

HEALTH HUB

HONEY



THE SWEET SURRENDER. DITCH YOUR SUGAR
CRAVINGS FOR LIFE.

WELCOME

WELCOME TO THE HEALTH HUB 14 DAY SUGAR DETOX PROGRAM GUIDE - HONEY.

IT IS COMMON TO FEEL LIKE SUGAR HAS CONTROL OVER YOU. WHETHER YOU'RE STRUGGLING TO GET THROUGH AN AFTERNOON WITHOUT A SWEET TREAT, WAKING UP WITH CRAVINGS OR STRUGGLING TO FINISH A MEAL WITHOUT DESSERT, WE'VE GOT YOU SORTED SO YOU CAN STILL ENJOY THE SWEETNESS OF LIFE, BUT NOT LET YOUR CRAVINGS TAKE HOLD OF YOU.

THE BENEFITS OF MANAGING YOUR SUGAR INTAKE ARE ENDLESS, BUT YOU CAN EXPECT:

- INCREASED ENERGY
- BETTER DIGESTION
- CLEARER SKIN
- BRIGHT WHITES OF YOUR EYES
- PLUS MORE CLARITY OF MIND

WHEN FOLLOWING THIS GUIDE AND OUR RECOMMENDATIONS. THIS HAS BEEN SPECIFICALLY CREATED TO GUIDE YOU THROUGH THE PROCESS OF QUITTING SUGAR WITH ALL THE KNOWLEDGE, RESOURCES AND SUPPORT YOU NEED.

ARE YOU READY?



3 STEP

PROCESS

PART ONE

UNDERSTANDING SUGAR, THE TYPES OF SUGAR, THE EFFECTS ON YOUR BODY, WHY IT IS SO ADDICTIVE AND WHERE IT MIGHT BE HIDING. BE SURE TO ABSORB THIS PART!

PART TWO

PREPARING FOR YOUR SUGAR DETOX WITH SETTING INTENTIONS, PLANNING YOUR MEALS AND LEARNING TO DEAL WITH CRAVINGS AND SETBACKS SO YOU FLOW THROUGH THIS WITH EASE. WE'LL TEACH YOU HOW YOUR MINDSET AND EMOTIONS WILL SUPPORT YOU TO THRIVE.

PART THREE

YOUR SUPPORTED PROGRAM GUIDE. MEAL PLANS, RECIPES AND TECHNIQUES TO HELP YOU DEAL WITH WHATEVER COMES YOUR WAY.



UNDERSTANDING SUGAR

LETS TALK ABOUT SUGAR...

SUGAR IS A FAR TOO COMMON INGREDIENT IN SO MANY OF OUR FAVOURITE FOODS. THE ISSUE IS THAT WE ARE CONSTANTLY EATING 'HIDDEN SUGARS' WHICH MEANS OUR BODY IS CONSTANTLY CRAVING MORE.

THERE ARE THREE MAIN TYPES OF SUGAR -

NATURAL SUGARS: THESE ARE FOUND IN FRUITS, VEGETABLES AND EVEN DAIRY PRODUCTS. THESE CAN PROVIDE AN AMAZING RANGE OF ESSENTIAL VITAMINS AND MINERALS PLUS FIBRE WHEN EATEN IN WHOLE FOOD FORM.

ADDED SUGARS: WHICH ARE FOUND IN PROCESSED FOODS, SOFT DRINKS, BAKED GOODS ETC. THESE PROVIDE NO ESSENTIAL NUTRIENTS. CONSUMING ADDED SUGAR CAN LEAD TO WEIGHT GAIN AND HAS BEEN HIGHLY LINKED WITH CHRONIC DISEASES LIKE DIABETES AND HEART DISEASE.

ARTIFICIAL SWEETENERS: ARE FOUND IN DIET PRODUCTS LIKE SUGAR FREE SOFT DRINK, CHEWING GUM AND OTHER PROCESSED FOODS. THESE MAY HAVE NEGATIVE HEALTH EFFECTS WHICH WE WILL GO INTO A LITTLE LATER.

SUGAR CONTRIBUTES TO INFLAMMATION IN THE BODY, WHICH CAN INCREASE THE RISK OF CHRONIC DISEASES. ON TOP OF THAT, CONSUMING SUGAR CAN ALSO EFFECT THE NEUROTRANSMITTERS IN THE BRAIN, LEADING TO MOOD SWINGS AND FATIGUE. IT HAS ALSO BEEN LINKED TO DEPRESSION AND ANXIETY.

THE REASON SUGAR IS SO ADDICTIVE IS BECAUSE IT AFFECTS THE BRAINS REWARD CENTER. WHEN WE CONSUME SUGAR, IT ACTIVATES THE RELEASE OF DOPAMINE, A NEUROTRANSMITTER THAT CREATES FEELINGS OF PLEASURE AND REWARD. BUT OVER TIME, THE BRAIN CAN BECOME DESENSITIZED TO SUGAR, LEADING TO THE NEED FOR MORE TO FEEL THE SAME LEVEL OF PLEASURE.

ON THE NEXT PAGE, WE'VE CREATED A CHECK LIST TO HELP YOU NATURALLY BOOST THE HAPPY HORMONES THAT CAN BE ACTIVATED WHEN CONSUMING SUGAR. BY TAKING CONTROL AND FEELING THESE FEELINGS MORE OFTEN WITHOUT NEEDING TO EAT A COOKIE OR CHOCOLATE, YOUR CRAVINGS WILL NATURALLY START TO SUBSIDE.



NATURAL WAYS TO BOOST PLEASURE HORMONES

DOPAMINE - THE REWARD

- TRY SOMETHING NEW
- LISTEN TO MUSIC
- COMPLETE A TASK
- GET A GOOD NIGHTS SLEEP
- EAT A HIGH PROTEIN DIET

SEROTONIN - MOOD BOOSTER

- GET SOME SUNLIGHT
- EAT HEALTHY FOOD
- EXERCISE
- MEDITATE
- INFARED SAUNA

OXYTOCIN - LOVE HORMONE

- GIVE OR GET A MASSAGE
- SEND A GRATITUDE MESSAGE
- CALL A FRIEND
- HUG SOMEONE
- PET AN ANIMAL

ENDORPHINS - PAIN RELIEF

- YOGA
- MEDITATION
- LAUGHTER
- MAKE LOVE
- DANCE



HIDDEN SUGARS

SUGAR CAN BE FOUND IN MANY UNEXPECTED FOODS AND DRINKS. SAUCES LIKE TOMATO SAUCE, BARBECUE SAUCE AND MANY SALAD DRESSINGS CONTAIN HIDDEN SUGAR.

PROCESSED FOODS LIKE MUESLI BARS, FLAVOURED YOGURT AND CEREAL ALSO CONTAIN SUGAR.

LEARNING TO READ A FOOD LABEL CAN BE A LIFE SAVER! WHILE WE RECOMMEND REDUCING PROCESSED FOODS, WE UNDERSTAND CUTTING THEM OUT COMPLETELY CAN BE CHALLENGING. WHEN READING A FOOD LABEL, YOU WANT TO LOOK AT THE TOTAL GRAMS PER 100 GRAMS OF SUGAR. THIS IS THE PERCENTAGE OF SUGAR IN THE FOOD YOU'RE EATING.

AS A GENERAL RULE, 10 GRAMS OF SUGAR PER 100 GRAMS IS THE LIMIT, IT MEANS THE FOOD YOU'RE EATING IS 10% SUGAR (AND THIS IS OFTEN IN FOODS THAT AREN'T MEANT TO BE SWEET).

LIKE THIS POPULAR TOMATO SAUCE BRAND, WHICH IS 24.8% SUGAR!



NUTRITION INFORMATION			
Servings per Bottle: 33	Quantity	% DV*	Quantity
Serving Size: 15 mL	per serve	(per serve)	per 100 mL
ENERGY	76 kJ	1%	505 kJ
PROTEIN	0.3 g	0.5%	1.7 g
GLUTEN	Undetected	N/A	Undetected
FAT, total	<0.1 g	<0.1%	0.4 g
- saturated	<0.1 g	<0.1%	<0.1 g
CARBOHYDRATE	3.9 g	1%	26.1 g
sugars	3.7 g	4%	24.8 g
SODIUM	124 mg	5%	828 mg



3 STEP

PROCESS

PART TWO

PREPARING FOR YOUR SUGAR DETOX WITH SETTING INTENTIONS, PLANNING YOUR MEALS AND LEARNING TO DEAL WITH CRAVINGS AND SETBACKS SO YOU FLOW THROUGH THIS WITH EASE. WE'LL TEACH YOU HOW YOUR MINDSET AND EMOTIONS WILL SUPPORT YOU TO THRIVE.

REDUCING SUGAR INTAKE IS A PROCESS THAT REQUIRES PLANNING AND PREPARATION TO CREATE EASE.

THE FIRST PRODUCTIVE STEP IN ANY BEHAVIOUR CHANGE IS GOAL SETTING. WHEN IT COMES TO THIS IT IS IMPORTANT TO SET ACHIEVABLE GOALS THAT ARE SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT AND TIME BOUND (S.M.A.R.T).

FOR EXAMPLE, INSTEAD OF SAYING:
"I WANT TO REDUCE MY SUGAR INTAKE"

A SMART GOAL WOULD BE:
"I WANT TO REDUCE MY SUGAR INTAKE TO LESS THAN 25 GRAMS PER DAY BY THE END OF THIS MONTH"

THIS GOAL IS SPECIFIC (LESS THAN 25 GRAMS), MEASURABLE (BY THE END OF THE MONTH), ACHIEVABLE (DEPENDING ON YOUR CURRENT SUGAR INTAKE), RELEVANT (TO YOUR OVERALL HEALTH), AND TIME-BOUND (BY THE END OF THE MONTH).

SO FILL IN THE NEXT PAGE, CHOOSE YOUR START DATE FOR YOUR 14 DAYS AND GET EXCITED ABOUT WHAT'S TO COME AND HOW INCREDIBLE YOU'RE GOING TO FEEL!



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



TIPS FOR MEAL PLANNING AND PREP

MEAL PLANNING AND GROCERY SHOPPING ARE ESSENTIAL TO REDUCING YOUR SUGAR INTAKE. WHEN YOU PLAN AHEAD OF TIME, YOU'RE LESS LIKELY TO REACH FOR SUGARY SNACKS OR CONVENIENCE FOODS.

WHEN MEAL PLANNING AND GROCERY SHOPPING:

- FOCUS ON WHOLE FOODS LIKE FRUITS, VEGETABLES AND LEAN PROTEIN AS THE BULK OF YOUR SHOP.
- IF YOU ARE BUYING ANYTHING IN A PACKAGE, CHECK THE INGREDIENTS AND THE SUGAR CONTENT AS SHARED PREVIOUSLY.
- PREPARE HEALTHY SNACKS AHEAD OF TIME.
- SHOP ONLINE AND HAVE YOUR GROCERIES DELIVERED TO AVOID IMPULSE BUYING.

AS A MEMBER OF THE HEALTH HUB, YOU HAVE ACCESS TO OUR ENTIRE LIBRARY OF BREAKFAST, LUNCH AND DINNER OPTIONS TO KEEP YOU SATIATED FOR YOUR MAIN MEALS. WE RECOMMEND FOCUSING ON PROTEIN AS IT IS A GREAT WAY TO KEEP YOU FULL AND KEEP SUGAR CRAVINGS AT BAY.



STRATEGIES FOR DEALING WITH CRAVINGS

IT'S VERY NORMAL THAT YOU WILL HAVE MOMENTS WHEN YOU FEEL LIKE YOU JUST WANT TO REACH FOR A SWEET OR BAKED GOOD TO GET YOUR DOPAMINE HIT OR ENERGY BOOST. ESPECIALLY IN THE BEGINNING! BELOW ARE SOME STRATEGIES FOR DEALING WITH THE CRAVINGS IF THEY OCCUR:

- DRINK WATER FIRST, SOMETIMES THIRST CAN BE DISGUISED BY HUNGER.
- EAT PROTEIN RICH FOODS TO STABILIZE BLOOD SUGAR LEVELS
- DISTRACT YOURSELF WITH A NON-FOOD ACTIVITY TO SEE IF YOU'RE JUST PROCRASTIN-EATING
- PRACTICE MINDFULNESS AND BEING AWARE OF YOUR CRAVINGS WITHOUT GIVING INTO THEM
- DON'T ALLOW YOURSELF TO GET HUNGRY, ALWAYS HAVE HEALTHY SNACKS CLOSE BY AND EAT FULL MEALS AT MEAL TIMES
- PRIORITISE YOUR SLEEP AS BEING TIRED CAN REDUCE OUR WILLPOWER
- DO SOME FORM OF EXERCISE EACH DAY, EVEN IF IT'S ONLY A 20 MINUTE WALK
- MANAGE YOUR STRESS AND NOTICE PATTERNS OF CRAVINGS WHEN YOU ARE DEALING WITH CONFLICT

IT'S ALSO IMPORTANT TO REMEMBER THAT SETBACKS ARE A NORMAL PART OF ANY BEHAVIOUR CHANGE PROCESS. IF YOU SLIP UP AND EAT SOMETHING YOU DIDN'T WANT TO, DON'T BEAT YOURSELF UP, INSTEAD FOCUS ON GETTING BACK ON TRACK IN THE NEXT MOMENT.

HONEY APPROVED SNACKS

1. FRESH FRUIT SUCH AS BERRIES, APPLES, ORANGES, OR BANANAS
2. JUICE PLUS COMPLETE PROTEIN
3. RAW VEGGIES WITH HUMMUS OR GUACAMOLE
4. HARD-BOILED EGGS
5. AIR-POPPED POPCORN
6. ROASTED NUTS AND SEEDS
7. AVOCADO AND TOMATO ON RICE CAKES
8. NUT BUTTER ON CELERY STICKS
9. RICE CAKES WITH ALMOND BUTTER AND SLICED BANANA
10. HOMEMADE TRAIL MIX WITH NUTS, SEEDS, AND DRIED FRUIT
11. BAKED SWEET POTATO FRIES WITH HUMMUS
12. CUCUMBER AND CARROT SLICES WITH TAHINI DIP
13. EDAMAME BEANS
14. BAKED KALE CHIPS
15. ROASTED CHICKPEAS
16. HOME MADE BLISS BALLS
17. CHIA SEED PUDDING
18. ROASTED SEAWEED SNACKS
19. SUGAR-FREE BEEF JERKY
20. HOMEMADE KALE CHIPS
21. CACAO NIBS OR DARK CHOCOLATE (85% OR HIGHER)
22. COOKED CHICKEN WITH AVOCADO AND LETTUCE WRAP
23. CUCUMBER SLICES WITH VEGAN CREAM CHEESE AND FRESH DILL
24. SUGAR-FREE COCONUT YOGURT WITH MIXED NUTS AND SEEDS
25. ROASTED PUMPKIN SEEDS
26. CINNAMON ROASTED SWEET POTATO CUBES



3 STEP

PROCESS

PART THREE

YOUR SUPPORTED PROGRAM GUIDE. MEAL PLANS, RECIPES AND TECHNIQUES TO HELP YOU DEAL WITH WHATEVER COMES YOUR WAY.

REDUCING YOUR SUGAR INTAKE DOESN'T MEAN YOU HAVE TO GIVE UP ALL OF YOUR FAVOURITE FOODS AND DRINKS. WITH SOME EASY SUBSTITUTIONS AND HEALTHY ALTERNATIVES, YOU CAN STILL ENJOY DELICIOUS MEALS AND SNACKS WITHOUT THE SUGAR HIGH.

THE NEXT SECTION IS GOING TO GIVE YOU HEALTHY ALTERNATIVES TO SOME OF YOUR MOST CRAVED FOODS PLUS TEACH YOU MORE ABOUT BALANCING MACRONUTRIENTS AND MICRONUTRIENTS SO YOU CAN FUEL YOUR BODY FOR ENERGY WITHOUT THE DIP.

WE'RE ALSO GOING TO DIVE INTO MANAGING THE ROLE THAT STRESS PLAYS ON YOUR CRAVINGS AND GIVING YOU SIMPLY WAYS TO SUPPORT YOURSELF THROUGH THAT AND EMOTIONAL EATING.



HEALTHY SWAPS

INSTEAD OF:

SOFT DRINK
BOTTLED ICED TEA
FRUIT JUICE
SMOOTHIES FROM A CAFE
SPORTS DRINKS
ICY POLE
BAKED GOODS
MUESLI BAR
TOMATO SAUCE
CHOCOLATE BAR
HOT CHOCOLATE

TRY THIS:

SPARKLING WATER WITH LIME OR BERRIES
HOMEMADE ICED TEA
COLD PRESSED GREEN JUICE
JUICE PLUS COMPLETE SHAKE
COCONUT WATER
FROZEN GRAPES
HOMEMADE CHOCOLATE
BAKED OATS
SEEDED MUSTARD OR HOT SAUCE
BEST EVER BLISS BALLS
COMPLETE HOT CHOCOLATE



BALANCING YOUR MACRONUTRIENTS

BALANCING MACRONUTRIENTS REFERS TO THE PROCESS OF ENSURING THAT YOU ARE GETTING AN APPROPRIATE RATIO OF CARBOHYDRATES, PROTEIN, AND FAT IN YOUR DIET. EACH MACRONUTRIENT PLAYS AN IMPORTANT ROLE IN YOUR OVERALL HEALTH AND WELL-BEING, AND GETTING THE RIGHT BALANCE CAN HELP YOU MAINTAIN A HEALTHY WEIGHT, SUPPORT YOUR IMMUNE SYSTEM, AND PROVIDE YOU WITH ENERGY THROUGHOUT THE DAY.

HERE ARE SOME TIPS FOR BALANCING MACRONUTRIENTS IN YOUR DIET:

1. KNOW YOUR NEEDS: THE RECOMMENDED DAILY INTAKE FOR EACH MACRONUTRIENT CAN VARY DEPENDING ON FACTORS SUCH AS AGE, SEX, WEIGHT, AND ACTIVITY LEVEL. USE A MACRONUTRIENT CALCULATOR APP LIKE MYFITNESSPAL.
2. FOCUS ON WHOLE FOODS AS THE MAIN PART OF YOUR DIET.
3. AIM FOR BALANCE AT EACH MEAL: A BALANCED MEAL SHOULD INCLUDE A SOURCE OF CARBOHYDRATES, A SOURCE OF PROTEIN, AND A SOURCE OF HEALTHY FAT. TO GO DEEPER INTO THIS, YOU CAN WATCH OUR 'HOW TO PLATE UP' WEBINAR IN THE HEALTH HUB MEMBERS PORTAL.
4. BE MINDFUL OF PORTION SIZES.
5. EXPERIMENT WITH MACRONUTRIENT RATIOS: SOME PEOPLE FIND THAT THEY FEEL BEST ON A HIGHER-CARBOHYDRATE OR HIGHER-FAT DIET, WHILE OTHERS MAY PREFER A MORE BALANCED APPROACH. EXPERIMENT WITH DIFFERENT MACRONUTRIENT RATIOS TO DETERMINE WHAT WORKS BEST FOR YOU.

REMEMBER THAT BALANCING MACRONUTRIENTS IS NOT AN EXACT SCIENCE AND MAY REQUIRE SOME EXPERIMENTATION TO FIND WHAT WORKS BEST FOR YOUR INDIVIDUAL NEEDS AND GOALS. FOCUS ON WHOLE, NUTRIENT-DENSE FOODS AND MAKE GRADUAL CHANGES TO YOUR DIET TO ENSURE THAT YOU ARE MEETING YOUR MACRONUTRIENT NEEDS IN A SUSTAINABLE AND HEALTHY WAY.

REMEMBER THAT YOUR JUICE PLUS COMPLETE PROTEIN IS AN INCREDIBLE WAY TO GET IN A BALANCE OF YOUR KEY MACRONUTRIENTS EACH DAY. AIM TO ADD THIS TO EACH DAY IN YOUR BREAKFAST SMOOTHIE OR AS A SNACK WHEN YOU'RE HUNGRY BETWEEN MEALS.



INCORPORATING MICRONUTRIENTS

IN ADDITION OF MACRONUTRIENTS, MICRONUTRIENTS LIKE VITAMINS AND MINERALS ARE IMPORTANT FOR YOUR OVERALL HEALTH.

NUTRIENT DENSE FOODS LIKE LEAFY GREENS, CRUCIFEROUS VEGETABLES AND COLOURFUL FRUITS CAN HELP PROVIDE YOUR BODY WITH WHAT IT NEEDS. PROTEIN SOURCES LIKE LEAN MEATS AND FISH CAN ALSO PROVIDE IMPORTANT MICRONUTRIENTS LIKE IRON AND ZINC.

BUT, OF COURSE, BETWEEN WHAT WE ARE EATING, AND WHAT WE SHOULD BE EATING, THERE CAN BE A GAP WHICH CAN LEAD TO THE BODY FEELING HUNGRY FOR NUTRIENTS (WHICH CAN FEEL LIKE IT'S CRAVING SUGAR WHEN IT'S REALLY CRAVING MORE VITAMINS AND MINERALS).

JUICE PLUS IS WHERE WE RECOMMEND YOU BRIDGE THAT GAP. OF COURSE THIS ISN'T A REPLACEMENT FOR WHOLE FOOD EATING, BUT A GREAT WAY TO ENSURE YOUR BODY IS BEING NOURISHED WITH THE GOODNESS OF PLANTS SO THAT YOU AREN'T MISSING OUT ON THE KEY PARTS TO A HEALTHY BODY.

WE RECOMMEND DURING YOUR TIME REMOVING EXCESS SUGAR FROM YOUR DIET THAT YOU CONSUME THE JUICE PLUS FRUIT, VEGETABLE, BERRY AND OMEGA BLENDS IN ORDER TO FUEL YOURSELF WITH ALL YOU NEED TO TRULY THRIVE DURING THIS TIME.

IF YOU'RE IN NEED OF A REORDER, PLEASE REACH OUT TO YOUR HEALTH HUB AMBASSADOR TO GET YOUR HANDS ON MORE PRODUCT.

THE ROLE STRESS PLAYS ON OUR

CRAVINGS

STRESS AND EMOTIONS PLAY A BIG ROLE IN SUGAR CRAVINGS. WHEN WE'RE STRESSED OR EMOTIONAL, OUR BODY WILL RELEASE CORTISOL, A HORMONE THAT CAN INCREASE OUR CRAVINGS. SUGAR CAN FEEL LIKE A ESCAPE FROM THOSE NEGATIVE EMOTIONS.

FILL OUT THE BELOW GRAPH TO WORK OUT THE AREAS OF LIFE THAT MOST NEED YOUR ATTENTION IN REDUCING STRESS AND NEGATIVE EMOTIONS:

CATEGORY	SUPER CHILLED	COULD IMPROVE	HIGHLY STRESSFUL
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			



MANAGING STRESS

UNDERSTANDING WHERE STRESS IS PLAYING A LARGER ROLE IN YOUR LIFE CAN ALLOW YOU TO SET IN PLACE SOME RITUALS, BOUNDARIES AND EVEN RULES SO THAT YOU CAN MINIMISE YOUR REACTION TO STRESSORS.

THIS MIGHT LOOK LIKE SIMPLY SITTING DOWN WITH YOUR FAMILY AND CREATING SOME STRUCTURE AROUND HOUSEWORK SO YOU DON'T FEEL AS OVERWHELMED. OR LETTING YOUR PARTNER KNOW YOUR FEELINGS WHEN YOU WOULD USUALLY BOTTLE THEM UP SO THEY CAN SUPPORT YOU BETTER.

IT COULD BE PUTTING YOUR PHONE ON 'DO NOT DISTURB' WHEN YOU'RE FINISHED WITH YOUR WORK DAY SO THAT YOU CAN FOCUS ON BEING MINDFUL AND IN THE MOMENT.

EVEN SCHEDULING IN A CHAT WITH A FRIEND ONCE A WEEK OR A BEACH WALK WITH SOMEONE YOU LOVE SO THAT YOU CAN MAKE SURE YOUR CUP IS FULL ALSO.

STRESSFUL SITUATIONS CAN BE OUT OF OUR CONTROL, BUT OUR REACTION TO THEM IS SOMETHING THAT WE ARE ABLE TO MANAGE BETTER WITH THE USE OF THINGS LIKE:

- MEDITATION
- AVOIDING TRIGGERS WHERE POSSIBLE
- CONSCIOUS COMMUNICATION
- FINDING WAYS TO REWARD YOURSELF FOR ACCOMPLISHMENTS OR COPING WITH STRESS THAT ISN'T FOOD (EG. TAKING A BATH, READING, WATCHING YOUR FAVOURITE MOVIE).
- CREATING A CALMING MORNING AND EVENING ROUTINE
- REMOVING SUGARY FOODS FROM THE HOUSE TO AVOID TEMPTATION
- AND OF COURSE, SEEKING SUPPORT FROM A PROFESSIONAL IF NEEDED.



MORNING AND EVENING

ROUTINE

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT AS A WAY TO EXPERIENCE MORE SWEETNESS IN YOUR LIFE.

MORNING SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

NIGHT SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

DAILY SELF CARE

CHECK IN

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

03

SCHEDULE

WATER



SLEEP



MOOD



NOTES



MEAL PLAN

TRACKER

EXAMPLE

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	SCRAMBLED EGGS, SALMON WITH AVOCADO AND SPINACH	GRILLED CHICKEN WITH ROASTED SWEET POTATO SALAD	LEMON ROASTED SALMON WITH ASPARAGUS AND STEAMED RICE	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST
TUE	JUICE PLUS COMPLETE SMOOTHIE	VEGGIE WRAP WITH HUMMUS, ROASTED VEGGIES AND PROTEIN	STEAK WITH SEEDED MUSTARD AND A SIDE OF STEAMED VEGGIES	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST
WED	VEGGIE OMELETTE WITH HERBS AND A SIDE OF AVOCADO	BUDDHA BOWL WITH RAW AND COOKED VEGGIES & 2 BOILED EGGS	STIR-FRY CHICKEN WITH MIXED VEGETABLES	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST
THU	OVERNIGHT CHIA OATS WITH COMPLETE PROTEIN	STUFFED CAPSICUM WITH MINCED BEEF AND VEGGIES	ZUCCHINI PASTA BOLOGNAISE	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST
FRI	TROPICAL GREEN SMOOTHIE WITH VANILLA COMPLETE	CHICKEN AND EGG SALAD LETTUCE WRAP	GRILLED PRAWN SKEWERS WITH GREENS AND AVO SALAD	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST
SAT	SWEET POTATO TOAST WITH AVOCADO AND EGGS	CAULIFLOWER FRIED RICE WITH CHICKEN AND EGG	HEALTHY TAKE OUT (AVOID SWEET SAUCES)	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST
SUN	CAFE MEAL OF BACON AND EGGS WITH A SIDE OF SPINACH	TUNA SALAD LETTUCE WRAPS	WHOLE BAKED SWEET POTATO WITH SLOW COOKED CHICKEN FILLING	COMPLETE SMOOTHIE OR CHOOSE FROM SNACKS LIST



MEAL PLAN TRACKER

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



NOW TO THE BEST PART:

IT'S TIME TO IMPLEMENT!

THIS GUIDE HAS GIVEN YOU THE TOOLS YOU NEED TO KICK SUGAR CRAVINGS FOR GOOD.

- BE SURE TO USE THE RECIPES IN THE HEALTH HUB MEMBERS PORTAL.
- UTILISE THE COMMUNITY IN OUR FACEBOOK GROUP BY SHARING THAT YOU ARE TAKING PART IN THIS 14 DAY CHALLENGE AND THAT YOU'RE LOOKING FOR ACCOUNTABILITY BUDDIES OR SUPPORT DURING THE NEXT TWO WEEKS.
- READ OVER THIS EBOOK AS MUCH AS YOU NEED.
- BE SURE TO SCHEDULE IN SELF CARE TIME AND TIME TO PREP YOUR MEALS AND SNACKS.

MOST IMPORTANTLY, REMEMBER THAT SMALL CHANGES OVER TIME LEAD TO BIG RESULTS. THIS FIRST 14 DAYS WILL HELP YOU TO MOVE PAST THE HARDEST PART OF KICKING SUGAR, BUT KEEPING THE PRINCIPLES IN PLACE AND PRIORITISING FEELING GOOD FIRST IS GOING TO BE THE GAME CHANGER WHEN IT COMES TO THRIVING HEALTH AND LONGEVITY!

ANY QUESTIONS CAN BE ADDRESSED IN OUR FACEBOOK COMMUNITY PAGE BY OUR RESIDENT HEALTH COACHES, TRAINERS AND NUTRITIONIST. PLEASE KNOW YOU'RE ALWAYS SAFE TO SHARE IN THAT PAGE!



SCRAMBLED EGGS AND SMOKED SALMON WITH AVOCADO AND SPINACH

SERVES 2



INGREDIENTS:

- 4 LARGE EGGS
- SALT AND PEPPER, TO TASTE
- 1 TABLESPOON UNSALTED BUTTER
- 2 CUPS FRESH BABY SPINACH (ABOUT 60G)
- 1 RIPE AVOCADO, PITTED, PEELED, AND SLICED OR DICED
- 100G SMOKED SALMON, SLICED OR TORN INTO PIECES
- OPTIONAL TOPPINGS: CRUMBLLED FETA CHEESE, CHOPPED FRESH HERBS (E.G., PARSLEY, CORIANDER, CHIVES), HOT SAUCE

METHOD

IN A MEDIUM BOWL, WHISK THE EGGS WITH A PINCH OF SALT AND A DASH OF PEPPER UNTIL WELL COMBINED AND SLIGHTLY FROTHY.

HEAT THE BUTTER IN A NON-STICK PAN OVER MEDIUM-LOW HEAT. ADD THE BABY SPINACH TO THE PAN AND COOK FOR 1-2 MINUTES, OR UNTIL IT BEGINS TO WILT.

POUR THE WHISKED EGGS OVER THE SPINACH, AND LET THEM SIT UNDISTURBED FOR A FEW SECONDS. GENTLY STIR THE EGGS WITH A SPATULA, LIFTING AND FOLDING THEM OVER THE SPINACH TO CREATE SOFT CURDS. CONTINUE COOKING UNTIL THE EGGS ARE JUST SET BUT STILL SLIGHTLY RUNNY, AS THEY WILL CONTINUE TO COOK FROM RESIDUAL HEAT.

REMOVE THE PAN FROM HEAT AND GENTLY FOLD IN THE AVOCADO SLICES OR DICED AVOCADO, AND SMOKED SALMON. BE CAREFUL NOT TO OVERMIX, AS THE AVOCADO SHOULD RETAIN ITS SHAPE.

DIVIDE THE SCRAMBLED EGGS WITH AVOCADO, SPINACH, AND SMOKED SALMON BETWEEN TWO PLATES, AND TOP WITH YOUR CHOICE OF OPTIONAL TOPPINGS, SUCH AS CRUMBLLED FETA CHEESE, CHOPPED FRESH HERBS, OR HOT SAUCE.



COMPLETE BREAKFAST SMOOTHIE

SERVES 1

INGREDIENTS:

- 1 SCOOP JUICE PLUS COMPLETE CHOCOLATE POWDER
- 1 CUP UNSWEETENED ALMOND MILK (OR ANY OTHER MILK OF YOUR CHOICE)
- 1/2 RIPE AVOCADO, PITTED AND PEELED
- 1 TABLESPOON UNSWEETENED COCOA POWDER
- 1/4 TEASPOON GROUND CINNAMON (OPTIONAL)
- ICE CUBES IF NEEDED



METHOD

IN A BLENDER, COMBINE THE JUICE PLUS COMPLETE CHOCOLATE POWDER, UNSWEETENED ALMOND MILK, AVOCADO, UNSWEETENED COCOA POWDER, GROUND CINNAMON (IF USING).

BLEND THE MIXTURE UNTIL SMOOTH AND CREAMY, MAKING SURE TO SCRAPE DOWN THE SIDES OF THE BLENDER AS NEEDED.

ADD THE ICE CUBES TO THE BLENDER AND BLEND AGAIN UNTIL THE SMOOTHIE REACHES YOUR DESIRED CONSISTENCY. IF YOU PREFER A THICKER SMOOTHIE, YOU CAN ADD MORE ICE.

POUR THE SMOOTHIE INTO A GLASS AND ENJOY IMMEDIATELY.



SCRAMBLED EGGS AND SMOKED SALMON WITH AVOCADO AND SPINACH

SERVES 2



INGREDIENTS:

- 4 LARGE EGGS
- SALT AND PEPPER, TO TASTE
- 1 TABLESPOON UNSALTED BUTTER
- 2 CUPS FRESH BABY SPINACH (ABOUT 60G)
- 1 RIPE AVOCADO, PITTED, PEELED, AND SLICED OR DICED
- 100G SMOKED SALMON, SLICED OR TORN INTO PIECES
- OPTIONAL TOPPINGS: CRUMBLED FETA CHEESE, CHOPPED FRESH HERBS (E.G., PARSLEY, CORIANDER, CHIVES), HOT SAUCE

METHOD

IN A MEDIUM BOWL, WHISK THE EGGS WITH A PINCH OF SALT AND A DASH OF PEPPER UNTIL WELL COMBINED AND SLIGHTLY FROTHY.

HEAT THE BUTTER IN A NON-STICK PAN OVER MEDIUM-LOW HEAT. ADD THE BABY SPINACH TO THE PAN AND COOK FOR 1-2 MINUTES, OR UNTIL IT BEGINS TO WILT.

POUR THE WHISKED EGGS OVER THE SPINACH, AND LET THEM SIT UNDISTURBED FOR A FEW SECONDS. GENTLY STIR THE EGGS WITH A SPATULA, LIFTING AND FOLDING THEM OVER THE SPINACH TO CREATE SOFT CURDS. CONTINUE COOKING UNTIL THE EGGS ARE JUST SET BUT STILL SLIGHTLY RUNNY, AS THEY WILL CONTINUE TO COOK FROM RESIDUAL HEAT.

REMOVE THE PAN FROM HEAT AND GENTLY FOLD IN THE AVOCADO SLICES OR DICED AVOCADO, AND SMOKED SALMON. BE CAREFUL NOT TO OVERMIX, AS THE AVOCADO SHOULD RETAIN ITS SHAPE.

DIVIDE THE SCRAMBLED EGGS WITH AVOCADO, SPINACH, AND SMOKED SALMON BETWEEN TWO PLATES, AND TOP WITH YOUR CHOICE OF OPTIONAL TOPPINGS, SUCH AS CRUMBLED FETA CHEESE, CHOPPED FRESH HERBS, OR HOT SAUCE.



OVERNIGHT VANILLA CHIA OATS

SERVES 2

INGREDIENTS:

- 1 CUP ROLLED OATS (100G)
- 1 SCOOP JUICE PLUS VANILLA COMPLETE
- 2 TABLESPOONS CHIA SEEDS (24G)
- 1/4 TEASPOON GROUND CINNAMON (OPTIONAL)
- 2 CUPS UNSWEETENED ALMOND MILK (OR ANY OTHER MILK OF YOUR CHOICE)
- 1/2 TEASPOON PURE VANILLA EXTRACT
- TOPPINGS: FRESH FRUIT (E.G., BERRIES, SLICED BANANA, DICED MANGO), NUTS OR SEEDS (E.G., ALMONDS, WALNUTS, SUNFLOWER SEEDS), SHREDDED COCONUT, A DOLLOP OF COCONUT YOGURT



METHOD

IN A MEDIUM BOWL OR LARGE JAR, COMBINE THE ROLLED OATS, JUICE PLUS VANILLA COMPLETE, CHIA SEEDS, AND GROUND CINNAMON (IF USING). STIR UNTIL WELL MIXED.

ADD THE UNSWEETENED ALMOND MILK, PURE VANILLA EXTRACT TO THE OAT MIXTURE. STIR UNTIL EVERYTHING IS WELL COMBINED AND THE CHIA SEEDS ARE EVENLY DISTRIBUTED. MAKE SURE THERE ARE NO CLUMPS OF CHIA SEEDS OR POWDER.

COVER THE BOWL OR JAR AND REFRIGERATE IT FOR AT LEAST 4 HOURS, OR OVERNIGHT, TO ALLOW THE OATS AND CHIA SEEDS TO ABSORB THE LIQUID AND THICKEN THE MIXTURE.

WHEN YOU'RE READY TO SERVE, GIVE THE OVERNIGHT CHIA OATS A GOOD STIR. IF THE MIXTURE IS TOO THICK, YOU CAN ADD A SPLASH OF MILK TO REACH YOUR DESIRED CONSISTENCY.

DIVIDE THE OVERNIGHT CHIA OATS BETWEEN TWO BOWLS OR JARS, AND TOP WITH YOUR CHOICE OF FRESH FRUIT, NUTS OR SEEDS, SHREDDED COCONUT, OR A DOLLOP OF YOGURT.



TROPICAL GREEN SMOOTHIE

SERVES 2

INGREDIENTS:

- 1 SCOOP JUICE PLUS COMPLETE VANILLA POWDER
- 1 CUP UNSWEETENED ALMOND MILK (OR ANY OTHER MILK OF YOUR CHOICE)
- 1 CUP FRESH BABY SPINACH
- 1/2 CUP FROZEN MANGO CHUNKS
- 1/2 CUP FROZEN PINEAPPLE CHUNKS
- 1/2 SMALL RIPE BANANA, FRESH OR FROZEN
- OPTIONAL ADD-INS: 1 TABLESPOON CHIA SEEDS, FLAXSEEDS, OR HEMP SEEDS, A SMALL PIECE OF FRESH GINGER OR TURMERIC, A PINCH OF GROUND CINNAMON OR NUTMEG



METHOD

IN A BLENDER, COMBINE THE JUICE PLUS COMPLETE VANILLA POWDER, UNSWEETENED ALMOND MILK, BABY SPINACH OR KALE, FROZEN MANGO CHUNKS, FROZEN PINEAPPLE CHUNKS, AND BANANA.

IF USING ANY OPTIONAL ADD-INS, SUCH AS CHIA SEEDS, FLAXSEEDS, HEMP SEEDS, GINGER, TURMERIC, OR SPICES, ADD THEM TO THE BLENDER AS WELL.

BLEND THE MIXTURE UNTIL SMOOTH AND CREAMY, MAKING SURE TO SCRAPE DOWN THE SIDES OF THE BLENDER AS NEEDED. IF THE SMOOTHIE IS TOO THICK, YOU CAN ADD A SPLASH OF MILK OR WATER TO REACH YOUR DESIRED CONSISTENCY.

POUR THE TROPICAL GREEN SMOOTHIE INTO A GLASS AND ENJOY IMMEDIATELY.



SWEET POTATO TOAST WITH AVOCADO AND EGGS

SERVES 2

INGREDIENTS:

- 1 LARGE SWEET POTATO, WASHED AND SLICED LENGTHWISE INTO 1/4-INCH (6MM) THICK SLICES
- 1 TABLESPOON OLIVE OIL
- SALT AND PEPPER, TO TASTE
- 1 RIPE AVOCADO, PITTED, PEELED, AND MASHED
- 1 TABLESPOON LEMON OR LIME JUICE
- 2 LARGE EGGS
- OPTIONAL TOPPINGS: CRUSHED RED PEPPER FLAKES, CHOPPED FRESH HERBS (E.G., PARSLEY, CILANTRO, CHIVES), HOT SAUCE, A DRIZZLE OF OLIVE OIL

METHOD

PLACE THE SWEET POTATO SLICES INTO A TOASTER OR TOASTER OVEN, SET AT THE HIGHEST SETTING. TOAST THE SLICES FOR ABOUT 5-10 MINUTES, OR UNTIL THEY ARE TENDER AND SLIGHTLY CRISPY ON THE EDGES. YOU MAY NEED TO TOAST THE SLICES MULTIPLE TIMES, DEPENDING ON THE POWER OF YOUR TOASTER. KEEP AN EYE ON THEM TO PREVENT BURNING.

WHILE THE SWEET POTATO SLICES ARE TOASTING, PREPARE THE AVOCADO MIXTURE BY COMBINING THE MASHED AVOCADO AND LEMON OR LIME JUICE IN A SMALL BOWL. SEASON WITH SALT AND PEPPER TO TASTE, AND SET ASIDE.

TO PREPARE THE BOILED EGGS, BRING A SMALL SAUCEPAN OF WATER TO A BOIL. CAREFULLY LOWER THE EGGS INTO THE BOILING WATER AND COOK FOR 7-9 MINUTES, DEPENDING ON YOUR DESIRED LEVEL OF DONENESS. REMOVE THE EGGS FROM THE BOILING WATER AND TRANSFER THEM TO A BOWL OF ICE WATER TO COOL. ONCE COOLED, PEEL THE EGGS AND SLICE THEM IN HALF OR INTO ROUNDS.

TO ASSEMBLE THE SWEET POTATO TOAST, SPREAD A LAYER OF THE AVOCADO MIXTURE ONTO EACH SWEET POTATO SLICE. TOP WITH THE BOILED EGG SLICES, AND FINISH WITH YOUR CHOICE OF OPTIONAL TOPPINGS, SUCH AS CRUSHED RED PEPPER FLAKES, CHOPPED FRESH HERBS, HOT SAUCE, OR A DRIZZLE OF OLIVE OIL.



GRILLED CHICKEN WITH ROASTED SWEET POTATO SALAD

SERVES 2



INGREDIENTS:

- 500G ORGANIC CHICKEN THIGHS
- HERBAMARE SEASONING
- 2 LARGE SWEET POTATOES, PEELED AND CUT INTO 1-INCH CUBES
- 2 TABLESPOONS OLIVE OIL
- SALT AND PEPPER, TO TASTE
- 4 CUPS MIXED GREENS (E.G., SPINACH, ARUGULA, ROMAINE)
- 1/2 CUP CHERRY TOMATOES, HALVED
- 1/4 CUP RED ONION, THINLY SLICED
- 1/2 CUP CRUMBLLED FETA CHEESE (OPTIONAL)
- 1/4 CUP CHOPPED WALNUTS OR PECANS, TOASTED

DRESSING

- 1/4 CUP EXTRA-VIRGIN OLIVE OIL
- 2 TABLESPOONS APPLE CIDER VINEGAR
- 1 TABLESPOON DIJON MUSTARD
- 1 TEASPOON HONEY
- SALT AND PEPPER, TO TASTE

METHOD:

PREHEAT OVEN TO 220°C. LINE A BAKING TRAY WITH BAKING PAPER.

IN A LARGE BOWL, TOSS THE CUBED SWEET POTATOES WITH THE OLIVE OIL, SALT, AND PEPPER. SPREAD THE SWEET POTATOES OUT EVENLY ON THE PREPARED BAKING SHEET.

ROAST THE SWEET POTATOES FOR 25-30 MINUTES, STIRRING HALFWAY THROUGH, UNTIL THEY ARE TENDER AND LIGHTLY BROWNED.

WHILE THE SWEET POTATOES ARE ROASTING, PAN FRY THE CHICKEN THIGHS FLAT ON A PAN OVER MEDIUM HEAT UNTIL BROWNED AND COOKED THROUGH, SEASON WITH HERBAMARE DURING COOKING.

PREPARE THE DRESSING. IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL, APPLE CIDER VINEGAR, DIJON MUSTARD, HONEY, SALT, AND PEPPER. SET ASIDE.

IN A LARGE SALAD BOWL, COMBINE THE MIXED GREENS, CHERRY TOMATOES, AND RED ONION. ADD THE ROASTED SWEET POTATOES ONCE THEY HAVE SLIGHTLY COOLED.

DRIZZLE THE SALAD WITH THE LOW-SUGAR DRESSING AND GENTLY TOSS TO COMBINE.

TOP THE SALAD WITH CRUMBLLED FETA CHEESE (IF USING) AND TOASTED WALNUTS OR PECANS. SERVE IMMEDIATELY.



VEGGIE WRAP WITH HUMMUS, ROASTED VEGGIES AND PROTEIN

SERVES: 4



INGREDIENTS:

- 2 MEDIUM ZUCCHINI, SLICED LENGTHWISE INTO 1/4-INCH THICK STRIPS
- 1 LARGE RED BELL PEPPER, CUT INTO 1/4-INCH WIDE STRIPS
- 1 LARGE YELLOW BELL PEPPER, CUT INTO 1/4-INCH WIDE STRIPS
- 1 MEDIUM RED ONION, CUT INTO 1/4-INCH THICK SLICES
- 2 TABLESPOONS OLIVE OIL
- SALT AND PEPPER, TO TASTE
- 4 LARGE WHOLE WHEAT OR SPINACH TORTILLAS
- 1 CUP HUMMUS (STORE-BOUGHT OR HOMEMADE)
- 1 CUP BABY SPINACH OR MIXED GREENS
- 1 CUP COOKED PROTEIN OF YOUR CHOICE (GRILLED CHICKEN, TOFU, TEMPEH, OR CHICKPEAS)

METHOD:

PREHEAT OVEN TO 220°C, LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER.

IN A LARGE BOWL, TOSS ZUCCHINI, BELL PEPPERS, AND RED ONION WITH OLIVE OIL, SALT, AND PEPPER. SPREAD THE VEGETABLES OUT EVENLY ON THE PREPARED BAKING SHEET.

ROAST THE VEGETABLES FOR 20-25 MINUTES, STIRRING HALFWAY THROUGH, UNTIL THEY ARE TENDER AND LIGHTLY BROWNED.

WHILE THE VEGETABLES ARE ROASTING, PREPARE YOUR CHOICE OF PROTEIN. IF USING CHICKEN, TOFU, OR TEMPEH, CUT INTO THIN STRIPS AND COOK USING YOUR PREFERRED METHOD (GRILL, BAKE, OR PAN-SEAR). IF USING CHICKPEAS, RINSE AND DRAIN A CAN OF CHICKPEAS, THEN PAT THEM DRY.

TO ASSEMBLE THE VEGGIE WRAPS, LAY OUT THE TORTILLAS ON A CLEAN SURFACE. SPREAD 1/4 CUP OF HUMMUS ON EACH TORTILLA, LEAVING ABOUT 1-INCH MARGIN AROUND THE EDGES.

PLACE A SMALL HANDFUL OF SPINACH OR MIXED GREENS ON THE LOWER THIRD OF EACH TORTILLA, ON TOP OF THE HUMMUS.

DIVIDE THE ROASTED VEGETABLES AND COOKED PROTEIN EQUALLY AMONG THE TORTILLAS, PLACING THEM ON TOP OF THE GREENS.

ROLL UP EACH TORTILLA TIGHTLY, TUCKING IN THE SIDES AS YOU GO. SLICE THE WRAPS IN HALF DIAGONALLY, AND SERVE IMMEDIATELY.



BUDDHA BOWL WITH RAW AND COOKED VEGGIES & BOILED EGGS

SERVES: 1

INGREDIENTS:

- 2 LARGE EGGS
- 1/2 CUP COOKED QUINOA OR RICE
- 1/2 CUP SWEET POTATO, CUBED
- 1 TABLESPOON OLIVE OIL
- SALT AND PEPPER, TO TASTE
- 1/2 CUP CHERRY TOMATOES, HALVED
- 1/2 CUP CUCUMBER, SLICED
- 1/2 AVOCADO, SLICED
- 1 CUP MIXED GREENS (E.G., SPINACH, ARUGULA, ROMAINE)
- 1/4 CUP SHREDDED CARROTS
- 1/4 CUP RED CABBAGE, THINLY SLICED

DRESSING

- 2 TABLESPOONS TAHINI
- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON WATER (OR MORE, AS NEEDED)
- 1 TEASPOON HONEY OR MAPLE SYRUP
- SALT AND PEPPER, TO TASTE

METHOD:

FILL A SMALL SAUCEPAN WITH WATER AND BRING TO A BOIL. GENTLY LOWER THE EGGS INTO THE BOILING WATER AND COOK FOR 9-12 MINUTES, DEPENDING ON YOUR PREFERRED DONENESS. TRANSFER THE EGGS TO A BOWL OF ICE WATER TO COOL. ONCE COOLED, PEEL AND SET ASIDE.



PREHEAT OVEN TO 220°C. LINE A BAKING SHEET WITH PARCHMENT PAPER.

IN A SMALL BOWL, TOSS THE SWEET POTATO CUBES WITH OLIVE OIL, SALT, AND PEPPER. SPREAD THE SWEET POTATO CUBES OUT EVENLY ON THE PREPARED BAKING SHEET.

ROAST THE SWEET POTATOES FOR 20-25 MINUTES, STIRRING HALFWAY THROUGH, UNTIL THEY ARE TENDER AND LIGHTLY BROWNED.

WHILE THE SWEET POTATOES ARE ROASTING, PREPARE THE DRESSING. IN A SMALL BOWL, WHISK TOGETHER THE TAHINI, LEMON JUICE, WATER, HONEY OR MAPLE SYRUP, SALT, AND PEPPER. ADJUST THE CONSISTENCY WITH MORE WATER IF NEEDED.

TO ASSEMBLE THE BUDDHA BOWL, START WITH A BASE OF MIXED GREENS. ADD THE COOKED QUINOA OR BROWN RICE, ROASTED SWEET POTATOES, CHERRY TOMATOES, CUCUMBER, AVOCADO, SHREDDED CARROTS, AND RED CABBAGE.

SLICE THE BOILED EGGS IN HALF AND PLACE THEM ON TOP OF THE ASSEMBLED BUDDHA BOWL.

DRIZZLE THE TAHINI DRESSING OVER THE BUDDHA BOWL AND SERVE IMMEDIATELY.



STUFFED CAPSICUM WITH MINCED BEEF AND VEGGIES

SERVES: 4-6

INGREDIENTS:

- 4-6 CAPSICUMS, ANY COLOUR
- 1 TABLESPOON OLIVE OIL
- 1 SMALL ONION, FINELY CHOPPED
- 2 CLOVES GARLIC, MINCED
- 500G ORGANIC MINCED BEEF
- 1/2 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER
- 1 TEASPOON PAPRIKA
- 1 TEASPOON DRIED OREGANO
- 1/2 CUP COOKED RICE
- 1 CUP DICED TOMATOES (CANNED OR FRESH)
- 1 SMALL ZUCCHINI, DICED
- 1/2 CUP FROZEN CORN, THAWED
- 1/2 CUP SHREDDED CHEDDAR CHEESE
- FRESH PARSLEY OR CILANTRO, CHOPPED, FOR GARNISH (OPTIONAL)

METHOD:

PREHEAT THE OVEN TO 180°C. GREASE A BAKING DISH LARGE ENOUGH TO HOLD THE CAPSICUMS UPRIGHT.

SLICE THE TOPS OFF THE CAPSICUMS AND REMOVE THE SEEDS AND MEMBRANES. IF NECESSARY, TRIM THE BOTTOM OF EACH CAPSICUM TO HELP THEM STAND UPRIGHT. PLACE THE CAPSICUMS IN THE PREPARED BAKING DISH.



IN A LARGE PAN, HEAT THE OLIVE OIL OVER MEDIUM HEAT. ADD THE ONION AND GARLIC AND COOK UNTIL SOFTENED,

ADD THE MINCED BEEF TO THE PAN, BREAKING IT UP WITH A SPOON. COOK UNTIL THE BEEF IS BROWNED,

SEASON THE BEEF WITH SALT, BLACK PEPPER, PAPRIKA, AND DRIED OREGANO. STIR IN THE COOKED RICE, DICED TOMATOES, ZUCCHINI, AND CORN, MIXING WELL.

COOK THE BEEF AND VEGGIE MIXTURE FOR AN ADDITIONAL 5 MINUTES,

SPOON THE BEEF AND VEGGIE MIXTURE INTO THE HOLLOWED-OUT CAPSICUMS.

COVER THE BAKING DISH WITH FOIL AND BAKE FOR 35-40 MINUTES, OR UNTIL THE CAPSICUMS ARE TENDER.

REMOVE THE FOIL AND SPRINKLE THE SHREDDED CHEESE EVENLY OVER THE TOP. RETURN THE DISH TO THE OVEN, UNCOVERED, AND BAKE FOR AN ADDITIONAL 5 MINUTES, OR UNTIL THE CHEESE IS MELTED AND BUBBLY.

REMOVE THE STUFFED CAPSICUMS FROM THE OVEN AND LET THEM COOL FOR A FEW MINUTES BEFORE SERVING. GARNISH WITH CHOPPED FRESH PARSLEY OR CILANTRO, IF DESIRED.



CHICKEN AND EGG SALAD LETTUCE WRAP

SERVES: 4

INGREDIENTS:

- 2 CUPS COOKED CHICKEN, SHREDDED OR CHOPPED
- 4 HARD-BOILED EGGS, CHOPPED
- 1/3 CUP MAYONNAISE OR GREEK COCONUT YOGURT
- 1 TABLESPOON DIJON MUSTARD
- SALT AND PEPPER, TO TASTE
- 1/4 TEASPOON PAPRIKA
- 1/4 TEASPOON GARLIC POWDER
- 1/4 CUP CELERY, FINELY CHOPPED
- 1/4 CUP RED ONION, FINELY CHOPPED (OPTIONAL)
- 1/4 CUP GREEN ONIONS, SLICED (OPTIONAL)
- 8 LARGE LETTUCE LEAVES (E.G., ICEBERG, BUTTER, OR ROMAINE)



METHOD:

IN A LARGE BOWL, COMBINE THE COOKED CHICKEN, CHOPPED HARD-BOILED EGGS, MAYONNAISE OR GREEK YOGURT, DIJON MUSTARD, SALT, PEPPER, PAPRIKA, AND GARLIC POWDER. MIX WELL UNTIL ALL INGREDIENTS ARE EVENLY COMBINED.

FOLD IN THE CHOPPED CELERY, RED ONION (IF USING), AND GREEN ONIONS (IF USING), ENSURING THEY ARE EVENLY DISTRIBUTED THROUGHOUT THE SALAD.

PLACE A LARGE SPOONFUL OF THE CHICKEN AND EGG SALAD ONTO THE CENTER OF EACH LETTUCE LEAF.

TO SERVE, FOLD THE SIDES OF THE LETTUCE LEAF INWARDS AND THEN ROLL IT UP, CREATING A LETTUCE WRAP. YOU CAN ALSO SERVE THE LETTUCE WRAPS OPEN-FACED BY SIMPLY FOLDING THE LETTUCE LEAF IN HALF, LIKE A TACO.



CAULIFLOWER FRIED RICE WITH CHICKEN AND EGG

SERVES: 4

INGREDIENTS:

- 1 MEDIUM HEAD CAULIFLOWER, CUT INTO FLORETS
- 2 TABLESPOONS BUTTER, DIVIDED
- 2 CUPS COOKED CHICKEN, DICED OR SHREDDED
- 2 LARGE EGGS, BEATEN
- 1 SMALL ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 1 CUP FROZEN PEAS AND CARROTS, THAWED
- 1/4 CUP TAMARI
- 2 GREEN ONIONS, THINLY SLICED
- SALT AND WHITE PEPPER, TO TASTE
- OPTIONAL: SRIRACHA OR CHILLI SAUCE, FOR SERVING

METHOD

PLACE THE CAULIFLOWER FLORETS IN A FOOD PROCESSOR AND PULSE UNTIL THEY REACH A RICE-LIKE CONSISTENCY. ALTERNATIVELY, YOU CAN GRATE THE CAULIFLOWER USING A BOX GRATER.

IN A LARGE PAN OR WOK, HEAT 1 TABLESPOON OF BUTTER OVER MEDIUM HEAT. ADD THE DICED OR SHREDDED CHICKEN AND COOK UNTIL WARMED THROUGH. TRANSFER THE CHICKEN TO A PLATE AND SET ASIDE.

IN THE SAME SKILLET, ADD THE BEATEN EGGS AND COOK, STIRRING OCCASIONALLY, UNTIL SCRAMBLED. TRANSFER THE EGGS TO THE PLATE WITH THE CHICKEN.



HEAT THE REMAINING 1 TABLESPOON OF BUTTER IN THE SKILLET. ADD THE DICED ONION AND COOK UNTIL SOFTENED, ABOUT 3-4 MINUTES. ADD THE MINCED GARLIC AND COOK FOR AN ADDITIONAL 1 MINUTE.

ADD THE CAULIFLOWER RICE AND THE THAWED PEAS AND CARROTS TO THE PAN. STIR WELL TO COMBINE WITH THE ONION AND GARLIC. COOK FOR ABOUT 5-7 MINUTES, UNTIL THE CAULIFLOWER RICE IS TENDER.

STIR IN THE SOY SAUCE, MIXING WELL TO ENSURE THE CAULIFLOWER RICE IS EVENLY COATED.

ADD THE COOKED CHICKEN AND SCRAMBLED EGGS BACK INTO THE SKILLET, STIRRING TO COMBINE ALL THE INGREDIENTS.

COOK FOR AN ADDITIONAL 2-3 MINUTES TO ENSURE EVERYTHING IS HEATED THROUGH. SEASON WITH SALT AND WHITE PEPPER TO TASTE.

REMOVE THE PAN FROM THE HEAT AND GARNISH THE CAULIFLOWER FRIED RICE WITH SLICED GREEN ONIONS.

SERVE THE CAULIFLOWER FRIED RICE WITH CHICKEN AND EGG IMMEDIATELY, WITH SRIRACHA OR CHILLI SAUCE ON THE SIDE IF DESIRED.



TUNA SALAD LETTUCE WRAP

SERVES: 4

INGREDIENTS:

- 2 CANS (185G EACH) TUNA IN WATER, DRAINED
- 1/3 CUP MAYONNAISE OR COCONUT GREEK YOGURT
- 1 TABLESPOON LEMON JUICE
- 1/4 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER
- 1/4 TEASPOON GARLIC POWDER (OPTIONAL)
- 1/4 CUP CELERY, FINELY CHOPPED
- 1/4 CUP RED ONION, FINELY CHOPPED (OPTIONAL)
- 1/4 CUP PICKLE RELISH (OPTIONAL)
- 8 LARGE LETTUCE LEAVES (E.G., ICEBERG, BUTTER, OR ROMAINE)



METHOD

IN A MEDIUM BOWL, COMBINE THE DRAINED TUNA, MAYONNAISE OR GREEK YOGURT, LEMON JUICE, SALT, BLACK PEPPER, AND GARLIC POWDER (IF USING). MIX WELL UNTIL ALL INGREDIENTS ARE EVENLY COMBINED.

FOLD IN THE CHOPPED CELERY, RED ONION (IF USING), AND PICKLE RELISH (IF USING), ENSURING THEY ARE EVENLY DISTRIBUTED THROUGHOUT THE TUNA SALAD.

PLACE A LARGE SPOONFUL OF THE TUNA SALAD ONTO THE CENTER OF EACH LETTUCE LEAF.

TO SERVE, FOLD THE SIDES OF THE LETTUCE LEAF INWARDS AND THEN ROLL IT UP, CREATING A LETTUCE WRAP. YOU CAN ALSO SERVE THE LETTUCE WRAPS OPEN-FACED BY SIMPLY FOLDING THE LETTUCE LEAF IN HALF, LIKE A TACO.



LEMON ROASTED SALMON WITH ASPARAGUS AND STEAMED RICE

SERVES: 4

INGREDIENTS:

- 4 SALMON FILLETS
- 1 BUNCH ASPARAGUS, TRIMMED
- 2 TABLESPOONS OLIVE OIL, DIVIDED
- SALT AND PEPPER, TO TASTE
- 1 LEMON, THINLY SLICED
- 1 TABLESPOON FRESH DILL, CHOPPED (OR 1 TEASPOON DRIED DILL)
- 1 TEASPOON GARLIC POWDER
- 1 TEASPOON ONION POWDER
- 2 CUPS COOKED STEAMED RICE

METHOD

PREHEAT THE OVEN TO 200°C. LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER.

PLACE THE SALMON FILLETS AND ASPARAGUS ON THE PREPARED BAKING SHEET, ENSURING THEY ARE NOT OVERCROWDED.

DRIZZLE 1 TABLESPOON OF OLIVE OIL OVER THE SALMON FILLETS AND THE REMAINING 1 TABLESPOON OF OLIVE OIL OVER THE ASPARAGUS. SEASON BOTH THE SALMON AND ASPARAGUS WITH SALT AND PEPPER TO TASTE.



IN A SMALL BOWL, COMBINE THE DILL, GARLIC POWDER, AND ONION POWDER. SPRINKLE THE SEASONING MIXTURE EVENLY OVER THE SALMON FILLETS.

PLACE THE LEMON SLICES ON TOP OF THE SALMON FILLETS, USING 2-3 SLICES PER FILLET.

ROAST THE SALMON AND ASPARAGUS IN THE PREHEATED OVEN FOR 12-15 MINUTES, OR UNTIL THE SALMON IS COOKED THROUGH AND FLAKES EASILY WITH A FORK, AND THE ASPARAGUS IS TENDER BUT STILL CRISP.

WHILE THE SALMON AND ASPARAGUS ARE ROASTING, PREPARE THE STEAMED RICE ACCORDING TO THE PACKAGE INSTRUCTIONS OR USING A RICE COOKER.

TO SERVE, PLACE A SCOOP OF STEAMED RICE ON EACH PLATE, FOLLOWED BY A SALMON FILLET AND A PORTION OF THE ROASTED ASPARAGUS.



STEAK WITH SEEDED MUSTARD AND STEAMED VEGGIES

SERVES: 4

INGREDIENTS:

- 4 STEAKS (RIBEYE, STRIP, OR SIRLOIN), ABOUT 8 OZ. EACH
- SALT AND PEPPER, TO TASTE
- 2 TABLESPOONS BUTTER
- 1/4 CUP SEEDED MUSTARD
- 1 TABLESPOON FRESH THYME LEAVES, CHOPPED (OR 1 TEASPOON DRIED THYME)
- 1 TABLESPOON FRESH ROSEMARY, CHOPPED (OR 1 TEASPOON DRIED ROSEMARY)

FOR THE STEAMED VEGGIES:

- 2 CUPS BROCCOLI FLORETS
- 2 CUPS CAULIFLOWER FLORETS
- 2 CUPS BABY CARROTS
- SALT AND PEPPER, TO TASTE

METHOD

REMOVE THE STEAKS FROM THE REFRIGERATOR ABOUT 30 MINUTES BEFORE COOKING TO ALLOW THEM TO COME TO ROOM TEMPERATURE. SEASON THE STEAKS GENEROUSLY WITH SALT AND PEPPER ON BOTH SIDES.

IN A SMALL BOWL, COMBINE THE SEEDED MUSTARD, THYME, AND ROSEMARY. SET ASIDE.



HEAT THE BUTTER IN A LARGE PAN OVER MEDIUM-HIGH HEAT. ONCE THE OIL IS HOT, ADD THE STEAKS TO THE SKILLET, MAKING SURE NOT TO OVERCROWD THE PAN.

COOK THE STEAKS FOR 4-5 MINUTES PER SIDE FOR MEDIUM-RARE, OR UNTIL THEY REACH YOUR DESIRED LEVEL OF DONENESS. ADJUST THE COOKING TIME AS NEEDED FOR THICKER OR THINNER STEAKS.

REMOVE THE STEAKS FROM THE PAN AND LET THEM REST FOR 5 MINUTES BEFORE SERVING.

WHILE THE STEAKS ARE RESTING, PREPARE THE STEAMED VEGGIES. PLACE A STEAMER BASKET IN A LARGE POT FILLED WITH 1-2 INCHES OF WATER. BRING THE WATER TO A BOIL, THEN ADD THE BROCCOLI, CAULIFLOWER, AND BABY CARROTS TO THE STEAMER BASKET. COVER THE POT AND STEAM THE VEGGIES FOR 5-7 MINUTES, OR UNTIL THEY ARE TENDER BUT STILL CRISP. SEASON WITH SALT AND PEPPER TO TASTE.

TO SERVE, PLACE A PORTION OF STEAMED VEGGIES ON EACH PLATE. TOP EACH STEAK WITH A GENEROUS DOLLOP OF THE SEEDED MUSTARD MIXTURE AND SERVE ALONGSIDE THE VEGGIES.



STIR-FRY CHICKEN WITH MIXED VEGETABLES

SERVES: 4

INGREDIENTS:

- 3 TABLESPOONS COCONUT OIL, DIVIDED
- 1 SMALL ONION, THINLY SLICED
- 2 CLOVES GARLIC, MINCED
- 1 TABLESPOON GINGER, MINCED
- 3 CUPS MIXED VEGETABLES (E.G., BELL PEPPERS, BROCCOLI, CARROTS, SNAP PEAS, BABY CORN)
- 1/4 CUP TAMARI
- 1 TABLESPOON FISH SAUCE
- 1 TABLESPOON RICE VINEGAR
- 1 TABLESPOON CORNSTARCH
- 1/4 CUP COLD WATER
- SALT AND PEPPER, TO TASTE
- OPTIONAL: 1/4 TEASPOON CRUSHED RED PEPPER FLAKES
- OPTIONAL: COOKED RICE OR NOODLES FOR SERVING

METHOD

IN A LARGE PAN OR WOK, HEAT 2 TABLESPOONS OF VEGETABLE OIL OVER MEDIUM-HIGH HEAT. ADD THE SLICED CHICKEN AND COOK, STIRRING FREQUENTLY, UNTIL COOKED THROUGH AND NO LONGER PINK, ABOUT 4-5 MINUTES. TRANSFER THE COOKED CHICKEN TO A PLATE AND SET ASIDE.

IN THE SAME SKILLET, HEAT THE REMAINING 1 TABLESPOON OF VEGETABLE OIL. ADD THE SLICED ONION AND COOK FOR 2-3 MINUTES, OR UNTIL SOFTENED. ADD THE MINCED GARLIC AND GINGER, AND COOK FOR AN ADDITIONAL 1 MINUTE.



ADD THE MIXED VEGETABLES TO THE SKILLET AND STIR-FRY FOR 5-7 MINUTES, OR UNTIL THE VEGETABLES ARE TENDER-CRISP.

IN A SMALL BOWL, WHISK TOGETHER THE SOY SAUCE, FISH SAUCE, RICE VINEGAR, CORNSTARCH, AND COLD WATER. POUR THE SAUCE MIXTURE OVER THE VEGETABLES IN THE SKILLET AND COOK, STIRRING CONSTANTLY, FOR 1-2 MINUTES, OR UNTIL THE SAUCE HAS THICKENED.

RETURN THE COOKED CHICKEN TO THE SKILLET AND STIR WELL TO COMBINE. COOK FOR AN ADDITIONAL 1-2 MINUTES, UNTIL THE CHICKEN IS HEATED THROUGH. SEASON WITH SALT, PEPPER, AND CRUSHED RED PEPPER FLAKES (IF USING) TO TASTE.

SERVE THE STIR-FRY CHICKEN WITH MIXED VEGETABLES OVER COOKED RICE OR NOODLES, IF DESIRED.



BOLOGNAISE WITH ZUCCHINI PASTA

SERVES: 4

INGREDIENTS:

- 4 MEDIUM ZUCCHINIS
- 1 TABLESPOON OLIVE OIL
- 1 SMALL ONION, FINELY CHOPPED
- 2 CLOVES GARLIC, MINCED
- 500G MINCED BEEF
- 1 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- 1 TEASPOON DRIED BASIL
- 1 TEASPOON DRIED OREGANO
- 1/4 TEASPOON CRUSHED RED PEPPER FLAKES (OPTIONAL)
- 1 CAN (28 OZ) CRUSHED TOMATOES
- 1/4 CUP GRATED PARMESAN CHEESE, FOR SERVING
- FRESH BASIL LEAVES, FOR GARNISH (OPTIONAL)

METHOD

USING A SPIRALIZER OR A VEGETABLE PEELER, TURN THE ZUCCHINIS INTO NOODLES. IF USING A VEGETABLE PEELER, CREATE LONG, THIN RIBBONS. SET THE ZUCCHINI NOODLES ASIDE.

IN A LARGE PAN, HEAT THE OLIVE OIL OVER MEDIUM HEAT. ADD THE CHOPPED ONION AND COOK FOR 3-4 MINUTES, OR UNTIL SOFTENED. ADD THE MINCED GARLIC AND COOK FOR AN ADDITIONAL 1 MINUTE.



ADD THE GROUND BEEF TO THE SKILLET, BREAKING IT UP WITH A SPOON. SEASON WITH SALT, PEPPER, DRIED BASIL, DRIED OREGANO, AND CRUSHED RED PEPPER FLAKES (IF USING). COOK UNTIL THE MEAT IS BROWNED AND COOKED THROUGH, ABOUT 5-6 MINUTES.

STIR IN THE CRUSHED TOMATOES AND BRING THE MIXTURE TO A SIMMER. REDUCE THE HEAT TO LOW AND LET THE SAUCE SIMMER FOR 15-20 MINUTES, STIRRING OCCASIONALLY, TO ALLOW THE FLAVOURS TO MELD.

WHILE THE SAUCE SIMMERS, COOK THE ZUCCHINI NOODLES. IN A SEPARATE LARGE SKILLET, HEAT A TABLESPOON OF OLIVE OIL OVER MEDIUM HEAT. ADD THE ZUCCHINI NOODLES AND COOK FOR 3-4 MINUTES, OR UNTIL THEY ARE JUST TENDER BUT STILL HAVE SOME BITE. BE CAREFUL NOT TO OVERCOOK THE NOODLES, AS THEY CAN BECOME MUSHY. DRAIN ANY EXCESS LIQUID FROM THE SKILLET.

TO SERVE, DIVIDE THE COOKED ZUCCHINI NOODLES AMONG FOUR PLATES. TOP EACH SERVING WITH A GENEROUS PORTION OF THE BOLOGNESE SAUCE. SPRINKLE WITH GRATED PARMESAN CHEESE AND GARNISH WITH FRESH BASIL LEAVES, IF DESIRED.

GRILLED PRAWN SKEWERS WITH AN AVOCADO SALAD

SERVES: 4

INGREDIENTS:

FOR THE PRAWN SKEWERS:

- 500G LARGE PRAWNS, PEELED AND DEVEINED, TAIL-ON
- 1/4 CUP OLIVE OIL
- 2 CLOVES GARLIC, MINCED
- 1 TABLESPOON FRESH LEMON JUICE
- 1 TEASPOON PAPRIKA
- SALT AND PEPPER, TO TASTE
- 8 WOODEN OR METAL SKEWERS

FOR THE GREENS AND AVOCADO SALAD:

- 4 CUPS MIXED GREENS (SUCH AS BABY SPINACH, ARUGULA, AND ROMAINE)
- 1 RIPE AVOCADO, PEELED, PITTED, AND SLICED
- 1/2 SMALL RED ONION, THINLY SLICED
- 1/2 CUP CHERRY TOMATOES, HALVED
- 1/4 CUP CHOPPED FRESH CORIANDER

FOR THE DRESSING:

- 1/4 CUP OLIVE OIL
- 2 TABLESPOONS FRESH LEMON JUICE
- 1 TEASPOON HONEY
- SALT AND PEPPER, TO TASTE

METHOD

IF USING WOODEN SKEWERS, SOAK THEM IN WATER FOR AT LEAST 30 MINUTES TO PREVENT BURNING WHILE GRILLING.



IN A MEDIUM BOWL, MIX TOGETHER THE OLIVE OIL, GARLIC, LEMON JUICE, PAPRIKA, SALT, AND PEPPER. ADD THE PRAWNS TO THE MARINADE AND LET THEM SIT FOR 15-20 MINUTES, STIRRING OCCASIONALLY TO ENSURE THEY ARE EVENLY COATED.

WHILE THE PRAWNS ARE MARINATING, PREPARE THE SALAD. IN A LARGE BOWL, TOSS TOGETHER THE MIXED GREENS, AVOCADO SLICES, RED ONION, CHERRY TOMATOES, AND CHOPPED CILANTRO.

IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL, LEMON JUICE, HONEY, SALT, AND PEPPER FOR THE DRESSING. SET ASIDE.

PREHEAT THE GRILL OR A GRILL PAN TO MEDIUM-HIGH HEAT. THREAD THE MARINATED PRAWNS ONTO THE SKEWERS, WITH ABOUT 4-5 PRAWNS PER SKEWER.

GRILL THE PRAWN SKEWERS FOR 2-3 MINUTES PER SIDE, OR UNTIL THEY ARE OPAQUE AND COOKED THROUGH.

TO SERVE, DIVIDE THE GREENS AND AVOCADO SALAD AMONG FOUR PLATES. DRIZZLE THE DRESSING OVER THE SALAD AND TOP WITH THE GRILLED PRAWN SKEWERS.



WHOLE BAKED SWEET POTATOES WITH SLOW-COOKED CHICKEN FILLING

SERVES: 4



INGREDIENTS:

- 4 MEDIUM SWEET POTATOES
- 500G BONELESS, SKINLESS CHICKEN BREASTS
- 1 TABLESPOON OLIVE OIL
- 1 SMALL ONION, FINELY CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 TEASPOON GROUND CUMIN
- 1 TEASPOON GROUND CORIANDER
- 1/4 TEASPOON SMOKED PAPRIKA
- SALT AND PEPPER, TO TASTE
- 1 CAN (400G) DICED TOMATOES
- 1/2 CUP CHICKEN BROTH
- 2 CUPS ROCKET LETTUCE
- FRESH CORIANDER OR PARSLEY, CHOPPED, FOR GARNISH

METHOD

PREHEAT YOUR OVEN TO 200°C. WASH AND DRY THE SWEET POTATOES, THEN PRICK THEM ALL OVER WITH A FORK. PLACE ON A BAKING SHEET LINED WITH PARCHMENT PAPER AND BAKE FOR 45-60 MINUTES, OR UNTIL TENDER WHEN PIERCED WITH A FORK.

MEANWHILE, PREPARE THE SLOW-COOKED CHICKEN FILLING. HEAT THE OLIVE OIL IN A LARGE PAN OVER MEDIUM HEAT. ADD THE CHOPPED ONION AND COOK FOR 3-4 MINUTES, OR UNTIL SOFTENED. ADD THE MINCED GARLIC AND COOK FOR AN ADDITIONAL 1 MINUTE.

SEASON THE CHICKEN BREASTS WITH SALT, PEPPER, GROUND CUMIN, GROUND CORIANDER, AND SMOKED PAPRIKA. ADD THE SEASONED CHICKEN BREASTS TO THE PAN AND SEAR EACH SIDE FOR ABOUT 2 MINUTES, UNTIL LIGHTLY BROWNED.

STIR IN THE DICED TOMATOES AND CHICKEN BROTH, MAKING SURE TO SCRAPE UP ANY BROWNED BITS FROM THE BOTTOM OF THE PAN. BRING THE MIXTURE TO A SIMMER, THEN REDUCE THE HEAT TO LOW, COVER, AND LET IT COOK FOR 1.5-2 HOURS, OR UNTIL THE CHICKEN IS VERY TENDER AND CAN EASILY BE SHREDDED WITH A FORK.

ONCE THE CHICKEN IS COOKED, SHRED IT USING TWO FORKS AND MIX IT WITH THE SAUCE IN THE PAN. IF THE SAUCE IS TOO THIN, LET IT SIMMER UNCOVERED FOR A FEW MINUTES TO THICKEN.

TO SERVE, CAREFULLY SLICE OPEN THE BAKED SWEET POTATOES LENGTHWISE, WITHOUT CUTTING ALL THE WAY THROUGH. GENTLY PUSH THE ENDS TOWARDS THE CENTER TO CREATE A WELL IN THE MIDDLE.

PLACE A HANDFUL OF ROCKET LETTUCE ON EACH SWEET POTATO, AND THEN SPOON THE SLOW-COOKED CHICKEN FILLING ON TOP. GARNISH WITH FRESH CILANTRO OR PARSLEY.