

E Recipe Book

Lunch 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...

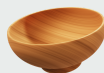
Breakfast fit for a King



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



Lunch

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



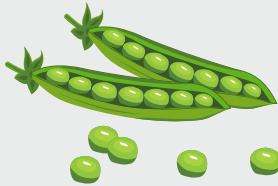
6. Nuts



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



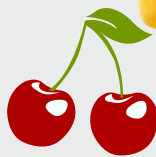
4. Blueberries or mixed berries



5. Mangoes



6. Cherries





Lunch

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.

Lunch fit for a Queen



Brown Rice Salad

Auto-immune friendly

- 3 tbsps cooked brown rice
- A handful of steamed broccoli florets or blanched peas
- 4/5 chopped mushrooms sautéed in olive oil
- Diced cucumber half
- Fresh coriander leaves chopped
- Olives 4 (any colour)
- 1 tsp sesame seeds lightly toasted
- A handful of iceberg leaves, basil and rocket leaves.

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 toss through the salad.

Quinoa-chickpea pilau

Auto-immune friendly if you can tolerate legumes.

- 3tbsps quinoa raw
- 1/4 cup of pre-boiled white chickpeas or a 1/4 of a can.
- Half chopped onion
- 1 tsp fresh chopped ginger
- 2 cloves of garlic chopped
- 1/2 a chopped zucchini or aubergine your choice (or both)
- 1/2 tsp pink salt
- 1/4tsp black pepper
- 1/4 tsp cinnamon powder
- 1/4 tsp cumin powder
- 1/4 tsp garam masala powder
- 1/2cup of chicken broth,vegetable broth or water
- A handful of fresh chopped corriander leaves

Quinoa-chickpea pilau

Method:

In 2tbsps of olive oil brown the onions, ginger and garlic, and then add the spices and a little water or broth to avoid burning. Add the raw quinoa and stir. Add 1/2 cup more of broth or water and stir. As the quinoa soaks and expands, see if more liquid is needed and add accordingly little by little. Add the chopped vegetable slices. Once quinoa has soaked and is ready, and expanded to al-dente texture, stir through the pre-boiled chickpeas, and toss. Garnish with coriander leaves.

Creamy Quinoa Niçoise salad bowl

Auto-immune friendly

Per person serving

- 1 handful of okra fingers air-fried or roasted
- Or
- A handful of green runner beans air-fried
grilled
- 5 cherry tomatoes or 1 regular one
deseeded and sliced.
- Half a tub of sautéed mushrooms or air fry
them with the okra fingers
- Quarter cucumber diced with skin
- A handful of chopped basil leaves and or
coriander leaves
- Olives and capers
- Lemon
- 3 tbsps pre boiled quinoa in half a cup of
water
- 250g of tuna or roasted chicken

Creamy Quinoa Niçoise salad bowl

Dressing:

- 2 tbsps of ACV or pomegranate vinegar
- 1 tbsp of EVOO
- 2 tsps tahini
- Pink salt and pepper to taste
- A splash of water
- Blend in small blending attachment for sauces

Now place everything in a big bowl side by side. Make the dressing and pour it over everything. Add fresh basil or coriander leaves.

Kidney bean tomato “Karahi” with spring onions and paneer/tofu.

Omit the paneer/tofu and replace with a piece of roast chicken or sautéed fish filet to make it auto-immune friendly.

Serves 2/3 people.

- A can of kidney beans drained and washed
- 200g chopped paneer or hard tofu
- Or a piece of roasted chicken or sauté a fillet of fish.
- Half a jar of tomato paste
- 2 capfuls of pomegranate vinegar
- 2 cloves of garlic chopped
- A few strands of ginger chopped
- 1 small chopped onion
- 1/2 tsp of pink salt
- 1/4 tsp black pepper
- 1/4 tsp white pepper
- 1/4 tsp cumin powder
- 1/ tsp coriander powder
- 1/4 tsp cinnamon powder
- 3 tbsps cooking olive oil

Kidney bean tomato “Karahi” with spring onions and paneer/tofu.

In a wok, or karahi if you have one, heat the oil on low. Add the onions and slowly cook till they're wilting but not brown, about 4 mins. Then add the garlic and ginger and stir in for another 2 minutes. Add the salt and spices. And stir. Now add in the paneer cubes or tofu. And lightly stir to coat. But you don't want them to stick to the pan. Now add in the tomato sauce and 2 capfuls of pomegranate vinegar, and half a cup of water. Stir everything around about 3 times. Add in the can of drained and washed kidney beans. Give it all a stir. Cover the pan and let everything steam together for 3 mins. Then take off the lid, and let any remaining liquid boil away so the consistency is dry, not “stew” like.

Garnish with fresh coriander leaves.

Poached chicken thigh with veges

- Autoimmune friendly.
- 2 chicken thighs cooked in:
- 1/4 tsp cinnamon
- 1/4 tsp cumin powder
- 1/4 tsp pink salt
- 1/4 tsp black pepper
- 2 tbsps olive oil
- Half a chopped zucchini/marrow
- Half a chopped aubergine
- A handful of green beans

In a saucepan, first put in the chicken with the Olive oil and spices. Pour in enough water to cover the chicken. Cover and put on a low heat. Let poach for 10 mins covered.

Poached chicken thigh with veges

After 10 mins, uncover and turn the chicken pieces over. Add the zucchini, aubergine and green beans to the pan and cover with the spicy gravy. Let veggies steam for 3 mins max on low heat.

Uncover the pot and let the water dry up so you are left only with a gravy of spices and olive oil. This is now ready.

Enjoy steaming hot!

Use those chopsticks for the veggies.

Garnish with fresh coriander leaves.

Easy Tangy Tamarind sauce

- 2 tbsps tamarind paste (available at Asian stores.)
- 1 tbsp dried molasses (Desi-gurr) or liquid molasses.
- A little pink salt and black pepper to taste.
- Hot boiling water.
- In a bowl add the tamarind paste, molasses and pink salt and pepper. Start to add the boiling water gradually whilst stirring constantly. Don't add too much that's it becomes runny. Just enough to lightly dilute the paste.

Once ready, pour over any grilled food item.

Grilled paneer or tofu and sweet potato with tamarind sauce

- 200g of paneer or hard tofu chopped in to rectangles.
- 1 sweet potato pre/boiled and chopped.
- I like to line the air fryer with foil first and then add the chopped sweet potatoes and paneer on top. Of your using an oven, then add the ingredients side by side on a baking sheet. Drizzle with EVOO and sprinkle with pink salt and black pepper.
- In the air fryer, grill for 5 mins at 200c. Check if they need a little more browning as grill for 2 mins more if desired.
- In tbe oven, grill on 180c for 5 mins.

Grilled paneer or tofu and sweet potato with tamarind sauce

Once ready, put in to a large bowl and pour over tangy tamarind sauce.

Mindful eating tip

Enjoy eating with chopsticks.

They're great for increasing your hand grip strength, brain function, coordination and eating slowly so you recognise when you're actually full.



Mushroom Shakshuka

- Serves 1
- Half a tub of fresh mushrooms preferably button, or oyster.
- 100g of paneer, or hard tofu.
- 3 tbsps of tomato paste
- 2 eggs
- 1/4tsp pink salt
- 1/4tsp white pepper powder
- 1/4 tsp black pepper powder
- 1/4 teaspoon cumin powder
- 2 tbsps olive oil for cooking
- 2 cloves of garlic chopped
- A few strands of ginger chopped
- 1 tsp dried oregano
- 3 tbsps of cooking olive oil
- A spring onion to garnish chopped

Mushroom Shakshuka

In a wok, or a deep frying pan, heat the olive oil on a low heat and put in the chopped garlic and ginger. After 3 mins put in the salt and seasonings. Except for the oregano. Stir for a minute. Then add the mushrooms chopped and a bit of water so the mixture doesn't burn. Soon the mushrooms will let out its own water. Let them cook on the low heat for about 5 minutes. Once they look a bit smaller, add the tomato paste. Stir around and add half a cup of water. Add in the chopped paneer or tofu. Cook for a min. Then break in the two whole eggs to the pan and cover the pan with a lid. Let the eggs cook for about 3-5 mins. Once ready , sprinkle on the oregano and the spring onions.

Enjoy with a slice of wholewheat or gluten free slice of sourdough.

Corn tortilla wrap with paneer or tofu cubes and tahini-garlic mayo

Make 1 corn tortilla/roti by combining 3tbsps ground corn-atta(real flour stoneground from corn on the cob available at Asian stores.) with 1 tbsp flaxseed flour.

Add a little water to a dough. Roll out with a rolling pin.

Now on an iron cast Tawah or crepe pan, heat a tbsp of Desi-Ghee. Add the tortilla/roti to the pan and let cook know side and then flip to the other side. Once cooked, remove it to a plate.

Grill the paneer or tofu in an airfryer on 170c grill setting for 6 mins.

Make the tahini-garlic mayo (breakfast E-recipes.) Spread it on the tortilla/roti. Then add mixed green salad leaves. Add the paneer/tofu.

Food over the tortilla/roti.

Cut in half and enjoy for lunch!



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