

# Body Transformation Program STARTER RECIPE PACK

*Discover easy, healthy and tasty recipes, to replace process foods. Make your own fermented foods, sweet treat and smoothie options. All are from fresh, real and natural foods to nourish your body.*

@idafit2fitter



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## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



# FOODS TO AVOID

Omit the following 5 things from your diet for 6 week straight:

1. Dairy
2. Added Sugar
3. Processed Food
4. No preservatives
5. No gluten (if you always feel bloated)





**RECIPES**  
**To Replace Process Foods**



# CHICKEN STOCK



*Serves: 10  
Prep: 10 mins  
Cook: 2 hours*



*Nutrition per  
serving:  
N/A*



MP

## WHAT YOU NEED

- 1 whole chicken
- 2 onion
- 1 bulb of garlic. Cut it half
- 1 carrot
- celery

## WHAT YOU NEED TO DO

Put whole chicken in large pot. Fill with filtered water.

Add pinch of Himalayan salt. (or anything you want like carrots, garlics, celery etc)

Heat to boiling and simmer for 1.5-2 hours.

Lift out chicken.

Put stock through sieve.

Store in fridge and use within 5 days.



# BEEF STOCK



Serves: 10  
Prep: 10 mins  
Cook: 3-6 hours



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 3kg beef stock bone
- 1/2kg onion, peeled and quartered
- 2 bulb of garlic. Cut it half
- 1-2 carrots
- Handful of celery
- Handful of coriander, stems and leaves
- 1-2 bay leaves
- 10 peppercorns



## WHAT YOU NEED TO DO

Put beef stock bone in large pot. Fill with filtered water. Add pinch of Himalayan salt. (or anything you want like carrots, garlics, celery etc)

Cover the pot loosely and let simmer for 3-6 hours.

Do not stir the stock while cooking. Stirring will mix the fats in with the stock, clouding up the stock.

**Skim scum and fat:** As the stock cooks, fat will be released from the bone marrow and stew meat and rise to the top. From time to time check in on the stock and use a large metal spoon to scoop away the fat and any scum that rises to the surface.

(Do not put this fat down your kitchen drain. It will solidify and block your pipes. Put it in a bowl or jar to save for cooking or to discard.)

**Remove solids and strain:** At the end of cooking time (when you want to end the cooking is up to you, 3 hours minimum, 6 to 8 hours if you can do it) use a slotted spoon or spider ladle to gently remove the bones and vegetables from the pot (discard them, though if you see a chunk of marrow, taste it, it's delicious).

Line another large pot (8-quart) with a fine mesh sieve, covered with a couple layers of cheesecloth if you have it.

Pour the stock through the sieve to strain it of remaining solids.

**Chill:** Let cool to room temperature then chill in the refrigerator.

# VEGETABLES STOCK



Serves: 10  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



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## WHAT YOU NEED

- 1 tbsp avocado or coconut oil
- 1 medium onion
- 4 cloves garlic
- 4 medium carrots
- 4 stalks celery
- 1-2 tsp each himalayan salt and black pepper
- 9-10 cups filtered water
- 1 cup chopped sturdy greens (kale, collards, etc.)
- 1/2 cup chopped fresh parsley
- 1 small handful fresh thyme\*
- 1 small handful fresh rosemary\*
- 2 whole bay leaves
- 3-4 Tbsp nutritional yeast (if you don't have it, omit)
- 4-5 Tbsp homemade tomato paste

## WHAT YOU NEED TO DO

Heat a large pot over medium heat. Once hot, add oil, onion, garlic, carrots, and celery. Add 1/2 tsp each himalayan salt and black pepper (amount as recipe is written/adjust if altering batch size) and stir to coat. Sauté for about 5 minutes or until softened and slightly browned, stirring frequently.

Add water, greens, parsley, thyme, rosemary, bay leaves and increase heat to medium high until the mixture comes to a boil. Once boiling, reduce heat to a simmer and add nutritional yeast and tomato paste.

Stir to combine and loosely cover. Continue cooking for at least 30 minutes, preferably 45 minutes to 1 hour. The flavour will deepen the longer it cooks. Near the end of cooking, taste and adjust flavour as needed, adding more herbs for herby/earthy flavour.

Let cool slightly before pouring over a strainer into another pot. Then divide between storage vessels (I prefer glass mason jars). Let cool completely before sealing. Store in the refrigerator up to 5 days or in the freezer up to 1 month (sometimes longer). Perfect for use in soups, recipes, gravy, and more!



# TOMATO SAUCE



Serves: 10  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 1kg ripped tomatoes
- 1 onion roughly chopped
- 2 cloves garlic, roughly chopped
- ½ cup white vinegar
- 1/3 cup palm sugar
- ¼ tsp ground black pepper
- 1 ½ tsp Himalayan salt

## WHAT YOU NEED TO DO

Place all of the ingredients in a 5-quart stockpot or saucepan and stir to combine. Cook over medium-high heat for about 15 minutes, until the onion is very soft, and the tomatoes have released their juices.

Puree sauce in a high-speed blender or with an immersion blender until smooth.

Place over medium-low heat. Cook, stirring occasionally, until the liquid has reduced significantly, and the puree becomes very thick, yet still spreadable. This will take about 45 minutes to 1 hour, depending on the thickness you prefer. Adjust the other taste, if needed.

Remove from the heat and cool to room temperature. Transfer to an airtight container and refrigerate until completely chilled. Store in the refrigerator for up to 2 weeks.





# CHILI SAUCE



*Serves: 10  
Prep: 10 mins  
Cook: 1 hour*



*Nutrition per  
serving:  
N/A*



MP

## WHAT YOU NEED

- 4 peeled, cored and chopped ripped tomatoes
- 2 cups finely chopped onions
- 1 1/2 cups chopped red fresh peppers
- 1 1/2 cups palm sugar
- 1 Tbsp Himalayan salt
- 1 Tbsp celery seed
- 1 Tbsp ground allspice
- 1 Tbsp ground cloves
- 1 Tbsp ground cinnamon
- 1 Tbsp ground ginger
- 1 cup white vinegar

## WHAT YOU NEED TO DO

Combine all ingredients and blend until it finely smooth. Pour it in a large saucepot. Bring to a boil and simmer, reducing to the desired thickness. This will take up to 2 hours. Stir often to keep from scorching.

Adjust the taste and remove from the heat and cool to room temperature. Transfer to an airtight container and refrigerate until completely chilled. Store in the refrigerator for up to 2 weeks.



# VEGETERIAN OYSTER SAUCE



Serves: 10  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 50gm dried shiitake mushrooms, *about 10 pieces*
- 1 tbsp finely chopped fresh ginger, *about 6 thin slices*
- 1 tbsp avocado oil
- ¼ tsp + 2 tsp coarse salt
- ½ tbsp + ½ cup coconut aminos
- 2 ¼ cups shiitake mushroom water
- 8 pitted dates



## WHAT YOU NEED TO DO

Soak the dried shiitake mushrooms with 4 cups room temperature water overnight. The mushrooms will rehydrate and become soft and juicy.

Gently squeeze the mushrooms to remove the water. Thinly slice and set them aside. In a bowl, filter the mushroom water through a sieve. Also finely chop ginger. Set them aside.

In a well-heated skillet, add avocado oil. Sauté mushrooms with ginger and ¼ tsp salt over medium-high heat for about 4 minutes.

Add ½ tbsp coconut aminos and keep sautéing for another 1 minute. Off heat and set it aside to cool.

In a high speed blender, add **2 ¼ cups mushroom water**, pitted dates, sautéed mushrooms and ginger, and the remaining salt and coconut aminos. Seal the lid tightly and blend on high for 60 seconds or until the mixture is very smooth. There should be no food chunks.

Store the mushroom oyster sauce in a sealed glass container in the fridge for up to 2-4 weeks.

# MAYONNAISE



*Serves: 10*  
*Prep: 10 mins*  
*Cook: 10 mins*



*Nutrition per  
serving:*  
*N/A*



MP

## WHAT YOU NEED

- 1 cup avocado oil
- 1 large egg (organic, and as fresh as possible)
- 1 teaspoon lemon juice
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon Himalayan salt (or more to taste)

## WHAT YOU NEED TO DO

In a wide mouth pint mason jar, add all the ingredients.

Insert the immersion blender all the way to the bottom, trapping the egg yolk within the blade. Blend on high. Leave the immersion blender on the bottom for about 20-30 seconds, until the whole bottom is white. Then slowly lift it up. Continue blending until the mixture has thickened to your desired amount. The whole blending process should take about 1-1.5 minutes.

Taste for flavour. Feel free to add more salt or lemon juice if preferred.

Store in the pint mason jar. Will keep refrigerated for about 2 weeks. Just check for spoilage.





# PEANUT BUTTER



Serves: 10  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 4 cups organic raw peanuts
- 1 tablespoon himalayan salt (for soaking)
- 1 teaspoon himalayan salt (for making the nut butter)
- Coconut oil to taste
- Filtered water

## WHAT YOU NEED TO DO

Place the peanuts, the 1 tablespoon of sea salt and water in a large pyrex bowl.

Leave overnight.

In the morning drain off the water in a colander or sieve.

Place the soaked nuts on a baking tray and dry in a warm oven (about 60C) for 12-24 hours.

Given them a stir occasionally. If you have a dehydrator, use this instead.

Place the nuts and 1 teaspoon of sea salt in a food processor and blend until the oil releases and forms a butter.

You can add coconut oil at this stage if you wish.



# ALMOND BUTTER



*Serves: 10  
Prep: 10 mins  
Cook: 1 hour*



*Nutrition per  
serving:  
N/A*



MP

## WHAT YOU NEED

- 4 cups raw almond
- 2-3 tbsp avocado oil
- Sweetener option, maple syrup or dates.



## WHAT YOU NEED TO DO

If roasting your almonds, preheat the oven to 200 degrees.

Place the almonds on a parchment lined baking tray and roast for 10-13 minutes. Let the almonds cool completely, to room temperature. Then transfer the almonds to your blender.

Blend the almond with avocado oil until you get the consistency. If you want to have sweet taste add on maple syrup or dates.

Transfer the almond butter to an airtight container and store in the refrigerator.

# STRAWBERRY AND CHIA SEED JAM



Serves: 10  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 14 oz. (400g) strawberries, fresh
- 2 tbsp. chia seeds
- 1 tbsp. lemon juice
- 2 tbsp. honey or maple syrup

\*can swap with raspberry or blueberries.



## WHAT YOU NEED TO DO

*Heat fruits in a small pot over medium-high heat, stirring occasionally, until the fruits begin to break down, about 10 minutes.*

*Use a wooden spoon to mash the fruit to your desired consistency.*

*Stir in the chia seeds, lemon juice, and sweetener until combined.*

*Remove from heat and let cool for 5 minutes.*

*The jam will thicken as it cools.*

*Serve immediately or transfer the jam to a sealed container and refrigerate it for up to 1 week, or freeze it for up to 3 months.*



# ALMOND MILK



*Serves: 10  
Prep: 10 mins  
Cook: 1 hour*



*Nutrition per  
serving:  
N/A*



MP

## WHAT YOU NEED

- 1 cup of organic (pesticide free) raw almonds, soaked overnight in water and drained and rinsed
- 5 cups of filtered water
- A pinch of Himalayan salt

## WHAT YOU NEED TO DO

Add all the ingredients to a high-speed blender.

Blend for 1-2 minutes

Strain through a nut milk bag.

Store in the fridge and use within 3-5 days.

If you have a dehydrator, you can dry the leftover pulp and use as almond meal in recipes. If you use it straight away, you don't need to worry about drying it first, just adjust the liquid in your recipe.



# VEGETERIAN MUSHROOM SOUP



Serves: 5  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
N/A



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## WHAT YOU NEED

- 2 tablespoons olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 lbs. mushrooms (cremini or white), sliced
- 3 tbsp arrowroot
- 4 cups vegetable broth
- 1 cup fresh coconut milk
- salt & pepper, to taste
- 1/4 cup chopped parsley

## WHAT YOU NEED TO DO

**Saute:** In a large pot, heat oil or water over medium heat, saute the onions and garlic for 5 minutes. Add the mushrooms, thyme and wine, cook for 5 minutes.

**Simmer:** Add the broth, bring to a boil, cover, reduce heat and simmer for 15 minutes. In the last five minutes, add the coconut or plant milk, continue cooking for five minutes.

**Slurry:** Mix the cornstarch with cool water. Add to the soup and stir frequently for 1 - 2 minutes until soup slightly thickens. If the soup is too thin, add more cornstarch slurry as needed until desired consistency is reached.

**Remove from heat** and stir in the parsley. Season with salt and pepper. Serve with homemade Naan to soak up the juices and swipe up every last bit of goodness!



# VEGAN PUMPKIN SOUP



Serves: 5  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
N/A



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## WHAT YOU NEED

- 1 tablespoons coconut oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon ginger
- 1kg peeled and cubed pumpkin
- 1 ½ cups vegetable stock
- 1 cup fresh coconut milk
- salt & pepper, to taste
- Pumpkin seeds as garnish

## WHAT YOU NEED TO DO

Add the coconut oil to a pot with the chopped onion, garlic and ginger and sauté.

Add in the coconut cream and vegetable stock and the pumpkin and bring to the boil.

Turn down the heat and simmer until the pumpkin is soft and cooked (around 10 minutes).

Use a hand blender to blend it smooth inside the pot. If you haven't got a hand blender, then transfer to a blender jug in stages and blend until smooth.

Add salt and pepper to taste.

Serve with some pumpkin seeds as garnish (*optional*).





# 2 INGREDIENTS FLAT BREAD



Serves: 6  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



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## WHAT YOU NEED

- 3 cups wholemeal self-rising flour
- 3/4 teaspoon salt
- 1 and 1/2 cups Greek yogurt



## WHAT YOU NEED TO DO

In a large mixing bowl, whisk together flour, baking powder and salt.

Add natural sour cream and stir with a wooden spoon.

Form the dough into a ball. Place on a floured surface. Let rest for 20 minutes.

Next, form the dough into a log and slice in half. Slice each half into two and keep going until you have 8 pieces.

Form each dough piece into a ball and roll out with a rolling pin into a thin circle.

Grease a cast iron 11-inch skillet. Preheat oven medium to medium-high heat.

Carefully, place each piece in skillet and fry on each side for 2 minutes OR until it is golden and golden brown spots appear on the surface.

Remove from skillet and repeat with remaining pieces of dough.



**FERMENTED FOODS**

# KOMBUCHA



Serves: 10  
Prep: 10 mins  
Cook: 7-10 days



Nutrition per  
serving:  
N/A



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## WHAT YOU NEED

You **MUST** have scoby for this process.

- 14 cups (3.5 quarts, 3.3 L) clean water
- 1 cup (200 g) white sugar
- 8 bags black or green tea (or 2 Tbsp loose leaf)
- 2 cups (470 mL) unflavoured kombucha from a previous batch
- 1 or 2 SCOBYs (depending on how many containers you're using, 1 per container)



## WHAT YOU NEED TO DO

Bring water to a boil in a clean pot. Remove from heat and dissolve sugar into it.

Add the tea and allow to steep while water cools to room temperature (a few hours). Again, **MUST** be room temperature. Don't risk killing your SCOBY in hot water.

With hands **AS CLEAN AS A SURGEON'S (really clean)**, gently remove your SCOBY from the tea and place on an equally as clean plate. You can rinse out the jar if you want (without soap), but it's not necessary.

Pour the sweetened tea into your jar(s), then pour in unflavoured starter kombucha (if you're using two jars, pour ½ of the starter kombucha into each).

Gently place SCOBY into jar then cover with a few layers of the tightly woven cloth and secure with a rubber band.

Set the jar(s) somewhere dark, still, and room temperature (70-75 degrees F, 21-24 C) for anywhere from 6 to 10 days. Begin tasting the tea at about 6 days by gently drawing out some of the tea with a paper straw (using your finger to hold the tea in the straw, don't use your mouth). It should be mildly sweet and slightly vinegary. The warmer the air temperature, the faster the kombucha will ferment. The longer the tea ferments, the more sugar molecules will be eaten up, the less sweet it will be.

Reserve 2 cups from this batch to use as starter kombucha for your next batch (just leave it in the jar with SCOBY(s)). The rest can move into the second and final fermentation.



# SAUERKRAUT



Serves: 10  
Prep: 10 mins  
Cook: 7-10 days



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

**Note:** Sauerkraut juice is also really good for **reflux** and heartburn. Just have a glass every morning.

- 1 large head of organic cabbage
- 6 tablespoons himalyan or celtic sea salt
- Filtered water



## WHAT YOU NEED TO DO

Sterilized jars (I sterilize for 20 minutes in the oven at 180C, the lids should be sterilized too, not screwed on)

For fermentation, always choose **organic** vegetables. You need the native microflora on the vegetables for a 'wild fermentation'. Vegetables that have been sprayed with pesticides will have a very different microflora. Organic vegetables are also **higher in nutrients**.

Using a food processor, chop the cabbage very finely. The more finely it is chopped, the larger the surface area of the cabbage, *the quicker the fermentation*.

Put the finely chopped cabbage in a large bowl, and add 6 tablespoons of sea salt. Mix the salt and cabbage mixture very well.

Leave the mixture to sit for at least **20 minutes**, up to a few hours. After this time, the water will be drawn out of the cabbage and the cabbage will be limp.

Fill the sterilized jars **one third** of the way up with cabbage. Fill to the top with **filtered water**. Filtered water has the chlorine removed. Chlorine is added to water to kill bacteria. In fermentation, *chlorine would kill the bacteria you are trying to grow*.

Screw on the lids and leave in a **cool dark place for about 2 weeks**. Make sure the lids are tightly screwed on so **mould** can't grow.

\*If you know you react badly to **histamines**, leave the juice to ferment for a much longer time.

\*When it is fermented, put the jars in the fridge and drink as required. Enjoy!

# KIMCHI



Serves: 10  
Prep: 10 mins  
Cook: 7-10 days



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

### CABBAGE

- 1 head chinese cabbage (outermost leaves removed / well rinsed)
- 1 Tbsp sea salt (plus more as needed)

### VEGAN FISH SAUCE

- 2 Tbsp tamari (or soy sauce if not gluten-free or liquid amino for more healthier option)
- 2 Tbsp coconut sugar (plus more to taste)
- 1/4 cup pineapple juice (from a can)
- 1/4 cup warm water

### CHILI SAUCE

- 3 Tbsp fresh ginger (peeled and chopped)
- 1 head garlic (1 head yields ~1/3 cup cloves)
- 1 small white onion (or sub 1/2 large per 1 small)
- 1/2 cup Korean red chili flake\* (or ground / more or less to taste)

### VEGETABLES optional

- 2 whole carrots (finely chopped or grated into matchsticks)
- 6 green onions (roughly chopped)

## WHAT YOU NEED TO DO

Trim ends of cabbage and chop any way you want - thin or thick strips is fine. Chop the carrots and green onion as well.

Add the salt to the vegetables and mix thoroughly. Let sit for an hour or two. The salt will draw out the water.

In a food processor, blend the garlic, ginger and chili flakes into a paste. Thoroughly mix the cabbage, carrots, green onion and vegan fish sauce with the paste in a bowl.

Pack mixture into glass mason jars with some sort of kitchen tool with a blunted end. Press the mixture firmly into jars until the water level starts rising.

Put the lids on and leave the jars at room temperature for 2-7 days. Open the lids every day to release the gasses that form as a byproduct of fermentation. If the water level rises, drain some off. If the vegetables rise above the level of the water, pack them back under the water.







**SWEET TREAT**



# NOURISH COOKIES (SUITABLE FOR LACTATION)



Serves: 12  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 1/2 cup avocado oil
- 3/4 cup coconut sugar
- 1 egg
- 1 tsp vanilla
- 3 tbsp almond milk
- 1 cup whole wheat flour
- 2 tbsp nutritional yeast
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 1/2 cups oats
- 1/2 cup mixed dried berries
- 1 cup mixed seeds

## WHAT YOU NEED TO DO

Preheat oven to 200 degrees.

In a mixing bowl, mix the avocado oil and sugar until soft. Add the egg and vanilla and mix.

Add almond or soy milk to the mixing bowl.

Add the flour, yeast, cinnamon and salt to the mixing bowl and mix again.

By hand, mix in the oats, berries and seeds.

Scoop out the batter onto a baking tray lined with parchment paper. Flatten the cookies slightly. Recipe will make 12 cookies.





# STICKY DATES COOKIES



Serves: 12  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 2 cups (350g) pitted dates chopped
- 170 g butter
- 2 cups (300g) almond meal
- 1/2 tsp baking powder
- 1 egg
- Melted dark chocolate



## WHAT YOU NEED TO DO

Preheat oven to 190 degrees celsius (fan-forced). Line 2 baking trays with baking paper and set aside.

Place the chopped dates and butter into a saucepan. Heat on low, stirring until the butter is melted and the dates have started to break down.

Meanwhile, sift the flour with the baking powder in a large bowl and create a well in the middle.

Add the butter mixture to the flour/spices and stir until well combined. The mixture will be very wet.

Stir the egg and add on in the mixture.

Take teaspoons of the mixture and place onto the prepared baking trays, allowing room for spreading. Press down a little with a fork or back of the spoon.

Bake for 12-15 minutes or until golden. Cool on the tray slightly before moving them to a wire rack to cool completely.

Melt the chocolate and drizzle over the top of the cookies once cooled. Leave to set. Store in an airtight container.

\*For matcha flavour, just add 4 scoops of Matcha Powder and vanilla bean/extract.

\*For chocolate flavour, add 2 scoops of raw chocolate powder and vanilla bean/extract.

# LOW CARB BLUEBERRIES CHOCHIP MUFFIN



Serves: 6  
Prep: 10 mins  
Cook: 45 mins



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 1 cup fine almond flour
- 2 tbsp coconut/palm sugar
- 1/4 cup almond milk
- 1 large egg
- 1/2 tbsp baking powder
- 1/4 tsp salt
- optional mini chocolate chips (or sugar free chocolate chips), crushed walnuts, pinch cinnamon, etc.

## WHAT YOU NEED TO DO

\*I like this recipe best as mini muffins because they have a lighter texture, but you can definitely do regular-sized muffins if you prefer. The recipe will make 4 regular-sized muffins, so feel free to double it!

Preheat oven to 180 degrees. Grease a mini muffin tin very well.

Combine all dry ingredients (stirring well), then stir in wet.

Scoop into muffin cups, filling about 2/3 of the way up. Bake 10 minutes on the center rack (or 15 minutes for regular-sized muffins).

Remove from the oven and let cool an additional 10 minutes, during which time they will continue to firm up. Carefully go around the sides of each muffin with a knife and pop out.



# NUTTY CHOCHIP



Serves: 8  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
N/A



MP

## WHAT YOU NEED

- 60 gm Pepitas
- 60 gm Slivered Almonds toasted
- 60 gm Sunflower Seeds
- 420 gm Sugar Free Dark Chocolate
- 30 gm homemade peanut butter

## WHAT YOU NEED TO DO

- Mix together the pepitas, slivered almonds and sunflower seeds.
- Melt the chocolate and peanut butter together in a heat proof bowl over a pot of simmering water, ensuring that the bowl does not touch the water as this will cause the chocolate to burn.
- Pour the melted chocolate and peanut butter over the nut and seed mixture and stir until all the nuts and seeds are coated.
- Spoon the mixture between 16 mini baking cups and set in the fridge for 30 minutes before enjoying.



# PROTEIN BALLS



Serves: 24  
Prep: 10 mins  
Cook: 20 minutes



Nutrition per serving:  
Calories 80  
Carbs 19gm  
Protein 6gm  
Fat 4.5gm



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## WHAT YOU NEED

- Dates: 2 1/2 cups pitted
- raw almonds - 1 cup
- Almond meal - 1/2 cup
- unsweetened shredded coconut - 1 cup
- unsweetened cocoa powder - 1/4 cup
- flaxseeds - 1/4 cup
- Himalayan salt - 1/2 teaspoon



## WHAT YOU NEED TO DO

Combine almonds and 1 tablespoon of almond meal in a food processor. Pulse until the almonds are coarsely ground. Remove 3 tablespoons and set aside.

Add the pitted Medjool dates, the rest of almond meal, 1/2 cup of the coconut, cocoa powder, flax seeds and salt to the food processor.

Pulse to combine, then use a rubber spatula to scrape down the sides. Continue to blend the mixture for a minute or two, until the mixture is sticky and blended.

Use a 2 tablespoon sized cookie scoop to measure and roll each scoop into a smooth ball.

Roll each ball in the remaining coconut to coat and garnish with a small sprinkle of the ground almonds.

Serve and store in the refrigerator.

## Recipe Notes

Store the Date Almond Coconut Protein Balls in an airtight container in the refrigerator for up to 2 weeks.

Can be frozen up to 1 month.



# 5 INGREDIENTS ENERGY BITES



Serves: 10  
Prep: 10 mins  
Cook: 1 hour



Nutrition per  
serving:  
Calories 92  
Carb 14gm  
Protein 2.1gm  
Fat 3.4gm



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## WHAT YOU NEED

- 1 cup dates (pitted / if dry, soak in warm water for 10 minutes, then drain well)
- 3 Tbsp homemade peanut or almond butter
- 1/4 cup dairy-free dark chocolate (roughly chopped)
- 1 Tbsp **chia seeds** (or sub flax or hemp seeds)
- 2/3 cup gluten-free rolled oats

## WHAT YOU NEED TO DO

- Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball.
- Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
- Carefully roll into 1-inch balls (29-30 grams per ball), using the warmth of your hands to mold them together. Should yield 14-15 balls (amount as original recipe is written / adjust if altering batch size).
- To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.



# HONEY CHOC PROTEIN BITE



Serves: 14  
Prep: 10 mins  
Cook: 20 minutes



Nutrition per serving:  
Calories 70  
Carb 16gm  
Protein 5gm  
Fat 3gm



MP

## WHAT YOU NEED

- 1 ½ cups rolled oats
- 1 cup almond flour
- ½ sleeve vanilla bean
- ½ homemade peanut or almond butter
- ¼ honey
- 1/3 cup mini chocolate chips
- 2-3 tbsp almond milk

## WHAT YOU NEED TO DO

- Place the almond flour, oats, peanut or almond butter, and honey in a large bowl.
- Add 2 tablespoons of almond milk and stir until a stiff dough forms. If the mixture is too dry, add the additional almond milk, 1 teaspoon at a time, until desired consistency is reached.
- Stir in the chocolate chips.
- Take tablespoons sized pieces of dough and roll into balls. Place on a sheet pan lined with parchment.
- Roll the remaining dough into balls.
- Chill for at least 30 minutes, then serve. Store in the refrigerator



# CHOCOLATE ZUCCHINI MUFFIN



Makes: 12  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
90 cal  
12g Fats  
15g Carbs  
7g Protein



## WHAT YOU NEED

- 2 cups (240g) almond meal
- 4 tbsp. coconut flour
- ½ cup (50g) unsweetened cocoa powder
- ½ tsp. baking soda
- 1 tsp. baking powder, gluten free
- ½ tsp. sea salt
- 1 large ripe banana, mashed
- ¼ cup (60ml) almond milk
- 3 eggs
- ¼ cup (60ml) honey
- 1 tsp. vanilla extract
- 1 zucchini, grated (about 1 cup)

## WHAT YOU NEED TO DO

*Preheat oven to 350°F (180°C).*

*In a large bowl, combine almond meal, coconut flour, cocoa powder, baking soda, baking powder, and sea salt.*

*In a separate bowl, combine mashed banana, almond milk, eggs, honey, and vanilla extract.*

*Add the wet mixture to the dry mixture and stir to combine.*

*Place grated zucchini between two layers of paper towel and squeeze out excess liquid, and then add to the batter.*

*Grease a 12-cup muffin tin or place a muffin liner in each and distribute batter evenly between cups. Bake for 25 minutes or until the tops spring back when touched.*

*Let cool for 10 minutes before removing and placing onto a wire rack to cool completely.*





**SMOOTHIES**



# SMOOTHIES



Makes: 1  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
N/A



GF

DF

LC

MP

V

N

## WHAT YOU NEED

### LIST OF HEALTHY SUPERFOODS YOU CAN INCLUDE IN YOUR SMOOTHIE

**Kale** - insanely low in calories, powerful anti-oxidant with anti-inflammatory properties, and helpful for arthritis and autoimmune diseases

**Spinach** - the beauty of spinach lies in how easy it is to disguise the taste. It's mild tasting yet packed with vitamins, has anti-cancerous properties, and is one of the healthiest foods on the planet

**Blueberries** - one of the highest antioxidant capacities of all fruit which helps to combat free radicals in your body

**Strawberries** - just one serving provides more vitamin c than an orange while being low in natural sugars

**Greek Yogurt** - double the protein and half the carbs as regular yogurt

**Cucumber** - since it's 95% water, it's an incredible detoxifier and helps with liver and kidney function

**Lemon/Lime** - one of the most important items to stock in your kitchen as it's a highly effective cleansing agent and cuts through the bitterness of greens.

**Banana** - an essential in smoothies as it adds creaminess, a touch of sweetness, and helps you feel full longer plus, it's rich in potassium and fiber and gives you natural energy

**Turmeric** - anti-inflammatory and anti-oxidant properties

**Ginger** - aids in digestion and supports the immune system

**Chia + Flaxseeds** - rich in Omega-3 and fiber benefits

# SMOOTHIES



Makes: 1  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
N/A



## WHAT YOU NEED

### Babe Ruth Strawberry Pineapple Banana Smoothie:

- 1 cup Strawberries
- 1/2 cup Pineapple (not for suitable for 40 Days confinement program)
- 1 Banana (not for suitable for 40 Days confinement program)
- 2 cups Orange Juice
- 1/2 cup Greek Yogurt
- 1 cup Spinach optional
- 1 Tablespoon Chia or Flaxseeds optional
- Ice

### Sweet Cherry Almond Smoothie:

- 1 1/2 cups Cherries frozen
- 1 cup Almond Milk
- 1/4 cup beetroot
- 1 mango
- Ice
- Optional: top with unsweetened coconut flakes + almond butter

### Lovely Greens Smoothie:

- 1 cup avocado
- 2 cups Spinach
- 1/2 cup Grapes
- 1 1/2 cup Orange Juice
- 1 green apple
- Ice

### Chocolate Powerhouse Smoothie:

- 1 cup Coconut Milk
- 1 scoop Dark Chocolate Chips
- 1/2 cup Blueberries
- 1 cup Spinach
- 1 cup Strawberry
- 1 Tablespoon Almond Butter
- Ice

# SMOOTHIES



Makes: 1  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
N/A



## WHAT YOU NEED

### Youthful Glow Green Smoothie:

- 2 Handfuls approximately 2 cups Kale or Power Greens Mix (can buy it fresh from Coles or Woolworth)
- 2 Handfuls approximately 2 cups Baby Spinach
- 2 cups Pure Apple Juice
- 1/2 Cucumber
- 1/2 Lemon squeezed (for extra benefits, use the juice from an entire lemon)
- 1 Banana or Mango
- Ice
- Optional:
- 1 teaspoon Fresh Ginger grated

### Peachy Mango Smoothie:

- 1 cup Peaches
- 1 cup Mangoes
- 1 Banana
- 1 cup Orange Juice
- 1/4 teaspoon Turmeric
- 1/4 teaspoon Ginger

## WHAT YOU NEED TO DO

Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.

Frozen bananas work best in smoothies. Peel, slice in half, and place in a large Ziploc bag in the freezer overnight.

Add more spinach and kale to increase nutritional benefits.

