































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Salted Peanut Butter & Chocolate Smoothie	 Dragon Fruit & Kiwi Smoothie	 Mango Lime Smoothie	 Yogurt, Applesauce & Granola	 Blueberry Granola Smoothie Bowl	 Watermelon Fruit Salad	 Turkey Apple Breakfast Hash
Snack 1	 Blender banana muffins	 Pureed Pumpkin Hummus	 Chestnut Hummus with Cucumber & Pita Chips	 Fresh Figs & Brazil Nuts	 Apple	 Carrot Sticks	 Blender banana muffins
Lunch	 Udon Noodle Stir Fry	 Harissa Chickpea Couscous Salad	 Tuna & Tomato on Toast	 Fresh Salad Rolls	 Chicken Tacos with Chipotle Coleslaw	 Apple & Turkey Breakfast Hash	 Chicken fajita salad
Dinner	 Chicken and lentil soup	 Teriyaki chicken drumsticks with pickled veggies	 Fresh Salad Rolls	 Pumpkin Chickpea Curry	 Pork & Coleslaw Skillet	 Parmesan Crusted Chicken with Broccoli	 Udon Noodle Stir Fry

Fruits

- ☐ 2 Apple
- ☐ 2 Avocado
- ☐ 1/2 cup Blueberries
- ☐ 2 Fig
- ☐ 1/2 Kiwi
- ☐ 1 3/4 Lemon
- ☐ 3 tbsps Lemon Juice
- ☐ 2 1/2 Lime
- ☐ 1 tsp Lime Juice
- ☐ 1 Mango
- ☐ 1/4 Seedless Watermelon

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1/2 cup Granola
- ☐ 1 tsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Brazil Nuts
- ☐ 2/3 cup Chestnuts
- ☐ 1/4 tsp Chipotle Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 2 1/3 tbsps Coriander
- ☐ 1/2 bunch Coriander
- ☐ 1 2/3 tbsps Cumin
- ☐ 10 Fresh Curry Leaves
- ☐ 1/8 tsp Garlic Powder
- ☐ 1 tsp Ground Mustard
- ☐ 1 1/2 tps Harissa
- ☐ 1/8 tsp Onion Powder
- ☐ 1/4 cup Pepitas
- ☐ 1 tbsp Poultry Seasoning
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1 3/4 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/8 tbsps Sesame Seeds
- ☐ 1 tbsp Smoked Paprika
- ☐ 1 tsp Turmeric

Frozen

Vegetables

- ☐ 2/3 cup Arugula
- ☐ 1/3 cup Basil Leaves
- ☐ 1 head Broccoli
- ☐ 1 cup Brussels Sprouts
- ☐ 1 cup Butternut Squash
- ☐ 5 Carrot
- ☐ 2 Carrots
- ☐ 2 1/2 cups Cauliflower Rice
- ☐ 1 1/4 cups Cherry Tomatoes
- ☐ 2 tbsps Cilantro
- ☐ 6 3/4 cups Coleslaw Mix
- ☐ 2 1/2 Cucumber
- ☐ 2 eas Garlic
- ☐ 17 Garlic
- ☐ 5 Garlic Clove
- ☐ 1/3 cup Ginger
- ☐ 2 stalks Green Onion
- ☐ 3/4 head Iceberg Lettuce
- ☐ 1 Leeks
- ☐ 1/4 cup Microgreens
- ☐ 300 gs Mushrooms
- ☐ 5 cups Napa Cabbage
- ☐ 2 tbsps Parsley
- ☐ 800 gs Pumpkin
- ☐ 2 cups Purple Cabbage
- ☐ 1/2 cup Radishes
- ☐ 1 Red Bell Pepper
- ☐ 1 Red Chilli
- ☐ 2/3 cup Red Onion
- ☐ 3 cups Shiitake Mushrooms
- ☐ 2 Yellow Onion

Boxed & Canned

- ☐ 1 tbsp Bone Broth
- ☐ 1/3 cup Bread Crumbs
- ☐ 1 cup Brown Rice
- ☐ 400 milliliters Canned Coconut Milk
- ☐ 4 1/2 cups Chickpeas
- ☐ 825 gs Chickpeas
- ☐ 1 cup Corn

Bread, Fish, Meat & Cheese

- ☐ 1/3 cup Cheddar Cheese
- ☐ 1.8 kilograms Chicken Breast
- ☐ 113 grams Chicken Breast, Cooked
- ☐ 1 kilogram Chicken Drumsticks
- ☐ 2 Corn Tortilla
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 2 tbsps Hummus
- ☐ 454 grams Lean Ground Pork
- ☐ 50 grams Sourdough Bread

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 1 1/2 tps Avocado Oil
- ☐ 3 tbsps Chinese Cooking Wine
- ☐ 1 1/2 tbsps Cilantro Lime Dressing
- ☐ 1/4 cup Coconut Aminos
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 2 tps Fish Sauce
- ☐ 2 tbsps Ghee Or Coconut Oil
- ☐ 2 tps Mayonnaise
- ☐ 1 tsp Olive Oil
- ☐ 8 Rice Paper Wraps
- ☐ 1 1/2 tbsps Rice Vinegar
- ☐ 1 1/2 tps Sesame Oil
- ☐ 1/3 cup Soy Sauce
- ☐ 1 1/2 tbsps Sunflower Seed Butter
- ☐ 1 1/2 tbsps Tahini
- ☐ 1/3 cup Tamari

Cold

- ☐ 2 Egg
- ☐ 3/4 cup Oat Milk
- ☐ 2 1/2 cups Plain Coconut Milk
- ☐ 1/2 cup Plain Greek Yogurt
- ☐ 1/3 cup Sour Cream

Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 33 grams Collagen Powder
- ☐ 47 grams Pita Chips

- | | | |
|--|---|---|
| <input type="checkbox"/> 113 grams Dragon Fruit | <input type="checkbox"/> 1/4 cup Couscous | <input type="checkbox"/> 0 Rice |
| <input type="checkbox"/> 1 cup Frozen Blueberries | <input type="checkbox"/> 800 gs Crushed Tomatoes | <input type="checkbox"/> 1/4 cup Vanilla Protein Powder |
| <input type="checkbox"/> 1 1/2 cups Frozen Cauliflower | <input type="checkbox"/> 1/2 cup Dry Red Lentils | <input type="checkbox"/> 1 3/4 cups Water |
| <input type="checkbox"/> 1 cup Frozen Mango | <input type="checkbox"/> 1 cup Lite Coconut Milk | |
| <input type="checkbox"/> 9 Ice Cubes | <input type="checkbox"/> 700 mls Passata | |
| | <input type="checkbox"/> 1 cup Red Kidney Beans | |
| | <input type="checkbox"/> 85 grams Rice Vermicelli Noodles | |
| | <input type="checkbox"/> 1 cup Risoni | |
| | <input type="checkbox"/> 1/2 can Tuna | |
| | <input type="checkbox"/> 400 grams Udon Noodles | |

Baking

- | |
|--|
| <input type="checkbox"/> 1 tbsp Cacao Powder |
| <input type="checkbox"/> 1/4 cup Cane Sugar |
| <input type="checkbox"/> 1/4 tsp Honey |
| <input type="checkbox"/> 1/2 tsp Monk Fruit Sweetener |
| <input type="checkbox"/> 1 cup Pureed Pumpkin |
| <input type="checkbox"/> 1 tbsp Tapioca Flour |
| <input type="checkbox"/> 1/4 cup Unsweetened Applesauce |
| <input type="checkbox"/> 1 tbsp Unsweetened Shredded Coconut |



Salted Peanut Butter & Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 cup Lite Coconut Milk
2 tbsps All Natural Peanut Butter
1/4 cup Chocolate Protein Powder
14 grams Collagen Powder
1 tbsp Cacao Powder
1/2 tsp Monk Fruit Sweetener
1/8 tsp Sea Salt
4 Ice Cubes

Directions

1

Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Coconut Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, hemp seeds, or chia seeds to your smoothie before blending.

Make it Vegan: Omit collagen powder.



Dragon Fruit & Kiwi Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk (unsweetened from the carton)
113 grams Dragon Fruit (red, cubed, fresh or frozen)
1/2 Kiwi
1/2 Lime (juiced)
1 tsp Maple Syrup
19 grams Collagen Powder
5 Ice Cubes

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

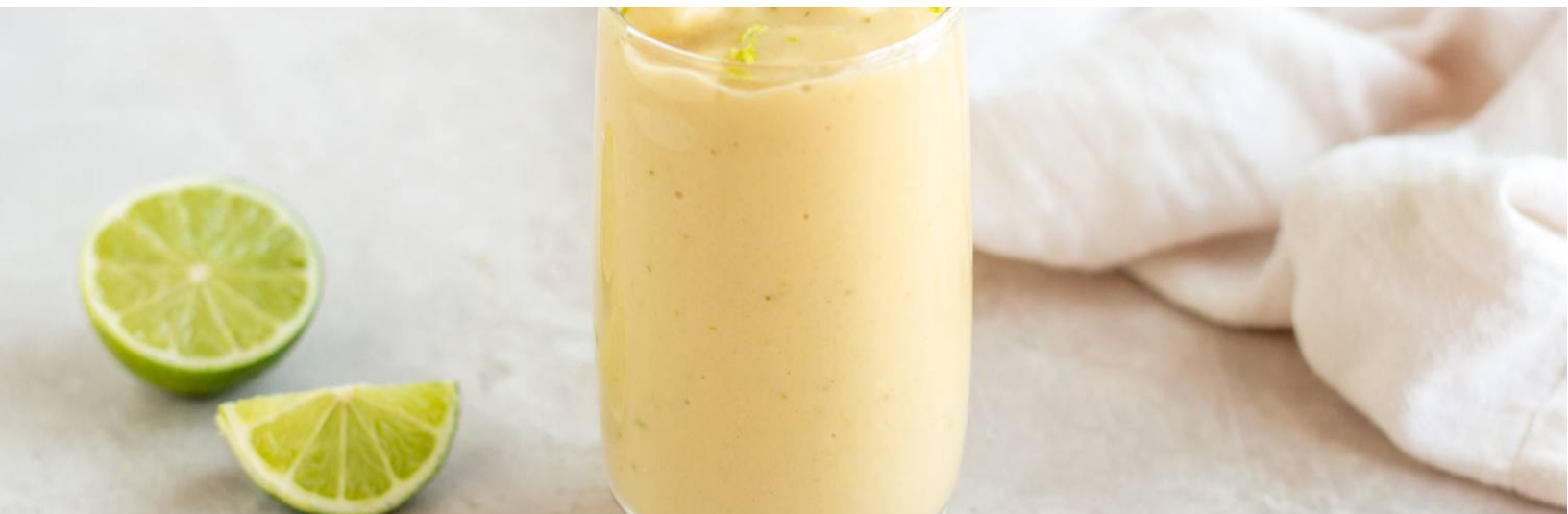
No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

No Red Dragon Fruit: Use a white flesh dragon fruit or strawberries.

Dragon Fruit Size: Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.



Mango Lime Smoothie

1 serving

5 minutes

Ingredients

1 cup Frozen Mango
1 cup Frozen Cauliflower
1 Lime (large, zest and juice)
1/4 cup Vanilla Protein Powder
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

Directions

1

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Yogurt, Applesauce & Granola

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1/4 cup Unsweetened Applesauce
1/4 cup Granola
2 tbsps Pumpkin Seeds

Directions

1

Mix the yogurt and apple sauce together in a bowl. Top with granola and pumpkin seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Use coconut yogurt in place of greek yogurt.

More Flavor: Add cinnamon and peanut butter.

Additional Toppings: Blueberries or raspberries.



Blueberry Granola Smoothie Bowl

1 serving

5 minutes

Ingredients

1 cup Frozen Blueberries
1/2 cup Frozen Cauliflower
3/4 cup Oat Milk
1 1/2 tbsps Sunflower Seed Butter
1/4 cup Granola
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 Add the blueberries, cauliflower, milk, and sunflower seed butter and blend until smooth (scraping down the sides of the blender with a spatula or adding another splash of milk if needed as the smoothie should be thick).
- 2 Transfer the smoothie to a bowl and top with the granola and coconut. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately equal to 1 1/2 cups.

Additional Toppings: Chopped nuts, seeds or sliced fruit, like strawberries or bananas.

Likes it Sweet: Add maple syrup, honey, or dates to taste.

No Oat Milk: Use another milk instead, like almond or coconut.



Watermelon Fruit Salad

2 servings

5 minutes

Ingredients

1/4 Seedless Watermelon (small, cut into cubes)

1 Mango (cut into cubes)

1/2 cup Blueberries

Directions

1

Add the watermelon, mango, and blueberries to a bowl and stir to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add honey, lime juice, or fresh mint.

Fruit: Use strawberries, peaches, kiwi, or cantaloupe instead.



Pureed Pumpkin Hummus

4 servings

10 minutes

Ingredients

1/2 cup Pureed Pumpkin
2 cups Chickpeas (cooked, drained and rinsed)
2 Garlic (clove)
1 1/2 tbsps Lemon Juice
1/4 cup Extra Virgin Olive Oil
1/2 tsp Sea Salt

Directions

1

Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!



Carrot Sticks

1 serving

5 minutes

Ingredients

1 Carrot (medium)

Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor: Season with salt.

Serve it With: Hummus, guacamole or your favorite dip.



Chestnut Hummus with Cucumber & Pita Chips

2 servings

10 minutes

Ingredients

2/3 cup Chestnuts (roasted, deshelled)
 1 1/2 tbsps Tahini
 1 Garlic (clove)
 1 tbsp Extra Virgin Olive Oil (plus extra for garnish)
 1/2 tsp Sea Salt
 1/2 Lemon (juiced)
 1/4 cup Water (cold)
 1 tsp Sesame Seeds (for garnish, optional)
 1/2 Cucumber (medium, sliced)
 47 grams Pita Chips

Directions

- 1 Add the chestnuts, tahini, garlic, oil, salt, and lemon juice to a food processor. Blend until pureed.
- 2 Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt and lemon juice, if needed.
- 3 Transfer the mixture to a serving bowl. Top with sesame seeds and additional oil, if using. Serve with cucumber slices and pita chips. Enjoy!

Notes

Leftovers: Refrigerate the chestnut hummus and cucumbers in separate containers for up to four days.

Serving Size: One serving is approximately 1/3 cup of hummus with pita chips and cucumber.

More Flavor: Add cumin and chili flakes.

Consistency: If the chestnut hummus is too thick, add additional cold water, one tablespoon at a time.



Fresh Figs & Brazil Nuts

1 serving

2 minutes

Ingredients

2 Fig (halved)
2 tbsps Brazil Nuts

Directions

- 1 Add the figs and Brazil nuts to a bowl and enjoy!

Notes

Leftovers: Refrigerate the fig(s) in an airtight container and consume within one day.
Serving Size: One serving is two figs and approximately three Brazil nuts.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Directions

- 1 Slice into wedges, or enjoy whole.



Harissa Chickpea Couscous Salad

1 serving**20 minutes**

Ingredients

- 1/4 cup Couscous (uncooked)
- 1/2 cup Chickpeas (cooked)
- 1 1/2 tsps Harissa
- 2/3 cup Arugula
- 2 tsps Hummus
- 1 1/2 tsps Red Onion (thinly sliced)
- 1 1/2 tsps Cilantro Lime Dressing

Directions

- 1 Cook the couscous according to the package directions and let cool.
- 2 Meanwhile, heat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 3 In bowl combine together the chickpeas and harissa. Place chickpeas on the baking sheet and bake in the oven for 15 minutes.
- 4 Arrange the couscous, arugula, chickpeas, hummus, and red onion in your serving bowl. Top with dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

Gluten-Free: Use quinoa instead of couscous.

More Flavor: Add cucumber and tomato.

Additional Toppings: Fresh herbs.



Tuna & Tomato on Toast

1 serving

5 minutes

Ingredients

1/2 can Tuna (drained and flaked)
1/4 cup Cherry Tomatoes (halved)
50 grams Sourdough Bread (toasted)
1/8 tsp Sea Salt (to taste)
1/4 cup Microgreens
1/4 Lemon (juiced)

Directions

- 1 Arrange the tuna and cherry tomatoes on top of the toast and sprinkle salt on top.
- 2 Top with microgreens and lemon juice. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Microgreens: Use spinach or arugula instead.

Gluten-Free: Use a gluten-free bread instead.

More Flavor: Mix the tuna with yogurt or mayonnaise and mustard.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Chicken Tacos with Chipotle Coleslaw

1 serving**10 minutes**

Ingredients

2 tps Mayonnaise
1 tsp Lime Juice
1/4 tsp Honey
1/8 tsp Garlic Powder
1/8 tsp Onion Powder
1/4 tsp Chipotle Powder
Sea Salt & Black Pepper (to taste)
3/4 cup Coleslaw Mix
113 grams Chicken Breast, Cooked (shredded)
2 tbsps Cilantro (chopped)
2 Corn Tortilla

Directions

- 1 Combine mayonnaise, lime juice, honey, garlic powder, onion powder, chipotle powder, salt, and pepper in a medium mixing bowl and whisk with a fork until combined. Add the coleslaw mix and stir until well coated.
- 2 Divide the coleslaw mixture, shredded chicken, and cilantro evenly between the corn tortillas. Enjoy!

Notes

Leftovers: Refrigerate the coleslaw separately from the other ingredients in an airtight container for up to three days.

Serving Size: One serving is equal to two tacos.

Make it Vegan: Use lentils, chickpeas, tofu, or tempeh instead of chicken.

Grain-Free: Use cassava, coconut, or almond flour tortillas instead.



Apple & Turkey Breakfast Hash

2 servings

35 minutes

Ingredients

227 grams Extra Lean Ground Turkey
 1/2 tsp Cinnamon
 1 tbsp Poultry Seasoning
 1 1/2 tsps Extra Virgin Olive Oil
 1/2 cup Red Onion (diced)
 1 Garlic (cloves, minced)
 1 cup Brussels Sprouts (trimmed and halved)
 1 cup Butternut Squash (peeled and cubed)
 1 Apple (cored and diced)

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for five to seven minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Turkey: Use lentils instead of ground turkey.



Chicken fajita salad

4 servings

20 minutes

Ingredients

1 tbsp Cumin
 1 tbsp Coriander
 1 tbsp Smoked Paprika
 500 grams Chicken Breast
 1 cup Corn (tinned - rinsed and drained)
 1 cup Red Kidney Beans (tinned - rinsed and drained)
 1/2 cup Radishes (sliced)
 1 cup Cherry Tomatoes (sliced)
 2 stalks Green Onion (finely chopped)
 2 tsps Coriander (fresh leaves, chopped)
 1/2 head Iceberg Lettuce (leaves torn)
 1 Avocado (sliced)
 1/3 cup Sour Cream
 1/4 cup Pepitas (toasted)
 1 Lime (cut into wedges to serve)

Directions

- 1 Combine cumin, coriander and paprika in a bowl. Spray chicken with oil. Sprinkle with spice mixture.
- 2 Heat a large non-stick frying pan over medium-high heat. Add chicken. Cook for 5 minutes each side or until cooked through and browned. Transfer to a plate. Cover with foil. Rest for 5 minutes. Slice.
- 3 Place corn, beans, radish, tomatoes, half the onion and half the coriander in a large bowl. Toss to combine.
- 4 Place lettuce in serving bowls. Top with bean mixture, avocado and chicken. Whisk sour cream, 2 tbs hot water, remaining onion and remaining coriander in a jug. Drizzle over salad. Sprinkle with pepitas. Serve with lime wedges.



Chicken and lentil soup

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
 1 Leeks (thinly sliced)
 2 Garlic (2 cloves crushed)
 2 Carrot (chopped)
 300 gs Mushrooms (thinly sliced)
 1/2 cup Dry Red Lentils (rinsed and drained)
 800 gs Crushed Tomatoes
 500 grams Chicken Breast (chopped)
 400 gs Chickpeas (tin, rinsed and drained)
 1/3 cup Basil Leaves

Directions

- 1 Heat half the oil in a medium saucepan over medium-high heat.
- 2 Add the leek, garlic, carrot and mushroom. Cook, stirring, for 5 mins or until vegetables are just tender.
- 3 Add the lentils, tomatoes, chicken and 6 cups (1.5L) water and bring to the boil. Reduce heat to low and simmer for 10 mins or until the chicken is cooked through.
- 4 Meanwhile, preheat the grill on medium-high. Place the chickpeas on a baking tray and drizzle with the remaining oil. Toss to coat. Cook under the grill, tossing occasionally, for 4 mins or until the chickpeas are golden.
- 5 Divide the soup among serving bowls. Season with pepper. Top with the chickpeas and basil to serve.



Teriyaki chicken drumsticks with pickled veggies

4 servings

2 hours 5 minutes

Ingredients

- 1 tsp Olive Oil
- 1 kilogram Chicken Drumsticks
- 3 Garlic (thinly sliced cloves)
- 2 tbsps Ginger (4cm piece, cut into matchsticks)
- 1/3 cup Soy Sauce
- 1/4 cup Cane Sugar (brown sugar)
- 1/3 cup Apple Cider Vinegar
- 2 Carrots (cut into long matchsticks)
- 2 Cucumber (cut into long matchsticks)
- 1 tbsp Tapioca Flour (or cornflour)
- 1 cup Brown Rice (or quinoa)
- 1 Avocado (sliced)

Directions

- 1 Heat the oil in a large frying pan over medium-high heat. Add the chicken and cook, turning, for 2-3 mins or until golden brown all over. Transfer to a slow cooker. Add the garlic, ginger, soy sauce, 2 tbs sugar and half the vinegar. Cover and cook for 2 hours on high (or 4 hours on low) or until the chicken is falling off the bone.
- 2 Meanwhile, combine remaining sugar and vinegar with 1 tbs water in a bowl. Add carrot and cucumber. Season with salt. Toss to combine. Set aside for 2 hours to develop the flavours. Drain.
- 3 Cook rice and quinoa in a saucepan of boiling water following packet directions.
- 4 Remove chicken from the slow cooker. Transfer 1/2 cup (125ml) of the cooking liquid to a small bowl. Stir in cornflour. Return to the slow cooker and stir to combine. Season. Return chicken to the slow cooker and stir to coat in sauce.
- 5 Divide the rice and quinoa, avocado, pickled vegetables and chicken among serving plates. Spoon over the sauce.



Fresh Salad Rolls

4 servings

15 minutes

Ingredients

85 grams Rice Vermicelli Noodles
 2 tbsps Tamari
 1 1/2 tbsps Rice Vinegar
 2 Garlic (cloves, minced)
 1 1/2 tsps Ginger (minced)
 1 tbsp Water
 8 Rice Paper Wraps
 1/4 head Iceberg Lettuce (leaves pulled apart)
 1 Red Bell Pepper (medium, sliced)
 1 Carrot (large, shredded)
 2 cups Purple Cabbage (thinly sliced)

Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, cilantro, Thai basil, mint, or cucumbers.

Hoisin Lover: Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



Pumpkin Chickpea Curry

4 servings

30 minutes

Ingredients

2 tbsps Ghee Or Coconut Oil (or olive oil)
 1 Yellow Onion (diced)
 5 Garlic Clove (minced)
 2 tbsps Ginger (finely grated)
 1 Red Chilli (optional, finely chopped)
 2 tsps Cumin
 2 tsps Coriander (ground)
 1 tsp Turmeric (ground)
 1 tsp Ground Mustard (seeds)
 10 Fresh Curry Leaves (optional)
 400 milliliters Canned Coconut Milk
 425 gs Chickpeas (can, drained and rinsed)
 800 gs Pumpkin (approx, peeled and diced)
 Sea Salt & Black Pepper (to taste)
 1/2 bunch Coriander (fresh leaves)
 Rice (to serve, quinoa or cauliflower rice)

Directions

- 1 Start with heating the ghee or oil in a large saucepan.
- 2 Add the onion and saute over a moderate heat to soften it for 4-5 minutes.
- 3 Add the garlic, ginger, chilli and spices (including curry leaves) and stir for a couple of minutes until the spices release their aroma. Add the coconut milk, chickpeas, pumpkin and seasoning and simmer until the pumpkin softens (about 20 minutes).
- 4 Serve with fresh coriander leaves, rice, quinoa or cauliflower rice.
- 5 Re-heat in a pot over a low heat until just hot.
- 6 Store in an airtight container in the fridge or freezer.



Pork & Coleslaw Skillet

4 servings

20 minutes

Ingredients

454 grams Lean Ground Pork
2 Egg
1 tsp Ginger (minced)
4 Garlic (cloves, minced)
6 cups Coleslaw Mix
2 tsps Fish Sauce
2 1/2 cups Cauliflower Rice
1/4 cup Coconut Aminos
1 1/2 tsps Sesame Seeds (for garnish, optional)

Directions

- 1 Heat a large cast iron skillet over medium heat. Once hot, add the pork and let it brown before using a spatula to break it apart and flip over. Continue cooking until no longer pink and somewhat browned and crispy.
- 2 In a small bowl, whisk the eggs and set them aside.
- 3 Reduce the heat to medium-low and add in the ginger and garlic, cook until fragrant, about one minute. Add in the coleslaw and fish sauce and stir to combine. Cook until the veggies have softened a little, about two to three minutes.
- 4 Make a small well in the centre and add the eggs, stirring to cook. Add the cauliflower rice and continue tossing to combine everything. Cook for an additional four to five minutes. Remove from the heat and pour in the coconut aminos.
- 5 Divide into bowls and garnish with sesame seeds.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add sriracha and green onions.

No Coconut Aminos: Use tamari or soy sauce instead.



Parmesan Crusted Chicken with Broccoli

4 servings

40 minutes

Ingredients

800 grams Chicken Breast
 1 Yellow Onion (finely chopped)
 2 eas Garlic (finely chopped)
 700 mls Passata
 1 Lemon (finely grated, juiced)
 1 cup Risoni
 1 head Broccoli (cut into florets)
 1/3 cup Bread Crumbs
 1/3 cup Cheddar Cheese (or parmesan, grated)
 2 tbsps Parsley (chopped)
 1/4 cup Extra Virgin Olive Oil
 1 tbsps Bone Broth (paste or stock cube)
 1 1/2 cups Water

Directions

- 1 Heat 2 tbs oil in a flameproof roasting pan over medium heat. Season chicken fillets. Add to pan and cook for 3 minutes each side or until browned. Transfer to a plate.
- 2 Add onion and garlic and cook for 3 minutes or until softened. Add passata, 1 ½ cups water, bone broth/stock, lemon juice and rind. Stir to combine. Bring to a boil. Add risoni and stir to combine.
- 3 Return chicken to pan and simmer for 10 minutes. Add broccoli and cook for 10 minutes or until broccoli is tender and chicken cooked through.
- 4 Preheat grill on high. Combine breadcrumbs, parmesan, parsley and remaining oil. Season with pepper. Pour mixture over chicken. Place under grill and cook for 5 minutes or until topping is golden. Serve.



Udon Noodle Stir Fry

4 servings

20 minutes

Ingredients

400 grams Udon Noodles (dried)
1 1/2 tsps Avocado Oil
5 cups Napa Cabbage (chopped)
3 cups Shiitake Mushrooms (stems removed, sliced)
1 tsp Ginger (minced)
3 tsps Chinese Cooking Wine
3 tsps Tamari
1 1/2 tsps Sesame Oil (toasted)
1 tsp Sesame Seeds (optional)

Directions

- 1 Cook the udon noodles according to package directions and set aside.
- 2 Heat the avocado oil in a large skillet over medium heat. Add the cabbage and cook for five to six minutes or until slightly browned. Remove and set aside. Working in batches, add the mushrooms to the pan and brown them for about two to three minutes per side.
- 3 To the mushrooms, add the ginger and cook until fragrant, about one minute. Add the noodles and cabbage back into the skillet. Add the Chinese cooking wine and tamari and toss well to combine.
- 4 Turn off the heat, and add the sesame oil. Divide between bowls and top with sesame seeds, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free noodles or zucchini noodles instead.

More Flavor: Add chili flakes or sriracha to the noodles.

Additional Toppings: Top with crispy tofu, tempeh, or edamame.