



SUPER HEALTH AND VITALITY MEAT-FREE WEEK



ELEVATE 2019

SHOPPING LIST



ELEVATE 2019

JUICE

CUCUMBER
LIME
CARROT
LEMON
GINGER
APPLES
BROCCOLI
PINEAPPLE
COCONUT MILK
GREEK YOGHURT
ALMOND MILK
CHIA SEEDS
ORANGES
SPINACH
GREEN TEA
KALE
AVOCADO

FOOD

BANANAS
EGGS
GLUTEN-FREE OATS
AVOCADO
MIXED SALAD
CHERRY TOMATOES
CUCUMBER
COCONUT MILK
QUINOA
VANILLA POD
MIXED BERRIES
WALNUTS
MIXED PEPPERS
BROCCOLI
ONIONS
CHICKPEAS
CAULIFLOWER
SPRING ONIONS
BUTTER BEANS
CHILLIS
GARLIC
MIXED SEEDS
SMOKED SALMON
WATERCESS
KALE
CARROTA
SWEET POTATO
CABBAGE
SPINACH
BEETROOT
PARSNIPS
CELERY
SWEDE
CAN TOMATOES
BUTTERNUT SQUASH

SPICES

FRESH MINT
CINNAMON
GROUND NUTMEG
CURRY POWDER
TURMERIC
FRESH BASIL
FRESH DILL
CUMIN SEEDS
FRESH CORIANDER

DAY ONE

Juice

CUCUMBER BLEND

Ingredients:

1 cucumber, coarsley chopped
1 lime, juiced
1 handful fresh mint leaves
1 glass of water

Method:

Blend all ingredients together, sieve into a glass to serve. Add ice cubes.

Meal 1

BANANA PANCAKES

INGREDIENTS

1 banana
1 egg
30g gluten-free oats 1/2 tsp cinnamon
2 tsp coconut oil

INSTRUCTIONS

Mix all ingredients together in a bowl. Heat coconut oil in a frying pan. Half the ingredients and make into balls. Press down the balls into the pan. Cook for a couple of minutes each side.

Meal 2

AVOCADO SALAD

Ingredients:

1 avocado, cored and sliced 1 bag mixed salad
1 glug of extra virgin olive oil 1 pinch Himalayan salt
5 cherry tomatoes, halved 1/2 cucumber, chopped
1/2 lime, juice

Method:

Combine all ingredients and serve.



ELEVATE 2019

DAY TWO



ELEVATE 2019

Juice 1

GINGER GEM

Carrot, Lemon and Ginger

Juice

2 Golden Delicious Apples

1/3 of a Wax-Free Lemon

2 Ice Cubes

Simply juice the apples and lemon and pour over ice - it really does taste like cloudy lemonade!

Meal 1

BERRY QUINOA

INGREDIENTS

100ml coconut milk 100ml water

30g raw quinoa

1 vanilla pod, split 100g mixed berries

1/2 tsp cinnamon

1/2 tsp ground nutmeg 3 walnuts, chopped

INSTRUCTIONS

Combine milk, water, vanilla pod and quinoa in a saucepan. Bring to the boil, lower heat, cover and simmer for 10 mins until most liquid absorbed. Let it stand off the heat for 10 mins. Remove vanilla pod and sprinkle over chopped nuts and fruit to serve.

Meal 2

VEGETARIAN CURRY BOWL

Ingredients:

4 florets broccoli

1 red bell pepper, chopped

1/2 yellow bell pepper, chopped 1 tbsp curry powder

1/2 white onion, chopped

1 cup chickpeas

2 tbsp coconut oil

2 spring onions, chopped Cauliflower rice for 2

Method:

Sautee broccoli, peppers and onion

in coconut oil until tender, add in chickpeas and simmer on low. Once golden sprinkle over curry powder, add a little water if dry. Cook for 5 minutes and serve with cauliflower rice.

DAY THREE



ELEVATE 2019

Juice

GOLDEN LIVER FLUSHING DRINK

INGREDIENTS

1/2 tsp turmeric

A small knob of ginger Juice 1/2 a lemon

1/2 cup water

INSTRUCTIONS Blend all together

Meal 1

BANANA PANCAKES

INGREDIENTS

1 banana

1 egg

30g gluten-free oats 1/2 tsp cinnamon

2 tsp coconut oil

INSTRUCTIONS

Mix all ingredients together in a bowl. Heat coconut oil in a frying pan. Half the ingredients and make into balls. Press down the balls into the pan. Cook for a couple of minutes each side.

Meal 2

CHILLI AND BUTTERBEAN SALAD

Ingredients

- 540g butter beans
- 500g tomatoes, peeled
- 1 red chilli, chopped
- 1 bunch basil
- 1 garlic clove, sliced
- 1 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- Mixed seeds

Method

Drain and rinse the butter beans and place in a mixing bowl. Chop the tomatoes and add to the beans. Place the chilli, basil, garlic, olive oil and vinegar in the small bowl of a food processor then whizz until smooth. Add to the tomatoes and beans, season and mix. Serve scattered with a few mixed seeds.

DAY FOUR



ELEVATE 2019

Juice

GREEN COLADA

INGREDIENTS

1 cucumber

1/2 head broccoli 2CM fresh ginger 100ml coconut milk 1 slice pineapple

INSTRUCTIONS

Juice the cucumber, broccoli and ginger. Blend with coconut milk and finely diced pineapple. Add more coconut milk to taste.

Meal 1

AVOCADO SALAD

Ingredients

1 large avocado, 100g smoked salmon (optional),

1 boiled egg, 4 handfuls fresh spinach, 4 handfuls watercress, 2 green peppers, 1 garlic clove, 1 small onion, 2 tbsp extra virgin olive oil.

Method

Chop and combine all ingredients and drizzle with olive oil.

Meal 2

CHILLED AVOCADO AND CUCUMBER SOUP

Ingredients

- 1 cucumber, peeled and chopped

- 1 avocado, pitted and chopped

- 2 spring onions, chopped

- 1 tbsp fresh dill

- 1 tsp salt

- 1 tsp lemon zest

- 1 lemon squeezed

- 60ml water

Method

Blend all ingredients together until smooth, add more water if needed, it tastes even better if chilled for 2 hours.

DAY FIVE



ELEVATE 2019

Juice

CHIA SMOOTHIE

Ingredients

- 240ml Greek yoghurt
- 200g frozen banana
- 120ml almond milk
- 1 pinch chia seeds

Method

Blend the Greek yogurt, frozen banana and almond milk. Sprinkle with chia seeds. Store the leftover smoothie in the fridge.

Meal 1

GREEN SOUP

Ingredients

Onions, Kale, Broccoli, Red pepper, Carrots, Sweet potato, cabbage and 300ml vegetable stock.

Method

Sweat off the vegetables in coconut oil then add vegetable stock and simmer for 15 minutes. Blitz with a hand blender until smooth. Season with salt and pepper.

Meal 2

SWEET POTATO TORTILLA

300g bag baby spinach leaves

8 tbsp olive oil

2 large onions, thinly sliced

4 medium sweet potatoes, peeled, cut into thin slices 2 garlic cloves, finely chopped

8 large eggs

1. Put the spinach in a large colander and pour over a kettleful of boiling water. Drain well and, when cooled a little, squeeze dry.
2. Heat 3 tbsp oil in a 25cm pan with a lid, then sweat the onions for 15 mins until really soft. Add another 3 tbsp oil and add the potatoes and garlic. Mix in with the onions, season well, cover and cook over a gentle heat for another 15 mins or so until the potatoes are very tender. Stir occasionally.
3. Whisk the eggs in a large bowl, tip in the cooked potato and onion, and mix together. Separate the spinach clumps, add to the mix and fold through.
4. Add 2 tbsp more oil to the pan and pour in the sweet potato and egg mix. Cover and cook over a low-medium heat for 20 mins until the base and sides are golden brown and the centre has mostly set. Run a palette knife around the sides to stop it from sticking.
5. To turn the tortilla over, put a plate face down onto the pan, then flip it over. Slide the tortilla back into the pan and cook for a further 5-10 mins until just set and golden all over. other side until just set and golden all over. Allow to rest for 5 mins, then tip onto a board before cutting into wedges.

DAY SIX



ELEVATE 2019

Juice

SPINACH AND ORANGE SMOOTHIE

Ingredients

- 1 orange, peeled
- 1/2 banana, peeled
- 1 handful fresh spinach
- 60ml almond milk
- 1 tbsp chia seeds
- Ice

Method

Add all ingredients to a blender with a few ice cubes and blend. Add more almond milk if needed.

Meal 1

GREEN AND PINK SALAD

INGREDIENTS

- Extra virgin olive oil
- 1 lemon, zest and juice
- 1 bag mixed salad
- 1 beetroot peeled, coarsley grated
- 1 pinch Himalayan salt
- 1 pinch black pepper
- 1 pinch red chilli, finely chopped

INSTRUCTIONS

Combine all ingredients with a squeeze of lemon and glug of olive oil. Toss in a bowl to coat and serve!

Meal 2

VEG STEW

Ingredients

- 1 tbsp coconut oil
- 1 onion, peeled and sliced
- 2 carrots, peeled and diced
- 2 parsnips, peeled and diced
- 2 celery stalks, chopped
- 250g swede, peeled and diced
- 600ml hot vegetable stock
- 400g can tomatoes
- 420g can butter beans, drained
- A handful of chopped parsley

Method

1. Heat the coconut oil in a large pan, add the onion and fry slowly for 5 mins. Add the other vegetables, cover and fry over a medium heat for 5 minutes, so they start to soften.
2. Pour in the stock and canned tomatoes, bring to the boil, cover and simmer for 10 minutes. Stir in the beans and cook for another 5 minutes, until the vegetables are tender. Sprinkle with the chopped parsley.

DAY SEVEN



ELEVATE 2019

Juice

GREEN KALE JUICE

Ingredients

- 240ml green tea, chilled
- 1 handful fresh parsley
- 1 handful kale
- 1/2 cucumber, chopped
- 1/4 pineapple, chopped
- Juice of 1 lemon
- 1 tbsp fresh ginger, grated
- 1/2 avocado, chopped

Method

Blend all ingredients together until smooth.

Meal 1

EGGS MARINARA

Ingredients

- 2 eggs
- 1 handful cherry tomatoes
- 1 handful parsley
- Himalayan salt
- 1 tsp Kick Start coconut oil

Method

Heat the coconut oil in a saucepan on a medium heat. Crack in 2 eggs and fry until cooked to your desired consistency.

Blend 1 handful of cherry tomatoes and 1 handful of parsley with a sprinkle of Himalayan salt.

Serve the tomato sauce over your eggs.

Meal 2

BUTTERNUT SQUASH SOUP

Ingredients

- 1 Butternut squash, 1 red onion
- 2 Garlic cloves, 1 red chilli,
- 1 small bunch coriander,
- 1/2 tsp cumin seeds, 300ml vegetable stock, 1 tsp coconut oil.

Method

Fry the onion, garlic, coriander leaves and chilli in the coconut oil. Add the diced squash and onion for 2 minutes then cover in stock and cook for 30 mins. Season with salt and pepper.