



Overcoming Emotional Eating



Week 3 Recipe Pack



Green Juices & Smoothies

A.M. Smoothie

See week 1 recipe pack

Banana, Maca & Alfalfa Smoothie

See week 2 recipe pack

Lemon Pie Smoothie

Makes 1 large glass

- 1 pint fresh almond milk*
- ¼ Lemon, zest of
- 2 tablespoons of Honey (or to taste)
- ¼ tsp spirulina

Blend all the ingredients together until very well.

* Make using the same method as Hazelnut Hemp Milk, but use all almonds instead.

Vitality Smoothie

See week 1 recipe pack

Workout Smoothie

Makes 1 large glass

Soak Overnight:

- 1 large handful raw buckwheat
- 2 tablespoons linseed/flaxseed
- 1 small handful pumpkin seeds

Rinse the buckwheat and seeds. Blend together with ...

- 1 – 2 bananas
- 1 heaped teaspoon maca
- ¼ - ½ teaspoon spirulina or chlorella
- ½ lemon, juice of
- ½ pint water



Breakfasts

Berry Vanilla Porridge

See week 2 recipe pack

Hazelnut Hemp Milk

See week 1 recipe pack

Spiced Apple Compote with Cashew Yoghurt

Serves 1

Yoghurt

- ½ cup Cashew Nuts, soaked overnight and rinsed
- 75ml Water
- 1 tablespoon Lime Juice
- 1 Date
- 1 small pinch Mineral Salt
- 1 capsule Acidophilus (optional)

Blend all the ingredients together until smooth and creamy.

Serve for breakfast with fresh fruit and fruit compotes or as pudding with fruit and drizzled with Agave Syrup.

Apple Compote

- 2 Apples
- ½ teaspoon ground Cinnamon
- 2 tablespoons Raisins, soaked (optional)
- 2 tablespoons hot Water

Blend 1½ Apples with the Cinnamon and Water until totally smooth.

Finely chop or grate the remaining ½ Apple and stir into the puree with the raisins, if using them.

Superfood Muesli

See week 1 recipe pack

Wilted Cheesy Spinach with Avocado

See week 1 recipe pack



Lunches

Butternut Parmesan Tagliatelle

Serves 1

Tagliatelle

- 100g butternut squash
- 1 courgette
- 2 tbsp extra virgin olive oil
- 1 tbsp + 1 tsp lemon juice
- 3 pinches mineral salt
- 1 tbsp fresh oregano leaves, chopped

Remove the tough ends from the butternut squash and remove the skin with a peeler or sharp knife. Cut into quarters lengthwise and scoop out the seeds with a spoon. Discard the seeds.

Peel the butternut squash and courgette into long tagliatelle ribbons.

Mix with the olive oil, lemon juice, oregano and salt and set aside to marinade and soften whilst you make the Brazil Nut Parmesan

Brazil Nut Parmesan

- 50g Brazil nuts
- 1 tbsp nutritional yeast flakes
- 1 clove garlic, crushed
- ¼ tsp mineral salt
- 1 tsp lemon juice
- 2 pinches sweet smoked paprika

Pine Nut Cream

- 1 handful pine nuts
- 2 tbsp water

Blend the pine nuts and water until smooth.

Combine the Tagliatelle with the pine nut cream. Serve and top with Brazil nut parmesan.

Note: You can swap out half of the raw butternut tagliatelle and add cooked gluten free pasta for a warm, high raw version of this dish.



Coleslaw

- ¼ white cabbage, shredded
- 2 carrots, grated
- 1 spring onion
- 2 dates, pitted

Dressing

- 2 tablespoons of sesame seeds or tahini
- 1 tablespoon of lemon juice
- 4 tablespoons of extra virgin olive oil
- 1 pinch of mineral salt
- ½ teaspoon of mustard
- ½ teaspoon of raw agave syrup

Chop the spring onion and dates finely and mix with the shredded cabbage and grated carrot.

Combine all the dressing ingredients until thoroughly mixed and pour over the salad.

Stir the dressing through until the salad is well coated. Leave to marinade for half an hour or eat it straight away.

Keeps in the fridge for 24 hours.

Falafel Wraps with Chilli Sauce

See week 2 recipe pack

Pea & Mint Soup

Makes 1 large or 2 small bowls of soup

- ½ ripe avocado, peel and stone removed
- 2 handfuls of fresh or defrosted frozen peas
- 5 mint leaves
- 1 spring onion, pale green part only
- ½ teaspoon of mineral salt
- 300ml of warm water (200ml boiling water and 100ml cold water, mixed)

Blend all these lovely ingredients together until smooth and creamy. Decorate with mint leaves before serving.

Best eaten on the day of making, but will last 24 hours in the fridge.

Purple Salad

See week 1 recipe pack



Spicy Walnut Pate

- 1 cup of walnuts, soaked for 8 hours or overnight and then rinsed thoroughly
- ½ lemon, juice of
- 2 tablespoons of extra virgin olive oil
- ¼ teaspoon of mineral salt
- 1 teaspoon of medium curry powder
- ¼ teaspoon of paprika
- 1 clove of garlic
- 50ml of water

Blend all the ingredients together until smooth and creamy.

Keeps in the fridge for 3 days.



Suppers

Baked Pesto Stuffed Mushrooms

See week 2 recipe pack

Broccoli & 3 Seed Salad

Serves 1

- 1 cup Broccoli, steamed cooked for 10 minutes

Salad

- 4 lettuce leaves, shredded
- ¼ cucumber, diced
- 5 cherry tomatoes, halved
- 1 spring onion, finely sliced
- 1 handful of pumpkin seeds
- 1 handful of sunflower seeds

Mix all your salad ingredients together, top with your steamed broccoli and serve.

Walnut Pesto Dressing

- ½ cup of walnuts, **soaked for 8 hours or overnight (optional)**
- 1 spring onion
- 1 tablespoons of lemon juice
- ¼ teaspoon of mineral salt
- 2 tablespoons of nutritional yeast flakes (e.g. Engevita)
- 75ml of water

Rinse the walnuts until the water runs clear.

Blend all the ingredients until smooth and creamy.

Keeps in the fridge for 48 hours.



Chilli sin Carne

Serves 2

Chilli

- 2 handfuls sunflower seeds, soaked overnight & rinsed
- 2 handful pumpkin seeds, soaked overnight & rinsed
- ½ red pepper
- 1 small clove garlic
- 3 sun dried tomatoes
- 1 tomato
- ½ tsp ground cumin
- ¼ tsp mild chilli powder
- 1 tbsp extra virgin olive oil
- 2 tsp gluten-free tamari
- 1 cup of cooked red kidney beans
- Fresh coriander, for garnish
- 2 tsp lime juice
- 1 tbsp dried marjoram

Process all ingredients in a food processor until you reach the desired consistency.

Cashew Crème Fraiche

- ½ cup cashews
- 2 tbsp lime juice
- ½ tsp nutritional yeast flakes
- 1 pinch mineral salt
- 3 tbsp water

Blend all ingredients until smooth and creamy.

Serve your chilli sin carne with cashew crème fraiche, salad and/or brown rice.



Pasta with Rich Tomato Sauce

Makes 1 large bowl or 2 small bowls

Sauce

- 4 sun dried tomatoes, in oil or soaked
- 2 fresh tomatoes
- 1 spring onion, pale green part only
- ½ cm of fresh ginger
- ¼ teaspoon of chilli powder (optional)
- 1 date, pitted
- ½ lime, juice of
- 1 tablespoon of extra virgin olive oil
- 50ml of water

Blend all your sauce ingredients together until smooth.

- 2 courgettes, with green skin removed
- 3 tablespoons of extra virgin olive oil
- 15 olives, pitted and halved
- 1 handful of pine nuts
- 1 handful of fresh thyme or basil

Peel the pale flesh of the courgettes into ribbons, or make into 'spaghetti' using a vegetable spiralizer. Mix the courgette ribbons with your tomato sauce and the olives. Serve scattered with the pine nuts and herbs before serving.

Best eaten fresh, but will keep in the fridge for 24 hours.

Purple Salad

See week 1 recipe pack (lunches)

Raw Stir Fry

See week 1 recipe pack



Treats & Snacks

Chocolate Pecan Brownies

See week 1 recipe pack

Halva

Makes 8-10

- 1 cup of tahini OR 1 cup of sesame seeds + 1 tablespoon of cold pressed sesame oil
- 1 cup of raisins
- ½ teaspoon of vanilla essence or a small piece of vanilla bean
- 100g sesame seeds, to decorate

In a food processor, process all the ingredients (except the sesame seeds for decorating) until the raisins are thoroughly chopped and evenly mixed through.

Shape the halva mixture into whatever shape takes your fancy. I make squares, oblongs or balls.

To finish, scatter the sesame seeds for decorating on a small plate and roll your halva in them until completely covered.

Put your halva in the fridge or freezer to firm up.

These will last for 2 weeks in the fridge or 2 months in the freezer.