

**BACK TO
BASICS
HEALTH
FAVOURITES
PART 1**



ELEVATE 2019

SHOPPING LIST

Please note these handbooks are weekly guides created to provide a framework and rough food plan only. Please feel free to mix and match your own recipes!



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ELEVATE

Shopping List

Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Pork
Lean bacon
Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Fats

Olive Oil, Coconut Oil, Butter
Nuts: Organic Macadamia / Almonds / Brazil eat small amounts of these, if required.

Dairy

Almond Milk, Coconut Milk, Rice Milk
*Try different milks for variety

Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.
Almond or Coconut Milk (minimal amounts for cooking)

Hydration

Water a minimum 3 litres per day
Fruit Teas

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple
Lemons / Limes
Pulses
Beans
Quinoa

DAY ONE

BREAKFAST

Boiled Eggs "Hollandaise"

Boil your egg and cut into quarters. Top with a knob of grass fed butter. Chop avocado and place on top.

LUNCH

Chicken, Quinoa and Mango Salad

Ingredients

- 100g cooked quinoa
- 1 cooked chicken breast
- 1 mango chopped
- Half a red pepper, chopped
- Half a red onion, peeled and chopped
- 1 handful of mixed spinach, rocket and watercress • 1 handful of fresh mint, chopped
- 2 tsp of fresh lemon juice

Method

1. Combine all of the ingredients in a bowl (except the chicken) and squeeze the juice from a fresh lemon over the ingredients. Slice up the chicken and mix through.

DINNER

Steak, Eggs and Tomato

Grill 1 steak per person.

Fry 2 eggs in coconut oil and place to the side. Grill 4 tomatoes in the same pan. Plate up all together and season to taste.



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DAY TWO

BREAKFAST

Frittata

In a frying pan over medium heat lightly fry courgettes, broccoli and peppers in coconut oil.

Crack 3 eggs into a bowl and whisk.

Pour the eggs into the pan.

Allow to cook for 5 minutes then flip over and cook for a further 5 minutes or until golden brown on each side.

LUNCH

Turkey Salad

Spread coconut oil onto 1 turkey breast and grill.

Chop 1 handful lettuce, 1/4 cucumber, 4 cherry tomatoes and 1 avocado. Place your salad in a bowl and drizzle with extra virgin olive oil.

Once the turkey is cooked, slice and place on top of your salad. Season to taste.

DINNER

VEG STEW

Heat a teaspoon of coconut oil large, heavy-based pan. Add 1 onion and cook gently for 5 –10 minutes until softened. Add the 3 cloves chopped garlic, dried thyme, 3 carrots, 2 sticks of celery and 2 peppers and cook for 5 minutes. Add the 800g peeled cherry tomatoes, 250ml vegetable stock and fresh thyme and cook for 20 - 25 minutes. Take out the thyme sprigs. Stir in 250g cooked lentils and bring back to a simmer.



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DAY THREE

BREAKFAST

Ultimate Green Juice

Juice the following ingredients; 1 bunch celery 4-5 kale leaves

- 1 green apple
- 1 handful parsley 1 lime
- 1 lemon
- 1 inch fresh ginger

LUNCH

AVOCADO AND SMOKED SALMON NOODLES

Ingredients

- 2 medium courgettes
- 2 avocados
- 8-10 fresh basil leaves
- 2 garlic cloves
- juice of half a lemon
- Himalayan pink salt
- black pepper
- 3 tbsp extra virgin olive oil
- 2 smoked or grilled salmon fillets
- pine nuts

Method

Spiralize the courgette and place in a large bowl. Place avocado, basil, garlic, lemon juice, salt, pepper and extra virgin olive oil in a food processor and blend until smooth. Stir the avocado sauce through the zoodles, shred the salmon on top and toss. Transfer to 2 serving bowls and sprinkle with pine nuts.

DINNER

FISH AND CAULI RICE

Place in tin foil on a baking tray 2 pieces of white fish, squeeze over 1 lemon, sprinkle a little salt and pepper, place 6 cherry tomatoes around the fish and fold the foil over to create a package. Cook in the oven at 180c for 25 minutes. Check it is cooked and serve with the cauliflower rice.

For the cauliflower rice:

Heat a frying pan and add a teaspoon of coconut oil. Grate in cauliflower. Crack one egg into a bowl and whisk.



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DAY FOUR

BREAKFAST

QUINOA PORRIDGE

Ingredients

- 1 handful of dates
- 1 banana
- coconut oil
- quinoa
- almond milk
- 1/2 tsp cinnamon

Method

Chop a handful of dates and 1 banana. Add coconut oil, cooked quinoa, almond milk, cinnamon and bring to boil then simmer until cooked through.

(Amount of quinoa up to you, then add almond milk until creamy)

LUNCH

Vegetable Soup

Put a teaspoon of coconut oil into a saucepan.

Chop and sweat off 1 carrot, 2 florets of broccoli, 1 onion, a handful of cabbage and 1 stick of celery.

Pour in 500ml of vegetable stock and allow to simmer for 10 minutes. Season to taste. Blend with a hand blender.

DINNER

CUMIN COATED LAMB STEAKS

Ingredients

- 100g quinoa
- Himalayan salt
- ground pepper
- coconut oil
- 1 mug of water or stock
- 500g tomatoes
- 1 garlic clove, finely chopped
- 1 small handful of almonds, chopped and toasted
- 1 handful of fresh coriander, or parsley, finely chopped
- 1 pinch of chilli powder
- 2 lamb steaks
- 1/2 tsp paprika
- 1 tbsp cumin seeds
- 1 lime, zest and juice

Method

Cook the quinoa as per instructions on packet. Dice your tomatoes. Mix with the garlic and a little salt and pepper. Stir through the cooked quinoa. Add the almonds, chilli powder, herbs, a little lime zest and juice. Taste. Adjust seasoning as needed. Rub the lamb steaks with a little salt, pepper and the paprika. Sprinkle the cumin seeds over the steaks and press them in on both sides. Get a large frying pan really hot. Add coconut oil and when hot add the steaks. Cook in the hot pan until golden on each side. Turn a few times during cooking. Press the centre of each steak to test if it is done, the firmer it is in the centre the more well done it is.



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DAY FIVE

BREAKFAST

BODY BALANCING JUICE

Ingredients

- 1 apple
- 1 pear
- 1 handful of kale
- 1 handful of spinach
- 1 handful of parsley
- 1 handful of coriander
- 1/4 cucumber
- 1/4 courgette
- 2 broccoli tender stems • 2 sticks of celery
- 1 lime
- 1/4 avocado
- 1 tsp coconut oil

Blend ingredients

LUNCH

MORROCAN STYLE CHICKPEA SALAD

Ingredients

- 1 can chickpeas
- 1 small onion
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 3 tomatoes, chopped
- 1 bag mixed salad
- coconut oil

Method

Lightly fry coriander seeds, onion, cumin seeds and chickpeas in coconut oil, chop tomatoes and mix together.

DINNER

COURGETTE AND CHICKEN CASSEROLE

Ingredients

- 4 courgettes, peeled
- 2 lbs chicken strips
- coconut oil
- almond milk
- 1 Tbsp Himalayan pink salt
- 1 Tbsp black pepper
- 90g onion, finely chopped
- 4 cloves garlic, finely chopped
- 300g sliced mushrooms
- 1 tbsp fresh thyme, finely chopped

Method

Spiralize courgettes and set to the side. In a large sauté pan over high heat, melt coconut oil. Season the chicken strips with salt and pepper and cook until lightly browned. Set aside to cool then chop into bite-sized pieces.

In the same sauté pan with the leftover oil and chicken drippings (may need to add more oil), fry the onions, garlic, and mushrooms together. Add enough almond milk to cover the mixture and let it simmer for about 5 minutes, or until thick. When gravy is at desired thickness, mix with the noodles and chopped chicken until well combined. Pour into a casserole dish. Bake at 180c for 25-30 minutes. Top with the fresh parsley.



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DAY SIX

BREAKFAST

PINK PANCAKES

Ingredients

- 2 eggs
- 225g of gluten free flour
- 1 heaped tsp of baking powder
- 300ml freshly made apple juice
- 150g peeled and grated beetroot • 1/2 tsp mixed spice
- coconut oil

Method

Whisk eggs until frothy. Add flour plus baking powder, apple juice, beetroot and mixed spice. Fold everything together. Get a large frying pan hot. Add a knob of coconut oil. Dollop 2 tbsp batter for each pancake. Cook until golden on each side.

LUNCH

COURGETTE PASTA AND PESTO

Ingredients

- 2 courgettes
- 1 lemon (juice and zest)
- Himalayan salt
- ground pepper
- 1 handful of almonds
- 2 large handfuls of fresh basil
- 1 pinch of red or yellow chilli, finely chopped
- 1 glug of olive oil
- 2 large handfuls of fresh rocket

Method

Trim the end off the courgettes. Then cut lengthwise into long, thin panels. Cut each panel into thin ribbons (or use your spiralizer). Toss in a bowl with a pinch of salt, the zest from the lemon and a good squeeze of juice. Place the almonds, basil, chilli and a good pinch of salt in a food processor (or pestle and mortar), pulse or pound until it starts to come together. Add a good squeeze of lemon juice and then trickle in enough oil to bring everything together. Taste. Adjust seasoning or balance of basil, nuts, lemon and oil. Pop a good spoonful or two of the pesto in with your courgettes. Gently mix it with your hands until the courgettes have a nice pesto coating. Toss the rocket leaves in. Gently mix through. Finish with a drizzle of olive oil, a squeeze of lemon and a few fresh basil leaves.

DINNER

CLEAN CHICKEN TAGINE

Ingredients

- 1 butternut squash
- 2 medium tomatoes
- 1 medium onion
- 2 cloves of garlic
- 1 can chickpeas
- 500ml chicken broth • 1 tbsp of raisins
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 lb boned skinless chicken thigh • 200g plain couscous
- 100g pitted green olives

Method

In a slow cooker, combine squash, tomatoes, onion, garlic, beans, broth, and raisins. In a cup, combine coriander, cumin, cinamon, salt and ground black pepper. Rub spice mixture all over chicken thighs, place chicken on top of vegetable mixture. Cover the slow cooker with the lid and cook as manufacturer directs, on low 8 hours or high 4 hours. About 10 minutes before serving, prepare couscous as label directs. To serve fluff couscous with a fork, stir olives into chicken mixture. Serve chicken mixture over couscous.



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DAY SEVEN

BREAKFAST

HEALTHY BREAD

Ingredients

- 170g flaxseed
- 85g almond flour
- 3tsp baking powder • 4 eggs
- 3 tbsp olive oil
- salt and pepper to taste

Method

Mix the eggs and olive oil together. In a separate bowl mix the dry ingredients. Add the eggs and oil mix to the dry ingredients and mix; it should be slightly runny. Spread out on some greased paper in a shallow tin. Bake for 30 mins at 175c or 350f.

LUNCH

FETA COURGETTA

Ingredients

- 100g feta
- coconut oil
- salt and black pepper
- 1 mug of quinoa
- 2 courgettes, spiralized
- 1 tbsp mint, chopped
- 1 tbsp flat leaf parsley, chopped
- 3 chives, chopped
- 1 lemon, juice only

Method

Heat your oven to 200c / gas mark 6. Pop your feta in an ovenproof dish, drizzle with a little melted coconut oil and sprinkle with pepper. Pop in the oven for 10-15 mins. Put a dry roasting tin in the oven to get hot. Boil 2 mugs of water in a pan, pour in a mug of quinoa and cover. Cook for around 10 mins. You will want a slight bite in the quinoa. Use a spiralizer to create ribbons of courgette. Grab your warm roasting tin from the oven and drizzle with coconut oil. Put your courgettes in, season and pop them in the oven for around 5 mins to soften. When the quinoa is cooked, stir through half of your chopped herbs and add a squeeze of lemon juice. Top with the courgette ribbons and the baked feta. Sprinkle over the remainder of herbs.

DINNER

BUTTERNUT SQUASH RISOTTO

Ingredients

- 2 tbsp coconut oil
- 2 shallots
- 2 sprigs fresh thyme • 240g pearl barley
- 500ml veg broth
- 240ml of water
- 1 butternut squash
- Himalayan salt
- pepper
- 2 tbsp chopped fresh flat leaf parsley leaves

Method

In a 12 inch pan, put in 1 tbsp coconut oil. Add shallots and cook for 2 minutes or until golden, stirring often. Add thyme, cook 30 secs. Add barley and cook 2 mins or until toasted and golden stirring often. Transfer to 6 quart slow cooker bowl, along with the broth, water, squash, and 1/2 teaspoon salt. cover and cook on high 3 1/2 to 4 hours or until the liquid is absorbed and the squash is tender. Uncover, discard thyme. Add the remaining coconut oil, 1 tsp salt, and 1/4 tsp freshly ground black pepper. Transfer one-third of mixture to container and refrigerate for up to 3 days. Transfer the remaining mixture to serving dishes and garnish with parsley.



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