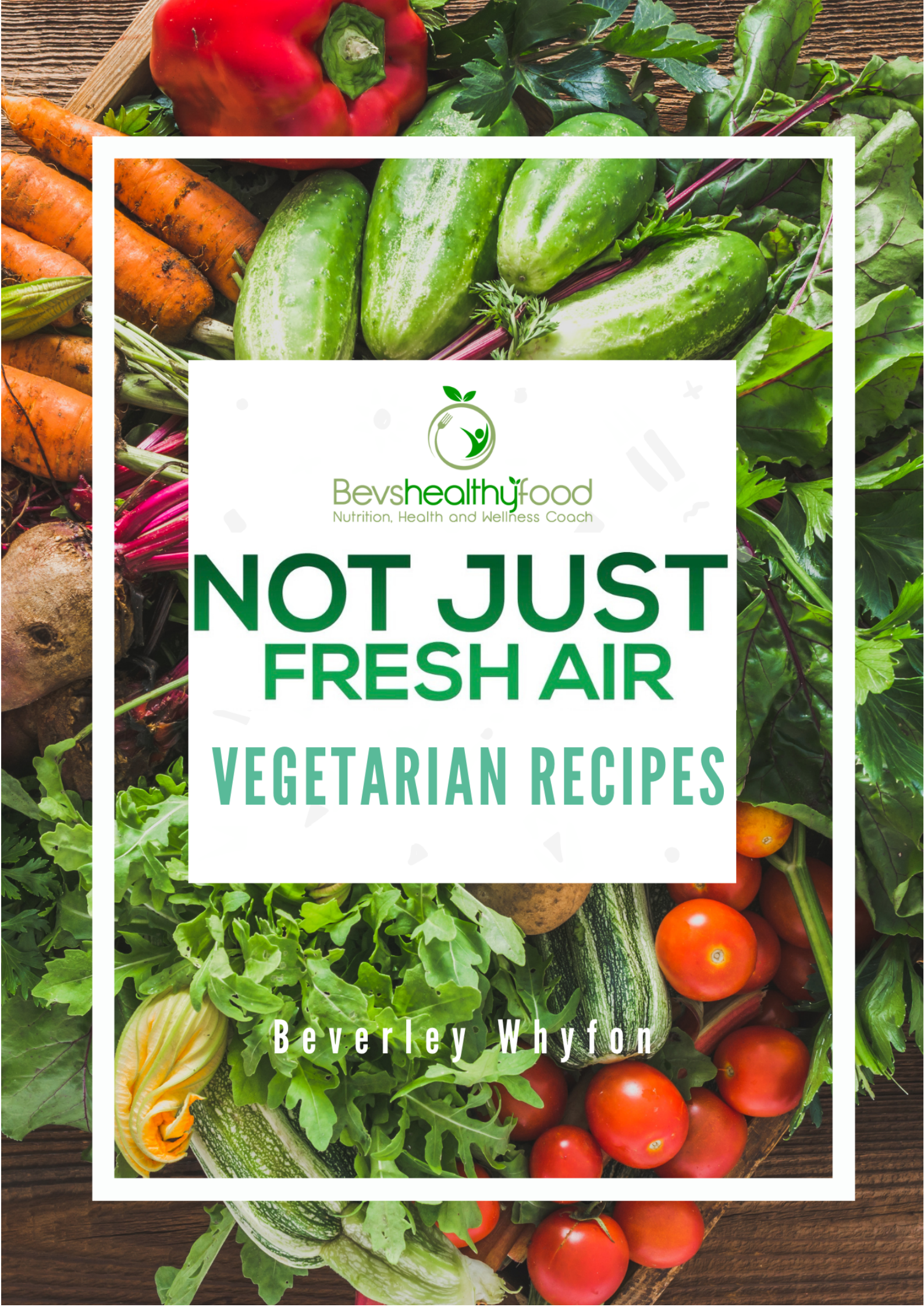


Bevshealthyfood
Nutrition, Health and Wellness Coach

NOT JUST FRESH AIR

VEGETARIAN RECIPES

Beverley Whyfon

Table of Contents

About Bev 4
Welcome 5
Smoothies 6
- Blueberry Avocado Protein Smoothie 7
- Coco Delicious Smoothie 7
- Minty Avocado Protein Smoothie 8
- Chocolate Protein Smoothie 9
- Smashing Strawberry Smoothie 10
- Mineral and Vitamin Booster Smoothie 11
- Creamy Pineapple Smoothie 12
- Good for the Soul Smoothie 12
- Detox Smoothie 13

Breakfast 14
- Pear and Cinnamon Protein Oats 15
- Blueberry Pancakes 17
- Poached Tofu 18
- Chocolate Chia Pudding 19
- Vanilla Protein French Toast 20
- Raspberry Protein Pudding 21
- Breakfast Muffins 22
- Vanilla Protein Waffles 24
- Tiramisu Protein Oats 25
- Avocado and Peas on Toast 27
- Banana Protein Pancakes 30

Mains 31
- Tofu and Pea Soup 32
- Edamame Salad 33
- Tofu, Capsicum, Potato and Chickpea Bake 34
- Quinoa and Black Bean Burgers 35
- Mixed Bean Chilli 37
- Tofu Patties 39
- Spiced Tofu and Bok Choy 40
- Thai Tofu Salad 42
- Tofu and Zucchini Patties 43
- Spicy Tofuballs 44
- Cabbage Leaf Parcels with Tofu 45
- Baked Tofu with Lemon Sauce 47
- Tofu Tacos 48
- Savoury Tofu with Zoodles 49
- Stir Fried Ginger Tofu: 50
- Tofu and Sweet Potato Pie 51
- Dijon Tofu 52
- Oven Baked Lemon Pepper Tofu 53
- Italian Tofu & Spinach Curry 54

Sides 55
- Nutritious Green Salad 56
- Roasted Sweet Potato Wedges 57



Sautéed Broccolini 58
Quinoa 59
Green Salad with Sunflower Seeds 60
Sesame Bok Choy 61
Cauliflower Rice 62
Greek Salad 63
Sautéed Broccoli 64
Snacks 65
Chocolate Protein Balls 66
Homemade Crackers 67
Berry Protein Balls 68
Mint Slice 69
Trail Mix 1 71
Trail Mix 2 72
Trail Mix 3 73
Trail Mix 4 73
want more? 74
Disclaimer 75



About Bev



Bev is a Nutrition, Health and Wellness Coach and an Accredited Mental Health First Aider, with experience in Sports Nutrition, Gut Health, Psychology, Behaviour Change and Wellbeing Management, and Menopause.

Bev has always been health conscious but had neglected taking the best care of herself until her early 50's when she decided to take back control of her health and well-being. She is also very interested in understanding the link between the gut and brain and how that affects our behaviours, i.e., depression and anxiety, and how what we eat plays a major role in our wellbeing.

Her personal transformation and commitment to health has led her to inspire and empower others to live a healthy, sustainable, vibrant life by eating nutritious, whole foods and engaging in regular exercise.

She loves to spend time with her family out in the ocean on the SUP's (stand up paddle boards), swimming, walking, working out and cooking and creating nutritious food to fuel and nourish her body and traveling to experience what this amazing world has to offer.

You can connect with her on her blog bevshealthyfood and get free recipes, and motivation - and sign up to start the 5 Day Food Challenge.

And on her Instagram: @bevshealthyfood and Facebook: bevshealthyfood

 © All Rights Reserved

Welcome

Hello there! I'm Bev, and I'm absolutely delighted to welcome you here!

A cornerstone of a healthy lifestyle is maintaining a well-balanced diet that provides your body with all the essential nutrients it needs to thrive.

Whether you're a seasoned vegetarian or simply looking to incorporate more plant-based meals into your diet, this collection offers a diverse array of recipes to tantalize your taste buds and nourish your body.

The inspiration behind this book stems from the journey of many of my clients who have been seeking better options for vegetarian and vegan recipes. These recipes focus on providing ample protein, carbohydrates, healthy fats, and incorporate anti-inflammatory wholefoods.

I've curated an array of delicious recipes to support your ongoing commitment to healthy eating! Within these pages, you'll discover some of my most mouth-watering and nutritious creations.

By choosing to prepare these recipes, you're not only boosting your metabolism and energizing your body but also laying the foundation for long-term health benefits.

Embrace this journey as a process, trusting in your body's innate wisdom to guide you along the way.

My recipes are designed to appeal to even the most discerning palates. They're nutrient-dense yet bursting with flavour, making them accessible to anyone keen on creating delicious food.

Remember, age is no barrier to adopting a healthier and fitter lifestyle. My hope is to inspire you on your journey towards wellness.

From my kitchen to yours, with heaps of love – and happy cooking!



Smoothies



 © All Rights Reserved

Blueberry Avocado Protein Smoothie

(Serves 1)

INGREDIENTS:

- 1/2 cup blueberries (fresh or frozen)
- 1/2 avocado
- Handful spinach
- Big chunk of ginger
- 1 lime peeled
- 30g (1 scoop) vanilla protein powder
- 250mls (1 cup) almond milk (or milk of choice)

PREPARATION:

***Tip:** To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!

Coco Delicious Smoothie

(Serves 1)

INGREDIENTS:

- 250mls (1 cup) almond milk (or milk of choice)1/2 kiwi fruit (leave the skin on)
- 1/2 banana
- 1/2 green apple
- 1/2 lime
- 30g (1 scoop) chocolate protein powder
- handful of ice cubes (optional, for added chill if using fresh strawberries)

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!





Minty Avocado Protein Smoothie

(Serves 1)

INGREDIENTS:

- 1/4 ripe avocado, pitted and peeled
- 1 cup of fresh mint leaves
- 1/2 lime peeled
- 30g (1 scoop) vanilla protein powder
- 250mls (1 cup) almond milk (or milk of choice)
- Ice cubes (optional, for added chill)

PREPARATION:

***Tip:** To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Chocolate Protein Smoothie

(Serves 1)

INGREDIENTS:

- 250mls (1 cup) almond milk (or milk of choice)
- 1/2 banana
- 1 tsp maca powder (optional)
- 1 medjool date
- 30g (1 scoop) chocolate protein powder
- Ice cubes (optional, for added chill)

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Smashing Strawberry Smoothie

(Serves 1)

INGREDIENTS:

- 250mls (1 cup) almond milk (or milk of choice)
- 1/2 banana
- 1/2 green apple
- 8 strawberries (fresh or frozen)
- 30g (1 scoop) vanilla protein powder
- handful of ice cubes (optional, for added chill if using fresh strawberries)

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Mineral and Vitamin Booster Smoothie

(Serves 1)

INGREDIENTS:

- 1/2 green apple
- Handful spinach
- 1/2 lime (peeled, but leave as much of the white pith as you can) **
- 30g ginger
- 1 celery stalk
- 1/2 Lebanese cucumber
- 30g (1 scoop) vanilla protein powder
- 1/2 cup frozen blueberries
- 250 mls (1 cup) coconut water

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!

Tip:

To ensure that you get a smooth smoothie, it is recommended to blend your greens (i.e., spinach & kale leaves) with the liquid first, then add the remaining ingredients.

** *You will be surprised to know that the pith contains the same amount of vitamin C that is present in the fruit.*

Creamy Pineapple Smoothie

(Serves 1)

INGREDIENTS:

- 1 banana
- 1/2 orange (peeled, but leave as much of the white pith as you can) *
- 1 cup frozen pineapple pieces
- 250 mls (1 cups) coconut milk (or milk of choice)
- 30g (1 scoop) vanilla protein powder

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!

**You will be surprised to know that the pith contains the same amount of vitamin C that is present in the fruit.*

Good for the Soul Smoothie

(Serves 1)

INGREDIENTS:

- 250mls (1 cup) almond milk (or milk of choice)1/2 kiwi fruit (leave the skin on)
- Handful of spinach
- 1/2 green apple
- 1 tsp maca powder
- 30g (1 scoop) vanilla protein powder
- 1 cup of frozen mango

PREPARATION:

***Tip:** To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!





Detox Smoothie

(Serves 1)

INGREDIENTS:

- Thumb size piece ginger
- 1/4 lemon
- 1/4 pink grapefruit
- Handful spinach
- 1/2 tsp cinnamon
- 1/2 tsp turmeric
- 4 pieces frozen pineapple
- 250 mls (1 cup) coconut water (add more if you like it thinner)

PREPARATION:

***Tip:** To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!

Breakfast



 © All Rights Reserved



Pear and Cinnamon Protein Oats

(Serves 1)

INGREDIENTS:

- 1/4 cup cooked oats
- 1/2 pear peeled, cored, and roughly chopped
- 1 tsp ground cinnamon
- 30g (1 scoop) vanilla protein powder
- 1 tsp vanilla extract
- 150ml almond milk
- 2 tsps toasted flaked almonds

PREPARATION:

I like to cook my oats the night before. The recipe below is for 4 serves, that way you will have extra oats on hand to experiment with.

- 1 cup steel cut oats
- 2 cup water
- 2 T of an acidic medium like lemon juice or apple cider vinegar

Place oats in bowl, and cover with water and lemon juice. Cover and leave on the counter (NOT in the fridge!) for at least 8 (but no more than 24) hours.

The Next Day: Strain off the water from the oats and give them a quick rinse with fresh water.

Combine the soaked oats with 1-1 1/2 cups of fresh, filtered water on stovetop. Allow to simmer for several minutes, stirring occasionally and cook until it thickens. Allow to cool and store in an airtight container in the fridge until you are ready to eat.

In a non-stick pan, over medium heat toast flaked almonds until golden in colour. Allow to cool and store in an airtight container until ready to use.

METHOD:

Place 1/4 cup of cooked oats in a saucepan, add in the milk, protein powder, vanilla extract and almond milk, heat over a low heat, stir until combined and warmed through.

SERVING SUGGESTION:

Serve in a bowl topped with diced pear, toasted flaked almonds and a sprinkle of cinnamon. I prepared the remaining oats into glass jars using the method above, easy to grab when rushed in the morning and great for an after-dinner dessert.





Blueberry Pancakes

(Serves 2) – you can make ahead of time or half the recipe to make fresh each day

INGREDIENTS:

- 2 large bananas
- 2 T chia seeds
- 1/2 cup almond milk
- 60g (2 scoops) vanilla or chocolate protein powder
- 1 T coconut oil
- 1 cup fresh or frozen blueberries

METHOD:

Mix the chia seeds and almond milk together. Mash the banana in a bowl with a fork add in chia seed mix and protein powder. Stir through blueberries. Preheat a pan over medium heat and add coconut oil. Pour the batter onto the pan and cook until browned on both sides, flipping halfway through. If mix is too thick add a little extra almond milk.

SERVING SUGGESTION:

Top with a squeeze of lemon or lime juice or toppings of your choice.



Poached Tofu

(Serves 2)

INGREDIENTS:

- 3 cups vegetarian stock
- 240g firm silken tofu, thickly sliced
- 1 T olive oil
- 150g small button mushrooms, sliced
- 2 cups, spinach leaves

METHOD:

Place stock, in a deep pan over high heat and bring to the boil. Reduce heat and simmer for 3 minutes. Add the tofu and poach for 3 minutes each side.

While the tofu is poaching, heat the oil in a non-stick frying pan over a medium heat and stir-fry the mushrooms for 2-3 minutes or until lightly browned. Add the spinach and toss with the mushrooms until just wilted.

Spoon the mushrooms and spinach onto a plate. Drain the tofu with a slotted spoon and place on top of the mushrooms and spinach. Season with a ground black pepper and salt to serve. Or you may like to add the stock to a bowl with the mushrooms, spinach, and tofu as I did.



Chocolate Chia Pudding

(Serves 2)

INGREDIENTS:

- 150ml almond milk (or milk of choice)
- 1/4 cup chia seeds
- 2 T rice malt syrup or maple syrup
- 2 T desiccated coconut
- 60g (2 scoops) chocolate protein powder

METHOD:

In a bowl mix almond milk, chia seeds, rice malt syrup, desiccated coconut, and protein powder until combined. Pour into individual jars or glasses. Let it sit in the refrigerator overnight.

SERVING SUGGESTION:

Remove from the fridge, and make sure your pudding looks thick and the chia seeds have gelled. Top with a sprinkling of cacao nibs for a bit of crunch or add your favourite topping.



Vanilla Protein French Toast

(Serves 1)

INGREDIENTS:

- 1 T chia seeds mixed with 1/4 cup water*
- 1/4 cup almond milk
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 30g (1 scoops) vanilla protein powder
- 1 T coconut oil
- 2 slices Gluten Free Bread (of your choice)
- 1 T rice malt syrup
- Squeeze of lemon juice

METHOD:

Mix ingredients together except coconut oil and soak 2 pieces of gluten free bread into the mixture. (You may need to add some more milk if mix is too thick). Heat a pan to medium heat and add 1 T coconut oil. Cook both sides of the bread until golden.

SERVING SUGGESTION:

Top with fresh mixed berries and a squeeze of lemon or toppings of your choice.

* Add chia seeds to a small dish and top with water. Stir and let rest for 5 minute to thicken. It should be gel-like and thick.



Raspberry Protein Pudding

(Serves 2)

INGREDIENTS:

- 150g cashews (soaked overnight and rinsed well in the morning)
- 150g raspberries (fresh or frozen thawed)
- 40mls lime juice
- pinch sea salt
- 2 tsp vanilla bean paste
- 100g honey
- 100g coconut oil
- 375mls almond milk (or milk of choice)
- 60g (2 scoops) vanilla protein powder

PREPARATION:

Soak cashews overnight and rinse well in the morning.

METHOD:

In a blender process the almond milk, cashews, raspberries, lime juice, salt, protein powder, honey and vanilla paste until the mixture is smooth and creamy. Add the coconut oil and process until combined. Pour the berry mixture into small glasses and refrigerate, until set, preferably overnight.

SERVING SUGGESTION:

Place a couple fresh raspberries on top and a sprinkling of dried raspberry and you're ready to enjoy. You can also add a dollop of coconut cream for that extra creaminess!



Breakfast Muffins

(Serves 3 - 2 muffins per serve)

INGREDIENTS:

- 1/2 cup chopped finely, mixed capsicum (red, green, and yellow or just use one colour)
- 1/2 zucchini, chopped finely
- 1 spring onion
- 250g silken tofu
- 1/2 cup almond flour or chickpea flour
- 1 tsp gluten free baking powder
- 2-3 T almond milk
- salt and pepper
- 1 tsp turmeric
- 2 T nutritional yeast (optional)
- coconut oil cooking spray
- you can also add some chopped mixed herbs of choice (parsley, basil, oregano)

PREPARATION:

Preheat oven 180ºC / 350ºF / Gas Mark 4. Spray 12 cup muffin tray with cooking oil. Spray a frypan with non-stick cooking spray. Preheat skillet over medium-high heat. Add the vegetables, turmeric, salt, and pepper stirring until cooked through approximately 5 minutes.

METHOD:

Process the silken tofu, almond flour, and baking powder in a food processor.

Add 2-3 tablespoons of almond milk and blend again until the mixture is smooth, but still pretty thick. You can now optionally also stir in nutritional yeast for a slightly cheesy flavour.

Note: The amount of almond milk will depend on the type of tofu you use. If yours is quite firm, you will need to add a little bit more liquid.
Combine this mixture and the veggie mixture in a bowl and let it rest for 10 minutes.

Fill each muffin cup 3/4 full of mixture, bake for about 30 minutes or until the top of the muffins is golden brown. If using a silicone mould as I did, it will take longer (about 35 minutes). Place a small pan of water in oven with muffin tin. This will help keep the muffins soft and not chewy.
Turn off the oven and let the muffins cool for at least 15 minutes (or longer) before removing them from the mould.

SERVING SUGGESTION:

Serve with salad or simply eat on their own. Keep leftovers in the fridge for a snack later.





Vanilla Protein Waffles

(Serves 1)

INGREDIENTS:

- 1/2 cup almond flour
- 30g (1 scoop) vanilla protein powder (plant based)
- 1 tsp baking powder (gluten free)
- 1/2 tsp cinnamon
- 2 tsp vanilla extract or vanilla bean paste
- 1 T chia seeds
- 1/2 cup coconut milk

PREPARATION:

Add chia seeds to a small dish and top with water. Stir and let rest for 5 minute to thicken. It should be gel-like and thick.

METHOD:

Preheat waffle iron. (I have a non-stick grid which does not require any greasing; however, you may need to grease your grids first. Lightly brush the grids with coconut oil).
Mix all ingredients together until well combined and smooth.
Pour 1/3 cup of mixture into waffle iron (less or more depending on the size of your waffle iron). The waffle should be ready after a minute or two. Remove carefully from hot waffle iron and place on serving plate.
Repeat with the remaining mix (makes 4)

SERVING SUGGESTION:

Top with fresh strawberries and a pinch of monk fruit powder sugar or toppings of your choice.



Tiramisu Protein Oats

(Serves 4)

INGREDIENTS:

- 1-1/4 cups almond milk (or milk of choice)
- 2 shot espresso (30ml) or 1 tsp coffee powder
- 2 tsp maple syrup
- 2 T white chia seeds
- 60g (2 scoops) chocolate Protein* or protein powder of choice or cacao powder and a little for garnish dusting
- 30g (1 serving) Vanilla Protein*
- 1 tsp vanilla extract
- 1 cup thick natural yoghurt or coconut yoghurt (for vegetarian option)

PREPARATION:

I like to cook my oats the night before. The recipe below is for 4 serves, that way you will have extra oats on hand to experiment with.

- 1 cup steel cut oats
- 2 cup water
- 2 T of an acidic medium like lemon juice or apple cider vinegar

Place oats in bowl, and cover with water and lemon juice. Cover and leave on the counter (NOT in the fridge!) for at least 8 (but no more than 24) hours.
The Next Day: Strain off the water from the oats and give them a quick rinse with fresh water.

Combine the soaked oats with 1-1 1/2 cups of fresh, filtered water on stovetop. Allow to simmer for several minutes, stirring occasionally and cook until it thickens.

METHOD:

Once oats are ready, add in chocolate protein powder, almond milk, espresso or coffee powder and maple syrup. Stir until well combined. Remove from heat and stir in the chia seeds.

Here's where it gets interesting! Spoon in a (1/4 cup) layer of oats into four glasses, and then a (1/4 cup) layer of vanilla yoghurt, repeat with another (1/4 cup) layer of oats and (1/4 cup) yoghurt and then garnish with a sprinkle of cacao powder. You can also garnish with cacao nibs or mini chocolate chips, crushed coffee beans, sliced fruit, shredded coconut for other ideas.

*If you prefer hot oats to cold oats, you can leave out the yogurt and heat in the microwave or in a small saucepan on the stove top before layering with the yogurt.
*You can also switch the protein powder flavour around so that you have vanilla protein oats with chocolate protein yoghurt.

SERVING SUGGESTION:

Place a couple fresh raspberries on top and a sprinkling of dried raspberry and you’re ready to enjoy. You can also add a dollop of coconut cream for that extra creaminess!





Avocado and Peas on Toast

(Serves 1)

INGREDIENTS:

- 1/2 small avocado
- 2 tsps nutritional yeast flakes
- Sprinkle of chilli flakes
- 1/4 lemon, juice
- 1 tsps minced garlic
- 2 slices of sourdough, toasted
- 1/4 cup of green peas, thawed

METHOD:

Put avocado, nutritional yeast, lemon juice, salt, and pepper into a bowl. Mash until combined. Toast the sourdough, then spread the garlic over each piece of toast and drizzle with a little olive oil.

SERVING SUGGESTION:

Spread the avocado mixture onto the sourdough, then top with peas, poached tofu, and add some fresh mint. Season to taste.



Apple Pie Oats

(Serves 4)

INGREDIENTS:

- 11g (1 scoop) collagen powder
- 30g (1 scoop) vanilla protein powder
- 1/4 cup overnight oats
- 1/2 tsp vanilla bean paste or extract
- 1/2 tsp cinnamon
- 1/2 grated apple
- 1 cup almond milk
- Toppings of choice - strawberries, blueberries, apple, dollop of coconut yoghurt or Greek yoghurt

PREPARATION:

I like to cook my oats the night before. The recipe below is for 4 serves, that way you will have extra oats on hand to experiment with.

- 1 cup steel cut oats
- 2 cup water
- 2 T of an acidic medium like lemon juice or apple cider vinegar

Place oats in bowl, and cover with water and lemon juice. Cover and leave on the counter (NOT in the fridge!) for at least 8 (but no more than 24) hours.

The Next Day: Strain off the water from the oats and give them a quick rinse with fresh water.

Combine the soaked oats with 1-1 1/2 cups of fresh, filtered water on stovetop. Allow to simmer for several minutes, stirring occasionally and cook until it thickens.

METHOD:

Remove oats from the heat and spoon in a (1/4 cup) layer of oats into four *glasses, and then add collagen, vanilla protein powder, grated apple, vanilla paste/extract cinnamon and almond milk, mix until well combined. (you may need to add in some extra milk if too thick). Garnish with remaining grated apple and a sprinkle of cinnamon.

SERVING SUGGESTION:

You can also garnish with sliced strawberries, shredded coconut for other ideas.

***Note:** I like to mix each of my serves in a medium sized bowl first and then spoon into my glasses.



 © All Rights Reserved



Banana Protein Pancakes

(Serves 1)

INGREDIENTS:

- 1 large banana
- 2 T chia seeds mixed with 1/2 cup water*
- 30g (1 scoop) Vanilla Protein
- 1 T coconut oil

METHOD:

Mash the banana in a bowl with a fork. Whisk in the eggs, and protein powder. Preheat a pan over medium heat and add coconut oil. Pour the batter onto the pan and cook until small bubbles begin to form on the top, check underneath to see if there is some browning and flip, cook evenly on the other side.

SERVING SUGGESTION:

Top with strawberries, blueberries and a squeeze of lemon or lime juice or toppings of your choice.

* Add chia seeds to a small dish and top with water. Stir and let rest for 5 minute to thicken. It should be gel-like and thick.

Mains

Tofu and Pea Soup

(Serves 2)

INGREDIENTS:

- 1 T olive oil
- 1 small onion, peeled and finely chopped
- 150g firm silken tofu, thickly sliced
- 500ml vegetable stock
- 150g frozen peas

METHOD:

Heat the oil in a non-stick saucepan, add the onion and gently fry for 3-4 minutes, or until softened, stirring regularly.
Add the tofu, stock and peas, season with ground black pepper and bring to a simmer. Cook for 5 minutes, stirring occasionally.

Divide between two warmed bowls and serve.



 © All Rights Reserved



Edamame Salad

(Serves 2)
Protein and fibre-rich edamame beans make a great addition to any salad. These versatile young beans have a fresh, green crunch to them and make this a wonderfully filling salad.

INGREDIENTS:

- 400g frozen edamame beans
- 1/4 red onion, chopped finely
- 15g fresh flat-leaf parsley or coriander, leaves roughly chopped (3 tsps)
- 1 T apple cider vinegar
- 3 T extra-virgin olive oil
- 1 Lebanese cucumber
- 1 mango, sliced and diced

METHOD:

Tip the edamame beans into a heatproof bowl and cover with just-boiled water from a kettle. Stir and leave for 1 minute to allow the beans to thaw (there's no need to cook them). Drain and rinse under cold water.

Place the beans, red onion, mango and herbs in a bowl. Drizzle over the vinegar and olive oil and season with salt and black pepper and toss together.

Tofu, Capsicum, Potato and Chickpea Bake

(Serves 2)

INGREDIENTS:

- 1 medium red onion, peeled and cut into 12 wedges
- 4 medium tomatoes, quartered
- 2 capsicums (any colour), deseeded and cut into roughly 3cm chunks
- 1 T olive oil
- 400g extra firm silken tofu cut into equal pieces
- 1 tsp hot smoked paprika or sweet paprika
- 225g chickpeas, rinsed and drained

PREPARATION:

Preheat the oven to 180°C/ 350°F / Gas Mark 4

METHOD:

Place the onions, tomatoes, and capsicums in a large baking tray. Drizzle with the oil and toss lightly. Nestle the tofu pieces amongst the vegetables. Sprinkle with paprika, season with salt and black pepper and roast for 20 - 30 minutes.

Remove the tray from the oven, add the chickpeas and return to the oven for a further 5 minutes, or until the chickpeas are hot.

SERVING SUGGESTION:

Serve by itself or with green salad.



Quinoa and Black Bean Burgers

(Serves 4)

INGREDIENTS:

- 1/2 cup almond meal
- 3 T olive oil
- 1 lime juice of
- 1 small red onion, diced
- 1 small red apple, grated
- 425g can black beans
- 1 cup cooked quinoa
- ground sea salt and ground black pepper to taste
- 3 large cloves of garlic, crushed
- 1 tsp cumin
- 1 tsp hot paprika
- 1 tsp dried chilli flakes (optional)
- 1 T chia seeds mixed with 1/4 cup water to gel up

PREPARATION:

Pre-heat oven 150ºC / 300ºF / Gas Mark 2 - Put olive oil in frypan and brown onion, garlic & spices (you can use more or less depends on your taste) be careful not to burn, as onion needs to be translucent. Put in a bowl to cool and add lime juice.

METHOD:

Once spice mix is cooled, In a food processor, add the black beans, chia seed mix, apple, quinoa, almond flour, ground black pepper and sea salt. Pulse until combined - you want it all completely incorporated, until it's one cohesive mixture and the black beans are nice and mashed in. Wet hands with cold water and shape into patties and put in the fridge for 30 minutes.

Cook patties in pan used for onions to keep the flavours. Sear both sides for 4 minutes and then finish in the oven until juices are clear; being mindful not to dry them out.

SERVING SUGGESTION:

Serve with roasted potato wedges, sauteed broccolini or salad.





Mixed Bean Chilli

(Serves 4)

INGREDIENTS:

- 2 x 425g cannellini beans, drained and rinsed
- 1 x 400g can chopped tomatoes
- 1 x 420g can black beans, drained and rinsed
- 1 x 425g red kidney beans, drained and rinsed
- 1 cup cooked quinoa
- 2 T olive oil
- 1 medium onion, peeled and thinly sliced
- 1 tsp hot smoked paprika (to taste)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chilli flakes (add more if you like it spicier)
- 300ml vegetable stock
- 2 T tomato puree
- 1 tsp dried oregano or mixed dried herbs
- 100g natural vegan yoghurt

METHOD:

Heat the oil in a large, deep, non-stick pot, and gently fry the onion for 3-4 minutes, or until softened, stirring frequently.

Add the smoked paprika, cumin, chilli and coriander and cook for a few seconds, stirring.

Add the tomatoes, beans, quinoa, stock, tomato puree and dried herbs, season with sea salt and lots of ground black pepper and bring to a simmer. Cover loosely with a lid and simmer for 30 minutes or until the sauce has reduced and thickened, stirring occasionally.

SERVING SUGGESTION:

Serve topped with a generous spoonful of vegan yoghurt or avocado and salad.



 © All Rights Reserved



Tofu Patties

These vegan tofu patties are delicious and are packed with protein – really easy to make and are so tasty! You can enjoy them for lunch, dinner or even as a healthy snack.

INGREDIENTS:

- 1 x 280g (10oz) block firm tofu
- A big handful fresh coriander
- 3 garlic cloves, minced
- 2 T coconut aminos/tamari
- 1 T lemon juice
- 1 T chilli sauce
- 55g (1/2 cup) almond meal
- 3 spring onions, finely chopped
- 1/2 large carrot, grated

PREPARATION:

Prepare the tofu according to pack instructions.

METHOD:

Add the tofu, coriander, garlic, coconut aminos, lemon juice, chilli sauce and almond meal to a blender and blend until you have a smooth mixture.
Fold in the grated carrots and chopped spring onions, then shape into small patties*. Heat some oil in a frying pan over a medium heat and cook the patties for 3-4 minutes, then flip and cook for another couple of minutes.
Place on a plate lined with kitchen towels to drain the excess oil.

Notes:
*Use an ice cream scoop for ease and to make sure the patties are a similar size.



Spiced Tofu and Bok Choy

(Serves 4)

INGREDIENTS:

- 600g organic firm tofu (cut into 4 equal size pieces)

FOR THE MARINADE:

- 4 garlic cloves, chopped
- 3 T finely grated ginger
- 1 long red chilli, chopped
- 1 T chopped coriander roots and stems
- 2 tsps Sichuan peppercorns
- 3 T (80 mls) tamari
- 3 T (80 mls) apple cider vinegar
- 1 T coconut oil

FOR THE SAUCE:

- 1 T honey
- 1 T tamari
- 2 T apple cider vinegar
- 2 garlic cloves
- 1 T toasted sesame seeds
- 1 handful of chopped coriander leaves

PREPARATION:

Process the garlic, ginger, chilli, coriander roots and stems and Sichuan peppercorns, either in a food processor or blender to form a paste. Add the tamari, apple cider vinegar and coconut oil and mix until well combined. Place the tofu in a large bowl and pour over the marinade, rubbing it into the tofu well. Place the tofu in the fridge to marinate for a couple of hours, or ideally overnight.

METHOD:

Preheat oven 180°C / 350°F / Gas Mark 4.
Place the marinated tofu on a sheet of foil, and place on a baking tray. Roast for 3o minutes, or until tofu is cooked and golden brown. Remove from oven.

To make the sauce, mix all ingredients in a bowl.

SERVING SUGGESTION:

Serve the tofu with the sauce and sesame bok choy or side of choice.



Thai Tofu Salad

(Serves 3)

INGREDIENTS:

- 400g vermicelli or kelp noodles
- 3 T coarsely ground black pepper
- 3 T sea salt
- 450g firm tofu (sliced into 3 steaks)
- 2 T coconut oil
- 3 spring onions, finely sliced on the diagonal
- handful of Thai basil leaves or regular basil leaves
- Small handful mint leaves
- 1 large mango (peeled and sliced into bite size pieces)

INGREDIENTS FOR DRESSING:

- 2 T finely diced ginger
- 3 garlic cloves, finely chopped
- 1 tsp chilli flakes
- 2 T apple cider vinegar
- 2 T tamari
- 1 tsp sesame oil
- 3 T extra-virgin olive oil or avocado oil

PREPARATION:

Prepare the noodles according to the packet instructions:

METHOD:

Heat the BBQ or grill to high. Put the salt and pepper on a tray and evenly roll the tofu in it. Lightly brush the BBQ or grill with coconut oil and sear the tofu for 2-3 mins on each side. Rest for 10 mins before slicing.

To make the dressing, combine the ginger, garlic, chili flakes, vinegar, tamari, sesame oil and olive or avocado oil in a bowl and mix well. Pour half the dressing over the noodles and gently toss.

SERVING SUGGESTION:

To serve, arrange the noodles evenly on plates and top with tofu slices, spring onion, herbs, mango, and the remaining dressing. Toss to combine.



Tofu and Zucchini Patties

Patties made to give you plenty of protein, fibre, and slow-release complex carbs. Your microbiome will love it, too.
(Serves 2)

INGREDIENTS:

- 400g silken firm tofu
- 1 large zucchini (about 200 g), coarsely grated
- 3 spring onions, finely sliced
- 2 T chopped mint leaves
- 2 T chopped coriander leaves
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp sea salt
- 1/2 tsp coarsely ground black pepper
- 1/2 tsp cayenne pepper

Crumb Mix

- 1 cup almond meal
- 1/2 cup tapioca flour

PREPARATION:

Preheat the oven to 200°C. Line a tray with baking paper.

METHOD:

Squeeze out as much water from the zucchini as possible. In a large bowl, mix all the ingredients together (except for almond flour and tapioca flour). Shape into medium size patties. Lay out patties on a plate with baking paper and put into the refrigerator for 30 mins. Mix almond meal and tapioca flour together and coat each of the patties in crumb mix and set aside.
Add enough coconut oil to a large frying pan so that once it melts it is about 2 mm deep. Place over medium heat and sear the patties for about 2 minutes on each side, or until golden brown. Carefully transfer the seared patties to a lined baking tray and place in the oven for 5-7 minutes, or until just cooked through.

SERVING SUGGESTION:

Serve with Green Salad



Spicy Tofuballs

(Serves 4)

INGREDIENTS:

- 500g firm tofu, crumbled
- 1/2 cup almond meal
- 1 T chia seeds
- 2 T olive oil
- 1 cup vegetable stock
- 250g gluten free noodles
- 40g baby spinach
- 1 tsp cumin
- 1 tsp hot paprika
- 1 tsp dried chilli flakes
- 1 lime juice of
- salt and pepper
- 1 small brown onion diced
- 3 large cloves of garlic chopped

PREPARATION:

Prepare noodles according to packet instructions.

METHOD:

Put olive oil in pan and brown onion, garlic & spices (you can use more or less, depends on your taste) be careful not to burn, as onion needs to be translucent. Put in a bowl to cool and add lime juice. Once cool add tofu, almond meal, chia seeds, salt, and pepper and mix well. Wet hands with cold water and shape into balls trying to keep them evenly sized and put in the fridge for 30 mins.

Cook the tofuballs in the pan used for onions to keep the flavours. Sear both sides for 4 mins and then finish in the oven at 150ºC / 300ºF / Gas Mark 2 until juices are clear; being mindful not to dry out the tofu. Remove the tofuballs from the pan and place pan over a medium heat. Pour the stock into the hot pan to deglaze the browned pan drippings add in the spinach and stir to helps loosen the drippings and wilt the spinach, while cooking to reduce to a rich liquid for sauce.

SERVING SUGGESTION:

Serve noodles and tofuballs into bowls and pour over spinach and stock.





Cabbage Leaf Parcels with Tofu

(Serves 3)

INGREDIENTS:

- 400g firm tofu, crumbled
- 1-inch knob ginger, finely grated
- 3 tsps minced garlic
- pinch of sea salt
- sesame oil to taste
- 6 whole cabbage leaves, washed and cut in half, discarding the thick vein
- 1/2 cup vegetable stock
- 1 carrot sliced into l-2mm rounds
- 1-inch knob of ginger sliced
- 1 tsp tamari or gluten free soy sauce
- 3 spring onions, sliced in half lengthwise
- 1/2 lime, juiced

METHOD:

Add the crumbled tofu to a bowl with the ginger, garlic, pinch of salt and 4 drops of sesame oil, mix, and set aside. Bring a small pot of salted water to the boil, cook the cabbage leaves for 2 minutes, remove and then set aside in ice cold water.

Using the same water, add the vegetable broth and bring to a boil. Add in carrot, more sliced ginger, tamari, and a dash of sesame oil.

To make the dumplings, place a cabbage leaf on a flat surface, place 2 tsp of tofu mixture 2cm from the front edge and fold over both sides and roll up like a spring roll. Tie with a spring onion bow, repeat for all dumplings.

Place a steamer over the broth saucepan and add the parcels into the steamer, covering with a lid. Steam for 10 -12 minutes. Taste the broth and season as desired with tamari and lime.

SERVING SUGGESTION:

Divide dumplings and broth between 3 bowls. Serve with spring onions, coriander, and chilli flakes.



 © All Rights Reserved



Baked Tofu with Lemon Sauce

(Serves 2)

INGREDIENTS:

- 400g silken firm tofu, cut into even pieces
- 2 T coconut oil
- 125ml lemon juice
- salt and pepper to taste
- 1 tsp tapioca flour
- 1/4 cup water

PREPARATION:

Preheat oven 180°C / 350°F / Gas Mark 4.

METHOD:

Line a rimmed baking tray with parchment paper. Using 1 T of coconut oil rub the tofu pieces all over and season with salt and pepper. Place on the baking tray. (Make sure the oven is hot). Bake in oven for 10-15 mins until the tofu is completely cooked through at the thickest part.

While cooking melt the remaining coconut oil in a pan. When coconut oil is completely melted add the lemon juice, allow to foam up. Mix tapioca flour and water together, add mix to pan and thicken sauce. Pour sauce over the tofu.

SERVING SUGGESTION:

Serve with sautéed greens or broccoli and zucchini.

Tofu Tacos

(Serves 4)

INGREDIENTS:

- 800g extra firm tofu, sliced into strips
- 1 butter lettuce or iceberg lettuce - washed and separated
- 2 T olive oil
- 1 avocado, diced
- 1 lime - juice of
- 1 lemon - juice of
- 1 red onion, chopped
- 8 cherry tomatoes, cut into quarters
- sea salt and black pepper to season
- 1 cup coriander leaves, chopped
- 1 T cumin
- 1 T paprika
- 1 T crushed garlic

METHOD:

In a small dish mix the spices together. Place tofu into a plastic freezer bag, or zip lock bag and then gradually add the spices and shaking through to coat the tofu.

Heat oil in a pan and cook off tofu until browned (usually about 10 - 15 minutes) make sure that you turn the tofu regularly and do not overcook. Remove from pan and place into a dish to rest. (Don't be concerned if gets a bit crumbly that will happen)

SERVING SUGGESTION:

Place lettuce leaves on a plate and fill with tofu pieces, top with diced avocado, tomatoes, and coriander.



 © All Rights Reserved

Savoury Tofu with Zoodles

(Serves 4)

INGREDIENTS:

- 500g firm tofu, drained and crumbled
- 1 T olive oil
- 1/4 green cabbage, shredded
- 1 carrot, diced
- 4 garlic cloves, minced
- 2 T tamari
- 1 T apple cider vinegar
- 1 tsp chilli flakes (optional)
- 1 cup bone broth
- 3 shallots, sliced
- 3 large zucchinis, spiralized (zoodles)

PREPARATION:

Place the spiralized zucchini into a bowl, boil the kettle and pour the water over the zoodles and cook for 2-3 mins.

METHOD:

In a medium saucepan over medium heat add in the olive oil, garlic and cook for a minute. Add in the crumbled tofu, season with salt and pepper. Cook the tofu while adding in the remaining ingredients (except the zucchini zoodles). Continue to simmer to soften the vegetables. Add the cooked zoodles to the tofu mixture and stir through until combined.

SERVING SUGGESTION:

Serve in a bowl and you can squeeze some lime over the top if you like.



Stir Fried Ginger Tofu:

(Serves 4)

INGREDIENTS:

- 2 x 400g block firm tofu, cut into strips
- 30g ginger, cut into julienne
- 1 small onion, quartered
- 1 red chilli, finely sliced
- 2 small bunches of bok choy, halved and washed (or you can use silverbeet or chard)
- 1 red capsicum, seeded and sliced
- 1 tsp of minced garlic (1 – 2 cloves)
- 1 T sesame oil
- 2 T tamari or coconut aminos
- 2 tsps sesame seeds

PREPARATION:

Heat a small non-stick pan over medium heat. Add in sesame seeds and toss for 5 mins or until lightly toasted. Set aside. In a medium pot add water and bring to the boil, put the bok choy in water and blanch for 4 - 5 mins. Remove and set aside.

METHOD:

Heat a wok or large pan over medium heat and add in 1 tsp of the sesame oil and heat until smoking, then add in the tofu. Stir fry for 6 - 8 mins or until tofu is cooked through and golden. Remove from wok or pan and set aside.

Return wok or pan to heat and add in the remaining sesame oil. When oil is smoking, add ginger, garlic, chilli, onion, and capsicum and stir fry for 2 mins. Return the tofu to the wok or pan, add tamari, stir to combine. Finally add in the bok choy and toss through.

SERVING SUGGESTION:

Sprinkle with toasted sesame seeds and serve with a side of rice or cauliflower rice if desired.



Tofu and Sweet Potato Pie

(Serves 4)

INGREDIENTS:

- 800g organic firm tofu, crumbled
- 1 brown onion, finely chopped
- 2 T olive oil
- 1 carrot, grated
- 1 celery stick, finely chopped
- 2 cloves of garlic, chopped
- 2 T tomato paste
- 1 cup of vegetable stock
- 1 T chopped rosemary
- 2 T chopped flat leaf parsley
- 1 T tapioca flour

PREPARATION:

Peel and cut sweet potatoes. Bring a large pot of salted water to a boil. Add sweet potatoes, reduce the heat to medium-low, and simmer until tender, 20 to 30 minutes. Drain and transfer to a bowl.

Preheat oven 180°C / 350°F / Gas Mark 4.

METHOD:

In a large saucepan add the olive oil and add the tofu breaking up with wooden spoon and cook until brown, 5-7 minutes. Add the onion, carrot, celery, and garlic. Cook for 5 mins, or until soft, then add the stock, tomato paste, flour and herbs to the vegetables and bring to the boil, then simmer for 15 minutes.

SERVING SUGGESTION:

Top with mash, then bake for 10 minutes. Serve with salad or eat as is.



Dijon Tofu

(Serves 3)

INGREDIENTS:

- 600g organic firm tofu, cut into bite size pieces
- Zest and juice from 1 lemon
- 1 tsp crushed garlic
- 1 tsp chilli flakes
- 1/4 cup fresh tarragon leaves, stem removed
- 1 T Dijon mustard
- 1 T olive oil
- 375mls vegetable stock
- 1 head of broccoli

PREPARATION:

Cut broccoli into small pieces, bring a pot of salted water to a boil. Add broccoli to the pot and cook for about 4 minutes to blanch. Broccoli should be bright green, crisp, and tender. In a sauté pan over medium heat, add olive oil, and broccoli. Cook for 30 seconds to a minute then set aside.

METHOD:

Heat a wok or large pan over medium heat and add in 1 T coconut oil. Then add in garlic, chilli flakes and tofu. Stir fry for 6 - 8 mins, add in vegetable stock, lemon juice and Dijon mustard. Stir through and reduce heat, sprinkle with tarragon leaves and simmer until sauce thickens. Remove from wok or pan.

SERVING SUGGESTION:

To serve, arrange the sautéed broccoli pieces evenly on plates and top with Dijon tofu.

Oven Baked Lemon Pepper Tofu

(Serves 2)

INGREDIENTS:

- 400g silken firm tofu, cut into two even pieces
- Zest and juice of 1 lemon
- Ground black pepper and salt

PREPARATION:

Preheat oven 180°C / 350°F / Gas Mark 4. Marinate tofu in lemon zest, juice, salt, and pepper.

METHOD:

Line a rimmed baking tray with parchment paper. Place marinated tofu on tray and bake for 10-15 mins, until the tofu is completely cooked through at the thickest part.

SERVING SUGGESTION:

Serve with Greek Salad or Sesame Bok Choy.



Italian Tofu & Spinach Curry

(Serves 4)

INGREDIENTS:

- 800g firm tofu, cut into cubes
- 2 T olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 stick celery, finely chopped,
- 2 cloves of garlic, crushed
- 2 T tomato paste
- 280g baby spinach or silverbeet leaves chopped
- 2 cups vegetable stock
- 2 tsps dried basil or use fresh leaves
- 2 tsps dried oregano or use fresh leaves

METHOD:

Heat a large heavy-based saucepan over high heat with olive oil. Add onion, garlic, and herbs and cook for 5 mins until fragrant. Add chopped tofu and mix well, cook for 5-6 mins. Turn heat, to med-low and stir through tomato paste, add carrot, celery, and vegetable stock. Let simmer for 10 mins and then add in spinach or silverbeet, cook a further 10 mins until tofu is tender.

SERVING SUGGESTION:

Serve on its own or with cauliflower rice.



Sides





Nutritious Green Salad

(Serves 4)

INGREDIENTS:

- 1/4 green capsicum finely sliced
- 1 celery stick finely sliced
- 1/4 green cabbage finely sliced
- 2 handfuls mixed salad greens
- I large shallot finely sliced
- 1 T black sesame seeds or white
- 2 T pepitas

METHOD:

In a large bowl mix the greens together, then sprinkle the sesame seeds & pepitas on top. Just before serving squeeze 1/2 lemon juice, and salt and pepper to taste and toss to combine.



Roasted Sweet Potato Wedges

(Serves 2)

INGREDIENTS:

- 2 potatoes of choice
- 2 tsp olive oil
- Salt and pepper to taste

PREPARATION:

Preheat the oven to 180°C/350°F/Gas Mark 4. Line a tray with baking paper.

METHOD:

In a bowl toss the potatoes to season with oil, salt, and pepper. Spread the potatoes onto the baking tray and bake 30-35 minutes, until crispy and brown.



Sautéed Broccolini

(Serves 2)

INGREDIENTS:

- 2 bundles broccolini (chop 1cm off the bottom)
- 1 tsp sesame oil or if you prefer coconut oil
- ground sea salt and ground black pepper (to taste)
- 3 cloves garlic – finely chopped

METHOD:

Place broccolini in a large pan with about 5cm of water; bring to a boil and cook 2 minutes and drain.

Heat olive oil in the same pan over medium heat. Stir in garlic and add broccolini, and cook and stir until heated through, 2-3 minutes. Squeeze lemon juice over the broccolini and, season with salt and pepper.



Quinoa

(Serves 4)

Before cooking, make sure that you have rinsed the quinoa well. Rinse at least twice to remove the naturally occurring coating called saponin. When you rinse it, you will see a soapy like solution in the water - that is the saponin.

Optional soaking method place the quinoa in a bowl and cover with water and 1 T apple cider vinegar. Cover and allow to soak for 8 hours. Drain through a sieve or cheesecloth and then follow cooking method.

INGREDIENTS:

- 1 1/2 cups quinoa
- 3/4 cup vegetable stock
- 3/4 cup coconut milk
- ground sea salt and ground black pepper

METHOD:

Combine rinsed or soaked quinoa and liquid in a pot. Add seasonings. Turn on to medium heat. When the quinoa is simmering, cover it, reduce it to low heat and cook for 30-35 minutes.

When all the water is absorbed remove the pot from heat. Let sit covered for 5 minutes to finish steaming. Fluff with a fork before serving.



Green Salad with Sunflower Seeds

(Serves 4)

INGREDIENTS:

- 1 carrot grated
- 1 Lebanese cucumber (cut length ways and sliced diagonally)
- 200g mixed salad greens
- I large shallot finely sliced
- 1/4 cup sunflower seeds
- 1/2 lemon juice

METHOD:

In a large bowl mix the greens, carrot, Lebanese cucumber, and shallot together, then sprinkle the sesame seeds on top. Just before serving squeeze lemon juice, salt, and pepper to taste and toss to combine.



Sesame Bok Choy

(Serves 4)

INGREDIENTS:

- 2 small bunches of bok choy, halved and washed
- 1 tsp sesame oil
- 1 T sesame seeds

METHOD:

In a medium pot add water and bring to the boil, put the bok choy in water and blanch for 4 - 5 minutes. Remove and set aside. Heat oil in a pan over medium to high heat and add in sesame seeds and stir until golden. Turn off heat and add in bok choy and mix through.



Cauliflower Rice

(Serves 2)

INGREDIENTS:

- 1 large cauliflower
- ground sea salt and ground black pepper
- 2 cloves fresh garlic - crushed

METHOD:

Check cauliflower and make sure there are no brown or black spots on it. If so, remove with a paring knife. Remove all leaves. Chop the cauliflower into florets.

I prefer to hand chop my cauliflower into rice size pieces or you can, working in batches, pulse a few florets at a time in a food processor or grater until the cauliflower pieces are the size and shape of rice (be careful not to over-blend!) it will look like cous cous.

Place cauliflower, salt, pepper and garlic in a microwaveable safe dish and cover (do not add water). Microwave on fresh vegetable soft setting if automatic or on high for 4 mins. Rest with lid on for 5 mins. Remove and enjoy with your favourite dishes.



Greek Salad

(Serves 2)

INGREDIENTS:

- 120g mixed salad leaves
- 1 small Lebanese cucumber, sliced and halved
- 1 green capsicum, seeded and sliced thinly
- 12 Kalamata olives
- 1/2 punnet red grape tomatoes, halved
- 1/2 small red onion, thinly sliced
- 2 T olive oil
- 1 T lemon juice
- 200g feta cheese (optional)

METHOD:

Put salad leaves, cucumber, capsicum, olives, tomatoes, and onion into a large salad bowl. Mix through. When ready to serve add oil and lemon juice and toss. Season to taste and if adding in the feta, crumble over the top.



Sautéed Broccoli

(Serves 4)

INGREDIENTS:

- 1 head of broccoli

METHOD:

Cut broccoli into small pieces, bring a pot of salted water to a boil. Add broccoli to the pot and cook for about 4 minutes to blanch. Broccoli should be bright green, crisp, and tender. In a sauté pan over medium heat, add olive oil, and broccoli. Cook for 30 seconds to a minute.

Snacks





Chocolate Protein Balls

Protein Balls provide a delicious and convenient snack option, offering a perfect balance of protein, healthy fats, and natural sweetness to fuel your energy and satisfy cravings.

INGREDIENTS FOR BASE:

- 10 medjool pitted dates, chopped
- 120g (4 scoops) vanilla or chocolate protein powder
- 50 g chia seeds
- 1 tsp maca powder
- 1 tsp ground cinnamon
- 50 g slivered almonds
- 75 g walnuts, crushed (activated if possible)
- 5 tablespoons shredded coconut

METHOD:

Process the dates, chia seeds, maca powder, protein powder, cinnamon, almonds, walnuts and 3 tablespoons of the coconut in a food processor to a dough mix. You may need to add in some water if mix is to dry.
Place the remaining 2 tablespoons of coconut in another bowl. Take small amounts of the mixture and roll into balls. Coat the balls in coconut, rolling them around in your palms so that the coconut sticks. Store in the fridge for up to 2 weeks.



Homemade Crackers

INGREDIENTS:

- 1/2 cup chia seeds
- 1/2 cup sesame seeds
- 1/2 cup sunflower seeds
- 1/2 cup almond meal
- 1/4 cup coconut flour
- 2 T flaxseeds
- 250 ml water (1 cup)
- 1 tsp ground sea salt
- 1 tsp ground black pepper

PREPARATION:

Preheat oven 160°C / 300°F / Gas Mark 2 and line a (34cm/13in) baking tray with baking paper.

METHOD:

Combine all the ingredients together in a bowl. Mix until well combined. Spread the mixture on the tray, pressing down using the back of a spatula, until it is 5mm/1/4in thick. Bake for 30 mins. Remove from the oven, cut into 20 crackers using a knife, and turn them over and bake for another 25 mins.

Cool completely on tray. Store in a sealed container and they last for up to two weeks. They are delicious on their own or with avocado, cucumber, and tomato or to use with dips!!!



Berry Protein Balls

(Serves 10-12)

INGREDIENTS:

- 1 cup cashews, soaked
- 120g (4 scoops) vanilla protein powder
- 2 T berry powder
- 1 tsp vanilla extract
- 1 T rice malt syrup
- 1/4 cup desiccated coconut, plus extra for rolling

METHOD:

Place all ingredients into a food processor and blend until a dough forms (you may need to stop and scrape the sides as needed),
Roll dough into evenly sized balls. Roll balls in desiccated coconut (for variety you can choose to leave some uncoated). Store in an airtight container in the fridge.



Mint Slice

INGREDIENTS FOR BASE:

- 1 tsp bicarbonate of soda
- 1 cup desiccated coconut
- 1/4 tsp sea salt
- 1 cup pecans
- 3 T rice malt syrup
- 1 T cacao powder
- 1 cup walnuts

INGREDIENTS FOR MINT FILLING:

- 3/4 cup melted coconut butter
- 1/4 cup desiccated coconut
- 2 T coconut oil (melted)
- 1/2 tsp pure peppermint extract

INGREDIENTS CHOCOLATE TOPPING:

TOPPING 1:

- 1 cup coconut oil
- 3/4 cup cacao powder
- 1 tsp vanilla extract
- 1/4 cup rice malt syrup

TOPPING 2:

- 2 x 100g block of 90% dark chocolate (I prefer Lindt)
- 1 T coconut oil
- 1 tsp vanilla extract

PREPARATION:

Preheat oven at 170°C / 325°F / Gas Mark 3.

BASE METHOD:

To make the base, place the pecans, walnuts, coconut, bi- carb soda, cacao and salt in your food processor and mix to a fine consistency. Add the rice malt syrup and allow the mixture to form a dough.
Remove from the mixer and spread evenly into lined slice/biscuit/cookie tray (34cm). Bake for 10 minutes, then remove to cool while you make the filling.

MINT FILLING METHOD:

Mix the melted coconut butter, desiccated coconut, 2 T coconut oil, and peppermint extract together.
Pour the mixture over the slice/biscuit/cookie base. Put into the fridge and allow to harden, about 15 minutes.

CHOCOLATE TOPPING:

Method 1:
Make the chocolate in a double boiler or create a water bath using a heat safe bowl and a pot of boiling water. Whisk the cacao powder, coconut oil, rice malt syrup and vanilla until well combined. Pour over slice and return to fridge until set. Then cut into bite size pieces.

Method 2:
Melt the chocolate in a double boiler or create a water bath using a heat safe bowl and a pot of boiling water. Once chocolate starts to melt add the vanilla and coconut oil. Mix well and pour over slice and return to the fridge until set. Cut into bite size pieces.



Trail Mix 1

(1/2 cup per serve = 3 serves)

INGREDIENTS:

- 1/2 cup almonds
- 1/2 cup walnuts
- 1/4 cup goji berries
- 1/4 cup pepitas

METHOD:

Mix and store in an airtight container or divide into portion size packets and store in the fridge. (if using fresh blueberries add as you use)





Trail Mix 2

(1/2 cup per serve = 3 serves)
This mixed serving of nuts and seeds offers a well-rounded combination of flavours and nutrients, making it a nutritious and satisfying snack with the added sweetness from the raisins.

INGREDIENTS:

- 1/2 cup pecans
- 1/2 cup cashews
- 1/4 cup raisins
- 1/4 cup pepitas

METHOD:

Mix and store in an airtight container or divide into portion size packets and store in the fridge.

Trail Mix 3

(1/2 cup per serve = 3 serves)

INGREDIENTS:

- 1/2 cup coconut flakes
- 1/2 cup almonds
- 1/4 cup cacao nibs
- 1/4 cup dried blueberries or fresh blueberries

METHOD:

Mix and store in an airtight container or divide into portion size packets and store in the fridge. (if using fresh blueberries add as you use)

Trail Mix 4

(1/2 cup per serve = 3 serves)
My trail mix, features a delightful combination of pecans, walnuts, cacao nibs, and raisins, which offers a perfect blend of heart-healthy fats, antioxidant-rich cacao, and natural sweetness, providing a tasty and nutritious snack for sustained energy and overall well-being.

INGREDIENTS:

- 1/2 cup pecans
- 1/2 cup walnuts
- 1/4 cup cacao nibs
- 1/4 cup raisins

METHOD:

Mix and store in an airtight container or divide into portion size packets and store in the fridge.



want more?

Thinking ahead and planning meals and snacks for yourself or your family is the key to healthy eating. Planning helps manage the budget and makes shopping easier as it is all set out for you.

Get my COMPLETE NUTRITION PLANS here:

	**Step 1:** 5 Day Food Challenge: Discover how the correct fuel for your body provides you with more energy and wellbeing!
	**Step 2:** 7 Day Meal Plan: the perfect place to start, complete beginner's guide to nutrition and 7 Day Meal Plan!
	**Step 3:** 14 Day Meal Plan: continue your journey towards better nutrition and overall well-being and learn how to easily set up your healthy eating lifestyle!
	**Step 4:** Not Just Fresh Air Recipes: Take your nutrition to the next level with the Not Just Fresh Air - eating made easy with this amazing guide to navigate the tricky world of eating for a lifestyle of fitness, long-lasting health, and happiness. that will give you the perfect solution to eating healthy and having a system to use for life! Comes with a 4-week done for you meal plan, amazing recipes, daily menus and more!
	**Step 5:** Not Just Fresh Air Recipes Vol.2: continue to progress and master healthy nutrient-dense cooking and healthy eating. This is the perfect complement to any of the guides as it also comes with a 4-week done for you meal plan, amazing recipes, daily menus and more!

Disclaimer



The author is a qualified nutrition and health coach, not a nutritionist, dietician, or doctor. This meal plan is for your general information and not intended to be used as medical advice.

The author is not responsible in any manner whatsoever for any adverse effects arising directly or indirectly as a result of the information in this publication.

Please consult a health care professional if you have a particular medical condition and are concerned about the information in this publication.

No part of this publication shall be reproduced, or transmitted, in any form by means of electronic, or photocopying, without prior written consent of the author.

NHC® LEVEL 5 DIPLOMA QUALIFIED Nutrition & Health Coach

CERTIFIED NUTRITION, HEALTH & WELLNESS COACH Well College Global® INTERNATIONALLY RECOGNISED COACHING PROGRAMS

Bevshealthyfood Nutrition, Health and Wellness Coach