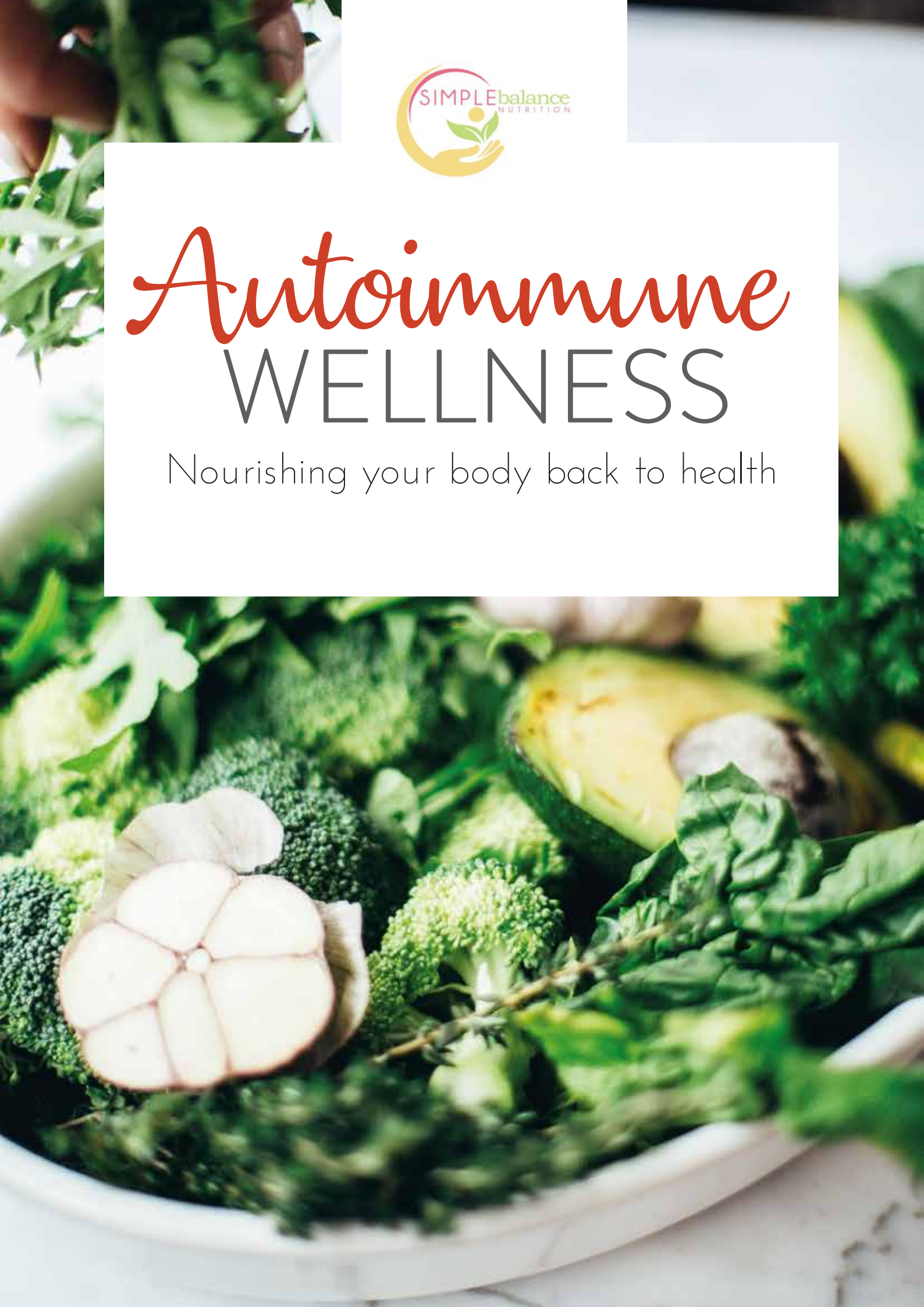




Autoimmune WELLNESS

Nourishing your body back to health





Autoimmune FOOD PLAN RECIPES

The autoimmune protocol (AIP) is a food-based approach that helps to restore your gut and reduce the inflammation created by autoimmune conditions.

The food plan has been designed to give your body time off from many daily food stressors, helping to support the regulation of the immune system and hopefully reduce your symptoms.

After a period of time following AIP principles, foods can be reintroduced slowly, one by one, to assess their impact.

This stage needs to be managed carefully, ideally with the guidance of a qualified Nutrition Practitioner.

MAKING THE MOST OF YOUR *Autoimmune food plan*

6 KEY GUIDELINES:

- 1.** Whilst the food plan is split into traditional breakfast, lunch and dinner sections, you may decide to see your meals as simply meal 1, 2 and 3, and to use the recipes interchangeably. All meals can be mixed and matched across the day, and leftovers at dinner can make the easiest and tastiest breakfast in the morning or can be taken for lunch.
- 2.** The AIP focuses on the following foods:
 - Quality grass fed meat, including organ meats
 - Fish and shellfish
 - Healthy fats - meats, oily fish, olive oil, coconut oil
 - Fruits + Vegetables - variety and colour
 - Herbs and spices
- 3.** Source the best quality ingredients that you can, for example, grass fed, pasture raised meat, wild fish and organic fruit and vegetables.
- 4.** Nightshade vegetables are not included - these include peppers, tomatoes, aubergine, white potatoes, chillies, cayenne pepper and paprika.
- 5.** Pre-prepared ingredients such as coconut milk, dried herbs, sausage/ bacon products and balsamic vinegar, must be minimally processed and additive free. Please check food labels.
- 6.** AIP can be challenging due to the restrictions. Variety is key so try to consume a range of different meats, fish, vegetables, fruits, healthy fats and herbs and spices throughout the week.

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BREAKFAST HASH

Serves 3

1 tbsp coconut oil

2 garlic cloves, crushed

2 medium sweet potato,
peeled and diced into small cubes

1 tbsp fresh rosemary, chopped

1 onion, diced

400g sausages, skins removed

250g spinach

Sea salt, to taste

1. In a large frying pan, heat the oil over a medium heat and sauté the garlic for 1 minute.
2. Add in the sweet potato and rosemary and stir. After 4-5 minutes, add in the onion. Cook for about 5 minutes, stirring occasionally.
3. Mix in the sausage, breaking it into small pieces as you stir. Cook until the sausage is no longer pink.
4. Add the spinach, and cook for 2-3 minutes, or until wilted.
5. Ensure the sweet potato is cooked but not mushy before removing the pan from the heat. Season to taste and serve hot.

Breakfast

GREEN SMOOTHIE

Serves 1-2

1 medium green apple, deseeded

1/2 cucumber, peeled

1 stick celery, chopped

1/2 lime, juiced

1/2 lemon, juiced

1 tbsp fresh ginger, peeled and chopped

100g kale, stems discarded

250ml coconut water/ coconut milk

1 tbsp collagen/ gelatin powder

1. Place all ingredients in a high speed blender and mix on high for 20 seconds, until all the ingredients are well blended.
2. Drink immediately.



Breakfast

BREAKFAST BOWL

Serves 2

1 tbsp coconut oil

200g chestnut mushrooms, sliced

2 garlic cloves, finely chopped

1 tsp fresh thyme, chopped (or ¼ tsp dried thyme)

250g turkey or pork mince

Pinch of sea salt, garlic powder, onion powder,

turmeric, cinnamon, oregano, sage

100g Kale, destalked and sliced

1 avocado, sliced

4 radishes, sliced

1. Melt the coconut oil in a large saucepan over a medium heat. Add the mushrooms, garlic and thyme and sauté for approx. 10 minutes until the mushrooms have released most of their liquid.
2. In another pan, add the ground turkey or pork and cook over a medium heat until browned. Add the salt, dried herbs and spices and mix thoroughly.
3. Once the mushrooms are ready, remove them from the pan and add the kale to the same pan, allowing it to cook over a medium heat for a few minutes until wilted.
4. To serve divide the meat mixture, mushrooms and kale between 2 bowls and add the sliced avocado and radishes. Eat whilst warm.

Breakfast



CAULIFLOWER PORRIDGE

Serves 2

1/2 cauliflower (approx. 280 g),
broken into florets

1 apple, cored and sliced

1/2 tsp cinnamon

120 ml coconut milk

Berries of your choice, to serve

1. Steam the cauliflower florets and apple (or microwave it with some water in a bowl) to soften them.

2. Place the cauliflower, apple, cinnamon, and coconut milk into a blender and blend well until smooth.

3. Sprinkle more cinnamon to taste and serve.

4. Can also be served with some berries of your choice.

Breakfast



BREAKFAST TURKEY PATTIES

Make these in advance for a quick, easy and tasty breakfast.

Serves 4-5

500g ground turkey
120g sweet potato, shredded
40g spinach, finely chopped
60g apple, finely diced
3 slices bacon, finely diced
1 tsp ground sage
1 tsp dried rosemary
1/2 tsp sea salt
2 tbsp coconut oil, melted
2 tbsp coconut flour

1. Preheat the oven to 200C and line a baking tray with baking paper.
 2. In a large mixing bowl combine the turkey, sweet potato, spinach, apple, bacon, sage, rosemary and salt and mix to thoroughly combine.
 3. Add the coconut oil and flour and combine well into a large ball.
 4. Taking small amounts, roll the mixture into small balls, flattening them slightly into pattie shapes with your hands. Place them on a plate. You should make roughly 20-22.
 5. Using a large frying pan, fry the patties over a medium high heat for a minute on each side to brown before placing onto the baking tray. Bake in the oven for 10-15 minutes until fully cooked.
 6. Serve immediately or allow to cool and store in the fridge or freezer in batches for another day.
- Serve with a large handful of salad leaves or some more spinach wilted down.

Breakfast



QUICK MACKEREL SALAD

Serves 2

160g mixed salad leaves

1/3 cucumber, sliced

1 avocado, destoned and sliced

2 plain mackerel fillets, skin removed and flaked into pieces

80g pomegranate seeds

1 lime or lemon, juiced

1. Share the mixed leaves over two plates and add the cucumber and avocado slices.
2. Flake over the mackerel pieces and the pomegranate seeds.
3. Squeeze over the lime/ lemon juice and serve.

Breakfast

GRAPEFRUIT & AVOCADO SALAD

Serves 1-2

100g baby spinach

1 ruby red grapefruit, peeled and segmented

1 ripe avocado, destoned and sliced/ diced

80g pomegranate

Fresh basil, finely chopped (to serve)

Sea salt

½ lime, juiced

Olive oil, for drizzling

1. Arrange the baby spinach, grapefruit segments and avocado over two plates.
2. Sprinkle over the pomegranate and a little finely chopped basil.
3. When ready to serve, sprinkle with sea salt, lime juice and a drizzle of olive oil.
4. This can also be served with 75g fresh prawns per person.



Breakfast

LIVER WITH BACON & ONIONS

Serves 4

1 tbsp coconut oil

1 large onion, thinly sliced

6 slices bacon, cut into lardons

350g grass fed beef liver, sliced into 1/2 cm strips

160g collard greens, destalked, rolled and thinly sliced

60ml coconut aminos

Large broccoli, cut into florets

1. Melt the coconut oil in a large frying pan and add the onions. Sauté over a low heat for approximately 5 minutes before increasing the heat to medium and adding the bacon.
2. Cook for a further 2 minutes before adding the liver.
3. Allow the liver to cook through, losing its raw appearance. This should take 2-3 minutes.
4. Add the collard greens and coconut aminos and covering with a lid, leave on a low heat until the greens have wilted.
5. Steam the broccoli over a high heat for 6-8 minutes until tender.
6. Serve immediately.



BUDDHA BOWL

The amounts suggested are per portion, however it is recommended to make a few at the same time, store in jars in the fridge, and lunch is prepared for the next few days.

PICK A PROTEIN: (100g)

Chicken | prawns | mackerel | salmon (canned / fresh) | tuna

PICK A GREEN LEAFY VEGETABLE (large handful)

Rocket | watercress | spinach | romaine | mixed leaves

PICK YOUR VEGETABLES (80g)

Onion | cucumber | cooked /raw broccoli | radish | celery | roasted / raw cauliflower

PICK A CARBOHYDRATE:

Roasted sweet potato (1/2 small) | roasted butternut squash (75g) | roasted carrot / parsnip

(1 medium) | roasted beetroot (1 medium)

PICK A HEALTHY FAT:

10 olives | 1/2 avocado

FERMENTED VEGETABLES: (1 tbsp)

Sauerkraut | fermented vegetables e.g. beets / carrots / purple cabbage



Lunch

BALSAMIC VINAIGRETTE

(makes enough to use on multiple Buddha bowls/ salads)

1/2 tsp dried basil
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp dried oregano
1 tsp Himalayan sea salt
40ml balsamic vinegar
40ml apple cider vinegar
2 tbsp water
160ml extra virgin olive oil
2 tbsp honey

1. Simply layer all of the ingredients into a bowl/ jar.
2. To make the dressing, mix the dry seasonings in a small bowl.
3. Add the vinegars, water, olive oil and honey to the dry mixture and whisk until all ingredients are fully combined.
4. Pour into a glass jar for storage and add to your Buddha bowl just before serving.



Lunch

CHICKEN ZOODLES

For the sauce:

25g coriander (large handful)

80g olive oil

2 tbsp lime juice

¼ tsp sea salt

1 garlic clove

1 tbsp coconut oil

1 onion, diced

3 garlic cloves, minced

600g chicken thighs, boned and
skinned, cut into 1 ½ inch chunks

2 courgette, spiralized

2 carrots, spiralized

½ tsp sea salt

Coriander, thinly-sliced radishes,
lime wedges, and avocado slices,
for garnish (optional)

1. Make the sauce by placing all of the ingredients in a blender and blending until thoroughly combined. Set aside.
2. Melt the coconut oil in a frying pan over a medium heat. Add the onion and cook for five minutes, or until lightly browned. Add the garlic and cook for another 30 seconds, until fragrant.
3. Turn the heat to high. Add the chicken and allow to cook for 1-2 minutes without stirring, to allow the bottom of the chicken pieces to brown. Give them a good stir and continue to cook through.
4. While the chicken is cooking, place the zoodles (courgette and carrots) into a medium saucepan and toss with the dressing. Warm through over a medium heat, stirring occasionally. These will soften a little.
5. When the chicken is cooked, add in the zoodles and toss together. Season with salt.
6. Serve garnished with additional coriander leaves, radish slices, a lime wedge, and avocado slices if desired.

Lunch

BONE BROTH

This nutrient dense broth is great to drink straight or add to soups, stews and multiple other recipes. This can be made in advance and kept in the fridge or frozen in small portions and defrosted as required. Much quicker to make in a pressure cooker, however this can also be made in a slow cooker or quite simply on the hob.

1 kg beef/ pork/ chicken/ lamb bones, grass fed

3 stalks celery, roughly chopped

2 large carrots, roughly chopped

2 medium onions, quartered

Or vegetable scraps (tops, tails and peelings of carrots, parsnips, onions, leeks, celery)

3 tbsp apple cider vinegar

2 bay leaves

1. If using raw bones, preheat the oven to 180C and laying the bones out onto a baking tray, roast them for 25-30 minutes until golden.
2. Add the vegetables to the cooking pot and lay the bones on top. Pour on the apple cider vinegar and add the bay leaves.
3. Add enough water to the pot to cover the bones. If using a pressure cooker, set to cook for 3 hours. If using a slow cooker, cook for 24-36 hours. If using the stove top, bring the pot to a simmer over a high heat. In the first hour, skim off any foam that appears on the top and add additional water to cover the ingredients if required. Cover the pot and keep the broth on a low simmer, for 36-48 hours (check it several times and top up with water as required). Once cooked, strain the broth and cool as quickly as possible before placing in the fridge or freezer.



Lunch



CHICKEN & VEGETABLE SOUP

This is one soup that is all about using up what you have in your fridge. It's a great one for using up the leftover chicken from a Sunday roast. This soup can be kept chunky or blitzed smooth and can be as thick or thin as you like.

Serves 6

1.5 tbsp coconut oil

1 large onion, diced

4 celery sticks, sliced

1 large leek (300g), sliced

6 carrots (500g), sliced

2 litres bone broth

1 tsp sea salt

600g cooked chicken, roughly chopped

Fresh parsley to garnish

1. Heat the oil in a large saucepan and over a medium heat, sweat down the onions, celery, leeks and carrot for 7-8 minutes, stirring occasionally until softened.

2. Add the bone broth, salt and the cooked chicken and allow to simmer over a low heat for 25-30 minutes.

3. This can be served as it is or it can be blitzed to create a smooth soup. Garnish with fresh parsley.

Lunch

PEA & COURGETTE SOUP

Serves 3

4 large courgettes, chopped into 3cm chunks

3 garlic cloves, crushed

2 tbs coconut oil

200g frozen peas

1 large lime, zested and juiced

Large handful fresh parsley, roughly chopped

400ml can coconut milk

200ml bone broth (see p16) or water

1. Preheat the oven to 180C.
2. Place the courgettes onto a baking tray with the garlic and spread over the coconut oil. Bake them for 5 minutes, then toss and return to the oven for a further 25-30 minutes until soft but not overcooked.
3. Steam the peas for 3-4 minutes until soft.
4. Add the lime zest and juice, parsley, coconut milk and bone broth to a blender. Add the cooked courgette and blitz the mixture together. Add the peas and blitz again- how smooth you want the soup is up to you.
5. Heat the soup and serve.



Lunch

THAI FISH SOUP

Serves 3

1 stalk lemongrass

1 tbsp coconut oil

1/2 red onion, finely diced

1 garlic clove, finely diced

2cm fresh root ginger, peeled and finely chopped

2 kaffir lime leaves

400ml coconut milk

2 salmon fillets, skinned and cut into 2cm cubes

180g cooked king prawns

50g baby spinach

100g sugar snaps / mangetout

1/2 lime, juiced

To serve: handful of fresh coriander leaves, torn and some
spring onion, chopped

1. Bash the lemongrass stalk to release the fragrant oils- a rolling pin is useful for this.
2. Heat the oil in a large pan and add the onion, garlic, ginger, kaffir lime leaves and lemongrass. Cook gently for 4-5 minutes, or until the onion has softened.
3. Add the coconut milk and 150ml water and allow to simmer for 15 minutes.
4. Add the salmon pieces and simmer again until cooked- about 5 minutes.
5. Add the prawns, spinach, sugar snaps/ mangetout and simmer for a further 2 minutes.
6. Remove the lemongrass and lime leaves and squeeze in the lime juice.
7. Serve scattered with fresh coriander leaves and spring onion.





SWEET POTATO FISHCAKES

These are great for breakfast, lunch or dinner!

Serves 2-3

400g sweet potatoes, peeled and cut

into medium chunks

1 tbsp olive oil

240g salmon fillets

150g frozen peas

Large handful fresh coriander/
parsley, chopped

Coconut oil for frying

Green salad

1 lemon, cut into wedges

1. Preheat the oven to 180C.

2. Place the sweet potatoes on a baking tray, toss them in the olive oil and roast until they are soft, approximately 15-20 minutes.

3. Meanwhile, steam the salmon for approximately 10 minutes and the peas until soft, 3-4 minutes.

4. Mash the sweet potatoes and add the peas and coriander/ parsley. Mix together.

5. Remove the skin from the salmon and finely flake it into the potato mixture.

6. Divide the mixture into 6 portions and shape them into patties.

7. Heat the coconut oil in a large frying pan and fry the fishcakes over a medium-high heat for approximately 4 minutes on each side until browned.

8. Serve with a green salad and a wedge or two of lemon.

Lunch



TUNA NIÇOISE

Serves 1

Handful rocket / mixed leaves

Handful baby spinach

6 raw green beans, sliced lengthways

1/2 small red onion, sliced thinly

8 black olives, pitted

5 anchovies, drained

Olive oil for cooking

1 fresh tuna steak

For the dressing:

2 tbsp olive oil

2 tsp balsamic vinegar

Sea salt

Lime juice, optional

1. Arrange the rocket and spinach on a plate and top with scattered green beans, red onion and olives.
2. Place the anchovies over the salad.
3. Heat a frying pan with a little olive oil over a medium high heat. Add the tuna steak and cook for approximately 3 minutes on each side, so that it is still slightly pink in the middle. Remove from the heat.
4. Combine the dressing ingredients and season.
5. Slice the tuna and arrange on top of the salad. Drizzle over the dressing and a squeeze of lime juice (optional) before serving.



SPRING VEGETABLE CAULIFLOWER TABBOULEH

Serves 4

2 tbsp coconut oil

1 cauliflower (approx. 550g), riced
sea salt

60ml vegetable/ bone broth

125g fine asparagus, chopped into
small lengths

1 courgette, cut into small cubes

1 small red onion, diced

2 lemons, zested and juice of 1

2 tbsp capers, drained and chopped

3 tbsp extra virgin olive oil

50g parsley, leaves only, finely chopped

2 spring onions, finely sliced

To serve: grilled / pan fried seabass /
salmon / cod/ chicken/ lean pork chop

1. Heat 1 tbsp of the coconut oil in a large pan and add the cauliflower rice, seasoning with a little salt. Fry over a medium heat for 3 minutes, stirring regularly.
2. Add the broth, stir, then cover the pan and allow to cook for 2 minutes. Remove to a large bowl and allow to cool. Wipe out the pan.
3. Add the remaining coconut oil to the pan and add the asparagus, courgette and red onion. Season and cook on a high heat for 4-5 minutes until turning golden. Leave to cool.
4. Mix the lemon zest and juice, capers, olive oil and a pinch of salt together in a small bowl.
5. Into the cooled cauliflower, tip in the parsley, spring onions and vegetable mixture.
6. When ready to eat, add the dressing and mix well.
7. Serve drizzled with a little more olive oil and a wedge of the spare zested lemon alongside your chosen source of protein- grilled/ pan fried seabass/ salmon/ cod/ chicken/ lean pork chop.

Lunch

WILTED KALE SALAD WITH GRILLED SALMON

Serves 3

200g kale, washed and destalked

1 tsp Himalayan sea salt

3 tbsp extra virgin olive oil

1 large ripe avocado

1 small red onion, finely diced

1/2 lemon, juiced

3 salmon fillets

1. Pat dry the kale to remove any excess water from washing and place in a large bowl. Add the sea salt and olive oil and massage into the kale until it starts to wilt.

2. Add the avocado flesh and again massage into the kale to make the leaves creamy.

3. Add the red onion and lemon juice and mix together. More lemon juice can be added to taste.

4. Preheat the grill to high. Place the salmon fillets, skin side down on a baking tray and cook under the grill for 8-10 minutes, or until beginning to turn golden brown.

5. Serve each fillet with 1/3 of the kale salad.

6. This can also be served with grilled tuna, sardines, prawns or roasted chicken.





Lunch

SARDINE SALAD

Serves 2

- 160g bag mixed salad leaves
- 2 spring onions, finely sliced
- Handful black or green olives, sliced
- 1 tbsp capers, drained
- 1 avocado, sliced
- 2 x cans sardines in olive oil, drained
(1 tbsp of the oil reserved)
- 1 tbsp red wine vinegar

1. Divide the salad leaves between 2 plates, then sprinkle over the spring onions, olives and capers. Add the sliced avocado.
2. Roughly break up the sardines and add to the salad.
3. Mix the reserved oil with the red wine vinegar and drizzle over the salad before serving.

Dinner

ROASTED PESTO CHICKEN WITH VEGETABLES

Serves 4

2 cups (roughly 50g) basil

40ml olive oil

50ml fresh lemon juice

1 garlic cloves, minced

1/2 -1 tsp sea salt

2 carrots, sliced

2 courgettes, chopped into quarter moons

1 butternut squash, peeled and chopped into 2cm cubes

1 small red onion, sliced

500g chicken breast, chopped into bite sized chunks

1. Preheat the oven to 200C.
2. To make the pesto, combine the basil, oil, lemon juice and garlic in a blender and process until smooth. Add salt to taste.
3. In a large ovenproof tray, toss 2/3 of the pesto with the carrots, courgette, squash, and onion. Spread out in an even layer and roast for 15 minutes.
4. In a small bowl, toss the chicken with the remaining pesto.
5. Remove the vegetables from the oven and add the chicken. Roast for a further 25-30 minutes until the chicken is cooked through and the vegetables are tender, stirring once, halfway through.



Dinner

LAMB MEATBALLS

Serves 4

For the Meatballs:

- 500g ground lamb
- 1 tsp fresh thyme, minced
- 1 tsp sea salt
- 3 garlic cloves, minced
- 1 lemon, zested

For the Vegetables:

- 1 cauliflower, chopped into florets
- 1 bok choy, chopped, washed and dried
- 200g mushrooms, sliced
- 2 tbs olive oil
- 2 tsp fresh thyme, minced
- 1 tsp sea salt
- 1 lemon, juiced

1. Preheat the oven to 200C. Set aside a large ovenproof dish.
2. By hand in a medium bowl, mix all the meatball ingredients together thoroughly. Form into roughly 12 meatballs. Set aside.
3. Add all of the vegetables to the ovenproof dish. Combine the olive oil, thyme, salt and lemon in a small bowl and pour over the vegetables. Stir well to ensure they are well coated with oil and seasoning.
4. Place the meatballs evenly spaced among the vegetables and bake for approximately 30 minutes, checking and stirring once during cooking.
5. This can be served as it is or with a side of steamed green beans.



Dinner



SIMPLY STEAK

Serves 2

2 x 6oz lean sirloin steaks

1 tbsp coconut/olive oil

150g chestnut mushrooms, sliced

1 medium onion, finely sliced

120g asparagus, trimmed

1/3 cucumber

2 spring onions

120g mixed leaves

1 tbsp balsamic vinegar

2 tbsp olive oil

1. Remove the steaks from their packaging and allow to rest at room temperature for 30 minutes, if possible.

2. Oil the steaks on each side using melted coconut oil or olive oil.

3. Heat a large frying pan over a medium-high heat and fry the steaks for 3-4 minutes on each side, or cook to your preference.

Place on two warmed plates and leave to rest.

4. Add the sliced mushrooms, onion and asparagus to the same pan and cook for 3-4 mins, stirring regularly until browned. Spoon on top of the steaks.

6. To make the salad, slice the cucumber and trim and finely slice the spring onions. Add to a bowl with the mixed leaves and toss lightly with the balsamic vinegar and olive oil.

7. Serve alongside the steak and cooked vegetables.



Dinner

NO BREAD BURGERS

Makes 4 burgers

450g ground beef

$\frac{3}{4}$ tsp sea salt

$\frac{1}{2}$ tbsp fresh parsley, finely chopped

1 sprig fresh thyme, leaves removed
and finely chopped

$\frac{1}{2}$ tsp dried oregano

$\frac{1}{2}$ medium onion, finely diced

2 garlic cloves, minced finely

Lettuce leaves to serve as burger buns

1. Add all burger ingredients to a mixing bowl and mix well using your hands.
2. Form the mixture into 4 patties of equal size.
3. Fry or barbecue for approximately 4-5 minutes on each side or until cooked.
4. Serve in lettuce leaf wraps with a large salad of your choice or with sweet potato wedges (p38) and a selection of green vegetables.

Dinner

'NOMATO SAUCE'

This should make roughly 1200ml of sauce - this would be enough for 2 batches of Bolognese.

Once you have made it and are happy with this recipe, I suggest you double the batch and freeze in desired portions to make life easier.

450g butternut squash, peeled and diced

220g carrots, peeled and chopped

160g beetroot, peeled and cubed

200g onion, peeled and diced

6 garlic cloves, minced

2 tbsp olive oil

227ml water

200ml red wine (or an additional 200ml water instead)

1 tbsp red wine vinegar

50ml lemon juice

1 tbsp dried mixed herbs

2 bay leaves

1 tsp salt

1. Preheat the oven to 180C. Place all the vegetables into an ovenproof dish and coat in 2 tbsp olive oil. Place in the oven for 25-30 minutes until the vegetables are soft and the onions are golden.
2. Place the cooked vegetables into a blender with the water, wine, red wine vinegar and lemon juice. Blend until you achieve a tomato sauce consistency.
3. Place the sauce into a medium saucepan and add the mixed herbs and bay leaves. Over a medium heat, bring the sauce to a simmer, stirring frequently to prevent sticking or burning. Cook for a minimum of 10 minutes, adding more water as the sauce cooks down, to desired consistency.
4. Allowing the sauce to cook down will help to develop richness and flavour. Add the salt.
5. Once cooked, discard the bay leaves and use straight away as part of one of the following recipe, or allow to cool in portions and store in the fridge for up to 5 days or freeze for up to 3 months.



COURGETTI BOLOGNESE

Serves 4

400g ground steak mince

1 medium onion, peeled and finely diced

3 cloves garlic, finely minced

150g mushrooms, sliced

200ml beef broth

600ml tomato sauce (p29)

1/4 tsp mixed herbs

6 frozen spinach balls

3 large courgettes, spiralised

Himalayan sea salt

1. To a large pan, add the mince, onion and garlic and allow to cook over a medium heat until the meat has browned.
2. Add the mushrooms and allow to cook for a further 3-4 minutes until softened.
3. Add the broth, tomato sauce and mixed herbs and allow to simmer for 20-25 minutes to reduce the sauce and build flavour. Stir occasionally to prevent the sauce sticking to the pan. Add the spinach balls halfway through cooking.
4. To cook the courgetti, place a dash of water into a large pan over a high heat. Add the courgetti and cook until all the moisture in the pan has evaporated, and the strands are cooked through, about 1-2 minutes. Season with a little Himalayan sea salt to taste.
5. To serve, add the courgetti to each plate topped with a generous helping of Bolognese sauce.



Dinner

MILD CHICKEN & VEGETABLE CURRY

Serves 3-4

1 tin full-fat coconut milk	1 butternut squash, chopped into small chunks
2 tbsp ginger, minced	3 tbsp coconut aminos
4 garlic cloves, minced	1 tsp ground turmeric
2 large carrots, peeled and sliced	1/2 tsp ground cinnamon
1 large broccoli, chopped into florets	1/2 tsp sea salt to taste
1 tbsp coconut oil	Cauliflower rice to serve
2 chicken breasts, chopped into bite sized pieces	1 lime cut into wedges to serve
1 medium onion, sliced	Large handful fresh basil chopped for serving

1. Pour 1/4 of the coconut milk into a large saucepan and heat to medium. Add the ginger and garlic, and cook until fragrant, about 2-3 minutes.
2. Add the carrots and broccoli and cover. Cook until the vegetables have softened but are still al dente, about 3 minutes.
3. Heat the coconut oil in a separate frying pan over a medium heat and add the chicken and onion. Brown the chicken until a great deal of liquid comes out, about 5 minutes. Strain the liquid from the chicken and onion, then add them to the pan with the vegetables.
4. Add the rest of the coconut milk, the squash, coconut aminos, turmeric and cinnamon to the pan with the vegetables and chicken. Stir well and bring to a boil, then reduce the heat to a simmer and cover. Cook 15 minutes, uncover and continue cooking another 8-10 minutes, until the curry has thickened and chicken is cooked through.
5. Add sea salt if required.
6. Serve with cauliflower rice (p37) and garnish with lime wedges and basil.



GRILLED SALMON WITH CARROT & SWEET POTATO MASH

This dish can be served with any green, steamed vegetables of your choice.

Serves 4

2 large carrots, sliced

2 medium / large sweet potatoes, sliced

200g green beans/ asparagus, trimmed

1 sweetheart cabbage, chopped

4 salmon fillets

Sea salt

Lemon wedges, to serve

1. Steam the carrots and sweet potato in a steamer basket for 10 minutes before adding the green beans/asparagus and cabbage on top in another basket. Cook until tender.
2. Preheat the grill to high. Place the salmon fillets, skin side down on a baking tray and cook under the grill for 8-10 minutes, or until beginning to turn golden brown.
3. Remove the carrots and sweet potato from the steamer and place in a large bowl. Mash with a potato masher before seasoning with salt to taste.
4. Serve each salmon fillet on a bed of mash and steamed vegetables. Serve with lemon wedges.

Dinner

PAN FRIED SEA BASS WITH BROCCOLI MASH

Serves 2

2 sea bass fillets

Himalayan sea salt

2 tbsp capers

1 head broccoli, roughly chopped

2 tbsp coconut oil

1 onion, finely diced

2 garlic cloves, finely minced

1 tbsp olive oil

Salt and pepper

1. Rub the sea bass fillets with salt and set to one side.
2. Heat a small frying pan to a medium-high heat and quickly cook the capers for a few minutes then transfer to a plate.
3. Steam the broccoli for 5-6 minutes until cooked through.
4. Heat half of the coconut oil in a frying pan on a medium heat, add the onion and cook for 5 minutes. Add the garlic and cook for a further minute stirring well.
5. Mash the cooked broccoli then blend with the onion mix and a pinch of salt, adding a little olive oil if needed.
6. Heat the remaining coconut oil. Sear the fish, skin side down, for 3 minutes until the skin is crisp. Flip the fish and cook for a further minute until just cooked through.
7. Mix the capers with some olive oil.
8. Spoon the mash onto two plates, top with the fish and sprinkle over the capers.



Dinner

BAKED LEMON COD WITH WEDGES

Serves 2 (easily doubled to serve a family of 4)

1 large sweet potato, wedged

1 tsp dried rosemary, roughly chopped

1 tbsp coconut oil

2 tbsp fresh lemon juice

2 tbsp olive oil

1 garlic clove, finely diced

25g coconut flour

¼ tsp sea salt

2 cod fillets

Your choice of green vegetables to serve

1. Preheat the oven to 180C/ gas mark 4.
2. Place the sweet potato wedges into a baking dish and scatter the rosemary. Add the coconut oil and place in the oven for 15 minutes.
3. In a small bowl add the lemon juice and olive oil.
4. Mix the garlic, coconut flour and salt on a small plate.
5. Place each piece of cod in the lemon/oil mixture and coat well. Then place in the flour mixture, coating each side well. Place in a baking dish and cook for 12-15 minutes until cooked through and flaky.
6. In the meantime, check the sweet potato wedges, turn, ensuring they are covered in the coconut oil before returning to the oven for a further 10-15 minutes until soft.
7. Remove both the fish and wedges from the oven and serve topped with a slice of lemon and ½ plate of your favourite steamed vegetables.



Dinner

CHICKEN & VEGETABLE TRAY BAKE

Serves 4

8 chicken thighs, skinned and boned
1 butternut squash, peeled and diced
150g chestnut mushrooms, quartered
100g pitted black olives
4 garlic cloves, finely chopped
1 tbsp fresh rosemary, finely chopped
2 tbsp olive oil
2 tbsp balsamic vinegar
Sea Salt

1. Preheat the oven to 180C.
2. Add the chicken thighs, butternut squash and mushrooms to a large baking dish and scatter the olives.
3. Add the garlic and rosemary to a small bowl with the olive oil and balsamic vinegar and mix well. Add this on top of the chicken and vegetable mix.
4. Using your hands, massage the marinade into the chicken and vegetables. Season with sea salt and place in the oven for 45-50 mins, stirring once.
5. Serve when the chicken is cooked through, and the butternut squash is tender.
6. Delicious served with some steamed broccoli, asparagus, green beans or simply a side salad.

Sides

CAULIFLOWER RICE

Serves 4

1 cauliflower

1-2 tbsps coconut/ olive oil

1. To make the cauliflower resemble rice you can either use a box grater with the medium-size holes traditionally used for cheese or a food processor with the grater blade to blitz it into small pieces. With both techniques you're aiming for little pieces the size of rice.
2. If your 'rice' seems to contain excess moisture, transfer it to a large paper towel or absorbent dish towel and squeeze/press to remove any remaining water. This ensures no excess moisture remains, which can make your rice soggy.
3. To cook, heat the oil in a large frying/saucepan and add the cauliflower. Use a lid to cover so the cauliflower steams and becomes tender. Cook for a total of approximately 5 minutes, stirring occasionally, then season as desired (such as with coconut aminos, salt or fresh herbs).



Sides

SWEET POTATO WEDGES

Serves 2

1 large sweet potato

1/2-1 tsp dried rosemary

Sea Salt

1 tbsp coconut oil

1. Preheat the oven to 180C.
2. Wash the sweet potato and, leaving the skin on, chop it into wedge type pieces.
3. Lay flat on a lipped baking tray and sprinkle over the rosemary and some sea salt.
4. Add the coconut oil to the wedges and place in the oven.
5. Allow to heat for 5 minutes before removing the tray and turning the wedges, ensuring they are coated in the oil. Return to the oven and cook for 25-30 minutes until soft.





Snacks

BLACK OLIVE TAPENADE

Serves 4-6

250g black olives (drained weight)

5g fresh basil

5g fresh flat leaf parsley

1 garlic clove

30g capers

1 tbsp lemon juice

50g olive oil

1. Place all of the ingredients into the food processor and process until a paste is formed. Stop to scrape down the bowl if necessary.
2. Serve with crudité's.

Snacks

BEETROOT HUMMUS

Serves 7-8

4 very small or 2 medium-sized beets, peeled and chopped into small chunks

1 medium cauliflower, florets separated

1 garlic clove, minced

½ lemon, juiced

40ml olive oil

1 tsp salt

1. Boil the beetroot and steam the cauliflower until soft, about 10-15 minutes.
2. Strain the vegetables, reserving a cup of the beet water.
3. Place all ingredients into the blender with about a 1/3 - 1/4 cup of the beet water. Blend on high until smooth. Add more water as necessary. You will want a smooth dippable consistency.
4. Allow to chill on the counter until cool enough to refrigerate.
5. Best consumed chilled with crudités.





Snacks

HEALTHY GUACAMOLE

Serves 4-6

140g frozen peas, slightly thawed

1 lime, juiced

1 small red onion, diced

1 garlic clove, minced

15g fresh coriander, chopped

1/2 tsp sea salt

1 medium avocado, pitted and chopped

1. Place the peas into a food processor and pulse until smooth.
2. Place the peas into a medium bowl and add the lime juice, onion, garlic, coriander and salt. Stir well with a fork.
3. Add the avocado chunks to the bowl and mix well, mashing the avocado as you stir.
4. Serve with crudité's or add to the side of any salad.



Snacks

LEMON HERB ROUNDS

Serves 10-12

60g coconut flour, sifted
2 tbsp arrowroot flour
Pinch of salt
80g coconut oil, melted
1 tbsp lemon juice
2 tbsp honey
1 lemon, zested
1 1/2 tsp fresh rosemary, chopped
3 tbsp water
Sea salt to sprinkle on top

1. Preheat the oven to 150C. Line a baking sheet with parchment paper.
2. In a medium bowl combine the coconut flour, arrowroot flour and pinch of salt.
3. Make a well in the centre and add the melted coconut oil, lemon juice, honey, lemon zest and chopped rosemary. Stir thoroughly. Add the water and continue to stir until you have a nice dough. This dough will thicken as you stir.
4. Using your hands, roll and flatten 10-12 small balls of dough into rounds and place on the baking tray.
5. Sprinkle the shortbread with sea salt. Place in the oven and bake for 15 minutes until lightly golden.
6. Remove from the oven and allow to cool for 10 minutes before transferring to a wire rack to cool completely.