



REVIVE

6 WEEKS TO FEELING MORE ALIVE THAN EVER
BEFORE WITHIN YOUR BODY, MIND & SOUL

BROUGHT TO LIFE BY...

THE HEALTH HUB



THE HEALTH HUB

WELCOMES YOU

Welcome to the Health Hub 6 week challenge and congratulations for having the courage to say yes to yourself and better health. Over these next 6 weeks we invite you to come on this journey with us to creating the habits that are going to lead to a healthier, happier more vibrant and energised YOU.

We are here to empower you to focus on forming the healthy habits that are going to enable you to create a healthy lifestyle for life.

Following our guide, implementing our tools and resources, learning the simple steps to overall health that we focus on, and truly coming back to what we intuitively know when it comes to our health and vitality, will be the keys to unlock your success.

This 6 week challenge has been curated so no matter your reason for joining you are met with simple and approachable program that will meet you where you are at.

Once you have completed our 6 week challenge you can then continue your journey with us with lifetime access to the Health Hub. You can also revisit this challenge or our other cleanse and eboot programs as often as you like, especially when you feel off track (because let's be real we are all human.)

Each journey starts with a simple step. Once you start taking action and forming new healthier habits you will start to feel better about yourself and its those small steps every day that will lead to your transformation.

When you start to feel the changes, when you see your body transforming you will be inwardly inspired and no longer need that external motivation, your healthy habits will be a lifestyle and healthy is a way of life that you choose which is the ultimate expression of self love.... so stick with it.

Over the next 6 weeks you may experience benefits such as:

Weight loss | Less cravings | Mental clarity | Glowing skin | Better sleep | Decreased bloating | Increased energy | Motivated and inspired.



THE HEALTH HUB

PHILOSOPHY

We believe to achieve long sustained wellness we must simplify the way we approach wellness in all aspects of our lives.

We believe you can have glowing health with ease. Our goal is to help you simplify your wellness journey with our 6 Week Guide, recipes, workouts and mindset tools.

Think of this as your manual to absolute wellness. The things we should have been taught at school and the tips that will carry you through life as incredible habits you hold onto. We're here to support you on through your growth but also dish out some tough love when needed. We're going to give you everything you need to transform, you just need to participate without the excuses that may have held you back in the past.

This guide is simple to follow and our meals, snacks and smoothies are delicious and full of nutrients. Paired with our at home workouts and mindset tools, you've got every chance at having your dream body, glowing skin or vibrant energy that you've been wishing for.

To keep you on path, we have an incredible community of women who are on the same road as you to feeling and being their best. Make the most of this space where you can find inspiration, friendships and support to achieve all you desire.

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THE ESSENTIALS

The 6 week Challenge essentials are all about you focussing on what you are CHOOSING for your health and not about what you can't do. We are not asking you to count calories or deprive yourself, instead we are giving you simple steps that are essential for creating the new foundation for your new level health and vitality. These are just simple principles to build upon over time, no fuss, no complication and the building blocks of the new healthier happier you.

<p>THE POWER OF WHOLE FOODS</p>	<p>Real food doesn't have ingredients, it is ingredients. Focus on eating more WHOLEFOOD meals throughout the day to nourish our cells & eat regularly to help boost your metabolism. Enjoy 2-3 well balanced & portioned meals & 1 snack. Smoothies are a convenient & nourishing option to keep it light & packed full of wholefoods as well as being able to load it full of veggies for extra key nutrients.</p>
<p>HYDRATE FOR HEALTH</p>	<p>When you're thirsty, you're already dehydrated. Sometimes when we are dehydrated we often mistake the thirst for hunger, so keeping hydrated is key when wanting to create better health. Listen to your body & always have a drink bottle with you when out & about. Aim for 2-3 litres of filtered water every day. This will help flush toxins from your body & help with regulating your hormones. If you feel challenged by that amount then build it up over time, you can also add citrus, fresh berries or herbs to give it flavour & added benefits.</p>
<p>MOVE YOU BODY</p>	<p>Your body is designed to move, so let's get moving. Physical activity / exercise is not only great for you physically, it helps in controlling your blood pressure, cholesterol & your hormones. When you make it a priority to move your body for at least 20 mins a day it has been shown to improve moods (hello endorphins) increase brain function, concentration & welcome in better sleep. Exercise is a FREE way to increase your confidence, love your body & create a sense of wellbeing & vitality. Do what you love & that brings you joy, take a look at our MOVEMENT section of the Challenge for some amazing workouts you can do from anywhere.</p>
<p>MEAT FREE MEALS</p>	<p>If you are open and willing, start with our MEAT FREE MONDAY. Introduce more plant based meals into your week. It's not only allowing your digestion to have a break, it's also practicing being more mindful for the environment and budget conscious for your family too. It is a known fact, as a society we truly consume far too much animal protein and only 3% of adults in Australia are getting the recommended 7+ servings of vegetables - so this is a great way to introduce more vegetables into your diet as well as the health benefits for your digestive system.</p>

THE ESSENTIALS

SUPPLIMENT TO THRIVE	<p>We eat to survive. In the fast paced world we live in we need supplementation to thrive. We're undernourished & depleted in REAL FOOD & a lot of people eat out of convenience, disregarding true health. Inside the Health Hub we recommend our Juice Plus wholefood fruit, vegetable & berry blend capsules + the vegan full spectrum omega oil + our vegan complete protein powder to help bridge the gap in your nutrition & get the edge. They are the most scientifically researched nutritional product on the market and something we believe in wholeheartedly for your health and vitality.</p>
GO FOR GREEN	<p>Not only GREENS, make a conscious effort to add more NON STARCHY vegetables to your meals through the day. Eating a wide variety of vegetables not only is GREAT for your health, it also gives your body the key vitamins, minerals & nutrients they offer the body, as well as helping with your daily fibre needs and hydration. If you want to live a life of HEALTH and VITALITY - then eating living foods is an essential part of the puzzle. The more vegetables you are consuming, the more you will crowd out the crap & start craving more fresh, living foods. GREEN things are next level, so GO FOR GREEN. Start small and build up each day.</p>
SLEEP FOR VITALITY	<p>Good quality, rested sleep is essential (very often overlooked) for helping create long term health & vitality. Aim for 6-8 hours or good quality sleep every night, if and when possible. We do understand all of our lives are very different, so this is just recommended as a guide. Sleep is incredible for allowing your body to rest, recover and repair. It helps with hormone regulation & also if we are tired, we are more likely to overeat or choose poor quality food options, so make an effort to get enough sleep each night.</p>
COOKING TO NOURISH	<p>Cook more from home. It sounds so simple, yet we know how hard it can be at times when we are working, running a household, have children to feed & wanting to enjoy life too. Dive into our family friendly recipes inside this guide and in our HUB & see the simplicity of cooking a balanced & nourishing meal, you may even fall in love with it. When you prepare your own foods, you have the ability to control the ingredients, the added ingredients, the oils and where the food is sourced. Better still, when you prepare your own meals, you can cook extra for lunches & dinner. Meal prepping is going to make this journey so much simpler.</p>
SHOP THE PERAMETERS	<p>When you are doing your weekly grocery shop, focus on the outer parameters of the shops. This is where the REAL FOOD is usually situated. Another tip when going to stock up your pantry & fridge is make sure you have a snack, nourishing meal or smoothie before hand. Shopping hungry can sometimes lead to over buying or making decisions to purchase things that are not going to promote or increase your health & vitality. Where possible buy organic / free range / hormone free meat & produce. A great family healthy habit to begin is sourcing your goods from the local farmers markets / butchers / seafood markets etc. The quality is better, it will taste better, be more nutritious & last longer.</p>

THE 3 PILLARS OF TRANSFORMATION

True transformation takes courage, courage to be really open & honest about where you are & where you want to go. It also takes consistent & intentional action. It's not about what you will talk about doing, it is about the small intentional steps you action daily that will give you the biggest rewards.

Our mindset is everything, change your mind & you can & will transform. These are some of our top tips to ACTION every day to transform the 3 main pillars of transformation. Your physical, mental and spiritual health.

Starting with just 1 from each list and building it to 2 as feels good for you. The magic is not in how fast you go, it is truly in the growth you gain and doing what you can with where you are at right now.

PHYSICAL

- Start the day with fasted steady state cardio
- Get in your 10,000 steps daily
- Start your day with warm water and lemon, ACV and even a blood loving cold pressed vegetable juice.
- Take your Juice plus with a big glass of water.
- Daily stretch and flow, get that blood flowing.
- Choose to add living foods to every meal
- Stay hydrated
- Swap coffee for herbal tea
- Increase movement. Take the stairs, get up from your desk and squat - move more.
- Grounding daily. Literally ground your bare feet in the ground
- Get outside and take in that vitamin D - feel it on your skin.
- Physical touch, hugs, intimacy with yourself and others is so important.
- Dance like no-one is watching
- Get your heart rate up and some aerobic exercise
- At Least 20 mins of Resistance based training
- Posture check, stretch it out and roll your shoulders back
- Breath work, literally breathing deeply to change your state
- Learn how to do a handstand, start on the wall and build from there.
- Go swimming and feel the salt water on your skin
- Dry body brushing

THE 3 PILLARS OF TRANSFORMATION

MENTAL

- Daily Gratitude Practice
- Journalling
- Listening to a Personal development podcast
- Meditation
- Regular exercise - it is amazing for the happy hormones
- Speak your truth more and more, it is freeing for your mind
- Listen to music
- Laugh
- Know you are your own creator and show up as that version of you.
- Clean eating
- Declutter your space
- Make your bed.
- Digital detox. Choose times in the day where you switch off and be present. Present with yourself, your thoughts, your family
- Be kind, do something for others
- I am statements. What follows "I am" is so powerful.
- Breath work, deep breathing.

SPIRITUAL

- Prayer
- Meditate, find your calm
- Grounding. Get outside in nature & allow yourself to be.
- Breathwork, deep breathing, conscious breathing.
- Practicing Gratitude, find the big things in the little things.
- Journalling. Your intentions, how you are feeling, your goals, fears. Pen to paper with your words is a beautiful daily practice.
- Be kind, do something today outside of yourself.
- Forgive someone. Let go of the outcome & just forgive to let go & surrender to what is.
- Take a yoga class or do one from the HUB from home.
- Personal development. When we grow more, we know more.
- Learn something new.
- Sit with your thoughts.
- Appreciation. Stop and go within, take a moment to appreciate all you have & all that is yet to come into your life yet.

MOVEMENT

In your members area you will have access to all of our at home training guides, videos and resources.

<p>WHY MOVEMENT IS FOUNDATIONAL TO YOUR WELLNESS...</p>	<p>"If you don't move it, you will lose it"</p> <p>Our bodies are designed to move and when you find that awareness that movement creates energy and releases those happy hormones - you will fall in love with it. Just like nourishing our bodies with the power of real food is one part of the puzzle, exercise and movement is just as important for your success and for living a healthier, happier and energised life.</p>
<p>WHAT WE RECOMMEND...</p>	<p>"1 KG of lean muscle burns around 10 calories every day"</p> <p>Our body composition determines our metabolic rate & so the more lean muscle we have, the more efficient our bodies are at maintaining a healthy weight.</p> <p>We recommend a combination of :</p> <ul style="list-style-type: none">• Resistance training, strength based work for building muscle.• Steady state & Higher Intensity cardio for fat burning• Yoga & Pilates for strength, lengthening & stretching.• Fun, consistency & when all else fails just moving your body with love,• with joy & to celebrate having a body to move. <p>The frequencies we recommend :</p> <ul style="list-style-type: none">• Resistance / strength / yoga / pilates 3-5 x per week• Aerobic exercise daily, if that is not possible then refer to some of our healthy hacks & get in as many steps as possible through your day to day routine.

BEFORE BEGINNING YOUR EXERCISE REGIME PLEASE GET ADVICE, AND WORK WITHIN YOUR LIMITS AND CAPABILITY.

WE ARE PROVIDING YOU WITH A GUIDE, WE WORK ON TECHNIQUE AND SHOW GOOD FORM - SO PLEASE BE SURE TO FOCUS ON POSTURE AND TECHNIQUE.

IF YOU FEEL FAINT OR ANY DISCOMFORT OR PAIN THEN PLEASE CEASE ACTIVITY AND SEEK ADVICE

MOVEMENT - BEGINNER

NOTE : At a minimum we recommend getting in your 10,000 steps in daily (except for rest day - we recommend only a Yoga nidra session). Once you have completed up to week 4 return to week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	YOGA heart + shoulders	REST nidra	HIIT legs	REST nidra	PILATES arms + abs	YOGA nidra	REST nidra
WEEK 02	YOGA vinyasa flow	REST nidra	HIIT full body	REST nidra	PILATES low impact	YOGA nidra	REST nidra
WEEK 03	YOGA hips + hamstrings	REST nidra	HIIT arms	REST nidra	PILATES glutes + inner thighs	YOGA nidra	REST nidra
WEEK 04	YOGA vinyasa flow	REST nidra	HIIT full body	REST nidra	PILATES low impact	YOGA nidra	REST nidra

MOVEMENT - INTERMEDIATE

NOTE : At a minimum we recommend getting in your 10,000 steps in daily (except for rest day - we recommend only a Yoga nidra session). Once you have completed up to week 4 return to week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	YOGA heart + shoulder openers	HIIT legs	REST nidra	HIIT full body	YOGA hips + hamstrings	REST nidra	REST nidra
WEEK 02	YOGA vinyasa flow	HIIT arms	REST nidra	HIIT legs	PILATES low impact	REST nidra	REST nidra
WEEK 03	PILATES full body	HIIT abs	REST nidra	HIIT arms	YOGA hips + hamstrings	REST nidra	REST nidra
WEEK 04	PILATES arms + abs	HIIT full body	REST nidra	HIIT legs	YOGA vinyasa flow	REST nidra	REST nidra

MOVEMENT - ADVANCED

NOTE : At a minimum we recommend getting in your 10,000 steps in daily (except for rest day - we recommend only a Yoga nidra session). Once you have completed up to week 4 return to week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	HIIT legs	YOGA heart + shoulders	HIIT full body	PILATES low impact	HIIT arms	YOGA hips + hamstrings	REST nidra
WEEK 02	YOGA vinyasa flow	HIIT arms	PILATES barre	HIIT legs	PILATES arms + abs	HIIT full body	REST nidra
WEEK 03	HIIT abs	PILATES full body	HIIT arms	PILATES glutes + inner thighs	HIIT legs	YOGA hips + hamstrings	REST nidra
WEEK 04	HIIT arm	PILATES barre	HIIT legs	YOGA vinyasa flow	HIIT full body	PILATES arms + abs	REST nidra

MASTER YOUR MIND

An imperative element to successfully releasing weight, achieving your goals & being able to maintain your upgraded lifestyle comes from the power of your mind, your thoughts, your feelings & what you tell yourself on a daily basis.

Our thoughts become our feelings and our feelings become our reality - so instead of focussing on what you can't do or have, thoughts of deprivation or self loathing, make the shift in your mind. Start focussing on all the things a healthy lifestyle will give you. Start showing up as the person you want to become while loving yourself throughout every part of the process. Let's explore simple shifts you can make to support yourself and your mindset.

<p>POSITIVE SELF TALK & THE POWER OF "I AM"</p>	<p>How we talk to ourselves is so important. The power of "I AM" statements & the words you speak after 'I AM' can have an effect on how we see ourselves & how we show up. We want you to achieve your goals & embody them. To avoid sabotaging your success it is important to be aware of the words you speak. What are 5 'I AM' statements that will support your goals?</p>
<p>YOUR FOCUS</p>	<p>Releasing weight, more energy, toning up, shedding excess body fat, building muscle, glowing skin - they may be the desired destination, but when we don't see results fast enough we can feel deflated. Shift your focus to the small, attainable goals along the way. For example; are you adding living foods to every meal? Are you getting quicker walking up the hills on your morning walk? All these will add up over time to the main goals.</p>
<p>MEDITATE</p>	<p>Meditation is about acknowledging the mind, body, spiritual connection. It can play a large part in releasing weight, boosting energy levels, quieting the mind & finding calm. Meditation plays a role in living a healthy lifestyle, you can find great apps like headspace, calm & insight timer to help with guided meditations.</p>
<p>REWARDS VS PUNISHMENT MINDSET</p>	<p>We often hold the belief that we must exercise to make up for our food choices and on the flip side many of us also reward ourselves with food. It time to change that. Move your body because you can, because you're choosing to nurture your body, look to food as fuel, an opportunity to eat for health instead of as 'good vs bad'. It will take time, little by little as you change your language around your body, food & exercise you will begin to notice a shift not only in your mind, also in how you feel.</p>
<p>PATIENCE AND ENVIRONMENT</p>	<p>You cannot start from 0 and hold the expectation to go 100 overnight. Give yourself grace, own your starting point & build upon that every day. Small simple changes & being kind to yourself will lead to a big transformation in mind, body & spirit. Start small & allow yourself to grow through the journey. Your environment & who you spend time with is equally important to the success in your new lifestyle. If you do not have support at home, then choose an accountability buddy and do it together.</p>

THE HEALTHY HUB

WEEK

01

WEEK

02

WEEK

03

WEEK

04

WEEK

05

WEEK

06

CHALLENGE TIPS

YOUR BREATH	YOU CAN TRY
<p>The power of our breath is so important in living a life of vitality. Oxygen is vital for life, but also plays an important role for our digestion, mental clarity, energy levels, stress levels and immune response. We simply underestimate the power of breathing deeply and mindfully.</p>	<p>Start with 1 breathwork exercise per day. If needed, set an alarm on your phone so you are reminded to simply breath. Breathe deeply & learn breathing techniques to feel the added benefits of simply oxygenating your body. :: Try Inhaling through your nose, deep bellling rising, then hold for 8 seconds, exhale through your mouth for 8 seconds repeat 8 times.</p>
MINDFUL EATING	YOU CAN TRY
<p>Mindful eating is so very important when on your health journey. Simply slowing down, being present when cooking and eating, connecting to the physical moment, sitting down, chewing your food mindfully can bring you back to the feeling of being full and how you are feeling externally and internally. It is also about showing that appreciation for your meals - farm to plate.</p>	<p>Start with 1 meal per day where you can sit & be present as you cook and eat. :: Before you eat check in - are you thirsty, hungry, stressed, tired? Often we eat due to our emotional response, not because we are hungry. :: Power down those devices. Eat mindfully & not distracted. :: Stop whilst eating, put your utensils down & appreciate the food, the feeling - aim to take 20 mins to eat a meal.</p>
ESSENTIAL FAT	YOU CAN TRY
<p>A lot of us have an association that fat makes us fat, when in fact we need ESSENTIAL fatty acids found in living foods for our nervous system and to feed our brain every single day. Gain your essential fatty acids (EFAs) mainly from plants, oils and fatty fish such as salmon.</p>	<p>Look at your meals & see where & when you can add in some beautiful omega rich plant sources. :: Supplement with our Juice plus full spectrum omega oil. :: Add a scoop of avocado to your salads or smoothies. :: Coconut oil for cooking :: Add a beautiful piece of fish to your meals. :: Hemp seeds, natural nut butters, raw nuts, coconut milk.</p>
LIQUID CALORIES	YOU CAN TRY
<p>Its not about "NOT EVER", its about choosing health & REPLACING. As a society we are consuming so many unnecessary liquid calories with things that are causing acidity in our bodies (I hate to break it to you but caffeine is in this category) Consuming too many liquid calories & caffeinated beverages is not serving us. Yet there are ways to be able to nourish your body in ways that taste amazing too.</p>	<p>:: Reduce your daily intake of caffeine to just 1 coffee per day :: Start your day with warm water/ lemon & nourishing smoothie. :: Swap out soft drinks for sparkling water infused with fresh citrus, kombucha or cold herbal teas :: Swap milk coffee / tea for a nut milk or long black. :: Herbal tea (eg green or peppermint) is a great option. :: Drinking your 2-3 litres of</p>

CHALLENGE TIPS

ATTITUDE OF GRATITUDE	YOU CAN TRY
<p>"The universe will never give us more until we are grateful for what we have"</p> <p>Having an attitude of pure gratitude is so important in the journey of a transformation. So many of us live in the state of "I will be happy when...." when I lose weight, get fit, have a smaller waist and its not only exhausting it is causing you unhappiness. What if you could be grateful right now ?</p>	<p>You can start a gratitude practice right now and simply when you are in the shower or on your morning walk, show true and connected gratitude for 3 things. Writing it down is even more powerful.</p> <p>:: Start a little morning ritual where you write down 3-5 things you are truly grateful for. Over time, once the habit is there you wont be able to stop at 5.</p>
THE BASICS	YOU CAN TRY
<p>Keep your nutrition basic, fresh and health promoting by replacing inflammatory foods such as refined grains, processed foods, refined sugar and dairy with our healthier swaps. These foods are not serving your health or your goals and you will find that you will reduce bloating, inflammation in the body, fluid and be able to lose fat faster and also improve your overall health</p>	<p>It's not about deprivation, it is purely about consciously choosing to swap out these things for a healthier and more nourishing option. Start with where you are at and what works for you and over time it will be effortless. Head to our NOURISHING SWAPS section and start by using 1 per day. Then gradually build upon that over time.</p>
MORNING RITUALS	YOU CAN TRY
<p>Your success will be found in your daily rituals and routine. It is so important we rule the day and not the other way around. How you start your day will determine your mindset, will help set the tone and how you show up in all aspects of your health and life. For things to change and be different, then it is about changing the things we do, your morning rituals and having a routine will be a powerful tool.</p>	<p>:: Start your day with one of our meditations.</p> <p>:: Wake 30 mins earlier (before the kids) and journal your thoughts, your feelings and your gratitude.</p> <p>:: Listen to a podcast while you are doing your fasted cardio</p> <p>:: Sit and set your intentions for the day and set goals to create outcomes.</p> <p>:: Move your body first thing in the morning for those feel good endorphins.</p> <p>:: Dance party with the kids</p>
FASTED CARDIO	YOU CAN TRY
<p>Doing steady state aerobic exercise whilst fasted is so beneficial for our health and will definitely help shift unwanted weight and help with mental clarity also. When doing fasted cardio you are allowing your body to use stored fat cells for energy instead of using the energy stores from the food we have just consumed. So to truly LEVEL UP with fat loss, fasted cardio is a great tool.</p>	<p>:: 30-60 mins fasted is great for results with fat loss. Something is always better than nothing at all.</p> <p>:: Put on a personal development podcast or audio book & learn while you move your body.</p> <p>:: Morning fasted cardio is great, yet if you can't get out then, then just wait 2 hours AFTER a meal to do it.</p> <p>:: Make it fun. If you don't enjoy going for walks then do one of our cardio based circuits.</p>

RESOURCES

Resources such as books, podcasts & reading materials to help you grow in the 3 areas of your health that we are focussing on within this challenge. Our hope & wish for you is that it continues beyond these next 6 weeks. This truly is a lifestyle that you fall in love with & embody for life. There is no greater gift than the gift of health, not only in the physical also your mental & spiritual health.

Inside your member hub we have eBooks, webinars, meditations and workbooks for you to use through your 6 week challenge & beyond to give you extra tools that help you achieve the results you are looking for.

BOOKS

THE UNIVERSE HAS YOUR BACK - Gaby Bernstein
THE MAGIC - Robyn Byrne
THE UNTETHERED SOUL - Michael Singer
THE POWER OF NOW - Eckhart Tolle
SUPER ATTRACTOR - Gaby Bernstein
DARING GREATLY - Brene Brown
BREAKING THE HABIT OF BEING YOURSELF - Joe Dispenza
SWEET POISON - David Gillespie
MEDICAL MEDIUM - Anthony William
THE MIRACLE MORNING - Hal Elrod
THE SEVEN SPIRITUAL LAWS OF SUCCESS - Deepak Chopra
THINK LIKE A MONK - Jay Shetty
THE 5 SECOND RULE - Mel Robbins
THE POWER OF YOUR SUBCONSCIOUS MIND - Joseph Murphy
LOVE YOURSELF LIKE YOUR LIFE DEPENDS ON IT - Kamal Ravikant
GOOD VIBES GOOD LIFE - Vex King
THE ENERGY CODES - Sue Morter

DOCUMENTARIES

THE CALL TO COURAGE (DOCO ON NETFLIX - Brene Brown)
WHAT THE HEALTH (DOCO ON NETFLIX)
THE GAME CHANGERS (DOCO ON NETFLIX)

APP'S

HEADSPACE (Meditation + mindfulness)
CALM (Meditation + mindfulness)
INSIGHT TIMER (Meditation, Music, Mindfulness)
1 GIANT MIND (Meditation + free 12 day 'learn to meditate' course)

GOAL SETTING

Let's be honest. setting a goal to consume less carbohydrates, cut down on your alcohol intake or eat more veggies isn't all that compelling in and of itself. Neither is simply stating that you want to lose 10kgs or be more physically fit. When we set goals in this way our mind instinctively focuses on everything that we need to give up in order to achieve them. Instead of committing to a goal only because you feel like you "should" or because it would be "good for you", we need to shift your focus to one that is more positive and inspiring.

Why do you want to be healthy and physically fit?

Perhaps you want to feel energetic and confident instead of sluggish or self-conscious. You may want to alleviate your anxiety, improve your mood, eliminate your joint pain or clear up your complexion. You must deepen your awareness and maintain focus on your "why", as it's that motivation that will carry you through the necessary steps that are required for you to reach your goals. Instead of starting out by making a goal, I suggest that instead you begin by dreaming up a vision of how you want your life or health to change.

How do you want to feel?

Why is that important to you?

Now you can work backwards to determine which goals you would need to create and attain in order to make that vision your new reality.

THE POWER IN 'I CHOOSE'

POSITIVE GOALS

Instead of using words like "lose" or "decrease" that trigger feelings of deprivation, use positive and affirmative language whenever possible.

Here are a few examples:

I will be energetic and confident at my new weight of 65kgs by March 15th and feel incredible when I put on my beautiful new dress for my birthday dinner. I am so grateful to have the opportunity to put my health first.

Instead of:

I will lose 10kgs by March 15th.

Do you notice how the shift in the words that are used can create a more positive and excited feeling when you're reading your goals?

GOAL SETTING

THE LONG TERM VISION FOR MY HEALTH & VITALITY IS...	
MY GOAL FOR THIS 6 WEEK CHALLENGE IS...	
MY GOAL IS IMPORTANT TO ME BECAUSE...	
3 MINDSET SHIFTS I NEED TO MAKE TO ACHIVE MY GOAL ARE...	
THE 1-2 PEOPLE HOLDING MY VISION WITH ME FOR THIS CHALLENGE ARE..	
WHEN I REACH MY GOAL I WLL FEEL...	

TRACKING YOUR TRANSFORMATION

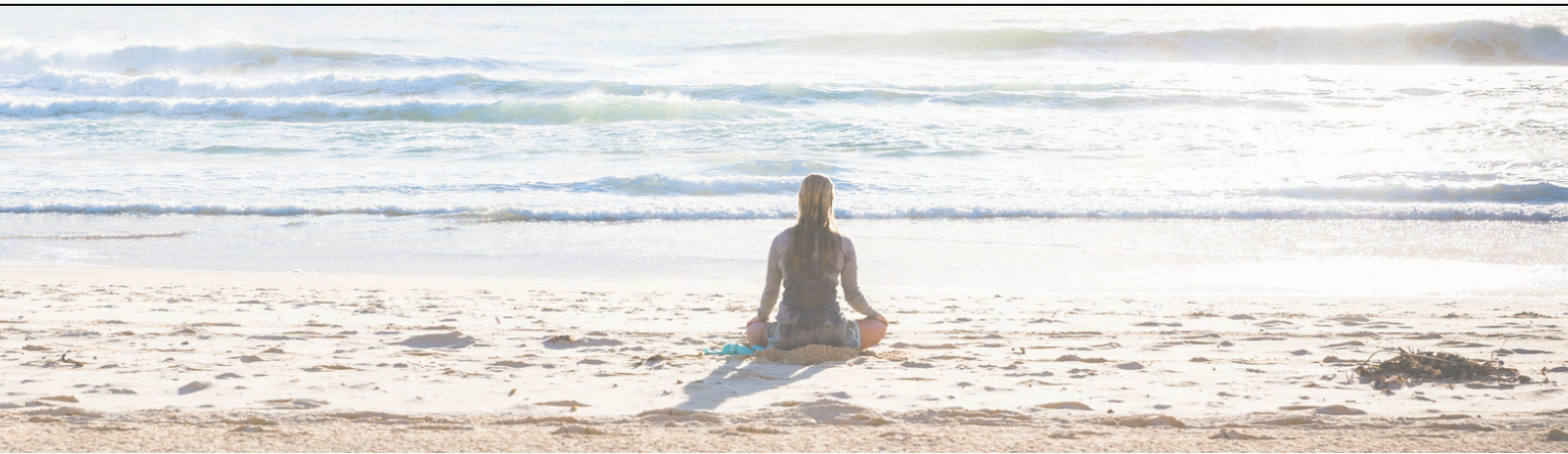
HOW DO I MEASURE MY PROGRESS OVER THESE NEXT 6 WEEKS?

How you FEEL emotionally, physically, spiritually within yourself are the most important aspects to take note of when going through a transformation. Yet, we do believe that recording your weight, taking body measurements, taking progress pictures and noting how your clothes are fitting at the start, half way and the end of the 6 weeks will be able to show you just how far you have come. Sometimes we lose that sense of inspiration, we forget why we started, life gets overwhelming and we feel like giving up. So that is why having these tools is important - our mind can play tricks on us.

REMEMBER

This is a good reminder that scales and measurements are not a direct reflection of your health or your self worth and so we want to ensure that we equip you with the tools to not OBSESS over the number or weigh yourself weekly! Only weigh yourself at the start, the midway point and the last day of your 6 weeks as just one piece of the puzzle in seeing just how far you have come.

When taking your measurements, always use a cloth measuring tape. For the most accurate results, have someone else measure you. Also, make sure the tape measure is held snugly and firmly (not tightly) against your body and is always parallel to the floor for circumference measurements. Remember to wear proper undergarments and remember to wear the same clothes and underwear (or something similar) when re measuring.

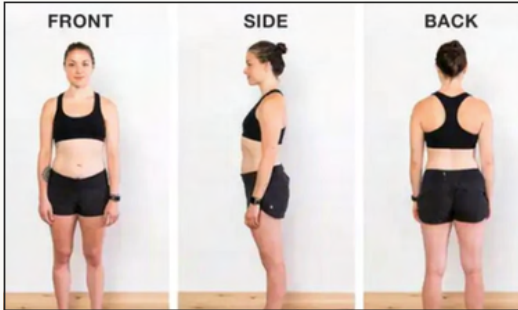


MEASUREMENTS

CHEST	Your chest circumference is measured across your nipple line. Stand facing the wall, have someone take the measuring tape behind you, raise your arms and place the tape across your nipple line, Lower your arms and breath normally as they measure your chest. The tape should be snug, but not tight.
ARM/ BICEP	Place your arm down straight by your side. Measure the length between your shoulder and elbow, then place the tape around the halfway point (should be middle of your bicep.) Your bicep should not be flexd, just keep a relaxed position.
WAIST	Stand up straight and the waistline is in line with your belly button. Take the tape around your body, make sure you are not breathing out or sucking in - keep a relaxed position while measuring your waist.
HIPS	Standing feet together and up tall to take your hips measurement. This is taken around the body, in line with the top of the hip bone and top of your glutes. Your hips are (usually) the widest part of your body.
THIGH	Standing up straight, feet slightly apart and your arms by your side, point your thumb down to the ground and where it lies on your thigh - take the measurement from that point of your thigh.

	WEIGHT	CHEST	ARM/ BICEP	WAIST	HIPS	THIGH
WEEK 01						
WEEK 03						
WEEK 06						

PROGRESS PICTURES



Take a picture from all three angles to get the full scope of your transformation. Take your pictures on the first day, half way and the last day of your 8 weeks. To make sure we have proof of date please use a newspaper (digital version is fine too) in each picture in one of the shots.



Make sure that you either get someone else to take the picture or use the self timer. Position your body straight and centre to fill the frame.



Make sure that you are able to take your pictures with natural daylight. If this is not possible, then make sure the room is well lit and stand in a good position of the room.



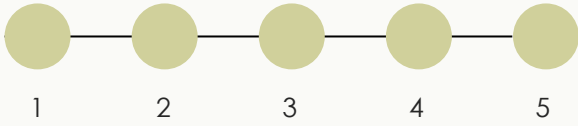
Make sure you have a plain wall behind you, white is best if possible. Also, make sure you have the same clothes on in each picture. Something to show your shape and figure is best.



Make sure you have good posture and re create the same pose in each frame. Stand up tall, feet shoulder width apart, arms down by your side and looking forward.

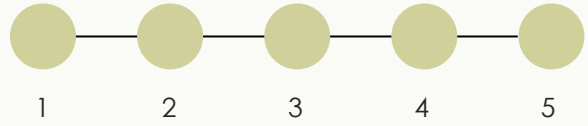
RESULTS TRACKER WEEK 1

My energy levels are...



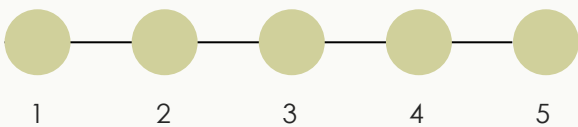
NOTES ::

My quality of sleep is...



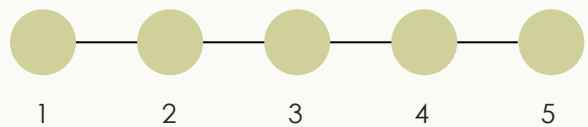
NOTES ::

My hair/skin/nail quality is...



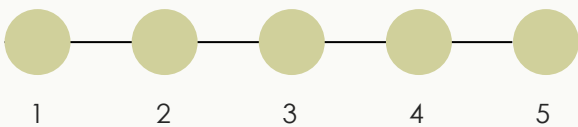
NOTES ::

My immune system is...



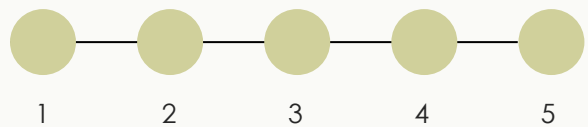
NOTES ::

My digestion/bowl movements are...



NOTES ::

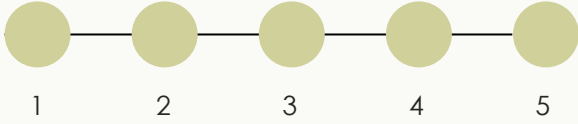
My level of cravings are...



NOTES ::

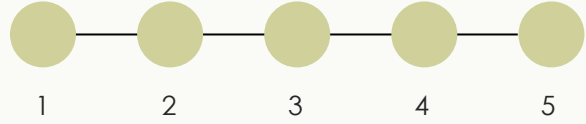
RESULTS TRACKER WEEK 6

My energy levels are...



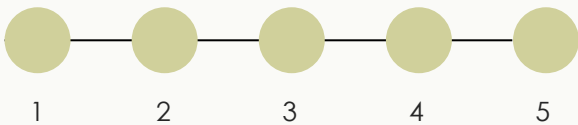
NOTES ::

My quality of sleep is...



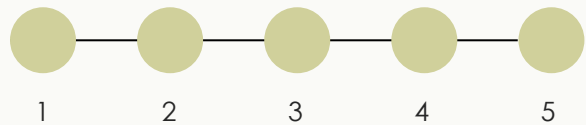
NOTES ::

My hair/skin/nail quality is...



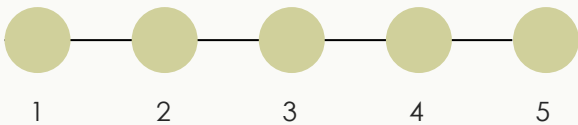
NOTES ::

My immune system is...



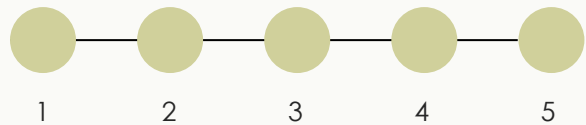
NOTES ::

My digestion/bowl movements are...



NOTES ::

My level of cravings are...



NOTES ::



PANTRY BASICS

Transform your pantry, your fridge and the food you purchase - transform your health and vitality, it is simple. It is time to get challenge ready and give the heart of your home a detox.

Let's rid the overwhelm and empower you to make healthier choices

VEGETABLES	<ul style="list-style-type: none"> • Carrots • Broccoli • Leafy Greens • Celery • Zucchini • Cauliflower • Asparagus 	<ul style="list-style-type: none"> • Mushrooms • Sweet potato • Onions • Sprouts • Beans • Peas • Lettuce 	<ul style="list-style-type: none"> • Spinach • Capsicum • Cucumber • Beetroot • Artuchoke • Cabbage • Leek
FRUIT	<ul style="list-style-type: none"> • Rhubarb • Lemon • Kiwi • Melon • Cherries • Pineapple • Banana 	<ul style="list-style-type: none"> • Apricot • Strawberry • Oranges • Blueberries • Papaya • Grapefruit • Watermelon 	<ul style="list-style-type: none"> • Mango • Lime • Avocado
PROTEIN	<ul style="list-style-type: none"> • Seafood • Chicken • Turkey • Tofu • Tempeh • Lean Beef • Hommus 	<ul style="list-style-type: none"> • Raw nuts, seeds and nut butters • Legumes • Kangaroo • Plain organic pot set or greek yoghurt 	<ul style="list-style-type: none"> • Venison • Complete Vegan • JP+ Protein
ESSENTIAL FAT	GRAINS	SWEET	HERBS & SPICES
<ul style="list-style-type: none"> • EVOO • Coconut Oil • Macadamia Oil • Olives • Hemp Seeds • Natural Nut Butter • Raw Nuts and Seeds • Avocado • Raw Cacao 	<ul style="list-style-type: none"> • Sweet potato • vermicelli noodles • Oats • Quinoa • Spelt • Buckwheat • Brown Rice • Wild Rice • Legume / Brown • Rice pasta noodles 	<ul style="list-style-type: none"> • Rice malt syrup • Organic pure maple syrup • Medjool dates • Monk fruit sweetener • Raw unfiltered honey • Stevia 	<p>GO CRAZY !</p> <p>Fresh herbs bring dishes back to life & add flavour & healing properties</p> <p>Spices add so much flavour & depth to your dishes.</p>

NOURISHING SWAPS

CHIPS	HOME COOKED POPCORN / KALE CHIPS
FASTFOOD	HOME COOKED
SOFTDRINK	KOMBUCHA OR SPARKLING WATER
ALCOHOL	SPARKLING WATER WITH LIME + VODKA
MILK COFFEE	LONG BLACK, LATTE W/ ALMOND MILK
ICE CREAM	HOME MADE FRESH FRUIT SORBET
PLAIN FLOUR	OAT FLOUR / ALMOND MEAL
DAIRY MILK	COCO QUENCH / UNSWEETENED ALMOND MILK
FRUIT YOGHURT	COCONUT YOGHURT / POT SET NATURAL YOGHURT W/ FRESH FRUIT
WHEAT BREAD	ORGANIC SOURDOUGH / PALEO LOAF
WHEAT PASTA	LEGUME PASTA / ZUCHINI NOODLES
MILK CHOCOLATE	70%-100% DARK CHOCOLATE



MY MEAL PLAN

THE HEALTHY HUB

DAY 01	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __
DAY 02	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __
DAY 03	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __
DAY 04	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __
DAY 05	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __
DAY 06	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __
DAY 07	BREAKFAST	P. __
	LUNCH	P. __
	DINNER	P. __

BREAKFAST



SWEET POTATO HASH



- 500g sweet potato (cubed)
- 1 punnet cherry tomatoes (sliced in half)
- 100g spinach
- 4 eggs
- 1 tsp chilli flakes

Preheat your oven to 220 degrees.

Heat coconut oil in a large oven proof dish or pan and remove from heat.

Toss sweet potato cubes and halved tomatoes in oil and roast for 15 minutes.

Remove and add spinach, toss to combine and wilt and return to oven for 5 minutes.

Remove and make small gaps to crack eggs into, season eggs with salt and pepper.

Return to the oven for 3 minutes to cook eggs and serve from the pan.

SMOKED SALMON MUFFINS



- 8 eggs
- 100g smoked salmon
- 100g baby spinach (chopped)
- 1 small bunch basil (chopped)

Preheat oven to 180 degrees and grease a 12 hole muffin tin and line with liners.

Beat the eggs and mix in all ingredients, season well with Himalayan salt and pepper.

Divide the batter between the liners and bake for 10-12 minutes until cooked through.

Allow to cool before removing.

VANILLA PORRIDGE



- 120g oats
- 320g coconut or almond milk
- 240g water
- 1 sachet vanilla complete protein
- Pinch salt
- 2 large bananas
- Almond butter
- 100% maple syrup
- Cinnamon to taste
- Coconut oil

Add oats, milk, water, complete sachet and salt to a pot and cook on low - medium heat.

Bring to boil and cook until creamy, stirring regularly and making sure it doesn't stick to the bottom of the pot.

Meanwhile, heat pan and add a drizzle of coconut oil. Slice bananas in half long ways and pan fry until caramelised, adding a dash of maple at the last minute. Serve porridge into bowls.

Top with a dusting of cinnamon, caramelised banana, a good tbsp almond butter and a good drizzle of maple syrup.

COMPLETE PANCAKES



- 1/2 cup coconut milk
- 2 eggs
- 3 tbs oats or quinoa flakes
- 1 sachet vanilla or chocolate complete powder

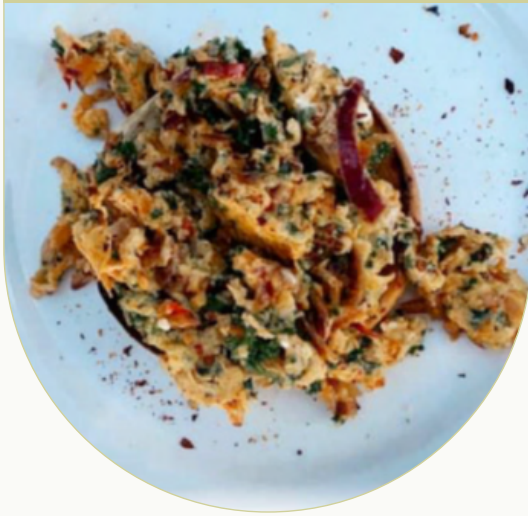
Place all ingredients in a high powered blender until smooth.

Heat pan over medium to high heat and melt 1/2 tsp coconut oil.

Cook 2 tbs batter until bubbling and cooked on one side.

Flip and cook until browned.

GOURMET SCRAMBLED EGGS



- 1/4 red onion, finely diced
- 1 tsp coconut oil
- 1/2 tsp crushed chilli
- 2 free range eggs
- Handful parsley
- A few cubes of goats
- feta/coconut feta
- Salt and pepper to season

Add coconut oil in pan followed by onion and crushed chilli on a medium heat.

In a bowl, crack eggs, add chopped parsley, feta and salt and pepper and whisk.

Once onion has softened, add in egg mixture. Use a spatula to move mixture into the middle. Once the egg is cooked through, you're ready to eat!

Serve on a slice of sourdough or your favourite GF bread. I also love a sprinkle of chilli flakes on top!

SAVOURY MINCE



- 1 brown onion - chopped
- 1 large carrot - chopped
- 1 zucchini - chopped
- 500g organic beef or chicken mince
- 1 tbs each ground cumin, paprika and oregano
- 1/4 cup tomato paste
- 1/4 cup beef or chicken bone broth

Heat coconut oil in a large pan and saute onion, carrot, zucchini and garlic for 5 minutes over medium/high heat.

Add spices and stir through until fragrant. Add mince and cook until browned.

Stir through tomato paste and stock and allow to simmer for another 5 minutes over a low heat. Serve with your favourite sides.

CHARLIES CHOCCIE GRANOLA



Dry Ingredients ::

- 2 cups oats (can be wholegrain/rolled/GF)
- 3/4 cup sliced almonds
- 1 heaped cup chopped hazelnuts
- 1 1/2 cups buckwheat
- 1 1/2 cups coconut chips
- 1/4 cup chia seeds
- 1/4 cup pumpkin seeds
- 1/4 cup cacao nibs
- 1/4 cup coconut sugar
- 1/2 tsp fine pink himalayan salt
- 1/2 cup goji berries

Wet Ingredients

- 1 tsp vanilla extract/powder
- 1/3 cup coconut oil
- 1/4 cup maple syrup
- 1/2 cup cacao
- 2 tbs peanut butter

Preheat the oven to 180 degrees on fan heat

Measure and place all dry ingredients in a big bowl, except for the goji berries (you will add these later)

Add the wet ingredients into a pot and heat over low heat till all melted

Pour the wet ingredients into the dry ingredient bowl

Mix together until combined and all the dry ingredients have been covered with chocolate

Spread the mixture at about a 3cm depth on an oven tray - press down, this really helps with clusters

OPTIONAL: Sprinkle with a little bit of coconut sugar

Cook in the oven for 15 minutes or until golden

Leave to cool for at least 15 minutes so the clusters remain stuck together

Mix through goji berries

Keep in an airtight container or jar

Enjoy but not all at once!

CHACAI PUDDING



- 1 cup pure apple juice
- 1 pack frozen pure açai or 1 tablespoon açai powder
- 4 tablespoons chia seeds
- 1 banana

This pudding is a great way to kick start your day. The chia seeds provide you with an amazing amount of fibre, plus omega-3 which is great for brain health and the açai is super high in antioxidants. Make it the night before and you have breakfast sorted for the day ahead!

Pour apple juice and açai in a blender or food processor and blend until combined.

Pour into a jar and mix in chia seeds.

Slice banana and stir through.

Leave in fridge overnight or for at least 2 hours.

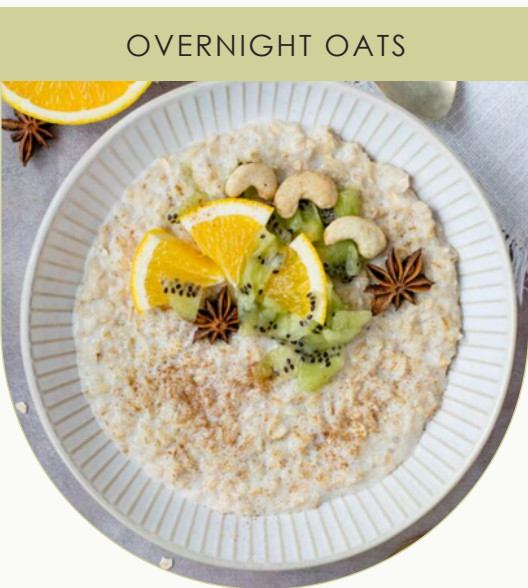
BREAKFAST OMELETTE



- 2 tsp organic butter
- 1 leek - washed and chopped
- 1 clove garlic - crushed
- 1 handful spinach
- pinch of nutmeg
- 5 button mushrooms - chopped
- 5 organic eggs

Heat a small skillet over low heat and add 1 tsp butter. Coat the pan and cook leek, and garlic, stirring occasionally until soft and lightly browned. Add spinach and stir until wilted. Add a pinch of nutmeg and some Himalayan salt. Place mixture onto a plate while you prepare your omelette. Heat remaining 1 tsp butter in the pan and increase heat to medium high. Whisk all eggs in a bowl until combined. Pour in half of egg mixture and be sure it coats base of the pan. Reduce heat to medium. Gently push cooked portions from the edges towards the centre so that the uncooked eggs can reach the hot surface. Continue cooking, tilting the pan and moving eggs until top surface is thickened and set. Place half the filling on one side of the omelette and fold the other side over. Slide onto plate and cook second omelette.

OVERNIGHT OATS



- 1/2 cup gluten free oats
- 1 cup coconut or almond milk
- 1 sachet complete protein (either flavour)
- Topping Suggestions
 - fruit
 - shredded coconut
 - nuts + seeds
 - cinnamon
 - small drizzle of honey

Combine all ingredients in a container and store in the fridge overnight.

Serve the next morning with your favourite toppings.

RUSTIC BEANS



- 1 tbs coconut oil
- 1 large onion - chopped finely
- 2 cloves garlic - crushed
- 1/2 tsp mustard powder
- 1/2 tsp mustard seeds
- 1 can organic diced tomatoes
- 1 tsp tomato paste
- 1 tbs raw honey or maple syrup
- 1/2 cup water
- 1 tbs apple cider vinegar
- 1 tbs Worcestershire sauce
- 1 can white beans (drained and rinsed)
- 1 can red kidney beans (drained and rinsed)
- 1 can chickpeas (drained and rinsed)
- Himalayan salt and pepper to taste

Saute onion over low heat until soft.
 Add garlic and mustard powder and seeds and stir through.
 Add all remaining ingredients and stir to combine.
 Cover with lid and allow to simmer for 5-10 minutes
 Remove lid and allow sauce to thicken over low heat - around 20 minutes.
 Taste and add seasoning if needed.
 Serve with fresh parsley, spinach and goats feta on organic sourdough bread.

GREEN GARDEN FRITTATA



Preheat oven to 200 degrees and grease a square pan.
 Take a sheet of baking paper, scrunch it up and run it under water from the tap.
 Un-scrunch and drain excess water and line baking tray.
 Wetting it will make it fit better and keep in moisture.
 Take a mixing bowl and add 8 eggs.

Whisk until combined and add a good amount of black pepper and salt.

Add remaining ingredients and stir until combined. Pour mixture into baking tray and cook for 30-35 minutes, until set in the centre and lightly browned on top.

- 8 eggs
- 1 bunch of asparagus - chopped
- 1 cup green peas
- 2 handfuls of spinach - roughly chopped
- 1/2 cup drained goats feta
- 1/4 cup parsley - chopped
- himalayan salt and pepper

SMOOTHIES & BOWLS



SALTED CARAMEL SMOOTHIE



- 1 scoop vanilla complete protein powder
- 2 pitted medjool dates
- 1/2 frozen zucchini
- pinch of himalayan salt
- 1 frozen banana
- 1 tbs of natural peanut butter
- 1/2 tsp vanilla extract
- 1 cup almond milk
- handful ice cubes
- 1 tsp maca powder
- pinch cinnamon

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency.

BERRY BLISS SMOOTHIE



- 1 scoop vanilla complete protein
- 1 cup raspberries, strawberries, blueberries, blackberries or a mix
- Ice cubes
- 1/4 cup baby spinach
- 1/2 frozen banana
- 1 tbs natural almond butter
- 1 tbs flax seeds
- Squeeze lemon juice
- 2 cups liquid (mix of water and coconut milk)

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency.

CLEAN ICED MOCHA



- 1-2 cups unsweetened almond milk
- Lots of ice
- 1 shot Coffee (cooled)
- 1 scoop vanilla or chocolate complete protein
- (depending on if you want a coffee or a mocha)

Place it all in a shaker + shake together Pour over Ice to enjoy. Alternatively you can place everything in a blender and blend to enjoy it as a smoothie. If enjoying a mocha, make sure you sprinkle over some raw cacao on top for extra chocolatey goodness.

You may need to add a little water if needed.

MINT SLICE SMOOTHIE



- 1 scoop chocolate complete protein powder
- 1 tbsp raw cacao
- 1 handful baby spinach
- 1 frozen banana
- handful of fresh mint leaves
- 1 cup almond milk
- handful of ice

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency

SUPER GREENS SMOOTHIE



- 4 celery sticks
- 1 small cucumber
- 1 cup kale (stalk removed)
- 1/2 green apple
- juice from 1/2 lime
- 1 tbs coconut oil
- 1 cup pineapple
- 1/2 cup almond or coconut milk

All all chopped ingredients into a high speed blender and cover with almond milk.

Add water if you want to thin it out or make it last longer through the day.

Blend until smooth.

GREEN MONSTER SMOOTHIE



FOR 2

- 2-3 frozen bananas
- handful of ice
- 2 handfuls baby spinach
- 1 sachet vanilla complete
- 1/2 cup mango
- 1/2 cup almond or coconut milk

Add all ingredients to a high powered blender and blend until smooth.

Can be served in a cup or as a smoothie bowl.

CHERRY RIPE SMOOTHIE



- 1 sachet chocolate complete
- 1 cup frozen cherries
- 1/2 cup frozen coconut
- 1-2 cups coconut milk

Add all ingredients to a high powered blender and blend until smooth.

CHOC OVERLOAD SMOOTHIE



- 1 tbs Flaxseeds
- 1/2 frozen banana
- 1 tbs raw cacao powder
- 1 tbs almond butter
- 1 scoop Chocolate Complete Powder
- 1 handful spinach
- 1 cup almond or coconut milk
- 2 each of your fruit, vegetable and berry capsules - whole

Soak flaxseeds in almond or coconut milk for 10 mins (or overnight if you're that organised!).

Add all ingredients to a high powered blender and blend until thick and smooth.

Top with coconut flakes and cacao nibs if desired.

VANILLA BERRY SMOOTHIE



- 2 cups almond or coconut milk
- 1 frozen banana
- 1/4 frozen berries
- 1 tsp chia seeds
- 1 sachet vanilla complete

Add all ingredients to a high powered blender and blend until smooth.

GREEN VANILLA SMOOTHIE



- 2 cups almond or coconut milk
- 1/4 cup frozen coconut
- 1 frozen banana
- 1 handful baby spinach
- 1 tsp chia seeds
- 1 sachet vanilla complete
- Juice Plus premium capsules

Add all ingredients to a high powered blender and blend until smooth.

CHOC PEANUT BUTTER BOWL



- 1 sachet chocolate complete
- 2 frozen bananas
- 1 tbs organic peanut butter
- 1/2 cup coconut milk
- Suggested toppings
- vegan granola
- shredded coconut
- chia seeds
- cacao nibs

Add all ingredients to a high powered blender and blitz until smooth.

Pour into a bowl and decorate with your choice of toppings.

CHOCOLATE SMOOTHIE BOWL



- 1 sachet chocolate complete
- 1 tbs almond butter
- 2 frozen bananas
- 1/2 cup coconut milk
- 1 tbs cacao powder
- 1/4 cup buckinis
- 2 tbs shredded coconut
- 1 tsb cacao nibs

Blend chocolate complete, almond butter, bananas, cacao and coconut milk in a high powered blender until thick and creamy.

Place in a bowl and top with buckinis, coconut and cacao nibs.

DRAGONFRUIT SMOOTHIE BOWL



- 1 frozen banana
- 1/2 frozen zucchini
- 1 cup frozen dragon fruit
- 1 scoop vanilla complete protein powder
- 2 tsp hemp seeds
- 1 handful spinach
- 1/2-1 cup almond milk or coconut water/milk
- Ice

TOPPING:

- Paleo muesli
- Fresh fruit
- Nuts and seeds

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency. Top with your favourite toppings.

SNICKERS SMOOTHIE BOWL



- 1 scoop chocolate complete protein powder
- 1 cup almond milk
- 1 frozen banana
- Handful of ice
- 1 tbsp natural peanut butter
- 1 tsp maca powder
- 1/2 frozen zucchini
- cinnamon

TOPPING:

- Hemp seeds
- Nuts
- Cacao nibs
- Paleo granola
- Peanut butter
- Pana organic cashew caramel
-

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.

Add in all other ingredients and blend until smooth.

It should be thick and creamy. Scoop out into a bowl.

Decorate with a small amount of 2-3 toppings of choice to decorate.

LUNCHEES & DINNERS



THAI CHICKEN PATTIES



- 400g chicken mince
- 1tbsp Thai Red Curry Paste
- 1 egg
- 1/2 cup brown rice crumbs
- 1tbsp fish sauce
- 3 spring onions, sliced thinly
- Mixed salad greens

DRESSING

- 1 birds eye chilli
- Juice of 1/2 lime
- 1tbsp coconut sugar
- 1 tbsp fish sauce

Add all ingredients to a bowl and combine well. Roll the mixture into large balls.

Heat a pan with a little coconut oil on medium heat. Once heated add chicken balls to the pan and press to flatten. Cook until lightly browned and then flip and cook until cooked through.

In a mortar and pestle add the chilli and grind until a paste. Add in the rest of the ingredients and stir to combine. Taste and add more fish sauce or coconut sugar to adjust taste.

To serve add the mixed greens, top with chicken patties and drizzle with dressing.

GREEN CHICKEN + GINGER QUINOA



- 1/2 cup coconut cream
- 2 tbs green curry paste
- 1 kaffir lime leaf - sliced
- 4 chicken thigh fillets
- 200g quinoa - cooked according to package instructions
- 2 spring onions
- 2 tbs grated ginger
- 1 small handful parsley - chopped finely
- 1 tbs sesame oil
- juice from 1/2 lime

Combine in a bowl coconut cream, curry paste and kaffir lime leaf and stir. Add in chicken and coat.

Leave to marinate for 20 minutes up to overnight.

Preheat oven to 180 degrees and cook chicken thighs on a lined baking tray for 20 minutes or until cooked through.

In a bowl, combine quinoa, ginger, spring onions, parsley, sesame oil and lime juice and stir to combine.

Serve quinoa, cooked chicken together with a wedge of lime and garnish with parsley.

'FRIED' CHICKEN TERIYAKI BOWLS



- 8 chicken thighs (boneless) - cut into bite sized chunks
- 1/2 cup tapioca flour
- 1 tsp white pepper
- 1 tsp himalayan salt
- avocado oil or coconut oil to shallow fry
- 2 cloves garlic - crushed
- 3 tbs tamari
- 3 tbs honey or maple syrup
- sesame seeds and sliced spring onion to garnish

Using a large pan, heat 1-2cm of oil and turn the heat to medium high.

While the oil is heating, place tapioca, white pepper and salt in a large bowl and add chicken. Toss to coat completely.

Shallow fry chicken until golden on both sides, do this in batches to be sure not to overcrowd the pan.

While the chicken is cooking, mix together garlic, tamari and honey in a bowl.

When all the chicken is done, safely discard the cooking oil and place the pan over the heat again. Add the cooked chicken into the pan and coat with the tamari dressing, tossing to be sure no piece is missed.

Serve with cauliflower rice and top with sesame seeds and chopped spring onion.

ASPARAGUS + PEA RISOTTO



- 2 tbs ghee
- 2 medium leek - white part chopped
- 2 cloves garlic
- 1/2 tsp dried oregano
- 1 small head cauliflower - grated
- Bone broth - as needed
- 1 bunch asparagus - chopped
- 1 cup frozen peas
- 1 tbs lemon juice
- Nutritional yeast to serve
- 30g fresh parsley - chopped

Place a large pan over a medium heat and add ghee. When heated add leeks and garlic and cook softly.

Add oregano to the pan and stir through. Add cauliflower and stir through. Ladle one large spoonful at a time of bone broth into the risotto, stirring between, until cauliflower is tender. Stir through asparagus and peas and let heat through for 2-3 minutes on a low heat. You may need to add another ladle of broth if it becomes too dry. Gently stir through the lemon juice and nutritional yeast.

Serve in bowls and top with olive oil and parsley.

GREEN PRAWN PASTA



- 1 tbs coconut oil
- 500g raw prawns - deshelled
- 2 cloves garlic
- 1/2 - 1tsp chilli flakes
- 1 head broccoli - cut into small pieces
- 1/4 cup water
- 3 zucchini - spiralized
- Zest and juice of one lemon
- 1 cup flat leaf parsley - chopped
- 2 cups rocket
- Nutritional yeast to serve (optional)
- Olive oil to drizzle

Place a pan over medium high heat and melt coconut oil. Cook prawns, garlic and chilli until prawns are cooked through and set aside.

Add broccoli to the pan with water, cover and leave to steam for 3 minutes. Add prawns into the pan.

Pour lemon juice over and toss together.

Place parsley and rocket into the pan and toss everything to combine.

Serve in bowls and top with olive oil and nutritional yeast

BUILD YOUR OWN POKE BOWL



CHOOSE YOUR BASE:

- Brown Rice | Quinoa | Cauliflower rice | Soba noodles | Leafy greens.

CHOOSE YOUR PROTEIN:

- Raw / cooked or canned tuna/salmon/kingfish | Pan fried prawns/chicken/firm tofu

CHOOSE YOUR VEGGIES:

(Keep them raw and the more the merrier when it comes to your veggies.)

- Spinach | Carrot | Cucumber | Avocado | Pickled ginger | Seaweed | Sprouts | Radish | Red onion | Edamame.

DRESS IT:

Keep it light. Dress your poke bowl with some tamari, lemon, fresh herbs and a drizzle of EVOO.

Build your poke bowl using the method above. If using chicken, prawn or tofu - fry it off in your chosen spices and herbs first. Thinly slice veggies, or julienne them to keep a nice texture and crunch to the dish.

Get creative and experiment with flavours together. This is a great lunch to have when you are wanting something fresh, vibrant and that is quick to make.

Serve in bowls and top with olive oil and parsley.

SWEET POTATO FISH CAKES



- 400g sustainably caught canned tuna
- Handful spinach - chopped
- 1 small sweet potato - grated
- 1/2 cup peas
- 2 eggs
- 1 tbsp sesame seeds
- 1/2 - 1 cup coconut cream
- 1 tsp thai red curry paste
- 1/2 cup coconut flour

Preheat oven to 175 degrees.

In a small pot or frypan add the sweet potato, coconut cream and curry paste. Cook until sweet potato becomes soft and is able to be mashed with a fork (you may need to add a little more coconut cream as you go depending on the size of your sweet potato).

Add all of the ingredients into a large bowl and mix thoroughly. Roll the mixture into balls.

Heat 1 tbs coconut oil in a pan over medium high heat and brown for 2 minutes each side.

Transfer to a baking tray and place in the oven for 15 minutes to cook through. Serve with Sauteed Veggies, in a salad or in a poke bowl.

SHOW STOPPER SALAD



- 1 medium sweet potato - chopped
- 1 onion - quartered
- 1 tbsp fresh or dried rosemary
- 1/2 cup quinoa
- 4 cups mixed leaf lettuce - washed
- 1/3 cup goats feta
- 1/4 cup pumpkin seeds
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 3 soft boiled eggs - halved

Preheat oven to 200°.

Toss sweet potato and onion with 1/2 tbsp coconut oil and rosemary. Roast until tender, 20- 25 minutes.

Rinse quinoa well and combine with water in a saucepan. Bring to a boil, reduce to low heat, cover, and let cook for 15 minutes. Remove from heat and let sit for another 5 minutes, still covered.

Let sweet potatoes and quinoa cool while making soft-boiled eggs. In a large bowl combine lettuce, sweet potatoes, onion, quinoa, pepitas and goats feta. Drizzle olive oil and balsamic vinegar over salad and toss together. Top salad with eggs.

SALMON + SLAWSALAD



- 1/2 purple cabbage
- 1/2 cabbage
- 2 tbs vegan mayo
- 1 tbs hummus
- 1/2 tbs tahini
- 1/2-1 lemon (juice)
- Spinach or mixed leaves
- Coriander
- Salmon fillet
- Dill
- Black sesame seeds (to top)

Finely chop the cabbage and mix in a large bowl. In a small bowl add mayo, hummus, tahini and lemon juice and stir together. Add more lemon or other ingredients to taste.

Pour dressing over cabbage and stir through. Cook salmon on pan for desired amount of time (we did it with crispy skin).

While salmon is cooking, prepare plates. On a plate, add mixed leaves and slaw and garnish with coriander. Once salmon is cooked, place over salad and garnish with dill. Squeeze lemon over the top if desired and enjoy!

PUMPKIN + CHICKPEA CURRY



- 1/2 butternut pumpkin
- 1 red onion, diced
- 1 can chickpeas
- 2 handfuls spinach
- 2 cloves garlic
- 1 can coconut milk
- 1 can diced tinned tomatoes
- 1 tsp turmeric
- 1 tsp ground cumin seeds
- 1 tsp ground coriander seeds
- 1 tsp garam masala
- Brown rice (to serve)
- Coconut yogurt (to serve)

Dice onion and chop pumpkin into bitesized pieces.

In a fry pan/wok, fry off the onion, add in the spices and cook for a few minutes until fragrant.

Add in the pumpkin. I usually don't cook with oil so instead, I add small amounts of water to awaken the pan and to stop the pumpkin from sticking. Cook until the pumpkin is soft.

GREEN QUINOA CAKES



- 1 cup almond meal
- 1/4 cup shredded coconut
- 2 zucchinis - grated
- 1 carrot - grated
- 1 cup cooked quinoa
- 1 tsp sea salt
- 1 tbs turmeric
- 2 eggs

Mix all ingredients in a bowl until well combined.

The mixture should be moist and stay together.

Heat coconut oil in a fry pan over a medium high heat.

Roll 1/4 cup of the mixture and shape into a pattie shape and cook each side until browned.

Serve with a raw salad or some steamed green vegetables.

TOTALLY RAW BROCCOLI SALAD



- 6 cups broccoli - chopped fine
- 1 stalks celery - chopped
- 4 spring onions - sliced finely
- 1 cup almonds - chopped
- 1/2 cup pumpkin seeds

DRESSING

- 1 cup organic mayonnaise or veganise
- 2 tbs honey
- 1 tbs apple cider vinegar
- 1 tbs lemon juice
- 1/2 tsp sea salt

Toss salad ingredients to combine.

Put dressing ingredients into a small jar and shake until combined.

Serve salad with dressing over the top.

SLOW COOKER JACKFRUIT STEW



- 3 cans jackfruit
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ginger powder
- himalayan salt and pepper
- 1 onion - chopped
- 2 carrots - chopped
- 4 celery stalks - chopped
- 1/4 cup tamari
- 1/4 cup honey
- 1 can coconut cream
- 2 tsp sriracha
- 1 tsp fish sauce (omit for vegan)
- 3 medium sweet potatoes
- 2 tbs butter (omit for vegan)

Drain the jackfruit from the cans and take out the triangles.

Cut the point of the triangle off and discard, the remaining part is the best at shredding. Place jackfruit in a bowl with onion, garlic and ginger powder, salt and pepper and mix until coated.

Add the the slow cooker with onion, carrots, celery, tamari, honey, coconut cream, sriracha and fish sauce and cook on low for 6-8 hours.

When the stew is almost ready, prepare your sweet potato mash by boiling the sweet potato until tender and mashing with organic butter and salt.

SPICED QUINOA AND CARROT SALAD



- 1/2 cup quinoa
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 4 carrots
- 1 tbs honey
- juice of 1/2 a lemon
- 2 tbs olive oil
- 1/2 cup almonds
- 1/2 cup sultanas/raisins

Start by rinsing your quinoa under water for 30 seconds.

Strain and add to a saucepan with 1 cup of water and spices.

Season with a little salt and bring to the boil.

Once boiling, lower to a simmer and cook covered for 12 minutes. While quinoa is cooking, ribbon your carrots and combine in a large bowl with honey, lemon and olive oil.

Toss all ingredients together and let cool or eat warm.

This can be stored in the fridge, covered.

CAULIFLOWER FRIED RICE



- 2 cloves garlic - sliced
- 4 organic eggs
- 1 onion - finely chopped
- 2.5cm ginger - grated
- 1 head cauliflower - blitzed to rice size
- 50g bean sprouts
- 4 spring onions - sliced
- 1/2 red capsicum - chopped
- 2 tbs tamari
- 2 tbs sesame oil
- white pepper to taste

In a large fry pan, heat 3 tbs coconut oil and gently fry sliced garlic over medium heat until browned.

Set aside on kitchen paper to dry.

Mix eggs in a bowl and fry in same pan as a big flat omelette.

Slice into strips and set aside.

Heat another tbs coconut oil and cook onion and garlic until browned and softened.

Stir through cauliflower rice and cook for just 2-3 minutes.

Add in bean sprouts, spring onions and capsicum.

Mix tamari, sesame oil and white pepper in a bowl and pour over rice.

Serve with fried garlic.

SIMPLE SAN CHOY BOW



- 500g organic chicken mince
- 1 small can water chestnuts - drained and sliced
- 1 medium onion - diced
- 1 small carrot - diced
- 2 spring onions - sliced
- 1 zucchini - diced
- 1 clove garlic - minced
- 2cm ginger - grated
- 1/4 cup tamari
- 2 tbs honey
- 1/4 cup water
- 1 tbs tapioca flour
- lettuce cups to serve

Remove and wash your lettuce cups, keeping them whole. In a large pan on high heat, fry onion, carrot and zucchini in 1 tbs coconut oil until browned and softened.

Add the minced garlic and ginger and stir through.

Add the chicken mince and break up and cook until completely browned.

Once chicken is cooked, add the water chestnuts.

If the mix is sticking, turn the heat down to medium.

Pour in the honey and tamari and mix through.

Create a 'slurry' using 1/4 cup water and 1 tbs tapioca flour and mixing until smooth.

Pour this into the mince mixture.

It will thicken the sauce and make it glossy.

Continue to cook for 2 minutes.

Serve mince in the lettuce cups, or shred the lettuce and serve mince on top for messy eaters.

STICKY THAI CHICKEN



- 8 organic chicken thighs - chopped
- 2 chopped lemongrass stalks - white part only
- 1 tsp dried chilli flakes
- 1/4 cup honey or maple syrup
- 1/4 cup organic fish sauce
- 1/4 cup tamari
- 2.5 ginger - grated
- 1 tbs sesame seeds

Place the chicken, lemongrass, chilli flakes (omit if feeding to children and add before serving), honey, fish sauce, tamari and grated ginger to a bowl or container and coat.

Leave for a few hours (tomorrow night if possible) but definitely doesn't matter if you can't!
Bake for in a 200 degrees pre heated oven for 15 minutes, or until chicken is cooked through.

Serve with shredded cabbage salad or steamed vegetables.

HEALING NOODLE BROTH



- 1 tbs coconut oil
- 2.5cm knob ginger - grated
- 2 cloves garlic - crushed
- 2 tsp grated fresh or dried turmeric
- 1 ltr organic vegetable stock or bone broth
- 2 zucchinis - chopped
- big handful snow-peas
- 1 bunch broccolini - chopped
- 1 bag organic spinach
- 1 can coconut cream
- 1 serving dried rice noodles or konjac noodles are best!
- dried chilli flakes.

Heat coconut oil in a large pot over medium high heat and add ginger and garlic - cook for 2 mins.

Add turmeric and heat until fragrant.

Add in your chopped vegetables - zucchinis, snow-peas, broccolini (or whatever you have on hand! Get creative) and stir through.

Pour over stock and coconut milk and bring to the boil.

Once boiling, lower to a simmer.

Season with salt and pepper.

Leave to simmer for 15 minutes, or until vegetables are cooked.

Add in dried rice noodles and spinach and stir through.

Leave for 2-3 minutes for noodles to soften.

Top with dried chilli and any of your favourite herbs.

BAKED CHICKEN AND RICE



- 4 tbs olive oil
- 4 tsp lakanto (monk fruit sweetener)
- 2 tsp dried oregano
- 2 tsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp dried thyme
- 2 tsp salt
- pepper to taste
- 6 chicken thighs
- 1 large onion - finely chopped
- 4 garlic cloved - minced
- 2 tbs olive oil
- 1 1/2 cups hot chicken broth
- 1 1/2 cups hot water
- 2 tbs butter
- 1 1/2 cups basmati rice - rinsed
- 1 cup olived - pitted and chopped (optional)
- 2 cubes frozen spinach
- fresh parsley - chopped

Preheat oven to 180 degrees.

In a bowl, mix together olive oil with lakanto, oregano, paprika, garlic, onion, thyme, salt and pepper.

Coat chicken in the mixture and set aside.

In a baking dish, add onion, garlic and olive oil with the chicken broth and water. Add in the butter and stir until completely melted. Add in the rice.

Bake for 20 minutes uncovered.

Remove from oven, add chicken thighs over the top and drizzle olive oil over the top of the chicken.

Bake for another 40 minutes, covering with foil if the chicken is browning too fast.

Once cooked, remove chicken and stir through olives (if using), spinach and chopped parsley.

JENNYS FAMOUS CHICKEN SOUP



- Organic Chicken legs with skin about 8
- 1 cup of rice
- 2 cartons of Organic chicken stock
- 1 medium yellow onion chopped fine
- 4 cloves of garlic
- 1 lemon
- 1 bay leaf

Sauté onion in olive oil

Add garlic once onion is translucent

Add chicken and brown the skin, add a little bit of chicken stock if the chicken starts to stick to the pot.

Add chicken stock and bay leaf, bring to the boil, reduce heat to med/low and simmer until chicken is cooked

Take the chicken out, let it cool and pull chicken apart.

Add the rice and cook until tender.

Once the rice is cooked add chicken back in and squeeze the juice of 1 lemon, season with salt and pepper. Remove bay leaf

CHICKEN CURRY



- 4 potatoes - chopped
- 3 tbs melted coconut oil
- 1/2 lemon - juiced
- 3 cloves garlic - crushed
- 1 tbs dried oregano
- 2 tbs rosemary - chopped
- Himalayan salt and pepper
- 1/2 cup olives - pitted
- 8 organic chicken thighs

Preheat oven to 200 degrees and line a large baking tray with paper. Place potatoes in a large bowl, drizzle with melted coconut oil and the stir through lemon, garlic, oregano, rosemary, salt and pepper. Spread over baking tray.

Place chicken thighs in the same bowl and coat with leftover oil and herb mix. Place chicken on baking tray, nestled in amongst the potatoes. Scatter olives over the tray and place in oven to bake for 45 minutes or until chicken is cooked through. Serve with a fresh Greek Salad if desired - tomatoes, cucumber and feta.

GREEK ONE PAN CHICKEN



- 1 tbs coconut oil
- 2.5cm knob ginger - grated
- 2 cloves garlic - crushed
- 2 tsp grated fresh or dried turmeric
- 1 ltr organic vegetable stock or bone broth
- 2 zucchinis - chopped
- big handful snow-peas
- 1 bunch broccolini - chopped
- 1 bag organic spinach
- 1 can coconut cream
- 1 serving dried rice noodles or konjac noodles are best!
- dried chilli flakes.

Heat coconut oil in a large pot over medium high heat and add ginger and garlic - cook for 2 mins.

Add turmeric and heat until fragrant.

Add in your chopped vegetables - zucchinis, snow-peas, broccolini (or whatever you have on hand! Get creative) and stir through.

Pour over stock and coconut milk and bring to the boil.

Once boiling, lower to a simmer.

Season with salt and pepper.

Leave to simmer for 15 minutes, or until vegetables are cooked.

Add in dried rice noodles and spinach and stir through.

Leave for 2-3 minutes for noodles to soften.

Top with dried chilli and any of your favourite herbs.

PRAWN THAI CURRY



- Prawns
- 2 heaped Tbsp your favourite Thai curry paste
- 1 can coconut cream
- 2 kaffir lime leaves
- 1 lime, juiced
- Splash fish sauce, to taste
- Fresh coriander and/or Thai Basil leaves, to serve
- Brown rice is optional
- Steamed greens such as broccolini, green beans and zucchini.

Season and pan fry or bake your chosen protein in a little coconut oil until cooked to your liking. Meanwhile heat 1 tbsp of the coconut cream in a small saucepan, add the curry paste and cook for 1 minute while stirring.

Add the remaining coconut cream, kaffir leaves and simmer for 10 minutes. While sauce is simmering, prepare noodles or rice as per packet instructions, and lightly steam your greens.

Season the sauce with the lime juice and fish sauce, and adjust to your tastes. Add a little water if the sauce thickens too much- this will depend on the brand of coconut cream used.

To plate up place your protein, veg and noodles in a bowl, and pour over the sauce, top with fresh herbs.

Sauce serves 2-4 people, depending how much you like.

NO BUTTER - BUTTER CHICKEN



- 500g chicken strips
- 1 tbsp onion powder
- 1 tsp garlic powder
- 1 tsp ginger powder
- 2 tsp curry powder
- 1 tsp cumin
- 1 tsp coriander
- 1 can organic tomatoes
- 1/4 cup natural coconut yoghurt
- 2 tbs almond butter
- 1 tsp himalayan salt
- 2 tbs honey

Add spices, tomatoes, coconut yoghurt, almond butter, salt, honey and 1 cup of water into a blender and blitz until smooth.

Heat a large pan over medium high heat and add 1 tbsp coconut oil. Brown chicken strips in the pan and then add blended curry mixture. Bring to a simmer and reduce heat to medium/low, cover the pan and cook for 10-12 minutes or until the chicken is cooked through.

While the curry is cooking, prepare some cauliflower rice and steamed veg to serve with + fresh herbs to bring to life.

SLOW COOKED LAMB SHOULDER



- 1 organic lamb shoulder
- 2 brown onions- diced
- 3 cloves garlic - minced
- 1 knob ginger - grated
- 1 tsp turmeric
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1/4 tsp cinnamon
- himalayan salt and pepper
- coconut oil for frying
- 1 can diced tomatoes
- 250 ml bone broth

In a pan, heat coconut oil and brown lamb shoulder on all sides.

Place in slow cooker insert.

In the same pan, brown onion, garlic and ginger until soft.

Add spices and himalayan salt and pepper, stir to combine.

Add diced tomatoes and bone broth and stir to combine.

Pour onion mix over lamb shoulder and cook on low for 10 hours.

When finished, pull lamb apart with two forks and serve with sauteed kale, cauliflower mash or your choice of sides.

QUICK FISH CURRY



- 2 tsp ghee
- 2 pieces white fish - barramundi, snapper etc
- 1 leek - halved and sliced
- 2 cloves garlic
- 1 tbs red curry paste*
- juice of 1 lime
- 1 tbs honey
- 1 can coconut milk
- 250g konjac noodles*

Preheat oven to 200 degrees.

Heat 1 tsp ghee in a large oven proof pan over high heat.

Cook white fish on each side until browned and place pan in preheated oven.

Let cook for 10 minutes or until cooked through while you make the sauce.

Heat remaining ghee in a medium sized pan over medium high heat and cook leek and garlic until soft and browned.

Add red curry paste and stir through until fragrant (about one minute).

Pour in coconut milk, lime juice and honey and continue to cook until it bubbles.

Prepare konjac noodles according to packet instructions and add into the curry sauce.

Serve the fish with the curried noodles on the side and drizzle any left over sauce over the top.

SLOW COOKER BEEF STEW



- 1 tbs coconut oil
- 750g chuck steak
- 2 celery stalks - chopped
- 2 carrots - chopped
- 3 potatoes - chopped
- 1 onion - quartered
- 2 cloves garlic - crushed
- 2 tbs coconut aminos
- 2 + 1/2 cups bone broth
- 2 tbs tapioca flour
- 2 tbs fresh thyme
- 1 bay leaf
- himalayan salt and pepper

Heat coconut oil in a fry pan and sauté garlic and onion at medium heat until softened.

Add to the slow cooker.

Toss steak in tapioca flour, salt and pepper and then add to the slow cooker.

Add the rest of the ingredients to the slow cooker and stir to combine.

Cook on low for 8 hours.

SLOW COOKER DELICIOUS CHICKEN



- 1.5kg organic chicken thighs
- 2 tbs curry powder
- 1 tbs paprika
- 1 tsp ground black pepper
- 2 tsp himalayan sea salt
- 4 cloves garlic - crushed
- 1 medium onion - chopped
- 1 cup Brussel Sprouts - cleaned and halved
- 2 cups celery - roughly chopped
- 1 cup coconut milk
- 1 cup chicken broth
- 1 green chilli - thinly sliced

Place chicken thighs at the bottom of your slow cooker.

Mix the dry spices together and sprinkle over chicken. Lightly toss to coat.

Place garlic, onions, carrots, brussel sprouts and celery on top.

Combine coconut milk and broth and pour over vegetables and chicken.

Cook on low for 6 hours.

Top with green chilli before serving.

MEATBALL CURRY



- 500g beef meatballs (eg. Cleavers Organic)
- 1 brown onion - diced
- 1 can organic tomatoes
- 2.5cm ginger - minced
- 2 tsp rendang curry spice mix
- 1 tsp bone broth paste
- coconut cauliflower rice to serve

Heat a pan over medium high heat and add a dash of coconut oil.

Cook onion until lightly browned.

Add the spice mix and stir until fragrant.

Add ginger and coat the onion.

Add the meatballs and gently brown.

Once completely coloured, add tinned tomatoes and bone broth paste.

Bring to a boil and allow to simmer over a medium heat for 15 minutes.

Serve with Coconut Cauliflower Rice, lightly steamed vegetables and a tablespoon of kimchi to aid digestion.

GINGER STIR FRY



- 500g organic chicken cut into bite sized pieces*
- 2 tbs coconut oil
- 4 garlic cloves - crushed
- 6cm chunk of ginger - grated
- 1/2 tsp chilli flakes
- 1 cup chicken broth*
- 3 tbs tamari
- 1 tbs honey*
- 1/2 tsp white pepper
- 2 tsp tapioca flour
- 2 spring onions - sliced
- 1 head broccoli - cut into bit sized pieces
- 1 carrot - sliced into thin rounds
- 1 capsicum - thinly sliced
- juice from 1 lime

Start by making the stir fry sauce.

Heat 1 tbs coconut oil in a small saucepan over medium heat.

Add ginger and garlic and cook until fragrant - about 1 minute.

Add chilli flakes, broth, tamari, honey and white pepper.

Create a 'slurry' by mixing the tapioca flour with 1 tbs water in a small bowl.

Add this to the sauce and cook for one more minute, set aside sauce until needed.

Heat 1 tbs coconut oil in a large wok or saucepan and brown chicken pieces all over.

Add spring onions, broccoli, carrot and capsicum and fry until cooked to your liking.

Pour in the stir fry sauce and mix through.

Allow to cook for another few minutes or until chicken is cooked through.

Squeeze lime juice over and season with salt if needed.

Serve with Cauliflower Rice.

RED LENTIL SOUP



- 2 tsp coconut oil
- 1 brown onion - diced
- 2 carrots - diced
- 2 celery stalks - diced
- 2 garlic cloves - crushed
- 4cm ginger - peeled and grated
- 3 tsp ground cumin
- 3 tsp ground coriander
- 1 + 1/2 cups red lentils
- 1 ltr vegetable stock
- 2 cups water
- Chopped fresh parsley leaves to serve

Heat coconut oil in a large non-stick frying pan over medium heat. Add onion, carrot and celery. Cook, stirring often, for 5 minutes or until softened.

Add garlic and ginger and cook for 1 minute or until fragrant.

Add cumin and coriander and cook, stirring for 30 seconds or until fragrant.

Transfer to the bowl of your slow cooker. Add lentils, stock and water. Season with salt and pepper.

Cover with lid and cook on low for 4 hours or until thickened.

Divide between serving bowls and top with parsley and cracked pepper

CREAMY LEEK AND CAULIFLOWER SOUP



- 1 tbsp butter or ghee
- 1 large cauliflower - chopped
- 2 leeks - chopped
- 4 cloves garlic
- 1 small white potato, optional, chopped
- 1 litre bone broth or chicken/veggie stock - or to desired consistency
- 2 cups almond milk
- 2 tbsp nutritional yeast, optional (added dairy free cheesy flavour) seasoning to taste

Pan fry leek in butter until softened.

Add garlic, stirring continuously until fragrant.

Add cauliflower and potato, stock and simmer for 20-30 minutes, until really tender. Add remaining ingredients.

Transfer to a blender in batches and blend until really smooth and creamy.

Sautè mushrooms in garlic and oil and top the soup.

ASPARAGUS SOUP



- 1 tbs coconut oil
- 1 onion - diced
- 2 sticks celery - diced
- 1 bulb garlic - halved
- 1 leek - diced
- 1 large potato - diced
- 600 mls water
- 6 asparagus spears
- 1 tbs coconut yogurt
- dried chilli flakes
- almond flakes
- pumpkin seeds
- ground pepper

Heat coconut oil in a large pot over medium high heat. Cook onion, celery and garlic until tender then add in the potato and leek.

After 5 minutes, cover with boiling water and simmer for 10 minutes. Add in the asparagus and cook for a further 5 minutes. Allow to cool slightly and blend with a stick blender until smooth. Check for seasoning. Mix through coconut yogurt and chilli flakes. Sprinkle over almond flakes and pumpkin seeds to serve.

RUSTIC PUMPKIN SOUP



- 1kg butternut pumpkin
- 1 brown onion - sliced
- 2 cloves garlic - peeled
- 3 cups vegetable or bone broth
- 1 cup filtered water
- 1/2 cup coconut cream

Cut the pumpkin into 3cm cubes. Remove the skin and seeds.

Place the pumpkin, onion, garlic, broth and water in a large pot over a high heat.

Allow to boil, uncovered and then reduce heat to a rapid simmer and let cook until pumpkin is tender.

You'll know it's done when a butter knife slides through.

Remove from heat, allow to cool slightly and blend with a stick blender.

Stir through coconut cream and season with salt and pepper to taste.

Ladle into bowls and top with roasted pumpkin seeds, chilli flakes and some goats feta if desired.

SWEETS



CHOC ORANGE BLISS BALLS



- 1 cup medjool dates - pitted
- 2 scoops of chocolate complete protein powder
- 2 tbsp raw cacao powder
- Zest from 2 oranges
- Juice from one orange
- 2 tbsp almond butter
- 2 tbsp coconut oil
- 1 cup almond meal
- 1/2 cup desiccated coconut

Place all of the ingredients into a food processor or a thermomix and blend until combines and sticky. You may need to pulse at the start until it starts to come together.

Try the mixture and adjust it to your taste or it may need a little more liquid (add water if so) or it may need more dry to bring it together more. Wet your hands thoroughly and roll mixture into bite size balls, roll in extra coconut and place in the freezer to set.

HUB CHOC CHIP COOKIES



- 1 cup coconut oil, melted
- 1 & 1/4 cup coconut sugar
- 1 egg plus 1 egg yolk
- 1 tbsp vanilla extract
- 1 cup organic oats
- 2 cups wholemeal spelt flour
- 3/4 tsp pink Himalayan salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 & 1/2 cups dark choc chips or dark choc block cut into small chunks

Preheat oven to 160 degrees. Line multiple baking trays with baking paper and lightly grease with coconut oil.

Add coconut oil & coconut sugar to a blender and blend until creamed (or use a hand mixer), I used a Vitamix. Add eggs and vanilla and blend until combined.

In a bowl, combine oats, flour, salt, baking soda and powder. Once combined add in the wet ingredients and mix until combined ensuring to scrape the sides of the bowl. Add in the chocolate and stir until combined.

Roll tablespoon sized balls and place on to baking tray. (Wet hands help to roll the dough easier). Cook for 12-16 minutes, checking to ensure they don't burn. They are cooked when lightly browned on the outside and still a little soft on the inside.

Once you removed from the over, allow them to rest to cook and harden a little.

CHOCOLATE PROTEIN MOUSSE



- *2/3 cup sugar-free coconut yogurt
- 1 sachet/scoop chocolate or vanilla complete protein powder
- Grain free paleo muesli, raw nuts, toasted coconut and/or chopped fruit to serve

Mix yogurt and complete protein well.

Serve with desired toppings.

BANOFFEE CARAMELSLICE



BASE:

- 1 cup oats
- 1 cup walnuts
- 2 tbs honey
- 2 tbs nut butter (I used almond)

CARAMEL:

- 2 cups dates
- 1 tbs honey
- 1 banana
- 1 tbs instant coffee
- 2 tbs coconut sugar
- 1 tbs cacao (or chocolate complete protein powder)
- Pinch of salt

TOP:

- 1 1/2 blocks dark chocolate
- 1 tbs coconut oil

Line a suitable cake tray with baking paper and soak dates in hot water before beginning.

BASE:

Add all the ingredients for the base into a food processor and blend until combined. The texture should be crumbly and stick together when compressed.

Transfer the mixture to the lined tray and press down firmly to create a solid base.

CARAMEL:

Remove dates from water and blend in a food processor until broken down slightly. Add rest of the ingredients and blend together until a smooth, thick mixture is formed.

Transfer into tray and spread evenly over the base. Store in fridge while preparing top layer.

TOP:

Melt chocolate over stove with oil until smooth. Pour over caramel layer, spreading evenly. Allow slice to set in fridge until hard. Cut up slice when set and ENJOY!

CARAMELISED BANANA + CHOC MUFFINS



- 3 mashed bananas (1/2 extra one to top)
- 1/3 cup coconut sugar
- 1 egg
- 1 heaped tbs crunchy peanut butter
- 1 tbs tahini
- 1/4 cup almond/coconut milk
- 1 1/2 cup self raising flour
- 1 tbs maple syrup (extra to top)
- Chocolate
- A dash of each:
 - Cinnamon
 - Nutmeg
 - Bicarb soda
 - Vanilla extract

Preheat the oven to 180C. Add the 3 mashed bananas to a bowl and mix with coconut sugar and the egg.

Add cinnamon, nutmeg, vanilla, peanut butter and tahini and mix thoroughly.

Add plant milk of choice and bicarb soda. Mix and then add flour.

Chop up chocolate into small chunks and add to mixture, gently stirring through. Grease a cupcake tin and spoon in mixture.

Chop up banana and push a small piece into the top of each muffin, then top with maple syrup.

Bake in the oven for 18-20 mins or until the top of the muffins start to brown.

Remove from oven and let cool before removing from muffin tin.

RAW COOKIE DOUGH BALLS



- 1 cup organic gluten free oats
- 1 cup raw cashews
- 1 teaspoon organic vanilla extract
- 1 tablespoon coconut oil
- 2 tablespoons rice malt syrup
- 50g Loving Earth Creamy Coconut Mylk Chocolate

First, blend together the oats and cashews until they become like a flour or fine meal.

Add the vanilla, coconut oil and rice malt and blend again until completely combined.

Chop the chocolate into small squares and stir through. Roll tablespoon sized balls in your hands and let set in the fridge for an hour.

CHOCOLATE LAYER CAKE



- 2 cups almond meal
- 1/4 cup raw cacao powder
- 1 teaspoon bi-carb soda
- 1/2 teaspoon himalayan pink salt
- 2 eggs
- 2/3 cup maple/rice malt syrup
- 1/3 cup water
- 2 teaspoon vanilla paste
- FROSTING
- 100g Loving Earth Mylk Chocolate
- 4 tablespoons coconut oil
- 4 tablespoons maple or rice malt syrup
- 1/2 cup ABC or almond butter

Preheat oven to 175°C and grease a 20cm spring form round cake tin with coconut oil and line the base with baking paper.

Mix together almond meal, raw cacao, bi-carb soda and salt in a bowl until combined.

In a separate bowl, whisk eggs, maple syrup, water and vanilla.

Combine the wet ingredients with the dry and stir to combine.

Pour half the batter into your pan and bake for 15 minutes.

Once cooked and slightly cooled, remove to cool further on a rack and cook the other half of the batter for 15 minutes also.

For the frosting, melt the chocolate and coconut oil in a heatproof bowl over simmering water on the stove.

Once melted, remove from heat and stir in the syrup.

Leave to cool slightly.

Add in the ABC butter using a whisk.

If the topping is slightly runny, place in the fridge for 15 minutes to harden slightly and then whisk again.

Top one half of the cake with the frosting and then place other half on top and cover completely with the remainder of the frosting.

CHOC BIRTHDAY CUPCAKES



- 3/4 cup raw cacao powder
- 80 grams almond meal
- 1 1/2 teaspoons GF baking powder
- 1/4 teaspoon salt
- 1/2 cup + 1 tablespoon (126 grams) coconut oil, melted
- 2/3 cup honey or maple syrup
- 1/2 cup unsweetened applesauce
- 4 large eggs, room temperature - chia egg if vegan
- 1 tablespoon vanilla extract
- FROSTING
- 1 cup vegan chocolate chips (we love Loving Earth)
- 1/4 cup coconut milk
- 1/4 cup butter - use coconut oil for vegan
- 1 tsp vanilla
- pinch of salt

Preheat your oven to 175 °C and line a muffin pan.

In a medium mixing bowl, stir together the raw cacao powder, almond meal, baking powder and salt.

Set aside.

In a large mixing bowl, stir together the melted coconut oil, honey, applesauce, eggs and vanilla.

Add the dry mixture to the wet and stir just until combined.

Pour the batter evenly into the muffin liners, about 3/4 full.

Bake for 25-28 minutes. A toothpick inserted in the middle should come out mostly clean.

While baking, make the frosting.

Heat the chocolate, coconut milk, butter/coconut oil, vanilla and salt in a small saucepan over medium/low heat until totally combined and smooth.

Let the mixture cool in the pan for 15 minutes then transfer to the fridge.

Stir every 5 minutes for the next 15 minutes - put a timer on your phone for ease! If you don't stir every 5 minutes it becomes too hard, this process makes it more like a traditional frosting. You'll know it's ready when it is light like cake frosting.

When the cupcakes are finished, let cool for 5 minutes and then remove to a wire rack to cool completely.

These do not taste very good straight out of the oven. I recommend letting them sit for 2 hours and then frosting.

CHRISTMAS CRANBERRY SLICE



- 2 cups raw almonds
- 8 medjool dates, pitted
- 1/4 cup desiccated coconut
- 2 heaped tbs raw cacao powder
- 1/2 cup cranberries
- 1/4 cup pepitas
- 1 cup coconut oil

Blitz the almonds in a blender or food processor until they resemble breadcrumbs.

Add the pitted medjool dates and blend until completely combined.

Stir through the coconut, cacao powder, cranberries and pepitas then add the coconut all and mix until well combined.

Line a square tin with glad wrap and pour in the mixture. Press down using wet hands (this stops the mix from sticking to them) and leave in the freezer to set for 1 hour.

Slice into bars and serve! Keep stored in the fridge.

RAW CHOC BROWNIE BITES



- 1 cup walnuts
- 1 cup almonds
- 2 tablespoons cacao powder
- 10 pitted medjool dates
- 2 tablespoons coconut oil
- 1/2 cup fine coconut
- 50g of 70% dark chocolate - melted

Blend nuts and raw cacao in a processor until they form a fine meal.

Add pitted dates, coconut oil and fine coconut and blend until completely combined.

Press mixture into a small square lined baking tin and place in the freezer to set for an hour.

Once set, remove from the freezer and use a spatula to top with coconut chocolate butter, as much or as little as you'd like.

I like a thin coating as it's quite rich.

Slice into small squares and grab whenever you need a healthy chocolate hit!

BLUEBERRY RIPES



BASE

- 1.5 cups natural almonds
- 8-10 medjool dates
- 3 tablespoons coconut oil
- 1 teaspoon vanilla extract
- 1 punnet fresh blueberries (or frozen if needed)

TOPPING

- 1 cup cacao butter
- 1/2 cup cacao powder
- 1/4-1/2 cup (depending how sweet you like it) rice malt syrup, honey or maple syrup

Start by blending the almonds into a meal in a food processor or blender.

Add the pitted medjool dates and blend again until combined.

Pour in the coconut oil and vanilla and blend, if it's still a little dry, add more coconut oil. Line a tin with some glad-wrap and pour in the base.

Spread out evenly but don't push flat just yet. Sprinkle your blueberries (or cherries) over the top and push it all flat with your hands or the back of a large spoon.

Place in the freezer while you make the topping.

For the cacao topping, place a heatproof bowl over simmering water on the stove. Add the chopped cacao butter and stir until melted completely.

Whisk in the cacao powder and add your sweetener of choice.

Grab your slice from the freezer and pour the cacao mix over evenly. Let set for at least an hour and chop into bars

APRICOT DELIGHT BALLS



- 20g desiccated coconut
- 100g raw cashews
- 80g dried apricots
- 3 tbs coconut oil
- 1 sachet vanilla complete
- pinch pink himalayan pink salt

Add all ingredients into a high powered blender or thermomix and blend until combined.

Roll into small balls and then roll those in extra desiccated coconut.

BANANA BREAD BITES



- 2 large ripe bananas - peeled and mashed
- 60g organic honey or pure maple syrup
- 60g coconut oil
- 3 eggs
- 1 tsp vanilla extract
- 1 tsp cinnamon
- either -
- gluten free self raising flour
- OR
- 200g almond meal
- 1/2 tsp baking soda
- juice from 1/2 lemon

Preheat oven or air fryer to 160 degrees.

Place banana, honey, coconut oil, eggs, vanilla in a bowl and mix well with a spoon.

IF USING ALMOND MEAL -

Add baking soda and then pour lemon juice over the top to activate and watch it bubble a little. Add cinnamon and stir well to combine.

IF USING GLUTEN FREE SELF RAISING FLOUR -

Add flour and cinnamon to the mix and stir well to combine.

Grease a silicone ice cube mould tray and fill 3/4 full of mix. Bake in oven or air fryer for 20 min or until a skewer comes out clean.

You can also add 1/2 cup of either vegan chocolate chips, blueberries, chopped dates or coconut flakes.

BEST EVER BLISS BALLS



- 2 cups almond meal
- 1/2 cup shredded coconut
- 1/2 cup raw cacao powder
- 10 medjool dates, pitted
- 1/2 cup coconut oil
- 1/3 cup honey or rice malt syrup

OPTIONAL EXTRAS

- 1/3 cup chia seeds
- 1/3 cup goji berries
- 1/3 cup cranberries

Place the almond meal, shredded coconut and raw cacao powder in a food processor with the pitted medjool dates.

Process until completely combined.

Transfer to a large bowl and stir in coconut oil, honey and any extras. Roll tablespoon sized balls and set in the fridge overnight or freezer for 1 hour.

SWEET POTATO BROWNIES



- 3 cups peeled & grated sweet potato
- 2 eggs
- 2 teaspoons vanilla extract
- 1/2 cup coconut oil
- 1/2 cup rice malt syrup
- 2 heaped teaspoons baking powder
- 1 teaspoon bicarb soda
- 3/4 cup raw cacao powder
- 2 tablespoons coconut flour

Preheat your oven to 180°C.

Grease and line a square tray with baking paper.

Mix together grated sweet potato, eggs, vanilla extract, coconut oil and rice malt syrup.

Stir in the baking powder and bicarb.

Whisk in the raw cacao powder and finally, add the coconut flour and combine.

Pour into your baking tray and bake for 30 minutes or until a skewer comes out clean ... ish. I like them gooey!

CACAO DIGESTIVES



BASE

- 2 cups walnuts
- 2 cups shredded coconut
- 1/4 cup coconut oil
- 1/2 cup rice malt syrup or honey

TOPPING

- 1/4 cup coconut oil
- 1/4 cup coconut milk
- 1/2 cup rice malt syrup or honey
- 1/2 cup raw cacao powder
- shredded coconut to top

If baking—preheat oven to 180°C.

Place walnuts and coconut in a food processor and blend to a crumb.

Stir in coconut oil and sweetener, then press into a lined square baking tin.

Place in oven for 20 minutes, keep an eye on it to make sure it doesn't burn.

Then let cool.

For my raw buddies—place in freezer while you make the delicious topping.

For the topping, place a small pot over a low heat.

Combine coconut oil, milk and sweetener in the pot and whisk.

Once combined, add raw cacao powder and whisk until the mixture thickens slightly and is lump free.

Pour hot topping over bars and sprinkle with shredded coconut.

Place in fridge to set for a few hours then slice into bars.

CHOC CHIP MUFFIN BALLS



- 3 cups almond meal
- 1 teaspoon baking soda
- 1/2 cup coconut oil
- 1/2 cup maple syrup or rice malt syrup
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips

Preheat oven to 180°C.

In a large mixing bowl, combine almond meal and baking soda.

Make a well in the centre and add coconut oil, syrup, eggs and vanilla.

Using a whisk, stir the wet ingredients first until combined and then mix in the remainder.

Line a mini muffin tray with small cupcake papers and take tablespoon sized amounts of dough and roll into balls with your hands.

Bake for 15-17 minutes and leave to cool in the tray for 10 minutes.

GOOEY RAW FUDGE



- 1 cup raw cashews
- 10 medjool dates, pitted
- 2 tablespoon coconut oil
- 1 teaspoon vanilla

FOR CARAMEL

- 1 tablespoon maca powder

FOR CHOCOLATE

- 1 tablespoon raw cacao powder

Soak cashews in hot water for 10 minutes.

Drain and add cashews together with remaining ingredients into a food processor.

Blend for at least a full minute (possibly longer depending on the power of your processor). The mixture should come together and be smooth and sticky.

Line a loaf tin with baking paper and scrape mixture in.

To flatten, get another piece of baking paper and press down with your knuckles. The mixture is sticky so it's not a good idea to use your bare hands.

Set in the fridge for at least one hour, preferably overnight.

Slice into cubes once set and store in the fridge.

HEALTHY SNICKERS SLICE



- 1 + 1/2 cups of almond meal
- 1/2 cup rice malt syrup or maple syrup
- 1/2 cup peanut butter
- 1 tbs coconut sugar
- 1/4 cup peanuts
- 80g loving earth dark chocolate

Base: Blend almond meal, rice malt syrup, peanut butter and coconut sugar until combined.

Press mixture into a lined baking tin.

Topping: Melt dark chocolate in a bowl over a saucepan of boiling water until smooth

Sprinkle peanuts over base and pour melted chocolate over.

Set in fridge.

STICKY DATE COOKIES



- 1 + 1/2 cups pitted medjool dates
- 1/2 cup coconut sugar
- 125g organic butter or coconut oil
- 1 tsp bicarb soda
- 1 tsp cinnamon
- 1 cup oats
- 1 cup gluten free flour or spelt flour
- 1 tsp vanilla extract
- 1 egg
- pinch of salt

Preheat oven to 160 degrees and line a cookie tray.

Add dates, butter/coconut oil and coconut sugar to a small saucepan and gentle simmer for about five minutes until ingredients have melted, stirring continually.

Remove from heat and add the bicarb and stir.

Allow to rest for a few minutes.

In a bowl combine oats, flour, cinnamon and salt.

Add the egg, vanilla extract and date mixture and combine.

Once combined, roll into small balls and place on cookie tray, pressing down with a fork.

Bake for 12 minutes and remove from oven.

Allow to cool slight before transferring to a wire rack. Best enjoyed slightly warm from the oven.

BULLETPROOF CHOC ICE CREAM



- 4 whole eggs
- 4 egg yolks
- 2 tsp vanilla
- 10 drops of lime juice or apple cider vinegar
- 50 grams of coconut oil
- 50 grams of MCT oil
- 100 grams of grass-fed butter (we use KerryGold or WestGold)
- 70 grams of xylitol
- 1/2 cup raw cacao powder

Blend everything until completely lump free in a high powered blender or Thermomix.

If churning, pour into churner and let process for around 20 minutes or until thick and creamy!

If not, simply pour into a dish and store in the freezer.

COCOJI BALLS



- 1.5 cups walnuts or cashews
- 3/4 cup of pepitas
- 1/2 cup shredded coconut
- 10 medjool dates, pitted
- 1/2 cup goji berries
- 1/4 cup coconut oil
- 1/4 cup rice malt syrup (optional)
- 1/4 cup chia seeds

Blend together nuts, pepitas and coconut to a breadcrumb consistency.

Add pitted dates, coconut oil and rice malt syrup (if using) and blend again.

Transfer to a bowl and stir in goji berries and chia seeds.

Press into a lined tray or roll into balls and cover in desiccated coconut. Set in refrigerator.

RAW CARAMEL SLICE



- 1/2 cup almonds
- 1/2 cup walnuts
- 8-10 dates
- 1 tablespoon coconut oil
- CARAMEL
- 8-10 dates
- 2 tablespoons coconut milk
- 1 teaspoon maca powder
- 1 teaspoon vanilla extract
- 1 tablespoon coconut oil
- TOPPING:
- 1 cup cacao butter
- 1/2 cup cacao powder
- 1/4 cup rice malt syrup or honey

Line a cupcake baking tray with 12 cupcake paper cases.

Blitz almonds and walnuts in a food processor to a bread crumb consistency.

Add dates and coconut oil and blend until combined.

Scoop one tablespoon of the mixture into the bottom of the case and push down until firm. Once finished, place in the freezer while you make the caramel.

Place all ingredients for caramel into a food processor and blend to a paste.

Grab your bases out of the freezer and scoop 1 teaspoon of the caramel into each case.

Flatten with wet fingers (so mixture doesn't stick) and place back in freezer.

To make the chocolate topping, melt cacao butter in a small saucepan over medium low heat and whisk in cacao powder and sweetener until completely combined.

Pour chocolate over your bases (1 tablespoon per slice) and place back in the freezer for at least an hour to set!



THANK YOU

Thank you for joining us for our 6 Week challenge, we have loved having you.

We invite you to continue to utilise the recipes & resources throughout this guide to continue your wellness journey today and beyond.

This guide and challenge is a collaboration of many beautiful individuals who are professionals in the health and wellness industry and have your best interests at heart when it comes to inspiring you to live a healthy lifestyle.

Created by Adam Westwick, Angela Simson, Katrina Stark, Denise Whelan, Lauren Berry.

The workouts and Resources from our trainers and ambassadors throughout the program remain available to you upon completion of your 6 week challenge as part of the lifetime access to our lifestyle program.

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