-inflammatory fats.

Instead of	Try	Best for
Canola/vegetable oil	Extra virgin olive oil, avocado oil, coconut oil	Cooking, baking, sautéing
Butter	Coconut oil, avocado oil, grass-fed ghee	Spreading, cooking, baking
Margarine	Grass-fed ghee or olive oil	Spreading, cooking

#### SNACK & BAKING SUBSTITUTIONS

**Why?** Store-bought snacks and baked goods often contain preservatives, trans fats, and processed sugars. These swaps make them healthier while still being delicious!

Instead of	Try	Best for
Potato crisps	Kale crisps, roasted chickpeas, baked sweet potato crisps	Snacking
Crackers	Flaxseed crackers, almond flour crackers	Dips, spreads
White bread	Sprouted bread, sourdough	Sandwiches, toast
Ice cream	Banana "nice" cream, coconut milk ice cream	Dessert

## EGG SUBSTITUTIONS

*Why?* Some people avoid eggs due to allergies or dietary choices. Here are great plant-based alternatives.

Instead of	Try	Best for
1 egg (baking)	1 tbsp flaxseed or chia seeds + 3 tbsp water (flax egg)	Baking, pancakes, muffins
1 egg (savory)	Silken tofu	Scrambles, breakfast dishes
1 egg (binding)	Mashed banana, applesauce	Baking

## MEAT & PROTEIN SUBSTITUTIONS

*Why?* Processed meats and factory-farmed red meats can contribute to inflammation. Instead, opt for lean, plant-based, and omega-3-rich proteins.

Instead of	Try	Best for
Processed meats	Organic turkey, grass-fed beef, wild-caught fish	Main dishes, grilling
Minced beef	Minced turkey, lentils, mushrooms	Burgers, tacos, sauces
Bacon	Tempeh bacon, coconut bacon	Breakfast, salads, sandwiches
Meat protein	Chickpeas, tofu, tempeh, lentils	Soups, stews, bowls

## SAUCE & CONDIMENT SUBSTITUTIONS

*Why?* Store-bought sauces and condiments are often loaded with sugar, unhealthy oils, and artificial preservatives. Try these homemade versions instead!

Instead of	Try	Best for
Store-bought salad dressing	Olive oil + lemon juice + herbs	Salads, marinades
Ketchup	Homemade tomato sauce, blended roasted red peppers	Dipping, burgers
Soy sauce	Coconut aminos, tamari	Stir-fries, marinades
Mayonnaise	Mashed avocado, Greek yogurt	Spreads, dressings

### FINAL THOUGHTS

Switching to an anti-inflammatory diet doesn't mean giving up your favorite foods—it just means making healthier choices. Using these simple ingredient swaps, you can still enjoy flavorful, nourishing meals while supporting your body's natural healing process.



# COMMON CONVERSION TABLES

Volume Conversions	
1 tsp (tsp)	5 ml
1 tbsp (tbsp)	15 ml
1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	120 ml
2/3 cup	160 ml
3/4 cup	180 ml
1 cup	240 ml
Weight	
1 ounce (oz)	28 grams (g)
8 ounces (1/2 lb)	227 grams (g)
1 pound (lb)	454 grams (g)
1 kilogram (kg)	2.2 pounds (lb)
Oven Temperature	
350°F	175°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
Dry Ingredient Equivalents (1 cup)	
Flour (all-purpose/oat)	~120 grams
Sugar (granulated)	~200 grams
Brown sugar (packed)	~220 grams
Porridge oats	~90 grams
Nuts (chopped)	~120 grams
Coconut flakes (unsweet.)	~80 grams
Flour (all-purpose/oat)	~120 grams
Liquid Ingredient Equivalents (1 tbsp)	
Olive oil	~13.5 grams
Honey/maple syrup	~21 grams
Coconut milk	~15 ml
Apple cider vinegar	~15 ml
Soy sauce/tamari	~16 grams
Handy Tips	
1 tbsp	3 tsp
1 cup	16 tbsps
1 liter	4.2 cups
a pinch	1/16 tsp
a dash	1/8 tsp





# Conclusion

Healing from chronic inflammation takes time, and every person's path will look different. Some days will be easier than others, but consistency is key. As you continue making healthy choices, you'll likely notice positive changes, such as increased energy, reduced pain, better digestion, and improved mood. Remember that proper health isn't just about what you eat - it's also about managing stress, staying active, and prioritizing sleep and self-care. Your body thrives when you nourish it from the inside out.

Every small change you make today brings you closer to a healthier, inflammation-free life. Whether replacing processed foods with whole, nutrient-dense options, adding more movement to your day, or simply being mindful of your body's signals, each step counts. There's no "perfect" way to follow an anti-inflammatory lifestyle - progress, not perfection, is what matters most.

Congratulations on taking this vital step toward reducing inflammation and improving your health! By learning about the power of anti-inflammatory foods, mindful eating, and sustainable lifestyle changes, you are equipping yourself with the tools to live a healthier, more vibrant life. Remember, this is not just a diet - it's a lifelong journey toward well-being, balance, and nourishment.

*You can transform your health, one mindful choice at a time. Every nourishing meal, every moment of self-care, and every step forward brings you closer to a vibrant, inflammation-free life. Trust the process, embrace the journey, and let your commitment to wellness become the foundation for a healthier, happier you!*

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Spring onion - 19, 36, 49, 52, 54, 56  
Sprouted bread - 17, 19  
Sweet potato - 21, 26, 37, 42, 45, 46, 50, 68

## T

Tofu - 22  
Tomatoes - 25, 27, 43, 44, 45  
Tortillas - 22, 26  
Turnip - 46

## W

Walnuts - 16, 17, 18, 21, 22, 32, 33, 34, 36, 51, 55, 61, 63, 66  
Walnuts raw - 38, 58, 60, 76  
White miso paste - 36, 52  
Whole grain bread - 19  
Wholemeal flour - 20, 22  
Wholemeal tortilla - 22, 26

## Y

Yellow pepper - 26