

E Recipe Book

Dinner Book

Seasonal Recipes for hormone and gut health.

Food is the best medicine.

Adaptable to wherever you are on the planet!



Sonia Salim

Health Coach

Eat...

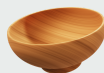
Breakfast fit for a King



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



Dinner

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



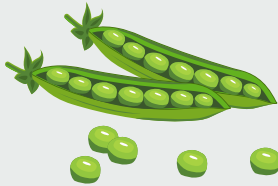
6. Nuts



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



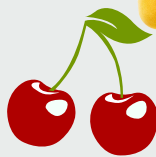
4. Blueberries or mixed berries



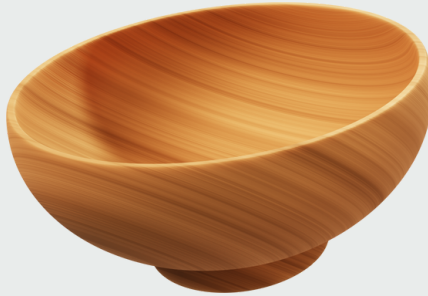
5. Mangoes



6. Cherries



Dinner fit for a Begger



Please don't be offended by reading "Beggar." The reference is purely regarding portion sizes. I recommend smaller portions for dinner, compared to the rest of the day, and protein heavy over grains. Your metabolism is slower once the sun sets. Your body prepares itself for sleep and the brain releases the hormone melatonin. Therefore you don't want to eat the biggest portion of food at dinner time; digestion is also slowest at night. A heavy dinner will interfere with the quality of your sleep. That's why it's important to not skip breakfast or lunch, so you're not binging at dinner-time. Your insulin levels will remain stable too.

Stuffed bell peppers with mince meat of choice

(Auto-immune friendly)

- 2 green or red bell peppers with the head cut off.
- 1/4 kg of fatless mince meat pre cooked in olive oil, and minced ginger and garlic, seasoned with pink salt, cumin. Coriander, and black pepper.
- Add fresh basil leaves and or dried oregano.
- Now stuff the bell peppers with the cooked meat.
- Add cherry or regular tomatoes chopped and spring onions.
- Drizzle with extra virgin olive oil and leave the top open.
- Put in the oven or air fryer bake setting at 180C

Stuffed bell peppers with mince meat of choice

Bake 15–20mins.

Enjoy hot.

To make it vegetarian, you can replace the meat with a mix of seasoned cooked quinoa, olives, capers, tomato and spring onions. Add the basil and oregano and drizzle with extra virgin olive oil.

Carry-on baking at 180C for 15–20 mins.

Brown Rice Salad

Auto-immune friendly

- 3 tbsps cooked brown rice
- A handful of grilled/air fried broccoli florets and a handful of blanched peas
- 4/5 chopped mushrooms grilled/air-fried along with the broccoli.
- Half a cucumber diced with the peel
- Fresh coriander leaves chopped
- Olives 4 (any colour)
- 1 tsp sesame seeds lightly toasted
- A handful of iceberg leaves, basil and rocket leaves.

Brown Rice Salad

Combine ingredients together.

Make dressing with:

- 2 tbsp EVOO (extra virgin olive oil)
- 1 small squeezed lemon.
- Pink salt and black pepper.
- dried oregano optional
- Half tsp minced ginger
- 1 tbsp mustard
- Combine and blend. Toss through the salad.

Quick Roasted Garlic

- Peel a kilo of garlic bulbs and separate the cloves.
- Put in a small/medium Corning ware casserole dish.
- Pour over cooking olive oil and add 1 tbsp of Desi ghee so you can see the oil covering all the cloves.
- Roast the dish in the oven or air fryer at 180c for 20 mins total. Keep checking after every 5 minutes and stir the cloves around so that all of them get roasted.
- If you don't want to turn on the oven, you can put the peeled and separated garlic cloves in a deep frying pan with half a cup of olive oil and a tbsp of ghee And cook them on the stove.
- Cook them on a low heat till they soften.
- Pour garlic and EVOO into a jar and store in the fridge.

Roasted Garlic Latte

- Each time you want to make a bowl of soup, put one mug of prepared plain chicken broth or vegetable broth in a blender. Along with 4 tbsps of roasted garlic. You can add a 1/4 tsp of cumin powder, and pink salt and black or white pepper.
- Blend for 3 mins.
- Now heat up in a pan.
- Pour into your favourite mug.

Enjoy the flavour!



Beef- vegetable rice noodle bowl with spicy peanut sauce on top

- 200 g beef undercut steak cut into strips once cooked.
- A handful of rice noodles reconstituted
- Half chopped onion
- 1 tsp garlic/ginger paste
- A handful of peas or green beans
- 2 chopped tomatoes and deseeded or a few cherry tomatoes
- 1/2 a chopped zucchini cubed
- 1/2 tsp pink salt
- 1/2 tsp black pepper
- 1/2 tsp coriander powder
- 1/2 tsp cumin seeds
- Cooking olive oil.
- A handful of rice noodles reconstituted
- Coriander leaves

Beef- vegetable rice noodle bowl with spicy peanut sauce on top

Brush the steak with olive oil and season with salt and pepper both sides.

In a grill pan or air fryer setting for steak, put the steak in and grill whilst flipping to your preference.

In a wok, heat some olive oil and brown onion, garlic and spices and seasoning adding a little water or broth so it doesn't burn. Add the veges and cook five mins so they're still al-dente and don't lose colour. Now slice the beef in to strips.

In a bowl add the noodles, the vegetables and the beef strips. Garnish with coriander.

Beef- vegetable rice noodle bowl with spicy peanut sauce on top

(Avoid the peanut sauce if you have Auto-immune. Substitute the peanut butter with tahini.)

Make a quick peanut sauce with 2 tbsps peanut butter. Add a little red chilli powder, and pink salt. And a little EVOO. Mix up so it's still thick but creamy. Pour over the top and enjoy.

Vegetable and chicken chowmein

(Substitute peanut butter for tahini-garlic mayo if you have Auto-immune disease.)

- A hand ful of rice noodles
- A handful of mixed veges:
- Chopped spring onion or red onion
- 1 tbsp garlic and ginger paste/minced
- Handful fresh cabbage or chopped spinach leaves
- Half a grated carrot or a handful of peas
- A palm-size of boneless chicken cubes or 1 chicken breast chopped.
- 1tsp pink salt
- 1/2 tsp black pepper
- 1/2 tsp white pepper
- 1/2 tsp cumin powder
- 1/2 tsp red chills if you want
- 2 capfuls of Apple cider vinegar (ACV) or pomegranate vinegar Or squeeze a fresh lemon
- A chug of Worcestershire sauce
- 1 heaped tbsp peanut butter on top or tahini garlic mayo.

Vegetable and chicken chowmein

In a pan, brown garlic and ginger and spring onion in 3 tbsps olive oil.

Add spices and pink salt

Once light brown, add chicken raw and cook 5 mins. The cubes should have turned white to the centre.

Then add veges and stir for 3 mins. Let them be *Al-dente*/firm and colourful. Add in the vinegar. Or lemon, Worcestershire sauce

In a separate pan, reconstitute handful of rice noodles in hot water

Stir in cooked noodles with the vegetables.

Garnish with fresh coriander leaves. And add a heaped tbsp of homemade peanut butter or tahini-mayo.

Enjoy in a big bowl!

Steak and air fried chips

An hour before grilling the steaks, wash 2 potatoes. Leave the peel on. Chop them into chips to your desired thickness. Soak them in a bowl of water for 30 mins. Drain and wash them. Pat them dry with a tea towel. Now in a large mixing bowl pour in only 1 tbsp of olive oil. Put in the chips and toss. Don't be fooled with the less oil. It will all get covered. Now put in the air fryer. First air dry them in 100c degrees. For 15 mins. On the chip-fryer setting. Then shake them and air fry them on 180c for 5 mins. Open the drawer and toss them. Repeat for another 5 mins. Now check how brown they are and repeat again after tossing them around so they cook evenly. Repeat again 5 mins. They should be done.

Steak and air fried chips

For one steak

1 undercut steak washed

Brush with cooking olive oil both sides and season with pink salt and black pepper.

Whilst the chips are being air-fried, cook the steak.

Put the steak on a warm grill pan that you have brushed with olive oil. On a medium low heat cook one side 5 mins. Flip and cook the other side 5 mins. Flip again till cooked through. You can also cover the steak with a glass lid from another pan to make sure it's cooked to the centre.

Serve with the steak with Dijon mustard or Red Tabasco. Yum.

Besan roti with flaxseeds

For one roti:

- 3 tbsp Besan flour
- 1tbsp milled flaxseeds
- Chopped spring onions
- 1/2 tsp cumin seeds.
- Pink salt and black pepper.
- 1 tbsp Desi-ghee or cooking olive oil

Add a little water to this flour mix to make a dough, by kneading it completely in. The consistency should be hard enough to roll out with a rolling pin. Flour a board and the rolling pin and roll out in to a round shape.

Now heat an iron skillet/deep frying pan or traditional tawah, and a tbsp of desi-ghee or cooking olive oil. Once heated put the roti on it carefully. Let it cook one side and then flip to cook the other side. Once cooked through, enjoy alone, with kimchi or with eggs.

Roast Chicken, for the whole family

Either get a whole chicken carcass or pieces of chicken of your choice.

Marinate it in:

- 1/2 tsp pink salt
- 1/2 tsp black pepper
- 1/2 tsp cumin powder
- 1/4 tsp cardamom powder
- 1/2 tsp cinnamon powder
- A few whole cloves
- A glug of EVOO (3tbsps)

Let the chicken sit in this marinade for 3 hours.

Roast Chicken, for the whole family

Then pre-heat oven to 180c or roast in the air-fryer according the roast instructions. Place the chicken on a tray/basket and brush the carcass with any excess marinade.

Add cut vegetables of choice; potatoes, mushrooms, tomatoes, pumpkin cubes, green beans, bell peppers.

let it cook in the oven 30 mins without foil. Check if cooked and turn over the chicken and vegetables on the other side. Let cook 20 mins more or so.

You can enjoy one piece of chicken with vegetables.

Sweet Potato dip

- 1 boiled sweet potato
- 1 tbsp tahini
- 2 tbsps EVOO
- 1/2 tsp turmeric powder
- 1tsp pink salt
- 1 tsp white pepper or black pepper
- 1/2 tsp cumin powder or seeds
- A squeeze of orange or lemon juice

Boil the sweet potato and slice.

Add all the ingredients in a bowl. along with juice. Mash together.

Keep in bowl and refrigerate.

Top with coriander leaves.

A side of grilled okra

Sometimes you're not sure how to eat okra or lady fingers without going through an elaborate, laborious recipe.

In order to enjoy this summer vegetable simply, you can wash and then let dry on a tea towel under a fan. This step is essential in order to get rid of "saliva" it produces when cooked.

- Chop off their heads!
- Put them in a bowl of:
- 1tbsp sesame oil,
- Pink salt,
- Black pepper,
- Cumin powder,
- Mix together to coat the okra.



Set the air-fryer to grill 170c for 5 mins. When done shake them. They should be crispy. If not then repeat drilling for another 3 mins after changing their sides.

Enjoy as a side or a healthy snack with hummus!

Prawn and zucchini salad

- 200g medium prawns.
- 2 small zucchinis.
- 1 tomato deseeded or a handful of cherry tomatoes.
- 2 chopped chives
- Fresh chopped coriander leaves or parsley.

Dressing:

- 2 small lemons
- 3tbsps EVOO
- Pink salt
- Black pepper
- Dried oregano



Sauté the prawns in sesame oil or butter for about 5 mins. Turn off the heat.

You can spiralize the zucchinis into zoodles or grate them or use a cheese slicer to slice them in to a bowl. Chop the chives and coriander/parsley leaves. And 2 deseeded tomato or 4 cherry tomatoes.

Now blend the dressing ingredients in the small attachment of your blender/processor until light and creamy.

Pour over the salad and toss!

Enjoy the delightful flavours!



THE FOOD PHARMACY

www.thefoodpharmacy.pk
+92 302 8437778

www.thefoodpharmacy.pk

+92 302 8437778 | info@thefoodpharmacy.pk