



**RAW
HEALTH**

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HABITS

Creating habits is a way to feel there is certainty and security in our everyday lives. For many, this offers a feeling of comfort that is associated with happiness and contentment. Another variation of happiness filled with thrills and enthusiasm will occur precisely when we break the routine. Experimenting and enjoying new things is a great way to keep happiness in our days. So don't hesitate to sometimes break the routine and try something new.

BELONG

Having a sense of belonging is probably one of the most gratifying human experiences. That is what leads us to search for like-minded people. Going to a place awith similar interests, such as taking yoga classes, training or spinning, is a way of feeling the connection between what moves us all. Of course, there are other places you can go, and activities you can enjoy for this sense of being part of a community.

PLEASURE

Pleasure may just be a part of the experience of feeling happy, but it is a huge one. When you complete your training, you have really worked and feel physically tired, your brain will offer you a reward. The release of endorphins is the 'feel-good moment' that has some people naturally addicted to running or exercising. For this reason, consistently working out will train the brain to expect the natural chemical reward and your body and health will thank you for it. Find the bliss in massages and therapies that help you reach a state of contentment.

BE THANKFUL

Every day we have small encounters, experience little moments that could be extremely meaningful but that get buried under the number of events that constantly demand our attention in a fast-paced life. If you can't take the time to enjoy them when they happen, at least revisit them later on in the day when you have some quiet time to yourself.



WEEKLY WORKOUTS

DAY 1: UPPER BODY

WARM UP:

1 X 20 SECONDS EACH

- ARM SWING FORWARD
- ARM SWING BACKWARD
- PRESS UPS
- HIGH KNEES
- STANDING BODY ROTATIONS

WORKOUT: CIRCUIT 'A'

REP BASED

3 - 5 ROUNDS

20 SECONDS REST

- A. PRESS UPS - WIDE GRIP x 10
- B. SIDE RAISES x 20
- C. SINGLE-ARM ROW x 15 E/S
- D. SQUAT TO PRESS x 20

WORKOUT: CIRCUIT 'B'

TIME BASED

3 - 5 ROUNDS

30 SEC EACH

20 SECONDS REST

- A. HIGH KNEES
- B. PLANK W/ SHOULDER TAPS
- C. PRESS UP TO BURPEE
- D. SWIMMERS

COOL DOWN

1 X 20 SEC EACH

- CHEST - ARMS BEHIND BACK, LOCK FINGERS, PUSH HANDS UP TO CEILING
- BACK - REVERSE ABOVE WITH HANDS IN FRONT AND PUSH FORWARD
- SHOULDERS - PULL ARM ACROSS YOUR BODY, REPEAT ON OTHER SIDE



DAY 2: LOWER BODY

WARM UP:

1 X 20 SECONDS EACH

- HIGH KNEES
- JUMP SQUATS
- REVERSE LUNGE (ALT. LEGS)
- GLUTE BRIDGES
- PLANK

WORKOUT: CIRCUIT 'A'

INCREASING REPS

3 - 5 ROUNDS

20 SECONDS REST

A. LUNGE W/KNEE RAISE x 10 E/S

B. SQUATS x 20

C. STEP-UPS x 15 E/S

D. GLUTE BRIDGES x 40

E. QUICK RDL'S x 50

WORKOUT: CIRCUIT 'B'

TIME BASED

3 - 5 ROUNDS

30 SEC EACH

20 SECONDS REST

A. JUMP SQUATS

B. ALT. SIDE LUNGE

C. MTN. CLIMBERS

D. WALL SIT HOLDS

COOL DOWN

1 X 20 SEC EACH

- QUADS - STANDING, PULL ONE HEEL TO BUM

- HAMSTRINGS - STANDING, SLIDE HIPS BACK, KEEP LEGS STRAIGHT, REACH TO TOES

- HIPS - SEATED ON FLOOR, JOIN HEELS TOGETHER, HOLDING AND PUSHING KNEES TOWARDS THE FLOOR



DAY 3: STRETCH & CHILL

YOGA STRETCH

3 X 20 SECONDS EACH

- CAT & COW
- BIRD & DOG
- CHILDS POSE
- PUPPY POSE
- COBRA POSE
- KNEES TO CHEST

CHILL:

SOME OF OUR FAVOURITE NETFLIX SERIES/MOVIES

- THE STRANGER
- OZARK
- BREAKING BAD
- HANNIBAL
- HUSH
- DERRY GIRLS
- SHUTTER ISLAND
- BLACK MIRROR
- CENTRAL PARK 5
- BROOKLYN NINE NINE

DAY 4: CORE&CARDIO

CARDIO:

CHOOSE YOUR PREFERRED FORM OF CARDIO

* REMEMBER TO STAY WITHIN 2KM OF HOME

CARDIO HIIT

- A. PITCH SPRINTS - SPRINT SHORT LENGTH, WALK LONG LENGTH. REPEAT 10 TIMES
- B. HILL SPRINTS - SPRINT TO THE TOP, WALK BACK DOWN. REPEAT 10 TIMES
- C. HIIT CYCLE - CYCLE AS FAST AS POSSIBLE TO THE END OF A STRAIGHT ROAD, SLOWLY BACK TO START. REPEAT 10 TIMES

CARDIO LISS

- A. COMPLETE 8,000 STEPS
- B. GO FOR A WALK
- C. JOG 5K
- D. CYCLE 5K
- E. STAIRS STEPS (WALK UP AND DOWN YOUR STAIRS AT LEAST 30 TIMES)
- F. MUSIC ON & DANCE IT UP (AT LEAST 5 SONGS)

CORE:

3 - 5 ROUNDS

REST 20 SEC AFTER EACH EXERCISE

- A. AB CRUNCH x 15
- B. REVERSE CRUNCH x 20
- C. RUSSIAN TWIST x 20
- D. WALKING PLANK x 20
- E. PLANK HOLD x 30 SEC



DAY 5: FULL BODY BLITZ

BLITZ 'A'

SET TIMER FOR 20 MINS

AMRAP - DO AS MANY
ROUNDS AS POSSIBLE

REPS PER EXERCISE -
10 BEGINNER
20 INTERMEDIATE
30 ADVANCED

REST 15 SEC AFTER EACH

A. JUMP SQUATS

B. MTN. CLIMBERS

C. SPLIT LUNGE JUMPS

D. BURPEES

E. ALT. SIDE LUNGE

F. LYING HEEL TAPS

G. JUMPING JACKS

H. PLANK WALKS IN & OUT

BLITZ 'B'

EMOM - EVERY MINUTE ON
THE MINUTE

8 MINUTES PER ROUND

THE FASTER YOU MOVE, THE
LONGER YOU HAVE TO REST

A. ODD MINUTES

- 3 SQUAT JUMPS + 8
MTN. CLIMBERS
(REPEAT FOR ENTIRE
MINUTE)

B. EVEN MINUTE

- 21'S LUNGES - 7
BOTTOM HALF, 7 TOP
HALF, 7 FULL RANGE

A. ODD MINUTES

- 10 HIGH KNEES + 20
RUSSIAN TWISTS

B. EVEN MINUTE

- 21'S PRESS UPS (REST
IN BRIDGE POSITION)



RAW

NUTRITION



RAW

OUR IMMUNE SYSTEM

NUTRITION. FORTIFYING INGREDIENTS. PLANT-BASED, WHOLE-FOOD, IN SEASON AND FRESH DIET, IS THE BEST WAY TO ASSURE GOOD HEALTH AND A ROBUST IMMUNE SYSTEM. THERE ARE SOME SPECIAL SUPERFOODS YOU CAN SUMMON TO INCLUDE IN A SPECIFIC HEALING MENU.

THESE ARE SOME OF OUR FAVOURITES.

HYGIENE AND HEALTHY HABITS. WHILST IT DOESN'T BOOST THE IMMUNE SYSTEM, HYGIENE PROTECTS THE BODY FROM EXTERNAL PATHOGENS AND INFECTIOUS AGENTS. EVOLUTION SHOWS THAT HYGIENE PLAYS A HUGE ROLE IN PROTECTING HUMANS FROM INFECTIONS. SINCE THE TIME WE STARTED TO TRACK DATA, IT'S POSSIBLE TO CONFIRM THAT SIMPLE CLEANSING HABITS BRING RESULTS. THE PRACTICE OF DOCTORS WASHING HANDS BEFORE SURGERY/ INTERVENTIONS WAS FIRST INTRODUCED AS A THING BACK IN 1848 BY A POLISH DOCTOR NAMED IGNAZ SEMMELWEIS, AND IT IMMEDIATELY PROVED TO REDUCE THE NUMBER OF DEATHS AMONG HOSPITALIZED PATIENTS. WASHING HANDS IS A PRACTICAL WAY OF PREVENTING BACTERIAL AND VIRAL INFECTIONS.

HABITS

CREATING HABITS IS A WAY TO FEEL THERE IS CERTAIN-

TY AND SECURITY IN OUR EVERYDAY LIVES. FOR MANY, THIS OFFERS A FEELING OF COMFORT THAT IS ASSOCIATED WITH HAPPINESS AND CONTENTMENT. ANOTHER VARIATION OF HAPPINESS FILLED WITH THRILLS AND ENTHUSIASM, WILL OCCUR PRECISELY WHEN WE BREAK THE ROUTINE. EXPERIMENTING AND ENJOYING NEW THINGS IS A GREAT WAY TO KEEP HAPPINESS IN OUR DAYS. SO DON'T HESITATE TO SOMETIMES BREAK THE ROUTINE AND TRY SOMETHING NEW.

ACAI - PROBABLY ONE OF THE BEST KNOWN SUPERFOODS. ACAI IS TRENDING, AND THERE ARE PLENTY OF GOOD REASONS FOR IT. ACAI'S FAME IS WELL JUSTIFIED, AS THIS INCREDIBLE SMALL PURPLE BERRY HAS ENORMOUS HEALTH (AND BEAUTY) BENEFITS. THE BERRIES ACT AS A GREAT DETOX AGENT, AND THEY ARE RICH IN ANTIOXIDANTS THAT HELP MAINTAIN BEAUTIFUL SKIN FOR LONGER, REDUCING THE AGEING SIGNS. THEY ALSO IMPROVE YOUR STAMINA AND HELP KEEP A HEALTHY BODY BY ENHANCING THE CIRCULATORY SYSTEM, LOWERING CHOLESTEROL AND





IMPROVING DIGESTION. ACAI ORIGINATES IN THE AMAZONIAN RAINFOREST IN BRAZIL, AND THIS RICH SUPER FRUIT IS ALSO KNOWN FOR IMPROVING BONE HEALTH AND FOR BEING ABLE TO REDUCE FATIGUE. YOU CAN EAT THEM RAW IN A SALAD, BREAKFAST BOWL OR TURNING THEM INTO A NATURAL JUICE OR SMOOTHIE. ACAI BERRIES ARE PACKED WITH ANTIOXIDANTS, AMINO ACIDS, FIBRE, ESSENTIAL FATTY ACIDS, VITAMINS AND MINERALS, MAKING IT A NEAR-PERFECT ENERGIZING FRUIT. IT HELPS TO INCREASE YOUR ANTIOXIDANT LEVELS TO AID IN NEUTRALIZING DAMAGING FREE RADICALS, BOOSTS YOUR ENERGY LEVELS, SUPPORTS YOUR IMMUNE SYSTEM AND HELPS TO PROMOTE A HEALTHY DIGESTIVE SYSTEM.

TURMERIC - THIS SUPER-PLANT, ALSO KNOWN AS CURCUMA, IS THE MAIN SPICE USED IN CURRY, LENDING A BITTER AND SPICY FLAVOUR AND INTENSE COLOUR TO THE SPICE MIX. TURMERIC IS ALSO USED FOR MEDICINAL PURPOSES. FOR OVER 5000 YEARS, THE PEPPERY AND WARM PROPERTIES OF TURMERIC HAVE BEEN APPRECIATED IN BOTH CHINESE AND INDIAN CULTURES, WHO DEVELOPED THE FIRST MEDICINAL USES OF THE PLANT

AND USED IT TO DYE FABRIC NATURALLY. IT IS NOT SURPRISING THAT IT IS USED FOR HEALING: THE TURMERIC ROOT REDUCES HEARTBURN, STOMACH PAIN AND INTESTINAL DYSFUNCTIONS. IT'S ALSO USED AGAINST INFECTIONS, COLDS, BRONCHITIS, FIBROMYALGIA OR GENERAL PAIN (SUCH AS HEADACHES). RICH IN MANGANESE, IRON, VITAMIN B8, FIBRE, COPPER AND POTASSIUM, TURMERIC CAN AID CANCER PREVENTION, METASTASES INHIBITION AND CARDIOVASCULAR PROTECTION. IN SOME CULTURES, THE PLANT IS APPLIED DIRECTLY TO THE SKIN TO REDUCE EVERYTHING FROM PAIN AND BRUISE TO BUG BITE IRRITATION AND SKIN INFLAMMATION.

IS A GREAT WAY TO KEEP HAPPINESS IN OUR DAYS. SO DON'T HESITATE TO SOMETIMES BREAK THE ROUTINE AND TRY SOMETHING NEW.

CHIA - SEEDS ARE CONSIDERED TO BE ONE OF THE TOP SUPERFOODS YOU CAN GET. NATIVE TO MEXICO AND GUATEMALA THESE FANTASTIC SEEDS ARE PACKED WITH LOADS OF BENEFITS AND VERY RICH IN OMEGA-3 FATTY ACIDS. THE HEALTH BENEFITS TASTE EVEN BETTER THANKS TO THE CRUNCH AND NUTTY CHARACTERISTICS OF THESE DELICIOUS SEEDS. THE SALVIA HISPANICA PLANT'S LEAVES CAN ALSO BE CONSUMED IN TEA INFUSIONS, BUT IT'S PRIMARY

COMMERCIAL USE IS TO BE FOUND IN THE SMALL DARK SEEDS THAT CAN BE CONSUMED WHOLE, PRESSED TO A POWDER OR TURNED INTO OIL. THE CONCENTRATION OF CALCIUM IS FIVE TIMES HIGHER THAN THE ONE FOUND IN MILK, AND YOU CAN GET YOUR DAILY NEEDS OF MANGANESE (108%) AND 95% OF THE PHOSPHORUS RECOMMENDED. CHIA SEEDS ARE LOADED WITH ANTIOXIDANTS, AND MOST OF THE CARBS ARE FIBRES, BENEFICIAL FOR DIGESTION AND OVERALL BODY FUNCTIONS. THEY IMPROVE BLOOD CIRCULATION, PREVENT DIABETES AND HEART CONDITIONS. CHIA IS VERY EASY TO DIGEST, AND THEY ARE VERY VERSATILE BEING A BEAUTIFUL ADDITION TO SALADS, MEAL RECIPES AND EVEN BREAKFAST.

GINGER - GINGER HAS BEEN USED FOR ITS MEDICINAL PROPERTIES FOR CENTURIES, AND IT IS KNOWN FOR SOOTHING THE DIGESTIVE SYSTEM, REDUCING PAIN AND IMPROVING APPETITE. THIS UNDERGROUND ROOT, INTENSE AND FRESH, CAN BE CONSUMED RAW, AS A JUICE, GROUND OR IN POWDER. HAVING A DOMINANT FLAVOUR OF GINGER IS USUALLY CONSUMED IN SMALL DOSES THAT CAN ALSO HELP REDUCE THE AMOUNT OF SODIUM USED TO BRING FLAVOUR BEING A HEALTHIER ALTERNATIVE. THE ROOT HAS A HIGH PRESENCE OF ANTI-



OXIDANT COMPOUNDS THAT IMPROVE THE LOOK AND HEALTH OF HAIR AND COMPLEXION.

GINGER HAS POWERFUL MEDICINAL PROPERTIES. IT HAS STRONG ANTI-INFLAMMATORY PROPERTIES DUE TO THE BIOACTIVE COMPOUND: GINGEROL. THIS ROOT HELPS DIGESTION, REDUCES NAUSEA, AND IS A GREAT AID IN FIGHTING FLU AND COLDS. YOU CAN ALWAYS ADD FRESH GINGER TO YOUR DIET WITH A HEALING TEA RECIPE THAT WILL BOOST YOUR VITAMIN INTAKE AND BOOST YOUR IMMUNE SYSTEM.

WE USE OUR HANDS FOR PRETTY MUCH EVERYTHING WE DO AND THEN WE TOUCH OUR FACES AN AVERAGE OF

29 TIMES PER HOUR, A 2015 STUDY SHOWS. THE FACE IS ALSO WHERE WE HAVE THE MOST ACCESSIBLE PATHS TO GET INSIDE OUR SYSTEM, EYES, MOUTH AND NOSE, ARE ENTRYWAYS FOR PATHOGENS. SO IF WE TOUCH A CONTAMINATED DOORKNOB AND THEN SCRATCH OUR NOSE, WE MIGHT JUST BE ALLOWING THE VIRUS TO TRAVEL FIRST CLASS IN THEIR WAY TO INFECT US AND MAKE US ILL. POSITIVE ATTITUDE.

A POSITIVE ATTITUDE CAN DO WONDERS FOR OUR WELL-BEING AND EVERYTHING IS CONNECTED. A POSITIVE OUTLOOK WILL INFLUENCE THE BODY'S ABILITY TO RESPOND TO ILLNESS AND DISEASE. LAUGHING ISN'T JUST

FUN; IT LOWERS THE BODY'S STRESS HORMONE, CORTISOL. HAVING A GOOD GIGGLE RELIEVES PAIN AND HELPS YOUR IMMUNE SYSTEM TO FUNCTION BETTER, RELAXING THE MUSCLES AND LEAVING YOU WITH A SENSE OF PERSONAL SATISFACTION. SO HOW CAN WE ACHIEVE A POSITIVE APPROACH? START BY LOOKING AT THE PLEASING AND FORTUNATE THINGS IN YOUR LIFE - AND VALUE THEM.

DOING THIS STIMULATES A SENSE OF GRATITUDE; NOT ONLY MAKING YOU FEEL GREAT ABOUT YOUR LIFE BUT INCREASING YOUR CHANCES TO FIGHT THAT PESKY STRESS AND BOOST THE IMMUNE SYSTEM EFFICIENTLY.





RAW

RECIPES



RAW

BANANA AND CINNAMON PORRIDGE

INGREDIENTS

- 80G ROLLED OATS
- 300ML MILK
- 1 RIPE BANANA
- 15G FLAKED ALMONDS
- 1/2 TEASPOON
GROUND CINNAMON
- 1 TABLESPOON POPPY
SEEDS
- RUNNY HONEY

METHOD

1. PLACE OATS AND MILK INTO A LARGE PAN OVER MEDIUM HEAT

2. BRING TO A STEADY SIMMER FOR FIVE MINUTES, STIRRING OFTEN TO GIVE YOU A SMOOTH PORRIDGE.

3. PEEL AND SLICE THE BANANA.

4. TOAST THE ALMONDS ON A DRY NON-STICK FRYING PAN OVER MEDIUM HEAT FOR 3-4 MINUTES.

5. STIR THE CINNAMON, POPPY SEEDS AND SOME HONEY THROUGH THE PORRIDGE AND POUR INTO BOWL.



6. SCATTER THE BANANAS AND ALMONDS ON TOP, THEN DRIZZLE WITH A LITTLE HONEY IF YOU WOULD LIKE

KCAL - 315
FAT - 12.5G
CARBS - 47.5G
PROTEIN - 12.5G



OAT, PEAR & CARDAMON SMOOTHIE

INGREDIENTS

- 1 PEAR
- 3 CARDAMON PODS
- 250ML OAT MILK
- 50G NATURAL YOGURT
- 1 TEASPOON HONEY

METHOD

1. THE NIGHT BEFORE, YOU WANT TO MAKE YOUR SMOOTHIE, PEEL AND CORE THE PEARS AND POP THEM INTO THE FREEZER
2. OPEN THE CARDAMON PODS AND EXTRACT THE SEEDS, THEN CRUSH THEM IN A PESLE AND MORTAR OR UNDER A KNIFE
3. POP THE CRUSHED SEEDS INTO A BLENDER, THEN ADD THE FROZEN PEARS, OAT MILK, YOGHURT AND HONEY
4. BLITZ UNTIL SMOOTH



KCAL - 245
FAT - 6G
CARBS - 45G
PROTEIN - 3.7G



SMOKED SALMON & SCRAMBLED EGGS

INGREDIENTS

- 15G OF BUTTER
- 2 LARGE EGGS
- 1 SLICE OF SOURDOUGH BREAD
- 1 SLICE OF SMOKED SALMON
- 1 LEMON, QUARTERED

METHOD

1. MELT BUTTER IN A SMALL SAUCEPAN OVER A MEDIUM HEAT UNTIL FOAMING
2. WHISK EGGS IN A BOWL AND ADD TO SAUCEPAN, STIRRING CONTINUOUSLY UNTIL ALMOST COMPLETELY COOKED THROUGH
3. TURN OFF HEAT LEAVING EGG IN THE SAUCEPAN, EGG WILL CONTINUE TO COOK
4. TOAST THE SOURDOUGH AND BUTTER
5. SEASON EGGS TO TASTE AND POUR OVER TOAST
6. DRAPE SALMON OVER EGGS AND SERVE WITH LEMON WEDGE



KCAL - 287
FAT - 19G
CARBS - 20G
PROTEIN - 16G



MEDITERRANEAN TUNA ANTIPASTO SALAD

INGREDIENTS

- 1 CAN OF BEANS;
CHICKPEAS, KIDNEY
BEANS, RINSED
- 1 CAN OF TUNA
CHUNKS, DRAINED AND
FLAKED
- 1 RED BELL PEPPER,
DICED
- 1/2 A CHOPPED RED
ONION
- 1 1/2 TEASPOON
CHOPPED PARSLEY
- 1 1/2 TEASPOON
CHOPPED ROSEMARY
- HALF A LEMON,
SQUEEZED
- 100G OF SALAD
GREENS

METHOD

1. COMBINE EVERYTHING
IN A BOWL
2. MIX!
3. YES, IT'S THAT EASY!



KCAL - 306
FAT - 16G
CARBS - 28G
PROTEIN - 15G

ASIAN PRAWN AND QUINOA SALAD

INGREDIENTS

- 30G QUINOA
- 75G COOKED SHELLED PRAWNS
- 1/2 AN AVOCADO
- 1/4 CUCUMBER, SLICED
- 25G WATERCRESS
- 50G CHERRY TOMATOES, HALVED
- ZEST OF 1 LIME
- 1 RED CHILLI, DESEEDED AND CHOPPED
- 2 SPRING ONIONS, FINELY CHOPPED
- 1 TSP OF TAMARI
- 1 TSP OF RAPESEED OIL
- 1/2 TSP MAPLE SYRUP

METHOD

1. BOIL QUINOA IN SMALL PAN FOR 15 MINS, UNTIL TENDER. DRAIN AND ADD TO A BOWL

2. MIX LIME ZEST AND JUICE AND CHILLI IN A BOWL

3. STIR HALF OF THE DRESSING INTO THE QUINOA WITH SPRING ONIONS AND TAMARI

4. ADD ALL THE SALAD



VEGETABLES.

5. ADD THE OIL AND MAPLE SYRUP TO THE PRAWNS, SPOON ONTO THE QUINOA SALAD.

6. ADD CORIANDER TO TASTE

KCAL - 305
FAT - 14G
CARBS - 22G
PROTEIN - 19G

SMOKEY BEEF STEW

INGREDIENTS

- 1 KG STEWING BEEF
- 2 ONIONS, CHOPPED
- 2 CANS OF CHOPPED TOMATOES
- 2 TSP OF SWEET PAPRIKA, CUMIN AND CHILLI POWDER
- 2 TBSP OF WHITE WINE VINEGAR
- 1 CAN OF BUTTER BEANS, RINSED AND DRAINED

METHOD

1. HEAT OVEN TO 160C. MIX BEEF, ONIONS, TOMATOES, SPICES AND VINEGAR IN A CASSEROLE DISH. COVER AND BAKE FOR 2 1/2 HOURS.
2. STIR IN THE BEANS AND BAKE FOR 30 MINS, WITH CASSEROLE DISH LID OFF
3. COOL, THEN PACK INTO YOUR LUNCHBOXES FOR CONVENIENT LUNCHES.
4. THIS RECIPE MAKES 6 SERVINGS.



KCAL - 341
FAT - 12G
CARBS - 18G
PROTEIN - 42G



FIVE VEG LASAGNA

INGREDIENTS

- 1 AUBERGINE, CUT INTO SMALL CHUNKS
- 150G MUSHROOMS, CHOPPED
- 4 ROASTED RED PEPPERS, CHOPPED
- 700G PASSATA, WITH ONIONS AND GARLIC
- 8-10 LASAGNA SHEETS
- 200G SPINACH
- 250G RICOTTA CHEESE
- 25G PINE NUTS

KCAL - 528
FAT - 30G
CARBS - 46G
PROTEIN - 21G

METHOD

1. ADD OIL TO PAN AND FRY AUBERGINE UNTIL SOFT, THEN PLACE IN A BOWL

2. FRY MUSHROOMS IN THE REMAINING OIL UNTIL GOLDEN

3. ADD MUSHROOMS TO PLATE WITH AUBERGINE AND ROAST PEPPERS.

4. SPREAD HALF THE VEGETABLES INTO A 20X30CM BAKING DISH

5. SPOON OVER HALF



OF THE PASSATA

6. ADD A LAYER OF LASAGNA SHEETS

7. REPEAT THE PROCESS ABOVE AND ADD THE SPINACH AND RICOTTA TO THE TOP.

8. SPOON OVER THE REMAINING PASSATA

AND CHEESE OVER THE TOP LAYER OF PASTA ADDING PINE NUTS.

9. COVER WITH FOIL AND ROAST IN OVEN AT 180C FOR 20 MINS BEFORE REMOVING THE FOIL AND BAKING FOR ANOTHER 10 MINUTES UNTIL GOLDEN BROWN.

ROASTED SQUASH AND PUY LENTIL SALAD

INGREDIENTS

- 1 KG BUTTERNUT SQUASH, CUBED
- 1 GARLIC CLOVE, CRUSHED
- 2 TSP THYME LEAVES
- 1 TBSP BALSAMIC VINEGAR
- 1 TSP OF WHOLEGRAIN MUSTARD
- 800G OF CANNED PUY LENTILS IN WATER
- 1/2 RED ONION, SLICED
- 100G SPINACH
- 150G CHERRY TOMATOES
- 40G CHESHIRE CHEESE
- 1 TBSP TOASTED PUMPKIN SEEDS

KCAL - 304
FAT - 10G
CARBS - 41G
PROTEIN - 15G

METHOD

1. HEAT OVEN TO 200C

2. TOSS BUTTERNUT SQUASH WITH 1 TBSP OLIVE OIL, GARLIC CLOVES, THYME LEAVES

3. ROAST FOR 25-30 MINS OR UNTIL TENDER

4. MIX BALSAMIC VINE-

GAR, 1/2 TBSP OLIVE OIL, WHOLEGRAIN MUSTARD, 1 TBSP OF WATER.

5. DRAIN THE LENTILS AND TOSS THE DRESSING WITH, RED ONION, SPINACH AND

TOMATOES

6. DIVIDE THE LENTILS BETWEEN FOUR PLATES, TOP WITH SQUASH, CRUMBLE OVER CHESHIRE CHEESE AND PUMPKIN SEEDS



ONE-PAN ROAST DINNER

INGREDIENTS

- 1.5KG CHICKEN
- 1 LEMON, HALVED
- 50G OF SOFTENED BUTTER
- 2 TSP OF DRIED HERB MIX
- 500G POTATOES, CHOPPED TO ROASTIE SIZE
- 300G OF CARROTS, CHOPPED INTO CHUNKS
- 2 TBSP OLIVE OIL
- 100G FROZEN PEAS
- 300ML CHICKEN STOCK

METHOD

1. HEAT OVEN TO 220C. PLACE CHICKEN IN ROASTING TIN WITH LEMON HALVES INSIDE

2. RUB BUTTER, HERBS AND SEASONING ALL OVER THE CHICKEN

3. PLACE POTATOES AND CARROTS AROUND IT, DRIZZLING WITH OLIVE OIL

4. ROAST FOR 20 MINS BEFORE TURNING OVEN DOWN TO 180C AND ROAST FOR

FURTHER 50 MINS.

5. STIR IN THE PEAS AND STOCK INTO THE VEG IN THE TIN AND RETURN TO OVEN FOR 10 MINS.

6. THIS DISH WILL PROVIDE 4 SERVINGS

KCAL - 499
FAT - 14G
CARBS - 25G
PROTEIN - 67G



CHILLI CON CARNE

INGREDIENTS

- 1 LARGE ONION, FINELY CHOPPED
- 1 RED PEPPER, CHOPPED
- 2 GARLIC CLOVES, PEELED
- 1 TSP HOT CHILLI POWDER
- 1 TSP SMOKY PAPRIKA
- 1 TSP CUMIN
- 1 BEEF STOCK CUBE
- 500G LEAN MINCE
- 1 CAN CHOPPED TOMATOES
- 1 CAN OF KIDNEY BEANS
- 100G LONG GRAIN RICE

METHOD

1. HEAT A PAN WITH SOME OIL ON MEDIUM HEAT. ADD ONIONS AND COOK FOR 5 MINUTES. ADD GARLIC, RED PEPPER, CHILLI POWDER, PAPRIKA AND CUMIN. STIR AND COOK FOR A FURTHER 5 MINS. BROWN THE MINCE BEFORE ADDING TO THE PAN.

2. MAKING THE SAUCE, ADD BEEF STOCK TO 300ML OF HOT WATER

AND POUR INTO THE PAN WITH THE MINCE MIXTURE, ADDING 1 CAN OF CHOPPED TOMATOES AS WELL.

3. SIMMER GENTLY, BRINGING THE WHOLE DISH TO A BOIL BEFORE EVENTUALLY REDUCING THE HEAT, PUTTING THE LID ON AND LEAVING FOR 20 MINS. CHECK OCCASIONALLY AND STIR IT TO MAKE

SURE IT DOESNT STICK.

4. DRAIN BEANS AND ADD TO DISH, COVER WITH LID AND COOK FOR ANOTHER 10 MINS.

5. TURN OFF HEAT AND ALLOW TO SIT FOR 10 MINS.

KCAL - 387
FAT - 17G
CARBS - 25G
PROTEIN - 36G



RAW

CHICKEN BIRYANI

INGREDIENTS

- 150G BASMATI RICE
- 15G BUTTER
- 1 LARGE ONION, FINELY SLICED
- 3 CARDAMON PODS
- 1 SMALL CINNAMON STICK
- 1 TSP TURMERIC
- 2 CHICKEN BREASTS, CHOPPED INTO CHUNKS
- 2 TBSP OF PATAKS BALTI CURRY PASTE
- 400ML CHICKEN STOCK

METHOD

1. SOAK RICE IN WARM WATER, THEN WASH IN COLD WATER UNTIL WATER RUNS CLEAR

2. HEAT BUTTER IN A SAUCEPAN AND COOK UNIONS WITH A BAY LEAF AND THE OTHER SPICES FOR 10 MINS.

3. SPRINKLE IN THE TURMERIC, THEN ADD THE CHICKEN AND CURRY PASTE AND COOK.

4. STIR THE RICE INTO A PAN AND POUR OVER

THE STOCK. PLACE A TIGHT-FITTING LID ON THE PAN AND BRING TO A BOIL, LOWERING HEAT AND COOKING ON MEDIUM FOR ANOTHER 5 MINS.

5. TURN OFF HEAT AND LEAVE FOR 10 MINS. ADD TO PLATE TO SERVE BEFORE ADDING CHICKEN.

KCAL - 308
FAT - 6G
CARBS - 41 G
PROTEIN - 25G

