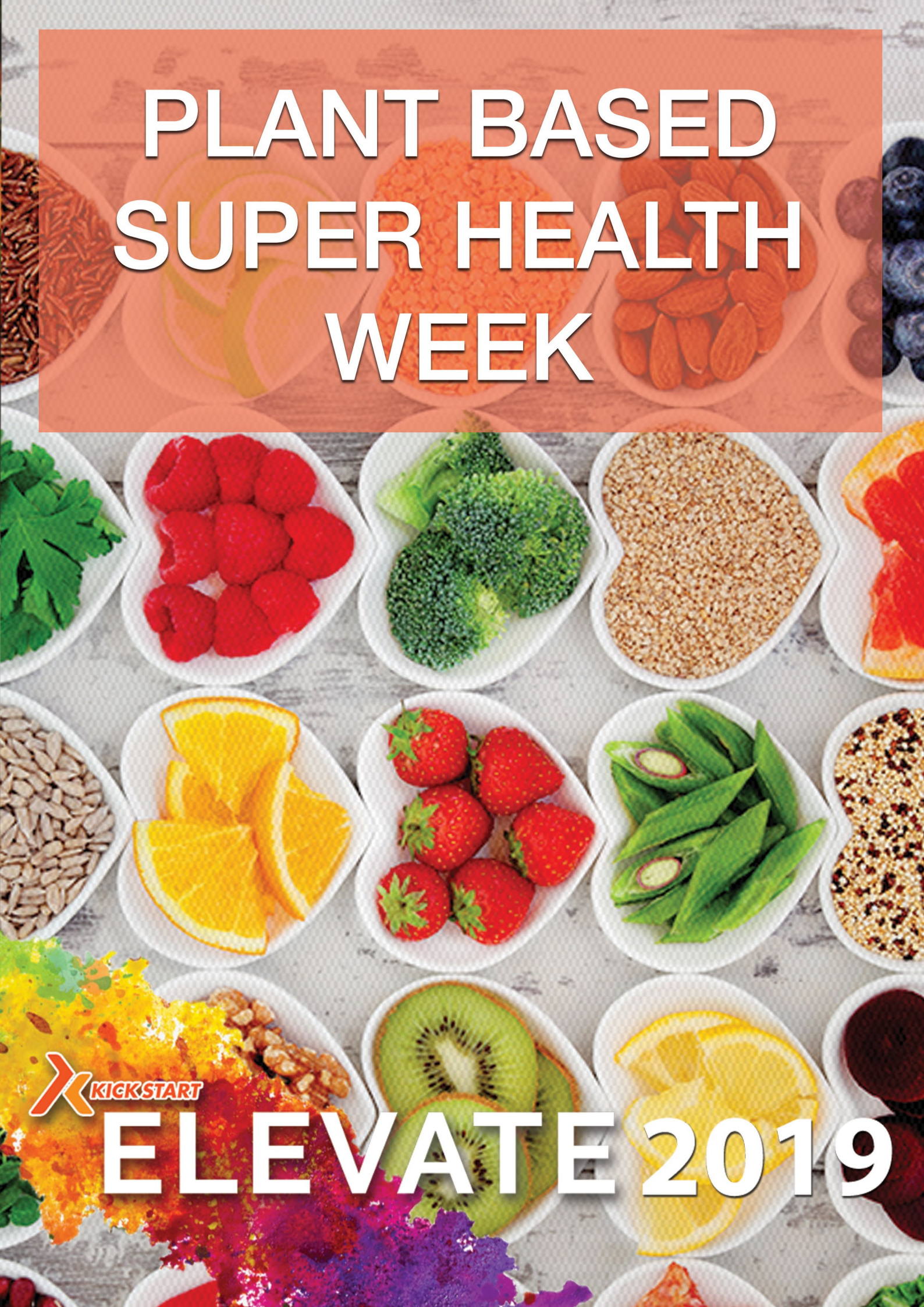


# PLANT BASED SUPER HEALTH WEEK



**KICKSTART**

# ELEVATE 2019

# SHOPPING LIST

## 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  
FROZEN MIXED VEG  
TOMATO PUREE  
MIXED MUSHROOMS

## SPICES

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



# ELEVATE 2019

# 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

### QUICK VEG CURRY

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 1/2 tbsp curry powder
- 2 tbsp tomato purée
- 1 (400g) tin chopped tomatoes
- 1 vegetable stock cube
- 285g frozen mixed vegetables
- 340ml water
- Himalayan salt and pepper to taste
- 1 tbsp chopped fresh coriander to garnish

#### Method

1. In a large saucepan over medium high heat, heat coconut oil and sauté onion and garlic until golden.
2. Stir in curry powder and tomato purée, cook 2 to 3 minutes.
3. Stir in tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper to taste.
4. Cook approximately 20 to 30 minutes until vegetables are well done (not crunchy). Sprinkle with fresh coriander prior to serving.



# ELEVATE 2019

# DAY TWO

## 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.



# ELEVATE 2019

# DAY THREE

## 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.



# ELEVATE 2019

# DAY FOUR

## 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.



# ELEVATE 2019

# DAY FIVE

## 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

### MUSHROOM CURRY

- 500g mixed mushrooms (portobello, chestnut etc) • 2 cloves of garlic, chopped
- 5 cm piece of ginger, chopped
- 1 onion, chopped
- 1 fresh red chilli, copped
- 500g ripe mixed-colour tomatoes, chopped • Groundnut oil
- 1 tsp turmeric
- 1 tsp fenugreek
- 1 heaped tsp black mustard seeds
- 1 heaped tsp medium curry powder
- 1 tin of coconut milk
- 2 limes
- 1 bunch of fresh coriander

#### Method

1. Preheat the oven to 200°C/400°F. Roughly chop some of the mushrooms, keeping the smaller ones whole and tearing up the rest. Tip into a large casserole dish and toast on the hob over a medium heat for 5 to 8 minutes, until nutty and really golden. 2. Meanwhile, peel and finely slice the garlic, ginger and onion. Trim and finely slice the chilli, then roughly chop the tomatoes.

3. Add all of it to the pan except the tomatoes, then add 1 tablespoon of oil and the spices. Toss for 2 minutes, stirring continuously, until the spices are toasted and it's smelling lovely. Add the tomatoes and coconut milk, stir to combine and season well with sea salt and black pepper.

4. Cook for 30 minutes until all cooked through. Taste and season as required, adding a little lime juice if needed.

5. Roughly chop the coriander leaves and scatter over the top when serving. Cut the remaining lime into wedges for people to squeeze over the top.



# ELEVATE 2019

# DAY SIX

## 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.



# ELEVATE 2019



# DAY SEVEN

## 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.



# ELEVATE 2019