

RECIPES & FOOD SWAPS

Where no quantity is given...indulge yourself!

EGG WHITE OMELETTE

INGREDIENTS

- 1/2 cup diced red onion
- 1 clove garlic, minced
- Handful of plum or cherry tomatoes, halved
- Salt and pepper
- 6-10 egg whites, whisked
- 1/3 avocado, peeled, pitted and diced
- Chopped fresh coriander
- Crumbled hard cheese
- Add cayenne pepper and hot sauce if you can handle spicy food.

INSTRUCTIONS

Add a small amount of butter to a pan and heat gently

Add the tomatoes, onion, pepper and garlic to the pan

Whisk the eggs together and add to the pan

Remove when cooked and top with the avocado, coriander and hot sauce

SPINACH POTATO BURRITO

INGREDIENTS

- 2 eggs and 6 egg whites
- 1/2 cup diced potatoes
- 1/3 avocado
- Handful of cherry or plum tomatoes

For the wrap

- Ideally use egg white wraps, alternatively use spinach wraps or regular tortilla wrap

INSTRUCTIONS

Heat a little butter in a pan

Add the potatoes and cook until soft.

Add the eggs.

Remove when cooked place in the burrito and top with avocado and tomatoes.

KETO WALNUT COOKIES

INGREDIENTS

- 1 1/2 cups coarsely ground walnuts
- 1 medium egg
- 25 g or 2 heaped teaspoons xylitol/erythritol

- 1 tsp cinnamon

INSTRUCTIONS

- Preheat oven to 180 degree
- Beat the egg, sweetener and cinnamon
- Add ground walnuts
- Form cookies.
- Put on baking sheet.
- Grease with butter or walnut oil.
- Bake for 10 minutes or until nicely browned

HAM AND CHEESE EGG CUPS

INGREDIENTS

- Cooking spray, for pan
- 12 slices ham
- 50g shredded cheddar
- 12 large eggs
- Sea/Himalayan salt
- Freshly ground black pepper
- Chopped fresh parsley, for garnish

INSTRUCTIONS

Preheat oven to 200° and grease a 12-cup muffin tin with cooking spray.

Line each cup with a slice of ham and sprinkle with cheddar.

Crack an egg into each ham cup and season with salt and pepper.

Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).

Garnish with parsley and serve.

BOWLS

STEAK AND EGG BOWL

INGREDIENTS

- 6 egg whites
- 1 egg
- 170g Lean steak - Vegans can sub in vegan ground beef
- 1/2 cup garbanzo beans
- 1 cup brown rice
- Chopped raw cauliflower, onions, tomatoes

INSTRUCTIONS

Lightly grill the steak

Add some butter to a pan and lightly cook the eggs (either scrambled or in an omelette) you may either add the veg before adding the eggs and lightly cook them with the eggs or add them at the end and have them raw

Cook the brown rice as normal

Add everything into a bowl and mix

POTATO BOWL

- 1/2 baked potato cut into blocks and cooled down
- 1/3 cup garbanzo beans
- 2 eggs, lightly boiled and chopped
- 6 ounces lean steak
- Shallots, onions, sliced carrots, garlic

INSTRUCTIONS

Add everything into a bowl and mix

TUNA BOWL

INGREDIENTS

- 225g lean raw tuna - Vegans can substitute Vegan Ground beef
- 1 cup brown rice (cooked and cooled down for 15 mins)
- 1/3 cup garbanzos
- Chopped asparagus, onions
- Hot salsa

INSTRUCTIONS

Very lightly grill the tuna

Lightly cook the asparagus and onions (you can do them under the grill with the tuna) or just have them raw.

Add everything into a bowl and mix

CAULIFLOWER BOWL

INGREDIENTS

- 500g riced cauliflower
- 1/2 cup cold garbanzos
- Lean protein from shrimp or tuna as much as you want - Vegans can sub in vegan ground beef
- Onions
- Hot salsa

INSTRUCTIONS

Add everything into a bowl and mix

CHIPOLTE BOWL

- 2 chicken breasts lightly cooked
- 2 peppers (red, green or yellow)
- 2 scoops mild salsa
- 1 scoop hot salsa
- 25g shredded cheddar - optional Vegans can sub in Tofu

INSTRUCTIONS

Add everything into a bowl and mix

AHI POKI BOWL

This bowl has a number of functional properties. Shallots are very beneficial for the gut. Garbanzo beans, asparagus and onions all effect insulin sensitivity. Thermogenesis, or raising the bodies energy expenditure is done via optional cayenne, siracha and jalapeños. If you can't handle spicy food leave off.

INGREDIENTS

- 300g raw tuna, chicken, salmon or tofu. You can also use 170g lean steak
- 1 cup brown rice cooled down 10 min after heating
- 1/3 cup garbanzo beans
- Apple peels from 1 to 2 apples
- Onions, Asparagus, Shallots. All chopped. Raw is preferable but can do light steamed or blanched.
- Jalapeños - thermogenesis function (optional)

SPICE STACK:

- Garlic: insulin function
- Sesame: fat oxidation
- Salt and pepper:
- Cayenne - thermogenesis (optional)
- Hot sauce - thermogenesis (optional)

INSTRUCTIONS

Cook the protein lightly.

Add everything together join a bowl and mix

Top with spice stack to taste

MANGOLISTA EGG WHITE MUFFINS

These are an amazing fat loss tool you can use for years to come. They can be used for snacks or even complete meals.

INGREDIENTS:

- 2 whole eggs
- 12 egg whites
- 1 1/2 cup low fat milk
- 1 1/4 cup low fat ricotta cheese
- 6 to 8 turkey bacon strips cooked and diced into small bits ***
- 1 cup mushrooms sliced
- 1/2 cup onion diced
- 3/4 cup courgette diced
- 1 1/4 cup Swiss cheese grated fine
- 1/2 tsp salt
- 1/2 tsp basil
- 1/2 tsp pepper •

***For an amazing flavour treat, use Mangolista Bacon instead of Turkey Bacon. You can find Mangolista Bacon online.

INSTRUCTIONS

Preheat oven to 180 degrees.

Cook turkey bacon and set aside.

Brown mushrooms, courgette, and onion in skillet and set aside.

Mix milk into ricotta cheese until blended, blend in eggs.

Add the rest of the ingredients, including bacon and browned vegetables.

In a muffin pan, place paper muffin cups in pan or use non-stick pan, and fill egg mixture to about the top of each cup.

Stir mixture before filling each cup to grab the Swiss cheese at bottom of bowl.

Bake for 30 to 40 minutes, quiches will rise and may fall when removed from oven.

Make ahead and store in freezer for a fast meal. Makes around a dozen depending on the size of your muffin pan

KETO MUFFINS

INGREDIENTS

- 1 cup fine almond flour
- 2 tbsp powdered xylitol/erythritol or stevia equivalent
- 1/4 cup milk of choice
- 1 large egg - Vegans can use vegan egg substitute or 1 flax egg
- 1/2 tbsp baking powder
- 1/4 tsp salt
- Optional crushed walnuts, a pinch of cinnamon, cacao nibs

INSTRUCTIONS

Preheat oven to 180 degrees.

Grease a mini muffin tin very well.

Combine all dry ingredients (stirring well), then stir in wet.

Scoop into muffin cups, filling about 2/3 of the way up.

Bake 10 minutes on the centre rack (or 15 minutes for regular-sized muffins).

Remove from the oven and let cool an additional 10 minutes.

CABBAGE GARBANZO WRAPS

INGREDIENTS

- 170 -340g of chicken
- 1 can garbanzo beans
- 1 head of cabbage
- Asparagus
- Mustard

INSTRUCTIONS:

Steam cabbage and peel into wraps.

Cook chicken any way you like, spicy is better if you can handle it.

Chop asparagus and add chicken, cold garbanzo beans, and mustard to the wrap and serve.

2 to 3 wraps make for an excellent fat burning bomb dinner.

COCONUT CURRY BOK CHOI

INGREDIENTS

- 1 bunch spring onions
- 1 400ml ounce can light coconut milk
- 2 - 2 1/2 tablespoons tamari sauce (like soy sauce but better for you)
- 1 1/2 teaspoons curry powder
- 1 teaspoon ginger
- 1 teaspoon chilli paste - more if you like it hotter
- 1 pound firm tofu - cut into cubes
- 4 plum or cherry tomatoes chopped
- 1 yellow pepper - thinly sliced
- 4 ounces sliced mushrooms
- 2 tablespoons basil
- 4 - 5 cups bok choy

INSTRUCTIONS

Add small amount of butter to a pan and gently heat

Add the pepper, mushrooms, onions, ginger, tofu tomatoes, tamari sauce, curry powder and chilli paste to the pan and cook gently.

5 minutes (approx) before it is ready add the coconut milk

3 minutes (approx) before it is ready add the bok choy

Remove from heat and garnish with basil

ULTIMATE WHITE BEAN CHILLI

White beans resist digestion and are great for sensitising insulin. Serves 5-8 people, great to cook and then freeze for emergencies.

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 900g boneless chicken thigh, cut into 1/2 inch pieces (or, if you are just cooking for yourself, use 70-100 grams)
- 1 diced onion
- 3 cloves garlic diced
- 1/2 tsp ground jalapeño pepper
- 2 tbsp ground cumin
- 1 tsp oregano
- 1 1/2 tsp salt
- 1 tsp fresh ground black pepper
- 1/4 tsp cinnamon – don't omit - this makes the dish
- 4 cups chicken broth

- 1 red bell pepper, seeded, diced • 1 green bell pepper, seeded, diced
- 1 jalapeno pepper, seeded, diced
- 1 can diced tomato
- Green chilli (to taste)
- 1000g white beans
- Chopped coriander

INSTRUCTIONS:

Brown chicken in extra virgin olive oil over medium heat.

Once the liquid has evaporated, add the onion, garlic, jalapeño, cumin, oregano salt, ground pepper and cinnamon to the pan

Cook a little until the onion and garlic soften. About 3 to 5 minutes

Once toasted, add chicken broth and bring to boil. Add the rest of the ingredients to the pot

Cook until ready

TURKEY STUFFED PEPPERS

INGREDIENTS

- 4 green or coloured bell peppers, seeded and tops removed,
- Minced turkey (use 70-100g if making only for yourself. If cooking for others use 500g)
- 2 tablespoons olive oil
- 1/2 onion, chopped
- 1 cup sliced mushrooms
- 1/2 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 400g can diced tomatoes, drained
- 1 tablespoon tomato paste
- 1/2 teaspoon cayenne (optional if you can't do spicy, but great for fat burning)
- Italian seasoning to taste
- Shallots (great for gut health)
- 3 - 4 minced garlic cloves
- Salt and pepper to taste

INSTRUCTIONS

In a skillet over medium heat, cook the turkey until evenly brown. Set aside.

Heat oil in the skillet, and cook onion, mushrooms, red bell pepper, yellow bell pepper, and garlic until tender. Return turkey to the skillet.

Mix in the tomatoes and tomato paste, and season with Italian seasoning

SPICY VEGAN BLACK BEAN SOUP

INGREDIENTS

- 3/4 cup water (or 2 tablespoons extra virgin olive oil)
- 1 red onion, chopped
- 1 clove garlic, minced
- 1/3–1/2 jalapeño, finely chopped, to taste (optional)

- 2 medium-sized carrots, chopped
- 1 red bell pepper, chopped (or any colour)
- 4 teaspoons ground cumin
- 2 teaspoons chilli powder
- 1/4 teaspoon red pepper flakes, to taste (optional)
- 1000g cans organic black beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- 1/2 lime, juiced
- 1/4 cup coriander
- Sea salt & pepper, to taste

Toppings/Sides (optional):

- Avocado
- Crushed tortilla chips
- Jalapeño
- Cilantro

INSTRUCTIONS

Heat water

Stir in the onions and garlic

Add pinch of sea salt and pepper

Cook, stirring occasionally, until the onions are clear. Stir in jalapeño, carrot, red bell pepper, cumin, chilli powder, red pepper flakes

Cook until soft, about 7-9 minutes

Add beans, and broth

Bring to slow boil and simmer. Cook about 20 minutes, until broth is very full of flavour

Turn off heat

Add lime juice and coriander

Add salt and pepper to taste

VEGGIE BEEF BARLEY SOUP

INGREDIENTS

1 tablespoon Extra Virgin Olive Oil

350g Beef, stewing, lean cut into 1-inch cubes, or lamb meat can be used

4 can(s) broth, beef

1 cup(s) onion(s)chopped

1/2 cup(s) celery chopped

1 teaspoon oregano, dried or basil, crushed

2 clove(s) garlic minced

1/4 teaspoon pepper, black ground

1 whole bay leaf

1 cup mixed vegetables, frozen

1 can tomatoes, diced, no salt added 400ml can, undrained

1 cup(s) parsnips peeled and cut into 1/2 inch thick slices, or potato, peeled and cut in to 1/2- inch cubes

2/3 cup(s) Barley

INSTRUCTIONS

In a casserole dish or similar, heat oil over medium heat.

Add meat; cook and stir until meat is browned.

Stir in broth, onion, celery, oregano, garlic, pepper, and bay leaf.

Bring to the boil and reduce heat.

Cover and simmer for 1 1/2 hours for beef or 45 minutes for lamb.

Stir in frozen vegetables, undrained tomatoes, parsnip, and barley.

Return to boiling; reduce heat.

Cover and simmer about 15 minutes more or until meat and vegetables are tender.

Discard bay leaf.

Slow-cooker directions: Substitute regular barley for quick-cooking barley.

In a large skillet, heat oil over medium heat.

Add meat; cook and stir until meat is browned. Drain off fat.

In a 5- or 6-quart slow cooker, combine meat and remaining ingredients.

Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

CHICKEN PHO RECIPE

I don't give amounts for the following ingredients as its quite ok to eyeball it. The thing you want to do is get plenty of the mushrooms in there. I would suggest at least a decent sized pack for each person it needs to serve.

INGREDIENTS

Shiitake Mushrooms

Vegetable stock (preferably home made or a good quality organic brand)

1 Onion

Ginger to taste

Star Anise

Cloves

Tamari sauce

Hot pepper

Your choice of veggies (add as much or as little as you like)

70- 100g chicken cooked

Bean sprouts

Basil

Lime

Hot pepper (optional)

INSTRUCTIONS

Simmer the shitake mushrooms in vegetable stock (or water) for at least 30 minutes to release flavour

Roast onion and ginger on a baking sheet for 20 minutes. Add star anise and cloves (these are essential!) and roast for another 5 minutes. It's tempting to skip this step but DON'T – the roasting adds so much flavour!

Add onion, ginger, star anise, cloves, tamari, salt and hot pepper (if using) to stock and simmer for 40 minutes.

Add veggies to stock you have just made in the previous steps and cook for another 20 minutes.

Add chicken, stock, bean sprouts, basil and lime to bowls and serve!

KETO PORTABELLA MUSHROOMS

This makes for a great dinner on an aggressive fat loss day. You will sleep better and it works wonders for fat loss.

INGREDIENTS

- 5 medium portobello mushrooms
- 1 tbsp unsalted butter
- 4 scallions, sliced (if not available use spring onion)
- 1 jalapeño pepper
- 3 cloves garlic, minced
- ½ cup wheat germ (use Quinoa rice for gluten free)
- ½ cup chopped fresh parsley
- ½ cup chicken broth (for vegetarian - use veggie broth instead)
- Sea salt and freshly ground pepper
- 1 ¼ cups shredded semi-skimmed mozzarella cheese
- 1/3 cup reduced-fat sour cream or nonfat Greek yogurt
- 1 red jalapeño seeded and diced

INSTRUCTIONS

Preheat oven to 375 degrees.

Coat a baking sheet with parchment paper.

Remove stems from the mushrooms and coarsely chop them. • Scrape the gills from the underside of the mushroom caps with a spoon and discard. Heat a large skillet over medium heat.

Add the butter, half of the scallions, jalapeño, garlic and cook, stirring until the chilli pepper is soft. About 4 minutes.

Chop one of the portobello mushrooms along with the stems and add to the pan along with the quinoa rice cereal, chicken stock and cook until tender (about 3 minutes).

Remove from heat and add in the chopped parsley and season with salt and pepper.

Stuff the mushroom caps with an equal amount of the ingredients, layering with mozzarella cheese.

Place on a baking pan lined with parchment paper. If using wheat germ sprinkle on top now.

Bake until mushrooms are tender and the top is golden brown and cheese is melted.

Top with sour cream or yogurt, jalapeño and scallions.

RAW GREEN BEANS

INGREDIENTS

- 2 cups green beans (sliced into 1/4-inch pieces)
- 1 cup carrot (shredded, peeled)

- 2 tablespoons leek (diced)
- 2 tablespoons olive oil (cold-pressed)
- 1 1/2 teaspoons fresh ginger (grated)
- 1/2 teaspoon sea salt
- 1/2 teaspoon coriander (ground)
- 1/2 teaspoon cumin
- 1/2 teaspoon garam masala
- 1/2 teaspoon curry powder
- 1 teaspoon fresh lime juice

INSTRUCTIONS

Place green beans, carrots, and leeks together in a large bowl.

In a separate bowl, whisk the remaining ingredients together until well combined, then pour over the veggies and let sit for 15 minutes.

Eat

STRATEGIC, QUICK AND EASY DINNER IDEAS FOR FAT LOSS

In a rush or just can't be bothered? Try one of these...

- Lean stake and cold baked potato with salt and butter
- 2 eggs, 8 oz chicken, olives, green beans, bacon bits, red potatoes
- 250 cal riced cauliflower, turkey, mushrooms, peppers, 1 egg
- Seasoned Chicken, cold garbanzos, asparagus, mustard, steamed cabbage for the wrapping.
- Grilled cheese with sourdough bread/jalapeños/mustard/butter
- Tortilla soup with chicken
- Egg white omelette - 6 egg whites, cheese, asparagus, onions, shallots, hot sauce of some kind.
- Chicken (any style) and green beans with onions

FOOD SWAPS

You can sub any line item for any other line item in any given food swap.

ASPARAGUS

broccoli, cauliflower, green beans, fennel, cabbage, cucumber

BLACKBERRIES

Raspberries, strawberries, lingonberries, blueberries, dark grapes, cherries

BROCOLLI

Cauliflower, fennel, green beans, asparagus, cabbage

CHICKEN

Turkey, lean steak, very lean hamburger, egg whites, chickpeas, seitan

EGGS

Egg beaters, avocado, macadamia nuts, olives, egg whites, cheese, salmon, sardines, peanut butter, nut butter

GARBANZO BEANS

Lentils, black beans, steel cut oats (lightly cooked), Potatoes (cooled), Greek yogurt with added resistant starch (add 1 scoop resistant starch per cup of greek yogurt)

GRAPEFRUIT

Pomelo, black grapes, blackberries, blueberries, raspberries.

ONIONS

Garlic, green onions, shallots, leeks, garbanzo beans

POTATO

Sweet potato, organic non GMO corn, cooled brown rice, riced cauliflower, yams, carrots, fennel

SEMI GREEN BANANA

Ripe banana, cooled potatoes, cooled brown, rice, steel cut oats raw or lightly cooked, sweet potato cooled down

STEAK

Salmon, turkey, chicken, cod, portobello mushroom w cheese, seared Tuna, cod, turkey vegan filet mignon, seitan, egg whites, orange roughy, trout, salmon, swordfish, lean steak, turkey

WALNUTS

Macadamia, almonds, sunflower seeds, peanuts, avocado, salmon

WRAPS

Egg white wrap, spinach wrap