



Overcoming Emotional Eating



Week 2 Recipe Pack



Green Juices & Smoothies

Banana, Maca & Alfalfa Smoothie

Makes 1 large glass

- ¾ pint of nut/seed milk or water
- 2 bananas, peeled
- 1 handful alfalfa Sprouts
- 1 teaspoon maca powder (optional)

Blend all the ingredients together until the consistency becomes very smooth.

Creamy Smoothie

See week 1 recipe pack

Fruit-Free Power Smoothie

Makes 1 large glass

- ½ ripe avocado
- 1 tablespoon of extra virgin coconut oil
- 1 tablespoon of hemp oil
- 1 handful of hulled hemp seeds
- 1 heaped teaspoon of maca powder
- ¼ teaspoon of chlorella powder
- 2 heaped teaspoons of bee pollen (optional)
- 400ml of water

Blend all of the ingredients together until the mixture becomes very smooth. If necessary, add more water to achieve the desired consistency.

Vitality Smoothie

See week 1 recipe pack



Breakfasts

Avocado Tomato Basil Breakfast

Serves 1

- 1 avocado
- 2 tomatoes
- 5-8 basil leaves
- extra virgin olive oil
- 1 pinch of mineral salt
- ¼ lime
- ground black pepper (optional)

Cut the avocado in half lengthways and remove the stone. While it's still in its skin, cut the avocado flesh into slices, without cutting through the skin. Scoop your avocado slices out in one go with a spoon.

Slice the tomatoes thinly.

Arrange the avocado in a fan shape, layer the tomatoes over the top and then sprinkle with the basil leaves.

Drizzle olive oil over the whole lot, and sprinkle with salt and pepper. Squeeze the lime over the top to finish.

Keep in the fridge and eat on the day of making.

Berry Vanilla Porridge

Serves 1

- 1 cup buckwheat, soaked
- 3 tablespoons boiling water
- 1 ripe banana or 2 teaspoons honey/agave/yacon Syrup
- ¼ teaspoon vanilla essence
- 1 tablespoon extra-virgin coconut oil
- 2 handfuls berries

Blend the buckwheat, water, vanilla essence, coconut oil and banana/honey/agave/yacon until smooth and creamy.

Put in a hot bowl* and top with the berries.

The porridge will keep for 24 hours in the fridge.

*to heat your bowl fill it with boiling water while you prepare your Porridge. Tip the water out just before serving.



Fruit Fusion Porridge with Ginger Cream

See week 1 recipe pack

Hazelnut Hemp Milk

See week 1 recipe pack

Vitality Boost Muesli

Serves 1

- 1 handful pumpkin seeds, **soaked overnight**
- 1 handful sunflower seeds, **soaked overnight**
- 1 handful goji berries, **in a separate bowl, soaked overnight in ½ cup of water**
- 1 handful hulled hemp seeds
- 1cm of fresh ginger, grated
- 1 banana, sliced
- 1 handful of berries (optional)
- 1 teaspoon of bee pollen (optional)

- Hazelnut Hemp Milk

Rinse and drain your seeds and mix thoroughly with all the other ingredients. Pour over your nut/seed milk and serve.



Lunches

Falafel Wraps with Chilli Sauce

Serves 1 – 2

Wraps

- 4 leaves Romaine lettuce

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Falafel

- 2 handfuls Almonds
- 1 large Carrot, grated
- ½ teaspoon Ground Cumin
- small handful Fresh Coriander
- ½ teaspoon Mineral Salt
- 2 tablespoons Olive Oil
- Water, as necessary

Process or blend all ingredients, adding a little Water to help turn. Keep the mixture quite stiff and make into 1 inch balls.

Note: You can use these falafels as they are, or dehydrate them for 4 or more hours until crispy on the outside.

Chilli Sauce

- 1 large Red Chilli, de-seeded
- 1 Medjool Date, pitted
- ½" Ginger, finely diced
- 1 teaspoon Cider Vinegar
- 3 tablespoons Olive Oil
- 1 teaspoon of Tamari
- pinch of Ground Cumin
- pinch of Ground Coriander

Blend all ingredients together, adding Water for a sauce-like consistency.

To make your wraps, place falafel in your lettuce leaves, drizzle with chilli sauce and wrap the lettuce around the filling before eating



Nori Wraps

See week 1 recipe pack

Portobello Steaks with Gravy and Parsnip Mash

Serves 1 – 2

Steaks

- 2 large Portobello Mushrooms
- 3 tablespoons Olive Oil
- 2 teaspoons Tamari or Nama Shoyu

Remove the stalks from the Mushrooms. Mix the Olive Oil and Tamari together in a large bowl with a fork. Coat the Mushrooms in the mixture on both sides. Leave to marinate for at least 20 minutes or dehydrate for 1-2 hours.

Gravy

- 6 Brown Mushrooms
- 3 tablespoons Olive Oil
- 1 tablespoons Tamari or Nama Shoyu
- 1 Spring Onion, white part only
- 1 Orange, juice of
- Water, for desired consistency

Blend all the Gravy ingredients together until smooth, adding enough water to make the Gravy the consistency you like.

Parsnip Mash

- 300g Parsnips, peeled and chopped
- ¼ teaspoon Mineral Salt
- 1 tablespoon extra-virgin olive oil (optional)

Steam cook your parsnips for 20 – 30 minutes, until soft.

Mash your mash ingredients together until creamy.

Serve your Mushroom Steaks with, Parsnip Mash and Gravy and Salad.

Note: If you have a dehydrator, dehydrate your Mushroom Steaks for 1-2 hours.



Spicy Chickpea Hummus

Makes enough for 2 servings

- 2 handfuls of young Chickpea Sprouts* (**Chickpeas take 1 night to soak and 2 days to sprout**)
- 1 teaspoon Tahini/soaked Sesame Seeds
- 1 tablespoon Olive Oil
- ½ Lemon, juice of
- ½ clove Garlic, crushed
- ½ teaspoon Salt

Blend all the ingredients together until smooth. The healthiest Hummus ever!

Keeps in the fridge for 48 hours.

* To sprout the chickpeas, take 2 handfuls of dried chickpeas and soak overnight. In the morning rinse and drain your chickpeas and place them in a sprouter (I recommend a jar sprouter). Rinse 2 times a day for 2 days, and then they are ready to use.

Spinach Soup

See week 1 recipe pack

Winter Red Pepper Hummus

See week 1 recipe pack



Suppers

Baked Pesto Stuffed Mushrooms

Serves 1 – 2

- 2 Portobello mushrooms
- 3 tablespoons extra-virgin olive oil

Turn the oven on to heat up at 175C.

Coat the mushrooms in olive oil and place in a baking tray to absorb the oil, whilst you make the Pesto.

- 1 handful Pine Nuts
- 4 tablespoons Olive Oil
- 1 handful of Fresh Basil
- 1 clove of Garlic (optional)
- 1 tablespoon Water
- ½ teaspoon mineral Salt
- 2 teaspoons lemon juice
- 1 tablespoon nutritional yeast flakes (e.g. Engevita)

To make the Pesto, blend all the ingredients together until smooth. According to your personal taste, add more Nuts for a deeper/creamier flavour, more Oil for an oilier texture, more Basil for a stronger flavour, or more Water if it's too rich.

Spoon the Pesto into the mushrooms and put them into the oven to bake for 25 minutes.

Whilst your mushrooms are baking, make a lovely big green salad to serve alongside them 😊



Mexican Bean Soup

Makes 1 large bowl or 2 smaller bowls

- ½ ripe Avocado
- 1 sun dried tomato
- 2 fresh tomatoes
- 1 celery stick
- 1 handful of fresh Coriander Leaves
- ¼ clove Garlic
- ½ Lime, juice of
- ¾ cup of cooked black beans
- ¼ teaspoon of smoked paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon Mineral Salt or to taste
- ½ pint Water

Put aside ¼ cup of the black beans.

Blend all the remaining ingredients until smooth.

Put the ¼ cup of whole black beans into the bottom of your bowl/s and pour in your soup.

Decorate with a gentle drizzle of Olive Oil, Coriander Leaves and a sprinkling of smoked paprika.



Mushroom Satay

Serves 2

Mushrooms

- 2 Portobello Mushrooms, stems removed
- 3 tablespoons Olive Oil

Cut the Mushrooms into inch/2.5cm squares and toss in the olive oil. Allow the Mushrooms to absorb the oil.

Satay Sauce

- ¼ cup Cashews
- ½ clove Garlic
- ¼ teaspoon Chilli Flakes
- 1 date
- 1 tablespoon Tamari or Nama Shoyu
- 2 tbsp Coconut Oil/Butter
- 70ml Water
- 1 tablespoon Lime Juice

Blend all the sauce ingredients until smooth and creamy.

In a bowl, mix the mushrooms with the Satay Sauce.

Serve with salad and/or cooked brown rice.

Your Mushroom Satay will last, covered, in the fridge for 2 days.

Spicy Tomato Soup

Makes 1 large bowl or 2 smaller bowls

- 3 Tomatoes
- 2 Celery stalks
- 1 Avocado, skinned and pitted
- 1 Date, stoned
- ½ inch Ginger, peeled
- ½ Garlic Clove
- 1 handful Coriander Leaves
- 1 teaspoon Mineral Salt
- ½ fresh Red Chilli, de-seeded, or ¼ teaspoon Chilli Powder
- 1 teaspoon Lemon Juice
- ½ pint Water

Blend all ingredients until smooth and creamy.

Drizzle with cold-pressed oil and serve with toast.



Thai Green Curry

Serves 1 – 2

Curry

- 6 Mushrooms, cut into bite size pieces
- 1 courgette, grated
- 1 handful baby spinach
- 1 handful Mange Tout, cut in half
- ½ Yellow Pepper, cut into bite size pieces
- ½ Lime, Juice of
- 3 tablespoons Olive Oil
- 2 teaspoons Tamari

Marinate the Veg in the Lime Juice, Olive Oil and Tamari for at least 1 hour. Drain the marinade and save for a Salad Dressing.

Sauce

- 3 Kaffir Lime Leaves or ½ teaspoon of Lime Zest
- ½ large Fresh Green Chilli, deseeded
- 1 Lemon Grass Stalk, tough outer leaves removed
- ½ inch Ginger
- 1 large handful Coriander
- 1 Spring Onion, white part only
- 1 tablespoon Tamari
- 200ml Coconut Milk

Blend all the ingredients apart from the Coconut Milk, adding just enough Water to allow the mixture to blend. Add the Coconut Milk and mix the sauce into the marinated Vegetables.

Veg Korma

See week 1 recipe pack



Treats & Snacks

Chocolate Seed Bites

Makes 6

- 30g Cacao Butter
- 1 tablespoon raw Cacao Powder or cocoa powder
- 1 teaspoon Cinnamon
- 1 pinch Mineral Salt
- 50g of pecans
- 50g of hazelnuts
- 50g Sunflower Seeds
- 50g Pumpkin Seeds
- 2 tablespoons Agave Syrup
- 1 teaspoon Vanilla Essence

Put the Cacao Butter and Coconut Butter in a bowl and place in a larger bowl of just boiled water or bain marie until melted (approximately ½ an hour).

Process all the ingredients except the cacao butter in a food processor until the nuts and seeds are the size of puffed rice.

In a mixing bowl, combine the processed mixture with the Cacao and Coconut Butter, Agave Syrup and Vanilla Essence.

Press the mixture into bun cases. Place it in the fridge to set.

Store in the fridge in a sealed container.

Lime Mousse

Serves 1 -2

- 2 ripe Avocados
- 2 tablespoons Agave Syrup
- ½ cup / 120ml Water
- ½ Lime, zest of
- 2 tablespoons Lime Juice

Cut the Avocados in half and remove the stones. Remove the flesh and put it into a blender, with the Agave Syrup and Water.

Zest half a Lime and add the Zest to the blender. Add the Lime Juice into the Mousse mixture. Blend all together until smooth and creamy.