



Overcoming Emotional Eating



Week 7 Recipe Pack



Green Juices & Smoothies

Almond Super Smoothie

Makes 1 large glass

- 500ml of almond milk (preferably freshly made)
- 1 teaspoon of maca
- 1 teaspoon of bee pollen
- 1 teaspoon of raw cacao powder
- ¼ teaspoon of spirulina or green superfood powder
- 1-2 teaspoons of raw agave syrup or honey (optional)

Blend all the ingredients together. Keep cold and drink within 6 hours.

A.M. Smoothie

See week 1 recipe pack

Banana, Maca & Alfalfa Smoothie

See week 2 recipe pack

Blue Green Super Smoothie

See week 6 recipe pack

Lemon Pie Smoothie

See week 3 recipe pack



Breakfasts

Berry Vanilla Porridge

See week 2 recipe pack

Fruit Fusion Porridge

See week 1 recipe pack

Wilted Cheezy Spinach with Avocado

See week 1 recipe pack

Wilted Greens with Sweet Chilli Sauce

Serves 1

Wilted Greens

- 3 generous handfuls of rainbow chard, chard or spinach
- ½ clove of garlic, crushed or finely chopped
- 3 tablespoons of extra virgin olive oil
- 1 large pinch of mineral salt

Chop your greens into 1cm strips (you can bunch them all together to make this quicker). Put your chopped greens in a large bowl with the olive oil, salt and garlic.

Massage the mixture firmly between your fingers until the greens soften and wilt (approximately 5 minutes). Set them to one side while you make the chilli sauce.

Sweet Chilli Sauce

- 2 large, medium spicy red chillies, (de-seeded if you don't like it too spicy)
- ½ clove of garlic
- ½ teaspoon of mineral salt
- 4 tablespoons of raw agave syrup
- 1 tablespoon of water

Blend all the ingredients together until you have a beautiful orange-red liquid sauce with broken chilli seeds floating around in it.

Serve your wilted greens with sweet chilli sauce poured over the top.

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



Lunches

Butternut Parmesan Tagliatelle

See week 3 recipe pack

Cauliflower Cheeze

Serves 1 – 2

- ½ head of cauliflower

Steam cook your cauliflower for 15 - 20 minutes

Cheeze Sauce

- 1 cup of cashews
- 2 spring onions
- 1 tablespoon of lemon juice
- 2 tablespoons of nutritional yeast flakes (e.g. Engevita)
- ¾ teaspoon of mineral salt
- 100ml of water

Blend all your Cheeze Sauce ingredients together until smooth and creamy.

Combine the steamed cauliflower with the Cheeze Sauce and serve immediately on a warm plate.

Nori Wraps

See week 1 recipe pack

Raw Stir Fry

See week 1 recipe pack

Spicy Chickpea Hummus

See week 2 recipe pack



Walnut Pesto

Makes enough for 1 serving

- 1 cup of walnuts, soaked for 8 hours or overnight
- 2 spring onions
- 2 tablespoons of lemon juice
- ½ teaspoon of mineral salt
- 4 tablespoons of nutritional yeast flakes (e.g. Engevita)
- 50ml 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.



Suppers

Pasta with Rich Tomato Sauce

See week 3 recipe pack

Baked Pesto Mushrooms

See week 2 recipe pack

Chilli sin Carne

See week 3 recipe pack

Falafel wraps

See week 2 recipe pack

Thai Green Curry

See week 2 recipe pack

Baked Spicy Walnut Mushrooms

See week 5 recipe pack

Coleslaw

See week 3 recipe pack



Treats & Snacks

Chocolate Pecan Brownies

See week 1 recipe pack

Halva

See week 3 recipe pack