



Week 1 is all about easy to digest foods and eliminating the inflammatory foods. There is a lot of soup, but don't worry, it's not for long! (And your gut will love you for it!)

WEEK 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Upon rising each day, take a mug of warm water with the juice of half a lemon and 2 tsp. apple cider vinegar (from the mother) 20 mins before food. If you are using KETO or THERMAL SWITCH take ½ scoop in the morning (in the same glass as your ACV is fine). We are dairy-free this week. Butter is OK for most people, but use ghee if you prefer.</p>							
BREAKY	Scrambled Eggs and Almond Milk Poached Salmon	3 Eggs fried in butter with ½ an avocado	Green Smoothie	3 Eggs fried in butter with ½ an avocado	High Protein Berry Nutty Smoothie	3 Eggs fried in butter with ½ an avocado	Scrambled Eggs Almond Milk Poached Salmon
LUNCH	Cauliflower Fried Rice	Leftover Chicken Soup/Hearty Vegetable Soup	Leftover Cauliflower Fried Rice	Leftover Pea and Ham Soup/Vegetarian Bone Broth	Leftover Chicken Soup/Hearty Vegetable Soup	Leftover Pea and Ham Soup/Vegetarian Bone Broth	Leftovers
DINNER	Chicken Soup or Hearty Vegetable Soup	Cumin Eggs and ½ an avocado	Pea and Ham Soup/Vegetarian Bone Broth	Leftover Cauliflower Fried Rice	Beef or Mushroom Stroganoff with Cauli Mash	Leftover Beef or Mushroom Stroganoff with Veggies	Bone Broth (with veggies and butter if hungry)
OPTIONAL SWEETS	Mixed Spice Custard	Berries and Coconut Cream or Yoghurt	Mixed Spice Custard	Berries and Coconut Cream or Yoghurt	Chocolate Mousse with Cream	Berries and Coconut Cream or Yoghurt	Chocolate Mousse with Cream

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Upon rising each day, take a mug of warm water with the juice of half a lemon and 2 tsp. apple cider vinegar (from the mother) 20 mins before food. If you are using KETO or THERMAL SWITCH take ½ scoop in the morning (in the same glass as your ACV is fine). We are eating minimal dairy this week - please stop eating it if it disagrees with you!</p>							
BREAKY	Coconutty Granola with Greek Yoghurt or Coconut Yoghurt	Scrambled Eggs, Bacon Your choice of sides	2 Fried eggs with a lamb chop and baby spinach and lots of butter	Coconutty Granola with Greek Yoghurt or Coconut Yoghurt	2-3 Poached Eggs with asparagus, hollandaise sauce and lots of butter	Berry Smoothie	Big Breakfast
LUNCH	Bunless Beef and Mustard Hamburgers (cook extra)	Basic Salad and Guacamole Eggs	Leftover Meatless Quiche	Leftover Curried Pumpkin Soup	Leftover Mediterranean Chicken Bake with Salad	Leftover Pizza	Fried Chicken Thighs with Garlic and Herb Butter and Salad or Veggies
DINNER	Meatless Quiche	Leftover Bunless Beef and Mustard Hamburgers and Veggies	Curried Pumpkin Soup	Mediterranean Chicken Bake with Salad	Pizza (make 2 – one for lunch tomorrow)	Bacon Wrapped Chicken Thighs with salad or veg	Leftovers
OPTIONAL SWEETS	Handful of strawberries with Coconut Cream	Choc Chip Cookie	Coconut Yoghurt, mixed berries cacao powder and stevia	Choc Chip Cookie with	Strawberries dipped in 2 squares melted dark chocolate	Handful of strawberries with Coconut Cream	Choc Chip Cookie with

WEEKS 1 and 2

BREAKFAST RECIPES

Scrambled Eggs Serves 1

Ingredients:

- 3 eggs
- 1 tsp. organic turmeric (optional)
- Pinch of black pepper
- Salt and pepper to taste
- LOADS of butter (I use like 30g... or just a majorly hugely heaping dessert spoon)
- Your choice of herbs and/or spices

Method:

1. Melt butter in frying pan over medium heat
2. Whisk eggs and another ingredients.
3. Gently pour egg mixture into melted butter.
4. Stir until eggs are cooked.
5. Serve on a plate sprinkled with extra pepper if you like, or hot sauce, or whatever tickles your fancy (which in my case, would be bacon and avocado!)
6. Serve with anything you like... just not on toast!



Salmon Au Lait D'Amandes (Almond Milk Poached Salmon) Serves 1

Ingredients:

- 1 (approx. 100g) fresh salmon fillet, skin-off (no bones)
- ½ cup almond milk
- 1 pinch saffron (optional)
- 1 heaped tsp. each chopped chives and dill
- 2 heaped tsp. ground almonds/almond meal/almond flour
- 1 tsp. lemon juice
- Pink Salt and Black Pepper

OPTION – I have made this with a dash of onion powder, garlic powder and dill when I didn't have chives or saffron and it was amazing. It will also thicken up with a tiny amount of tapioca flour.

Method:

1. Place salmon in frying pan over medium heat
2. Pour almond milk over the top, add saffron and poach gently for about 10 minutes
3. Remove salmon and keep warm while you make the sauce
4. Stir in lemon juice and ground almonds, stirring as sauce thickens.
5. Add fresh herbs and salt and pepper.
6. Serve warm.



Green Smoothie Serves 1

Ingredients:

- 350g baby spinach
- 1 Tbsp. Spirulina Powder
- 1 small or ½ large avocado
- 1 small cucumber
- 2 stalks of celery
- 250ml coconut water
- 1 Tbsp. (15g) chia seeds
- OPTION – you can add some Natvia to sweeten if you needed

Method:

Blend in a blender!

Berry Smoothie Serves 1

Ingredients:

- 350g baby spinach
- ½ cup frozen mixed berries
- 1 Tbsp. lime juice
- 10 raw almonds
- Vanilla extract to taste
- 250ml coconut water **or** 125ml coconut cream and 125ml almond milk
- 1 Tbsp. (15g) chia seeds
- OPTION – you can add some Natvia to sweeten if needed

Method:

Blend in a blender!



High Protein Berry Nutty Smoothie Serves 2

- 1 cup mixed berries
- 1 Tbsp. spirulina powder
- 1 Tbsp. chia seeds
- 2 brazil nuts
- 4 hazelnuts
- 2 macadamias
- 4 almonds
- 1/4 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- 1 cup filtered water
- Natvia, to taste

Method:

Blend in a blender!



Coconutty Granola/Muesli Serves 15

Ingredients:

- ½ cup Pepitas
- ½ cup sunflower seeds
- 1 cup nuts (I used macadamias and almonds)
- ½ cup almond meal
- ½ cup almond flakes
- ½ cup shredded coconut
- ½ cup desiccated coconut
- Natvia to taste
- 30g chia seeds
- 1/4 cup coconut oil (melted) (Use if planning on cutting into bars)
- Splash of organic vanilla extract

Method:

1. Preheat oven to 180 degrees Celsius.
 2. Combine nuts of choice, sunflower seeds and pepitas in a food processor. Pulse to roughly chop and then transfer to a mixing bowl.
 3. Add all other ingredients (make sure coconut oil is melted) and stir to combine.
 4. Line a baking dish or slice pan with baking paper and add mixture.
 5. Bake in oven for 20 minutes.
 6. Allow to cool.
 7. Cut into granola bars or mix up and serve as muesli.
 8. Store in an airtight jar.
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Big Breakfast Serves 1

Ingredients:

50-100g of bacon (depending on your requirements) (OMIT FOR VEGETARIAN)

2-3 eggs cooked how you like them (fried in LOTS of butter (if you can tolerate butter) or scrambled)

Whatever 'sides' you prefer:

- Avocado
- Asparagus (fried in butter)
- Baby Spinach fresh or sautéed in butter
- Mushrooms (different types sometimes whole, sometimes sliced)



LUNCH RECIPES

Cauliflower Fried Rice Serves 6

I often make the 'rice' (just the cauliflower) and put it in the fridge by itself – i crack the egg into it when I'm reheating it and ready to eat it, and i mix the veggies in after as well.) The cauliflower rice can be added to the slow cooker with whatever you have bubbling away too!

Ingredients:

- For the dressing:
- 2-3 Tbsp. fresh lime juice
- 2 Tbsp. fish sauce
- Stevia to taste

- ½ tsp. apple cider vinegar

For the fried rice:

- 1 large head of cauliflower
- 2 – 3 Tbsp. of coconut oil
- 1 Tbsp. of unsalted butter
- 2-3 eggs

Extras: use what you have... But I used this:

- 1 brown onion, diced
- ½ a zucchini, diced
- 1 medium carrot, diced
- 2 large rashers bacon, diced (OMIT for VEGETARIAN OPTION)
- 1 Tbsp. of crushed garlic
- 2 Tbsp. desiccated coconut
- 5 mushrooms, diced

Method:



1. **Prepare the dressing;** in a jar, combine all the Sauce ingredients. Shake or mix well. Set aside till ready to use. Can be sprinkled as desired onto fried rice, salads or even use a dipping sauce.
2. **Prepare the 'rice':** Place the cauliflower in a blender or food processor and pulse it until it resembles 'rice'.
3. Prep the rest of the ingredients as stated (diced) in the ingredient list above.
4. Add the butter and oil, garlic and veg to one of the woks/pan, preheated over medium heat. Fry till the onions fill soft and translucent/bacon is cooked.
5. While the veggies are cooking, heat the other wok/pan over high heat, add about 1 tablespoon oil plus butter.
6. Next add the cauliflower and cook the same as you would the veggies. Spreading out and frying the cauliflower, allowing it to brown some, tossing and allowing to brown again. This will take about 5 minutes on a high heat. (High heat and fast cooking is what keeps it from being soggy. Find a temp on your stove top that works for you.)
7. Make a well in the center of the cauliflower. Add the beaten eggs and stir until it just begins to thicken, but is still wet.
8. Stir the egg throughout the 'rice'. Continue stirring until the rice is no longer wet. Rice should become nice and fluffy with bits of egg throughout, not large scrambles of it...unless you like it that way.
9. Remove from heat when done and set aside.
10. Finally, combine the contents of both pans/woks into one pan and toss till evenly mixed

TIPS –

- Prepare in advance. Put all the veggies into one container along with the bacon (if using). Put the cauliflower into a separate container and cook them up later.
 - Two woks/pans work best because if you overfill a pan when stir-frying, you will cause the ingredients to steam instead of brown and 'fry'.
 - It is important to have room to spread out the ingredients while cooking. For this reason I cook the 'rice' in one pan and the veggies in the other, then combine at the end.
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Chicken Soup Serves 4

Ingredients:

- 1kg chicken thighs
- 1 Tbsp. each of butter and coconut oil
- 2 cups bone broth or good quality chicken stock
- 3 cups filtered water
- ½ cup onion, chopped
- 1 tsp. fresh ginger, grated
- 1 Tbsp. freshly grated turmeric
- 2 large carrots (peeled if not organic), chopped
- 2 celery stalks, chopped
- 2-5 garlic cloves (depending on how garlicky you like it!), minced
- 1 tsp. organic ground turmeric
- 1 tsp. fish sauce
- ½ Tbsp. basil
- ½ Tbsp. parsley
- 3 Tbsp. coconut aminos
- Pink salt to taste
- Black pepper to taste

Method:

1. Brown chicken in a frying pan with butter and coconut oil.
2. Prepare vegetables while chicken is cooking.
3. Transfer chicken and vegetables to slow cooker or large soup pot on the stovetop.
4. Add bone broth or stock, water and the rest of the ingredients.
5. Cover and cook on high for 4 hours or low 5-8 hours.

VEGETARIAN ALTERNATIVE: Hearty Vegetable Soup or Vegetarian Bone Broth

Hearty Vegetable Soup Serves 6

Ingredients:

- 2 Tbsp. coconut oil for frying
- ½ head cauliflower
- 1 onion, chopped
- 2-4 garlic cloves, chopped
- 4 celery stalks, diced
- 1 medium sweet potato, peeled and chopped (optional – leave out if aiming for very low carbs)
- 250g butternut pumpkin, chopped
- 1 inch piece of fresh ginger, grated
- 1 400g can of tomatoes
- 200g green beans, topped, tailed and chopped
- 2 zucchini, chopped
- 1-2 capsicum (whatever colour you prefer)
- 1 bunch kale, roughly chopped
- 2 cups baby spinach, roughly chopped
- 250g mushroom, chopped
- Handful of mixed herbs and 2 tsp. organic turmeric powder
- Pink salt to taste and black pepper to taste
- 1 litre filtered water or bone broth/stock

Method:

1. Heat oil in large frying pan or soup pot over medium heat and cook the sweet potato, carrot and pumpkin for about 15 minutes until starting to brown. Remove and set aside. (Browning is optional but adds so much flavor!)
2. Add some more oil to the pan/pot and then add onion, ginger, garlic, turmeric and celery stirring gently until translucent.
3. Add tomatoes and rest of the veggies and cook for a few minutes.
4. Return sweet potato, carrot and pumpkin to pan.
5. Add water/stock/bone broth and reduce heat, add salt and pepper and simmer for about 15 minutes or until veggies are soft.
6. Serve as is or cool and puree in food processor.

Pea and Ham Soup Serves 4

Ingredients:

- 1 ham hock (OPTIONAL plus 1 ½ cups diced bacon)
- 1 litre filtered water (or 2 litres if not using broth or stock)
- 4 cups bone broth or good quality chicken stock.
- 500g dried green split peas, rinsed and all the dodgy stuff taken out!
- 3 large carrots, (peeled if not organic), chopped
- 1 brown onion, diced
- 2-3 cloves garlic, minced
- Pink Salt to taste
- Black Pepper to taste

Method:

1. Place peas on bottom of slow cooker or pot on the stovetop.
2. Layer ham on top of the peas.
3. Place carrot, onion and garlic on top.
4. Pour water and broth/stock over the top. DO NOT STIR.
5. Cook on low for 8-10 hours. The meat should be falling off the bone.
6. Turn cooker off and let cool.
7. Remove ham hock, discard bones and excess fat, Roughly chop meat and set aside.
8. You can serve the soup as is, or, as I prefer, you can blend all or some of it in the food processor, and then return the meat after. This soup is da bomb!!!

VEGETARIAN ALTERNATIVE: Hearty Vegetable Soup or Bone Broth

Beef and Mustard Burgers Serves 6

Ingredients:

- 500gm minced beef
- 1 egg
- 1Tbsp. mustard (Dijon, Australian, Hot English, American, basically any type you have in the fridge!)
- 1 brown onion, chopped
- 2 cloves garlic, smashed and chopped
- 1 tsp. pink salt
- 1 tsp. black pepper
- ½ Tbsp. macadamia or coconut oil (to fry in)
- 6-8 rashers of bacon
- OPTIONAL – your choice of herbs and spices

Method:

1. Mix beef mince with onion, garlic, mustard, salt and pepper and smooch with your hands so it sticks together and is all mixed in.
2. Separate into 6 balls and flatten into discs about 8-10cm round and about 1-2cm thick.
3. Heat oil in pan over high heat until it's sizzling.
4. Cook burgers about 5 minutes either side or until cooked through. Squash them down as they start to puff up.
5. Alternatively, throw them on the BBQ!
6. Fry the bacon in the pan you used to cook the burgers in and crisp it (don't burn it though!)

DAIRY FREE ALTERNATIVE: omit cheese

VEGETARIAN ALTERNATIVE: Cauliflower Steak or Portobello Steak



Cauliflower Steak Serves 3

Ingredients:

- 1 large head of cauliflower
- ½ tsp. organic ground turmeric
- 2 Tbsp. olive oil
- Sprinkle of garlic powder
- Sprinkle of onion powder
- 1 tsp. ground cumin
- 1 tsp. ground ginger
- Pink salt to taste
- Black pepper to taste

Method:

1. Preheat the oven to 180C.
 2. In a bowl combine the spices and olive oil. Set aside while you prep the 'steak'.
 3. Remove the leaves from the cauliflower and trim the stem, leaving the core intact.
 4. Cut the cauliflower from top to bottom in 3 thick slices/steaks.
 5. Season with salt and pepper and pan fry in a frying pan with butter or olive oil over medium heat or until golden brown. (2-3 minutes each side)
 6. Remove from pan and place on baking tray lined with baking paper.
 7. Spoon the mixture onto the 'steaks' (or use a brush if you have one).
 8. Bake in the oven for between 10-15 minutes, depending on your oven.
 9. *OPTION – feel free to change the spices to whatever you like. You can also place cheese on top for the last few minutes of baking.
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Mushroom Steak – Serves 2

Ingredients:

- 2 Tbsp. butter
 - ½ cup bone broth or stock
 - ½ small brown onion, diced
 - ½ Tbsp. tomato paste
 - 1 1/2 tsp. mixed herbs
 - 2 garlic cloves, minced
 - 3 Tbsp. balsamic vinegar
 - 1 Tbsp. mirin
 - ½ Tbsp. coconut aminos
 - Black pepper to taste
 - Pink salt to taste
 - 2 large Portobello mushrooms (not chopped)
- *OPTION - use whichever spices/sauces you like; why not try mustard, balsamic vinegar, coconut aminos, thyme, paprika...?

Method:

1. Heat a large frying pan over medium heat and melt the butter.
 2. Add ½ of the bone broth/stock and bring to a light simmer.
 3. Add the onions and garlic and simmer until cooked (between 8-10 minutes).
 4. Remove stems from mushrooms, chop up and add to the pan.
 5. Mix all remaining ingredients in a bowl (except mushroom) and add to pan.
 6. Add mushrooms, cover with a lid and simmer for between 5-7 minutes.
 7. Serve with juice and onions on top of the mushrooms or whatever you are serving this with!
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Cauliflower Pizza Crust

Ingredients:

- 2 cups cauliflower rice
- 2 large eggs
- 3 Tbsp. coconut flour
- ½ tsp. pink salt
- ¼ tsp. ground black pepper
- 2 Tbsp. avocado oil

- Optional garlic powder

Method:

1. Microwave rice for 5 minutes.
2. Place it in tea towel and squeeze out as much water as you can.
3. Let it sit for a few minutes, and then squeeze it again.
4. Place the cauliflower 'paste' into a large bowl and add the remaining ingredients.
5. Mix until it becomes like dough.
6. Line a pizza tray with baking paper and press the crust onto it (not too thinly though!)
7. Cook for about 25 minutes or until golden and starting to brown on the edges.
8. Remove and add your favourite toppings (minus cheese for now).
9. Return to oven and bake until ready. This should only be long enough to heat the topping (note - meat should be precooked before using as a topping).

Remember - we are mostly dairy free for the first 2 weeks. If you find that dairy doesn't upset your gut on the occasions you do eat it, there will be another pizza base option for you called Fat Head.



Smokey Curried Pumpkin Cauliflower Soup Serves 8

We love this one! Serve with grated mozzarella and cream stirred in and ½ an avocado sitting in the middle of the soup. Sometimes we even add crumbled bacon (of course...!) It is really filling. Have a play and see how you like it best ☺

Ingredients:

- 900g butternut pumpkin, chopped
- 250g cauliflower, chopped
- 2 rashers streaky bacon
- 1 brown onion, chopped
- ½ bunch celery (leaves are fine)
- 50g butter
- 2 cloves garlic, chopped
- 2 Tbsp. coconut oil
- 1 cup coconut milk/cream or normal cream
- 2 ½ cups chicken bone broth/stock
- Salt and pepper to taste
- 2 heaped teaspoons curry powder or paste
- 4 turmeric and black pepper capsules (or turmeric from a jar)
- 2 tsp. liquid smoke (optional, but it really 'makes' it!)
- Pink salt and freshly cracked black pepper to taste
- 2 Tbsp. cream (per person) to serve
- ½ an avocado (per person) to serve
- 30g mozzarella (per person) to serve



Method:

1. Heat butter and coconut oil in a large saucepan, and lightly fry the onion, bacon and garlic.
2. Add the pumpkin, cauliflower and celery.
3. Sprinkle with turmeric and curry powder (and any other flavor you might like to add) and cook gently for a few minutes.
4. Pour in the coconut milk, liquid smoke and stock/broth and simmer gently until cooked.
5. Allow to cool and then pour into a blender, or mix with a hand-held mixer. Taste test and add salt and pepper as needed.

DINNER RECIPES

Cumin Eggs Serves 2

Ingredients:

- 4 eggs
- 1 tsp. coconut oil
- 1 tsp. cumin seeds (or powdered if you don't have seeds)
- ½ tsp. coriander seeds (or powdered if you don't have seeds)
- ½ tsp. organic ground turmeric
- 1-2 small green chillies, seeded and finely chopped (OPTIONAL)
- ½ red onion, finely chopped
- 1/3 capsicum, diced
- Pink salt, to taste
- 2 cups baby spinach
- Small handful coriander leaves, chopped, to serve

Method:

1. Heat oil in a medium sized pan over medium heat. Add the cumin and coriander seeds, and stir until they start to pop (or until powdered spices are fragrant)
2. Reduce the heat to low and add the turmeric and stir for 1 minute.
3. Add the chilli, onion and capsicum, and cook for 2–3 minutes or until the onion is translucent.
4. In a bowl, lightly whisk the eggs, season to taste, and then pour into the pan. Stir until cooked to your liking.
5. Serve on a bed of baby spinach, sprinkled with coriander.

Beef Stroganoff with Cauli Mash Serves 8

A hearty meal that pretty much cooks itself! I always make extras and we know it will be requested again the following day!

Stroganoff Ingredients:

- 750g of grass fed beef with the fat left on (or however much beef you have)
 - 400g mushrooms (I put them in whole, but you could slice them)
 - 125g (½ a stick) of grass fed butter or ghee
 - ½ cup organic red wine (optional but delicious!)
 - 2 rashers bacon, chopped
 - 2 tsp. smoked paprika
 - 1 Tbsp. minced garlic
 - 1 brown onion diced
 - 1-2 zucchini cubed
 - 250 ml bone broth (or stock)
 - 2-4 Tbsp. tomato paste
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- 1 large sweet potato, peel and chopped (optional)



Method:

1. Place everything in the slow cooker or large pot on the stove and cook on high for 4-6 hours or low 6-8.

Cauli Mash Ingredients:

- 1 head cauliflower (fresh or frozen) steamed
 - 1 Tbsp. garlic
 - 1-2 Tbsp. chives
 - 1/3 cup almond milk
 - 4-8 Tbsp. unsalted butter or ghee (I used 8!)
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- Pink Salt to taste

Method:

1. Mash then blend with a ba-mix. **VEGETARIAN ALTERNATIVE:** Omit beef and add extra mushrooms

2.

Meatless Quiche Serves 4

Ingredients:

- 1 cup sweet potato, cubed (omit for lower carb option)
- 1 onion, chopped
- 50g, red capsicum
- 300 gram Baby Spinach
- 1/2 cup Cream Cheese
- 100g Gouda or Edam Cheese (optional but yum!)
- 50g Mozzarella, grated
- 1 tsp. cumin seeds or ground cumin
- 1/2 tsp. paprika
- Salt and pepper to taste
- 2 small tomatoes
- 6 large eggs
- 100g Greek Yoghurt
- 1 Tbsp. butter
- 1 Tbsp. coconut oil



Method:

1. Preheat oven to 180C.
2. Fry (in butter and coconut oil) sweet potato until coloured.
3. Fry onion, capsicum, cumin and paprika until onion is soft. Mix in with sweet potato.
4. Mix the egg, yoghurt and cheeses together until combined (I use a food processor).
5. Layer egg mixture, sweet potato/onion mixture, cheese, baby spinach and tomato and then finished it off with the remaining egg mixture. (Or just mix it all together!)
6. Sprinkle with mozzarella cheese and bake for 25-40 minutes (depending on oven).

DAIRY FREE: Use almond milk instead of creams and cheeses.

Mediterranean Chicken Bake Serves 4

Ingredients:

- 700g chicken thighs
- 100 g pesto (recipe in 'extras')
- 400 ml double cream (pure, no additives)
- ½ cup kalamata olives
- 250g feta cheese, crumbled
- 2 garlic cloves, peeled and thinly sliced
- Pink salt to taste
- Black Pepper to taste
- 2 sprigs fresh rosemary (optional)
- 1 tsp. mixed herbs
- Butter and coconut oil for frying

Method:

1. Preheat the oven to 200°C.
 2. Cut the chicken thighs or filets into pieces.
 3. Toss chicken with salt and pepper and fry in butter and oil until golden brown.
 4. Combine pesto and double cream.
 5. Place everything in a baking dish, except the pesto, pour that over last.
 6. Bake in oven for 20-30 minutes (depending on oven), until cooked through.
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Bacon Wrapped Chicken Thighs stuffed with Cheesy Garlic. Serves 2.

Ingredients:

- 2 free range chicken thighs
- 2 long rashers stall-free grass fed bacon (streaky!)
- A handful of mozzarella
- A dash of garlic powder
- Butter/coconut oil for frying
- Toothpicks (to hold them together!)

Method:

1. Smash (tenderize) the thighs with a mallet.
2. Open them out and fill them with the mozzarella and sprinkle with garlic.
3. Roll them up and wrap a long slice of bacon around. Secure with a toothpick.
4. Fry in butter/oil until cooked through. Delish!



Fried Chicken Thighs with Garlic Herb Butter Serves 2

Ingredients:

- 2-4 chicken thighs (1-2 each depending on size of thighs and your hunger)
- Butter and coconut oil for frying
- Garlic Herb Butter (recipe in 'extras')

Method:

1. Remove butter from the freezer and allow to thaw/ 'warm up' a little.
2. Fry the chicken thighs in butter and coconut oil over medium to high heat, then reduce to low heat so as not to dry the meat out.
3. Add salt and pepper to your liking.
4. Serve with a healthy dollop of garlic herb butter and salad or veggies.

Mixed Spice Custard Serves 2

Ingredients:

- 5 eggs
- ¼ cup coconut milk
- 2 Tbsp. coconut oil, melted
- ½ cup water at room temperature
- 1 tsp. gelatin
- Natvia to taste
- ½ tsp. mixed spice
- A couple of shakes of pink salt (go easy!)
- 1 ½ tsp. organic vanilla extract

Method:

1. Dissolve gelatin in 6 Tbsp. of the water for a few minutes.
2. Mix egg and oil in blender with coconut oil.
3. Slowly add the gelatin, water and rest of the ingredients, blend gently.
4. Pour into a bowl and place in freezer for an hour, then move to fridge to allow it set.
5. Serve chilled with mixed berries or nuts, or a sprinkle of cacao powder, or coco nibs... anything that takes your fancy!



Chocolate Mousse Serves 6

Ingredients:

- 1 large avocado
- ¼ cup raw organic cacao powder
- 2 tsp. vanilla extract
- Natvia to taste
- 400ml can coconut cream
- 150g dark chocolate (70%), melted
- ¼ cup chia seeds
- Extra grated dark chocolate, to serve



Method:

1. Cut the avocado in half and remove the stone. Scoop the flesh into the large bowl of a food processor.
2. Add the cocoa powder, vanilla extract, Natvia, coconut cream and chia seeds.
3. Blend well. Scrape down the sides and blend again.
4. Add the cooled, melted chocolate. Process for 10-15 seconds or until completely smooth.
5. Spoon into serving glasses or dishes. Serve with cream or mock cream and extra grated chocolate.

Chocolate Chip Cookies

Ingredients:

- 1½ cup almond flour (the lighter coloured one) (finely ground)
- ¼ cup coconut flour
- Stevia to taste
- 1/8 tsp. coarse sea salt
- 1/2 tsp. baking soda
- 1 large egg lightly beaten
- ½ tsp. vanilla extract
- ¼ cup rice malt syrup (RMS) (leave out for lower carb option)
- ¼ cup coconut oil, melted
- ½ cup dark chocolate chips

Method:

1. Preheat the oven to 180C and line a baking tray with baking paper.
2. Add the flours, sugar, salt and baking soda to a large mixing bowl. Stir to combine.
3. In a separate bowl, pour the warm melted coconut oil over the RMS. Stir gently, and then add the oil/RMS mixture, egg and vanilla to the dry ingredients.
4. Using an electric mixture (or arm power!) Mix well and then stir in chocolate chips.
5. Separate into balls (about 1Tbsp amount) and place on lined baking tray.
6. Press down gently so it stays nice and thick. Leave a little space to allow for spreading.
7. Bake about 10 minutes, until golden brown around the base. They will still be very soft.
8. Allow to cool for 5-10 minutes on the cookie sheet, where they will firm up a bit, before transferring to a rack to cool completely. Be gentle, as they will still be soft!
9. Serve immediately, or store in an airtight container at room temperature for up to a week, or in the freezer for up to three months.

