

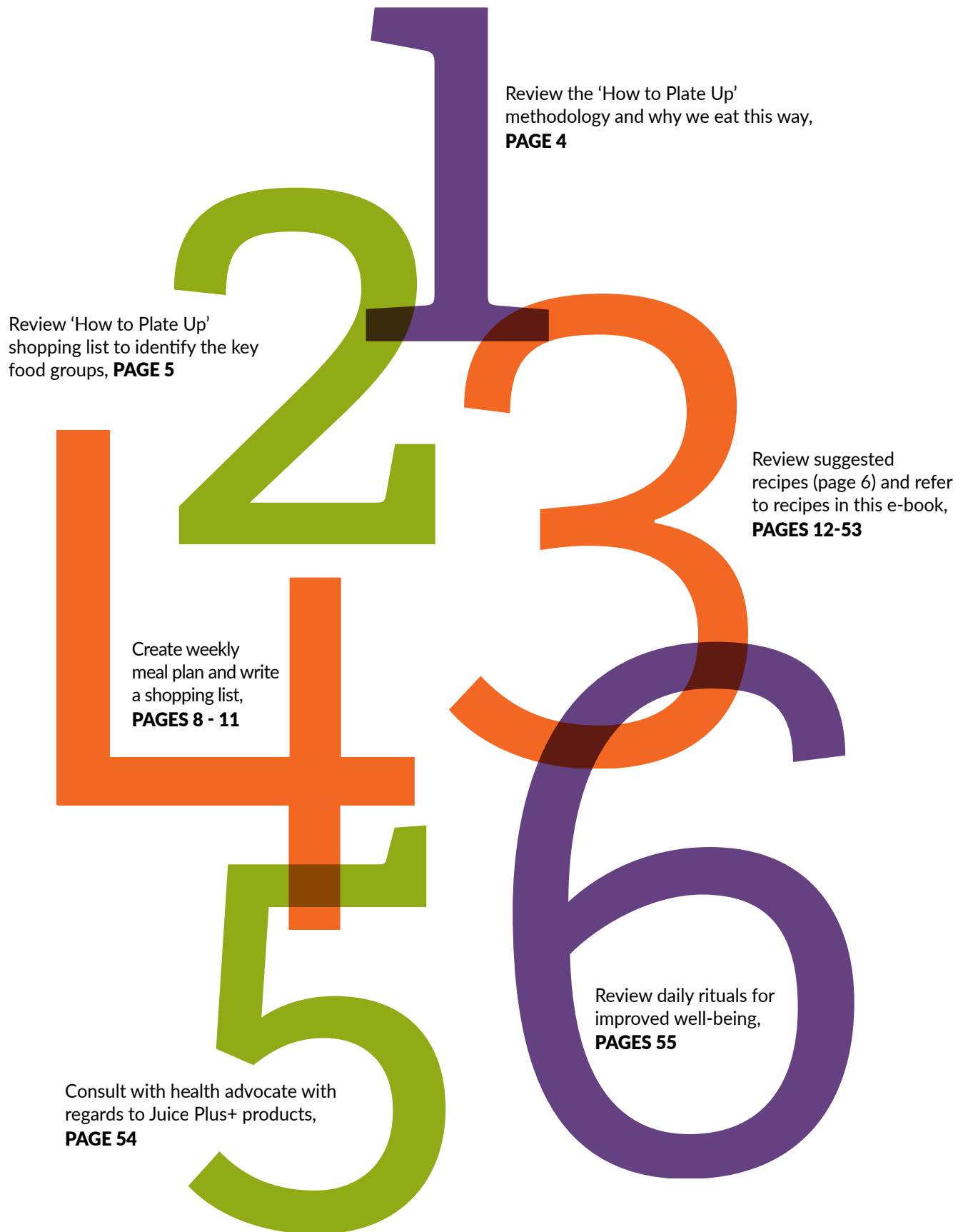
How to

Plate Up

Food combining
for **gut health** and **vitality**

How to Plate Up methodology

How to use



Welcome

to the How to Plate Up methodology



My name is Natalie Baldock, the creator of the How to Plate Up methodology and program. As a trained Institute of Integrative Nutrition Real Food Coach and passionate foodie, it is my ultimate pleasure to present to you my love of food as medicine and the energy that it can create within you!

In a modern world, we are sometimes confused about how to eat, when to eat, what to eat and how to combine food on a plate with health in mind. It has been a vision of mine to help people simplify eating and with this methodology and program, you now have all the tools to do so.

A plate needs to comprise of certain food groups to help with effective digestion, nervous health and immune function. When we plate up the right way, we feel improved energy within the body. The philosophy is that when we eat a combination of fruits and veggies with protein rich foods and good fats in each and every meal, a synergy between these bodily systems occurs and we feel balanced, energised and happier within ourselves.

This is not a diet, it is simply food combining at its best. This way of eating suits vegans, vegetarians, pescatarians and those who follow the Paleo principle.

This program includes an easy to understand description of the How to Plate Up methodology, a meal planner, shopping list plus some of the most delicious recipes to pass by your mouth. It is my gift to you.

Enjoy and feel free to share with world!

Natalie Baldock

Disclaimer: Please note we cannot guarantee any particular results when using the How to Plate Up program. Every individual is unique and will have slightly varied results.

How To Plate Up methodology

Why we eat this way

When we plate up the right way, we have increased energy within the body. A plate needs to comprise of certain food groups to aid in effective digestion, nervous health and good immune function.

When using this methodology and making a meal, simply combine 30% protein rich foods, 60% plant-based carbohydrates (as in salad and or veg) and 10% good quality fats. It could be fish and salad with an olive oil dressing; a smoothie with loads of greens, plant-based protein powders and a dash of good quality fat; and/or a hearty chicken and vegetable soup.

The philosophy is that when we eat this way, we see a synergy between these bodily systems and we feel balanced, at peace, happier and well. A place where we all strive to be.



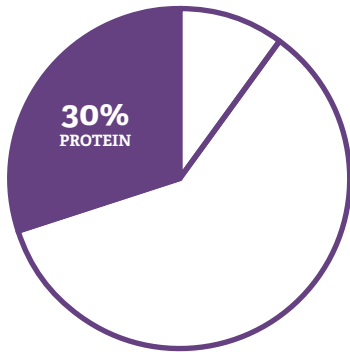
As a Nutritionist and Naturopath with over 12 years in the industry, I recommend this simple food methodology and clean eating program as an easy way for people to learn how to eat in a delicious, enjoyable and health-enhancing way!

Sarah Garepo
Nutritionist & Naturopath



How to Plate Up methodology

Shopping List



30% Protein

Nuts such as almonds, brazil nuts, pecans, hazelnuts, cashews & walnuts

Seeds such as activated & organic pumpkin, sunflower, hemp & chia

Grains such as quinoa, buckwheat, spelt & amaranth

Deep sea fish such as tuna & salmon

Oily fish such as sardines & herring

Game meats such as duck & kangaroo

Grass fed or grass finished organic meat from reputable supplier

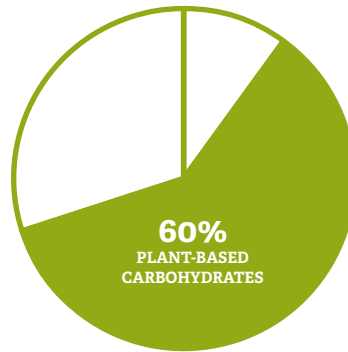
Tempeh or tofu (biodynamic and organic)

Cheese such as goats, labne, fetta & haloumi

Homemade yoghurt & kefir (unpasteurised and non homogenised)

Legumes such as beans, lentils, peas & peanuts

Eggs (biodynamic and organic)



60% Plant-based carbs

Organic fruits in season

All vegetables especially cruciferous greens & root vegetables

Onions including spring onion, salad onions, leek & garlic

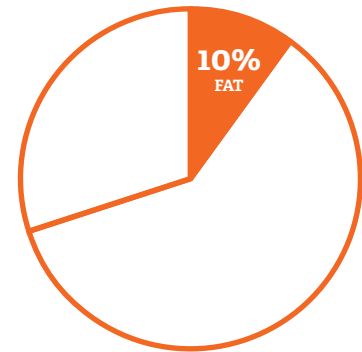
Grasses such as wheatgrass & barley grass

Herbs such as coriander, rosemary, mint, parsley, basil, sage, fennel, etc.

Roots such as ginger & turmeric

Sprouts such as broccoli, alfalfa, radish & fenugreek

Superfoods such as chia seeds, cacao, goji & inca berries



10% Good fats

Young coconut, coconut yoghurt & cold pressed coconut oil

Avocado & avocado oil

Hemp seed oil

Flaxseeds & flaxseed oil

Olives & cold pressed organic extra virgin olive oil

Sesame seeds & sesame seed oil

Macadamia oil, almond oil, hazelnut oil, walnut oil & brazil nut oil

Ghee, duck fat & butter



How To Plate Up methodology

Suggested Recipes



Breakfast

Seasonal fruit salad with hemp seeds, activated pepitas, yoghurt and cinnamon
pg12

Buckwheat crepes with banana, berries, yoghurt and maple syrup
pg13

Poached eggs on sautéed greens with avocado and olive oil
pg14

Grilled vegetable stack with haloumi and olive oil
pg15

Quinoa porridge with coconut milk, grated apple, shredded coconut, walnuts, cinnamon and raw honey
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Lunch

Super seasonal salad with finely sliced kangaroo
pg21

Grilled fish with green salad and infused lemon oil
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Sprouted grain open sandwich with grilled vegetables and goats cheese
pg23

Asian slaw with toasted almonds and avocado
pg24

Quinoa salad with pine nuts, currants and yogurt dressing
pg25



Dinner

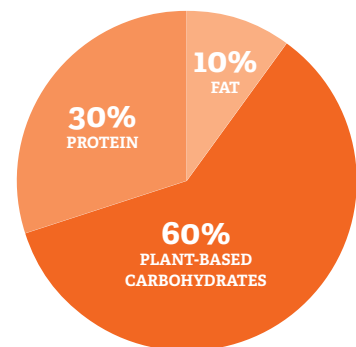
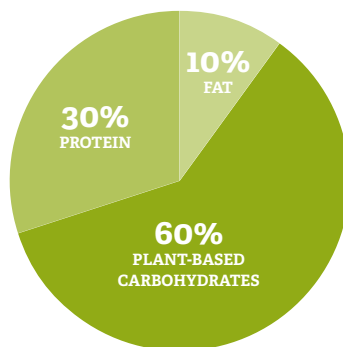
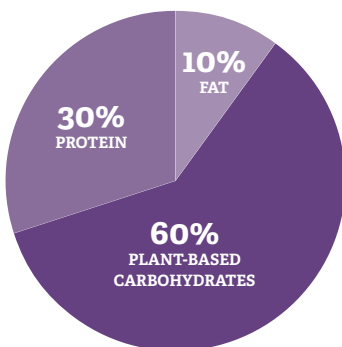
Warm orange and duck salad with lime dressing
pg31

Roasted lemon chicken and super seasonal salad
pg32

Magic bone broth soup packed full of vegetables
pg33

Grass finished organic steak with roasted vegetables
pg34

Lentil dahl with tzatziki and coriander cucumber salad
pg35



How To Plate Up methodology

Suggested Recipes



Snack

Raw protein balls
pg40

Chia pudding with blueberries, cashews, goji berries, coconut and bee pollen
pg41

Layered raw parfait with shredded coconut, dates, almonds and grated apple
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Vegetable crudité's with hummus
pg43

Apple with almond butter
pg45



Smoothie

Lemon meringue pie smoothie
pg50

Beetroot, berries, kefir, maple syrup smoothie
pg50

Super greens smoothie
pg50

Sweet potato, peaches and almond milk smoothie
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Banana, cocoa and coconut smoothie
pg51



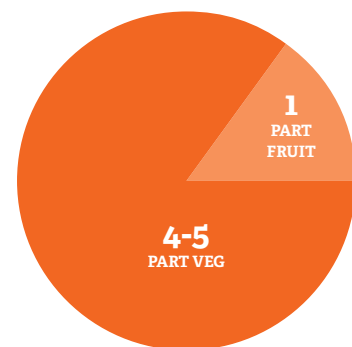
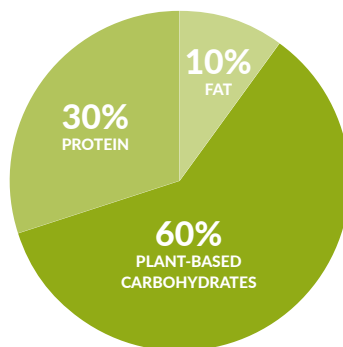
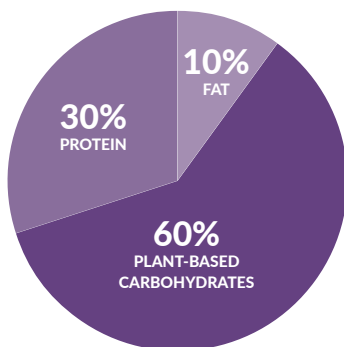
Juice

The go-to green
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For the love of the liver
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Berry blood cleanser
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Midday sunshine
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Weekly Planner

Select from breakfast, snack, lunch and dinner recipe suggestions

	WAKE UP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MON	Take your Juice Plus+ capsules with a large glass of water	Lemon meringue pie smoothie	Apple with almond butter	Super seasonal salad	Vegetable crudites with hummus	Magic Bone Broth
TUE	Take your Juice Plus+ capsules with a large glass of water					
WED	Take your Juice Plus+ capsules with a large glass of water					
THU	Take your Juice Plus+ capsules with a large glass of water					
FRI	Take your Juice Plus+ capsules with a large glass of water					
SAT	Take your Juice Plus+ capsules with a large glass of water					
SUN	Take your Juice Plus+ capsules with a large glass of water					

Disclaimer: Juice Plus+ contains Potassium. If you have a kidney disease or are taking heart or blood pressure medicines, consult your doctor or pharmacist before use. Keep out of reach of children. Vitamin supplements should not replace a balanced diet.

Weekly Planner

Select from breakfast, snack, lunch and dinner recipe suggestions

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Breakfast Suggestion

SEASONAL FRUIT SALAD WITH HEMP SEEDS, ACTIVATED PEPITAS, YOGHURT AND CINNAMON

Ingredients

Choose the best seasonal fruits available for a great dish all year around.

2 ripe peaches, sliced
1 cup blueberries
2 apples, sliced
1 cup strawberries, halved
¼ cup chopped mint
4 tbs hemp seeds
4 tsp activated pepitas
2 cups coconut yoghurt
Cinnamon

SERVES 4

Instructions

1. Place all cut fruit in a large bowl and toss to combine.
2. Add the fresh mint and stir gently.
3. Serve fruit in small bowls, and layer each dish with 1 tbs hemp seeds, 1 tsp pepitas, ½ cup yoghurt and sprinkle cinnamon to serve.



Breakfast Suggestion

BUCKWHEAT CREPES WITH BANANA, BERRIES, YOGHURT AND MAPLE SYRUP

Ingredients

Buckwheat crepes

2 cups nut milk (almond, coconut)
2 tbs milk kefir (or water kefir, kombucha, lemon juice)
2 tbs coconut oil
1¼ cups buckwheat flour
Pinch of salt
1 tsp honey
6 eggs
Coconut oil to prepare pan

Fillings

2 bananas, chopped
1 cup fresh strawberries and mixed berries
Kefir or pot-set Greek style yoghurt
Organic maple syrup
Cinnamon

SERVES 4

Instructions

1. Mix together the nut milk with coconut oil, buckwheat flour, kefir, salt and honey (put in the wet ingredients first). Leave on the counter to soak for 12-24 hours (overnight).
2. After soaking, add the eggs to the batter and blend again to combine.
3. Heat a saucepan over medium heat; add 1 tsp of coconut oil to the pan to prepare it for your first pancake. Ladle ½ cup of the batter into the pan and swirl it around until it covers the bottom of the pan and starts to set. Allow it to cook for about a minute, keeping an eye on it.
4. Once cooked, use a spatula to loosen it off the pan a bit and flip it over. Let it cook for 15-30 seconds, until golden. Repeat until your batter is done. Swirl the batter in the blender from time to time to keep the flour from settling.
5. Transfer crepes to plate and place chopped banana, berries, 1 tbs of kefir or yoghurt per serving. Drizzle with maple syrup and sprinkle cinnamon to serve.



Breakfast Suggestion

POACHED EGGS ON SAUTÉED GREENS WITH AVOCADO AND OLIVE OIL

Ingredients

4 eggs (organic & free range if possible)
1 ripe avocado
1 large bunch of kale, stems removed
2 cups baby spinach
1 bunch broccolini
2 garlic cloves, finely sliced
2 tbs olive oil
1 tbs coconut oil
Celtic sea salt and pepper, to taste

SERVES 2

Instructions

1. In a large frypan heat coconut oil over medium heat. Add garlic and sauté for 3 minutes. Add kale and broccolini, sauté for 5 more minutes until kale is tender. Add spinach until well combined.
2. Meanwhile, poach two eggs at a time in boiling then simmering water for 2-4 minutes.
3. Spread the sautéed greens on a plate, top with two poached eggs and sliced avocado. Drizzle with olive oil, salt and pepper. Enjoy!



Breakfast Suggestion

GRILLED VEGETABLE STACK WITH HALOUMI AND OLIVE OIL

Ingredients

1 purple onion, sliced
2 large red capsicum, sliced
2 large yellow capsicum, sliced
1 large zucchini, halved, sliced lengthwise
1 large eggplant, sliced
4 large portobello mushroom, stemmed
½ cup olive oil
3 garlic cloves, sliced
1 tbs fresh thyme
1 tbs fresh parsley
Block of haloumi, sliced 0.5cm thick
Olive oil to drizzle

SERVES 2

Instructions

1. In a large bowl combine the onion, capsicum, zucchini, eggplant, portobello mushrooms.
2. Combine the olive oil, garlic, thyme, and parsley. Pour the marinade over the vegetables. Season with sea salt and ground pepper. Gently toss to coat.
3. Cover and marinate for one hour.
4. Preheat oven to 180°C.
5. Spread out the veggies in a non-stick casserole dish. Place in hot oven, cover and cook until the vegetables are tender, about 20-25 minutes.
6. Remove the vegetables to a large plate and set aside.
7. Add haloumi to a frypan and cook for 1-2 minutes either side, until golden brown.
8. To serve, create a vegetable stack. Place the portobello mushroom on plate and layer with slices of eggplant, capsicum, zucchini, onion and haloumi. Sprinkle with fresh chopped chives.



Breakfast Suggestion

QUINOA PORRIDGE WITH COCONUT MILK, GRATED APPLES, SHREDDED COCONUT, WALNUTS, CINNAMON AND RAW HONEY

Ingredients

1 cup coconut milk
1 cup water
½ cup quinoa, rinsed
2 apples, grated with skin
½ tsp ground cinnamon
1 tsp vanilla powder
1 tbs ground LSA mix (linseed, sunflower seed, almonds)
4 tbs shredded coconut
Raw organic honey, to drizzle

SERVES 2

Instructions

1. Bring water in a pot to the boil, add quinoa and simmer for 20 minutes until cooked.
2. Strain quinoa, add coconut milk, apple, cinnamon, LSA mix and vanilla powder - mix well.
3. Return mixture to pot and cook for a further 5 minutes until creamy - add more coconut milk if desired.
4. Spoon into serving bowls and top with 1 tbs of shredded coconut, handful of walnuts, sprinkle of cinnamon and drizzle of raw honey.



Breakfast Suggestion

MINTY MADNESS SMOOTHIE BOWL

Ingredients

1½ cups frozen mango
2 cups fresh pineapple
1 Lebanese cucumber, ends removed
1 small avocado
Handful fresh mint
1 cup coconut water
¼ tsp spirulina or 2 capsules of Juice Plus+
Vegetable Blend
2 tbs shredded coconut
1 tsp cacao nibs
Handful fresh strawberries or blueberries

Instructions

1. Blend all ingredients until creamy and smooth (in Thermomix or Bullet).
2. Pour into a bowl and top with shredded coconut, cacao nibs and with choice of berries.

SERVES 2



Breakfast Suggestion

SMASHED AVOCADOS AND POACHED EGGS WITH SAUTÈED VEG

Ingredients

1 slice of ezeikel or paleo bread
1 or 2 poached eggs
Half an avocado, smashed
4 spears fresh asparagus
Thinly sliced capsicum yellow or red
1 tbs coconut oil
Half a lime, juiced
Celtic sea salt and pepper, to taste

SERVES 1

Instructions

1. Heat coconut oil in pan over medium heat.
2. Add capsicum and asparagus.
3. Add salt and pepper to taste.
4. Sauté vegetables for five minutes.
5. Add lime juice and sauté for 2 more minutes.
6. Toast bread.
7. Top with smashed avocado.
8. Layer with vegetables and place poached egg on top.
9. Salt and pepper to taste and serve.



Breakfast Suggestion

SEASONAL WINTER PORRIDGE

Ingredients

1 banana mashed with a fork
2 green apples grated
6 tbs organic oats
2 tbs hemp seeds
2 tbs of cooked quinoa
1 tsp of ground vanilla or Tbs Juice Plus+
Vanilla Complete
Almonds
Seasonal fruits for topping such as apple,
kiwi and orange

SERVES 2

Instructions

1. In medium bowl mix grated apples with mashed banana.
2. Add quinoa, hemp, oats, vanilla and mix well.
3. Add fruits of your choice before serving.

Tip: Add Greek style yoghurt or kefir yoghurt. Sprinkle with cinnamon.



Breakfast Suggestion

MY GO TO ACAI SMOOTHIE BOWL

Ingredients

100g sachet of Amazon Power pure acai pulp (frozen)
½ frozen banana
1 cup fresh fruit (i.e. mixed berries, pineapple, mango, etc)
½ cup nut milk (i.e. almond, coconut, etc)
1 tbs apple cider vinegar
1 tbs hemp seeds
½ sachet Juice Plus+ Vanilla or Chocolate Complete

For topping

¼ cup granola
½ banana, sliced
Handful fresh berries

SERVES 1

Instructions

1. Put all the main ingredients in a blender and blend until smooth. If too thick, just keep adding a little nut milk until it reaches the desired consistency.
2. Add your toppings to garnish.



Lunch Suggestion

SUPER SEASONAL SALAD WITH FINELY SLICED KANGAROO

Ingredients

2 kangaroo fillets (150g each)
1 cup collard greens (or a mix of rocket & baby kale)
1 cup spinach
1 handful flat leaf parsley
1 handful broccoli sprouts
2 tbs hemp seeds
1 tbs activated pepitas
1 tomato, chopped
1 small cucumber, chopped
1 small carrot, peeled & grated
1 beetroot, peeled & grated
1 avocado, cubed

Dressing

6 tbs olive oil
1 lemon, juiced
Zest of 1 lemon
Celtic sea salt and pepper, to taste

SERVES 2

Instructions

1. Place all salad ingredients a big bowl, mix.
2. Cook kangaroo fillets until medium well-done, then take off heat and finely slice.
3. Combine olive oil, lemon, salt & black pepper. Pour over salad just before eating.



Lunch Suggestion

GRILLED FISH WITH GREEN SALAD AND INFUSED LEMON OIL

Ingredients

4 pieces of deep sea fish (i.e. barramundi or salmon), grilled
8 cups mixed baby greens such as rocket, baby kale or spinach
1 cucumber, thinly sliced
4 shallots, thinly sliced
½ bunch basil
1 avocado, diced
1 lemon, grated and juiced
½ cup olive oil

Instructions

1. Arrange the salad ingredients in a bowl.
2. In a small bowl, whisk together the olive oil, lemon juice and lemon rind until emulsified. Drizzle evenly over the salad and toss.
3. Place salad on individual plates and serves with piece of grilled fish.

SERVES 4



Lunch Suggestion

SPROUTED GRAIN OPEN SANDWICH WITH GRILLED VEGETABLES AND GOATS CHEESE

Ingredients

4 slices sprouted grain bread, toasted
1 zucchini, cut lengthways
1 red capsicum, cut into pieces
2 large mushrooms, sliced into pieces
8 cherry tomatoes, whole
Good quality soft goats cheese
2 tbs olive oil
½ bunch basil, leaves picked
Celtic sea salt & pepper, to taste

Instructions

1. To grill vegetables, toss them in olive oil and salt and pepper. Sear vegetables over high heat, then lower heat to finish cooking.
2. Toast the bread and place 2 slices per plate.
3. Layer each slice with grilled vegetables, then crumble goats cheese on each piece and scatter with fresh basil to serve.

SERVES 2



Lunch Suggestion

ASIAN SLAW WITH TOASTED ALMONDS AND AVOCADO

Ingredients

2 cups green cabbage, finely shredded
2 cups red cabbage, finely shredded
2 radishes, julienned
1 carrot, peeled & julienned
½ bunch spring onion, chopped
½ bunch coriander, chopped
½ bunch mint, chopped
1 tbs sesame seeds
½ cup almonds, raw or toasted
1 avocado, chopped
Celtic sea salt & pepper, to taste

Instructions

1. In a small bowl, whisk together the ingredients for the dressing.
2. In a large bowl, toss the cabbage, carrots, radishes, spring onion, coriander and mint together & pour over dressing.
3. Place in bowls and top with almonds, avocado and toasted sesame seeds.
4. Salt and pepper to taste and serve.

Dressing

1 fresh lime, juiced
1 tsp apple cider vinegar
¼ cup olive oil
2 cloves garlic, minced
3 cm ginger, minced

SERVES 4



Lunch Suggestion

ORANGE AND FENNEL SALAD

Ingredients

2 large sweet potatoes (cut lengthways into 2cm slices)
80ml olive oil (plus extra for roasting)
Celtic sea salt & pepper, to taste
1 orange zested and juiced
½ lemon, juiced
½ tsp cumin
A handful of pitted black olives
2 oranges peeled and sliced
1 large fennel bulb thinly sliced
400g fresh raw tuna, thinly sliced
Flat leaf parsley, to garnish

Instructions

1. Preheat oven to 180°C.
2. Toss the sweet potato in olive oil and roast on the tray for 30 min until tender. Set aside to cool.
3. Add 80ml olive oil, orange juice and zest, lemon juice, cumin and olives to a bowl. Season with salt & pepper and combine.
4. Add orange slices and toss.
5. Arrange sweet potato on serving plate with sliced fennel and tuna.
6. Add dressing and garnish with flat-leaved parsley to serve.

SERVES 4



Lunch Suggestion

WARM SWEET POTATO AND LENTIL SALAD

Ingredients

1½ cups organic brown lentils
4 sweet potatoes, skin on
1 bunch kale
1 tsp cumin, ground
'Kraut' ginger and turmeric, sauerkraut
Juice of a lemon
1 cup of organic kefir yoghurt or Greek style yoghurt
2 tbs tahini
Bunch parsley or coriander
¼ cup toasted pine nuts
Celtic sea salt & pepper to taste

Dressing

Juice of one lemon
1 garlic clove
Sea salt
Olive oil

SERVES 4

Instructions

1. Pre-soak the lentils for 8 hours. Strain, rinse and simmer in a pot until they go nice and soft.
2. Cut sweet potatoes into thick disks and drizzle with olive oil, salt, pepper and cumin. Cook at 180°C for 30 - 35 min or until tender
3. Place kale into boiling salted water and remove after 1 minute. Lift into cool water to stop the cooking process.
4. Layer sweet potato, kale and lentils onto serving tray.
5. Combine yoghurt, tahini and lemon juice. Then gently fold in coriander and kraut and pour over vegetables.
6. Top with toasted pinenuts



Lunch Suggestion

ALKALISING SALAD

Ingredients

1 cup parsley, chopped
1 cup coriander, chopped
2 cups organic spinach
5 brussels sprouts, thinly shredded
1 bunch broccoli, finely chopped
1 large organic cucumber, thinly sliced
1 avocado, chopped
3 shallots, finely sliced
¼ red onion, diced
1 tbs organic activated pepitas
1 tbs sunflower seeds

Dressing

½ tsp turmeric, ground
1 tsp fresh ginger, minced
1/3 cup olive oil
Celtic sea salt and pepper, to taste

SERVES 3-4

Instructions

1. Add all salad ingredients into bowl and lightly toss to mix evenly.
2. Mix all dressing ingredients together and after well combined pour over salad. Season to taste and serve.



Lunch Suggestion

MEXICAN BOWL

Ingredients

2 corn cobs, cooked and kernels cut from cob
½ cup black beans, cooked
1 avocado, sliced
1 punnet cherry tomatoes, halved
4 organic eggs, cooked and sliced
2 single chicken breasts
⅓ cup diced black olives
2 spring onions
Coconut oil
Green cabbage, thinly sliced
Silverbeet, thinly sliced
½ cup flat leaf parsley, chopped
½ cup coriander, chopped

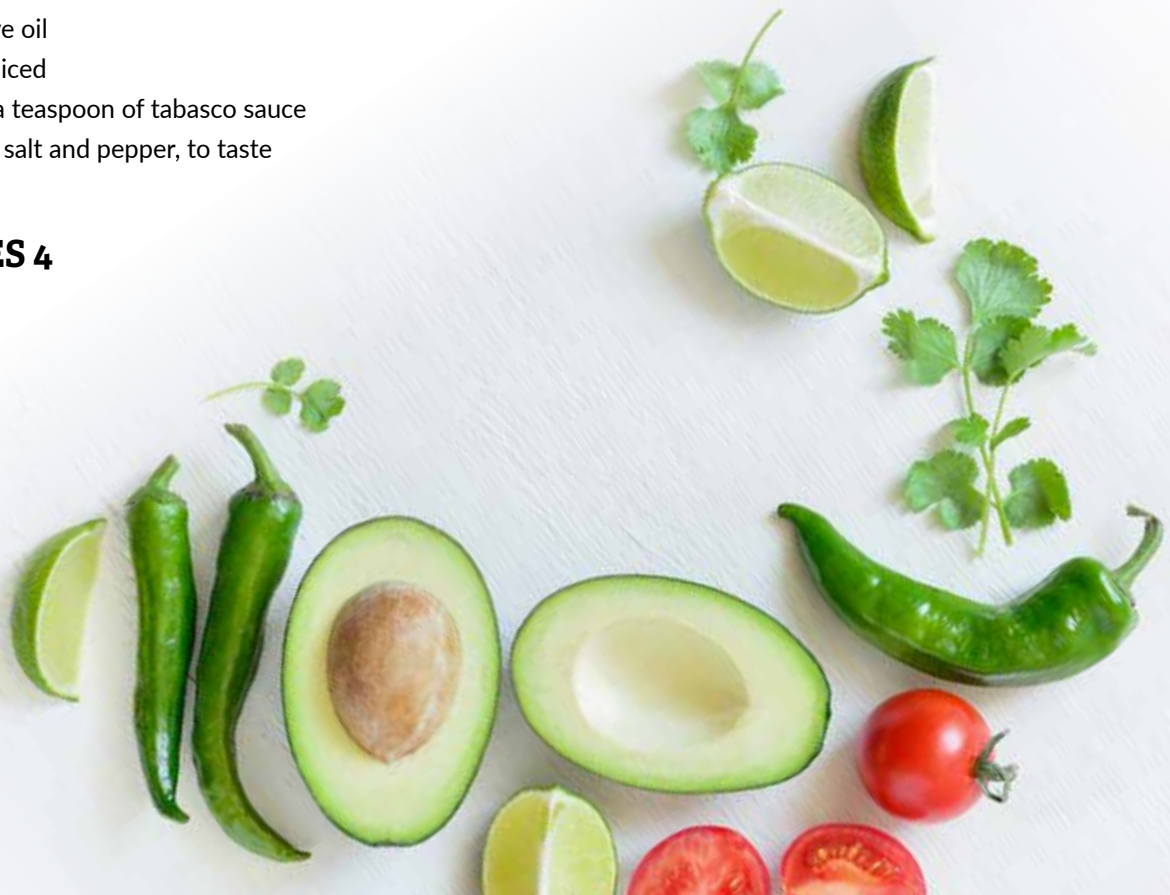
Dressing

⅓ cup olive oil
2 limes, juiced
¼ or half a teaspoon of tabasco sauce
Celtic sea salt and pepper, to taste

SERVES 4

Instructions

1. Cook chicken breasts on open grill pan with coconut oil and sea salt. Cook until tender, set aside and thinly slice.
2. Mix cabbage, silverbeet, parsley and coriander in a bowl.
3. Add cherry tomatoes, black beans, corn kernels, spring onions and gently mix.
4. Evenly distribute cabbage and tomato mix into bowls.
5. Mix all dressing ingredients together.
6. Top with avocado, egg, chicken and dressing. Salt and pepper to taste.



Lunch Suggestion

QUAIL EGG AND QUINOA SALAD

Ingredients

12 quail eggs
100g red quinoa
1 bunch green asparagus, cut into small batons
Handful large green olives, chopped
Handful mint, coarsely chopped
Handful parsley, coarsely chopped
1 shallot thinly sliced

Dressing

¼ cup olive oil
1 lemon, juiced
1 garlic clove, crushed
3 anchovie fillets (optional)
Celtic sea salt and pepper, to taste

SERVES 3-4

Instructions

1. Cook quinoa until tender then drain and spread on a tray to dry.
2. Simultaneously cook eggs in boiling water until medium (3 minutes only). Then drain, cool, peel and set aside.
3. Blanch asparagus for 2-4 minutes cool and set aside.
4. For lemon dressing, mix ingredients in a bowl and season to taste and set aside.
5. Combine remaining ingredients in a bowl. Add quinoa, asparagus and dressing.
6. Arrange eggs on top and serve.



Dinner Suggestion

WARM ORANGE AND DUCK SALAD WITH LIME DRESSING

Ingredients

4 duck breasts, skin on
1 large bag mixed salad leaves
2 oranges, peeled and sliced
1 continental cucumber, halved and sliced
½ cup olive oil
2 small limes, juiced
Celtic sea salt and freshly ground pepper

SERVES 2

Instructions

1. Preheat oven to 175°C.
2. In a hot non-stick fry pan brown duck breasts for 2 minutes on each side, then place in a deep casserole dish and bake in oven for 25 minutes. Remove and set aside for 10 minutes, then thinly slice.
3. In a large bowl place all the salad leaves, orange, cucumber and sliced duck on top.
4. Drizzle lime juice and olive oil over salad just before serving. Season to taste.



Dinner Suggestion

ROASTED LEMON CHICKEN WITH SUPER SEASONAL SALAD

Ingredients

Chicken

1 large free range and or organic chicken,
approx. 1.6kg
2 small lemons, chopped in eighths
4 sprigs of thyme
Celtic sea salt
Olive oil

Salad

1 cup collard greens
1 cup spinach, loosely chopped
1 handful flat leaf parsley, roughly chopped
1 large handful sprouts
2 tbs hemp seeds
1 tbs activated pepitas
1 cup cherry tomatoes, chopped in half
1 small cucumber, halved and sliced
1 large carrot grated
1 beetroot, grated
1 avocado, chopped

Dressing

¼ cup olive oil
Juice of 1 lemon
Celtic sea salt and pepper, to taste

SERVES 6

Instructions

Chicken

1. Mix lemon pieces and thyme with a dash of olive oil in a bowl
2. Stuff lemon mix into chicken until its tightly packed
3. Rub olive oil and sea salt into chicken skin
4. Roast chicken at 180°C for 1 hr 20 minutes

Salad

5. Place all ingredients in a large bowl and mix lightly
6. Add in dressing
7. Serve your favourite part of chicken with a generous serving of salad



Dinner Suggestion

MAGIC BONE BROTH PACKED FULL OF VEGETABLES

Ingredients

7 litres water (use less for slow cooker)
2 organic chicken carcasses, fat removed
4 bay leaves
Dash of apple cider vinegar
3 large garlic cloves, peeled and chopped
1 leek, sliced
2 medium sized carrots, diced
Celtic sea salt and pepper to taste

Green Vegetables

2 cups spinach leaves
2 cups celery, chopped
1 cup kale, chopped
1 cup Italian flat leaf parsley, chopped
1 cup broccoli, finely sliced
1 cup coriander, chopped

SERVES 2

Instructions

1. In a large 10 litre pot, bring water to boil (using a slow cooker is best).
2. Add chicken carcasses and return water to simmer.
3. Add apple cider vinegar and bay leaves. Simmer for 1 hour.
4. Add garlic, chopped carrots, leek and further simmer for 24 to 48 hours, depending on how potent you want the broth.
5. In last 10 to 15 minutes, add all the chopped green vegetables until moderately cooked. Season with pepper to taste.

Tip: Slow cooker is safest otherwise use a good quality cast iron pot or Neoflam (a personal favourite). Watch carefully as water evaporates. Organic chicken can be sourced from your local farmers markets.



Dinner Suggestion

GRASS FED ORGANIC STEAK WITH ROASTED VEGETABLES

Ingredients

4 x 250g grass fed scotch fillet
Celtic sea salt
1 cup pumpkin, skin on and chopped into 4cm chunks
1 cup carrots, chopped into 4cm lengths
1 cup yellow squash, chopped into 4cm chunks
1 cup chopped zucchini into 4cm chunks
1 red onion, quartered
2 cups kale, thinly sliced
2 cups silverbeet, thinly sliced
Coconut oil

SERVES 4

Instructions

1. Preheat oven to 175°C.
2. Rub sea salt into steak and set aside whilst preparing vegetables.
3. Place chopped pumpkin, onions and carrots in a large casserole dish with 1 tbs coconut oil and salt. Cook for 25 minutes.
4. Add squash and zucchini to oven and cook all vegetables for a further 15 mins.
5. Heat non stick pan on high heat and cook steak for 6 minutes each side to achieve medium cooked meat.
6. Serve steak and a generous serving of vegetables on a bed of kale and silverbeet.



Dinner Suggestion

LENTIL DAHL WITH TZATZIKI AND CORIANDER CUCUMBER SALAD

Ingredients

2 tbs coconut oil
2 small yellow onions, diced
3 cloves garlic, minced
Small knob fresh ginger, chopped
2 tsp curry powder
1 tsp turmeric, ground
½ tsp chili powder (optional)
½ tsp black pepper
1 tsp Celtic sea salt
½ tsp red pepper flakes
2 cups red lentils, uncooked
1 can organic coconut milk
3 cups water
1 bunch fresh coriander, roughly chopped

Cucumber Salad

1 continental cucumber, diced in small pieces
2 tbs Greek style yoghurt or kefir
½ lemon, juiced
Bunch, fresh coriander, roughly chopped
¼ tsp fresh minced garlic

SERVES 4

Instructions

1. Cook the onions, ginger and garlic in the coconut oil for 5 minutes, stirring frequently.
2. Add the spices, coconut milk, lentils and water.
3. Cook for 35-45 minutes until lentils are soft. Remove from heat.
4. Mix all cucumber salad ingredients in a bowl and serve on top of lentils.

Tip: Can be served with brown rice, quinoa or just as is.



Dinner Suggestion

EGGPLANT AND QUINOA CURRY

Ingredients

2 large eggplants, cubed
2 brown onions, peeled and chopped
1 tsp fenugreek seeds
1 tbs cumin, ground
1 tsp turmeric, ground
¼ tsp cayenne pepper
1 tsp fresh ginger, grated
4 tomatoes, peeled and seeded (see tip below)
¼ cup coriander
½ cup extra virgin olive oil
2 cups quinoa
4 cups water

SERVES 4

Instructions

1. Preheat oven to 180°C.
2. Boil water, add quinoa and cook for 15 - 20 minutes until tender. Strain and rinse.
3. In a pan sauté eggplant in olive oil and then place in a casserole dish.
4. Sauté onions and spices in olive oil until onions are tender.
5. Add remaining ingredients to onions except coriander. Simmer for 3 minutes, stirring until mixed well.
6. Add to casserole dish, stir well and bake in oven for 1 hour.
7. Top with yoghurt or tzatziki and a handful of coriander.

Tip: Peeled Tomatoes - Score tomato skin with sharp knife making a full circle around the tomato. Drop into boiling water for 1 min. Remove, allow to cool and peel off skin.



Dinner Suggestion

ROASTED RED VEGETABLE SOUP

Ingredients

1 butternut pumpkin, skin removed and cut into large pieces
1 large sweet potato, chopped into large pieces
1 red capsicum, remove seeds and cut into fours
4 cloves garlic, skin on
2 tbs coconut oil
1 tbs curry powder
1 litre organic vegetable stock
1 can organic coconut milk
Celtic sea salt and black pepper

SERVES 4

Instructions

1. Preheat oven to 180°C.
2. In non-stick baking tray, place sweet potato, pumpkin, capsicum and garlic. Toss vegetables in coconut oil, salt and pepper. Cook for 40 minutes.
3. Place roasted vegetables and curry powder in large pot and cover with vegetable stock. Bring to boil and turn heat down to simmer for 40 minutes.
4. Add in coconut oil and simmer for 5 minutes.
5. Blend with a hand blender until smooth. Season with salt and pepper then serve.

Tip: Serve with green salad.



Dinner Suggestion

GRASS FED VEAL OSSO BUCCO WITH ARTICHOKE AND BROAD BEANS

Ingredients

4 garlic cloves, peeled and sliced
2 sprigs of fresh oregano
3 bay leaves, finely sliced
1.5 kilos of grass fed veal osso bucco (organic if possible)
150ml olive oil
5 shallots, thinly sliced
1 large celery stalk, thinly sliced
1 carrot, thinly diced
1.5 liters of chicken bone broth (see recipe)
2 large tomatoes, cut into wedges
3 artichokes, trimmed and cut in half
80g butter
½ lemon, zest only
Handful flat leaf parsley, finely chopped
1kg broad beans, cooked
Celtic sea salt and black pepper

Instructions

1. Preheat oven to 160°C.
2. Mix garlic, oregano, bay leaves and a pinch of salt together. Massage into meat.
3. In a non-stick pan over medium heat, brown meat for 2 minutes each side and season with pepper.
4. Add shallots, carrot and celery to the pan. Turn on to low heat and cook for further 10 minutes.
5. Add stock, bring to boil, add tomatoes and artichokes.
6. Pour into large casserole dish, cover with tin foil and bake for 30 minutes. Remove tin foil and cook for further 40 minutes.
7. Mix broad beans, lemon zest, parsley, salt and pepper, olive oil and mix well. Serve with osso bucco.

SERVES 4



Dinner Suggestion

GRATITUDE BOWL

Ingredients

2 cups of broccoli florets, large cut
2 cups of pumpkin or sweet potato, cubed (3cm x 3cm)
2 cups of brussels sprouts
1 large carrot, cubed (3cm x 3cm)
2 gloves garlic, minced
2-3 large organic potatoes, peeled and cubed (3cm x 3cm)
1 sprig thyme
1 sprig oregano
2 heaped tbs sauerkraut
Vegan gravy (see recipe in condiments section)
2 tbs of organic butter
2 tbs olive oil
Celtic sea salt and pepper, to taste
Coconut sugar and pecans

SERVES 4

Instructions

1. Preheat oven to 180°C.
2. In roasting pan place olive oil, thyme, oregano, 1 clove garlic, salt and pepper. Add carrots, potato and pumpkin and mix until well coated. Bake for 40 minutes until tender.
3. In separate baking tray use olive oil, salt, pepper and 1 clove garlic, add broccoli and brussels sprouts. Bake for 20 minutes.
4. Make vegan gravy (keep warm and set aside).
5. Arrange cooked vegetables in individual serving bowls. Pour over gravy and top with sauerkraut to serve.



Snack Suggestion

RAW PROTEIN BALLS

Ingredients

1 cup raw almonds
½ cup raw walnuts
1 cup shredded coconut
15 medjool dates, pitted
2 tbs raw cacao
2 tbs goji berries
2 tbs cocoa nibs
½ tbs vanilla bean powder
2 tsp cinnamon
2 scoops Juice Plus+ Vanilla Complete
1 tbs chia seeds
1 tbs coconut oil, melted

Makes 12-18 Balls

Instructions

1. Place nuts, cacao, shredded coconut, cinnamon and protein powder into a food processor. Blend until the mixture looks crumbly.
2. Add in the dates, vanilla powder, cocoa nibs, goji berries, coconut oil and chia seeds until the mixture blends together. Scrape down the sides of the processor to mix evenly.
3. If the mixture is not soft enough to form a soft ball, add a splash of coconut oil and continue to process.
4. Once processed, form into small balls and place onto a tray with baking paper.
5. To set, place in the fridge for an hour or overnight.

Tip: Can be stored in the fridge or freezer for as long as 2 weeks.



Snack Suggestion

CHIA PUDDING WITH BLUEBERRIES, CASHEWS, GOJI BERRIES, COCONUT AND BEE POLLEN

Ingredients

2 cups almond milk
½ cup chia seeds
½ tsp vanilla powder
1 tbs pure maple syrup or raw honey (sweetener)
½ cup blueberries
½ cup cashews
½ cup goji berries
½ cup shredded coconut
1 tbs bee pollen
Raw honey, to drizzle

SERVES 4

Instructions

1. Combine almond milk, chia seeds, vanilla powder and sweetener in a bowl. Mix well to combine until it begins to thicken. Store covered in the fridge overnight or for at least an hour.
2. Stir well before serving, add more almond milk to the pudding if it becomes too thick.
3. Top with blueberries, cashews, goji berries, shredded coconut and bee pollen. Drizzle raw honey if desired.

Tip: Double the recipe and keep it in your fridge. It will keep refrigerated for up to 5 days.



Snack Suggestion

LAYERED RAW PARFAIT WITH SHREDDED COCONUT, DATES, ALMONDS AND GRATED APPLE

Ingredients

½ cup coconut, shredded
½ cup medjool dates, chopped
½ cup raw almonds
2 green apples, sliced
Coconut or kefir yoghurt
Mint leaves, to garnish
Pure maple syrup

Instructions

1. Place coconut, dates, almonds and apples into a food processor and roughly blitz for 5-10 seconds.
2. Layer in large parfait glass – 2 heaped tablespoons of mix with yogurt in between layers. Garnish with mint leaves and drizzle with maple syrup.

Serves 2



Snack Suggestion

VEGETABLE CRUDITÉS WITH HUMMUS

Ingredients

2 large carrots, chopped into sticks
4 celery stalks, chopped in sticks
2 large red capsicum, chopped into sticks
2 tins of organic chickpeas, rinsed
2 tbs tahini
½ cup olive oil
2 cloves garlic
1 large lemon, juiced
1 handful coriander
Celtic sea salt and pepper, to taste

Serves 4

Instructions

1. Place peeled garlic in food processor (or Thermomix) and mince.
2. Add chickpeas, tahini, lemon and coriander. Blend together to form soft puree. Season with salt and pepper.
3. Assemble crudités onto a platter, and place hummus in a bowl in the centre, sprinkle with extra coriander.



Snack Suggestion

HOW TO MAKE A GOOD NUT BUTTER

Ingredients

3 cups of whole almonds, pre-soaked for 2 hours (use dry roasted and unsalted)
1 tbs coconut oil
1 tbs maple syrup
Pinch of salt
½ tsp cinnamon

Instructions

1. Add almonds, coconut oil and maple syrup into either Thermomix, Vitamix or food processor and blitz until smooth.
2. Add salt and cinnamon. Mix well and serve or store in air tight container.



Snack Suggestion

APPLE WITH ALMOND BUTTER

Ingredients

2 green apples, cut in wedges
3 cups almonds, raw and unsalted
1 tsp cinnamon
1 tsp pure maple syrup

Serves 2

Instructions

1. Place almonds in food processor until the nuts are finely ground. Stop and scrape down the sides as needed.
2. Add cinnamon and maple syrup to mix and process until smooth and creamy.
3. Place apples on plate and smear almond butter on each slice and enjoy.



Condiment Suggestion

VEGAN GRAVY

Ingredients

1 tbs olive oil
2 tbs buckwheat flour (gf)
¼ white onion, finely chopped
1 cup vegetable broth
¼ tsp thyme
¼ tsp dried oregano
Celtic sea salt and pepper, to taste

Instructions

1. In a saucepan on medium heat, heat olive oil and add chopped onion.
2. Sauté until soft. Add thyme and oregano, salt and pepper. Mix well and add vegetable broth.
3. Whisk in buckwheat flour and continuously stir until thickening.



Condiment Suggestion

HOW TO MAKE A SIMPLE VEGETABLE STOCK

Ingredients

2 onions, diced
3 carrots, chopped
4 celery stalks, chopped
5 sprigs fresh thyme
2 bay leaves
1 small bunch parsley, roughly chopped
2 litres spring water
2 tbs olive oil
1 tsp whole peppercorns
½ tsp Celtic sea salt

Instructions

1. Sauté onions in olive oil until soft and translucent.
2. Add carrot, celery, parsley, thyme, bay leaves, salt and peppercorns and stir over low heat for 2 minutes.
3. Add water and simmer on low heat for 2-3 hours.
4. Strain and set aside liquid. Use as a base for soup or drinking to aid gut health.

Optional Extras: leeks (especially the green parts), fennel, tomatoes, mushrooms and parsnip.



Condiment Suggestion

HOMEMADE COCONUT YOGHURT

Ingredients

4 young coconuts
1 tsp dairy free probiotic powder

Instructions

1. Open up four young coconuts and scoop out the flesh.
2. Pop the flesh in a sieve and rinse well, taking care to peel off any of the husk still attached.
3. Add the meat to a blender and empty in the contents of one dairy free probiotic capsule. Blend until smooth.
4. Transfer the mixture into a jar or bowl, and cover the mouth loosely with a breathable fabric. Put the jar somewhere where it is reasonably warm, but not in direct sunlight.
5. Leave the mixture to culture for up to 12 hours, after this point, you can taste it to see if its ready, it should be a little sour.
6. Move to the fridge to stop the culturing process – you now have a perfectly natural, dairy free, probiotic filled yoghurt!

Tip: Serve with fresh fruits or raw granola.



Condiment Suggestion

HOMEMADE SAUERKRAUT

Ingredients

1.5 kgs of white cabbage, remove core, finely shred.

1 large full cabbage leaf

1 tbs of fine sea salt

1 tsp of caraway seeds

Equipment

Large mason jar with wide opening

Small glass jar (that will fit inside mason jar)

Instructions

1. Combine all ingredients in a large bowl and massage cabbage for 10 minutes until wilted (liquid will form).
2. Place cabbage mix into a large mason jar (with wide opening). Press down firmly until cabbage is compacted and covered in own liquid. Press large cabbage leaf on top to vacuum seal. To keep it compact place the small jar glass filled with something heavy (e.g. rocks or rice) on top of the large cabbage leaf. To keep it compact fill small jar with something heavy (i.e. uncooked rice or rocks).
3. Cover with clean cloth and seal with elastic band so no air can enter the jar. Place the mason jar in a cool dark place for 3-5 days.
4. Once fermented, store in fridge and drain well before using.



Juice Plus+

SMOOTHIE SUGGESTIONS

COCONUT DREAM

Ingredients

Cup of almond Milk
½ avocado
1 tbs almond butter
1 tbs coconut oil
1 handful kale
1 handful shredded coconut
1 sachet Juice Plus+ Vanilla Complete
1 tsp honey
Pinch of sea salt

Mix all ingredients together in blender

SUPER GREENS

Ingredients

1 big handful spinach leaves or kale (rotating each day)
1 small handful fresh mint leaves
1 Lebanese cucumber
½ avocado
½ lemon, rind on
3 small kiwi, skin off
3 to 4 cups spring water
1 sachet Juice Plus+ Vanilla Complete

Mix all ingredients together in blender

BEETROOT, BERRIES, KEFIR AND MAPLE

Ingredients

½ large beetroot, steamed
1½ cup frozen berries
250ml kefir milk or yoghurt
1 cup rice milk or nut milk
1 sachet Juice Plus+ Vanilla Complete
1 tbs maple syrup
Handful ice

Mix all ingredients together in blender

LEMON MERINGUE PIE

Ingredients

1 big handful spinach leaves, silverbeet or kale (rotating daily)
¼ cup sprouts as in broccoli, alfalfa, etc
1 cucumber
1 green apple
¼ avocado
2 tbs hemp seeds
1 sachet Juice Plus+ Vanilla Complete
1 handful ice
1 tsp raw honey to taste, if needed 3 to 4 cups of spring water

Mix all ingredients together in blender



Juice Plus+

SMOOTHIE SUGGESTIONS

BANANA, COCOA AND COCONUT

Ingredients

1 frozen banana
2 tbs shredded coconut
1 avocado
1 sachet Juice Plus+ Chocolate Complete
2 cups almond milk

Mix all ingredients together in blender

GO GREEN MANGO

Ingredients

2 tbs fresh lime
2 cups spinach
1½ frozen mango
1 sachet Juice Plus+ Vanilla Complete
1-2 tbs Udo's oil
2 cups coconut water

Mix all ingredients together in blender

SWEET POTATO, PEACHES AND ALMOND MILK

Ingredients

½ cup steamed sweet potato
1 peach, skin on
2 cups almond milk
1 tsp raw honey if desired to taste
1 sachet Juice Plus+ Vanilla Complete

Mix all ingredients together in blender

PEANUT BUTTER POWER

Ingredients

1 heaped tbs Mayvers peanut coconut spread
1 frozen banana
1 tsp bee pollen
½ avocado
1 sachet Juice Plus+ Chocolate Complete

Mix all ingredients together in blender



Body Tonics

JUICE SUGGESTIONS

THE GO-TO GREEN

Ingredients

1 green apple
2 stalks celery
1 large cucumber
1 small lime
1 cup spinach
¼ cup of mint

Juice all ingredients in a cold pressed juicer

FOR THE LOVE OF THE LIVER

Ingredients

2 apples
7 carrots
2 garlic cloves
1 knob ginger
1 handful parsley

Juice all ingredients in a cold pressed juicer

BERRY BLOOD CLEANSER

Ingredients

1 beetroot
1 large cucumber
1 stalk of celery
1 lemon

Juice all ingredients in a cold pressed juicer
1 cup of berries, blended and stirred into juice

MIDDAY SUNSHINE

Ingredients

2 carrots
3 oranges, peeled before juicing
1 celery stalk
1 knob ginger
1 small knob turmeric

Juice all ingredients in a cold pressed juicer



Body Tonics

JUICE SUGGESTIONS

GREEN LEMONADE

Ingredients

8 cups spinach
1 lemon
½ cucumber
1 pear
2 Granny Smith apples

Juice all ingredients in a cold pressed juicer

RED RAW

Ingredients

3 carrots
2 large beetroot
2 granny smith apples
1 lemon, skin on
1 knob ginger

Juice all ingredients in a cold pressed juicer

TROPICAL DREAM

Ingredients

1 large sweet potato
½ pineapple
¼ lime, skin on
¼ stick of lemongrass

Juice all ingredients in a cold pressed juicer

FIND YOUR FEET

Ingredients

1 large beetroot
5 medium carrots
2 pears

Juice all ingredients in a cold pressed juicer



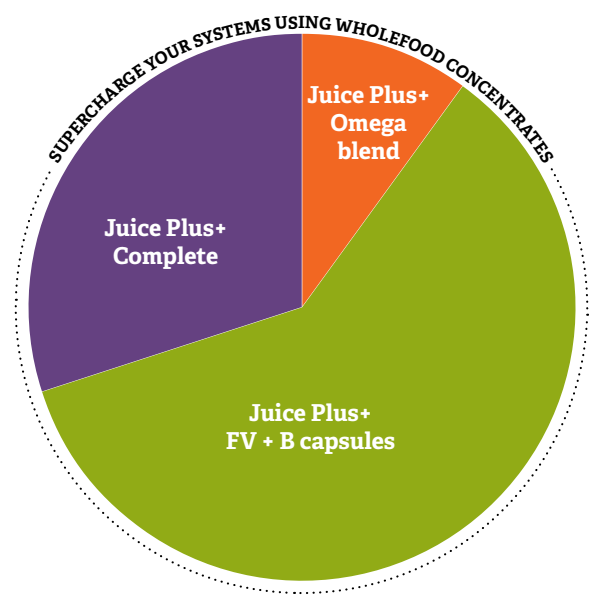
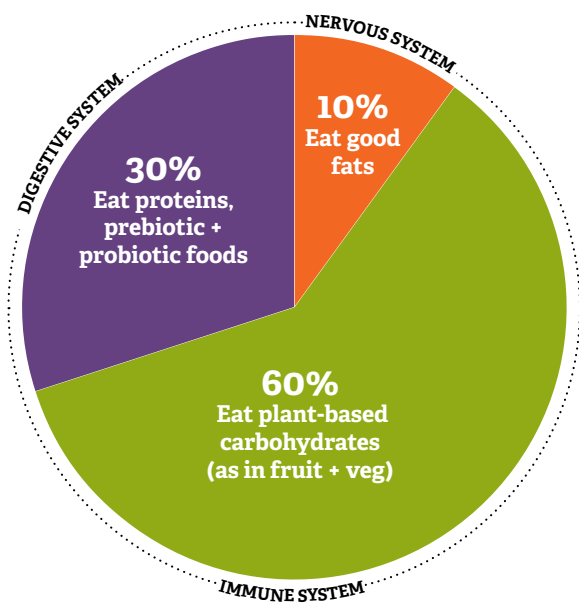
How to *Bridge the Gap*

We all know that eating perfectly each and every day is sometimes very difficult. To help bridge the gap, why not try whole food concentrates such as the Juice Plus+ products to aid in better health?

How to **Plate Up**



How to **supplement**



Eat well. Supplement well. Live well.



Disclaimer: Please note we cannot guarantee any particular results when using the Juice Plus+ products. Every individual is unique and will have slightly varied outcomes. Juice Plus+ contains Potassium: If you have a kidney disease or are taking heart or blood pressure medicines, consult your doctor or pharmacist before use. Keep out of reach of children. Vitamin supplements should not replace a balanced diet.

Daily rituals for *happiness*



BREATH

Take a few minutes out of each day to stop; sit somewhere comfortable, relax and find your own breath.



WATER

Drink 2 to 3 litres of good quality water each and every day.



VITAMIN D

Seek 15 minutes of sunshine.



WHOLE FOODS

Add fresh live whole foods as in fruits, veggies and berries to each of your meals and snacks each day.



EXERCISE

Find a fun physical activity that you love and stick with it daily.



RELATIONSHIPS

Be around like minded, loving souls that feed your ambitions and help you be the best version of YOU.



PASSION

Follow your core desires and be in the flow of the life you were destined to live.



GRATITUDE

Be thankful for all the little things and bring a better life closer to you today!



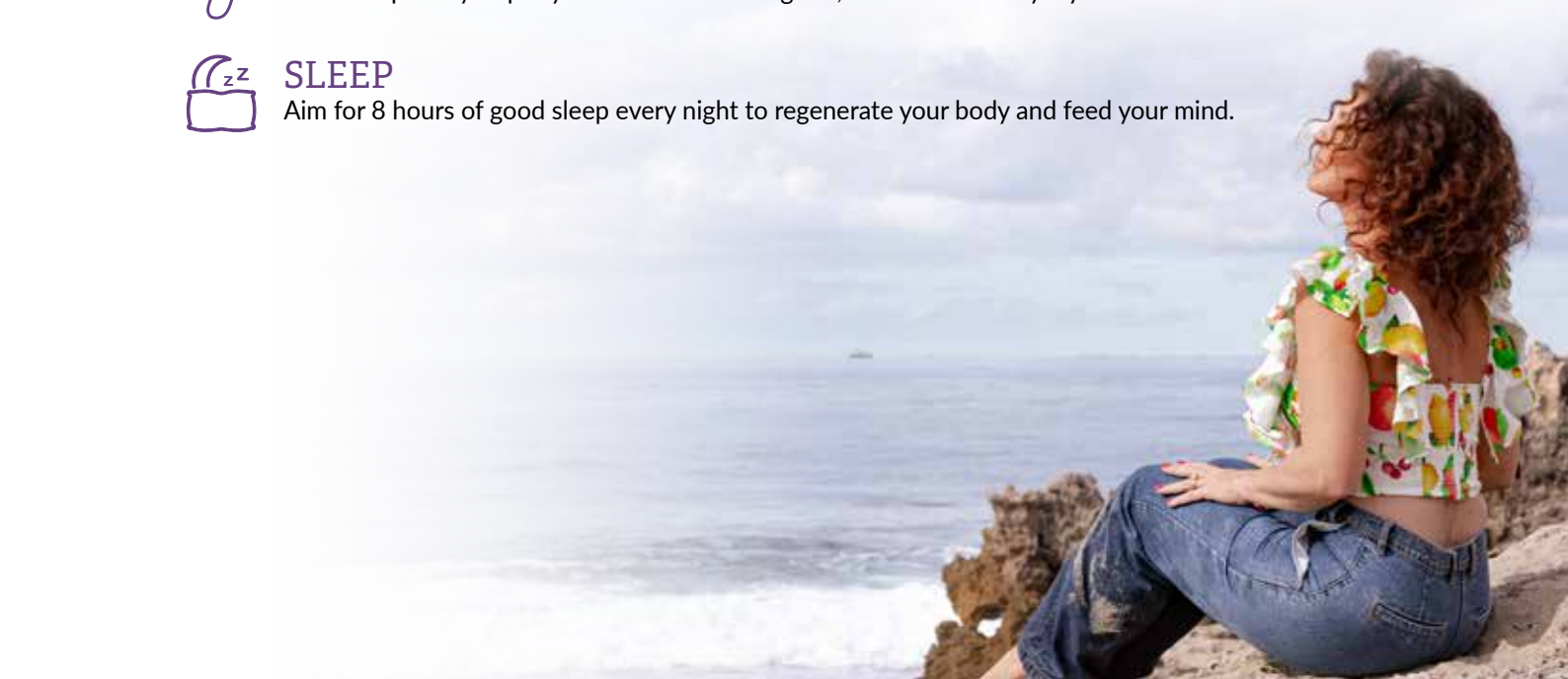
EARTHING

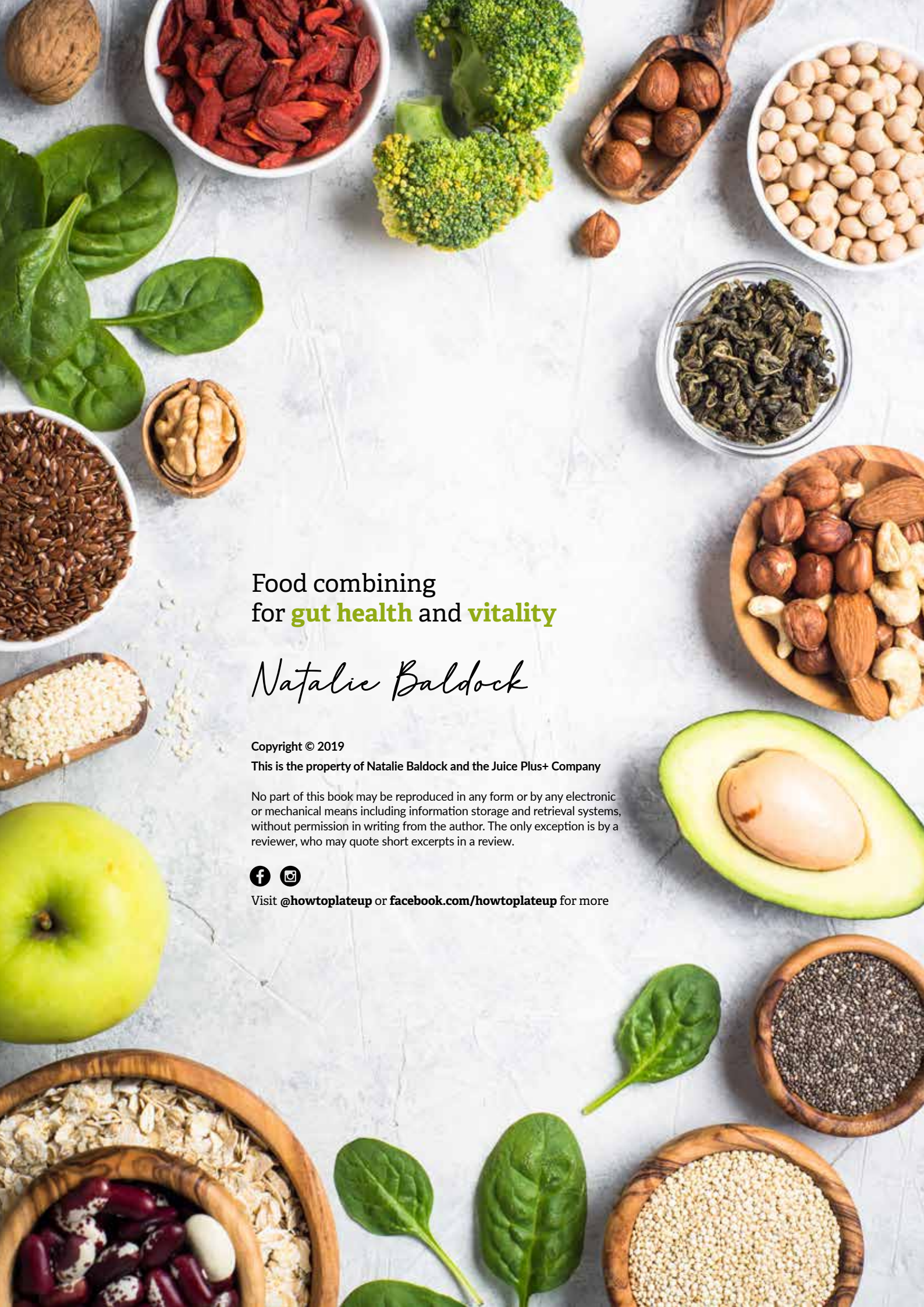
Make it a priority to put your bare feet in the grass, dirt or sand everyday to rebalance and recentre.



SLEEP

Aim for 8 hours of good sleep every night to regenerate your body and feed your mind.





Food combining
for **gut health** and **vitality**

Natalie Baldock

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