






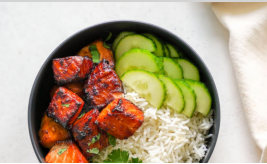











herb+
spice

Trevor - recipe pack

Lisa Hayne | Naturopath & Nutritionist

<https://herbandspice.com.au>

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Nectarine Strawberry Smoothie	 Blueberry Overnight Oats	 Bloat-Fighting Tropical Smoothie	 Yogurt Overnight Oats	 PB & J Yogurt Bowl
Lunch	 Air Fryer Hot Honey Salmon Bowl	 Soft Scrambled Eggs on Toast	 Jerk Chicken & Rice with Pineapple Salsa	 Pulled Chicken & Pesto Wraps	 Scrambled Eggs & Roasted Sweet Potato
Dinner	 Slow Cooker Poached Whole Chicken & Ginger Soup	 Sausage & Sweet Potato Soup	 Slow Cooker Beef Shank, Broccolini & Rice	 Vietnamese Beef Stew	 Slow Cooker Caribbean Carrot Soup

Fruits

- ☐ 1/2 cup Blackberries
- ☐ 1 cup Blueberries
- ☐ 1 Lemon
- ☐ 1 1/2 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 1 Nectarine
- ☐ 1 cup Papaya
- ☐ 2 cups Pineapple
- ☐ 1/2 cup Raspberries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1/4 cup Granola
- ☐ 1/3 cup Maple Syrup
- ☐ 1 1/2 tbsps Strawberry Jam

Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 1 tsp Black Peppercorns
- ☐ 1/3 cup Chia Seeds
- ☐ 1 tsp Chili Flakes
- ☐ 1 tsp Chinese Five Spice
- ☐ 1 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 2 tpsps Dried Thyme
- ☐ 1 tsp Ground Allspice
- ☐ 1 1/2 tpsps Ground Ginger
- ☐ 2 tbsps Italian Seasoning
- ☐ 2 tpsps Jerk Seasoning
- ☐ 1/4 tsp Nutmeg
- ☐ 1 1/2 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 cup Slivered Almonds
- ☐ 2 tbsps Star Anise
- ☐ 1/8 tsp Turmeric
- ☐ 2/3 cup Walnuts

Frozen

- ☐ 5 Ice Cubes

Vegetables

- ☐ 3 cups Baby Spinach
- ☐ 1 cup Basil Leaves
- ☐ 680 grams Broccolini
- ☐ 12 Carrot
- ☐ 4 stalks Celery
- ☐ 1 tbsp Chives
- ☐ 1 3/4 cups Cilantro
- ☐ 4 cups Collard Greens
- ☐ 1 1/2 Cucumber
- ☐ 12 Garlic
- ☐ 1/2 cup Ginger
- ☐ 10 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 14 grams Lemongrass
- ☐ 1/2 cup Mint Leaves
- ☐ 1/4 cup Red Onion
- ☐ 2 cups Shiitake Mushrooms
- ☐ 3 Sweet Potato
- ☐ 1 Thai Chili
- ☐ 3 Tomato
- ☐ 1 1/2 White Onion
- ☐ 1/2 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 2 Yellow Potato

Boxed & Canned

- ☐ 1 cup Basmati Rice
- ☐ 4 cups Beef Broth
- ☐ 1 cup Canned Coconut Milk
- ☐ 4 cups Chicken Broth, Low Sodium
- ☐ 3 cups Diced Tomatoes
- ☐ 2 cups Jasmine Rice
- ☐ 5 cups Vegetable Broth

Baking

- ☐ 2 cups Oats
- ☐ 2 1/2 tbsps Raw Honey
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 907 grams Beef Shanks
- ☐ 794 grams Chicken Breast
- ☐ 454 grams Pork Sausage
- ☐ 340 grams Salmon Fillet
- ☐ 100 grams Sourdough Bread
- ☐ 605 grams Stewing Beef
- ☐ 1.8 kilograms Whole Roasting Chicken

Condiments & Oils

- ☐ 1 1/8 tbsps Avocado Oil
- ☐ 1 1/2 tbsps Coconut Aminos
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Soy Sauce

Cold

- ☐ 1/2 tsp Butter
- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 8 Egg
- ☐ 1 cup Plain Coconut Milk
- ☐ 1 1/2 cups Plain Greek Yogurt
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 11 1/2 cups Water



Nectarine Strawberry Smoothie

1 serving

10 minutes

Ingredients

- 1 Nectarine (pitted, chopped)
- 1/2 cup Strawberries
- 1 tbsp Chia Seeds
- 1 cup Plain Coconut Milk (from the carton)
- 1/4 cup Vanilla Protein Powder

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

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

No Coconut Milk: Use any other alternative milk.

More Fiber: Add pumpkin seeds, seed butter, and/or baby spinach before blending.



Blueberry Overnight Oats

4 servings**8 hours**

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

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



Bloat-Fighting Tropical Smoothie

2 servings

5 minutes

Ingredients

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

Directions

1

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

Notes

Likes it Sweet: Add raw honey.

More Protein: Add hemp seeds or a scoop of vanilla protein powder.

No Papaya: Use extra pineapple or other fruit like mango or oranges.



Yogurt Overnight Oats

2 servings

8 hours

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



PB & J Yogurt Bowl

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
2 tbsps All Natural Peanut Butter
1 1/2 tbsps Strawberry Jam
1/4 cup Granola

Directions

- 1 Serve the yogurt in a bowl with peanut butter, jam, and granola. Enjoy!

Notes

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

Dairy-Free: Use dairy-free yogurt instead.

Nut-Free: Use sunflower seed butter instead of peanut butter.



Air Fryer Hot Honey Salmon Bowl

2 servings

30 minutes

Ingredients

- 1 1/2 tbsps Raw Honey
- 2 tbsps Soy Sauce
- 1/2 Lime (juiced)
- 2 Garlic (clove, minced)
- 1 tsp Chili Flakes
- 340 grams Salmon Fillet (skinless, cut into large cubes)
- 1/2 cup Basmati Rice (dry)
- 1/2 Cucumber (medium, sliced)
- 1 tbsp Cilantro (chopped)

Directions

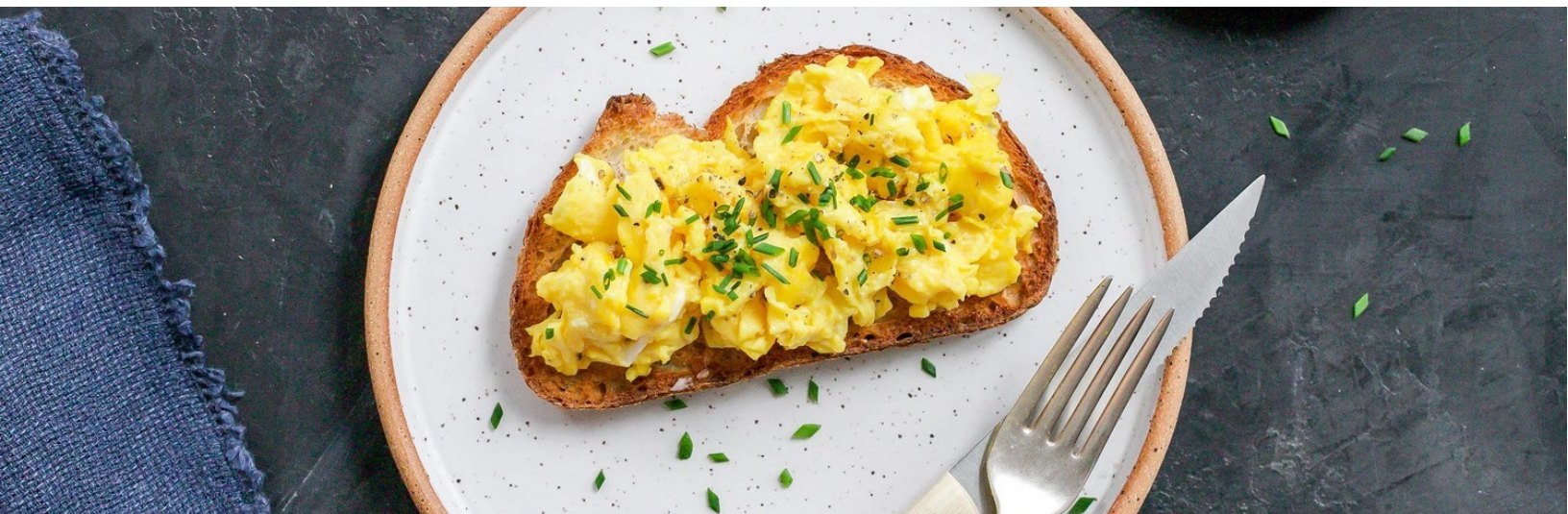
- 1 In a bowl, whisk together the honey, soy sauce, lime juice, garlic, and chili flakes. Add the salmon, stir, and let it sit in the marinade for about 15 minutes.
- 2 Meanwhile, cook the rice according to the package directions and set aside.
- 3 Preheat the air fryer to 400°F (205°C).
- 4 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 5 Divide the rice, salmon, and cucumber evenly between bowls. Top with cilantro and enjoy!

Notes

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

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

More Flavor: Add ginger and onion powder to the salmon marinade. Top with sriracha or a tahini-based sauce.



Soft Scrambled Eggs on Toast

2 servings

5 minutes

Ingredients

4 Egg
1/2 tsp Butter
100 grams Sourdough Bread (toasted)
1 tbsp Chives (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made.

Gluten-Free: Use gluten-free bread instead.

Additional Toppings: Chili flakes and/or fresh herbs like parsley and dill.

No Butter: Use ghee or another cooking oil.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Jerk Chicken & Rice with Pineapple Salsa

2 servings

50 minutes

Ingredients

- 2 tbsps Lime Juice (divided)
- 1 tbsp Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Raw Honey
- 2 tps Jerk Seasoning
- 1/2 tsp Sea Salt (divided)
- 340 grams Chicken Breast
- 1/2 cup Basmati Rice (dry)
- 1 cup Pineapple (finely diced)
- 1/4 cup Red Onion (finely diced)
- 1 Jalapeno Pepper (finely diced)
- 1/2 Yellow Bell Pepper (finely diced)
- 1/4 cup Cilantro (finely chopped)

Directions

- 1 Add half of the lime juice, oil, coconut aminos, honey, jerk seasoning, and half of the sea salt in a small bowl. Whisk to combine. Place the chicken breasts in a zipper-lock bag and cover them with marinade. Close and shake to cover thoroughly. Marinate for at least 15 minutes.
- 2 Meanwhile, cook the rice according to the package directions.
- 3 In a bowl, combine the pineapple, red onion, jalapeño, bell pepper, cilantro, remaining salt, and remaining lime juice. Stir well to combine and set aside.
- 4 Warm a skillet over medium heat. Add the chicken and all of the marinade. Cover with a lid and allow to cook for 15 minutes on each side or until cooked through. Scoop the sauce onto the chicken a few times as it cooks.
- 5 Slice and serve the chicken with the rice and pineapple salsa. Enjoy!

Notes

Leftovers: Salsa and rice can be refrigerated for up to five days in an airtight container. Refrigerate chicken in an airtight container for up to three days.

Make it Vegan: Use tofu in place of chicken.



Pulled Chicken & Pesto Wraps

4 servings

1 hour 10 minutes

Ingredients

454 grams Chicken Breast
 1 cup Vegetable Broth
 2/3 cup Walnuts
 1/2 cup Extra Virgin Olive Oil
 1 Lemon (juiced)
 2 cups Baby Spinach
 1 cup Basil Leaves
 1/4 tsp Sea Salt
 1/2 tsp Black Pepper
 4 cups Collard Greens (washed and stems removed)

Directions

- 1 Preheat oven to 325°F (163°C).
- 2 Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
- 3 Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
- 4 Remove chicken from oven. Use a fork to shred the chicken.
- 5 Place the pulled chicken in a bowl and toss with desired amount of pesto.
- 6 Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

Notes

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

Save Time: Throw your chicken into the slow cooker in the morning and shred by night.

More Carbs: Serve on bread or in a brown rice wrap.

Make it Crunchy: Add diced celery, cherry tomatoes or sunflower seeds.

Vegetarian: Skip the chicken and use roasted chickpeas.



Scrambled Eggs & Roasted Sweet Potato

2 servings

35 minutes

Ingredients

1 Sweet Potato (large, cubed)
1/4 tsp Sea Salt (divided)
1/2 tsp Avocado Oil
4 Egg
1/8 tsp Turmeric

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the cubed sweet potato, half the sea salt and the avocado oil. Bake for 30 minutes, flipping halfway through.
- 2 In a pan over medium-low heat, add the eggs and scramble until cooked through. Season with the remaining sea salt and turmeric. Serve with the sweet potatoes. Enjoy!

Notes

Leftovers: Eggs are best enjoyed the same day. Refrigerate leftover sweet potato in an airtight container for up to three days.

No Avocado Oil: Use coconut oil or extra virgin olive oil.

More Flavor: Season the sweet potatoes with your favorite herbs or chili flakes for a spicy kick.

Additional Toppings: Serve with your favorite greens or more roasted veggies.

Make it Vegan: Use tofu for the scramble instead of eggs.



Slow Cooker Poached Whole Chicken & Ginger Soup

6 servings

4 hours 15 minutes

Ingredients

- 4 stalks Green Onion (divided)
- 1 cup Cilantro (divided)
- 1.8 kilograms Whole Roasting Chicken
- 2 stalks Celery (chopped)
- 2 cups Shiitake Mushrooms
- 1/4 cup Ginger (sliced)
- 2 tbsps Star Anise (whole)
- 1 tsp Black Peppercorns
- 1 tbsp Sea Salt (coarse)
- 8 cups Water (plus more if needed)

Directions

- 1 Place 3/4 of both the green onions and cilantro at the bottom of a slow cooker. Gently place the whole chicken on top, breast-side up.
- 2 Add the celery, mushrooms, ginger, star anise, peppercorns, and salt. Add the water, ensuring that the chicken is covered or almost covered. Add more water if needed.
- 3 Cook on high for four hours or on low for six hours. Once the chicken is cooked, carefully carve it into portions and distribute it evenly between bowls.
- 4 Add the mushrooms to the bowl and strain the broth to leave behind the cooked cilantro and green onions. Pour the strained broth over the chicken.
- 5 Chop the remaining cilantro and green onions and sprinkle over each bowl. Enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of cooked chicken and two cups of broth.

Serve it With: Cooked rice, noodles, or your favorite grain.

Additional Toppings: Sriracha or kimchi.



Sausage & Sweet Potato Soup

6 servings

50 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
454 grams Pork Sausage (casing removed)
1 Yellow Onion (small, finely chopped)
2 Carrot (large, peeled, chopped)
2 stalks Celery (large, chopped)
2 Sweet Potato (Japanese, small, peeled, diced)
2 Garlic (cloves, minced)
4 cups Chicken Broth, Low Sodium
2 cups Water
2 tbsps Italian Seasoning

Directions

- 1 Heat the oil in a Dutch oven or large pot over medium heat. Add the sausage and cook for seven to eight minutes or until it is browned, breaking it up as it cooks. Remove and set aside.
- 2 Add the chopped onion and sauté for three to four minutes or until softened. Add a splash of broth or water if needed. Add the carrots, celery, sweet potato, and garlic to the pot and sauté for four to five minutes. Add another splash of broth or water if needed.
- 3 Add the cooked sausage back in along with the broth, water, and Italian seasoning. Bring to a boil and then reduce the heat and simmer, partially covered for 20 to 25 minutes or until the potatoes and vegetables are tender.
- 4 Divide into bowls and enjoy!

Notes

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

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

Make it Vegan: Use a plant-based sausage alternative.

More Flavor: Add some lemon juice while cooking, which can also help prevent the potatoes from browning.



Slow Cooker Beef Shank, Broccolini & Rice

6 servings

4 hours

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil (divided)
 907 grams Beef Shanks (cut into 3-inch pieces)
 3 Garlic (cloves, minced)
 1/2 White Onion (large, sliced)
 3 cups Diced Tomatoes
 Sea Salt & Black Pepper (to taste)
 2 cups Jasmine Rice (dry, uncooked)
 680 grams Broccolini (trimmed, chopped)

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, cook the rice according to the package instructions and set aside.
- 5 Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
- 6 Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Vietnamese Beef Stew

4 servings

3 hours 28 minutes

Ingredients

605 grams Stewing Beef (cubed)
 1 White Onion (large, sliced)
 5 Garlic (clove, minced)
 1 Thai Chili (chopped)
 1/4 cup Ginger (fresh, chopped into large pieces)
 14 grams Lemongrass (peeled, chopped into large pieces)
 1 tbsp Chinese Five Spice
 3 Tomato (diced)
 4 cups Beef Broth
 Sea Salt & Black Pepper (to taste)
 2 Carrot (large, chopped)
 1/4 cup Cilantro

Directions

- 1 Heat a heavy bottom pot over medium-high heat. Once warm, add the beef and cook for about 15 minutes or until browned on all sides. Take the beef out of the pot and set aside.
- 2 In the same pot, add the onion and sauté for about five minutes or until soft. Add the garlic, Thai chili, ginger, lemongrass, and five spice. Stir and sauté for another two to three minutes.
- 3 Bring the beef back to the pot along with diced tomato and beef broth. Stir and bring to a simmer. Season with salt and pepper. Cover the pot with a lid and let it simmer on low heat for about 1 1/2 hours.
- 4 Add the carrots to the pot and let cook covered for another hour. Make sure there is enough liquid in the pot and stir occasionally. Take the lid off, and let the stew simmer for another 30 minutes, uncovered.
- 5 Adjust the seasoning to your taste. Remove the ginger and lemongrass pieces. Top with cilantro and enjoy!

Notes

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

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

Serving Options: Serve with noodles or toasted bread.

Additional Toppings: Top with mixed herbs.

No Thai Chili: Use chili flakes instead.

Likes it Spicy: This stew is known as Bo Kho and it is usually a spicy stew. If you like it spicier, adjust the number of Thai chilis used.



Slow Cooker Caribbean Carrot Soup

4 servings

5 hours

Ingredients

8 Carrot (medium, chopped)
 2 Yellow Potato (medium, chopped)
 6 stalks Green Onion (green parts only)
 2 tsps Dried Thyme
 1 1/2 tsps Ground Ginger
 1 tsp Ground Allspice
 3/4 tsp Sea Salt
 1/2 tsp Black Pepper
 1/2 tsp Cumin (ground)
 1/4 tsp Nutmeg (ground)
 4 cups Vegetable Broth
 2 tbsps Maple Syrup
 1 Lime (juiced)
 1 cup Canned Coconut Milk (full fat)
 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 3 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

Notes

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

No Slow Cooker: Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

No Immersion Blender: Use a regular blender instead. Be careful and always leave room for the steam to escape.

Likes it Spicy: Add a chopped jalapeno pepper.

Leftovers: Store in the fridge for up to five days. Freeze for up to three months.