



TEAM  
**RHINO**   
*leading the charge...*

Breakfasts • Lunches  
Dinners • Smoothies

## Welcome to The 30 Days of Fat Loss Program, A simple but Effective 30 Day Program that takes all the guess work out of what to eat and how to train effectively.

So how does the program work? Its Simple...

Choose One breakfast, One Lunch and One Dinner every day for 30 days.

Always choose a different dish so you never eat the same thing twice in the 30 days.

Choose a workout from The 30 Workouts in 30 Days section every day and there you have everything you need to cover you for 30 days. :)

The 30 Days of Fat Loss Program follows the Elimination Diet protocols, which means eliminating the following from your diet

- WHEAT
- DAIRY (Except those listed in meal planner)
- ALCOHOL
- CAFFIENE
- PROCESSED FOODS
- SUGAR

Eliminating these from your diet will re-establish the vitality of your internal systems allowing your body to detoxify in the correct manner. Once your body starts to rid itself of the toxins you will notice you lose rather a lot of stubborn body fat, the downside to this is you may feel a little off colour in the first few days.

It is vital you stay hydrated by making sure you drink enough water every day, around 1 pint for every 50lbs of bodyweight.

*\*Always check with your GP if you have any medical issues*

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# 30 BREAKFASTS



# Breakfast Courgette Pancakes

Serves 1



## Ingredients

- 1 medium size courgette
- 1 medium size spring onion
- 1 large egg
- Salt to taste
- Pepper to taste
- 2 tablespoons coconut oil for frying

## Method

1. Grate courgette into a small bowl.
2. Finely chop 1 spring onion and mix with the courgette.
3. Combine 1 large egg into the bowl and mix thoroughly adding salt and pepper to taste.
4. Heat oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip pancake till browned on both sides

# Almond Pancakes

Serves 1-2



## Ingredients

- 1 cup almond flour
- 2 eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split and scraped seeds out
- 1 tbsp of ground cinnamon
- Coconut oil

## Method

1. Mix eggs, coconut and vanilla in a bowl and whisk together.
2. Sift in almond flour and cinnamon.
3. Heat a large pan over a medium heat; add a tsp of coconut oil to the pan and add pancake batter in small rounds, quickly turning the pan around to spread the pancake.
4. Cook until brown on the underside, about 45 seconds and then flip to brown other side

# Sha Bang Eggs

Serves 1

## Ingredients

2 eggs, beaten. 1 small avocado peeled, pitted, and diced. 1 red pepper, seeded and diced. 1/2 small red onion, peeled and chopped. 1/2 tomato, diced. Fresh baby spinach leaves. Handful fresh cooked prawns. 1 tsp coconut oil. 1-2 cloves garlic, peeled and minced. A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

## Method

In a large wok, sauté the onion, bell pepper, and garlic in oil. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

# Homemade Muesli

Serves 1-2

## Ingredients

- 1lb Gluten free Porridge Oats
- 1 cup Flaked Almonds (or mixed nuts to preference)
- ½ cup Flax seeds
- 1 cup coconut milk

## Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until all the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.
2. Serve with coconut milk when cooled.

## Fruit and Nut Bowl

### Ingredients

- 1 Teaspoon ground cinnamon
- 1/2 Teaspoon ground ginger
- 2 Teaspoons coconut oil
- 1/2 Cup coconut shredded
- 1 Mango chopped
- 1/4 Cup blueberries
- 1/4 Cup Strawberries
- 1/4 Cup chopped pecans
- 1/4 Cup chopped walnuts
- 2 Tablespoons flax seeds

### Method

Mix all ingredients together into a bowl and chill before serving.

## Banana and Cinammon Omelette

### Serves 1

### Ingredients

- 1 chopped up banana
- 3 whole eggs
- 2 tbps cinnamon
- 1 tbps olive oil

### Method

1. Heat the oil in pan on a medium heat then add the chopped banana. Heat until they soften.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked sprinkle the cinnamon over the top to serve.

# Asparagus Egg Soldiers

Serves 1



## Ingredients

- 2 Large free range/organic eggs
- 4 asparagus spears
- 1 teaspoon of coconut oil
- Sea salt
- Black pepper

## Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. Once boiled, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 min.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

# Fruity Crepes

Serves 1-2



## Ingredients

- ½ cup coconut milk
- ¾ cup water
- 2 large eggs
- 1 tblsp melted organic butter
- 1 cup brown rice flour
- ½ tsp sea salt
- ½ tsp vanilla
- coconut oil to grease pan

## Method

1. Combine the wet ingredients in one bowl and mix with a whisk until well blended.
2. In another bowl combine the dry ingredients, mix well. Combine the dry and wet ingredients to form a thin batter.
3. Heat a 8” skillet on medium high heat and add a small amount of coconut oil to the pan.
4. Pour about ¼ cup of batter into a hot skillet. Swirl the skillet until the bottom of the pan is covered with batter. Cook the crepe for 1 minute.
5. Use a thin spatula to loosen the edges and gently flip it over and cook for an additional minute. Transfer to plate and fill with favourite topping. Almond butter or bio live yoghurt with blueberries, to make a great fresh fruit crepe.

## Breakfast Bausti's



### Ingredients

- 3 medium-sized eggs
- 40g courgette
- 60g slightly steamed cauliflower
- 60g cooked chicken
- Chilli flakes

### Method

1. Pre-heat oven to 180°C.
2. Chop everything into small pieces.
3. Fill 6 medium sized muffin cases to about half full with the chicken and the veggies.
4. Beat 2 of the eggs and add some chilli flakes then spoon the egg chilli mix equally into each muffin case and bake in oven for about 7 min.
5. Beat remaining egg.
6. Top up muffins with the remaining egg (reason for that is that the beaten eggs form a bit and then set during the baking process leaving space for the top up).
7. Bake for another 7 – 8min, serve on a bed of greens.

# Baked Egg in Avocado Cups

Serves 1



## Ingredients

- 1 Avocado
- 2 eggs, beaten
- Sea salt and black pepper
- Coconut Oil
- Handful of Chopped Chives
- Chilli flakes to your taste

## Method

1. Preheat oven to 200 degrees .
2. Slice avocado in half and remove pit.
3. Use a spoon to scoop out a little more of the avocado - to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little from the avocado to give it a flat base to make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8 - 15 min depending how well done you like your eggs.
5. Sprinkle with chives and serve with green salad.

## Cashew Granola



### Ingredients

- 200g rolled oats (Gluten free )
- 10g organic butter, melted
- 120g chopped cashews
- 1 tsp. vanilla
- 2 tsps. minced fresh ginger

### Method

1. Preheat the oven to 300°F/150°C.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.
3. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.
4. Serve or store in a covered container. Will keep, refrigerated, for up to two weeks.

## Special Breakfast Eggs



### Ingredients

- 2 organic eggs, beaten
- a handful of frozen or fresh peas
- a handful of (7 or so) chunky and juicy tiger prawns
- himalayan rock salt, ground black pepper
- handful of chopped coriander
- coconut oil

### Method

1. Heat a frying pan with butter or coconut oil.
2. Add the beaten eggs and let them cook as you scramble them.
3. Add the peas and prawns, salt and pepper to taste.
4. Mix it all well until eggs are cooked.
5. Serve hot sprinkled with coriander.

# Fruity Omelette

## Serves 1



### Ingredients

- 1 handful of fresh blueberries or raspberries
- 1 banana cut into slices
- 1 tsp coconut oil
- 4 eggs, beaten till frothy
- ½ teaspoon cinnamon,( add more if you wish)

### Method

1. Melt coconut oil in a small omelette pan.
2. Add the fruit & fry for 2 mins.
3. Add the eggs and allow to cook on a medium heat for 2–3 minutes.
4. Before the omelette is fully cooked, sprinkle the cinnamon on top, transfer to the grill to finish cooking & brown on top.

## SHAPE Green Smoothie

Serves 1

### Ingredients

- 2 celery sticks
- ½ cucumber
- 1 tsp cashew nut butter
- 1 tsp coconut oil
- Handful of spinach & watercress
- Half an avocado
- Splash of coconut milk, depending on how thick you like it
- Ice cubes

### Method

1. Place all ingredients into blender and blend
2. Drink immediately

## Banana and Cinnamon Smoothie

Serves 1

### Ingredients

- 4 ice cubes
- 1 large banana
- 1 teaspoon cinnamon
- 250ml coconut milk

### Method

1. Place ice cubes, banana and coconut milk into a processor.
2. Blend on high until smooth.
3. Pour into a large glass and enjoy.

# Pineapple and Coconut Smoothie

Serves 2



## Ingredients

- 1/2 fresh pineapple, chopped
- 2 bananas
- 400ml of coconut milk
- 1 tsp organic cashew nut butter
- Handful of ice cubes

## Method

1. Add all ingredients to a food processor and blend until smooth.
2. Drink immediately.

# Berry and Spinach Smoothie

Serves 1



## Ingredients

- 1 handful of strawberries
- 1 handful of blackberries
- 200ml coconut milk
- 3 blocks of frozen spinach
- Handful of ice cubes

## Method

1. Blitz all ingredients in a blender and serve!
2. This is a brilliant way to get more green nutrients!!

# OMEGA Breakfast

Serves 1

## Ingredients

- ¼ cup of walnuts
- ¼ cup of pecans
- 1 tbsp cinnamon
- 1 pinch of ginger
- 1 pinch of nutmeg
- 1 tbsp of Almond butter
- 1 mashed banana
- 2 whole eggs
- ¼ - ½ of a cup of almond milk
- 2 tbsp of pumpkin seeds
- 1 handful of berries

## Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side.
2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter.
3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.
3. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.

# Scrambled Eggs and Smoked Salmon

## Serves 1

Don't wait for a special occasion, enjoy this luxurious breakfast any time!



## Ingredients

- 3 large eggs
- Fresh sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced
- 2 slices smoked salmon, thinly sliced

## Method

1. Combine eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds.)
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.
4. Serve immediately.

# Inferno Breakfast

Serves 1



## Ingredients

- 2 eggs
- Bowl of fresh spinach
- Smoked salmon
- 1 sliced apple
- Handful of walnuts
- Extra Virgin Olive oil and Balsamic vinegar to dress

## Method

1. Bring saucepan of water to the boil.
2. Crack in 2 eggs and boil for 60-90sec until white.
3. Serve eggs on bed of salad and teared smoked salmon etc.
4. Cover with apple, walnuts and dressing!!

# Hot Muesli

Serves 1



## Ingredients

- 50g oats
- 1 tbl spoon mixed seeds (linseeds, pumpkin, sunflower, sesame)
- 1 tbl spoon desiccated coconut
- 1 teaspoon cinnamon
- 1 grated apple or pear
- Handful of blueberries

## Method

1. Put all ingredients in a bowl and pour over about 100ml boiling water and leave to rest for about 2 minutes.
2. The oats plump up, the berries soften and the mixture is like a hot porridge. Add more or less water to your own preference.

# Breakfast Bars

(8 bars)



## Ingredients

- 2 cups of gluten free porridge oats
- 4 large tblsp of almond/cashew/hazelnut butter
- 50g organic butter
- 1 banana
- 3 tablespoons of manuka honey/agave syrup
- 3 seed Mix (flax seed, sunflower, pumpkin)
- Handful of mixed nuts (walnuts and flaked almonds)
- Zest of lemon & orange

## Method

1. Pre heat oven at 160c.
2. Melt butter, nut butter and honey in large saucepan. Mash bananas and add to saucepan. Once mixture is melted take off heat. Add oats, seeds, nuts, lemon & orange zest and mix together.
3. Place baking paper into baking tin and grease with coconut oil. Place mixture into tin and spread evenly, 1 inch thick.
4. Sprinkle seeds and drizzle honey over mixture to finish.
5. Place in oven for 30 minutes.
6. Take out to cool and then cut into bars. Enjoy!

# Granola

4-5 servings

## Ingredients

- 4 cups gluten free oats or millet Flakes
- 3/4 cup mixed nuts
- 1/2 cup mix seeds (pumpkin, sesame, sunflower, linseed)
- 1/2 cup coconut oil
- 1/4 cup cashew butter
- 1/2 cup dessicated coconut
- 1/3 cup berries
- pinch sea salt
- 1 tsp cinnamon
- 1/2 tsp ground ginger

## Method

1. Preheat oven to 200°C, line a baking tray with baking paper and lightly oil.
2. Mix all dry ingredients in large bowl then add melted coconut oil and cashew butter. Ensure all dry ingredients are well coated and add more oil if required.
3. Spread onto tray and bake for 25-30min or until dark brown and crunchy, making sure to stir 2-3 times during the bake.
4. Add berries for last 15mins or use to serve.
5. Once baked, stir well and allow to cool.
6. Store in a tupperware dish to keep fresh.

# Caramelized Banana and Date "Porridge"

## 2 servings

What a great way to make use of leftovers! Be sure to heat the cauliflower thoroughly because when cauliflower puree is hot, the flavor blends well with the other ingredients. When cold, it may have a distinct taste.

## Ingredients

- 1 banana
- 2 dates
- 1 teaspoon coconut oil
- 1/2 a head of cauliflower, pureed
- Dash of cinnamon

## Method

1. Slice the banana. Pit the dates and slice them into small pieces.
2. Place the oil into a small frying pan and heat on a medium-high burner.
3. At the first sign of melting, add the banana and dates and sauté for 2 to 3 minutes, constantly stirring.
4. When the banana starts turning golden, reduce the heat to medium, add the pureed cauliflower and heat thoroughly.
5. Sprinkle cinnamon over the top and serve.

# Millet Porridge

## Ingredients

- 6oz millet flakes.
- 9fl oz rice, almond or coconut milk.
- 9fl oz water.
- Nutmeg and cinnamon to taste.
- Berries to serve

## Method

1. Mix millet, milk, water and nutmeg in saucepan.
2. Bring to boil and simmer for 4 to 5 mins, stirring continuously.
3. Add berries to serve.

# Breakfast Stir fry

## Serves 1

## Ingredients

- ½ bag ready sliced cabbage and leeks
- 5 asparagus tips, chopped
- Handful of sugar snap peas
- 2 whole eggs
- 75g Smoked Salmon
- 1tbsp Coconut oil
- 1tsp Cinnamon
- Lemon Wedge

## Method

1. Heat oil in pan until it softens then add the vegetables and fry off for 3-4 minutes.
2. Add eggs & cinnamon stirring continuously until set then serve with smoked salmon and a lemon wedge.

# Guilt Free Huevos Rancheros

## Serves 1

One of my favourite breakfasts ever, altered to suit a healthy lifestyle and help the fat loss process. So, we skip the cheese, black beans and flour tortillas (sorry!) but this recipe is just as tasty and satisfying, I promise.



## Ingredients

- 1 wheat free/gluten free tortilla (or brown rice tortilla)
- 2 organic eggs
- 1/2 ripe avocado, chopped into cubes
- 1 red pepper, deseeded and chopped into small cubes
- 1 big red tomato, peeled and chopped into cubes
- 1/2 white onion, finely chopped
- 2 spring onions, finely chopped
- 1 garlic clove, finely chopped
- A sprig of coriander, roughly chopped
- A slice of lime (optional but yummy)
- Himalayan rock salt, ground black pepper, coconut oil

## Method

1. Heat a tablespoon of coconut oil in a shallow pan and add the garlic and onion.
2. Sauté until golden and add the chopped tomato and red pepper
3. Add some salt and pepper.
4. Let it simmer on medium heat until the pepper has softened and it looks like tomato sauce.
5. Sprinkle the chopped spring onions on top.
6. In another pan with coconut oil, fry two eggs (salt to taste).
7. Place the tortilla on a plate and arrange the avocado strips and the slice of lime on the side.
8. Spoon a few tablespoonfuls of the tomato sauce on the tortilla
9. Arrange the eggs on top of the sauce.
10. Sprinkle with the chopped coriander and serve.

# Baked Salmon and Asparagus Frittata

Serves 2



## Ingredients

- 4 Eggs
- 50g Coconut milk
- 125g Smoked Salmon
- 6 Asparagus spears, trimmed and chopped
- 1 Red Onion, sliced
- 1 Clove Garlic, Crushed
- Handful of basil leaves
- Coconut Oil
- Sea salt and black pepper to taste

## Method

1. Preheat oven to 200c prior to cooking and heat a small frying pan in oven with 1 tablespoon of oil.
2. Blend eggs, milk and seasoning in a blender until fluffy.
3. Pour onions, asparagus and garlic into the hot pan, top with salmon and egg mixture.
4. Bake in hot oven for 15 - 20 minutes.
5. Serve with a large plate of spinach.

# Kedgeree

Serves 3

## Ingredients

- 450g /1lb smoked haddock fillets
- 3 hard boiled eggs
- 2 tbsp parsley
- 150g/5oz (raw) brown rice
- 2oz butter
- 75ml rice milk

## Method

1. Place fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
2. Drain fish, remove and discard skin and bones. Flake the flesh.
3. Chop 2 eggs. Reserve the third to garnish.
4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
5. Serve garnished with parsley and slices of remaining egg.

# Bang for your Buck Breakfast

Serves 1



## Ingredients

- 2 Eggs
- Half a Bag of Mixed Greens, Watercress, Spinach, Rocket etc
- Fresh Coriander and Basil leaves, torn
- 1 Clove Garlic, Sliced
- ½ Red Chilli, Sliced
- Pumpkin Seeds
- 2 Sliced Vine Tomatoes
- 8 slices of Cucumber
- ½ Red Onion, Sliced
- Coconut Oil
- Juice of 1 Lime

## Method

1. Boil a saucepan of water for poaching the eggs, poach eggs for around 5 minutes for soft or 7 for hard.
2. Meanwhile toss all other ingredients into a bowl and make dressing for salad by combining 1 tablespoon of melted (and cooled) oil with the juice of 1 lime.
3. Dress salad and place eggs on top for a tasty breakfast.

# 30 Lunches



# Sweet Potato Mess

Serves 1



## Ingredients

- 1 sweet potato
- 40g fresh goats cheese
- 1 fresh red chili chopped finely
- Handful parsley leaves chopped finely
- Handful of baby spinach
- 6 cherry tomatoes
- Extra Virgin Olive oil
- Balsamic vinegar
- Coconut oil
- Pine nuts

## Method

1. Preheat oven at 180c for 20mins.
2. Chop sweet potato in half and place on a baking tray Cover sparingly with 2-3 teaspoons of coconut oil and place in oven for 25-30mins.
3. Once potatoes are cooked place on a chopping board cover in chopped parsley, chilli, goats cheese etc and pour 2 large tablespoons of olive oil over. Using a large kitchen knife chop up potato mix from all angles until mixed together. Serve with baby spinach and tomatoes.

# Broccoli and Mint Soup

Serves 2



## Ingredients

- 1 large onion, diced
- 1tbs coconut oil
- 1 head of broccoli
- 3 cups chicken or vegetable stock
- Small bunch of mint leaves, shredded

## Method

1. Fry onion in a large pan with oil on medium heat until softened.
2. Add broccoli and stock and simmer for 10-15minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with mint leaves or use an electric blender to form a smooth texture.
4. Heat to serve.

# Herb Meatballs with Spicy Tomato Sauce

Serves 4



## Ingredients

- 500g minced beef
- ½ onion
- ½ cup fresh basil
- ½ cup fresh parsley
- 1 cup spinach
- 4 medium eggs
- ½ cup almond flour
- 1 tbsp dried oregano
- 4 cloves garlic
- 1 tbsps of Himalayan Rock salt or Celtic Sea salt and freshly ground black pepper to taste

### **Spicy tomato sauce**

- 1 large onion, finely chopped
- 2 tsp coconut oil
- Salt and freshly ground black pepper
- 1 garlic clove, peeled and finely chopped
- 1 tsp paprika
- A pinch of chilli flakes
- 2x 400g cans of chopped tomatoes
- 1 bay leaf

### **Method**

1. Preheat your oven to 180C or Gas Mark 4.
2. Blend onion, herbs, garlic and spinach in a food blender.
3. Combine all the ingredients in a bowl and mix well with your hands.
4. Season the mixture to taste with sea salt and freshly ground black pepper.
5. Make small balls the size of golf balls and place them apart on a baking tray, then place them in the preheated oven to cook for about 30 minutes or until browned.

### **To make the sauce:**

1. Place the onion in a heavy bottomed pan with the coconut oil and season with salt and pepper. Cover with a lid and fry gently over a low heat until soft and sweet.
2. Add the garlic, paprika and chilli flakes and fry for a further 30 seconds, stirring constantly.
3. Add the tomatoes and bring to a simmer. Simmer the sauce for 20 minutes. Liquidise until smooth. Pass the sauce through a sieve, back into the pan. Taste and add seasoning as necessary.

## Prawn, Mango and Avocado Salad



### Ingredients

- 12 Large Cooked Prawns
- 1 Mango – Peeled and chopped
- 1/4 Cucumber – finely chopped
- ½ Avocado, chopped
- 20g unsalted plain cashews
- 1 teaspoon Olive Oil
- Juice of a Half a Lime
- Chilli Flakes

### Method

1. Combine lime juice, oil and chilli flakes together
2. Mix all other ingredients together in a bowl and dress with oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

# Chicken Wraps with Pesto-Yoghurt Dressing

Serves 2

## Ingredients

- 2 Skinless chicken breasts, cut into strips
- 1 small tomato, sliced 1 tablespoon fresh oregano leaves
- 1 or 2 large leaves Romano lettuce
- Coconut Oil

## Dressing

- 1/3-1/2 cup plain, active-culture yoghurt
- 1 tablespoon coarsely chopped pine nuts or walnuts
- 1 clove garlic, peeled
- 2 tablespoons olive oil 1 cup fresh basil leaves shredded
- pinch of sea salt

## Method

1. Heat the olive oil in a skillet and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.
2. Put the pine nuts/walnuts and the garlic into the food processor or blender until finely minced. Add the olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Spread the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

# Chicken, Quinoa and Mango Salad

Serves 1



## Ingredients

- 1/2 Cup cooked quinoa
- 1 Cooked chicken breast
- 1 Mango chopped
- Half a red pepper chopped
- Half a red onion, peeled and chopped
- Handful of mixed spinach, rocket & watercress
- Handful of fresh mint, chopped
- 2 Teaspoon of fresh lemon juice

## Method

Combine all of the ingredients in a bowl (except chicken) and squeeze the juice from a fresh lemon over the ingredients. Slice up the chicken and mix through.

# Stuffed Peppers



## Ingredients

- 1 Cup of Cooked Quinoa (follow directions on packet)
- 2 Red Onions, Chopped
- 2 Tomatoes, Chopped
- 1 Red Pepper, Chopped
- 1 Clove Garlic, Crushed
- 4 tbsp of lemon juice
- 2 Large Red Peppers
- Coconut oil
- Extra Virgin Olive Oil

## Method

1. Pre-heat the oven to 200 degrees.
2. Heat the coconut oil in a pan. Fry off onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 min.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25mins.
5. Drizzle olive oil in peppers once cooked and serve.

# Greek Salad with Lamb

Serves 3



## Ingredients

- 1lb Minced Lamb
- ½ cup finely chopped Greek herbs such as dill, mint, oregano & parsley
- Sea Salt to taste
- 2 hearts romaine lettuce finely chopped
- 1-2 tomatoes, chopped
- 1 large or 2-4 small cucumbers, chopped
- 1 cup pitted Kalamata or other Greek olives
- ¼ cup lemon juice
- ½ cup olive oil

## Method

1. Saute ground lamb with herbs for 12-15 minutes, or until cooked through. Add salt to taste.
2. Combine meat with lettuce, tomato, cucumber and olives.
3. Whisk together with lemon juice and olive oil. Drizzle on top of salad.

# Thai chicken curry soup recipe

Serves 4

## Ingredients

- 2 tsp coconut oil
- 1 chicken breast, chopped
- 1 onion, finely chopped
- 1 red pepper, chopped
- 1 cup button mushrooms, chopped
- 2-3 tbsp curry powder
- 2 cups water or chicken stock
- 1 tbsp almond flour, optional, for thickening
- 3 cups coconut milk
- 1 tbsp fish sauce, optional
- ½ tsp fresh coriander, finely chopped
- Sea salt and freshly ground black pepper to taste



## Method

1. Add the coconut oil and chicken to a large saucepan over a medium heat. Toss the chicken in the oil and cook for about 2 mins.
2. Add the onion, red pepper and mushrooms to the saucepan and cook for just a minute. Season to taste with salt and pepper at this point.
3. Coat the meat and vegetables in the curry powder (add up to 3 tbsp depending on how spicy you want the dish to be). Cook for just about 45 seconds.
4. Add the water or stock, almond flour, coconut milk and fish sauce. Stir well. Allow the soup to simmer for 5 to 10 minutes, until the vegetables are tender and the chicken is cooked through.
5. Adjust the seasoning, if needed, and top with the fresh coriander prior to serving.

## Puréed Broccoli Soup



### Ingredients

- 3/4 cup chopped red onion
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon tarragon
- 4 cups broccoli florets
- 1 tablespoon flour
- 1 cup water, divided
- 2 cups chicken broth
- 1 teaspoon white wine vinegar
- 1/2 teaspoon ground black pepper
- 1 tablespoon shredded baby carrot

### Method

1. In saucepan, mix onion, oil, tarragon, broccoli, and salt to taste. Stir over medium heat about 3 minutes. In small bowl, whisk flour and 2 tablespoons water until smooth; set aside.
2. Add broth, vinegar, pepper, and remaining water to pan. Bring almost to a boil. Reduce heat and simmer about 10 minutes.
3. Puree soup in blender and return to pot. Whisk in flour mixture; stir over medium high heat until slightly thickened. Sprinkle with carrot.

## Carrot and Orange Soup



### Ingredients

- 1oz butter
- 1 clove of garlic, crushed
- 1 med onion, peeled and chopped
- 500g carrots, peeled and coarsely grated
- 1 litre water
- zest of 1 orange
- 1 teaspoon tomato puree
- Salt & pepper

### Method

1. Melt the butter, add garlic, onion and carrot. Stir and cook covered for 5 minutes on low heat
2. Add water, orange juice zest, tomato puree and seasoning. Simmer covered for 30 minutes.
3. Liquidise and enjoy.

# Chicken Kebabs

Serves 2



## Ingredients

- 2 Chicken Breast, cubed into 1" pieces
- 1 Yellow Pepper, cut into 1" pieces
- 1 Red Pepper, cut into 1" pieces
- 1 Red Onion, cut into 1" pieces
- 1 Mango, cut into 1" pieces
- 4 Cherry Tomatoes
- Wooden Skewers
- Coconut Oil
- Chilli Flakes

## Method

1. Skewer the chicken, onion, pepper, mango and tomatoes onto sticks.
2. Melt coconut oil and brush all over, sprinkle with chilli flakes then grill until the chicken is cooked through.
3. Serve with an avocado salad.

# Sizzling Cajun Steak Salad

Serves 1



## Ingredients

- 1 head Romaine lettuce
- 8 cherry tomatoes cut in half
- 1 cucumber peeled and sliced into thin rounds
- 1 roasted pepper cut into strips
- 2 radishes sliced into thin rounds any other salad vegetable you might like, be creative!
- Few Sprinkles of Cajun Spices according to your taste (chilli, garlic, cayenne, mustard powder)
- Nice piece of rump or sirloin steak

## Method

1. Prepare salad in large bowl and set aside.
2. Sprinkle cajun spice mix over steak on both sides.
3. Heat oil in a frying pan or griddle and cook steak to your liking.
4. Slice steak and place slices on top of salad.
5. Serve immediately!!

# Lettuce & Tuna Hotboats

Serves 1



## Ingredients

- 1 Cos lettuce or endive, wash it and use the greener leaves
- 1 big tin of tuna steak (185grms), drained and flaked
- 1 big ripe tomato, chopped into small cubes
- 1 yellow pepper, chopped into small cubes
- 1/2 white onion, finely chopped
- 1 large red chilli, chopped
- 1 teaspoon of wheat free soy sauce
- 1 ripe avocado, peeled and chopped into small cubes (1cm)
- Extra virgin olive oil, himalayan rock salt, ground black pepper

## Method

1. In a big bowl put the tuna, the chopped tomato, chilli, pepper, avocado and onion in.
2. Add salt and pepper, 2 tablespoons of olive oil and soy sauce.
3. Take a couple of lettuce leaves or endive leaves, and with a spoon arrange the tuna salad mix along the leaves.
4. If the lettuce leaves are big, you can fold them as if it was a wrap, otherwise simply tuck into these super hot boats, you'll love 'em!

# Watercress & Asparagus Soup

Serves 4



## Ingredients

- 900ml of vegetable stock
- 1 small cauliflower – trimmed & roughly chopped
- 350g asparagus spears – trimmed and chopped
- 4 spring onions
- 50g watercress
- 25g fresh mint
- Sea salt & freshly ground black pepper

## Method

1. Put the cauliflower in a large pan & bring to the boil. Add the asparagus & spring onions, bringing back to the boil and simmer for 3 minutes.
2. Now take off the boil and stir in the watercress and mint until wilted. Blend the soup in blender or use hand blender and then re heat and season.

# Zingy Tuna Steaks

Serves 2



## Ingredients

- 2 x 150g/5oz tuna steaks
- pinch sea salt
- drizzle extra virgin olive oil
- For the salsa verde
- 1 heaped tsp Dijon mustard
- 150-250ml/5-9fl oz fruity, extra virgin olive oil
- 4 anchovy fillets
- handful fresh flat leaf parsley
- handful fresh basil
- handful fresh tarragon
- 1-2 tbsp capers
- 1 garlic clove
- pinch sea salt
- 1 lemon, juice only

## To serve

- lemon wedges
- 2 sprigs fresh flat leaf parsley and fresh mint

## Method

1. Preheat the oven to 200C/400F/Gas 6.
2. For the tuna, season the tuna steaks with the sea salt and drizzle with the olive oil. Rub the salt and oil into the steaks.
3. Heat a heavy-based frying pan until hot. Add a tuna steak to the hot pan and sear until lightly browned. Carefully turn over and sear the other side (this will take about 30 seconds on each side, longer if the tuna is thickly cut). Remove and keep to one side. Repeat with the other tuna steak.
4. Place the tuna steaks in a roasting tray and place in the hot oven for another minute or two (they should still be slightly pink on the inside). Remove and keep warm.
5. For the salsa verde, place the mustard and a few tablespoons of the olive oil in a bowl and whisk to emulsify. Chop the anchovies finely and add to the bowl.
6. Pick the leaves from the herbs (except the basil - you can include the stems in the sauce). Pile the picked herbs onto a chopping board. Sprinkle the capers over the top. Chop the herbs and capers finely with a sharp knife. When finely chopped, add to the bowl with the mustard and oil mixture.
7. Peel the garlic clove. Place it on the chopping board and sprinkle over the sea salt. Crush to a fine paste with a knife blade and add the paste to the bowl and mix. Add some of the remaining olive oil to the bowl. The sauce should have a spooning consistency, so add just enough oil - you may have some left over. Mix thoroughly.
8. Just before serving, add the lemon juice to the sauce (the lemon will cause the herbs to go brown if you add it too early).
9. To serve, place the tuna steaks onto plates. Squeeze over some lemon juice and serve with a wedge of lemon, a dollop of salsa verde and a sprig of parsley each.

# Coriander Spiced Veg Soup

Serves 4

## Ingredients

- Coconut oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 medium onion, finely chopped
- 2 celery sticks, cut into 1cm pieces
- 2 garlic cloves, finely chopped
- 1cm piece root ginger, peeled and finely grated
- 1 litre vegetable stock
- 300g carrots, peeled and cut into chunks
- 200g turnips, peeled and cut into chunks
- 1 red pepper, deseeded and cut into chunks
- 150g frozen peas
- Salt and freshly ground black pepper
- A small handful of fresh coriander leaves, roughly chopped.

## Method

1. Place a heavy bottomed pan with some coconut oil over a medium-high heat.
2. When hot add the cumin, coriander, onion, celery, garlic, ginger and stir fry for 2-3 minutes.
3. Add the stock, carrots, turnip, red pepper and bring to the boil.
4. Reduce the heat to medium-low, cover and simmer for 20 minutes, or until the veg is tender.
5. Add the peas and simmer for 3-4 minutes.
6. Season well then remove from the heat.
7. Stir in the fresh coriander and serve in warm bowls.

# Goats Cheese and Asparagus Frittata

Serves 3



## Ingredients

- 400g asparagus tips
- 1 tbsp. olive oil
- 1 round of goats cheese, crumbled
- 6 large eggs
- 2 tbsp chopped chives

## Method

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering salted water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1 cm pieces.
2. Heat oil in frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.

# Mixed Green Avocado and Smoked Salmon Salad

Serves 2

## Ingredients

- 1 large avocado
- 100 gms smoked salmon
- 1 Boiled Egg
- 2 tomato
- 4 handfuls of fresh spinach
- 4 handfuls of Watercress
- 2 Green Peppers
- 1 small garlic clove
- 1 small onion
- 2 tbsp extra virgin olive oil
- 1 tbsp of apple cider vinegar
- Freshly squeezed juice of 1 lime
- Optional: Himalayan crystal salt or celtic sea salt



## Method

1. Thoroughly wash and drain the watercress and spinach and put into a big salad bowl.
2. Chop the peppers, add them to the salad bowl, thoroughly mix up all the ingredients and put bowl to the side.
3. Cut the avocado, onion, garlic and tomato into small pieces. Put all the pieces into a separate wooden bowl and mix all the ingredients together
4. Add 2 tbsp of olive oil, the apple cider vinegar and lime juice and mix it all together.
5. Put the avocado on top of the spinach, peppers and watercress.
6. Slice the boiled egg and smoked salmon into small pieces, add them to the salad and mix up all the ingredients.
7. Season the salad to taste with Himalayan sea salt.

# Grilled Chicken Breast South East Asian Style

Serves 2



## Ingredients

- 4 cloves garlic
- 1 inch thick piece of fresh ginger peeled
- Zest of two limes
- 1 tbsp olive oil
- 1 Red chilli, chopped
- 1 tsp wheat free soy sauce
- 2 skinless chicken breasts
- Salt/pepper to taste

## Method

1. Place all ingredients except chicken into a blender and pulse to a rough paste. Coat chicken with paste and place in a hot oven for 25 minutes.
2. Serve with a green salad including baby leaf spinach, avocado and watercress.

# Lettuce Wraps

Serves 2



## Ingredients

- 4 leaves iceberg lettuce leaves
- 2 cooked turkey breasts, sliced
- ½ cucumber, cut into long strips
- 4 spring onions, cut into long strips
- 250g hummus
- Sprinkle paprika

## Method

1. Place sliced turkey breast with cucumber, onion, hummus and paprika in lettuce leaf. Then wrap with another leaf to make a wrap. Repeat with remaining ingredients.

# Spicy Lentil Pate with Crudites

Serves 2

## Ingredients

- 100g split red lentils
- 125ml boiling water
- 1 onion, chopped finely
- 1 carrot , roughly grated
- 1-2 garlic cloves, crushed
- 1 teaspoon cumin seeds
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- ½ teaspoon ground coriander
- 50g organic butter
- salt and pepper to taste

## Method

1. Cook lentils in boiling water in a small pan for about 20-25 minutes until soft and mashable.
2. At the same time, dry fry the cumin seeds in a frying pan until they start to pop.
3. Add butter then fry onion, garlic and carrot until soft.
4. Add in the remaining spices and stir through. When cooked, add the lentils and stir vegetable mix thoroughly.

Crudites – Serve with carrot, celery and cucumber sticks.

# Cauliflower & Coriander Soup

Serves 4

## Ingredients

- 3 tablespoons coconut oil
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 1 ½ tablespoons coriander seeds, roughly ground
- 2 sweet potato, peeled and chopped 1cm cubes
- 1kg cauliflower, leaves discarded washed and sliced approx 1cm thick
- 750ml vegetable stock
- 1 handful fresh coriander, chopped
- 1 teaspoon chili flakes

## Method

1. Heat a large saucepan over a moderate heat, add the oil, onions, garlic, coriander seeds and fry for 10-15 minutes stirring occasionally until golden brown.
2. Add the cauliflower and half the stock then cover and simmer for 20-30 minutes. When the cauliflower and sweet potato are soft add the rest of the stock and continue to simmer for 10 minutes.
3. Using a stick blender or food processor blend the soup to your desired consistency, season and serve or chill and store.

# Beef Stir Fry

Serves 1



## Ingredients

- 1 organic rib eye steak, cut into strips
- 2 shallots, peeled and chopped lengthwise
- 1 red pepper, chopped into long strips
- 2 garlic cloves, peeled and cut lengthwise
- 4-5 fresh curry leaves
- 1 green chilli, finely chopped
- coconut oil, himalayan rock salt, ground black pepper, ground cinnamon, ground turmeric

## Method

1. Mix salt, pepper and turmeric on a plate and cover the beef strips well with the mix until yellow.
2. Add the shallots, red pepper, garlic, curry leaves, green chilli and a heaped tablespoon of cinnamon to a wok or pan with hot coconut oil.
3. Add a little salt and pepper.
4. Cook for about 2 minutes max at high heat and add the beef.
5. Mix it all well and cook beef to taste.
6. Sprinkle a few roughly chopped fresh coriander leaves on top.
7. Serve in a bowl piping hot.

# Spicy Butternut Squash Soup

Serves 2



## Ingredients

- 1 Butternut Squash, peeled and diced
- 1 red onion, chopped
- 2 garlic cloves, crushed
- 1 red chilli, chopped
- small bunch of coriander, chopped
- ½ teaspoon of cumin seeds
- 1½ pints of vegetable stock
- Coconut Oil

## Method

1. Fry the onion, garlic, coriander leaves and chilli in coconut oil for 30 seconds to release the flavour, add the diced butternut squash and onion for 2 mins so they are covered in the spice mixture.
2. Cover the mixture with stock and simmer for 30 mins. Let the soup cool and then blend in batches until smooth. Season with salt and pepper to taste.

# Sweet Potato and Lentil Soup

Serves 4

## Ingredients

- 2 generous teaspoons medium / hot curry powder
- 3 tablespoons coconut oil
- 2 onions finely chopped
- 1 eating apple chopped roughly
- 3 garlic cloves crushed
- 20g pack of coriander leaves and stalks, chopped
- A thumb size piece of fresh ginger grated or 1 teaspoon Lazy Ginger
- 800g sweet potatoes, peeled and chopped small (about 2 medium sized ones)
- 1.2 litres good quality vegetable stock
- 120g red lentils
- 300ml coconut milk
- Juice of 1 lime (optional)

## Method

1. Put curry powder in a large, dry saucepan and toast on a medium heat for a couple of minutes.
2. Add the oil and stir as the spices sizzle.
3. Add onion, garlic, apple, coriander and ginger and season. Stir every now and then and cook for about 5 minutes.
4. Add the potato with the stock, lentils and milk. Then simmer for 20 minutes or so until veggies and lentils are soft.
5. Blend until smooth, add lime juice and check seasoning.
6. Garnish with coriander if you wish.

# Roasted Tomato Soup

## Ingredients

- 2.5kg plum tomatoes (or vine ripe tomatoes)
- 2 tbsp coconut oil
- 1 red onion, peeled and diced
- 1 tsp dried basil
- 1/2 tsp red chilli flakes- if you like heat- or omit
- 1 tin of chopped tomatoes
- 4 yeast free stock cubes, made up
- 1 bay leaf
- Sea salt and freshly ground pepper, to taste

## Method

1. What you'll need to do first: Roast the tomatoes.
2. Preheat the oven to 400 degrees F.
3. Cut the plum tomatoes in half and toss them into a roasting pan with the coconut oil, some dried Italian herbs and several peeled cloves of garlic. Add a generous drizzle of lemon juice.
4. Put into the oven and gather the next ingredients. The tomatoes should be ready in roughly 45 minutes.
5. Heat the coconut oil over medium heat. Add the onion and garlic and stir for five minutes. Add the herbs and chilli flakes, and stir for another minute or two, until the onion is softened. Add the canned tomatoes and stock. Toss in the bay leaf and season with sea salt and fresh ground pepper, to taste.
6. Add the oven-roasted tomatoes and garlic, breaking the pieces apart with a wooden spoon.
7. Cover and bring to a simmer; lower the heat and continue to simmer for about 30 to 40 minutes.
8. Discard the bay leaf.
9. Puree the soup in a blender then return to the pot. Taste for seasoning adjustments. Heat through.
10. If the soup is too thick, add enough hot broth to thin it to the consistency you prefer.

# Hot Potato

Serves 1



## Ingredients

- 1 medium sweet potato
- Chilli Flakes
- 1 Egg
- Sea salt and black pepper

## Method

1. Heat oven to 200 degrees and bake potato for 10 minutes.
2. Remove potato and cut in half lengthways, mash the potato up a little then break egg into middle.
3. Season and add chilli flakes, then place back in the oven for a further 10 minutes.
4. Serve with a green salad.

## Fennel, Watercress and Walnut Salad



### Ingredients

- Juice of 1 lime
- 1 tbsp coconut oil, melted
- 1 large head fennel, halved and thinly sliced
- Small bag of watercress
- 50g walnuts

### Method

1. In a large bowl, whisk the lime juice and oil together with a fork and season to taste. Add the fennel and toss to coat. Leave to marinate for 10 mins if you have time.
2. Just before serving, tip the watercress and nuts into the bowl and toss well to combine.

# Turkey Noodle Broth



## Ingredients

- 50g turkey mince
- 2.5cm piece fresh root ginger peeled and very finely chopped
- freshly milled black pepper
- 750mls hot chicken stock
- 50g leeks, finely sliced
- 50g frozen peas
- 2 tbsp soy sauce
- 50g mushrooms, finely sliced
- 100g rice noodles, cooked
- 1 small bunch watercress, finely chopped
- dash lemon juice

## Method

1. Mix the turkey mince with the chopped ginger and season with black pepper. Roll into small balls the size of a large marble.
2. Meanwhile, place the hot stock, leeks and peas into a large saucepan, bring to the boil, and cook for 2 minutes. Drop in the turkey meatballs one by one and simmer for 3-4 minutes until the turkey is cooked through.
3. Add the soy sauce, mushrooms, noodles and watercress. Warm through and check the seasoning, add a dash of lemon juice to finish and serve.

# Chicken Caesar Salad

Serves 1

## Ingredients

- 1 chicken breast, seasoned
- Handful of lettuce leaves
- Sliced cucumber
- 6 cherry tomatoes
- 2 spring onions, sliced
- 4 basil leaves
- 1 tablespoon of olive oil
- Juice of 1 lime

## Method

1. Grill the chicken breast until blackened and cooked through.
2. While cooking assemble salad in a bowl.
3. Make dressing with oil, black pepper and lime juice then dress salad leaves.
4. Slice chicken and arrange on top of salad bowl.

# 30 Dinners



# Salt n Chilli Squid

Serves 2



## Ingredients

- Coconut Oil for frying
- 2 Tablespoons Coconut Flour
- 2 Teaspoons Paprika
- 1 Teaspoon Chilli Powder
- Pinch of Himalayan Sea Salt
- 500g Squid
- 1 Clove Garlic, Crushed
- 1 Red Chilli, Chopped
- 1 Spring Onion, Sliced

## Method

1. Place all ingredients except coconut oil and squid into a freezer bag then shake to mix.
2. Slice the squid thinly then drop into the bag, shake until fully coated.
3. Heat coconut oil in a deep pan and fry in batches until golden brown, around 2 minutes.
4. Dry squid on kitchen paper and sprinkle chopped chilli, garlic and spring onion over.
5. Serve with a green salad and lemon wedges.

# Coconut chicken

Serves 4



## Ingredients

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp (or to taste) dried crushed chili
- 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp garam masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces
- 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped
- 2tbsp Coconut oil
- 4 tbsp fresh coriander

## Method

1. Mix the coconut milk with the tomato puree, chili, almonds, turmeric, garam masala, cumin and 1tbsp water. Add the chicken and coat all of the pieces. Cover with cling film and refrigerate for at least 1 hour
2. Cook the onions and garlic in 1 tsp of coconut oil until soft.
3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 mins, covered over a low heat. Add the marinade and the remaining oil and cook for 15-20 mins.
4. Stir in the fresh coriander and serve.

# Jessie's Dhesi Chicken Curry

Serves 4

## Ingredients

- 2 Onions, chopped finely
- 150g Button Mushrooms, wiped and halved
- 1 Red Pepper, sliced
- 4 cloves of garlic, crushed
- 1 red chilli, chopped
- 1 tbsp Ginger powder
- 1 tbsp Himalayan Rock salt
- 1 ½ tbsp Garam Masala
- 6-8 medium tomatoes (Blended)
- 1 tbsp Turmeric
- Fresh Coriander, torn
- 3 chicken thighs
- 4-6 chicken drumsticks
- 1 ½ tbsp Coconut oil



## Method

1. Add Coconut oil to skillet or Large Pan.
2. Once melted add onion and garlic until browned.
3. Stir in ginger, chillies, tomatoes, tumeric, garam masala and salt.
4. Allow to simmer for 3 minutes.
5. Add Chicken and coat chicken with ingredients.
6. Cook on slow heat for at least 30 – 45 minutes.
7. Add mushrooms and peppers and cook for a further 5 minutes.
8. Finish with a sprinkle of torn coriander.

# Chilli Chicken with Chickpea Mash

Serves 4

## Ingredients

- 4 skinless chicken breasts
- 1 tbsp olive oil
- 8 tsp harissa (chilli) paste

## Chickpea mash

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin chickpeas (no salt or sugar added)
- 4 tbsp rice or almond milk
- 3 tbsp chopped fresh coriander



## Method

1. Make shallow cuts in each chicken breast. Place chicken in a dish and brush with the olive oil and coat both sides of each breast with the harissa paste. Season and cover the dish with foil and marinate in the fridge for at least 30 mins.
2. Preheat oven to 220 C/425 F/gas mark 7. Transfer the chicken breasts to a roasting tin and roast for about 20-30 mins until they are cooked through.
3. Meanwhile make the chickpea mash. Heat the oil in a saucepan and gently fry the garlic for a minute, then add the chickpeas and milk and heat through for a few minutes. Transfer to a blender or food processor and puree till smooth.
4. Season to taste and add the fresh coriander.
5. To serve divide the chickpea mash up between 4 and top with 1 chicken breast and garnish with coriander. Add a portion of green veg or green salad.

# Griddled Kingfish Thai Green Curry

Serves 4

## Ingredients

- 1 Small Butternut Squash, peeled, deseeded and cut into bite-size pieces
- 2 teaspoons Thai Green Curry Paste (see below)
- 1 Garlic clove, peeled and finely chopped
- 1 tablespoon Thai fish sauce
- Juice of one Lime
- 400 ml Coconut Milk
- 2 tablespoons finely chopped Coriander
- 400 g Broccoli, cut into small florets
- 400 g Sugar Snap Peas
- 4×100 g White Fish Fillets
- Coconut Oil



## Method

1. Tip the squash into a nonstick roasting tray and roast with 1 tablespoon of coconut oil, in the oven for 15/20 minutes until soft.
2. Remove from the oven and set aside.
3. Heat the oil in a wok or large heavy based pan. Add the curry paste and garlic and cook for two minutes over a low heat. Add the fish sauce, lime juice, coconut milk and coriander and bring to just below boiling.
4. Tip in the broccoli and sugar snap peas, bring to the boil. Reduce the heat, add the fish and simmer for 5 to 6 minutes or until fish is cooked through.

# Thai Green Curry Paste

## Ingredients

- 2 handfuls fresh coriander (leaves and stems)
- 2 small shallots
- 4 cloves garlic
- 1 to 2 jalapeno peppers, seeded (or 1 to 2 teaspoons crushed red chili flakes)
- 1-inch Chunk of fresh ginger, peeled
- 1/2 tsp lime zest
- 1 tsp sea salt, or to taste
- 1/4 to 1/2 Cup water
- 1 Can full fat coconut milk

## Method

1. Place all ingredients into a blender and blend until smooth. Pour into a small pot and simmer for about 10 to 15 minutes, uncovered.

# Roasted Fennel, Cherry Tomatoes and Chickpeas

Serves 2

## Ingredients

- 2 medium fennel buds
- 2 sprigs of fresh sage
- Juice of half a lemon
- 12 cherry tomatoes
- 400 gram jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper



## Method

1. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
2. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
3. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil, when melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil, and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
4. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, and then serve.

# Chicken and king prawn Spinach Curry

Serves 4



## Ingredients

- 1 Red onion, chopped
- 2 tablespoons curry powder
- 1 teaspoon cinnamon
- 2-3 Cloves garlic, chopped
- 1 inch Fresh ginger finely chopped
- 1 Green chili chopped
- 3 skinless chicken fillets, cubed
- 400 ml boiling water
- Bag of fresh spinach
- Fresh coriander
- 2-3 tablespoons coconut milk
- King Prawns

## Method

1. Melt coconut oil in frying pan, add onion, garlic, ginger and chili and stir fry for 2-3 minutes.
2. Add curry powder and cinnamon then stir-fry for further minute.
3. Add chicken pieces, water and spinach, cover and cook for 15-20 minutes.
4. Add prawns 5 minutes before the end of cooking if using.
5. Season well and remove from heat.
6. Stir in coconut milk and garnish with chopped coriander.

# Chicken Pizza

Serves 2



## Ingredients

- 2 chicken breasts
- 1 tube tomato puree
- 1 red pepper, sliced
- 1 onion, sliced
- 50g goats cheese
- 8 Walnuts, crushed

## Method

1. Butterfly- cut the chicken breasts and flatten out.
2. Thinly cover with tomato puree.
3. Sprinkle peppers and onions over the top.
4. Place on a baking tray in a pre-heated oven for 15-20 mins.
5. Remove and sprinkle with goats cheese and walnuts.
6. Place back in oven for 5 minutes then serve.

# Thai-Inspired Scallop Soup

Serves 3



## Ingredients

- 1 tsp coconut oil
- 1 tbsp finely chopped fresh ginger
- 2 garlic cloves, minced
- 500g scallops
- 400ml coconut milk
- 1 litre chicken or fish stock
- 1 red pepper, cut into thin strips
- 2 spring onions, thinly sliced
- handful finely chopped basil
- juice of 1 freshly squeeze lime

## Method

1. Heat oil in a deep saucepan over medium heat. Add ginger and garlic and sauté briefly.
2. Lightly salt scallops then add them to the pan. Saute 2-3 minutes then add coconut milk, chicken stock, bell pepper and spring onions.
3. Bring the soup to a gently boil then remove from heat and stir in lime juice and basil.
4. Add salt or hot sauce to taste.

# Pesto Turkey Burger

Serves 4

## Ingredients

- 400g turkey mince
- 8 sun-dried tomatoes
- 1 sweet red pepper, coarsely chopped
- 1 shallot, coarsely chopped
- 3 Tbsp walnut pesto (see below)
- sea salt
- freshly ground black pepper



## Method

1. In a large bowl, place the turkey.
2. Combine sun-dried tomatoes, red pepper, and shallot in a food processor and pulse until finely chopped. Add to turkey mixture.
3. Add pesto to turkey and mix all ingredients well with your hands to combine. Season with salt and pepper.
4. Form into medium sized patties and refrigerate until ready to grill.
5. Preheat grill to medium.
6. Grill burgers for approximately 5 minutes on each side or until cooked through.

## Walnut Pesto

- 100g walnuts
- 1 clove garlic
- ½ tsp salt
- ¼ tsp pepper
- 3 cups fresh basil leaves
- extra virgin olive oil to blend

1. Put the walnuts, garlic, salt and pepper in the food processor and pulse until coarsely ground. Add the basil and pulse a couple of times. With the food processor on, drizzle in the olive oil until your desired consistency is reached.

# Moroccan Meatballs

Serves 4



## Ingredients

- 500g lamb mince
- 1 onion, grated
- 2 garlic cloves, finely chopped
- handful of fresh flat-leafed parsley, finely chopped
- 2tbsp olive oil
- 1tsp ground cumin
- 1tsp ground cinnamon
- ½ tsp cayenne pepper
- 400g chopped tomatoes
- large handful of chopped fresh coriander leaves

## Method

1. Put the mince, half the onion, half the garlic and parsley in a bowl. Use your hands to combine, then set aside.
2. Heat the oil in a large heavy-based frying pan, set over a high heat. Cook the remaining onion and garlic for 5mins, until softened and golden. Add the spices and cook, stirring constantly, for 1 min, until aromatic. Add the tomatoes and 250ml water and bring to the boil. Cook for 5mins.
3. With slightly wet hands, roll the lamb mixture into walnut sized balls, then put them directly into the sauce. Reduce the heat, cover and cook for about 15mins, until the meatballs are cooked through. Stir in the coriander and keep warm.
4. Serve the meatballs with a crunchy salad on the side.

# Asian Rice and vegetable stir fry

Serves 4

## Ingredients

- 200g Brown Rice cooked as per packet instructions
- 1tbsp Sesame oil
- 1" Fresh ginger grated
- 2 Garlic cloves crushed
- 3 medium onions quartered
- 2 sprigs Rosemary
- 1tsp Cayenne Pepper
- 2 Red Peppers Diced
- 2 Yellow Peppers Diced
- 75g Cashews
- 100g Fine green beans
- 100g Mange Tout
- Handful of spinach
- 1tbsp tamari (Gluten Free Soy Sauce)
- Spring onions sliced diagonally
- Juice of ½ a lemon
- Handful of Almond flakes toasted



## Method

1. Heat oil in a pan and add onions, ginger and garlic, cook for 2-3 minutes.
2. Add rosemary and peppers, then cook for 3-4 minutes.
3. Add in cashews, beans and mange tout then continue to cook for further 2-3 minutes then add rice to vegetables with soy sauce and spring onions and cook for further 2mins.
4. At last minute throw in spinach and warm through, then squeeze lemon juice over rice and serve in bowls with a sprinkling of toasted almond flakes on top.

# Butternut squash and goats cheese with purple sprouting broccoli

Serves 2

## Ingredients

- 1 large butternut squash
- 2 chicken breasts
- 1 tablespoon harrisa paste
- 2 tablespoons coconut oil
- 1 teaspoon chilli flakes
- 1 teaspoon cumin seeds
- Sea salt and ground pepper
- 200g purple sprouting broccoli
- 100g pumpkin seeds
- 200g Goats Cheese roulade



## Method

1. Preheat the oven to 200°C. Cut the chicken breast into strips and mix with the harrisa paste; leave for 15 minutes for the flavours to marinate.
2. Peel and cut the squash into chunks, toss in oil and then mix in the chili flakes and cumin seeds. Put the squash in a roasting tin and place in the oven for about 40 minutes until they start to brown at the edges.
3. Roast the chicken breast for around 30 minutes while steaming the broccoli for about 3 minutes.
4. Assemble on plate and crumble the goats cheese on top to serve.

# Spicy Pork

Serves 4

## Ingredients

- 400g pork loin fillet or boneless chops
- 1 tblsp olive oil
- 3 tblsp tamari
- 2 teaspoons tomato puree
- 1 inch ginger peeled and grated
- 1 large red chilli chopped finely
- 1 spring onion finely chopped
- 2 large garlic cloves crushed
- 2 teaspoons raw organic honey

## Method

1. Whizz all the ingredients except pork together in a blender.
2. Rub this all over the pork and leave to marinade for at least 1 hour, the longer the better.
3. Place in an oven proof tin, cover with foil and bake for about 30-35 minutes at 180C/350F/ gas 4.
4. Serve with sweet potato wedges and steamed green veg.

# Chilli Con Carne with Guacamole

Serves 4

## Ingredients

- 2 medium onions
- 1 clove of garlic
- 1 tbsp. olive oil
- 2 tsp. of chilli powder
- 1 fresh red chilli, deseeded and finely chopped
- 1 heaped tsp. of ground cumin
- Sea salt and freshly ground black pepper
- 455g/1lb Turkey Mince
- 4 large tomatoes or 2 x 400g tin tomatoes
- ½ a stick of cinnamon
- Red kidney Beans soaked overnight or 2 x 400g tin



## Method

1. Use a metal pan or casserole dish with a lid that can be used both on the hob and the oven.
2. Preheat the oven to 150°C/300°F/Gas mark 2.
3. Put the onions and garlic into a food processor until finely chopped, then fry in a little oil until soft.
4. Add the chilli powder, fresh chilli, cumin and a little seasoning.
5. Now add the mince and continue to cook, stirring until all has browned.
6. Now add the tomatoes' cinnamon stick and a wineglass of water (not wine).
7. Season a little more if needs be.
8. Bring to the boil, cover with greaseproof paper and the lid, then either turn the heat down to simmer and cook for 1 hour 30 minutes or transfer to the oven for about 1 hour 30 minutes.
9. Add the kidney beans 30 minutes before the end of the cooking time.
10. Always tastes better if you cook it the day before, as flavours will develop. Serve with a Green Salad, guacamole and rice.

# Guacamole

## Ingredients

- 3 avocados - peeled, pitted, and mashed
- Juice of one lime, fresh squeezed
- 1 tsp. salt
- 75g diced onion
- Handful chopped fresh coriander
- 2 small tomatoes, diced
- 1 garlic clove
- 1 pinch ground cayenne pepper (optional)

## Method

1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, coriander, tomatoes, garlic, and cayenne.
2. Refrigerate, covered, for one hour, then serve.

# Spanish Meatballs

## Ingredients

- 500g organic lean minced beef
- 1 large organic or free range egg
- 2 400g tins of chopped tomatoes
- 2 organic beef stock cubes
- 1 litre of boiling water
- Dried Herbs de Provence (or a good selection of dried mixed herbs)
- 1 white onion, finely sliced
- 1 garlic clove, finely sliced, extra virgin olive oil or coconut oil, salt and • ground black pepper



## Method

1. Mix the mince with the egg and half the onion chopped. Season with 1 stock cube and black pepper.
2. Roll the mixture with your hands into ping pong sized balls and fry in oil until almost cooked (the meatballs can still be slightly pink in middle as they are going to simmer in the sauce). Be sure to turn them around now and again so they cook evenly.
3. Take the meatballs out and put them on a plate to rest.
4. Drain all but 1 tablespoon of oil in the pan, retaining the bits of meat that are left in the bottom of the pan.
5. Add the rest of the chopped onion and some finally chopped garlic and sauté for a further 2 minutes until golden.
6. Add the 2 tins of chopped tomatoes and a good sprinkling of mixed herbs.
7. Add in the water and crumble in the final stock cube. Season with salt and pepper if required.
8. Simmer for about 10-15 minutes until the sauce thickens a little.
9. Add the meatballs and mix them well with the tomato sauce. Let them cook for another couple of minutes.

# Chickpea broth

Serves 2



## Ingredients

- 400g canned chickpeas, rinsed and drained
- 200g cooked red lentils
- 100ml vegetable stock
- 2 garlic cloves, peeled, finely chopped
- salt and freshly ground black pepper

## To serve

- 1 tbsp chopped fresh parsley
- olive oil

## Method

1. Place the chickpeas, lentils, stock and garlic into a saucepan. Bring to the boil, then reduce the heat until the mixture is simmering. Simmer for five minutes or until the chickpeas are tender.
2. Remove from the heat and blend with a hand-held blender until smooth, adding more stock as necessary. Season to taste with salt and freshly ground black pepper.
3. To serve, ladle the chickpea broth into two bowls. Garnish with the chopped parsley and a drizzle of olive oil.

# Monkfish and Lemon Skewers

Serves 4

## Ingredients

- 800g monkfish tail fillets, cut into 4cm pieces
- 4 unwaxed lemons
- 2 tsp sumac (see below)
- 1-2 tsp dried red chilli flakes
- Sea salt
- 4 garlic cloves
- A handful of fresh flat leaf parsley, finely chopped
- Salt and freshly ground black pepper
- Wild rocket leaves



## Method

1. (Sumac is a blend of spices and is widely in Turkish cooking. If you can't find it, mix 1 tsp each of lemon zest, toasted crushed cumin seeds and sweet smoked paprika and use this instead)
2. Put the monkfish into a glass bowl. Finely grate the zest of 2 lemons in a separate bowl and set aside. Halve these lemons and squeeze the juice over the fish. Add the sumac and chilli, season well with sea salt and stir. Cover and chill in the fridge for 15-30 minutes.
3. Meanwhile, preheat your grill to high. Add the garlic and parsley to the lemon zest. Season, mix well, and then set aside.
4. Thinly slice the remaining lemons. Thread the monkfish and lemon slices alternatively onto 8 metal skewers (or wooden skewers soaked in water for 30 minutes). Grill for 8-10 minutes, turning halfway through, or until the fish is cooked through.
5. Garnish with the zest mixture and serve with rocket salad.

# Thai green turkey burgers with a Courgette and green bean stir-fry

Serves 4



## Ingredients for Thai Green paste

- 4-6 medium green chillies, de-seeded and roughly chopped
- 2in piece of fresh ginger, peeled and grated
- 2 garlic cloves, crushed
- Small bunch of fresh coriander
- 2 lemongrass stalks, chopped
- 1 lime, grated zest and juice
- 1 tbsp coriander seeds, crushed
- 1 tsp ground cumin
- 1 tsp black peppercorns, crushed
- 3 tbsp olive oil
- 8 kaffir lime leaves, torn into pieces (if unavailable, use the grated zest of 1 extra lime)

## Method

1. If you have a mini blender, put all ingredients together and blitz until a smooth paste forms. If not, use a pestle and mortar to grind all the ingredients together. This should keep for a couple of weeks in the fridge, so make double and you'll have plenty for a Thai Green Curry or more burgers.

## Ingredients for burgers:

- 600g turkey mince
- 1 egg
- 2-3 tablespoons of the curry paste
- 1 large courgette
- handful of green beans
- Red onion
- Drizzle of coconut oil
- 1 green chilli
- Half an inch of grated ginger

## Method

1. Mix together the turkey, curry paste and egg until everything is bound together.
2. Season with a little sea salt. Shape into small patties. 600g should make 6-8 patties.
3. Shallow fry the burgers for about 4 minutes on each side in a little coconut oil.
4. Meanwhile use a peeler to get strips of courgette and cut the beans in half length ways. Heat a little oil in a wok and fry off the ginger and chilli. Add the veggies and toss in the oil so the chilli and ginger coat the veggies.
5. Serve burgers with stir fried veggies and some raw spinach.

# Fat loss Fishcake's

Serves 4

## Ingredients

- 1 Rainbow trout
- 100g smoked salmon
- 2 large sweet potatoes
- 1 portion of Soft goats' cheese
- 2 cloves garlic, crushed
- 1 red chilli , diced
- 1 beaten egg
- 6 Chives, chopped finely
- 50g Gluten Free bread crumbs



## Method

1. Wrap rainbow trout in foil and place in oven for 25min at 200c.
2. Once the rainbow trout is cooked, leave out to cool.
3. Peel and boil sweet potatoes, once soft mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add garlic, chili and chives.
4. Mix all ingredients together. Place in fridge for 1-2hours.
5. Now beat an egg in one bowl, Breadcrumbs in another. Remove bowl from fridge. Using your hands take handfuls of mixture and shape into fishcakes. Place the fishcake into the bowl of beaten egg until covered, then into bowl of breadcrumbs until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place fishcakes in oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle balsamic vinegar and olive oil.

# Guilty free family shepherd's pie

Serves 4

## Ingredients

- Turkey Mince 500g
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and Gluten free gravy (goodnessdirect.co.uk)
- 1 portion of goats cheese
- Coconut cooking oil
- Any Dried Mixed Herbs



## Method

1. Pre heat oven at 180c for 20 minutes. Skin sweet potatoes, chop and place in pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add onions and mushrooms, stir for 2-3 minutes until slightly golden. Add turkey mince to pan and cook until brown, 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approx 10 minutes.
5. Mash sweet potatoes together until smooth with no lumps. Place mince mixture into large deep oven dish. Place sweet mash evenly over mince mixture.
6. Sprinkle a handful of grated goat's cheese over sweet mash. Place in oven at 180c for 30 minutes.
7. Serve with Savoy cabbage and enjoy!

# Sticky Chicken Surf & Turf

Serves 4

## Ingredients

- 2 lemons, quartered
- 12 chicken wings
- 12 uncooked prawns, shell on
- 1tsp oregano
- salt and freshly ground black pepper

## For the marinade

- zest and juice of 1 lemon
- 2 tomatoes
- 1 onion
- 4tbsp olive oil
- 1 red chilli
- 6 garlic cloves

## Method

1. Preheat oven to 180°C.
2. Put all the marinade ingredients in a blender and whizz till smooth. Throw the chicken into a roasting tin with the marinade and mix to coat. Add the lemon quarters.
3. Roast for 30 minutes, occasionally giving the tray a shake to mix it up.
4. Add the prawns and squeeze the roasted lemons over the ingredients.
5. Cook for a further 10 mins, or until the prawns are cooked.
6. Serve with a green salad.

# Big Bad Burger and Chips

## Ingredients for Burgers

- 500g extra lean beef mince (or turkey will work fine too)
- 1 onion, chopped finely
- 1 chilli - finely chopped
- 1 x egg

## Method

1. Mix all ingredients together in a bowl, divide it into 4 portions. Knead each portion so it all sticks together nicely, then flatten into a burger shape.
2. Heat some coconut oil in a frying pan and shallow fry for around 4 minutes each side.

## Ingredients for Wedges

- 2 large sweet potatoes
- 1/2 tsp chilli powder
- 1 tsp paprika
- 1 tbs coconut oil, melted

## Method

1. Slice up the sweet potatoes so they look like wedges.
2. Toss all ingredients into large bowl then place in a large baking tray in oven at around 200-220 degrees C for 30-40 mins.
3. Serve alongside a bed of steamed greens.

# Oven baked sea bass with sweet potato chilli mash and spinach

Serves 2



## Ingredients

- 4 seabass fillets
- 2 medium sweet potatoes
- 2 chopped garlic cloves
- 1 finely chopped red chilli
- Ground Cinnamon
- Coconut Oil

## Method

1. Coat 2 sea bass fillets with garlic and chilli and coconut oil and place in oven for 20-30 mins on gas mark 8.
2. Peel, boil and mash 4 medium sweet potatoes then add chillies and a dash of cinnamon.
3. Serve with a bed of fresh raw spinach.

# Chicken Skewers and hummus

Serves 4



## Ingredients

- 3-4 free range organic skinless chicken breasts

## For the marinade

- ½ heaped teaspoon of each coriander, cumin and fennel seeds roughly ground
- 1 teaspoon smoked sweet paprika
- 2 garlic cloves, crushed
- A pinch of saffron 30-40 strands, infused in 1 tablespoons boiling water
- ½ bunch fresh oregano, chopped (can use dried if you don't have fresh)
- 1 dessertspoon lemon juice
- 1 dessertspoon olive oil

## Method

1. Take 10 bamboo skewers and soak in a jug of water then cut chicken breast fillets in half lengthways and then into 1" cubes.
2. Place the meat in a large mixing bowl and add the marinade ingredients and mix thoroughly, leave in the fridge for at least two hours.
3. When ready to cook heat a griddle pan on a high heat, whilst waiting for the pan to heat skewer 4-5 pieces of meat onto each stick, slightly flattening them as you go.
4. When all the skewers are done place them in the hot pan and cook on a high heat for about 5-6 minutes each side so that they are slightly charred on the outside and just cooked and juicy on the inside, serve with a Green Salad and Hummus.

# Hummus

## Ingredients

- 200g / 7oz chickpeas, soaked overnight in plenty of water
- 2-3 Garlic Cloves
- Juice of 1 ½ Lemons
- 3 tablespoons Olive Oil
- 3 Tablespoons Tahini

## Method

1. Drain the chick peas, place them in a saucepan and cover with fresh water bring them to the boil and then simmer until soft, to test if they are soft squish one between your fingers!
2. Run the chick peas under cold water until cool and then drain.
3. Using a food processor blend all the ingredients adding a little cooled boiled water as you go until you are left with a smooth creamy paste, remove from the mixing bowl and season to taste, you can keep this in the fridge for up to a week and take some to work each day with some vegetable crudités for your lunch or to snack on.

## Crab and Cauli Cakes



### Ingredients

- 350g white crabmeat
- 1 small head of cooked cauliflower (mashed)
- 3 stalks of finely chopped celery
- 1 finely chopped onion
- 1 tablespoon chopped parsley
- 2 eggs, beaten
- 1 tsp chilli powder or 1 chopped red chilli
- Coconut oil for frying

### Method

1. Combine all ingredients in a large bowl except the oil.
2. Form into 6 patties and chill in the fridge for at least 1 hour. Heat oil in frying pan and brown for 3 minutes on each side.
3. Serve with a green salad and lime wedges.

# Prawn, Fennel and Tomato Ragout

Serves 2



## Ingredients

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 large fennel bulb , quartered, sliced and leafy tops reserved
- 400g cherry tomatoes
- 200g large cooked, peeled prawns
- handful black or green olives

## Method

1. Heat the oil in a large pan. Add the onion and fennel and cook for 5 mins, stirring every so often.
2. Add the tomatoes and seasoning, then bring to the boil.
3. Cover and cook on a low heat for 10 mins until the fennel is tender, then stir in the prawns and warm through.
4. Serve scattered with olives and the reserved fennel tops, roughly chopped.

# Veggie Burgers

Serves 4

## Ingredients

- Coconut oil
- 1 finely chopped onion
- 1 carrot, grated
- ½ red pepper
- 3 garlic cloves, smashed, peeled and finely chopped
- 2 tbsp tomato puree
- 2 tsp dried herbs
- 1 tsp oregano
- 2 tsp sprouted, ground flaxseed
- 400g kidney beans or black beans – cooked
- 200g brown rice, cooked
- 50g chopped nuts
- Himalayan Crystal salt and black pepper
- 3 tbsp gluten free flour

## Method

1. Melt 1 tbsp coconut oil in a saucepan.
2. Add onion, garlic, herbs, oregano.
3. Season with salt and pepper to taste. Stir fry for 5 minutes.
4. Chop beans and rice in a blender. Add onion mix and nuts. Blend briefly.
5. Chill the mix in the freezer for 15 minutes.
6. Dust work surface with flour. Make 6 – 8 burger shapes. Place on a baking sheet and chill.
7. Melt 1 tbsp of coconut oil in a frying pan on a high heat. Fry burgers until brown (Approx 10 minutes.)
8. The burgers freeze well. Defrost for 4 hours.

# Chicken in Walnut and Garlic Sauce

## Ingredients

- 4 large chicken breasts, skin removed
- 4 tbsp of coconut oil, melted down
- 3 heaped tbsp of roughly chopped walnuts
- 3 heaped tablespoons of chopped parsley
- 3 plump cloves of garlic, peeled and crushed
- Himalayan Sea salt and freshly ground black pepper

## Method

1. Preheat the oven to 200°C (400°F) Gas mark 6
2. Place the chicken breasts in an ovenproof serving dish.
3. Put all the remaining ingredients into a food processor and whiz briefly into a sauce.
4. Spread the mixture over the chicken and bake in the oven for 40 minutes until golden and cooked through. Serve with a huge avocado salad.



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Compiled by  
Curt Beavers  
[www.thebeavers.net](http://www.thebeavers.net)

# Dutch Chocolate

## Chocolate Deliciousness

### INGREDIENTS:

3/4 Cup Unsweetened Vanilla Almond Milk  
3/4 Cup Frozen Cherries  
1 Tablespoon Almond Butter  
1 Tablespoon Oats  
1 Scoop JP Chocolate Complete

### INSTRUCTIONS

Dump everything in your blender. Blend until smooth, or reaches your favorite consistency. Amounts are approximate. Check the consistency after blending for about 15 seconds. Add more liquid if you like it more like a drink. Add more "stuff" if you like it more like a milkshake. Enjoy!

## CHACA Mint Smoothie

### INGREDIENTS:

1 scoop Chocolate Complete  
1 Cup Almond milk (un-sw & un-fl)  
1 stalk of celery  
1/2 Avocado

3 or more mint leaves

### INSTRUCTIONS:

Mixing in a single serve mixer, you will actually want to put the milk in first. Also good to cut the celery into pieces. Blend all together until smooth.

Other things can be added, just think about flavor balance. Celery has a cool green taste, so it doesn't upset the mintiness, but it blends with the avocado to help bring out the chocolate and mint.

Rich, Thick and Delicious!

## Dark Chocolate Cherry Blast

### INGREDIENTS:

1 Scoop of Dutch Chocolate Complete  
1 cup of Unsweetened Rice Milk (you can use almond or organic soy as well)  
10 Cherries (Cut the pits out)  
1/4 Cup of Oatmeal  
Agave Nectar or Honey to taste  
15 to 20 Ice Cubes

### INSTRUCTIONS:

Put the dry ingredients on the bottom of the blender then add other ingredients.

Add more ice for thicker consistency or more rice milk for a thinner consistency

Blend and Enjoy!

## Black Forest Dream

### INGREDIENTS:

Handful ice cubes  
1 cup almond milk  
2 tablespoons plain or vanilla Greek yogurt  
1 scoop Chocolate Complete  
1/2 cup frozen cherries  
2 tablespoons hemp hearts or chia seeds  
Dash of cinnamon  
A pinch of honey or agave nectar for sweetness. (optional)

(You can also add half a frozen banana instead of ice cubes and some spinach or kale too)

### INSTRUCTIONS:

Add the ingredients into a magic bullet or blender as listed.

Blend, Blend, Blend until smooth

## Sean's Favorite Dessert

### INGREDIENTS:

A couple of scoops of vanilla frozen yogurt, ice cream, or your favorite healthy version of a vanilla frozen treat  
A scoop of Chocolate Complete  
1 spoonful of peanut butter to taste  
You can also sliced bananas on top

### INSTRUCTIONS

For that occasional sweet tooth  
Stir it up until it is smooth and creamy.

## Chocolate with Almond Extract

### INGREDIENTS:

4 ounces almond milk  
4 ounces water & ice  
frozen banana  
Chocolate complete  
a couple of drops of almond extract

### INSTRUCTIONS:

Blend until frothy and enjoy, it is like desert!

## Black Cherry Delight

### INGREDIENTS:

1 cup almond milk (sometimes a little more)  
1 Tbs. flaxseed  
3 ice cubes  
1/2 cup of frozen black cherries  
1 tbs. Cacao

Note: Love this with frozen blueberries too!

### INSTRUCTIONS:

I start with the milk and frozen fruit and then add the rest. I use a Vitamix. So yummy!

## Blueberry Blast

### INGREDIENTS:

1/2 c frozen organic blueberries  
1/2 frozen organic banana  
1 c (or handful) mixed organic greens (spinach, kale, chard)  
tbsp flax seeds or chia seeds  
1/2 scoop Dutch Chocolate Complete  
1/2 c\* Water  
1/2 c\* organic Soy or Almond milk  
3 ice cubes  
\*add liquid to desired consistency

### INSTRUCTIONS:

Throw all ingredients in the blender (I use and recommend a vitamix or a nutribullet), blend until desired consistency is reached and enjoy!

## Double Chocolate Goodness

### INGREDIENTS:

1 scoop dutch chocolate Juice Plus Complete  
8oz Dark Chocolate Almond Milk  
1/2 avocado  
1/2 banana  
1 handful spinach  
1 T ground flax seed

### INSTRUCTIONS

Combine all ingredients, blend to desired consistency. Enjoy!

## Chocolate Cherry Delight

### INGREDIENTS:

1 scoop Dutch Chocolate Complete  
1 cup Almond milk  
1 cup frozen organic cherries  
1 small banana

### INSTRUCTIONS:

Blend until smooth and creamy. Makes approximately 16 ounces.

## Razzie Dazzle

### INGREDIENTS:

1 scope chocolate Complete  
8oz almond milk  
1/3-1/2 c frozen raspberries  
1T chia seeds

### INSTRUCTIONS:

Dump everything in your blender-I find it easiest to put in the Complete last as it doesn't stick to the bottom and sides of the blender as much. Blend for 30 seconds or until smooth. Tastes just like the Dove chocolate covered raspberry chocolates.

## Choco Mint Dream

### INGREDIENTS:

1 Frozen Banana  
1/4 tsp Peppermint or Mint Flavor Oil  
Raw Cacao (Optional)  
1 Egg Yolk (Optional)  
1 C Raw Cow's Milk (Or water)

### INSTRUCTIONS:

I blend all at once, usually shaking up the liquid and powder first helps prevent it getting stuck to the blender though.

## Double Chocolate Nut

### INGREDIENTS:

8 oz Chocolate soy milk or Almond milk  
1 scoop Dutch Chocolate Complete  
1/2 banana  
1 tbsp natural peanut butter  
1/2 tsp cinnamon  
1 cup ice cubes

### INSTRUCTIONS

Dump in Complete, cinnamon and peanut butter first. Then add remaining ingredients. Blend for 30 seconds and enjoy!

## Smoothie Plus

### INGREDIENTS:

1 cup Almond Milk  
1 scoop Chocolate Complete  
2 Tbsp. Brewer's Yeast  
2 Tbsp. Golden Flaxseed  
1-2 Pieces Kale, torn into bite-size pieces  
1/2 or whole Frozen Banana  
Handful frozen berries

Optional: Add 1 Tbsp. peanut butter for more protein!

### INSTRUCTIONS:

Blend almond milk, Complete, yeast and flaxseed. Then add kale and blend. Add frozen fruit and blend.

## Almond Joy

### INGREDIENTS:

1 Scoop Complete  
1 Frozen banana  
1 Tablespoon Nestle Almond Joy Coffee Creamer  
1 cup milk or Almond milk  
3/4 cup of ice  
1 tablespoon of flax seeds

### INSTRUCTIONS:

Dump all in and blend for 1 minute.

## Chocolate, Oat and Almond Butter

### INGREDIENTS:

8 oz Almond or another type of milk  
1 Cup Oats or oat flour (depends on your consistency preference)  
1 scoop dutch chocolate Complete  
1 large TBSP almond or other nut butter  
1 banana  
1 Cup ice - to make it colder if you prefer

### INSTRUCTIONS:

Once I start this recipe I never stop the blender during the ingredients addition, I start the speed low and add. Pour milk in the blender then add the oats and begin mixing. Add the nut butter then banana, then add the complete. Once all ingredients are added speed up the blender and add the ice and turn on high and blend until everything is well blended about 1 minute for a Vita Mix. It may take longer for a regular blender.

## The CPB (aka Chocolate Peanut Butter)

### INGREDIENTS:

1 1/2 cups filtered water  
2 small frozen bananas  
1 scoop (filled to the top) of chocolate complete  
2-3 T. organic peanut butter

### INSTRUCTIONS

Add ingredients in order.  
Gradually increase speed to high in vitamix.  
Add more pb or chocolate complete to satisfy taste buds.  
Perfect alternative to a Reese's peanut butter cup!  
Simple, easy and my kids love it.

## Chocolate Almond Butter Smoothie

### INGREDIENTS:

1 scoop Chocolate Complete  
1 cup chocolate almond milk  
2 Tablespoons almond butter  
1 cup spinach or kale (remove stem from kale)  
1/2 cup ice

### INSTRUCTIONS:

Blend in blender 30-40 seconds. Enjoy!

## Next Best Thing to Almond Joy

### INGREDIENTS:

1 scoop Chocolate Juice Plus+ Complete  
1/2 cup almond milk  
1-2 tablespoons almond butter  
1/4 teaspoon pure almond extract  
2 tablespoons unsweetened, unsulfured raw shredded coconut  
1/2 cup ice cubes

### INSTRUCTIONS:

Place all ingredients in blender and blend 30-40 seconds.

## Non-Dairy Chocolate Ice Cream

### INGREDIENTS:

1 frozen banana  
1/2 cup pecans  
2 scoops chocolate complete  
ice

### INSTRUCTIONS:

Put in Vita Mix or high power blender in the order listed.

Use small amount of ice to begin and add as needed.

## Go Bananas or Nutty Banana

### INGREDIENTS:

1/3 Cup Dutch Chocolate Complete Powder (scoop)  
1 Ripe Banana  
8 oz Coconut Milk (or other Milk of your choice)  
1 Tbsp Chia Seed  
2 Orchard Capsules (powder only)  
2 Garden Capsules (powder only)  
2 Vineyard Capsules (powder only)

Optional: add a tbsp of Macadamia nuts or Walnuts - This would be the Nutty Banana

### INSTRUCTIONS

Blend until frothy..bananas give the smoothie a 'mousse' like texture..YUM ENJOY

For a fun and festive twist, serve in a half coconut shell!

## Heavenly Mocha

### INGREDIENTS:

4oz unsweetened almond milk  
4 oz left over cold coffee  
1 frozen banana  
1/2 cup frozen fresh greens (kale from Tower garden)

### INSTRUCTIONS:

Add liquids to blender, then chocolate complete, then frozen fruit and greens. Blend until all smooth.

## Coffee Delight

### INGREDIENTS:

1 scoop of chocolate complete  
2 tsp of instant coffee  
1/4 tsp of cinnamon  
1/2 tsp of chia seeds  
1-2 tbs of french vanilla creamer or almond milk or coconut milk  
1 large strawberry or 1/2 banana  
1 cup of ice  
1 cup of water

### INSTRUCTIONS:

Blend it all at once - 1 minute or so and just enjoy!

## Cherrylicious

### INGREDIENTS:

1 cup unsweetened almond milk (or regular milk)  
1 scoop JP Complete  
1 banana, sliced  
1/2 - 3/4 cup frozen cherries

### INSTRUCTIONS:

Add ingredients to blender in order listed and blend until smooth. Impossible to decide whether this smoothie is more delicious using Dutch Chocolate Complete or French Vanilla!

## Nutty Cinnamon Chocolate

### INGREDIENTS:

One Scoop Dutch Chocolate Complete  
1 Tbsp Honey  
1/4 C Pecans  
1/2 Tsp Cinnamon  
6 oz Water  
2 oz Ice

### INSTRUCTIONS

Mix in Blender, for about one to 1 1/2 mins, making sure everything is blended well, ice and Pecans.  
Serve it up, ENJOY!!!

## Mocha Chocolate Monkey

### INGREDIENTS:

One scoop chocolate complete protein powder  
One frozen ripe banana  
1 cup of coffee  
1/2 cup almond milk  
Ice

### INSTRUCTIONS:

Pour liquids in first  
Add complete  
Add banana  
Blend  
Add ice blend again until ice is gone- ice chunks in a smoothie is not smooth but chunky- and we don't want to be a chunky monkey!!!!!!

## Peppermint Chocolate

### INGREDIENTS:

One scoop Dutch Chocolate Complete  
One to two drops of Peppermint Essential Oil  
1 to 1-1/2 cups Dark Chocolate Almond Milk  
Ice  
Spinach or kale (optional)

### INSTRUCTIONS:

Put all ingredients into blender and blend until desired consistency.  
May also be poured over ice instead of using it in the blender.

## CocoMint

### INGREDIENTS:

1 scoop Dutch Chocolate Complete  
1/4 cup coconut cream  
1/4 cup almond milk  
1/2 frozen banana  
1/2 to 3/4 cup water  
Ice  
1/8 tsp peppermint organic flavor  
Sweetener if desired

### INSTRUCTIONS:

Add all ingredients in order listed into a blender. Blend until smooth on high speed. Recipe can be doubled to make two large servings. Enjoy!

## Whole Body Nourisher

### INGREDIENTS:

2 x Tbs of Udo's or coconut or flax seed oil  
2x tbs of kefir or natural yoghurt  
1 cup of frozen raspberries  
1 frozen banana  
3 cups of water  
2 scoops chocolate complete

### INSTRUCTIONS

Blend until smooth and drink or freeze in icy pole moulds

## Chocolate Banana Peanut Butter Frozen

### INGREDIENTS:

1 Cup Milk (Soy, Almond, Rice, Cow, etc.)  
1 Serving Juice Plus+Chocolate COMPLETE  
1/2-1 banana fresh or frozen  
1 TBSP Natural Peanut Butter (the kind you have to stir)  
1 Cup mild FROZEN fruit instead of ice. (example: Mango, Tropical Fruit)

### INSTRUCTIONS:

Put all ingredients in blender in order given.  
Blend until frozen fruit lumps gone.

Drink all at once or pour into 2 coffee cups and freeze for low calorie, healthy snacks. Defrost for approximately 2 minutes at #7 to keep thick and shake-like.

## Popeye's Special

### INGREDIENTS:

1 Scoop "Popeye" Complete  
1 TBS "Wimpy" Peanut butter  
1 Handful "Sweet Pea" Spinach  
1/2 c "Bluto" Blueberries or Mixed Berries  
8 oz "Olive Oyl" almond milk

### INSTRUCTIONS:

Put all ingredients into a blender for 10 seconds.  
Mix again for 10 seconds.  
Do it a third time. Yum!!!

Add ice if you want it colder...  
You can use water, too, if you would prefer.

My nieces and nephews love staying here and getting a Popeye's Special each morning! I love knowing they are getting something healthier, too!!!

## All Is Good For You

### INGREDIENTS:

Unsweetened silk almond milk ---1 cup  
Jp compete chocolate --1/3 cup  
Frozen organic blueberries --1/3 cup  
Frozen organic strawberries--1 cup  
Organic carrots --5 or 6 baby cut  
Fresh spinach ---large handful  
3 tablespoons of Organic flaxseed  
Add a little Organic pineapple if u want

### INSTRUCTIONS:

I use a vitamix, therefore blends very quickly. This is enough for 2. Enjoy!

## JP Choc Nutty Banana

### INGREDIENTS:

1 scoop of JP chocolate complete  
12 oz of almond milk  
kale and spinach (preferably from tower garden)  
1 scoop of PB2 (powderized peanut butter...85% fat removed)  
Chia seed  
Ice

### INSTRUCTIONS

Throw it all in a blender (vitamix or nutri-bullet at my house) and enjoy.

## Liquid Thin Mint Cookie Smoothie

### INGREDIENTS:

1 Scoop Chocolate Complete  
1 Cup Unsweetened Almond Milk  
1 Tbsp Unsweetened Cocoa  
1/4 tsp Pure Peppermint Extract  
1/4 - 1/2 Cup Ice

### INSTRUCTIONS:

Add the Almond milk to the blender first, then add the Complete, the cocoa, the extract, and then the ice. Blend.

## Complete Nut Butter Balls

### INGREDIENTS:

1 cup Either chocolate or vanilla complete  
1 cup nut butter  
1/2 - 1 cup oats  
1/2 - 1 cup maple syrup or brown rice syrup

### INSTRUCTIONS:

Mix all together until consistency of cookie dough.  
Roll into bite size balls

Options: Can then roll in shredded coconut, cocoa. Can add chocolate chips, any seeds/nuts/raisins to mixture. Quantities of ingredients are not strict, not too sticky not to dry....just like cookie dough. Refrigerate in sealed container

Double the recipe and freeze. Take out what you need from freezer each day!!

## “Raw” Wheatgerm Bars

### INGREDIENTS:

1 ½ cups wheat germ  
½ cup Juice PLUS+ COMPLETE—Vanilla  
½ cup peanut butter or almond butter (no sugar/salt added; watch out for hydrogenated oils)  
½ cup raw, unfiltered honey  
½ cup organic raisins  
½ cup organic unsweetened coconut  
½ cup organic carob chips (or chocolate chips; carob comes from a plant that resembles cocoa)  
1/8 cup of pure maple syrup  
2 Tbsp of organic grape seed oil (or oil of your choosing)

### INSTRUCTIONS:

Combine all ingredients in a medium sized bowl and mix well until completely blended. Press into an oiled 8 x 8 glass dish. Refrigerate. To serve, cut into small squares. Store covered in refrigerator.

A yummy, sweet, raw, whole food treat!

## Noney's Nutritious Drink

### INGREDIENTS:

1 Large fresh banana  
6 frozen strawberries  
6 oz. chocolate silk soy milk  
1 scoop ground golden flax seeds  
1 scoop ground green tea leaves  
4-6 ice cubes

### INSTRUCTIONS

Put soy milk in blender first, then add banana and frozen strawberries. Then add scoops of complete, flax seeds, and green tea. Finally add ice cubes. If needed, stir mix so ice cubes and frozen berries will blend.

## Pumpkin Harvest Pie

### INGREDIENTS:

1 cup Almond Milk or any Kind of Milk you choose  
1 frozen banana  
French Vanilla Complete  
1 TB flax seed  
1 cup pumpkin  
1 teaspoon pumpkin pie spice  
Crushed ice

### INSTRUCTIONS:

Pour Almond Milk, add complete, flax, and blend  
Add pumpkin, spice, banana and ice  
Blend till smooth

## Mint Chocolate with Nuts

### INGREDIENTS:

1 cup of ice,  
1 cup coconut milk,  
1 scoop Dutch Chocolate Juice Plus Complete,  
1/2 cup pecans, walnuts or almonds,  
2 tablespoons Cacao Nibs,  
1 drop peppermint essential oil

### INSTRUCTIONS:

Put all ingredients in a VitaMix Blender and blend until smooth and has no chunks.

## Decadent Chocolate Peanut Butter Banana Bites

### INGREDIENTS:

1 mashed banana  
1 1/2 cups dry old fashioned oatmeal  
2 Tbsp Flax Seed, ground  
3 scoops JP+ Dutch Chocolate Complete Protein powder  
1/4 cup natural peanut butter  
1/4 cup unsweetened shredded coconut  
1/4 cup coconut oil (melted)  
1/4 cup Craisins  
1/4 cup water  
1 large Dark Chocolate bar (60% or higher) or 1/2 cup dark chocolate chips...Melted

### INSTRUCTIONS:

Mix all ingredients except for chocolate. Mix will be a little thick. Line a cookie sheet or cutting board with parchment paper. Roll mix into small balls and dip into melted dark chocolate. Place onto parchment paper and put into freezer for at least 30 minutes. Take out as needed and ENJOY!

## Peanut Butter Energy Balls

### INGREDIENTS:

1 cup Old Fashioned Oatmeal (not Quick Cooking)  
1 cup Natural Peanut Butter  
1 cup Juice Plus+ Dutch Chocolate Complete Protein Shake Mix  
1/2 cup honey  
1/4 cup ground flax seed (optional)

### INSTRUCTIONS

Mix all ingredients. Make into small golf ball size balls. Place on Cookie sheet and put in freezer for 1 hour to set. Take out and put into Gallon Size Ziploc Baggie. Store in Freezer and take out as needed. Only needs about 5 minutes to thaw (sometimes less)! Enjoy!

## Power Bars

### INGREDIENTS:

1 cup Dutch Chocolate Juice Plus+ Complete shake mix  
1 cup oatmeal (old fashioned or quick)  
1/2 cup peanut butter, or almond butter  
1/2 cup+ honey (enough to make the batter smooth)

### INSTRUCTIONS:

Mix all ingredients together in a bowl. Transfer batter to an 8x8 or 9x9 baking pan. Spread the batter evenly in the pan. Using a sharp knife, cut the batter into 3/4" squares. Put pan into the freezer for at least 30 minutes to firm up. Bars will be easy to remove from pan if you pre-cut them prior to freezing. You can transfer them to a serving platter if desired. Store in fridge or freezer, depending on your desired firmness. Enjoy as a healthy treat after work outs, sporting events, after school, or whenever you need a little something!

## Dreamsicles

### INGREDIENTS:

1 cup coconut milk,  
1 banana  
1 tbs peanut butter  
1 scoop Juice Plus complete Dutch Chocolate

### INSTRUCTIONS:

Mix in magic bullet or blender and pour into Popsicle molds!  
My grand kids jump up and down for these!

## Mocha Blast

### INGREDIENTS:

1 scoop complete  
1/4 cup decaf organic espresso  
3/4 cup almond milk  
1 26 gm scoop of rice bran  
1 tbsp cacao powder  
1 tbsp Maca powder  
Ice to max line in Nutri bullet

### INSTRUCTIONS:

It's extremely important to mix the ice at just the right ratio for it to turn out creamy and smooth. so make sure ice is just at the max line on a nutri bullet and blend well.

## Protein Bars

### INGREDIENTS:

1 c Complete - Chocolate  
1 c quick cooking oats, uncooked  
1 ½ c Kashi Golden Goodness or Kashi Go  
Lean Crunch cereal, crushed  
¾ c honey  
1 c Smuckers Natural peanut butter  
4 oz (1/2 c) Organic Applesauce  
2 ½ tsp vanilla extract  
2/3 c chocolate chips

(I used a high fiber cereal, chunky peanut butter and a mix of dark & milk choc & peanut butter chips)

### INSTRUCTIONS

Combine oats, Complete and fiber cereal in a large bowl and set aside. Bring honey to a boil on stovetop. Remove from heat and stir in peanut butter, applesauce and vanilla until smooth. Immediately add honey mixture to the dry ingredients and mix until well incorporated. Press into 9x13 pan, or smaller if you want thicker bars, w/ rubber spatula. Sprinkle chocolate chips on top and press into bars. Refrigerate 20-25 min or until firm and cut into bars. Store bars in an airtight container.

\*Note: I individually wrap each bar in wax paper and then store bars in airtight container and keep in refrigerator for both varieties.

# French Vanilla

## Pumpkin Pie Smoothie

### INGREDIENTS:

1.5 cups of your choice of milk ( I prefer coconut or rice and I use the unsweetened)  
1 scoop Juice Plus French Vanilla  
1/2 cup canned pumpkin puree  
1/4 cup of crushed ice or adjust for full cubes  
1/2 tsp of maple flavoring  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp ginger  
1/4 tsp stevia  
1/2 cup of pecans

### INSTRUCTIONS

Place liquid in blender, add any solid ingredients including tofu or veggies, then add all the dry ingredients add ice last. Mix for 20 to 30 secs until well blended. All of the above ingredients can be adjusted to taste.

I have also added tofu for more protein and I have added addl veggies. Experiment and Enjoy!

## Strawberry Julius

### INGREDIENTS:

1 scoop Vanilla Complete  
1 cup orange juice  
1 cup frozen strawberries  
1 handful of spinach (which you won't taste)

### INSTRUCTIONS:

- 1) Put OJ in blender.
- 2) Add Complete.
- 3) Add remaining ingredients.
- 4) Blend until smooth.

By putting in liquid before powder, the powder is less likely to stick to the sides of the blender.

## The Hulk Smash Smoothie

### INGREDIENTS:

2-3 Kale Leaves  
1/4 cup ground Linseed  
1 frozen/fresh medium Banana  
1 frozen/fresh mango cheek  
1 cup of Rice Milk/ Almond Milk / Coconut Milk  
1 cup of chilled filtered water  
1 sachet of JP+ French Vanilla Complete

### INSTRUCTIONS:

1. Place banana & water in blender and blend until smooth.
2. Place all other ingredients into blender with a cup of rice milk and blend on high speed for about 20-40secs to combine well!
3. Serve chilled in a tall glass with a straw to avoid Hulk Smash Brain Freeze!

Makes 2 yummy Hulk Smash Shakes!!!

## Purple Passion

### INGREDIENTS:

2 cups frozen kale  
Half green tipped banana  
1 cup blueberries  
1 tbsp chia seeds  
1-2 tsp cinnamon  
1 scoop Vanilla Complete  
1 cup coconut water  
Regular water to desired consistency and ice.

### INSTRUCTIONS:

Place all ingredients in blender at once and blend to desired consistency.

## Rehydrate Naturally Smoothie

### INGREDIENTS:

2 cups Kale, lightly packed  
1 cup Spinach, lightly packed  
1/2 cup fresh diced Pineapple (or 3 rings)  
1/2 cup Berries of your choice (choose organic if possible)  
1 banana, peeled and in two halves  
O.N.E. coconut water, plain  
10 drops of milk thistle  
1 T of raw honey (optional)  
1 scoop of vanilla Complete

### INSTRUCTIONS:

Using a Vitamix, place greens and fruits in order listed. Pour the coconut water in until it reaches the half way mark of the fresh produce inside the container. Turn Vitamix on low to variable 10 and kick it up to high and blend for 20 seconds using the tamper, push the produce towards the blades. Turn back to low and add the milk thistle, raw honey, and the Complete. Blend on low for about 30 seconds.

I add my protein powder last and blend on low because it reduces the foamy consistency that you may find in smoothies using protein powders and leafy greens. Even some fruits produce foam. Blending it last reduces foam.

Pairing leafy greens with a citrus like pineapple brings out the sweet notes of the kale and spinach.

## PB Jam

### INGREDIENTS:

1 banana  
2 generous TBSP peanut butter  
2 tsp flax seed  
Some green tea (fresh, not the store/bagged kind)  
Juice Plus+ complete 1 serving  
Enough almond milk to cover

### INSTRUCTIONS:

Blend, then add no more than 5 ice cubes.

## Breakfast of Champions

### INGREDIENTS:

1/4 cup vanilla coconut milk  
1 cup yesterdays coffee  
1 scoop French Vanilla Complete  
1/2 cup ice  
Optional:  
1 dropper full of Vanilla Creme Stevia

### INSTRUCTIONS:

Place all items in blender, flick the switch and enjoy!

## Mango Berry Bowl

### INGREDIENTS:

1 scoop Vanilla Complete  
4 oz Coconut milk or Almond milk  
1 1/2 cups frozen mango, pineapple, strawberries  
4-6 baby carrots  
1/4 cup water

### INSTRUCTIONS:

Blend all ingredients, until thick and creamy. Put in a bowl and top with granola and fresh berries!

## Chai Fire Smoothie

### INGREDIENTS:

1 C. Green tea  
and spices:  
1/4 tsp. Cinnamon  
1/4 tsp. Ginger  
1/8 tsp. Clove  
1/8 tsp. Coriander  
2 dashes Allspice  
(other chai spices to include or substitute  
would be Anise, Cardamom, white  
pepper depending on what you have  
and like)  
1/4 tsp. turmeric  
1/8 tsp. cayenne (or less)  
4-6 ice cubes  
juice from a small lemon  
1 scoop of vanilla Complete.

### INSTRUCTIONS:

Make your tea and add your spices.  
Add ice and blend a little, especially if  
using hot tea.  
Add lemon juice and Complete.  
Blend until smooth.  
If it's too kinky, add a little more  
cinnamon.  
Enjoy!

## Refreshing Honeydew

### INGREDIENTS:

1 scoop Vanilla Complete  
1/2 Honeydew Melon  
1 cup Coconut Water  
Juice of 1 lime  
1 tsp turmeric  
Handful of Swiss Chard leaves  
4-5 Mint leaves - pinch to release oils  
Ice

### INSTRUCTIONS:

I use a regular blender so I add ice  
cubes, coconut water, Complete,  
Honeydew, turmeric, and lime juice and  
start blender.  
Remove lid after blender is going and  
add torn Swiss Chard leaves and Mint  
leaves.  
Blend until you don't see pieces of  
leaves.  
Replace lid before turning blender off  
Pour over ice in a pretty glass.  
Add a sprig of mint and a straw and  
enjoy!

## Holiday Spice

### INGREDIENTS:

Dash of Cinnamon Spice  
Dash of Cayenne Pepper Spice  
Dash of Nutmeg Spice  
Dash of Clove Spice  
Dash of Allspice Spice  
1 C Raw Cow's milk (or water)  
1 Egg Yolk (optional)  
1 frozen banana (optional) OR 4 Ice  
Cubes

### INSTRUCTIONS:

Blend all together until smooth. Put in a  
jar with a Cinnamon Stick and shake

## Chai Smoothie

### INGREDIENTS:

1 scoop vanilla complete,  
1/2 - 1 c almond milk,  
1/2 c Bhakti Chai (other brands are not  
as tasty)  
1/2 - 1 c ice

### INSTRUCTIONS:

Place all in Vitamix and blend until frothy!

## Green Garden Smoothie

### INGREDIENTS:

1 cup unsweetened rice milk  
1 scoop vanilla complete  
2 inch piece of cucumber  
2 kale leaves  
1 and 1/2 cups of spinach  
1 cup of frozen pineapple  
1 - 2 TBS. ground golden organic flax seed (can use whole seeds if using a vitamix)  
1/2 cup water  
1/2 cup of ice cubes  
1 medjool date (optional for sweetness)

### INSTRUCTIONS:

Place all ingredients in a blender or vitamix and blend for 30-60 seconds. Add water for a thinner consistency or ice for a thicker consistency. Leftovers can be placed in the refrigerator for up to an hour and blend before consuming.

## Bump it Up a Notch Smoothie

### INGREDIENTS:

Crushed ice [2-3 cubes]  
1 cup Almond milk or 1/2 cup each water & Almond Milk  
1/2 Fresh or Frozen Banana  
Vanilla Complete [1 scoop]  
Veggies from Tower Garden: Kale, Swiss Chard, Spinach, Basil  
Pineapple [optional]

### INSTRUCTIONS:

Each time you add an ingredient, blend on high for 5-10 seconds.

Crush ice first.

Add liquid, banana & complete together. Blend.

Add all the veggies & blend.

If you like it sweeter, add some pineapple.

Yummo!!!

Blender Tip: A high powered blender works best, i.e. Cuisinart Smartpower or Magic Bullet.

## Tiff's Fruity Delight Smoothie

### INGREDIENTS:

1 ripe banana  
1 cup red grapes  
Small container strawberry or peach  
Greek yogurt  
1/3 cup frozen peaches chunks  
1/3 cup frozen mango chunks  
1/3 cup frozen pineapple chunks  
1/3 cup frozen strawberries  
1 scoop Vanilla Juice Plus Complete  
1 Tbsp flaxseeds (freshly ground)  
1 Tbsp Chia seeds  
1/2 - 1 cup water or orange juice (more or less, depending on desired thickness)

### INSTRUCTIONS:

Mix all the ingredients together in the blender in the order listed and then blend for at least 1 minute until completely smooth. I like to use a mixture of fresh and frozen fruit instead of ice.

## Smoothie Super Spring Surprise

### INGREDIENTS:

Handful of spinach, fresh or frozen  
handful of kale, fresh or frozen  
1/4 c. frozen blueberries  
1/2 frozen banana  
1/2 c. frozen mixed fruit (strawberries, peaches, papaya)  
1/2 c. frozen red seedless grapes  
1 scoop Vanilla Complete  
1 C. water

### INSTRUCTIONS:

Put water in blender. Add the greens and banana. Mix thoroughly, then add other ingredients. Blend until smooth. Add extra water if needed.

This works especially well in a Vita Mix.

This smoothie is a powerhouse of nutrition and energy!

You can add any other type of greens or fruits that suit your taste.

## Pumpkin Paradise

### INGREDIENTS:

1 cup almond milk, unsweetened  
1 scoop vanilla Complete  
1 T flax seeds or chia seeds  
1/2 banana, optional  
1/2 cup canned pumpkin  
1 t cinnamon  
1/2 t nutmeg  
2 t agave nectar or more to taste  
4 ice cubes or more

### INSTRUCTIONS:

Place all ingredients in blender in order listed and blend for 1 minute. Tastes best when cold, so you may want to add more ice to your liking. If you have a high-powered blender, you can put flax seeds in whole; otherwise, grind them first. Chia seeds work well here too.

## Green Wake Up Monster

### INGREDIENTS:

1 scoop Vanilla Complete  
Spinach  
Banana (frozen)  
Soy milk

### INSTRUCTIONS:

Hand full of baby spinach and the frozen banana mix to make a great smooth green drink my kids love it

## Kale Complete

### INGREDIENTS:

2 Scoops Vanilla Complete  
Ice  
1/2 cup Almond Mik  
1/2 cup frozen berries  
Handful Kale from Tower Garden  
2 teaspoons chia seeds  
2 teaspoons cinnamon

### INSTRUCTIONS:

Put in ice and berries first followed by Almond Milk and remaining ingredients. Add water to level of consistency desired. I prefer thick so I don't use much water. Blend two minutes and Enjoy!  
Serves 1-2 people.

## Cinnammonkey Smoothie

### INGREDIENTS:

1 Tbsp Flax seed  
2 Tbsp whole oatmeal, dried  
1/4 cup Plain Greek Yogurt  
Handful of spinach or kale  
8 oz almond milk  
1 scoop French Vanilla Complete  
1/8 tsp cinnamon  
1 med. Banana

### INSTRUCTIONS:

Grind up flax seed and oatmeal. Add almond milk, and the rest of the ingredients; mix in a blender until thoroughly blended and smooth. (i also like to add some crushed ice before i blend it to make it very cold.

## Tropical Vanilla Delight

### INGREDIENTS:

1/2 banana  
1/4 C pineapple  
1/4 C mango  
1/4 C strawberries  
1/2 C coconut milk  
2 Tbsp honey  
1 scoop French Vanilla Complete  
(add ice cubes, unless you've used frozen fruit)  
Optional: 1/4 tsp of cinnamon

### INSTRUCTIONS:

Place all the ingredients in a blender, preferably a Vitamix. Start with the frozen ingredients first, ending with the liquid and Complete. Begin blending on low with a gradual increase to the highest speed. Run for 30 - 45 seconds. Add water if you'd like the smoothie thinner. Will yield 8-10 oz.

## April's Affinity Dream Deelite

### INGREDIENTS:

2 scoops, French Vanilla Complete  
1 cup fresh or frozen strawberries  
1 cup fresh or frozen blueberries  
1 cup of fresh, frozen, or canned pineapple (chopped, diced, or sliced)  
1 cup oranges or orange juice (low sugar)  
1 small container of "vanilla", Dannon Activia Yogurt (or another brand that has a probiotic for gut health)  
1 cup of "vanilla" Rice Dream or "vanilla" almond milk  
Crushed ice.

### INSTRUCTIONS:

First, blend JP+ Complete with yogurt, almond/rice milk so that JP+ complete is smooth and creamy. Next blend strawberries, blueberries, oranges (or orange juice), and pineapple until mixture is smooth and creamy. Add chopped ice. Add orange juice and/or vanilla rice/almond milk and continue to blend until you reach your desired consistency. Serve and ENJOY!!!!

## Strong Start Smoothie

### INGREDIENTS:

For 2 Complete smoothies place 1 cup frozen berries (we use blend of strawberry, blueberry & raspberry), 1 frozen banana (in pieces), 1 cup swiss chard or spinach leaves 1/2 cup water, 3/4 cup grapefruit juice. Blend well, slowly add 1 1/2 to 2 scoops Complete. Serve in wine glasses. Top with sprig of fresh mint. Enjoy!

### INSTRUCTIONS:

Start with frozen berries, banana, water & juice. Blend well, add greens & blend well. Add Complete slowly and blend well. Top with sprig of fresh mint

## Barbershop Babes Breakaway Breakfast

### INGREDIENTS:

1 Scoop French Vanilla Complete  
8 OZ. Vanilla Silk Soy Milk  
1 Scoop Ground Golden Flax seeds  
1 fresh banana  
4-6 Frozen Strawberries  
4-6 Ice Cubes

### INSTRUCTIONS:

Put Soy Milk in first  
Frozen Strawberries & Cubes next  
Banana, Complete powder, and flax seeds next  
Put blender on top speed until made into liquid

## Creamy Dream

### INGREDIENTS:

1 cup flax milk or almond milk  
1 scoop Complete  
1/2 avocado  
1 cup spinach  
1/2 banana  
5 ice cubes

### INSTRUCTIONS:

Put all ingredients in blender. Blend for 30 seconds.

Use can also use the Dutch Cocoa instead of French Vanilla.

## Fruits & Greens Power Smoothie

### INGREDIENTS:

1 large handful frozen sliced strawberries  
4-6 medium kale leaves  
1 tablespoon flax seeds, ground  
1 scoop vanilla JP+ Complete  
1 banana  
3/4 cup water or orange juice

### INSTRUCTIONS:

Put all in blender. (I use a Vita-Mix)  
Blend until smooth, about 20 seconds.

Enjoy!

## Mixed Fruit Smoothie

### INGREDIENTS:

1 Cup ice  
1/3 Cup clear juice (apple, pineapple, white grape, etc)  
2/3 Cup water  
1 Cup mixed frozen fruit & berries (no sugar added)  
1 Banana  
1 Tablespoon honey  
1 Scoop Vanilla Complete

### INSTRUCTIONS:

Blend well (30 seconds or so) , scrape down sides, if necessary, blend again.  
ENJOY!

## Keep it Simple

### INGREDIENTS:

Unsweetened almond milk  
Vanilla complete  
Cinnamon.

### INSTRUCTIONS:

I use unsweetened almond milk with a scoop of the vanilla complete and I add cinnamon.

## Hide the Greens Smoothie!

### INGREDIENTS:

1 scoop vanilla Juice Plus complete  
1 c. coconut water with no added sugar  
1/2 c. water  
1 c. mixed frozen berries and/or  
pineapple  
1/2 frozen banana  
1 c. spinach or kale  
few fresh parsley springs  
1T. freshly ground flax seeds

### INSTRUCTIONS:

Blend all together until smooth in a  
blender  
Mixes best in a Vita Mix Blender  
Red & purple berries hide the green  
color!  
You can change the flavor depending  
on what fruit you add  
Add ice if you want it colder  
Grind flax seeds in a small coffee grinder  
Makes enough for 2-4 servings  
depending how big of serving you want.

## Green Citrus Smoothie

### INGREDIENTS:

1 whole orange  
1/2 frozen banana  
1/2 c. frozen mango  
1 slice whole ginger  
1 c. kale from Tower Garden  
1 T flax or chia seed  
1 c. liquid or to thickness you prefer.  
(coconut water, water, almond milk or  
combo)  
3/4 scoop of vanilla complete

### INSTRUCTIONS:

In a dry vitamix I begin with the flax or  
chia seeds. Next peel the rind of whole  
orange. I leave alot of the white pectin  
for added fiber. I add the frozen fruit  
next and then 1 scant scoop of vanilla  
complete. Next I add about 1/2 the  
liquid to get things moving. Next add a  
generous cup of kale or spinach or  
chard or combo. Then more liquid to  
get to the consistency you prefer.

## Peach Melba Pancake Smoothie

### INGREDIENTS:

8 or more ounces almond milk  
one banana  
1 scoop Vanilla Complete  
2 cups frozen peaches (or mixed frozen  
fruit - Costco)  
2 slight dashes nutmeg or cinnamon  
2 splashes of real vanilla extract  
2 drops of maple flavoring

### INSTRUCTIONS:

Frozen fruits may need to e added one  
cup at a time and then liquefy before  
adding the second cup. The more  
frozen fruit, the thicker your smoothie.

## Under Cover Veggies Smoothie

### INGREDIENTS:

2-3 kale leaves  
1-2 celery stalks  
1-2 carrots  
1/2 cup fresh blueberries and  
strawberries  
2 scoops French Vanilla Complete  
16 oz. almond milk

### INSTRUCTIONS:

I do cut up all ingredients (except the  
blueberries) before blending them  
together. Next I pour my almond milk  
into the container and lastly I add the  
Complete. This was the Complete does  
not stick to the sides of the container  
while being blended.

I also make sure to do this when my kids  
aren't looking, otherwise they won't drink  
it!

## Mango Green Delight

### INGREDIENTS:

1 cup soy or almond milk  
1/2 cup Kale  
1/2 cup Spinach  
1 carrot cut in pieces  
1 small apple cut in pieces  
1/2 cup frozen mango  
A few ice cubes  
1 scoop French Vanilla Complete

### INSTRUCTIONS:

Put all in a Vita Mix or Magic Bullet type blender. Blend about 20-30 seconds. With Vita-Mix start slow speed and gradually increase to high speed.

## Pina Choc-Cherry

### INGREDIENTS:

1 - 1 1/2 cups of almond or coconut milk  
1/2 cup frozen or fresh pineapple  
1/2 cup frozen or fresh cherries  
1/4 cup organic coconut  
1/2 to 1 tsp. vanilla or coconut extract  
1 cup spinach  
1 TBS ground flax seed  
1 scoop Vanilla Complete

### INSTRUCTIONS:

If fruit is fresh and not frozen, you may want to add a few ice cubes or 1/2 of a frozen banana to make a little colder.

Blend all well except complete powder. Add complete after well blended and while blender is going, if possible, to keep complete powder from sticking to sides of blender and enjoy! So yummy!

## Complete Lassi

### INGREDIENTS:

1 Mango  
1 Banana  
Crushed Cardamom - Couple dashes/to taste  
Milk - amt depends on thickness you desire  
1 scoop of Vanilla Complete Shake

### INSTRUCTIONS:

Blend all ingredients in a blender until desired smoothness. If you love mango lassi then you'll love this recipe! Enjoy...

## Plain and Simple

### INGREDIENTS:

1 Scoop Complete  
Water

### INSTRUCTIONS:

Mix well.

## Blueberry Dream

### INGREDIENTS:

1/3 cup Frozen Blueberries  
2/3 cup Water  
1 Scoop French Vanilla Complete

### INSTRUCTIONS:

Mix in Blender, for about one to 1 1/2 mins, making sure everything is blended well, frozen Blueberries, water and Complete Powder.  
Serve it up, ENJOY!!!

## Pina Choc-Cherry

### INGREDIENTS:

1 - 1 1/2 cups of almond or coconut milk  
1/2 cup frozen or fresh pineapple  
1/2 cup frozen or fresh cherries  
1/4 cup organic coconut  
1/2 to 1 tsp. vanilla or coconut extract  
1 cup spinach  
1 TBS ground flax seed  
1 scoop Vanilla Complete

### INSTRUCTIONS:

If fruit is fresh and not frozen, you may want to add a few ice cubes or 1/2 of a frozen banana to make a little colder.

Blend all well except complete powder. Add complete after well blended and while blender is going, if possible, to keep complete powder from sticking to sides of blender and enjoy! So yummy!

## Banana Chips

### INGREDIENTS:

4 - 5 bananas  
1/3 cup vanilla complete

### INSTRUCTIONS:

Slice thin  
Cover both sides of banana with complete  
Bake in 250 degree oven 1 hour  
Turn bananas over and continue to cook another hour  
Leave in oven until cooled.

## Ana's Pina Colada With A Twist

### INGREDIENTS:

1 cup of Almond milk  
1 cup of Coconut milk  
1/2 Fresh Pineapple peeled  
Ice  
Fresh Mint  
2 scoops of JP Complete Vanilla

### INSTRUCTIONS:

Mix it all in the blender for 30 seconds and enjoy it!!

## Pina Getaway

### INGREDIENTS:

1 cup coconut milk  
1/4 to 1/2 cup ice  
1/2 frozen banana  
1 Cup fresh pineapple  
1 tablespoon honey  
1 scoop vanilla complete

### INSTRUCTIONS:

I use a vita mix blender and be sure to mix on high. Put your ice in last so it is slushy and yummy.

## Cacao Nib Vanilla Mint

### INGREDIENTS:

1 cup unsweetened vanilla almond milk  
5 ice cubes  
1 tsp cacao nibs  
3 drops mint extract  
1 scoop vanilla complete

### INSTRUCTIONS:

Place ice, milk, complete, mint, nibs into a magic bullet cup and Blend until ice is crushed.

## Creamy Mango Orange Julius

### INGREDIENTS:

1 Cup Milk (Soy, Almond, Rice, Cow, etc.)  
1 Serving Vanilla Complete  
1 1/2 Cups FROZEN Mango Cubes (Available at Sam's Club in bulk) (or) FROZEN Tropical Mixed Fruit.  
1/4-1/2 Cup Orange Juice

### INSTRUCTIONS:

Put ingredients in blender in order given. Blend until no more frozen fruit lumps remain.  
Drink all at once, or put in two coffee cups and save in freezer for low-cal healthy ice-cream like snack later.

## Green Monster

### INGREDIENTS:

1 scoop of Vanilla Complete  
1/2 banana (add a whole banana if you want, I just prefer a 1/2)  
Handful of fresh spinach (that's a legit measurement, right?)  
4-6 ice cubes  
6-8 oz of Almond Milk (Vanilla or Unsweetened)

### INSTRUCTIONS:

Add ice and Vanilla Complete to the blender first, then layer the banana and spinach on top. Finally, pour in the almond milk, blend and enjoy! You can adjust the amount of each ingredient to your preferred thickness and taste.

Pour into a glass and ENJOY!

## Brilliant Red Goodness

### INGREDIENTS:

14 oz cold water (add more water after blending if smoothie is too thick)  
1 medium beet  
Handful kale  
Handful green beans  
1/2 banana  
1/2 apple  
1/2 frozen blueberries  
1 tbsp ground flax seed  
1 cup gelled chia seeds  
1 scoop Juice Plus French Vanilla Complete  
4-5 ice cubes  
Makes two large smoothies

### INSTRUCTIONS:

Depending on the quality of your blender, you may not be able to add all ingredients at the same time. I am able to add everything at once and blend for 15 seconds. If you need to add a couple of ingredients at a time and blend several times, it will taste just as good.

## Stroller Sipper

### INGREDIENTS:

1/2 banana  
1/2 cup frozen peaches  
3/4-1 cup plain vanilla yogurt  
1 scoop complete mix  
Water as needed

### INSTRUCTIONS:

Dump all the ingredients in and blend for 20 seconds. I serve mine to my 21 month old daughter on our morning walks!

## Purple Fruit Smoothie with Greens

### INGREDIENTS:

1 cup grape juice  
1 leaf of kale or spinach - torn in pieces  
1 heaping tbsp complete - vanilla  
1 tbsp flax seed - ground  
1/2 cup frozen berries  
1/4 cup half n half or any milk  
Optional - 1/2 banana and a few pieces of cut up carrot, beet and apple

### INSTRUCTIONS:

Start with juice and add in order of ingredients.  
Optional banana, carrots, beets and apple pieces depending on how much room in blender..I use a One Serve Hamilton blender from Walmart.  
Makes 2 cups.

## Mother of All Smoothies

### INGREDIENTS:

1 handful - spinach or kale  
1 Pear (cored)  
1 Cup - frozen blueberries (Costco or BJ's sell a large bag)  
1/2 half banana  
1 Tbl - Chia seeds  
Cold water (I keep a gallon in the fridge), or Hemp Milk (Don't use Soy or dairy Milk!!)  
1 Scoop of Juice Plus Vanilla Complete

### INSTRUCTIONS:

I use the Nutribullet and highly recommend it because it makes a great single serving. Add the ingredients in the order they are listed for best blending results. Blend until mixture is thoroughly blended. I avoid using soy milk and dairy milk because they are highly processed.

## Dr. Carol's Nutrient & Fiber Dense Smoothie

### INGREDIENTS:

8 ounces organic plant milk-no flavoring  
1 scoop Juice Plus+ Vanilla Complete  
2 Tablespoons Chia seeds  
1/2 -1 cup frozen berries, mango, papaya or peach or mixture of your choice  
1 handful kale, collard or turnip greens (extra fiber & nutrient dense "green" food for chlorophyll and detoxification)  
1/4 c. Wheat Germ  
1 teaspoon Milk Thistle seeds (liver detox and healthy skin glow)  
4-6 ounces pure water (optional) and/or ice for thicker smoothie  
Add some Cinnamon: it is documented to help blood glucose regulation for diabetics; helps improve digestion, increases energy and help improve circulation. Or Ginger: is known for gastrointestinal benefits, decreasing LDL cholesterol and reduces overall inflammation.

### INSTRUCTIONS:

In a blender (preferably a Vita-mix) combine the ingredients and blend until smooth.

## Jenny's Fruit Smoothie Breakfast Shake

### INGREDIENTS:

1/2 cup of Almond Milk  
1/2 cup Pomegranate/Blueberry Juice  
1/2 cup plain Greek yogurt  
1 scoop of Vanilla Juice Plus Complete  
1/2 tsp. ground flax seed  
1/4 tsp. cinnamon  
1/2 tsp. honey  
1/2 cup frozen blueberries  
1/2 cup frozen strawberries  
1/2 cups frozen mango chunks

### INSTRUCTIONS:

Dump all ingredients in blender at once and blend on high until smooth. Smoothie will be thick!

## Buckeye Balls

### INGREDIENTS:

2 cups organic rolled oats  
1/2 cup natural peanut butter  
1/2 cup honey  
2 scoops vanilla Complete (chocolate can also be used)  
1 cup semi-sweet chocolate chips  
1 cup raw nuts (chopped walnuts, almonds, cashews)

### INSTRUCTIONS:

Mix all ingredients together and roll into 1 inch balls. Place in refrigerator for an hour. Enjoy!

You can also freeze them for future enjoyment.

## Gotta Love Green

### INGREDIENTS:

2-3 large organic Kale Leaves - stem removed  
1/3 large organic cucumber  
1" piece of ginger (peeled, cubed in 3-4 pieces)  
1 stalk organic celery  
1/2 organic lemon (seeded, including peel)  
1/2 Granny Smith Apple, seeded  
1/4 C frozen cranberries (I know, these aren't green, but they are very good!)  
2 TBSP ground golden flaxseed  
1 scoop Juice Plus+ Complete - French Vanilla  
1/2 C ice

### INSTRUCTIONS:

In a High Speed Blender (ex: Vitamix), add all ingredients and mix VERY WELL until smooth - approx. 1 min on med/med high speed. Pour into a large glass and enjoy the detoxifying goodness of GREEN!

## JP+ Complete Super Powered Power Bars

### INGREDIENTS:

1 C Juice Plus+ Complete Vanilla (you can substitute the JP+ Chocolate Complete too!)  
1 C Rolled Oats  
1 C High Fiber/High Protein Cereal (I use "Go Lean Crunch" )  
¼ C each: Chia Seeds, Ground Flax, Millet, Quinoa, Amaranth and Black Walnuts  
1 ½ C Natural Crunchy or Creamy Peanut, Almond, Cashew or Tahini Butter  
1 ½ C Honey  
Handful of chocolate or Carob Chips to top, not needed just fun for the kids!

### INSTRUCTIONS:

Heat PB and Honey to almost boiling, Mix dry ingredients then add together until combined.  
Press warm mixture firmly into a brownie pan and then push chocolate chips into top. Chill, cut & serve.

## Strawberry Mango Delight

### INGREDIENTS:

1/2 cup almond milk  
1/2 cup coconut milk or coconut water  
1/2 sliced strawberries  
1/2 cup of fresh or frozen Mango  
2 tablespoons of ground golden Flax Seeds  
1 scoop of vanilla Complete  
3-4 ice cubes  
1 fresh mint leaf ( your choice)

### INSTRUCTIONS:

Fruits first then the milks and flax seed. Blend for the count of 5. Then add the Complete and ice and 1 fresh mint leaf. Blend for the count of 10. Check for desired consistency. If too thick add small amounts of water to dilute. Enjoy!

## Berry Merry Smoothie

### INGREDIENTS:

6 – 8 oz coconut water or purified water  
A handful of fresh cranberries  
A handful or more raspberries (use frozen for the chill factor)  
1 small pear  
1 small apple  
1 scoop Juice Plus vanilla Complete  
2 huge handfuls of dandelion greens

### INSTRUCTIONS:

Blend in blender or Vitamix and add ice until desired consistency.

## Health Nut Smoothie

### INGREDIENTS:

1 Frozen Banana  
1 Cup Almond Milk (or other milk)  
1 T Natural Peanut Butter  
Hand full of Ice Cubes  
1 Scoop Vanilla Complete

### INSTRUCTIONS:

If you don't have a powerful blender like a Vitamix, you may need more milk or forget the ice. Blend for about 45 sec. to 1 min. to make sure it's blended thoroughly and smooth.

## JP Vanilla Fruit Explosion

### INGREDIENTS:

1/2 Apple  
4 Strawberries  
4 Raspberries  
4 Blackberries  
15 Black Grapes  
15 Blueberries  
1/2 Banana  
1 Tbsp. Chia Seeds  
1 Scoop French Vanilla Complete  
1/4 c. Unsweetened Almond Milk  
Desired amount of crushed ice

### INSTRUCTIONS:

Wash fruit. Cut 1/2 apple into smaller sections. Add all ingredients. Blend for 30 seconds. Serve and enjoy!

## Fruitee Vanilla

### INGREDIENTS:

8 oz. water  
1 banana-broken up  
1/2 cup frozen blueberries  
handful frozen cranberries  
1 measure vanilla Complete  
1 tbs. freshly ground flax seed

### INSTRUCTIONS:

Put all ingredients in Magic Bullet (or blender) in order given and blend for one minute. Pulse afterward if needed. If berries are not frozen, add an ice cube or two if you like cold smoothies. Vary fruit as you like. I have also used mango or pineapple.

## Kelly's Mocha Peanut Butter Shake

### INGREDIENTS:

1/2 cup Almond Milk  
1 scoop Vanilla Juice Plus+ Complete  
Heaping tablespoon of natural peanut butter  
1/2 cup of vanilla Greek yogurt  
1/2 tsp. of ground flax seed  
1/4 tsp. of cinnamon  
1 tbs. of honey  
4 Orchard Juice Plus capsules opened into shake  
2 Vineyard Juice Plus capsules opened into shake

### INSTRUCTIONS:

Blend it until smooth on high using a spatula to scrape the sides of the blender.

Add two handfuls of ice and blend until smooth. Shake will be thick. Enjoy with a straw!

## Green Goodness

### INGREDIENTS:

8 oz Coconut water  
2 handfuls of raw spinach and/or kale  
1 cup of any frozen fruitier in season  
1/4-1/2 cup uncooked oatmeal  
1 scoop of vanilla complete

### INSTRUCTIONS:

Toss everything together except complete. Once blended turn blender speed down and add complete. This keeps powder from catching on side of blender.

## Creamy Coconut Smoothie

### INGREDIENTS:

8 oz Coconut milk  
1 Frozen bananas  
1-2 TB Almond butter to taste  
1 TB chia seeds  
1TB coconut oil  
1TB raw shredded coconut (opt)  
Dash of cinnamon

### INSTRUCTIONS:

Mix all together and blend. If you like your smoothie thinner, blend additional liquid like coconut water or plain filtered water.

## Kombucha Blast

### INGREDIENTS:

1 1/2 cups Kombucha ( I make my own)  
1/4 cup plain Kefir  
Handful of fresh or frozen raspberries  
Handful of blueberries or strawberries  
Handful of spinach  
2 tbs ground flax seed  
1 scoop of vanilla Complete

### INSTRUCTIONS:

Place all ingredients into a Vitamix or other blender and blend for about 30 seconds.

## Lean Green Power

### INGREDIENTS:

1 Kiwi  
1 green apple  
1 large carrot  
1 cup of frozen or fresh kale  
1 frozen banana  
4 cups of water  
1 scoop of vanilla complete  
Ice

### INSTRUCTIONS:

Blend in blender all at once and blend until smooth, add more ice and water to consistence you like.  
Serves at least 2 adults.

## Green Healthy Smoothie

### INGREDIENTS:

2 cups water  
Large handfull of kale  
5 or 6 frozen strawberries  
1 banana  
1 TBS Brewers Yeast (Nutritional)  
1 Tsp of Cinnamon  
2 Tbs of Ground Yellow Flaxseed  
1 Tbs of Wheat Grass  
Ice

### INSTRUCTIONS:

I put everything in the blender except ice and blend for 1 min then I add 5 or 6 ice cubes and blend again for another minute.

## Pineapple and Greens Delight

### INGREDIENTS:

1 cup coconut water or plant-based milk  
2 big handfuls of green (kale, spinach, chard, etc)  
3/4 cup of pineapple chunks, frozen  
1/2 banana, cut up and frozen  
1 scoop Vanilla Complete

### INSTRUCTIONS:

Place all ingredients in a sturdy blender, preferably with a tamper that fits through the lid. Blend on high, pushing the greens down into the smoothie, for 30 seconds or until smooth. Drink right away to avoid the super "green" taste.

## Pumpkin Pie In a Glass

### INGREDIENTS:

1 cup pumpkin bisque soup (in a box)  
1 scoop Vanilla Complete  
1 banana (cut up and frozen if desired)  
1 tsp. Pumpkin Pie Spice  
Almond milk or water to thin, if necessary

### INSTRUCTIONS:

Place all ingredients in the blender and blend for 20-30 seconds. Scrape down the sides if necessary, and blend 10 more seconds.

## Super Healthy Lime Tasting Green Drink

### INGREDIENTS:

8 ounces of coconut water  
1 scoop of Complete French Vanilla  
1 whole Persian Cucumber  
1 handful of either kale or spinach (from my tower garden!)  
2 whole peeled limes  
1/2 cup of fresh or frozen pineapple chunks  
2 Tbsp of food grade green tea leaves  
1 Tbsp of brewers yeast  
2 Tbsp of ground flaxseeds  
Sometimes a few unsweetened coconut flakes  
1 cup of ice cubes

### INSTRUCTIONS:

Dump all ingredients in a high powered blender and blend until it's the consistency you like. Add a little water if it needs to be thinned down a bit.

## Ginger & Garlic in the Morning?

### INGREDIENTS:

2 1/2 cup water  
Vanilla complete 2 scoops  
1/3 cup raw flax seed  
2 tsp green tea  
2 tsp veggie yeast  
2 tsp milk thistle seeds  
2 tsp dry stevia leaf  
1/2 tsp tumeric  
1 clove garlic  
2 Tbsp fresh ginger  
3 spears of fresh pineapple  
large handful of spinach  
4 or more leaves of kale  
1/2 banana  
1 cup frozen blueberries  
1 cup frozen mixed berries

### INSTRUCTIONS:

usually in that order, in a really good blender. Blend for 90 seconds. Split in 2 large drink containers. Will make a total of 6 cups. Good to keep you going all morning.

## Pineapple Paradise

### INGREDIENTS:

1 cup pineapple juice  
1/2 cup crushed pineapple  
1 scoop Complete French Vanilla  
1/2 cup frozen peach slices  
1 tablespoon honey

### INSTRUCTIONS:

Blend all ingredients together for 30 seconds.

## OJ+

### INGREDIENTS:

1 C. Orange Juice  
1 serving Complete  
1 Banana  
2 capsules of O, G, & V  
1/4 tsp. real Vanilla Extract  
5 Ice Cubes

### INSTRUCTIONS:

Put everything in blender, run on Hi for 30 seconds and enjoy.

## Kevin's Favorite

### INGREDIENTS:

1 Scoop Juice Plus+ Complete French Vanilla  
1/2 Banana  
1/4 c. Frozen Strawberries  
1/4 c. Frozen Blueberries  
1 Tbsp. Honey  
1 c. Silk Pure Almond Milk - Vanilla

### INSTRUCTIONS:

Throw it in and blend until smooth and pourable.

Chocolate  
&  
French  
Vanilla



## More Than a Smoothie Date Balls

### INGREDIENTS:

¾ C raw almonds  
¾ C pecans, walnuts (for chocolate version), or cashews (better for vanilla version)  
1 ½ C pitted dates  
¼ C ground flaxseeds  
1 Scoop Complete (chocolate or vanilla)  
1-2 T cocoa powder (for chocolate version only)

### INSTRUCTIONS:

Soak almonds in water; cover for 12 hours. Rinse and drain.  
Grind flaxseeds in coffee mill.  
Process almonds, pecans/walnuts/cashews, and dates until well ground.  
Add flax, Complete, and cocoa powder to incorporate into nut mixture.  
Roll into small balls using additional Complete on hands to keep from sticking.  
Sprinkle Complete onto balls occasionally.

## Berrylicious

### INGREDIENTS:

1 scoop Complete powder  
1 cup Organic frozen mixed berries  
1/2 to 1 cup raw spinach or kale  
2-3 ice cubes  
3 cups original almond milk

### INSTRUCTIONS:

Add all ingredients together, adding the liquid last. Blend for about 30 seconds. Enjoy!

## Melted Mint Chocolate Chip

### INGREDIENTS:

1 cup plant milk  
2 cups spinach leaves  
1 frozen banana  
3 drops peppermint oil (or to your taste)  
1 scoop Complete  
1 Tbsp raw cacao nibs  
Agave or honey to taste if needed for more sweetness  
Ice cubes for extra thickening

### INSTRUCTIONS:

Blend all ingredients except the cacao nibs. At the end, add nibs and blend a few more seconds. Tastes like melted mint chocolate chip ice cream without the guilt!

## Complete Crispy Balls

### INGREDIENTS:

1 cup of JP complete (mix Choc and Vanilla)  
3 cups of organic Rice Cereal  
2/3 cup of Organic Honey  
2/3 cup of Peanut Butter (Crunchy or Creamy).

### INSTRUCTIONS:

Mix in bowl and form into little balls. We prefer to keep them in fridge! These are great snacks to have on hand!

## Everything But the Kitchen Sink

### INGREDIENTS:

almond milk, regular, unsweetend-1C  
Choc. or Van. Complete- 1 scoop  
flax meal (freshly ground)-3T  
cinnamon-1T  
frozen, torn Kale-1/2 c  
frozen Dole mixed fruit-1/2 c (contains peaches, mango, pineapple & strawberries)  
frozen blueberries- 1/2 c  
frozen banana-1/2  
3 - 4 ice cubes  
water to almost cover

### INSTRUCTIONS:

I put all ingredients into 5 cup blender container in order listed. Begin on lowest setting just to mix then progressively higher to chop & pulverize. I usually need to "pulse" several times to get everything to the thick, icy consistency I like, stopping to scrape the sides as needed. This almost fills a 32 oz cup.