

## Tuesday Breakfast: Monkey Salad



This makes a great dessert as well as a yummy breakfast!

**Serves 1**

### Ingredients:

- 1 chopped banana
- Small handful of nuts (preferably activated)
- Small handful of seeds (preferably activated)
- Coconut flakes
- Ground cinnamon
- Nut butter
- Fresh berries
- Coconut milk or cream

### Method:

1. Place the banana, nuts, seeds and coconut flakes in a bowl.
2. Sprinkle with cinnamon.
3. Drizzle in nut butter.
4. Add some fresh berries.
5. Pour coconut milk or cream over the top.

## Thursday Breakfast: Blueberry & Ginger Granola

Gluten-free – Grain-free – Dairy-free – Refined Sugar-free

**Requires nuts & seeds to be soaked overnight.**

**This will keep for 3 weeks in an airtight container in the fridge.**



This sugar-free granola makes a wonderful breakfast served on top of creamy coconut yogurt, or with cold coconut or nut milk. Add a handful of fresh berries and extra toppings of your choice (bee pollen, hemp seeds, chia seeds, goji berries, raisins etc.)

**Makes around 10 servings**

### Equipment:

- Food processor
- Foil lined baking tray

### Ingredients:

- 200g nuts of your choice – soaked overnight and then rinsed well
- 200g mixed seeds – soaked overnight and then rinsed well
- 150g fresh blueberries/1 punnet fresh blueberries
- 5cm piece fresh root ginger, peeled and grated
- 1 tbsp. coconut oil
- 1 tsp. ground cinnamon
- 1 vanilla pod, cut in half down the length
- 100g dried blueberries
- 100g dried coconut flakes

**Method:**

1. Preheat the oven to 150 degrees.
2. Place the nuts in the food processor and pulse until chopped into smaller pieces. Place the chopped nuts and seeds into a large mixing bowl.
3. In a small pan place the blueberries, fresh ginger, coconut oil, cinnamon and the seeds scraped from the vanilla pod. Heat very gently, stirring, until the blueberries break down. Place the mixture into the food processor and blitz until smooth.
4. Stir the blueberry mixture thoroughly into the nuts and seeds until everything is well coated.
5. Line a large baking tray with tin foil. Spread the granola mixture out evenly until you have a layer only about 1cm thick.
6. Bake in the oven for 30-40 minutes or until the granola is very dry but not burnt. I set a timer and check after every 10 minutes to ensure the granola does not burn. Turn after 20 minutes to ensure the granola cooks evenly. Sometimes I turn the oven off after 30 minutes and leave the granola with the oven door ajar to dry it out at a lower heat.
7. Allow to cool and then mix in the dried blueberries and dried coconut flakes. Store in an airtight container.

## Friday Breakfast: Baked Avocado Eggs



### Serves 2

#### Ingredients

- 1 avocado
- 2 eggs
- 1 spring onion
- ½ red chilli or chilli flakes
- Salt and pepper

#### Method

1. Pre heat the oven to 180C
2. Finely chop the chilli and spring onion and leave to one side
3. Slice the avocado in half and remove the pip, spoon a little more avocado out of the groove left behind by the pip to make a small well for the eggs
4. Crack each egg into a small cup or mug and pour into the avocado
5. Bake in the oven for 15-20 minutes until the egg is cooked
6. Sprinkle over the chilli and spring onion and serve with some rocket salad

## Saturday Breakfast: Sweet Potato Rosti



### Introduction

These rösti-style pancakes make a very nice, quick and easy breakfast or lunchtime snack that can be made in no time at all.

**Serves 2 (makes 4 pancakes)**

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

### Ingredients

- 1 large or 2 small sweet potatoes
- 1 banana shallots (or regular shallot)
- 1 or 2 eggs (see method)
- 1 level tbsp. of coconut or almond flour
- ½ tsp. dried thyme or oregano
- 4 tbsp. of cold chicken or vegetable stock (or water)
- Sea salt & Black pepper
- Coconut oil or olive oil (for frying)

### Method

1. Peel the sweet potatoes and coarsely grate them into a bowl.
2. Peel the shallot, cut in half through the length, and slice into fine strips. Add to the sweet potato.
3. In a separate dish, add a little of the stock to the flour, and mix. Keep adding the stock until a smooth, fairly thick, batter-like consistency is achieved. Add 1 egg to the mixture, beat together, and add to the sweet potato and shallot.

4. Add the dried herbs, season well with salt and pepper, and mix thoroughly. If the mixture seems too dry then add another egg and beat well.
5. Heat a little coconut or olive oil in a large frying pan over a medium heat. Spoon  $\frac{1}{4}$  of the pancake mixture into the pan and gently press down into a disc shape. Repeat for the other three pancakes. (For a neater finish, use a large pastry cutter or mousse ring to shape the pancakes in the pan.)
6. Fry for 4-5 minutes on each side. Do not try to turn these until you have cooked one side for at least 4-5 minutes or they can fall apart.
7. Drain well on kitchen paper, and serve topped with crumbled blue cheese, chopped walnuts, and toasted pumpkin seeds.

---

**Top Tip**

**For an even more substantial dish, try adding courgette and/or parsnip to the mix and top with sautéed red peppers and a poached egg**

---

## Sunday Breakfast: Paleo Pancakes



**Serves 1 (4 small pancakes or 2 larger ones)**

### Ingredients

- 1 egg
- 1 tbsp. of cream from a can of coconut milk
- 1 tbsp. of ground almonds
- ½ a banana mashed
- Pinch of cinnamon
- Splash of cider vinegar
- Pinch of salt

### Method

1. Blend all the ingredients together
2. Heat some oil or ghee in a non-stick frying pan
3. Use a ladle to spoon some of the mixture into the hot pan and cook for a few minutes or until mixture has started to bubble
4. Then turn the pancake over and cook for another minute or 2
5. Serve with some coconut yogurt, fruit, nuts or chia seeds

## Wednesday Lunch: Mushroom Soup



### Ingredients

- 1 small handful dried porcini mushrooms
- Olive oil
- 600g mixed fresh mushrooms, cleaned and sliced
- 2 cloves garlic, peeled and finely sliced
- 1 red onion, peeled and finely chopped
- 1 handful fresh thyme, leaves picked
- Unrefined sea salt
- Freshly ground black pepper
- 500ml chicken or vegetable stock, preferably homemade
- 400ml tin additive-free coconut milk
- 1 handful fresh flat-leaf parsley, chopped

### Method

1. Place the porcini in a small bowl, add boiling water just to cover, and leave to soak.
2. In a large pan add a couple of tbsp. olive oil and the fresh mushrooms.
3. Stir around very quickly for a minute, then add your garlic, onion and thyme.
4. After about a minute you'll notice moisture cooking out of the mushrooms and at this point add the porcini mushrooms. Strain the soaking liquid to remove any grit, and add it to the pan.
5. Carry on cooking for about 20 minutes until most of the moisture disappears.
6. Season to taste, and add your stock and coconut milk.
7. Bring to the boil and simmer for around 20 minutes.
8. Blend the soup before serving, season to taste and sprinkle over the chopped fresh parsley.

## Saturday Lunch: Courgette Salad with Basil & Walnut Pesto



**Serves 2**

### Ingredients

#### For the pesto

- 1 packet fresh basil
- 2 large garlic cloves, roughly chopped
- 1 large handful walnuts
- Optional: 1 large handful Parmesan cheese
- Good quality extra virgin olive oil
- Unrefined sea salt
- Freshly ground black pepper

#### For the salad

- 1-2 courgettes per person, depending on size of courgette and how hungry you are
- Punnet of cherry tomatoes

### Method

1. Make the pesto: Combine the walnuts and garlic in the bowl of a food processor and pulse until coarsely chopped.
2. Add the basil leaves, salt and pepper. Process until finely chopped.

3. Then, with the food processor running, add the olive oil through the feed tube in a steady stream. Be sure to use good quality olive oil; it makes a big difference.
4. If using, add the Parmesan cheese and process again.
5. Keep adding a bit more cheese or olive oil until you are happy with the taste and consistency.
6. Julienne the courgettes using a julienne peeler or spiralizer if you have one. Chop the cherry tomatoes in half. Add the cherry tomatoes and courgettes to a large bowl.
7. Stir a few spoonfuls of the pesto through the raw courgette. You need to mix really well to ensure all of the courgette is thoroughly coated in the pesto mixture. You now have two options: you can leave the salad to sit for 15-20 minutes for the flavours to develop and eat this salad raw. Alternatively you can now pan fry the pesto-coated courgettes for 2-3 minutes to warm through and soften, and serve the salad warm.

## Monday Dinner: Vegetable Chilli

Serve with fresh rocket, guacamole and cauliflower rice or steamed green veggies.



**Serves 3-4**

### Ingredients

- 3 carrots, chopped
- 1 white onion, chopped
- 2 stalks of celery, chopped
- 1 sweet potato, chopped
- 2 garlic cloves crushed
- 1 red pepper, roughly chopped
- 400g tin chick peas
- 2 tins of tomatoes
- 2 tbsp. of tomato puree
- 1 red chilli, finely chopped
- 1 tsp. of paprika
- 1 tsp. of ground cumin
- 1 tsp. ground coriander
- 1 tsp. of chilli powder
- Handful of fresh parsley chopped (optional)
- Olive oil

### Method

1. Wash and chop your veggies.
2. Using a large saucepan, gently heat the olive oil on a medium heat, and then add the chopped carrots, onion, celery and sweet potato and sauté for 5 minutes until softened.
3. Add the spices and garlic and fry for 2-3 minutes more.
4. Add the peppers and chilli, and cook for a 5 minutes.
5. Add the chickpeas once drained and stir in the tinned tomatoes and tomato puree
6. Cook for a further 20-25 minutes stirring occasionally.

## Tuesday Dinner: Paleo Fish Pie



**Serves 4-6**

### **Ingredients**

#### **Topping**

- 2 medium white potatoes, peeled and chopped
- ½ celeriac, peeled and chopped
- Ghee/butter

#### **Fish Mixture**

- 2 white fish fillets, cut into chunks
- 2 small smoked haddock fillets, cut into chunks
- 200g of prawns
- ½ can of coconut milk
- 2 carrots, chopped
- 1 white onion
- 4 hard boiled eggs, peeled and quartered
- 1 tsp. of English mustard
- Handful of fresh parsley, roughly chopped
- Salt and pepper

### **Method**

1. Boil the potatoes and celeriac until they are soft (about 12-15 minutes), drain, season with salt and pepper and then mash them with the ghee or butter
2. Pre-heat oven to 180C
3. Fry the onions on a medium heat in a small amount of ghee or olive oil
4. Add the coconut milk, mustard and half of the fresh parsley. When it starts boiling, add the chopped carrots, and turn the heat down to a very low simmer, cooking for 5 minutes
5. Layer the fish, prawns and eggs in an oven proof dish and pour over the sauce and then spread the mash over the top.
6. Sprinkle the remaining chopped fresh parsley on top.
7. Place in oven for approx. 20-25 minutes.

## Wednesday Dinner: Marinated Chilli Chicken Livers with Fried Potatoes



**Serves 2**

### Ingredients

- 6x chicken livers, diced
- 2 small red chillies, finely chopped
- 1 white onion, chopped
- 2 garlic cloves, chopped or crushed
- 1 red pepper, cut into strips
- 5 potatoes, chopped in to small chunks.
- Handful of fresh basil and parsley, chopped
- Fresh coriander finely chopped
- 1tbsp. of red wine vinegar
- 1tbsp. of paprika
- 2 spring onions, roughly chopped
- 2 eggs (optional)
- Olive

### Method

1. Par boil the potatoes for 8-10 mins
2. While they are cooking, dice up chicken livers and chop chillies, onion, garlic and peppers
3. Add all ingredients except potatoes, eggs and spring onion to a mixing bowl and marinate for 20 minutes
4. Put the potatoes in a shallow frying pan with a tbsp. of olive oil. Fry on medium heat for 5 minutes.
5. Add the marinated ingredients and cook for 5 minutes, stirring regularly,
6. Add the spring onion, cook for a further 5 minutes or until the liver is cooked to your liking.
7. Fry the eggs and serve on top of the liver and potatoes with a sprinkle of the fresh herbs.

## Thursday Dinner: Pork with Courgettes & Salsa Verde



### Introduction

Courgettes are great at any time of year and in plentiful supply. Pair that with British pork which is amongst the best in the world and you have a knockout combination. Here, pork loin steak is paired with chargrilled courgettes and a vibrant salsa verde to produce summer on a plate.

### Serves 4

**Preparation time: 20 minutes**

**Cooking time: 20 minutes**

### Ingredients

- 4 pork loin steaks, approx. 1 ½ inches thick
- 2 large courgettes
- 1 tsp fennel seeds
- 1 garlic clove, crushed
- 1 small bunch of parsley
- 2 tbsp. picked thyme
- 2 tbsp. chopped tarragon
- 1 tbsp. chervil
- juice of ½ lemon
- 2 tsp Dijon mustard
- 2 tbsp. extra virgin olive oil
- Sea salt
- Freshly ground black pepper

### Method

1. Slice the courgettes into rounds of approx. 1 cm thickness. Place in a bowl, sprinkle with a little salt, and set to one side

2. Either by hand or in an electric processor, finely chop the parsley, tarragon, thyme, garlic, and chervil. Slowly add 1 tbsp. of the oil and the lemon juice, season well, mix and refrigerate
3. Rub each pork steak with a very small amount of the olive oil. Place the pork steaks in a preheated griddle pan and cook for 6 minutes on either side (or until at 65° when probed). Remove, top each steak with a layer of Dijon mustard, and then press the green herb mixture on top of each. Cover loosely with foil and allow the meat to rest whilst the courgettes cook
4. Drain any liquid from the salted courgettes and pour over the remaining oil. Mix well to coat the courgette pieces evenly
5. In the same griddle pan used to cook the pork, lay the courgette slices across the pan and place over a medium heat. Turn after 4-5 minutes. The courgettes should be nicely marked by the griddle pan. Cook for a further 4-5 minutes on the other side
6. Sprinkle the courgettes with fennel seeds and divide them between the plates. Season with salt and pepper.
7. Slice each pork steak into 6 pieces and place on top of the courgettes. Garnish with fresh herb leaves and eat immediately.

## Friday Dinner: Chicken Jalfrezi

Serve with broccoli or cauliflower rice



**Preparation time: 15 minutes**

**Cooking time: 45 minutes to 1 hour**

### Ingredients

- 750g boneless chicken thighs, each cut in half
- 2 tbsp. coconut oil
- 3 large onions, finely chopped
- 2 cloves garlic, crushed
- 1 tsp. hot chilli powder
- 1 tbsp. turmeric, ground
- 1 tbsp. cumin, ground
- 1 tbsp. coriander seed, ground
- 1 ½ tsp. salt
- Freshly ground black pepper
- 4" piece fresh root ginger, grated
- 400g chopped ripe tomatoes (or 1 x 400g tin)
- 1 green pepper, finely sliced
- Fresh coriander leaf, chopped

### Method

1. Heat half of the coconut oil in a heavy pan or wok to a medium heat. Add the onions and salt and allow to gently cook, stirring occasionally, for 10- 15 minutes. The onions should be deeply coloured and almost paste-like.

2. Add the garlic and fry for 2 minutes – being careful not to let the garlic burn.
3. Add the chicken, followed by the turmeric and chilli powder. Being careful to control the pan heat, fry gently to cook out the spices, turning the chicken frequently and scraping any residue from the bottom of the pan.
4. Add the tomatoes, cover with a lid, and allow to simmer for 20 mins. Remove the lid and simmer for a further 10 minutes to allow the excess liquid to evaporate.
5. Add the cumin, coriander seed, ginger, fresh coriander leaf and a few turns of black pepper. Simmer for a further 5-7 minutes.
6. Before serving, quickly fry the sliced green pepper in the remaining coconut oil in a very hot pan until coloured and softened. Add to the jalfrezi, check seasoning, and serve.

---

**Top Tip**

**This recipe is also delicious made with lamb.  
To do this, slowly braise a lamb or mutton  
shank for 2-3 hours in stock until tender, allow  
to cool and simply add to sauce to reheat**

---

## Saturday Dinner: Cod Topped with Beetroot Pesto



If you don't have time to make the beetroot pesto for this recipe (steps 1-5 can be done the night before) then you could use a simple basil pesto recipe, which only takes 5 minutes to make (see recipe above). You could also wrap the cod fillets in Parma ham before baking.

### Ingredients

#### For the beetroot pesto

- 4 medium sized beetroots
- 6 garlic cloves, unpeeled
- Generous handful of pine nuts, toasted
- Optional 50g Parmesan cheese, grated
- Unrefined sea salt
- Freshly ground black pepper
- Extra virgin olive oil

#### For the main meal

- 2 cod fillets
- 1 lemon
- 1 large bag of spinach

### Method (Steps 1-5 can be done the night before)

1. Preheat oven to 200C
2. Wash the beetroot, top and tail them, and cut into eighths.  
Place a sheet of tinfoil on a baking sheet, and place the beetroot in a single layer on the foil.

3. Scatter over the whole garlic cloves, season generously with sea salt and freshly ground black pepper, and drizzle with olive oil.
4. Close up foil around the beetroot to make a package, and place it on the baking sheet into the preheated oven. Cook until the beetroot is tender - will take around 50 minutes.
5. Remove from the oven and allow the beetroot and garlic to cool to room temperature.
6. Squeeze cooled garlic cloves out of their skins, and put the garlic and beetroot into the bowl of your food processor.
7. Add toasted pine nuts and Parmesan cheese, and blitz up until a rough paste begins to form.
8. Now, with the motor running, pour olive oil through the tube until you reach a fairly smooth, spreadable consistency.
9. Give it a taste and then add salt and pepper to your liking, also adding more cheese or oil according to your taste.
10. To cook the cod, preheat the oven to 180C.
11. Place each cod fillet on a lightly oiled piece of tin foil. Top with a generous dollop of the beetroot pesto.
12. Drizzle with a little olive oil and a squeeze of lemon juice
13. Bake the cod fillets for 12-15 minutes until cooked through
14. While the fish is cooking, steam the spinach until wilted and stir through some lemon juice, salt and pepper
15. Serve the baked cod fillets on top of the wilted spinach.

## Sunday Dinner: Baked Chicken

Serve with crisp green salad or veggies of choice



### Introduction

A simple one-pot roast that makes a great, quick alternative for a Sunday dinner. Here the chicken is glazed with honey and mustard but near any flavourings can be used - smoked paprika, honey, herbs de Provence, and so on. Get imaginative!

### Serves 4

**Preparation time: 15 minutes**

**Cooking time: 45 minutes**

### Ingredients

- 4 x free-range chicken legs, cut into thighs and drumsticks
- 8 garlic cloves (skin left on)
- 12 new potatoes
- 1 tsp. mustard seeds
- 1 large sprig of rosemary
- 1 lemon, zest and juice
- 1 tbsp. clear honey
- 1 tbsp. olive oil
- 1 tbsp. freshly picked thyme
- Unrefined sea salt
- Freshly ground black pepper

## Method

1. Preheat oven to 180°C.
2. If not already prepared, cut each chicken leg into two pieces. To do this, remove the final inch of the leg by cutting through the lower joint at the foot end, and discard. Then cut through the remaining joint that divides the drumstick from the thigh. Your knife should not be cutting through bone, but pass cleanly through the centre of the joint itself.
3. Place the sectioned chicken pieces into a bowl and add the olive oil, lemon juice and zest.
4. Cut each new potato into quarters and add them to the bowl along with the rosemary, garlic cloves and mustard seeds. Season with salt and pepper, and mix well to coat everything in the oil.
5. Transfer to an ovenproof dish and place, uncovered, in the oven for 30 minutes.
6. Remove from the oven and drizzle over the honey and fresh thyme. Return to the oven for a final 15 minutes.
7. Serve immediately.

## Sunday Dessert: Chocolate Pots



**Serves 4**

### Ingredients

- 1 ripe avocado
- 1 frozen chopped banana (will need to prepare the banana the night before)
- 4 tablespoons of raw cacao powder or cocoa powder
- A few ice cubes

### Method

1. Blend all the ingredients in a blender or nutria bullet; if you are using a hand blender then you should add 2 tbsp. of water.
2. Poor into glasses and serve immediately with topping of choice (chopped banana, crushed nuts, berries)