



Overcoming Emotional Eating



Week 5 Recipe Pack



Green Juices & Smoothies

A.M. Smoothie

See week 1 recipe pack

Lemon Pie Smoothie

See week 3 recipe pack

Vitality Smoothie

See week 1 recipe pack



Breakfasts

Berry Vanilla Porridge

See week 2 recipe pack

Coconut Banana Porridge

See week 4 recipe pack

Hazelnut Hemp Milk

See week 1 recipe pack

Superfood Muesli

See week 1 recipe pack

Wilted Cheesy Spinach with Avocado

See week 1 recipe pack



Lunches

Chilli sin Carne

See week 3 recipe pack (Suppers)

Falafel Wraps with Chilli Sauce

See week 2 recipe pack

Nori Wraps

See week 1 recipe pack

Spicy Tomato Soup

See week 1 recipe pack (Suppers)

Tajine

See week 4 recipe pack

Winter Red Pepper Hummus

See week 1 recipe pack



Suppers

Baked Spicy Walnut Mushrooms

Serves 1 – 2

- 2 Portobello Mushrooms, stems removed
- 3 tablespoons Olive Oil
- 1 teaspoon gluten-free Tamari
- 1 tablespoon Lime Juice

Marinate the Mushrooms in the marinating ingredients for 20 minutes, making sure the Mushrooms are fully coated in marinade and turning from time to time. Drain the marinade from the Mushrooms.

Turn your oven on to preheat at 175C.

Filling

- 1 cup Walnuts, soaked for 8 hours or overnight and then rinsed thoroughly
- ½ Lemon, Juice of
- ¼ teaspoon Mineral Salt
- 1 teaspoon Medium Curry Powder
- ¼ teaspoon Paprika
- 1 clove Garlic
- Water to blend

Blend all the filling ingredients until smooth and creamy.

Place your mushrooms in a baking tray and fill them with a generous amount of Spicy Walnut Filling. Top with fresh herbs or slices of fresh Tomato and bake in the oven for 2 minutes.

Serve with a big green salad and enjoy!

Broccoli & 3 Seed Salad

See week 3 recipe pack

Chilli sin Carne

See week 3 recipe pack

Falafel Wraps with Chilli Sauce

See week 2 recipe pack (Lunches)



Raw Stir Fry

See week 1 recipe pack

Smoky BBQ Mushrooms with Mashed Sweet Potato

Serves 2

Marinade

- 3 tbsp extra virgin olive oil
- 2 tsp gluten-free tamari
- ¼ tsp sweet smoked paprika
- 1 tsp lemon juice
- 1 small clove garlic, crushed

Mix the marinade ingredient together thoroughly using a fork or whisk.

BBQ Steaks

- 2 Portobello mushrooms, stalks removed

Score the mushrooms on both sides and put them into the marinade, covering thoroughly. Turn and coat with marinade every now and then.

Sweet Potato Mash

- 500g Sweet Potatoes, peeled and chopped/grated
- ¼ teaspoon Mineral Salt
- 4 Brazil Nuts (optional)
- ¼ cup boiling water
- 2 tbsp cold water

Blend until as smooth as possible.

Serve immediately with your BBQ steaks and salad.

Thai Green Curry

See week 2 recipe pack



Treats & Snacks

Caramel Bliss Balls
See week 1 recipe pack

Chocolate Orange Mousse
Serves 2 – 4

- 2 avocados, peel and stone removed
- 5 heaped teaspoons of raw cacao powder
- 4 tablespoons of raw agave syrup or honey
- 1 orange, zest
- 1 orange, for decoration (optional)
- 1 pinch of mineral salt
- seeds from 1 vanilla pod or 1 teaspoon of vanilla essence
- 200ml of water

Blend all the ingredients until smooth and creamy. Serve your mousse as it is or decorate it with a thin twist of orange.

Keeps for up to 24 hours in the fridge, or freeze it for a delicious chocolate orange ice-cream.