

BACK TO  
BASICS  
HEALTH  
*FAVOURITES*  
PART 2



ELEVATE 2019

# SHOPPING LIST



# ELEVATE 2019



## 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



# ELEVATE 2019

## BREAKFAST

### COURGETTE PANCAKES

#### Ingredients

- 1 medium size courgette
- 1 medium size spring onion • 1 large egg
- Salt and pepper to taste
- 2 tbsp coconut oil for frying

#### Method

1. Grate the courgette into a small bowl.
2. Finely chop the spring onion and mix with the courgette.
3. Combine a large egg into the bowl and mix thoroughly, adding salt and pepper to taste.
4. Heat the oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip the pancake till browned on both sides.

## LUNCH

### KEDGEREE

#### Ingredients

- 450g smoked haddock fillets • 3 medium boiled eggs
- 2 tbsp parsley
- 150g (raw) brown rice
- 60g butter
- 75ml rice milk

#### Method

1. Place the fish in a large frying pan, cover with water and allow to simmer for 10-12 minutes until fish is tender. Meanwhile cook the rice in a separate saucepan.
2. Drain the fish, remove and discard the skin and bones. Flake the flesh.
3. Chop 2 eggs. Reserve the third to garnish.
4. Mix together the fish, rice, chopped eggs, parsley and rice milk in a large saucepan. Cook, stirring, until heated through and milk has been absorbed.
5. Serve immediately and garnished with parsley and slices of remaining egg.

## DINNER

### BEEF STIR FRY

#### Ingredients

- 1 organic rib eye steak, cut into strips
- 2 shallots, peeled and chopped lengthwise
- 1 red pepper, chopped into long strips
- 2 garlic cloves, peeled and cut lengthwise
- 4-5 fresh curry leaves
- 1 green chilli, finely chopped
- 1 tsp coconut oil, Himalayan rock salt, ground black pepper, ground cinnamon, ground turmeric

#### Method

1. Mix salt, pepper and turmeric on a plate and cover the beef strips well with the mix until yellow.
2. Add the shallots, red pepper, garlic, curry leaves, green chilli and a heaped tablespoon of cinnamon to a wok or pan with hot coconut oil.
3. Add a little salt and pepper.
4. Cook for about 2 minutes max at high heat and add the beef.
5. Mix it all well and cook the beef to taste.
6. Sprinkle a few roughly chopped fresh coriander leaves on top.
7. Serve piping hot in a bowl.

# DAY TWO



# ELEVATE 2019

## BREAKFAST

### SHABANG EGGS

#### Ingredients

- 2 medium free range eggs, beaten
- 1 small avocado peeled, pitted, and diced
- 1 red pepper, seeded and diced
- 1/2 small red onion, peeled and chopped
- 1/2 tomato, diced
- Fresh baby spinach leaves
- Handful fresh cooked prawns
- 1 tsp coconut oil
- 1-2 cloves garlic, peeled and minced
- A combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives. Sea salt and pepper to taste.

#### Method

1. In a large wok, sauté the onion, bell pepper, and garlic in oil. 2. When the onions are soft, add the eggs, prawns, avocado, tomato, and spinach.

3. Continue cooking on medium heat until eggs are cooked and scrambled, then add herbs. Season if needed.

## LUNCH

### BROCCOLI AND MINT SOUP

#### Ingredients

- 1 large onion, diced
- 1 tbsp coconut oil
- 1 head of broccoli
- 400ml chicken or vegetable stock
- Small bunch of mint leaves, shredded

#### Method

1. Fry the onion in a large pan with oil on a medium heat until softened.

2. Add broccoli and stock and simmer for 10-15 minutes or until broccoli has softened. Cool slightly.

3. Place in a food processor with the mint leaves or use an electric blender to form a smooth texture.

4. Heat to serve.

## DINNER

### COCONUT CHICKEN

#### Ingredients

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp (or to taste) dried, crushed chilli
- 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp garam masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces
- 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped
- 2 tbsp coconut oil
- 4 tbsp fresh coriander

#### Method

1. Mix the coconut milk with the tomato puree, chilli, almonds, turmeric, garam masala, cumin and 1 tbsp water. Add the chicken and coat all of the pieces. Cover with cling film and refrigerate for at least 1 hour.

2. Cook the onions and garlic in 1 tsp of coconut oil until soft.

3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 minutes, covered over a low heat. Add the marinade and the remaining oil and cook for 15-20 minutes.

4. Stir in the fresh coriander and serve.

# DAY THREE



# ELEVATE 2019

## BREAKFAST

### HOMEMADE MUESLI

#### Ingredients

- 1lb gluten free porridge oats
- 200g flaked almonds (or mixed nuts according to preference) • 100g flax seeds
- 400ml coconut milk

#### Method

1. Mix all of the dry ingredients together in a big bowl with coconut milk and leave until the liquid is absorbed by the oats. Spread the mix thinly across a baking tray and toast in a low heated oven until lightly browned and fully dried.
2. Serve with coconut milk when cooled.

## LUNCH

### PRAWN MANGO AND AVO SALAD

#### Ingredients

- 12 large cooked prawns
- 1 mango, peeled and chopped • 1/4 cucumber, finely chopped
- 1/2 avocado, chopped
- 20g unsalted plain cashew nuts • 1 tsp olive oil
- Juice of a half a lime
- Chilli flakes

#### Method

1. Combine the lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with the oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

## DINNER

### ROASTED FENNEL AND CHICKPEA DINNER

#### Ingredients

- 2 medium fennel buds • 2 sprigs of fresh sage • Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil
- Sea salt and cracked black pepper

#### Method

1. Oven temperature of 180oC.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with teaspoon of coconut oil. When melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, then serve.



# DAY FOUR



# ELEVATE 2019

## BREAKFAST

### BANANA AND CINNAMON OMELETTE

#### Ingredients

- 1 chopped banana
- 3 medium free range eggs • 2 tbsp cinnamon
- 1 tbsp coconut oil

#### Method

1. Heat the coconut oil in pan on a medium heat then add the chopped banana until they soften.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.

## LUNCH

### STUFFED PEPPERS

#### Ingredients

- 100g cooked quinoa (follow directions on packet) • 2 red onions, chopped
- 2 tomatoes, chopped
- 1 red pepper, chopped
- 1 clove garlic, crushed • 4 tbsp of lemon juice
- 2 large red peppers
- 1 tsp of coconut oil
- 1-2 tbsp of extra virgin olive oil

#### Method

1. Pre-heat the oven to 200°C.
2. Heat the coconut oil in a pan. Fry off the onions, garlic and chopped pepper for 2 minutes then add in quinoa and cook for further 1 minute.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25 minutes.
5. Drizzle olive oil over the peppers once cooked and serve.

## DINNER

### CHILLI CON CARNE

#### Ingredients

- 2 medium onions
- 1 clove of garlic
- 1 tbsp olive oil
- 2 tsp of chilli powder
- 1 fresh red chilli, deseeded and finely chopped
- 1 heaped tsp of ground cumin
- Sea salt and freshly ground black pepper
- 450g turkey mince
- 4 large tomatoes or 2 x 400g tin tomatoes
- 1/2 a stick of cinnamon
- Red kidney beans soaked overnight or 2 x 400g tin

#### Method

1. Use a metal pan or casserole dish with a lid, that can be used both on the hob and the oven.
2. Pre-heat the oven to 150°C.
3. Put the onions and garlic into a food processor until finely chopped, then fry in a little oil until soft.
4. Add the chilli powder, fresh chilli, cumin and a little seasoning.
5. Now add the mince and continue to cook, stirring until all has browned.
6. Now add the tomatoes, cinnamon stick and a wineglass of water (not wine).
7. Season a little more if need be.
8. Bring to the boil, cover with greaseproof paper and the lid, then either turn the heat down to simmer and cook for 1 hour 30 minutes or transfer to the oven for about 1 hour 30 minutes.
9. Add the kidney beans 30 minutes before the end of the cooking time.
10. This often tastes better if you cook it the day before, as the flavours will develop. Serve with a Green Salad, guacamole and rice.

# DAY FIVE



# ELEVATE 2019

## BREAKFAST

### ASPARAGUS SOLDIERS

#### Ingredients

- 2 large free range/organic eggs • 4 asparagus spears
- 1 tsp of coconut oil
- Sea salt and black pepper

#### Method

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. When the water is boiling, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While the eggs are boiling heat the oil in a frying pan and cook the asparagus spears for 2-3 minutes.
4. Place your eggs in an eggcup and serve asparagus soldiers to dip, season if need be.

## LUNCH

### CHICKEN KEBABS

#### Ingredients

- 2 chicken breasts, cubed into 1" pieces • 1 yellow pepper, cut into 1" pieces
- 1 red pepper, cut into 1" pieces
- 1 red onion, cut into 1" pieces
- 1 mango, cut into 1" pieces • 4 cherry tomatoes
- Wooden skewers
- 1 tsp coconut oil
- Chilli flakes

#### Method

1. Skewer the chicken, onion, pepper, mango and tomatoes onto the sticks.
2. Melt coconut oil and brush all over the skewers, sprinkle with chilli flakes then grill until the chicken is cooked through.
3. Serve with an avocado salad.

## DINNER

### FISH CAKES

#### Ingredients

- 1 rainbow trout
- 100g smoked salmon • 2 large sweet potatoes • 1 portion of soft goat's cheese
- 2 cloves garlic, crushed • 1 red chilli, diced
- 1 beaten egg
- 100g of ground almonds • 6 chives, finely chopped

#### Method

1. Wrap rainbow trout in foil and place in the oven for 25 minutes at 200oc.
2. Once the rainbow trout is cooked, leave out to cool.
- 3 Peel and boil the sweet potatoes, once soft mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add the garlic, chilli and chives.
4. Mix all ingredients together. Place in the fridge for 1-2 hours.
5. Now beat an egg in one bowl, ground almonds in another. Remove the bowl from fridge. Using your hands take handfuls of the mixture and shape into fishcakes. Place the fishcake into the bowl of beaten egg until covered, then into the bowl of ground almonds until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place the fishcakes in the oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle with balsamic vinegar and olive oil.

# DAY SIX



# ELEVATE 2019

## BREAKFAST

### BAKED EGG IN AVOCADO CUPS

#### Ingredients

- 1 avocado
- 2 eggs, beaten
- Sea salt and black pepper
- 1 tsp of coconut oil
- Handful of chopped chives
- Chilli flakes to your preference

#### Method

1. Pre-heat the oven to 200 C.
2. Slice avocado in half and remove pip.
3. Use a spoon to scoop out some of the avocado to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little off the avocado to give it a flat base and make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8-15 minutes depending how well done you like your eggs.
5. Sprinkle with chives and serve with a green salad.

## LUNCH

### GOATS CHEESE AND ASPARAGUS FRITTATA

#### Ingredients

- 400g asparagus tips
- 1 tbsp olive oil
- 90-100g of goats' cheese, crumbled
- 6 large eggs
- 2 tbsp chopped chives

#### Method

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering salted water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1 cm pieces.
2. Heat oil in frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.

## DINNER

### LETTUCE WRAPS

#### Ingredients

- 4 leaves iceberg lettuce leaves
- 2 cooked turkey breasts, sliced
- 1/2 cucumber, cut into long strips
- 4 spring onions, cut into long strips
- 250g hummus
- A sprinkle of paprika

#### Method

1. Place the sliced turkey breast with the cucumber, onion, hummus and paprika in the lettuce leaf. Then wrap with another leaf to make a wrap. Repeat with the remaining ingredients.



# DAY SEVEN



# ELEVATE 2019

## BREAKFAST

### SCRAMBLED EGG AND SMOKED SALMON

#### Ingredients

- 3 large free range eggs
- Sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced • 2 slices smoked salmon, thinly sliced

#### Method

1. Combine the eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in the salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.
4. Serve immediately.

## LUNCH

### SOUTH ASIAN GRILLED CHICKEN

#### Ingredients

- 4 cloves garlic
- 1 inch thick piece of fresh ginger, peeled • Zest of two limes
- 1 tbsp olive oil
- 1 red chilli, chopped
- 1 tsp wheat free soy sauce
- 2 skinless chicken breasts
- Salt and pepper to taste

#### Method

1. Place all the ingredients except the chicken into a blender and pulse to a rough paste. Coat the chicken with the paste and place in a hot oven for 25 minutes.
2. Serve with a green salad including baby leaf spinach, avocado and watercress.

## DINNER

### SHEPHERDS PIE

#### Ingredients

- 500g turkey mince
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and gluten free gravy ([goodnessdirect.co.uk](http://goodnessdirect.co.uk))
- 1 portion of goat's cheese
- 1-2 tbsp coconut oil
- 1-2 tbsp dried mixed herbs

#### Method

1. Pre-heat oven at 180oc for 20 minutes. Skin the sweet potatoes, chop and place in a pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop the onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add the onions and mushrooms, stir for 2-3 minutes until slightly golden. Add the turkey mince to the pan and cook until brown for about 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add the sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approximately 10 minutes.
5. Mash the sweet potatoes together until they are smooth with no