



Overcoming Emotional Eating



Week 8 Recipe Pack



Green Juices & Smoothies

A.M. Smoothie

See week 1 recipe pack

Berry Boost Smoothie x 2

Makes 1 large glass

- 2 handfuls blueberries
- 1 handful raspberries
- 1 handful strawberries
- 3 medjool dates, pitted
- ½ inch / 1 cm of fresh ginger root
- 300 ml / 1/2 pint (10 fl oz) of water

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

Mango Spinach Smoothie x 2

Makes 1 large glass

- 300ml of water
- 1 ripe mango
- 2 – 3 handfuls baby leaf spinach

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

Vitality Smoothie x 1

See week 1 recipe pack



Breakfasts

Cocoshu Yoghurt with Fruit x 2

Makes 1 bowl

- 40g / 1½ oz / ½ cup cashew nuts
- 125 ml / 4 fl oz / ½ cup coconut milk
- 1 tablespoon lime juice
- 1 medjool date, pitted
- 1 small pinch mineral salt
- 2 handfuls fresh berries

Blend all the ingredients, except the berries, until smooth and creamy. (If you prefer your yoghurt cold add a few ice cubes).

Depending on your preference, put your fruit in a bowl and top with yoghurt OR put your yoghurt in a bowl and top with fruit :)

Marinated Mushrooms with Avocado x 1

See week 4 recipe pack

Superfood Muesli x 3

See week 1 recipe pack

Wilted Cheesy Spinach with Avocado x 1

See week 1 recipe pack



Lunches

Beetroot Almond Pate x 1

See week 4 recipe pack

Chilli sin Carne x 1

See week 3 recipe pack (Suppers)

Mexican Bean Soup x 1

See week 1 recipe pack

Nori Wraps x 2

See week 1 recipe pack

Spicy Tomato Soup x 1

See week 1 recipe pack (Suppers)

Tajine x 1

See week 4 recipe pack



Suppers

Broccoli & 3 Seed Salad x 1

See week 3 recipe pack

Chilli sin Carne x 0

See week 3 recipe pack (Suppers)

Falafel Wraps with Chilli Sauce x 1

See week 2 recipe pack (Lunches)

Raw Stir Fry x 1

See week 1 recipe pack

Smoky BBQ Mushrooms with Mashed Sweet Potato x 1

See week 5 recipe pack

Thai Green Curry x 1

See week 2 recipe pack

Vietnamese Salad x 1

See week 6 recipe pack (lunches)



Treats & Snacks

Caramel Bliss Balls x 1
See week 1 recipe pack

Chocolate Orange Mousse x 1
See week 5 recipe pack