

E Recipe Book

Breakfast Book

Seasonal Recipes for hormone and gut health.

Food is the best medicine.

Adaptable to wherever you are on the planet!



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Eat...

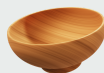
Breakfast fit for a King



Lunch fit for a Queen



and dinner fit for a beggar



You must have heard the above saying lots of times . But really, what is this sage piece of advice alluding to? It really is talking about **portion sizes**.

Therefore, breakfast portions can be bigger than lunch, and dinner means the smallest portion of the day.

There are 2 golden rules that you must remember when you approach your meals on a daily basis.

Always look for, and purchase whole foods rather than packaged convenient foods. You have the power to change the way you eat with your purse. You are in control of what goes into your mouth.

Always be mindful of portion sizes, even when it comes to whole foods. You won't gain weight by eating a mango every day; but 10 mangoes ? You most likely will! Mindset and mindful habits are key.

This E-recipe book will tell you what to eat for gut and hormone health balance, and of course for your long term health. The recipes are seasonal and adaptable, or refer to them as I recommend to you through our sessions together.

P.s. Don't eat like King Henry VIII or you'll get gout!

Tips and Tricks



Breakfast

If you have an Auto-immune disease, please do not include the following incomplete proteins in your daily diet:

1. Eggs



2. Dairy



3. Soy products



4. Gluten



5. Corn



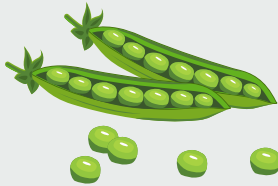
6. Nuts



Tips and Tricks

To avoid multiple trips to the supermarket and tedious chopping consider buying frozen vegetables and fruits such as:

1. Peas



2. Broccoli



3. Spinach spoons



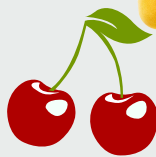
4. Blueberries or mixed berries



5. Mangoes



6. Cherries





Breakfast

All of the above can be added to smoothies, breakfast bowls, stir-fries, and salads. All are rich in antioxidants, vitamins minerals and mangoes include a digestive enzyme called bromelain.

Breakfasts or early meals and smoothies suitable pre-workout or post workout



Chia-Berry-Seed Greek Yogurt bowl:

- 250g of Greek yogurt or 250g of plain regular yogurt or
- To make it Auto-immune friendly, use coconut yogurt.
- 1 tbsp of chia seeds
- 1 tbsp pumpkin seeds
- 1 tbsp lotus seed flour or powder
- 1 tbsp 100 percent dark cacao powder (optional)
- A handful of frozen blueberries
- 5 chopped fresh strawberries
- 1 banana
- 3 dates
- 1 tsp of raw honey



The night before breakfast:

In a cereal bowl, add the seeds first and cacao powder if using. Then add 250g of Greek or regular yogurt. And stir through. Add the frozen blueberries. and then stir through. Add 1 tsp raw honey on top. Now cover with cling film and put it in the fridge overnight. In the morning, chop a small banana and 5 washed strawberries. Add on top with 3 deseeded dates.

**Your breakfast is served (in the morning.)
Enjoy!**



Turmeric Granola with Seeds

Auto-immune and IBS friendly

- 450g rolled oats 
- 2 tbsps raw honey 
- 5 tbsps EVOO 
- 1 tbsp turmeric powder 
- 1 tbsp cinnamon powder 
- 1/2 tsp cardamom powder 
- 1/4 tsp black pepper 
- 2 tbsps milled flaxseeds 
- 2 tbsps pumpkin seeds 
- 2 tbsps lotus seed flour 
- 1 large lemon squeezed juice (optional) 

Turmeric Granola with Seeds

In a large mixing bowl, put in the honey and oil and mix. Add all the spices and mix thoroughly. Squeeze in the juice of one large bergamot lemon if using. Mix again.

Then add the oats and fold to cover. Add the pumpkin, milled flaxseeds and lotus seed powder. And mix.

Now spread out in a baking pan and bake 10 mins total at 180c. But after the first 5 mins make sure you turn the oats over. And then bake for last 5 mins.

If you're using an air fryer to bake the granola, then line the basket with tin foil. Add the oat mix, and bake at 170c for a total of 10 mins, turning the oats over with a spatula after 5 mins.

Once cooked, transfer the granola in an open dish and let cool. It will harden as it cools.

Store in a glass air tight jar



Cacao- Tahini Granola

Auto-immune and IBS friendly

- 500g Rolled Oats
- 2 tbsp cacao powder
- 1 tbsp chia seeds
- 1 tbsp tahini
- 2 tbsps raw honey
- 1 tbsp cinnamon powder
- 1/5 tsp cardamom powder
- 5 tbsps olive oil for cooking



Cacao- Tahini Granola

Method:

In a large mixing bowl, put in 2 tbsps of raw honey, 1 tbsps tahini, and mix. Then add the powders, cacao, cinnamon and cardamom. Once mixed in, add the rolled oats and thoroughly stir through to coat the oats in the cacao-mixture.



In a large non-stick deep frying pan, put in the olive oil and let it heat for a minute. Add the cacao covered oats to the heated pan. Keep it on a low heat. Continue stirring and tossing the granola like you would as a salad as it heats through and cooks. This will take 3-5 mins maximum. When you hear the chia seeds popping you know the granola is ready.

The granola is ready. Transfer to a ceramic large bowl to let cool and crisp up.

Store in a glass jar. . It will keep for a few months.

Avocado- Shake with a choice of dairy-free milks

- 2 ripe avocados flesh (peeled, pitted)
- 1 glass of soy milk Or
- Coconut milk or oat milk if you
- have an auto-immune disease Or
- Almond milk Or
- 1 glass of coconut water for the electrolytes if it's an extra hot day
- or post workout recovery.
- 4 ice cubes
- Blend 2 mins high speed in a
- blender of course!
- Best drunk straight up and unsweetened for the added weight-loss benefits!



Cherry, banana and peanut butter smoothie

- 10 pitted cherries (fresh or frozen)
- 1 tbsp chia seeds
- 1 generous tbsp of peanut butter (unsweetened and trans-fat free)
- 1 tbsp cacao powder (100% unsweetened, dark)
- 1 banana
- 1 glass of water
- Ice cubes

Blend high speed 2 mins

I'd have you know that peanuts aren't actually nuts; they're legumes! So as long as you aren't allergic to peanuts, enjoy! To make this recipe auto-immune safe, eliminate the peanut butter.

Mango-peanut smoothie

(Swop peanut butter with 1 glass coconut milk or 1 glass oat milk if you have an autoimmune disease.)

4 pieces of frozen mango or 1 fresh medium sized mango peeled and pitted.

1 tbsp peanut butter (unsweetened/ trans-fat free)

1 glass of water

4 cubes of Ice

Blend 3 mins

Mango-Lassi

There's nothing more South-Asian as a tall frothy glass of Lassi. It's a traditional yogurt drink that is normally drunk plain, but adding fruit to it makes a meal out of it. And if it's mango, it is super Desi (slang for South-Asian.)

4 pieces of frozen mango or 1 fresh medium sized mango (peeled and pitted.)

5tbsps of fresh unsweetened live yogurt or Greek yogurt or coconut yogurt. (AI friendly)

Half a glass of water

4 Ice cubes

Blend 2 mins.

Enjoy either mango smoothie or Lassi as a meal on its own post-workout, or for breakfast.

Egg's for breakfast or for any meal

Make an omelette or poach or boil. It's preferred not to have fried eggs.

2 whole eggs (hormone/steroid free)

For an omelette:

Use Desi-ghee or Olive oil a tbsp each.

Pink salt 1/8 tsp

Black or white pepper 1/8tsp

Cumin powder 1/8 tsp

Whisk together with a fork.

Add egg-mixture to a heated stainless steel skillet after heating the fat. Let one side half cook. Then fold and flip.

Egg's for breakfast or for any meal

For poached:

Fill a small saucepan-with-a-lid with water. Bring it to a rolling boil. Once water is on full boil, begin to stir the water with a large cooking spoon. Once it's whirling at a good speed, pour in two broken un whisked eggs right into the centre of the whirl. Cover the pot with its lid. And turn off the heat. Set a timer for 3 minutes for runny, 5 mins for soft, and 10 for hard boiled. Strain in a sieve once cooked to your desired consistency.

For boiled:

In a small saucepan fill with water. Put it on the stove on a medium heat. Add the eggs with shell on now. Put the lid on. Once the water is boiling, take the lid off and set a timer for 7 mins for soft boiled, 10 mins for hard. Once ready, cool the eggs in cold water and then peel. Slice in an egg slicer or chop.

Egg's for breakfast or for any meal

Here are some suggested fillings and sides that you can sauté before hand or on the side once your omelette is half cooked and needs a fold and a flip. These sides can be used generally to accompany poached or boiled eggs too.

- Sauté 5 chopped mushrooms in 1tbsp ghee or 2 tbsps olive oil. Add a clove of chopped garlic. Add dried thyme or zaatar. Add a handful of peas. Cook about 3 mins. Put on the side of a plate with your choice of eggs. You can add a few cubes of feta or cottage cheese/paneer too.

Egg's for breakfast or for any meal

- Sauté 2 chopped tomatoes de-seeded and garlic in 3 tbsps of olive oil. Mash it up whilst cooking and add pink salt and pepper to taste with a glug of pomegranate or balsamic vinegar. Add dried oregano or fresh basil leaves. Spread it on a brown sourdough toast. Voila! Bruschetta! Have your eggs of choice on the side. If you're not recommended toast, try Besan-chick-pea flour roti instead. (See recipe in dinner PDF.)
- Sauté 2 spoons of spinach with pink salt and white pepper in 2 tbsps of olive oil or 1tbsp of Desi-ghee. Once cooked have a few cubes of feta cheese or cottage cheese/paneer on the side.

Tahini-garlic Mayo

Store all contents in a jar in the fridge for the whole week.

- 3 tbsps of tahini
- 2-3 capfuls of Apple cider vinegar or 4 small lemons squeezed or half a bergamot.
- Pink salt
- Black pepper
- 1 clove of garlic
- 2 tbsps EVOO
- And water to thin whilst blending.

Add all ingredients into the small mixer attachment of your blender or food processor unit.

Add a bit of water and then begin to blend stopping in between to see if more water is needed every time the mixture is super thick. Consistency should be creamy and fluffy. And Mayo like at the end.

Store in a jar and refrigerate.
Enjoy when needed.

Hummus

250g of fresh boiled chickpeas or 1 can of chickpeas

1tsp pink salt

1/2 tsp cinnamon

1/2 tsp cumin

1/2 tsp Garam masala

1/2 tsp black pepper

2 cloves of garlic

2 tbsp EVOO

3 small lemons juiced

1tbsp of tahini

A little water to mix in the blender

Keep adding water for a medium thick consistency as you blend.

Blend all ingredients together. Garnish with olives and capers and dried herbs or Zaatar.

Home-made peanut butter

- 400g roasted peanuts (unsalted) or raw
- 3 tbsp EVOO (Extra Virgin Olive Oil)

Put the peanuts in to a high speed blender or food processor. Blend on lowest setting initially till all the peanuts are milled or crushed in to a powder. You may need to wipe down the sides. Add 1 tbsp of EVOO.

Blend again on lowest setting. You will notice all the powder becoming liquid. See if you need more EVOO if the butter ceases to mix. Add more if needed and push down the sides any dry peanut powder.

Blend till entire quantity is butter.

Fill up in a glass jar and put in the fridge.

Home-made yogurt

In the evening:

- 1 litre of milk
- 2 tbsps of yogurt

Heat the milk in a pan but do not boil. It should be warm but not hot. Transfer to a glass large bowl with a lid.

Then add 2tbsps of yogurt to the bowl of warm milk and whisk through thoroughly.

Cover with a lid.

Wrap the whole bowl in a tea towel.

Place in a warm area like inside the microwave or the oven or in the store.

Leave for 12 hours.

It will be ready in the morning and you can refrigerate it.

Minty-Almond-Milk

- 12 almonds soaked overnight in a bowl of water and chilled. Leave the peel on.
- 2 pitted dates
- A handful of fresh mint leaves. You can leave the stalks on.
- 1 glass of water
- 4 ice cubes

Wash the almonds and keep the peel on. Don't soak almonds less than 8 hours and more than 12 hours.

Put them in a blender along with 2 washed and pitted dates, a handful of fresh mint. a glass of water and ice cubes if using. Blend 3 mins on high speed.

Enjoy sipping it slowly preferably in a mason jar and straw! Great for a late afternoon snack or post workout to cool you down.

Chickpea Crepe

- For 1 crepe.
- 3tbsp of chickpea flour
- 1/2 tsp of pink salt
- 1/2 tsp black pepper
- 1/4 tsp cumin powder
- 1 tbsp EVOO (extra virgin olive oil)
- 100 ml water or more to make a medium- thin crepe batter.

Whisk together the ingredients. And leave to stand in the fridge for an hour.

In a shallow pan, heat 2 tbsps of olive oil. Ladle in the batter in thinly to make a one big crepe. Flip until golden brown.

Top with grilled tomato, zucchini, and olives. Drizzle with balsamic vinegar.

Quick Strawberry, cucumber- lemonade

Blend together:

- 8 chopped strawberries
- 1/2 chopped cucumber
- 1 lemon squeezed
- 1 tbsp raw honey
- Ice cubes

In a tall mason jar or glass. Put in a tsp of chia seeds. Pour in this VITAMIN C wonder. Let sit in the fridge for 5 minutes for the chia seeds to expand. Add more ice cubes if you're really thirsty! Enjoy with a stainless steel straw.

Chia-strawberry cacao pudding

Blend together:

- 1 cup of almond-milk
- 2 pitted dates
- 2 tbsps chia seeds
- 1 tbsp cacao powder
- 8 fresh strawberries
- 1/8 tsp cinnamon powder
- 1/8tsp cardamom powder

Put into a jar and let chill in the fridge for 30 mins. You can also make this the night before for the chia seeds to expand completely.

Morning fruity–almond milk

Electrolyte-rich smoothies after a morning run and a precursor to weight training can help lower cortisol levels.

- A glass of almond milk or 12 pre-soaked almonds and 1 glass of water.
- 1 tbsp lotus seed powder
- 2 dates pitted.
- 1 banana.
- 6 fresh strawberries or
- A handful of honey dew melon chunks.
- Ice cubes.

Blend on high speed for 4 mins, and sip it slowly in a 2 cup mason jar with a stainless steel straw.

The Smoothie of Kings

- **A handful of Swiss-chard or if unavailable then a handful of frozen broccoli.**
- **1/2 a cup of frozen garden peas.**
- **2 large pieces of frozen mango.**
- **1 banana chopped**
- **1 cup of non-tinned coconut milk**
- **1 cup of water**
- **Ice cubes**

Blend for a good 3 mins high speed.

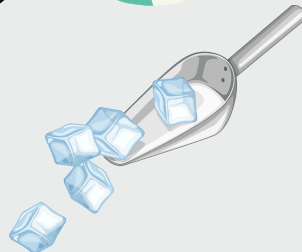
Enjoy in a 2 cup mason jar. Any left save for later as a snack to be consumed on the same day. Or share it with a loved one.



Mango-turmeric lassi with chia seeds

- 2 pieces frozen mango .
- 5 tbsps fresh yogurt.
- 1 tbsp chia seeds.
- 1/4 tsp turmeric powder
- 1 glass of chilled water
- Ice cubes

Blend high speed 3 mins.





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