



LORNA MARIE
FITNESS

4 Week Meal Plan Guide Recipe Book

Use this guide for inspiration
and suggestions

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Week 1: Meal Plans

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon
Breakfast	Smoked Salmon, 2 Eggs and 1 Piece of Fruit	Natural Yoghurt, 1 piece of fruit and 6 Nuts	Banana Pancakes	Feta and Veggie Omelette	Mixed Fruit Salad, Small Serving of Natural Yoghurt and 6 Nuts	Banana Pancakes	Veggie Scramble
Snack	1 Piece of Fruit and 6 almonds	Raw Veggies and a Small Serving of Hummus	Parma Ham and Melon	Smoked Salmon, Sliced Tomato and a Drizzle of Olive Oil	Raw Veggies and a Small Serving of Hummus	Parma Ham and Melon	1 Piece of Fruit and 6 Nuts
Lunch	Veggie "Detox" Salad Wraps with Tuna	Leftover Chicken with Sautéed Onions and Lemon	2 Chicken Salad Roll-Ups	Blueberry, Avocado and Toasted Pecan Quinoa Salad	Leftover Hummus Chicken & veggies + ½ sweet potato	Steak Salad	Simple Greek Chicken Salad
Dinner	Chicken with Sautéed Onions and Lemon and Roasted Broccoli Garlic	Salmon and Steamed Veggies	Sesame Crusted Turkey and Baked Sweet Potato	Hummus Chicken & Veggies	CHEAT MEAL!	Prawn Curry and Veggies	Kitchen Sink Salad with Tuna

Week 2: Meal Plans

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon
Breakfast	Parma Ham and Melon	Natural Greek Yoghurt with Mixed Fruit and Nuts	Banana Pancakes	2 Boiled Eggs and a Piece of Fruit	Feta and Veggie Omelette	Veggie Scramble	Banana Pancakes
Snack	Natural Greek Yogurt with Fresh Berries	Fresh Cut Veggies with a Small Serving of Hummus	1 Piece of Fruit with 6 Almonds	Parma Ham and Melon	Greek Yogurt with Fresh Berries	Fresh Cut Veggies with a Small Serving of Hummus	Apple with 6 Nuts
Lunch	Greek Salad with Smoked Salmon	Left Over Grilled Pork Chops and Mango Salsa with Mixed Salad	Left Over Coriander Lime Chicken with Half a Baked Sweet Potato	Avocado and Egg Salad on Tomato	2 Chicken Salad Roll-Ups	Greek Salad with Chicken	Blueberry, Avocado, & Quinoa Salad
Dinner	Grilled Pork Chops and Mango Salsa with Baked Sweet Potato	Coriander Lime Chicken with Steamed Veggies	Kitchen Sink Salad with a Meat or Fish of Your Choice	Pan Seared Trout with Tomato Basil	Prawn Curry and Veggies	CHEAT MEAL!	Kitchen Sink Salad with a Meat or Fish of Your Choice

Week 3: Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon
Breakfast	Smoked Salmon, 2 Eggs and 1 Piece of Fruit	Natural Yoghurt, 1 piece of fruit and 6 Nuts	Banana Pancakes	Feta and Veggie Omelette	Mixed Fruit Salad, Small Serving of Natural Yoghurt and 6 Nuts	Banana Pancakes	Veggie Scramble
Snack	1 Piece of Fruit and 6 almonds	Raw Veggies and a Small Serving of Hummus	Parma Ham and Melon	Smoked Salmon, Sliced Tomato and a Drizzle of Olive Oil	Raw Veggies and a Small Serving of Hummus	Parma Ham and Melon	1 Piece of Fruit and 6 Nuts
Lunch	Veggie "Detox" Salad Wraps with Tuna	Leftover Chicken with Sautéed Onions and Lemon	2 Chicken Salad Roll-Ups	Blueberry, Avocado and Toasted Pecan Quinoa Salad	Leftover Hummus Chicken & veggies + ½ sweet potato	Steak Salad	Simple Greek Chicken Salad
Dinner	Chicken with Sautéed Onions and Lemon and Roasted Broccoli Garlic	Salmon and Steamed Veggies	Sesame Crusted Turkey and Baked Sweet Potato	Hummus Chicken & Veggies	CHEAT MEAL!	Prawn Curry and Veggies	Kitchen Sink Salad with Tuna

Week 4: Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon	Warm Water with Fresh Lemon
Breakfast	2 Boiled Eggs and Mixed Fruit Salad	Mixed Fruit Salad, Small Serving of Natural Yoghurt and 6 Nuts	Veggie Scramble	Smoked Salmon, 2 Eggs and 1 Piece of Fruit	Feta and Veggie Omelette	Banana Pancakes	Natural Yoghurt, 1 piece of fruit and 6 Nuts
Snack	Raw Veggies with a Small Serving of Hummus	Smoked Salmon and Sliced Tomato	Natural Yoghurt with Fresh Berries and 6 Almonds	Natural Greek Yoghurt with Mixed Fruit Salad	Raw Veggies and a Small Serving of Hummus	1 Piece of Fruit and 6 Almonds	Parma Ham and Melon
Lunch	Veggie "Detox" Salad Wraps with Tuna or Chicken	Kitchen Sink Salad with Your Choice of Meat or Fish	Avocado and Egg Salad on Sliced Tomato	Left Over Coriander and Lime Chicken with Roasted Butternut Squash	Veggie "Detox" Salad Wraps with Tuna or Chicken	Steak Salad	Leftover Salmon with Mixed Salmon
Dinner	Blueberry, Avocado and Toasted Pecan Quinoa Salad	Sautéed Prawn and Garlic Broccoli	Coriander and Lime Chicken with Roasted Butternut Squash	Kitchen Sink Salad with Your Choice of Meat or Fish	CHEAT MEAL!	Salmon with Sautéed Spinach	Hummus Chicken & Veggies

Homemade Dressings & Condiments

House Balsamic Dressing

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

- 12 Tbsp. extra virgin olive oil
- 1 Tbsp of good quality balsamic vinegar
- 1 Tbsp. dried parsley
- ½ tbsp. sea salt
- Freshly ground pepper to taste
- 1 Tbsp. honey mustard (organic if possible)
- 1 garlic clove, passed through a garlic press or minced (optional)

Directions: Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.

Beetroot Dressing

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

- 600g Cooked beetroot, chopped
- 2 Tbsp. apple cider vinegar
- ½ Tbsp. Sea Salt
- 2 Tbsp. filtered water
- 2 Tbsp. flax oil

Directions: Blend all ingredients on high. This is perfectly sweet, tart, and creamy and perfect over any type of greens with cucumber, red onion, and carrots. Enjoy!

Creamy Avocado Dressing

(12 servings, 2 Tbsp. per serving. Lasts about 7-10 days in the fridge)

Ingredients:

- 2 ripe avocados
- Juice
- 1.5 limes
- 2 Tbsp balsamic vinegar
- 2 Tbsp water
- 4 sprigs of fresh coriander
- 1-2 pinches of Sea Salt
- 1 Tsp. garlic powder
- Fresh ground black pepper, to taste

Directions: Blend all ingredients in a food processor or blender until smooth. If it's too creamy for you, just add a little water (about 1 teaspoon at a time). Enjoy!

Greek Dressing (6 servings, 2 Tbsp. per serving)

- 3 Tbsp. olive oil
- 2 gloves pressed garlic
- $\frac{3}{4}$ Tsp. oregano
- $\frac{3}{4}$ Tsp. basil
- $\frac{1}{2}$ Tsp. black ground pepper
- $\frac{1}{2}$ Tsp. sea salt
- $\frac{1}{2}$ Tsp. onion powder
- 1 Tsp. Dijon mustard
- 4 Tbsp. red wine vinegar

Directions: Combine all ingredients into a jar or storage container, and shake well. Let the dressing sit for a minimum of 10 minutes before serving to let flavours blend together.

Breakfast

Veggie Scramble

Ingredients: (Serves 1)

- 1/2 Tbsp. coconut oil
- 100-150g Broccoli, chopped
- Half an onion, diced
- 1/3 Green pepper, diced
- 2 Eggs
- 1/2 Tomato, diced,
- 1/4 Avocado, sliced, for garnish

Directions: Heat coconut oil in a frying pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs.

Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy.

Feta and Veggie Omelette

Ingredients: (Serves 1)

- 1/2 tbsp. coconut oil
- 100-150g broccoli, chopped
- Half an onion, diced
- 1/3 green, red and/or yellow pepper
- 2 medium chopped mushroom
- 2 Medium sized eggs
- 50g Feta cheese

Directions: Heat coconut oil in a frying pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs.

Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with the feta cheese.

Banana Pancakes

Ingredients: (Serves 1-2)

- 1/2 Tbsp. coconut oil
- 1 Large banana
- 2 Medium sized eggs

Directions: Heat coconut oil in a frying pan over medium heat. Whisk the eggs and Banana together until a smooth mixture and pour into the frying pan turning regularly until a golden brown on both sides.

Smoked Salmon, Eggs and Fruit

Ingredients:

- 2-3 Slices if smoked salmon
- 2 Medium sized eggs
- Lemon
- Olive oil
- 1 piece of fruit of your choice

Directions:

Scramble, fry or poach the eggs to the way you like and serve with the slices of salmon. Add lemon, salt and pepper to taste. Serve dish with your chosen fruit on the side.

Snacks

Mixed Fruit Salad (Optional: with Natural Yoghurt and/or Nuts) *this is also a breakfast dish

Ingredients:

- 2-4 Pieces of fruit *Optional - 6 Nuts and a small serving of Natural Yoghurt

Directions: Chop the fruit into small pieces and mix all the ingredients together in a bowl.

Parma Ham and Melon

Ingredients:

- 2-4 Slices of parma ham
- 1 medium/large slice of melon

Directions: Chop the melon or serve as a slice with the parma ham and enjoy.

Raw Veggies and Hummus

Ingredients:

- 2-3 Chopped raw carrots
- 2-3 Chopped celery sticks
- 1 Tbsp of good quality supermarket hummus

Directions: Server the chopped raw carrots and celery sticks with the hummus for dipping.

Smoked Salmon and Sliced Tomato *This could be breakfast, lunch or dinner

Ingredients:

- 2-3 Slices if smoked salmon
- 1 Large tomato
- Lemon
- Olive Oil

Directions: Thinly slice the large tomato and serve with the salmon on top. Squeeze the lemon over the salmon and add salt and pepper to taste. Drizzle with olive oil.

Lunch

Blueberry, Avocado, & Toasted Pecan Quinoa Salad

Ingredients:

- 150g quinoa, cooked
- 75g blueberries
- 1/2 large avocado, diced
- 100g pecans

Lime Basil Dressing:

- 1/4 Tbsp. extra virgin olive oil
- 1/4 Tbsp. maple syrup
- Squeeze of fresh lime juice
- 1 Tbsp. basil, finely chopped
- Himalayan Salt, to taste
- Fresh ground black pepper, to taste

Directions: In a large bowl - add quinoa, blueberries and avocados. In a small skillet, toast pecans on low-medium heat until lightly brown, about 4-5 minutes. Stir frequently and watch closely not to burn. Transfer to a bowl with other ingredients.

In a small bowl, whisk together Lime Basil Dressing ingredients, pour over the salad and gently stir to combine. Serve cold.

Signature Steak Salad

Ingredients: (serves 4)

- 400g Skirt steak, trimmed of excess fat, halved crosswise (at room temperature)
- 1-2 Tbsp extra virgin olive oil
- 300g cherry tomatoes, halved
- A handful of baby spinach
- 150g roasted peppers

- 100g sliced avocado
- Choice of dressing (suggested: Balsamic)

Directions: Cast-iron skillet: Heat skillet on medium-high to high heat and add olive oil. When oil begins to simmer, place steak in skillet and do not move for 5 minutes. Turn it once, and cook for another 3 minutes to med-rare (or more or less depending on preference).

On a grill: Prepare grill for direct-heat cooking over hot charcoal or high heat for gas. Oil grill rack, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.

Transfer steak to a cutting board and let rest, loosely covered with foil, for five minutes. Arrange spinach on a platter. Thinly slice steak on the diagonal, across the grain. Arrange over spinach, then toss remaining ingredients on top. Drizzle dressing on top and serve.

Veggie “Detox” Lettuce Wraps

Ingredients:

- 2 large leaves of lettuce
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans, nuts, or seeds)
- Dressing: Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY
- (**ONLY add tuna, turkey, or chicken if it calls for it in your meal plan)

Directions: Take all of your sliced veggies and place them inside the middle of your large lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

Simple Greek Salad

Ingredients: (1 serving)

- 2-3 Large handfuls of chopped romaine lettuce
- 1/2 tomato, chopped
- 1/2 cucumber, sliced
- 2 Tbsp. chopped red onion
- 1 Tbsp chopped olives (optional)
- 1/2 of a red, yellow and/or green peppers
- 2 Tbsp. greek dressing (recipe on page 4)
- Protein of choice (suggested: chicken)

Directions: Combine all ingredients and toss in a bowl. Top with your protein of choice, and enjoy!

Kitchen Sink Salad

Ingredients: (1 serving)

- 2-3 Large handfuls of mixed greens (not iceberg)
- 1/2 tomato
- 1 Tbsp Pumpkin seeds
- Shaved carrot (1/2)
- Sliced celery (1/2)
- Diced red bell pepper (1/2)
- 1/4 Avocado, sliced
- 2 Tbsp. balsamic dressing (recipe page 3)
- 150-200g Protein of choice (chicken, fish, turkey)

Directions: In a bowl, toss everything together any way that you please. Enjoy!

Go-To Chicken Salad Roll-Ups

Ingredients: (1 Serving)

- 1 Chopped chicken breast (precooked)
- 2-3 Large lettuce leaves
- Small handful of chopped almonds
- Handful of red seedless grapes, halved
- 1/4 Mashed avocado
- Salt & pepper, to taste

Directions: Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into lettuce leaves to make a nice wrap!

Avocado and Egg Salad on Tomato

Ingredients: (1 serving)

- 2 Chopped Hard Boiled Eggs
- 1/2 A mashed avocado
- 1 Tablespoon of greek/natural yoghurt
- 3/4 Teaspoon apple cider vinegar
- 1/2 Teaspoon cayenne pepper
- 2-4 Thick slices of tomato

Directions:

Gently mix all of these ingredients together except for the tomatoes and add salt and pepper to taste. Scoop the mixture and place on the tomato slices.

Dinner

Sesame Crusted Turkey

Ingredients: (3-4 servings)

- 500g organic turkey loin
- 75g toasted sesame seeds
- 1 tsp. ground cumin
- 1 tsp. lemon pepper
- 1 egg white, lightly beaten
- 1 pinch salt
- 1 Tbsp. extra virgin olive oil

Directions: Preheat oven to 200 degrees. Mix the sesame seeds, cumin, and lemon pepper together in a large bowl. Also, preheat a frying pan to medium-high heat.

Season the turkey with 1/4 tsp. salt. Dip the turkey the egg allowing the excess egg to drip off. Finish by coating it completely with sesame seeds.

Add 1 Tbsp. olive oil to the frying pan and sear crusted turkey for 1-2 minutes each side until crispy and golden. Place in a glass baking dish. Roast in oven for 15 minutes. Let rest 5 minutes once cooked.

Hummus Chicken

Ingredients: (Serves 3)

- 3 Boneless, skinless chicken breasts
- 1 Yellow squash, sliced
- 1 Courgette, sliced
- 1 Red bell pepper, 2" chopped
- 1 Medium onion, chopped
- 2 Lemons
- Salt and pepper, to taste
- Italian seasoning
- 6 Tbsp. hummus, homemade or store-bought
- 2 Tbsp. dried rosemary
- 1 Tbsp. extra virgin olive oil
- 1 Tsp. smoked paprika

- Generous drizzle of Balsamic Vinegar

Directions: Preheat oven to 225 degrees. Prepare one large baking dish and lightly coat with olive oil. Season the chicken breasts with salt, pepper, and Italian seasoning.

In a large bowl, toss the sliced courgette, squash and onion with olive oil until evenly coated. Season with salt, pepper, and Italian seasoning.

Cover each chicken breast with 1 Tbsp of hummus each. Then place on top of the vegetables. Place all vegetables on the bottom of a 9×13 dish in an even layer. Lay the chicken evenly on top. Squeeze the juice of one lemon over the chicken and vegetables.

Lightly season the entire dish with chopped rosemary and paprika. Thinly slice the remaining lemon, and place a few thin slices in the dish.

Drizzle balsamic vinegar over the top, then bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

Chicken with Sautéed Onions and Lemon

Ingredients: (3 servings)

- 6 Chicken thighs, boned but with skin
- 1 Tbsp. Coconut oil
- 1 Sweet onion, halved and thinly sliced
- 1-2 Garlic cloves, thinly sliced
- 1/2 Lemon thinly sliced
- 1 Cube of organic chicken or vegetable broth
- 2 Tbsp. fresh flat leaf parsley
- Salt and pepper, to taste

Directions: Season chicken with salt and pepper. In a large frying pan over medium heat, place chicken skin side down in a preheated pan with extra virgin olive oil or unrefined coconut oil. *The trick is not to turn the chicken over until the pieces are well browned.

When both sides are browned and cooked through, remove chicken from pan and

continue with remaining pieces. Remove chicken from pan. Pour off all but 2 tbsp's of the remaining oil. Add onions. Season with salt and pepper, to taste. Sauté onions until almost golden brown. Add the garlic and cook until onions are golden.

Add the lemon slices and sauté for one minute. Add the stock and stir. Add the chicken back to the pan. Add the parsley and stir. Check for proper seasoning. Enjoy!

Coriander Lime Chicken

Ingredients: (Serves 3-4)

- 500g Organic chicken breasts
- 1 Tbsp extra virgin olive oil
- 1 Lime, juice and zest
- 2 Tbsp fresh coriander, coarsely chopped
- 1 Clove garlic, coarsely chopped
- Salt and pepper, to taste

Directions: Puree the oil, lime, juice and zest, coriander and garlic in a food processor until smooth.

Place the chicken on foil on a baking sheet, pat dry, and season with salt and pepper.

Spread the coriander and lime mixture and bake in a preheated oven at 200 degrees for 20-25 mins.

Simple & Delicious Pork Chops

***Makes 2 servings. (you may want to double this recipe- it's a GOOD one!)

Ingredients:

- 2 Pork chops (all-natural or organic, 1" thick)
- 1 Teaspoon olive oil
- 1/2 Lemon
- 2 Cloves of garlic
- Pink himalayan salt & fresh ground pepper to taste

Directions: Preheat your oven to 180 degrees. Then, pre-heat an oven-safe frying pan to med to med-high heat on the hob. Rinse and pat dry both pork chops. Season both sides of chop with salt and pepper. Smash your garlic cloves with the side of your knife and cut your lemon in half.

Once your frying pan is heated, add the olive oil. Once oil is heated (in a couple of seconds), place the 2 garlic cloves in the pan carefully separated by a few inches).

Place each pork chop on top of a garlic clove. Allow to sear for 2-3 minutes. Flip chops and sear for an additional 2-3 minutes. (You're looking for a nice crust on each side). Squeeze ½ lemon over the chops.

Place the pan in the oven for about 10 minutes at 160 degrees. Let rest for 3 minutes and enjoy!

Pan Seared Trout with Tomato Basil

***Makes 2 servings

Ingredients:

- 30-50g Chopped pancetta
- 250g cherry tomatoes, halved
- 1/2 Tsp minced garlic
- 1/2 Tsp freshly ground black pepper, divided
- 1/4 Tsp himalayan salt, divided
- 2 Handfuls small basil leaves
- 1 Tbsp olive oil, divided
- 2 Trout fillets, divided (12-16 ounces total)
- 2 Lemon wedges

Directions: Over low heat, heat pancetta in skillet. Cook just until pancetta begins to brown (for about 4 minutes).

Add cherry tomatoes, garlic, 1/2 the pepper, and ½ the salt, and cook for 3 minutes or until tomatoes begin to soften. Remove from the heat, and stir in basil leaves.

In another large non-stick skillet, heat over medium-high heat. Add enough oil to lightly coat the bottom of the pan. Sprinkle fish evenly with remaining salt and pepper.

Add both fillets to the pan; cook for 2 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan. Top fish with tomato sauté. Serve with lemon wedges.

Grilled Salmon

Makes 2 servings

Ingredients:

- 2 Salmon fillets
- Himalayan pink salt
- Fresh ground pepper
- 1 Tsp. grated lemon rind
- 2 Tbsp. fresh squeezed lemon juice, divided
- 2 Tbsp. extra virgin olive oil, divided
- 1 Tsp. dried rosemary
- Lemon slices for garnish

Directions: Season salmon fillets evenly with salt and pepper. In a plastic bag, place salmon, lemon rind, 1 Tbsp. of the lemon juice, 1 Tbsp. of the olive oil, and rosemary in a Ziploc bag. Make sure the salmon is evenly coated. Marinate in the refrigerator for 30 minutes.

Preheat your grill at a medium to high heat. Brush a baking dish with olive oil. Remove salmon from marinade. Place fillets, skin side down, on the oil-coated dish. Broil fish 6 inches from heat for about 8-10 minutes or until fillets flake easily with a fork.

Whisk together remaining tablespoon of lemon juice and 1 tablespoon oil; drizzle over fillets. Garnish, with lemon slices.

Sautéed Prawn

***Makes 2 servings

Ingredients:

- 2 Tbsp. butter (or olive oil)
- 300g Wild-caught prawn, shelled & deveined
- 1 Red or yellow bell pepper
- 2 Garlic cloves, minced
- Himalayan pink salt & fresh ground pepper to taste
- 1 Tsp. fresh thyme, chopped

Directions: In a skillet, melt the butter over medium-low heat. Add the bell peppers and cook for a few minutes until softened. Add garlic and cook until fragrant (about

30 seconds)

Add the prawn and salt and pepper and sauté for 5-6 minutes (until prawns are no longer translucent)

Add the thyme, mix all of the ingredients one last time, and enjoy!

***Prawns cooks very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking. Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until they're done.

Grilled Pork Chops and Mango Salsa

Ingredients:

- 2 Peeled mangos (cubed)
- 1 Peeled and diced onion
- 2 Peeled and diced kiwis
- 1 Jalapeño minced with seeds removed (fresh chili pepper are a good replacement)
- 1 Red bell pepper with seeds removed and diced
- 1 Peeled and diced avocado
- 1 Diced tomato
- Juice of 1 lime
- 1 Small handful of chopped coriander
- 1/2 Teaspoon of sea salt
- 4 Pork chops

Directions:

For the salsa mix all the ingredients except for the pork chops into a bowl and refrigerate for approx. 2 hours.

Rub olive oil on both sides of the pork chops and season with salt and pepper. Heat the grill at a medium to high temperature and grill the pork chops until nicely golden on both sides, this should take approximately 5 - 6 minutes per side. Pay close attention to the pork chops to ensure you do not overcook them.

Prawn Curry

Ingredients:

- Frozen prawns
- 1 Red pepper
- 1 Red onion
- Baby leaf spinach
- Curry powder
- Fresh coconut milk
- Coconut oil

Directions: Heat 2 tablespoons of coconut oil in a wok and add sliced onion and red pepper. Cook until soft and then add 1 tablespoon of curry powder (more if you like it hot!) and the milk from a coconut or 2 if preferred (you can then use the fresh coconut for the next days snack!). Heat it all together and then add as many frozen prawns as you would like and a few handfuls of baby leaf spinach. Cook until the prawns curl or are no longer opaque and serve immediately.

Amazing Side Dishes...

Simple Roasted Butternut Squash

Ingredients: (serves 4)

- 1 small butternut squash, seeded and cubed
- 2 Tbsp. Extra Virgin Olive Oil
- Himalayan Pink Salt
- Fresh Ground Pepper

Directions: Preheat oven to 200 degrees C. Toss squash with the olive oil and spread on a baking sheet, making sure none of the cubes are touching each other. Season with salt and pepper. Roast until lightly browned (about 25-30 minutes.)

Butternut Squash with Pancetta and Sage

*Serves 6-8.

Ingredients:

- 2 Tbsp Extra Virgin Olive Oil
- 250g Pancetta or nitrite free bacon, chopped
- ½ finely chopped fresh sage or ¼ tsp. dried
- 1kg butternut squash, peeled, seeded and cut in to 1" chunks
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 dash of ground nutmeg
- Salt and pepper, to taste (white pepper if you have it)
- 2 Cubes of organic chicken stock

Directions: Add bacon and olive oil to frying pan and cook until bacon is crisped. Remove bacon with a slotted spoon. Add squash and chopped onions. Cook over medium heat until onions are clear and started to turn golden. Add sage, nutmeg and season with salt and pepper (white pepper if you have it).

Add broth and bring to a boil, reduce heat to simmer and cover with lid. Cook until squash is tender when pierced with a fork. Serve and enjoy.

Mango Salsa

(Compliments of PaleoSimplified.com) *4-6 servings

- 2 Mangos (peeled & cubed)
- 1 Purple onion (peeled & diced)
- 2 Kiwis (peeled & diced)
- 1 Jalapeño (seeds removed, minced)
- 1 Red pepper (seeds removed, diced)
- 1 Avocado (peeled & diced)
- 1 Tomato, diced
- Juice of 1 lime
- Bunch of coriander, chopped
- ½ Tsp. sea salt

Directions: Mix ingredients in a bowl & refrigerate for 2 hours. Serve and enjoy!

Mashed Cauliflower

*4 servings

Ingredients:

- 1 Entire head of cauliflower, remove leaves (chopped into small pieces)
- 1 Cube of low sodium chicken stock
- 2-3 cloves of garlic
- Sea salt & pepper to taste

Directions: In a large pot, add the chicken stock and cauliflower. Cover and bring it to a boil. Reduce the heat and simmer for 30-35 minutes until the cauliflower is very tender, and you can mash it with your fork. (If you need to add more stock during this time, you can add it. Make sure your pot doesn't run dry.)

Add the garlic cloves and simmer for a few minutes longer (about 5). Drain the liquid and add all of the remaining ingredients to a food processor or blender. Blend to your desired consistency. (I like mine pureed with a few chunks.)

Season with salt & pepper, and any other seasoning you like! Enjoy.

Roasted Broccoli & Garlic

* 3-4 servings

Ingredients:

- 1 entire broccoli cut into florets. (if you want to use the stems, cut into bite-sized pieces) (this is great with cauliflower, too!)
- 2 Tbsp. Extra Virgin Olive Oil
- 1 entire garlic, cloves peeled. (I prefer not to slice the cloves, but you can if you like)
- Himalayan Pink Salt & Freshly Ground Pepper to taste

Directions: Preheat oven to 220 degrees C. In a large bowl, drizzle the olive oil over the broccoli. Add the garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap. Cook for about 20 min. or until the edges of broccoli are crispy!

Simple Sautéed Spinach

*Serves 2

Ingredients:

- 6 Large handfuls of baby spinach, cleaned & dried
- 3 cloves of garlic, peeled & thinly sliced
- 1/2 fresh lemon
- 1.5 Tbsp. coconut oil
- Sea salt & fresh ground pepper to taste

Directions: Heat up a large frying pan with coconut oil over a medium heat. Add 1/3 of the spinach to the pot and with tongs, continually turn the spinach for 1-2 minutes. Add the next 1/3 of spinach to the pot, continually turning (about 1 min). Add the final 1/3 of spinach AND the sliced garlic, and continually turn until all of the spinach is mostly wilted (another 1-3 minutes).

Remove spinach mixture from the pot and squeeze 1/2 lemon over the spinach. Season with salt & pepper and toss well. That's it! Very easy & super healthy!

How-To's...

How to Hard Boil an Egg

Ingredients: 4-6 eggs (you can make as many as you want at a time)

Directions: Fill a small sauce pan half way with water & add your eggs. Do not crowd the pot.

Bring water to a boil over med - high heat. When the water boils, remove the pot from the heat and set aside with a tight lid for 15 minutes.

Drain water and place eggs in a bowl with cold water & ice. Peel when ready to use!

How to Bake a Sweet Potato

Ingredients:

- 2-4 Sweet potatoes, rinsed & dried

Directions: Pre-heat oven to 200°C. Pierce each sweet potato a few times with a fork (don't get trigger happy... it's just to let some of the steam out).

Place the sweet potatoes on a rimmed baking sheet lined with foil. Bake for about 45 minutes, or until potatoes are tender. That's it!

How to Steam Veggies (Broccoli, Carrots, Mixed Veg, etc.)

Ingredients:

- Any Vegetable of choice, cut to bite sized pieces (Broccoli, Pepper, Cauliflower, Asparagus, Carrots, etc.)
- ½ Tsp. Sea Salt (Optional)

Directions for Steaming in a Pan: Bring a 1/4 inch of water to a boil in a large sauce pan.

Add salt to the water if desired. Add your vegetable of choice, cover, and then steam your veg until they are as tender as you want (about 3-5 minutes).

Directions for Steaming in a Steamer Basket: Bring an inch of water to a boil in the bottom of a pot (where you will then place your steamer basket into).

Place veggies into the steamer basket, set over the boiling water. Cover and steam until cooked to your liking (about 3-5 minutes).