MEAL PLAN

VOLUME 9

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Apple Porridge with Cinnamon and Raisins

Ingredients

- 3 apples, sliced
- ¼ tsp cinnamon
- 1 pinch vanilla bean powder (optional)
- 2 dates, pitted
- 1 tsp raw honey (optional)
- ½ lemon
- ¼ cup raisins
- 2 tbsp walnuts (optional)
- 2 tbsp shredded coconut (optional)

Directions

Combine the apples, cinnamon, vanilla bean powder, dates, honey and the juice of the lemon in a food processor.
Process all the ingredients together until they are just combined.
Pour the apple mixture into a bowl and stir in the raisins, walnuts, and shredded coconut if desired.

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Liver Booster

Serves 1-2

Ingredients

- 2 bananas or ½ papaya, cubed
- ½ cup fresh, 1 packet frozen or 2 tbsp powdered red pitaya (dragon fruit)
- 2 cups fresh or frozen or 2 tbsp powdered wild blueberries
- ½ cup water (optional)

Directions

Combine all ingredients in a blender. Blend until smooth. If desired, stream in up to ½ cup water until desired consistency is reached.

Note: If you can't find pitaya in the frozen section of your supermarket, feel free to omit.

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Wild Blueberry Mini Muffins

Makes 16 mini muffins

Ingredients

- ¼ cup chia seeds
- 1 cup mashed banana
- ½ cup gluten free oat flour
- ½ tsp baking soda
- ¼ tsp sea salt
- ¼ cup maple syrup (less is fine and will still give a sweet taste)
- 1 tbsp lemon juice
- ½ cup frozen wild blueberries

Directions

Preheat the oven to 190 degrees Celsius.

Place the chia seeds in the blender alone and blend them on high until fully ground (optional).

Add the mashed banana, oat flour, baking soda, sea salt, maple syrup and lemon juice into the blender and blend until smoothly combined into batter.

Pour the batter into a bowl and stir in the frozen wild blueberries.

Line a mini muffin pan with 16 mini parchment baking cups and fill each with 1 heaping tablespoon of batter.

Place the muffin pan into the oven and bake for 20 minutes until the tops of the muffins are turning golden brown and an inserted toothpick or fork comes out clean. Remove the muffins from the oven and allow to cool before eating. They will continue to firm up inside as they cool.

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Baked Falafel with Mint Tahini Sauce

Makes 2-4 servings

Ingredients

- 3 cups cooked chickpeas
- 1 cup roughly diced red onion
- 4 garlic cloves
- ½ cup loosely packed parsley
- ½ cup loosely packed coriander
- ½ tsp sea salt
- 2 tsp cumin
- 2 heads of lettuce

Optional Toppings

- ½ cucumber, sliced
- ½ cup halved cherry tomatoes
- ½ cup shredded red cabbage
- ½ cup shredded carrot

Mint Tahini Sauce

- 1 cup diced zucchini
- 1 date, pitted
- 2 garlic cloves
- 2 tbsp tahini
- 2 tbsp lemon juice
- 2 tbsp fresh dill
- 2 tbsp fresh mint
- ¼ tsp sea salt
- ½ cup water

Directions

Preheat oven to 175 degrees Celsius.

Place half the chickpeas into the bottom of the food processor. Then add the diced onion, garlic cloves, parsley, coriander, and sea salt. On top, add the remaining chickpeas. Pulse all ingredients together in the food processor until they are well combined.

Line two baking trays with parchment paper.Using a tablespoon measure, scoop out the chickpea mixture, shape it into balls and place them on the baking trays spaced 2 inches apart. Gently pat the balls to flatten them into a falafel shape.

Bake the falafel for 35-40 minutes until the tops are turning golden brown and they are firm on the outside while still tender in the middle. Handle gently.

To make the mint tahini sauce, blend all the ingredients together until smoothly combined.

Serve the falafel on top of a salad of lettuce or in individual lettuce cups topped with veggies and mint tahini sauce.

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Lentil Tacos

Makes 3 servings

Ingredients

- 1 cup diced onion
- ½ cup vegetable broth
- 1 cup diced mushrooms (optional)
- 4 garlic cloves, minced
- 3 cups cooked brown or green lentils, or store-bought
- 1 tsp poultry seasoning
- ½ tsp chilli powder
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp chipotle powder (optional)
- ¼ tsp honey or maple syrup (optional)
- ½ tsp sea salt
- ¼ tsp cayenne (optional)
- 2 heads romaine lettuce

Optional Toppings

- 1 cup cherry tomatoes, sliced
- 1 avocado, sliced
- ½ cup chopped coriander
- ½ cup sliced radish
- ½ cup shredded red cabbage
- ½ cup shredded carrots
- 3 lime halves
- 1 ripe jalapeno, thinly sliced

Directions

Saute onion in tbsp of vegetable broth over medium-high heat for approx. 5 minutes until tender. Continue to add vegetable broth by the spoonful as needed to prevent sticking.

Add the mushrooms, garlic, lentils, poultry seasoning, cumin, paprika, chipotle, honey and sea salt to the saute pan. If spiciness is desired, add the cayenne as well. Continue to cook everything over high heat for 5 minutes or until the mushrooms are tender and cooked through.

Serve the lentil mixture in individual romaine leaves as 'taco shells' and top with any or all of the optional toppings.

Roasted Veggie Pasta

Makes 2-4 servings

Ingredients

- 3 cups cherry tomatoes
- 1 cup sliced red onion
- 1 cup diced zucchini
- 1 cup diced carrot
- 1 dup diced asparagus
- 10 garlic cloves, skin on
- ½ tsp lemon juice
- ¼ tsp sea salt
- ¼ tsp red pepper flakes (optional)
- 340g gluten free pasta (see tips below)
- 4 cups rocket (optional)
- Additional sea salt, dulse and/or black pepper to taste (see tips)

Directions

Preheat oven to 200 degrees celsius.

Spread out the tomatoes, red onion, zucchini, carrot, asparagus and garlic on two baking trays lined with parchment paper and roast the vegetables for 15-20 minutes until tender.

Peel all roasted cloves and place 4 of them in the blender along with 1 cup of the roasted tomatoes, lemon juice, sea sat and the optional red pepper flakes. Blend the ingredients until a light, smooth tomato sauce forms.

Prepare the pasta according to directions on the packet.Drain the pasta and transfer to a mixing bowl.

Toss the pasta in the tomato sauce. There should be just enough sauce to lightly coat the noodles.Add the remaining roasted tomatoes, red onion, zucchini, asparagus, and garlic cloves. Toss gently to combine.

Serve the pasta over a bed of rocket if desired, and add an extra sprinkle of sea salt, dulse, and/or black pepper to taste.

TIPS:
·Look for a gluten free pasta made from rice, quinoa, beans or lentils.
Try to avoid the varieties that contain corn.
·Dulse is a sea vegetable and a great source of iodine. Sold in most health shops.

Potato Bruschetta

Makes 4 servings

Ingredients

- 2 large or 4 small potatoes
- 2 cups diced cherry tomatoes
- 2 garlic cloves, minced
- 5 fresh basil leaves, minced
- ¼ tsp sea salt
- ½ lemon, juiced
- 1 tbsp honey (optional)
- Additional sea salt, dulse, and/or black pepper to taste.

Directions

Preheat oven to 220 degrees Celsius.

Slice the potatoes lengthwise into long ovals about 0.5cm thick and arrange them on a baking tray lined with parchment paper.

Bake the potatoes for 25-30 minutes, until the tops are turning golden brown.

Whisk the lemon juice, seas salt, garlic and honey (if desired) in a small bowl. Add the diced tomatoes and toss to combine.

Arrange the baked potato slices on a serving tray and top them with the diced tomatoes and minced basil. Finish off each bruschetta with an extra sprinkle of sea salt, dulse and/or black pepper to taste.

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Peach Ginger Sorbet

Makes 4 servings

Ingredients

- 1 thumb knuckle-sized piece of ginger, peeled
- 4 cups frozen sliced peaches
- 1 tbsp lemon juice
- 1 tbsp raw honey, or more according to taste
- ½ cup water

Directions

Place the ginger into the food processor and process until finely minced.

Add the frozen peaches, lemon juice, and honey to the food processor and process everything together for 2-3 minutes until smoothly combined. Stream in the water, slowly, using just enough to keep everything moving. It can also be helpful to stop and scrape down the sides of the food processor.

The sorbet is done when a smooth, even texture has formed. This sorbet will be on the softer side. For a firmer consistency, transfer the sorbet to a container and freeze it for 3-4 hours prior to serving.

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Raw Apple Crumble

Serves 1

Ingredients

- 1 tablespoon of ground almond flour (or nut mixture)
- 1 apple sliced thinly (unpeeled)
- Pinch of cinnamon
- Optional light drizzle of maple syrup or honey
- 1 to 2 Tablespoons of Almond Yoghurt

Directions

Slice the apple and line in bowl. Sprinkle over the nut mix. Microwave for 45 seconds. Add yoghurt, cinnamon, optional maple syrup and enjoy.

Chicken Lettuce Wraps

Serves 1

Ingredients

- 2 iceberg lettuce leaves
- 1 palmful size of shredded chicken
- Optional toppings: tomato, capsicum, cucumber, hummus, kelp salt, pepper, lemon juice etc

Directions

Place ingredients into a lettuce leaf and fold over as you would do with a traditional bread wrap. Enjoy!

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Berry Bowl

Serves 1

Ingredients

- 1 cup fresh berries of your choice (or frozen berries, defrosted)
- 2 tbsp almond yoghurt

Directions

Drizzle yoghurt on top of berries and enjoy!

Banana Berry Smoothie

Ingredients

- 2 bananas, fresh or frozen
- 2 cups wild blueberries or other berries, fresh or frozen
- 1 cup or more of water

Directions

Place all ingredients in a blender and process until smooth.

- If you are using frozen fruit, make sure the blades/motor on your blender are robust enough to break down the fruit.
- Frozen fruit (especially banana) will make the smoothie extra creamy
- The amount of water you use will depend on how thick you like your smoothie. Start with a little bit and add more
- until you reach the desired consistency.

Vegetable Sticks & Hummus

Ingredients

- Handful of carrot sticks
- Handful of celery sticks
- One Cucumber sliced into sticks
- One Red Pepper

Grab some hummus dip and enjoy.

Bunless Burgers

Serves 4 to 6

Ingredients

- 500gr Prime Beef Mince
- Sprinkle of cumin
- A generous squirt of Tomato sauce
- 1 tbls Garlic mince
- Salt & pepper
- Iceberg Lettuce leaves
- And whatever filling you want (beetroot, onions, pineapple etc)

Directions

Mix together pattie ingredients in a bowl. Make palm size patties. Fry for 2 to 3 minutes each side on on medium high. Place in a iceberg lettuce leaf and top with your favourite Burger toppings.

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Buddha Bowl

Serves 4

This is a very versatile and convenient dish to prepare. Replace eggs with a palmful of animal/fish protein and change vegetables for whatever you have in your fridge & pantry.
If you don't feel like cooking, then just use a combination of cold & raw foods. Easy.

Ingredients

- 3 to 4 cups of chopped kumara & pumpkin OR boil 2 Corn cobbs
- ½ cup walnuts
- Suggested veges: kale, spinach, tomatoes, cucumber, lettuce, peppers steamed broccoli etc.
- 1 tsp cumin
- 1 tsp oregano
- Drizzle olive oil

Directions

Chop half a butternut pumpkin and two Kumara into cubes. Pop onto a roasting tray. Drizzle with olive oil, cumin and oregano and cook at 180C for 20 minutes. For the last five minutes add ½ cup of walnuts to the pan and roast.

Place the handful of pumpkin & Kumara to a bowl. Add your choice of chopped vegetables.
Sprinkle walnuts across the veges & eggs, and drizzle with olive oil. Season well.

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