MEAL PLAN

VOLUME 7

Five Minute Chickpea Curry

Makes 2 to 3 servings

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HOLISTIC HEALTH COACHING

Ingredients

- 1 red onion, chopped finely
- 2 tsp minced garlic
- 1 tsp minced ginger
- 1 tbsp curry powder (optional)
- 1 tsp coriander
- 1 tsp paprika
- 1 tsp cumin
- 1x 400g can chopped tomatoes
- ¼ - ½ cup coconut milk (depending on how runny you want the sauce)
- 1x can chickpeas
- 1 tsp salt
- 1 tsp black pepper
- 1-2 tsp lime juice

Directions

Note:
To bulk up this recipe you can add more legumes – ie. a can of lentils / black beans etc. We often use 3 different canned varieties to make the meal go further.

Heat a small amount of oil in a saucepan on medium heat, then fry red onion for about 5 minutes.
Add garlic and ginger, then spices, and cook for a minute or two.
Add the cans of chickpeas (and extra optional legumes) and chopped tomatoes.
Add the coconut milk – add a small amount at a time and stop when you reach desired consistency for the sauce.
Add salt, black pepper and lime juice.
Cook for a few minutes, then serve over fresh brown rice.

Vegan Saagwala

Every Indian restaurant has a version of Sagwaala – it's often made with chicken or lamb and is one of the healthier options as it contains plenty of spinach.
This recipe has been adapted to omit the meat.

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Ingredients

- 3-4 tbsp oil
- 2 sliced onions
- 1 tbsp ground cumin
- 1-2 tsp ground chilli
- (optional)
- ¼ tsp ground cloves
- ½ tsp ground turmeric
- 3 cloves garlic, minced
- 2 inches garlic, grated
- 300g chopped spinach leaves
- 1 large green chilli, chopped (optional)
- 1x 400g can chopped tomatoes
- 2-3 cans of legumes (ie. chickpeas, black beans, kidney beans, lentils etc)
- Juice of 1 lemon
- 2 tbsp coconut cream or milk

Directions

Heat oil in a large frypan, fry onions until golden, about 5 minutes. Add spices, garlic and ginger and fry a further 2 minutes.
Wilt fresh spinach by blanching in boiling water or steaming in microwave. Squeeze out excess water and puree spinach with green chilli, tomatoes, cooked onions and spices.
Put puree mixture back in the frying pan and add canned legumes.
Season with lemon juice and salt and pepper to taste.
Just before serving, drizzle coconut cream over curry. Serve with brown rice or quinoa.

Winter Vegetable Medley

Recipe overleaf

Ingredients

- 2 Capsicums
- Garlic gloves (as many as you like)
- 4 Red Onions quartered
- 4 – 6 med Potato or kumara cubed
- Rocket lettuce
- Avocado
- ½ cup Sultanas or raisins
- 1 generous palmful of Pumpkin seeds

Vinaigrette

- 1 tsp whole grain mustard
- 1 tsp honey
- 2 tbsp balsamic vinegar
- 3 tbsp olive oil
- Salt & pepper

Directions

Roast strips of capsicum, onions and pumpkin for 30 minutes at 180 degrees Celsius. Combine with other ingredients and drizzle with vinaigrette.

Salted Chocolate, Peanut Butter & Banana Milkshake

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Ingredients

- ½ Bobby Banana
- 1 tsp Cacao Powder
- 1 tsp Vanilla essence
- 1 tbl Peanut Butter
- Dash of Honey
- 400ml of Rice Milk
- 1 Pinch of Kelp Seasalt
- Optional Ice
- Optional Cinnamon

Directions

Place all ingredients apart from the salt and cinnamon into the blender and mix on high.
Pour into a tall glass.
Sprinkle salt and cinnamon on top.
Enjoy!

1 glass is a snack, 2 glasses would count as a main meal.

Gluten Free Crumbed Chicken

This is a Gluten Free southern style spicy chicken. Grab a coleslaw from the supermarket or mixed vegetables and add some pumpkin and gluten free gravy. Use this as a cheat meal so you can have an extra helping or keep your chicken portion at one palmsize during the week. Adapted from glutenfreeonashoestring.com.

Ingredients

- 4 pounds bone-in raw chicken parts
- 1 cup (140 g) gluten free flour blend or Buckwheat flour
- 1 cup milk, at room temperature
- 1 egg (50 g, weighed out of shell) at room temperature, beaten
- 1 1/4 cups gluten free bread crumbs
- 1 teaspoon freshly ground black pepper
- 1 1/2 teaspoons kelp sea salt
- 1 1/2 teaspoons smoked Spanish paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon chili powder
- Cooking spray

Directions

Preheat your oven to 180C. Line a large rimmed baking tray with unbleached parchment paper, place a wire rack on top and spray the rack light with cooking oil to grease. Set the pan aside.

Prepare the chicken and set up a dipping station. Remove the skin, if any, from the chicken and discard it. If your chicken parts contain any bone-in breasts, using a very sharp knife or poultry shears, cut the breasts into two equal parts. Set up a dipping station for coating the chicken three times before placing it on the prepared baking sheet/wire rack. In a medium-size shallow bowl or pan, place the basic GF flour. Next to it, place the milk and eggs, and beat to combine well. Finally, in a separate, mediumsize bowl or pan, place the bread crumbs, pepper, salt, paprika, oregano, thyme, parsley, cumin, cinnamon, onion powder, garlic powder and chili powder, and mix to combine well.

Finish preparing the chicken. Dip the prepared chicken pieces first in the flour blend, coating evenly on all sides, then the egg and milk mixture, allowing any excess to drip off before placing the chicken in the bread crumb and spice mixture, pressing the chicken down firmly on both sides to ensure that the bread crumbs adhere to the chicken on all sides. Place the chicken pieces about 1 inch apart from one another on the wire rack in the prepared baking sheet. Spray the prepared chicken pieces lightly with cooking oil spray.

Bake the chicken. Place the chicken in the centre of the preheated oven and bake for about 50 minutes, or until golden brown all over and. Remove from the oven and allow the chicken to sit for a few minutes before serving. Serve with a basic coleslaw.

Kiwifruit, Avocado & Lime Smoothie

I'm big on greens and healthy fats, and daily elimination is a key to this program working. So I found this on justshortofcrazy.com and adapted it to our program. Vitamin C, potassium, healthy fats and fibre make this a nice way to start your day or your weekend. The lime juice also aids the liver with detoxification and the breakdown of fats in the gut.

Ingredients

- 1/2 ripe avocado (remember about ½ avocado per day is your maximum serving).
- 2 kiwifruit peeled
- 1/8 cup lime juice plus 1 tablespoon, or about two limes squeezed
- 1/8 cup – 1/4 cup Almond milk or Coconut water. (Feel free to add more liquid to bulk
- up the mixture).
- Honey to taste
- 2-3 ice cubes

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Directions

Place liquid in the blender first, then add your fruit and ice. Cover and start on low speed, increasing to high speed. Blend until creamy and smooth.
A healthy avocado smoothie recipe is a great idea to begin your day with rich healthy fats and nutrients. Adding in almond milk keeps this vegan and lactose-free and packs in some protein. If almond milk isn't your thing, you can use coconut water or rice milk.

Paleo Cereal

Ingredients

- 2 x closed fistfuls of mixed nuts & seeds
- Drizzle of coconut milk
- 2tbls optional coconut yoghurt
- 1 red apple (or alternative)

Directions

This is one of my most popular breakfast options.
Simply mix all contents in a bowl and enjoy.

Also you can swap the fruit around as you like.
Use a palmful of berries, one banana or a palmful of dates for example.
I took this pic at Christmas time as an alternative to pavlova.
The nuts & seeds can be soaked overnight to increase the absorption rate of the nuts & seeds.

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Anzac Cookie Rolled Oats

Serve 1

Ingredients

- 1/2 cup of rolled oats (raw)
- Approx 1/2 cup of rice milk or dairy free alternative
- Sprinkle of raisins
- Pinch of cinnamon
- 1tsp Golden syrup
- 2tsp Shredded coconut

Directions

Mix the rice milk, raisins and rolled oats together and microwave on high for 90 seconds. You should end up with a nice creamy thick mixture as the mixture cools on the bench. Top with cinnamon, golden syrup and shredded coconut.

Warm Chicken or Falafel Lettuce Wraps

One of my favourite fresh and filling easy recipes that gets great results. Get two iceberg lettuce leaves and add salad ingredients, a dressing and either some meat or vegetarian protein like avocado. Leave the skins on where you can to increase fibre. This is my personal recipe, but you can adapt it.

Ingredients

- 2 x iceberg lettuce leaves
- Carrot grated, unpeeled
- Cucumber slices, unpeeled
- Palmful of warmed chicken or falafel
- A tablespoon of hummus
- Optional olive oil & lemon juice dressing

Directions

Spread the above ingredients into the two lettuce leaves, add some dressing and season well. Wrap the leaves over the filling like you would a bread wrap.

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BBQ Yoghurt Marinated Chicken Kebabs

Serve 4

The original recipe suggested 1 cup of rice per person. That is great for a cheat meal, but so much for a weekly meal where we are aiming to burn fat as energy. If you want rice go for it. But keep it to ¼ cup and bulk this meal out with a green salad or coleslaw. The apricot chutney is optional but not so necessary.

Ingredients

- ½ cup plain unsweetened yoghurt
- 1 Tbsp tomato paste
- 1 clove crushed garlic
- 1 Tbsp grated fresh ginger
- ½ tsp each of cumin and coriander
- ¼ tsp turmeric
- Salt and freshly ground pepper
- 600g chicken breast, cut into even chunks

Directions

To serve: Rice, and ½ cup yoghurt combined with 2 tbsp apricot chutney (optional)

1. Into a small bowl combine the yoghurt, tomato paste, garlic, ginger, cumin, coriander, turmeric, salt and pepper. Pour over the chicken, stirring well. Thread the chicken onto bamboo skewers.
2. Preheat a frying pan to a medium heat. Cook the kebabs in batches until cooked through.
3. Serve with hot rice, apricot yoghurt sauce and a side salad.

Scotch Fillet with Fennel & Herb Butter

Serve 4

When I buy a fillet of beef it will sit in the fridge for four days to ensure it is well aged before cooking. If a whole fillet is too big for you, slice it and freeze in portions ready for a quick thaw as required. This fennel and herb butter is all that is needed to bring it to life, along with a salad and fresh new unpeeled potatoes. This butter is also delicious on hot corn. A golden rule to remember when barbecuing meat or fish is that it will be ready to turn when it starts coming away from the hotplate. If you turn it too early, it will stick. This is a more costly meal with scotch fillet, but just get an alternative steak cut or just keep things simple with some Gluten Free Beef Sausages.

Ingredients

- 1 tsp fennel seeds
- 75g butter, room temperature
- 1 tsp chopped rosemary or thyme
- 1 clove garlic, crushed
- 1 tsp lemon zest
- Salt and freshly ground pepper
- 4 x scotch fillet steaks
- 1 Tbsp oil

Directions

In a dry frying pan toast the fennel seeds until fragrant, about 1 minute. Place into a mortar and pestle and crush. Add the butter, herbs, garlic, zest and seasoning mixing well. Lie a piece of baking paper on the bench, place the butter on it and mould into a log. Wrap, twisting the ends and refrigerate until needed. Heat a BBQ to a high heat. Rub the steak with oil and cook for 3 or 4 minutes each side until done to your liking.
Serve with a slice of butter on top.

Salted Banana & Avocado

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Ingredients

- Up to ½ avocado
- ½ bobby banana
- Pinch of kelp sea salt
- Optional ½ teaspoon of maple syrup or
- honey

Directions

I really like this as an afternoon snack at about 3pm, but you can use this at anytime of the day.
Slice up a banana and place in a bowl.
Add the avocado next to the banana but don't mix them together.
Sprinkle the salt across the top and the optional sweetener.
Enjoy.

Lazy Mans Roast

This recipe is a staple in our household due to its convenience. It's a healthy option when you run short on time and the kids can help you prepare it too.

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Ingredients

- 1 x Rotisserie Chicken
- Roasting pan filled with vegetables (pumpkin, kumara, potato etc)
- Mixed greens to boil
- GF Chicken Gravy

Directions

Coat your roasting vegetables with olive oil and roast on 180C for about 20 minutes, turning halfway through.
Note that the roasting time can vary based on the size you cut your veges into. Boil greens for about 10 minutes.
Serve with a palm size of chicken and GF roast chicken gravy.

Salted Chocolate Ice Cream (Treat)

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Ingredients

- 1 x Can of coconut cream
- 2 to 4 Tbls of cacao powder (to desired taste)
- 2 to 4 tbls of honey or maple syrup (to desired taste)
- 1 to 2 pinches of kelp sea salt
- Dash of vanilla essence

Directions

Place all ingredients in a blender and mix well. Place in a container and freeze for four hours or overnight. Add peanut butter for an extra twist. Use this recipe as a treat every so often, perhaps on the weekend for example. About ½ cup is a fair portion size. This ice cream does freeze very hard, so feel free to microwave for 20 seconds or more to soften the mix before eating. It will halt your weight loss goals if you eat it each day so just enjoy every now & then.