



# Overcoming Emotional Eating



**Week 6 Recipe Pack**



## **Green Juices & Smoothies**

### **Banana, Maca & Alfalfa Smoothie**

See week 2 recipe pack

### **Blue Green Super Smoothie**

Makes 1 large glass

- 300ml of water
- 1 ripe banana, peeled
- ½ a ripe avocado, peel and stone removed
- ½ teaspoon of spirulina
- ½ teaspoon of maca
- ½ teaspoon of bee pollen
- 1 pinch of mineral salt
- raw agave syrup or honey to taste (optional)

Blend all the ingredients together until smooth, adding more water to achieve a consistency that pleases you.

Keep this smoothie cold and drink it within 6 hours.

### **Creamy Smoothie**

See week 1 recipe pack

### **Fruit-Free Power Smoothie**

See week 2 recipe pack

### **Vitality Smoothie**

See week 1 recipe pack



## **Breakfasts**

### **Avocado Tomato Basil Breakfast**

See week 2 recipe pack

### **Fruit Salad with Cream**

Serves 1

Make a delicious fruit salad from a selection of the following fruit:

- banana, papaya, strawberries, blueberries, raspberries, mango, grapes, pear, nectarine, dates, pineapple, orange, plums, figs

#### **Cream**

- 1 handful of cashew nuts
- 1 orange, juice of
- 2 medjool dates, pitted

Blend the nuts with the orange juice and dates, adding water if necessary to get a creamy consistency.

Pour over your fruit salad and indulge!

Best eaten on the day of making but it will keep in the fridge for 24 hours.

### **Hazelnut Hemp Milk**

See week 1 recipe pack

### **Tomato Chickpeas**

See week 4 recipe pack

### **Vitality Boost Muesli**

See week 2 recipe pack

### **Wilted Cheesy Spinach and Avocado**

See week 1 recipe pack



## Lunches

### Cherry Tomato Lasagne

Serves 2

#### **Tomato Sauce**

- 3 sun dried tomatoes, rehydrated
- 6 cherry tomatoes
- ½ medjool date
- ½ cm ginger root
- 1 tsp lemon juice
- 1 spring onion

Blend all ingredients until smooth

#### **Basil Cheeze**

- 2 handfuls of basil leaves
- 2 handfuls pine nuts
- 2 tbsp water
- ¼ tsp mineral salt
- 2 tsp lemon juice
- 1 spring onion
- 1 tsp nutritional yeast flakes

Blend all ingredients to a flecked consistency

#### **Lasagne**

- 1 courgette, finely sliced

#### **Garnish**

- 4 cherry tomatoes
- a sprinkling of pine nuts
- a sprig of basil

In a small bread tin or using 2 chefs' rings, lay a layer of overlapping courgette. Top with ¼ of the tomato sauce, followed by ¼ of the basil cheeze. Repeat another layer of courgette, tomato sauce and basil cheese.

Garnish with cut cherry tomatoes, a sprinkling of pine nuts and basil.

Keeps in the fridge for 24 hours.

### Beetroot Almond Pâté

See week 4 recipe pack

### Mushroom Satay

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.

### **Rainbow Stir**

Serves 1-2

- 1 Red Pepper, finely sliced
- 1 Carrot, peeled into ribbons
- 1 cup Broccoli, cut into very small florets
- 1 stick Celery, finely sliced
- ¼ Red Onion, finely sliced
- ¼ Red Chilli, finely chopped (optional)
- 6 Sun Dried Tomatoes, diced
- 8 Basil Leaves, bruised and shredded
- 2 tablespoons Olive Oil
- 1 tablespoon Tamari
- ½ Lime, juice of
- 1 big pinch ground Black Pepper

Combine all the ingredients together, rubbing the veg between your fingers to soften a little. Allow to marinade for a minimum of 1 hour or overnight.

This recipe is also delicious heated in a dehydrator for 2 hours.

### **Spicy Walnut Pate**

See week 3 recipe pack



## **Vietnamese Salad**

Serves 1 as a main or 3 as a side dish

### **Dressing**

- 1 clove of garlic
- ½ small red chilli
- 2 limes, juiced
- 1 tablespoon of tamari
- ½ teaspoon of honey or raw agave syrup
- ¼ cup of sesame seeds
- 75ml of water to blend

Blend all the dressing ingredients together.

### **Salad**

- 1 handful of fresh mint leaves, finely chopped
- 3 handfuls of shredded dark green cabbage or greens
- 1 handful of fresh coriander leaves, finely chopped
- ½ cucumber, peeled into ribbons
- 3 tablespoons of sesame seeds
- 3 tablespoons of desiccated coconut, raw if possible
- 1 shallot, finely diced
- 2 sticks of celery, cut into long fine strips/matchsticks
- 1 carrot, cut into long fine strips/matchsticks

Combine all the salad ingredients and toss in the dressing.

Keeps in the fridge for 24 hours.



## **Suppers**

### **Broccoli & Mushroom Stir**

Serves 1 – 2, depending on how hungry you are

- 2 cups of broccoli, cut into very small florets
- ½ cup of leek, finely shredded
- 8 button mushrooms, quartered
- 1 stick of celery, finely sliced
- 14 green olives, pitted and halved
- 8 basil leaves, bruised and shredded
- 2 tablespoons of extra virgin olive oil
- ½ red chilli, de-seeded and finely chopped
- 1cm of fresh ginger, finely chopped
- ½ clove of garlic, peeled and finely chopped
- ½ lemon, zest and juice
- 1 big pinch of mineral salt
- 1 big pinch of ground black pepper

Combine all the ingredients together, massaging the veg between your fingers to soften a little. Allow to marinade for a minimum of 1 hour or overnight.

This recipe is also delicious heated in a dehydrator for 2 hours.

Keeps in the fridge for 24 hours.

### **Butternut Parmesan Tagliatelle**

See week 3 recipe pack (Lunches)

### **Cherry Tomato Lasagne**

See lunch recipes

### **Smoky BBQ Steaks with Sweet Potato Mash**

See week 5 recipe pack

### **Spicy Tomato Soup**

See week 1 recipe pack

### **Spinach Soup**

See week 1 recipe pack (Lunches)

### **Veg Korma**

See week 1 recipe pack



## Treats & Snacks

### Chocolate Seed Bites

See week 2 recipe pack

### Pear & Berry Crumble

Serves 4

- 3 ripe Pears, cored
- ½ teaspoon Vanilla Essence
- 1 small pinch Mineral Salt
- ¼ cup Berries, such as Blueberries

#### **Crumble**

- ¾ cup Almonds
- ¼ cup Pecans
- 1 Date
- 1 teaspoon Agave or Honey
- 2 tablespoons Coconut Oil/Butter

Blend 1½ of the Pears with the Vanilla Essence and Mineral Salt until pureed.

Finely chop the remaining 1½ Pears and mix with the berries. Stir through the Pear puree and evenly spoon out the mixture in a crumble dish.

In a food processor, process the Nuts and Dates. When finely crumbed, add the Agave Syrup or Honey and the Coconut Oil/Butter.

Layer the crumble over the Pear mixture so that it covers it evenly. Put the Pear and Berry Crumble in the fridge to allow the crumble mixture to set a bit.