

HAPPY HEALTHY JUICE WELLNESS AND WEIGHT LOSS



 KICKSTART

ELEVATE 2019

SHOPPING LIST



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JUICE

CUCUMBER
APPLES
CELERY
SPINACH
KALE
LEMON
CARROTS
GINGER
PINEAPPLE
BANANA
BEETROOT
STRAWBERRIES
BLUEBERRIES
ROMAINE LETTUCE
ORANGES
LIME

FOOD

PRAWNS
CHILLIS
GARLIC CLOVES
SPRING ONION
ONIONS
MIXED PEPPERS
CASHEWS
COURGETTE
KALE
EGGS
CHERRY TOMATOES
ROMAINE LETTUCE
SMOKED SALMON
CUCUMBER
LEMON
SPINACH
PUMPKIN SEEDS
AVOCADO
LIME
COD FILLETS
BROCCOLI
GROUND TURKYE BREAST
JALAPENOS
GINGER
LARGE TOMATOES
QUINOA
SLICED ALMONDS

HERBS AND SPICES

FRESH PARSLEY
CUMIN
CAYENNE PEPPER
FENNEL SEEDS
DRIED THYME
RED PEPPER FLAKES
FRESH MINT

DAY ONE

Juice 1

EASY GREEN

Cucumber, Apple and Celery

Juice 2

BEGINNERS GREEN JUICE

Process four large handfuls of spinach, one large leaf of kale, one large cucumber, half a peeled lemon, one apple, and one small carrot.

Meal

PRAWN STIR FRY

Ingredients

- 10 Prawns , shelled and deveined
- 1/2 tsp Himalayan salt
- 1 tsp black pepper
- 1 tbsp Kick Start coconut oil
- 1 small red chilli, diced
- 1 tbsp garlic, sliced
- 1 spring onion, sliced
- 1 medium onion, sliced
- 1 green pepper, sliced
- 65g roasted cashews

Method

Season prawns with salt and pepper.

Heat a large wok or frying pan with 1 tablespoon coconut oil over high heat. Stir fry the prawns until cooked through, about 3 to 4 minutes or until no longer translucent. Set aside.

Heat the same pan with 1 tablespoon oil over high heat. Saute the chilli, spring onions and garlic until aromatic, about 2 to

3 minutes. Stir in the onion and salt; cook until soft, 3 to 4 minutes.

Stir in the green pepper, cashews and prawns; mix well. Serve.



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DAY TWO

Juice 1

GINGER GEM

Carrot, Lemon and Ginger

Juice 2

PINEAPPLE PUNCH

Start with half a cup of freshly cut pineapple chunks and add one medium green apple along with half a cucumber, half a bunch of parsley and six leaves of kale with stems and blend until ready to drink.

Meal

VEGETABLE FRITTATA

Ingredients

- 1/2 courgette
- 1/2 white onion
- 1/2 red onion
- 1 handful kale
- 1/2 pepper
- 4 cherry tomatoes halved
- 4 beaten eggs
- Salt and pepper to taste
- 1 tbsp Kick Start coconut oil

Method

Chop all the vegetables. Add salt and pepper to the beaten eggs. Grease an ovenproof dish with butter and put to one side. Add coconut oil to a warm pan and fry all vegetables over a medium heat until softened. Add the vegetables and eggs into a mixing bowl and mix well.

Pour into the oven proof dish and into the oven at 180 for 10-25 minutes. This can be made the night before and reheated.



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DAY THREE

Juice 1

TROPICAL BLEND

Banana, Pineapple and Kale

Juice 2

APPLE BLAST

Combine two medium apples with one peeled lemon, three stalks of celery, two large carrots and five-10 stems of fresh parsley.

Meal 2

SALMON LETTUCE WRAPS WITH MAYO

Ingredients

- 3 leaves romaine lettuce
- 1/4 tsp Himalayan salt
- 2 ounces smoked salmon
- 1 red onion, finely chopped
- 1 small seedless cucumber, thinly sliced
- 4 cherry tomatoes

Mayo

- 1 large pastured egg
- 1tbsp olive oil
- 1 tsp Kick Start coconut oil
- 2 tsp lemon juice
- 1 pinch Himalayan salt

Method

Blend the mayonnaise ingredients together and set aside. Place lettuce leaves on a plate and evenly spread the insides with the mayo, 1 teaspoon each. Sprinkle with salt and pepper seasoning and top with smoked salmon. Top the salmon with onion, tomatoes and cucumber.



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DAY FOUR

Juice 1

ANTIOXIDANT JUICE

Beetroot, Strawberry and Blueberries

Juice 2

THE BOOSTER

Blend, process six cups of baby spinach together with one whole lemon, three small apples, one-third of a cucumber, eight leaves of Romaine lettuce and a small chunk of ginger.

Meal

SEEDY SALAD

Ingredients

- 1 handful spinach leaves
- 1 tsp pumpkin seeds
- 1 avocado
- 1 tbsp olive oil
- 1 lime, zested and juiced
- 1/2 tsp Himalayan salt

Method

Put the spinach leaves and pumpkin seeds into a large salad bowl. Halve the avocado and then remove the stone. Spoon out the flesh over the salad leaves and pumpkin seeds. Mix the olive oil, lime juice and zest in a small bowl. Add the salt and whisk to emulsify. Pour the dressing over the salad, and then gently toss everything together using your hands.



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DAY FIVE

Juice 1

IMMUNITY JUICE

Orange, lemon and ginger

Juice 2

SWEET NUTRITIONAL JUICE

Combine six cups of spinach with two medium apples, two whole lemons, two peeled oranges and a small chunk of ginger.

Meal

SPICED COD

Ingredients

- 2 cod fillets
- 1/4 tsp cumin
- 1/4 tsp cayenne pepper
- 1 tbsp Kick Start coconut oil
- Fennel veg
 - 1 tbsp fennel seeds
 - 1 tbsp dried thyme
 - 2 tbsp Himalayan salt • 2 florets cauliflower
 - 2 florets broccoli

Method

Steam the cauliflower and broccoli for 5-6 minutes. Meanwhile, grind in a small mortar the fennel seeds, dried thyme and Himalayan salt (this mixture can be stored in the freezer for 2 months). Sprinkle over the vegetables once cooked.

Melt the coconut oil and add the spices for the cod fillets, start at a high heat and reduce down to medium. Place the cod in the pan and fry for 2-3 minutes each side starting with skin side down for extra crispiness. Serve all together.



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DAY SIX

Juice 1

SOUR APPLE

Tart apple and kale

Juice 2

MORNING BOOST

Process one medium beet along with one large red apple, a few stalks of celery and one whole lime.

Meal

TURKEY BURGERS

Ingredients

- 1/4 lb lean ground turkey breast
- 1 spring onion, finely chopped
- 1/2 jalapeño pepper, chopped
- 1/2 handful fresh parsley, chopped
- 1 tsp grated fresh ginger
- 1/4 tsp Himalayan salt
- 1/4 tsp red pepper flakes
- 2 tsp extra virgin olive oil
- 1 tomato per burger, chopped in half

Method

In a medium bowl, combine turkey, spring onions, jalapeño, parsley, ginger, salt, pepper flakes and 1/2 tsp oil. Shape mixture into burgers.

Heat remaining 1 1/2 tsp oil in a pan on medium heat. Add the burgers and cook for 4 minutes per side or until lightly golden and no longer pink in center then remove from the pan.

Pop the beef tomato skin side up onto the pan for a minute to lightly brown then arrange the burgers inside the tomatoes.

Great toppings: Feta cheese, spinach or cucumber.



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DAY SEVEN

Juice 1

DARK GREEN

Kale, Orange, Banana and strawberries

Juice 2

BEGINNERS BERRY JUICE

Six large leaves of kale and one cup of spinach, then add 12 strawberries, two green apples, one whole lime and a handful of fresh mint.

Meal

NUTTY QUINOA SALAD

Ingredients

- 150g cooked quinoa
- 60g sliced almonds, toasted
- 2 tbsp fresh lemon juice
- 2 tsp olive oil
- 2 tsp dark sesame oil
- 1/4 tsp Himalayan salt
- 3 green onions, thinly sliced
- 4 baby tomatoes sliced,

Method

Pour cooked quinoa into a pan on medium heat with a drizzle of olive oil. Stir in almonds, juice, oils, salt, tomatoes and onions. Remove from the heat after 3 minutes and serve.



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