

The Keto **DIET**



YOUR NAME HERE

SHOPPING LIST

PROTEIN.

- CHICKEN
- DUCK
- TURKEY
- EGGS
- FISH AND SEAFOOD
- GOAT
- PORK
- BEEF
- GAME MEAT (KANGAROO, VENISON)

VEGETABLES

- ASIAN GREENS: BOK CHOY, PAK CHOY, CHOY SUM ETC
- ASPARAGUS
- AVOCADOS
- BAMBOO SHOOTS
- BROCCOLI
- BRUSSELS SPROUTS
- BUTTERNUT SQUASH
- CABBAGE
- CAPSICUM
- CAULIFLOWER
- CELERY
- CUCUMBER
- GREEN BEANS
- MUSHROOMS
- KALE
- LETTUCE
- ONIONS
- OKRA
- SPINACH
- SPAGHETTI SQUASH
- TOMATOES
- ZUCCHINI

FRUIT

- BERRIES: BLUEBERRIES, RASPBERRIES, STRAWBERRIES
- LOQUATS
- LEMONS
- LIMES

DAIRY

- CHEESE: ALL TYPES
- CREAM
- YOGHURT - UNSWEETENED
- WHEY PROTEIN

NUTS AND SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- FLAXSEEDS
- HAZELNUTS
- HEMP SEEDS
- PITASCHIOS
- PINE NUTS
- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- WALNUTS

OILS AND FATS

- ALMOND AND OTHER NUT BUTTERS
- BUTTER
- NUT OILS: MACADAMIA
- COCONUT MILK / CREAM
- COCONUT OIL
- MCT OIL
- OLIVE OIL
- SEASAME SEED OIL

CONDIMENTS

- COCONUT AMINOS (LIKE SOY SAUCE)
- APPLE CIDER VINEGAR
- GARLIC
- GINGER
- CHILLI
- ALL HERBS AND SPICES

DRINKS

- SODA WATER
- SPARKLING WATER
- HERBAL TEA
- WATER 2 - 4 L / DAY
- COFFEE
- TEA
- GREEN TEA

AVOID LIST

PROTEIN

PROCESSED MEATS:

- HAM
- BACON
- SILVERSIDE
- SALAMI

GRAINS - ALL

- AMARANTH
- BARLEY
- BUCKWHEAT
- CORN
- OATS
- QUINOA
- RICE
- RYE
- SORGHUM
- WHEAT

LEGUMES - ALL

- ADZUKI BEANS
- BLACK BEANS
- CANNELONI BEANS
- CHICKPEAS
- FAVA
- LENTILS
- KIDNEY BEANS
- NAVY BEANS (BAKED BEANS)
- PINTO BEANS
- PEANUTS
- SOY BEANS
- GREEN BEANS / SNOW PEAS

VEGETABLES

- POTATOES
- OTHER STARCHY VEGETABLES: SWEET POTATO, PUMPKIN, WATER CHESTNUTS, TARO

FRUITS

- ALL SWEET FRUITS AND FRUIT JUICES

DAIRY

- ICE-CREAM
- MILK
- SWEETENED YOGHURT

OILS AND FATS

- CANOLA OIL
- MARGARINE
- VEGETABLE OILS
- AVOID COOKING WITH SEED OILS

SWEETNERS / SUGARS

- ARTIFICIAL SWEETNERS
- SUGAR

DRINKS

- SOFTDRINKS
- JUICES
- COFFEE
- ALCOHOL

DIET COMPOSTION

PROTEIN

20 - 25 % OF CALORIES

FATS

60- 70 % OF CALORIES

CARBOHYDRATES

5 - 10% OF CALORIES

IS IT HEALTHY?

Ketogenic Diets have been successfully used to treat epilepsy for many decades and so have been able to be studied for side effects. They have been found to promote healthier blood sugar levels, lower blood pressure, improve cholesterol profiles. They can have anti-neoplastic effects, do not alter liver or kidney function, do not cause osteoporosis and can have a positive effect on concentration and the nervous system.

SIDE EFFECTS

A ketogenic diet can cause symptoms known as “keto flu,” which includes:

lightheadedness, fatigue, headaches, nausea, and constipation and sometimes bad breath.

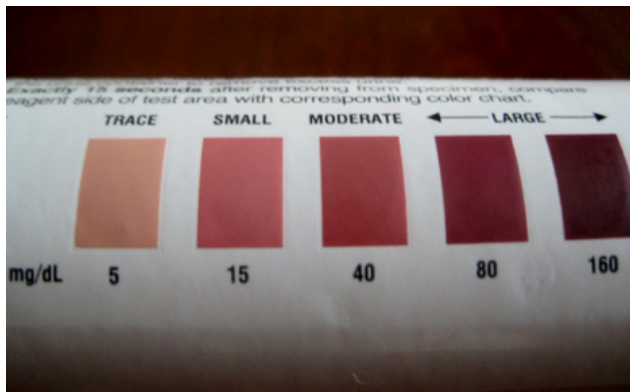
These symptoms are a result of the body's rapid excretion of sodium and fluids and not getting enough fibre rich foods.

Increasing sodium by 1-2 g per day with a good quality sea salt (1/2 tsp / day) may restore electrolyte balance.

Also taking a good quality fibre to support the microbiome and daily bowel movement is important.

KETO STICKS

TO TEST YOUR KETONES YOU WILL NEED TO BUY KETONE TEST STRIPS. THE INSTRUCTIONS WILL BE ON THE SIDE OF THE CONTAINER.



**IF YOU ARE
TRACE THEN YOU
ARE NOT IN
KETOSIS. EAT
LESS
VEGETABLES**

**IF YOU ARE
'LARGE' IE DARK
MAROON YOU ARE
MAKING TOO
MANY KETONES.
EAT MORE
VEGETABLES**

**IDEAL KETO LEVEL IS SMALL OR
MODERATE**

BASICS

Cauliflower Rice

Spaghetti Squash

Zoodles (Zucchini Noodles)

Seed Crackers

EQUIPMENT

Vegetable Spiraliser

Cauliflower Rice

4 servings

INGREDIENTS

- 3 handfuls of cauliflower, grated
- 1 tbsp of olive oil
- Salt and seasoning to taste

DIRECTIONS

1. Grate the cauliflower using the medium sized holes of a grater. Grate the core too.
2. With your hands, squeeze out as much water as you can. This may not be necessary for some cauliflower as they vary in degree of moisture.
3. Add the grated cauliflower to a heated and oiled wok or pan and fry until it is tender-crisp, about 5 to 8 minutes. The length of time will depend on the cauliflower.
4. Use as you would rice. The variations are endless!



Zoodles (Zucchini Noodles)

4 servings

INGREDIENTS

- 1 Large Zucchini
- Olive, coconut or MCT Oil
- Salt to taste

DIRECTIONS

1. Spiralise your zucchini with your spiraliser.
2. If you don't have one you can also use a potato peeler and peel long strips and then cut them lengthwise for 'fettuccini'. Or with a sharp knife cut them lengthwise into about 4mm strips for 'lasagne'.
3. You don't have to cook them, just serve with a warm sauce over the noodles and it will gently heat them through, so no actual cooking is necessary.
4. Or if you want to cook them: Heat a pan with oil and toss them for about a minute over medium heat, just until they're warmed through. Don't cook them any longer, or they'll get soft and watery.
5. For lasagne: bake in the lasagne until the zucchini is tender, about the same time as normal pasta.



Spaghetti Squash

4 servings

INGREDIENTS

- 1 spaghetti squash
- Olive, coconut or MCT Oil
- Salt to taste

DIRECTIONS

1. Preheat the oven to 200°C (400°F).
2. Halve the spaghetti Squash. The skin is quite thick, so use the tip of the knife to get into it then push down and be careful!
3. Remove the seeds
4. Brush the squash with a little oil and salt
5. Cook the squash cut side down in the oven for about 45 minutes (you will be able to put a fork in the skin once it is cooked)
6. Allow the to cool for about 10 minutes
7. Use a fork to remove the flesh from the skin - it will break into spaghetti like strands
8. Serve with your favourite pasta sauce



INGREDIENTS

- 1 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1 cup sesame seeds
- 1/3 cup flax seeds
- 1/2 - 1 tsp sea salt
- 1 tsp dried mixed herbs or your favourite herb, such as thyme or rosemary
- 2 Tbsp psyllium husk flakes
- 2 1/4 cups water

DIRECTIONS

1. Add all the ingredients in a large bowl and mix well. Then add water and stir well.
2. Set aside and allow to thicken for about 20 minutes.
3. Preheat your oven to 150°C/300°F.
4. Transfer the mixture over to a large square or rectangular baking dish lined with baking paper. Spread into a thin layer. You might need to use two baking trays. Make sure the crackers are about 4-5mm in thickness.
5. Bake in the oven for 1 hour. You can adjust the baking time (+/- 10 minutes) depending on how browned/golden and crispy you prefer your seeds to be. Keep an eye, though – because they can burn easily.
6. To get evenly cut flax seed crackers, you can cut them halfway through baking. Otherwise, they might be too hard to cut/break evenly. You can use a pizza cutter to do this really quickly, or a knife.
7. However, you can also just break them apart after baking, into uneven pieces.
8. Remove the crackers from the oven and leave to cool completely before eating.
9. Or store them in an airtight container for up to 3 weeks.



RECIPE VARIATIONS

1. Add several different herbs and spices to these keto crackers. Such as: Italian herbs, garlic or / and onion powder, paprika, thyme, basil, oregano, or curry powder. Try 1-2tsp of each.
2. You could also include 2-3 tbsp of grated parmesan or add some nutritional yeast flakes, for vegan crackers for a cheesy flavour.
3. Add some chopped nori/ seaweed/ furikake seasoning.
4. Use all raw seeds or lightly roast the pumpkin/sesame seeds for 10-15 minutes first. This will lead to more flavorful, crunchier crackers.
5. These vegan flax crackers can be made sweet too. In a similar way to making a sweet seeds granola bar, you can use a little sweetener for a sweet treat. Add 1 - 2 tsp xylitol and a pinch or two of stevia to taste.



RECIPES

BREAKFAST

Tomato Egg Muffins

Avo & Eggs Morning Bowl

Chia & Berry Breaky Puddings

Avo and Sardines on Seed Crackers

Choc Berry Boost Smoothie

Berry Green Smoothie

Breakfast



Tomato Egg Muffins

4 servings

INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 punnet cherry tomatoes (halved)
- 1 tbsp Extra Virgin Olive Oil
- 350 g Baby Spinach
- 7 Eggs
- 1/2 cup grated cheddar
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

DIRECTIONS

1. Preheat oven to 180 Celcius / 350 F. Lightly grease a muffin pan with olive oil (or use a silicon muffin tray)
2. Heat extra virgin olive oil in a large pan over medium heat. Sauté the cherry tomatoes & spinach until wilted and tender. Let cool slightly.
3. When spinach and cherry tomatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
4. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
5. Pour the whisked eggs into the muffin cups to cover the cherry tomatoes and spinach.
6. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

NOTES

Serving Size

One serving is equal to three egg cups.

Leftovers

Store in the fridge in an airtight container for up to three days. Due to the moisture in the cherry tomatoes and spinach, these egg cups do not freeze well.



Avo & Eggs Morning Bowl

4 servings

INGREDIENTS

- 8 Organic Free Range Eggs (2 per serve)
- 2 Avocados
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Extra Virgin Olive Oil
- Tsp organic apple cider vinegar

DIRECTIONS

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice them in half.
2. Make guacamole by mashing avocado and mixing with lemon, sea salt, and pepper to taste.
3. Divide spinach into bowls and top with guacamole, egg, red onion, apple cider vinegar and olive oil. Enjoy!

Storage

Keep refrigerated in an air-tight container for up to 3 days.

Prep Ahead

Hard boil your eggs in advance to save time.

Make it Spicy

Add chili flakes.

Extra Toppings

Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp seeds



Chia & Berry Breaky Puddings

3 servings

INGREDIENTS

- 1 tin Organic Coconut Cream(BPA free if possible)
- 1 tsp Vanilla Extract
- Pinch of Cinnamon
- 1/2 cup Chia Seeds
- 1/2 cup Blueberries
- 1/2 cup Strawberries
- Stevia and xylitol to taste (1 tsp xylitol and pinch of stevia)
- 1/4 cup Almond flakes
- 1 tbsp plain greek yoghurt

DIRECTIONS

1. In a large bowl, whisk together the coconut milk, stevia and xylitol, cinnamon and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
2. Divide the chia pudding between bowls or containers and top with yoghurt, almond flakes, blueberries and strawberries. Top with fresh mint if you like. Enjoy!

Storage

Keeps well in an airtight container in the fridge for up to 5 days.



Avocado and Sardines on Seed Crackers

1 serving

INGREDIENTS

- 1 - 4 Seed Crackers (see recipe above)
- 1 tablespoon avocado
- 1/2 Can Sardines in olive oil
- Sea Salt & Black Pepper (to taste)
- 1/4 small red onion
- Lemon juice or Apple cider vinegar or tabasco (to taste)
- Feta Cheese - about 1/4 of a small block

DIRECTIONS

1. Spread avocado over seed crackers and top with sardines, red onion, lemon juice, feta cheese and/or salt, and pepper. Enjoy!



Chocolate Boost Smoothie

1 serving

INGREDIENTS

- 1 1/2 cups Unsweetened Almond Milk or Coconut cream
- Handful baby spinach leaves
- 6 large Strawberries
- 2 tbsps Raw Cacao Powder
- 1 tbsp Almond or Cashew Butter (or your fave nut butter)
- 1 scoop Collagen Powder (or other protein powder)

DIRECTIONS

1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!



Berry Green Smoothie

1 serving

INGREDIENTS

- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/2 Cucumber
- Handful baby spinach leaves (or alkalising green powder)
- 1 serve Collagen or protein powder
- 2 1/2 Ice Cubes
- 1/4 cup Mint Leaves
- 1/2 cup Water
- Stevia to taste

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



Lunch



CONTENTS

LUNCH

Mediterranean Salad

Zucchini Fritters & Greens

Nutty Almond & Broccoli Salad

Vegetable Frittata

Broccoli and Tuna Salad

INGREDIENTS

- 2 tbsps Fresh Dill (chopped)
- 1/4 cup Extra Virgin Olive Oil
- Juice of 1 Lemon
- Pinch Sea Salt
- Pinch Black Pepper
- 1 Cucumber (diced)
- 1/3 yellow capsicum (sliced)
- 1 Punnet Cherry Tomatoes (halved)
- 1 Green Capsicum (diced)
- 4 cups Cos Lettuce Leaves roughly chopped
- 1 cup Goat's Feta Cheese (crumbled)
- Lean protein such as chicken, fish, seafood or tofu

DIRECTIONS

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine cucumber, tomato, capsicum, and lettuce. Add the desired amount of dressing and toss well. Divide between bowls and top with goat's feta cheese.
3. Serve with some lean protein



(serves 1 so feel free to double or quadruple the recipe)

INGREDIENTS

- 1/3 cup of almond milk
 - 1 large zucchini
 - 1/4 head of broccoli
 - 3 eggs
 - 1 pinch Celtic or Himalayan salt
 - 1 1/2 cups of Coconut flour, or a mix of psyllium husk and almond flour (about half / half)
 - 2 teaspoons baking powder
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- OPTIONAL
 - 1/2 red capsicum
 - Finely chopped mushrooms

DIRECTIONS

1. Place milk, zucchini, broccoli, eggs, and salt into a blender or food processor until smooth.
2. In a bowl, mix flour and baking powder together and then add the blended mixture. Then fold in any extra chopped veggies.
3. Mix well.
4. Cook in a hot pan and serve with fresh avocado, mayonnaise or homemade tomato sauce.

These are great to make the day before and store in the fridge for 2-3 days, to enjoy at lunch alongside a salad.



Nutty Almond & Broccoli Salad

2 servings

INGREDIENTS

- 2 cups Broccoli (chopped into small florets)
- 1 cup cauliflower (chopped into small florets)
- 2 stalks shallots (sliced)
- 1/4 cup Almonds (chopped)
- 2 tbsps Almond Butter
- 1/2 block Goat's Fetta Cheese
- 1 1/2 tps Vinegar
- 1 1/2 tps coconut aminos
- 1 1/2 tps Sesame Oil
- 1/2 Garlic (clove, minced)
- 1 tbsp Water

DIRECTIONS

1. Lightly steam the broccoli and cauliflower
2. Combine the broccoli, cauliflower, shallots, and almonds in a large bowl
3. To make the salad dressing, whisk together the almond butter, vinegar, coconut aminos, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
4. Pour the dressing over the salad and toss to mix well.
5. Crumble the goat's cheese over the top. Serve immediately, or let sit for a few hours before eating. Soooo good!



INGREDIENTS

- 1 tablespoon coconut oil or olive oil
- 500 grams of chopped vegetables such as broccoli, carrot, capsicum, snow peas, green beans, mushrooms, spinach leaves
- 6 eggs
- 1/2 cup your preferred milk (almond or soy)

DIRECTIONS

1. Preheat oven to 180C.
2. Line a baking tray with baking paper and grease with coconut oil.
3. In a pan, stir fry the veggies for 3-5 minutes until soft. Then transfer into the baking tray.
4. Whisk eggs and milk together along with salt and pepper to taste and pour over vegetables.
5. Bake for 25-30 minutes or until set and golden.
6. Allow to cool for 10 minutes and serve with your favourite salad.



INGREDIENTS

- 2 cups Broccoli florets
- 1 cup cauliflower florets
- 2 1/4 tps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tahini
- Juice of half a lemon
- 3 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 can tuna or wild caught salmon
- 4 cups Baby Spinach (chopped)

DIRECTIONS

1. Preheat the oven to 220 Celcius / 425 degrees F. Line a large baking tray with baking paper.
2. Toss broccoli and cauliflower florets in a bowl with olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking tray. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, lemon juice, water, cayenne pepper, and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place them back in the mixing bowl. Add in the fish. Mix well.
5. Divide spinach between bowls. Top with fish and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!



Dinner



CONTENTS

DINNER

Fragrant Chicken Curry

Butter Chicken

Ginger Fish Stirfry

Moroccan Lamb Stew

Seafood Power Bowl

Peanut Chicken

Fragrant Chicken Curry

4 servings

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Brown Onion (large, chopped)
- 3 cloves Garlic (minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tsp Garam Masala
- 2 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Chilli Flakes (Optional)
- 1 lime (juiced)
- 1/2 cup Organic Vegetable Stock
- 1 can Organic Coconut Cream
- 6 chicken thighs chopped
- 1/2 tsp Coriander (optional, roughly chopped)
- 1 large head of broccoli
- 1 cup Cauliflower rice (see below)
- Coriander (cilantro) to serve

DIRECTIONS

1. In a large pan, heat oil over medium heat. Add the onion, garlic, and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onion begins to soften.
2. Stir in all of the garam masala, cumin, salt, and chilli flakes, and continue to cook for a minute until the spices become fragrant.
3. Add the chicken and brown with the spices
4. Add the vegetable stock, coconut milk, and broccoli and stir to combine.
5. Bring the curry to a gentle boil then reduce heat and simmer for 20 minutes. Add the lime juice and coriander when about 5 minutes is remaining.
6. Meanwhile prepare the cauliflower rice according to the instructions on the package.
7. When the curry has thickened slightly, divide the cauliflower rice onto plates and top it with the curry. Enjoy!



INGREDIENTS

- 600gm Chicken thighs
- 3 large carrots
- 1 large onion diced
- 2 cloves crushed garlic
- 2 tablespoons oil
- 1 tablespoon chopped ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground Tumeric
- 1 teaspoon ground coriander
- 1 teaspoon garam masala powder
- 1/8 teaspoon chili powder
- 1 teaspoon salt
- 1 bottle of plain passata
- 200ml coconut cream

DIRECTIONS

1. Chop chicken into pieces. Slice carrots thinly, brush with a little oil and roast in the oven for 15 minutes on 150C/ 300F.
2. Sauté onions, ginger, garlic and oil in a pan until clear.
3. Add spices and mix well.
4. Add passata and cook for around 5 minutes or until bubbling. Gently mix in the remaining ingredients.
5. Cook for another 10 minutes, ensuring that the chicken is cooked through.
6. Serve on cauliflower rice with a side of steamed greens.



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Xylitol
- 1 tbsp Coconut Oil
- 2 peices Firm Fish (sliced into strips)
- 1/2 Brown Onion (diced)
- 3 medium carrots (finely sliced)
- 3 cups Bok Choy
- 3 Cups Broccoli
- 3 cups Mushrooms (sliced)

DIRECTIONS

1. Mix together Coconut Aminos garlic, ginger, and xylitol in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add Fish and onion. Saute for 3 to 5 minutes. Add in carrots, Bok Choy, broccoli and mushrooms. Saute for another 5 minutes. Pour in the sauce from the jar. Stir well to mix. Once everything is well combined, turn off the heat.
3. Plate stir fry. Enjoy!



INGREDIENTS

- 1/4 cup Coconut Oil
- 500g diced lamb
- 1/2 bottle of pasta
- 2 Brown Onion (medium, diced)
- 2 medium carrots (sliced into discs)
- 1 zucchini (sliced into discs)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped and divided)
- 1 pinch of stevia if like a hint of sweet.

DIRECTIONS

- 1.Heat coconut oil over medium heat in a large pot or saucepan. Add Chicken, veggies, onion, turmeric, cinnamon, cardamom, cayenne, and salt. Cook for 10 minutes, stirring occasionally.
- 2.Stir in tomatoes, half the parsley and Xylitol.. Cover and cook for another 15 minutes, until chicken and veggies are cooked through and sauce is thick.
- 3.Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Serve it With

Cauliflower rice

Storage

Refrigerate in an airtight container for up to 2 days, or freeze if longer.



Seafood Power Bowl

4 servings

INGREDIENTS

- 500g prawns, raw
- 3 tspn ground coriander
- 1 tspn ground cumin
- 1 tspn ground turmeric
- 2 tspn coconut cream
- 2 tspn Coconut aminos
- 1 cup cauliflower rice
- 200g Broccoli lightly steamed
- 2 carrots, cut into batons
- 250g punnet cherry tomatoes, halved
- Juice 1 lime
- 1 tsp MCT oil
- Thai basil, to serve (regular basil is fine)
- Lime wedges, to serve
- Chilli, to serve

DIRECTIONS

1. Place prawns in a bowl and add coriander, cumin, turmeric, coconut cream & 1 tspn of the tamari. Stir to combine.
2. Prepare Cauliflower rice.
3. Preheat a large fry pan to high heat and cook prawns for a few minutes or until done. In a large bowl, combine the broccoli, carrots and tomatoes.
4. Combine MCT oil, lime juice and 1 tspn tamari to make the dressing. Place rice and salad in a bowl and top with prawns, Thai basil, lime wedges, sliced chilli, and dressing



INGREDIENTS

- 2tbsp Olive oil
- 8 chicken thighs, cut into cubes
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 2 red chillies, finely sliced (optional)
- 2tsp fresh ginger, grated
- 2tbsp garam masala
- 100g smooth peanut butter
- 400ml coconut milk
- 400g can chopped tomatoes
- coriander, ½ roughly chopped, ½ leaves picked
- roasted peanuts, to serve

DIRECTIONS

1. Heat 1 tbsp of the oil in a deep frying pan over a medium heat. Brown the chicken in batches, setting aside once golden.
2. Fry the onion for a few minutes until softened and then add the garlic, chilli and ginger and fry in the other 1 tbsp oil for 1 min. Add the garam masala and fry for 1 min more.
3. Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer. Return the chicken to the pan and add the chopped coriander. Cook for 30 mins until the sauce thickens and the chicken is cooked through.
4. Serve with the Cauliflower Rice, remaining coriander, roasted peanuts

