

YOUR GUIDE TO THRIVE IN RAMADAN

The Holistic Nutritional Manual to Support Fasting

Prudence Matar





*Your Guide to Thrive In Ramadan; The Holistic Nutritional Manual
to Support Fasting*

Owned & Produced by Prudence Matar
Matar Health Holistic Nutrition and Wellness Clinic

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ - 2:183

"Oh you who believe, fasting is prescribed for you, as it was for those that came before you, so that you can guard against Evil"

2: 183 – Surah Al - Baqarah



MATAR HEALTH

HOLISTIC NUTRITION AND WELLNESS CLINIC

WHO ARE WE?

Matar Health is a holistic nutrition clinic, located in Wolli Creek, Sydney, Australia.

Providing both physical consults in clinic and virtual consultants via Skype and Zoom to clients locally and internationally, Matar Health offers:

- 1:1 nutritional counselling
- Treatment for chronic health conditions including weight management, diabetes, autoimmunity, thyroid conditions, digestive health, IBD, eczema, psoriasis, anxiety management, nutrient deficits
- Meal plans
- Prescription nutritional supplements and
- Functional testing for the whole family.



Matar Health has a passion and specialist knowledge in Women's Health and preventative care. With experience in conditions including; PCOS, endometriosis, menstrual irregularities, period pain, PMS and acne.

Through consultation and functional testing (where indicated) our Clinical Nutritionists seek to identify and address the underlying cause of health complaints, conditions and symptoms. Treatment and health goals are focused to address the underlying causation, treat the whole person and offer symptomatic relief.

All patients receive an individualized treatment plan, utilising best- practice treatment, scientific evidence based interventions combined with clinical experience and expertise.

Matar Health run Nutritional Workshop incursions for all school aged children and their parents as well as Women's Wellness Workshops.

For more information visit www.matarhealth.com



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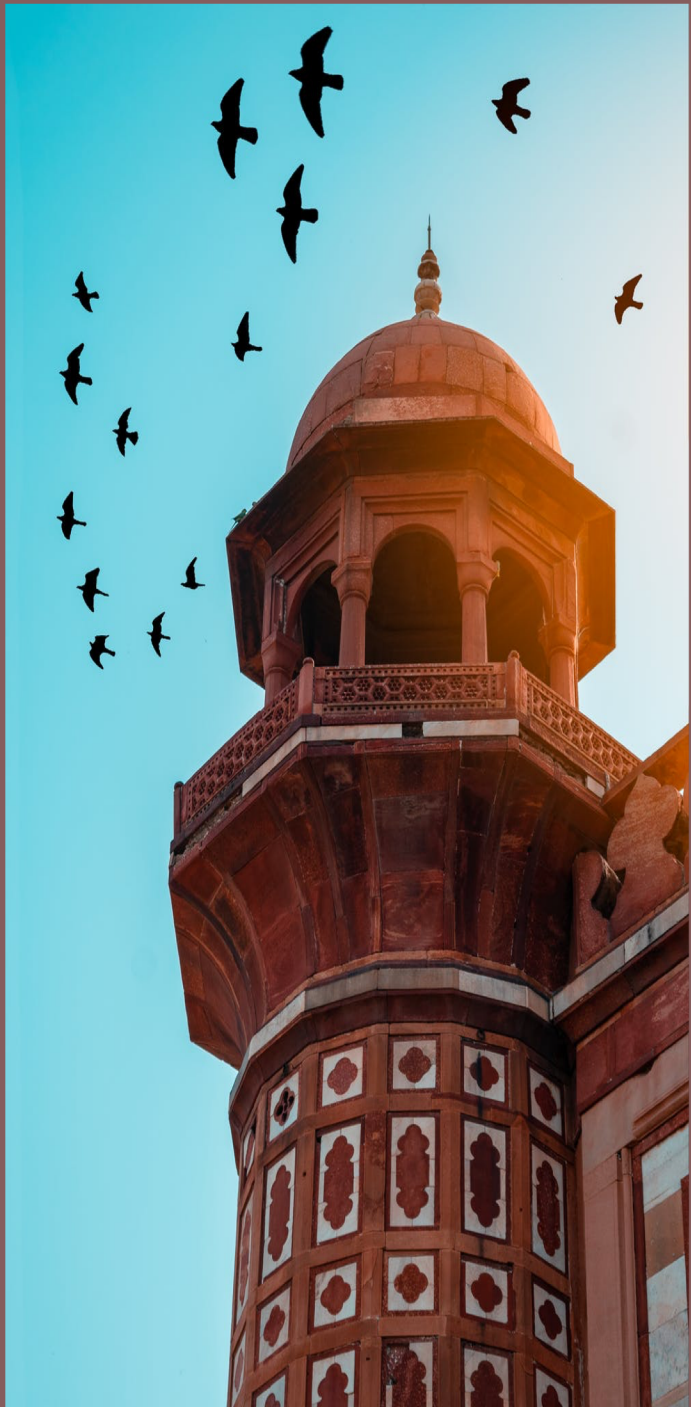
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About *Your Guide to Thrive*

Asalamo Alaykam!

Alhamdulillah we have been blessed to experience another Holy Month of Ramadan.

A month full of blessings where we are Allah's guests. A month where we get to experience closeness to Allah and spiritual highs.

It is a month where we have the opportunity to repent and reset.

This clean slate can apply to not only our spiritual health, but also to our physical health.

This guide is intended to arm you with nutritional tools to aid in increasing health and energy whilst fasting.

It includes; how to prepare your body in the lead up to Ramadan, to minimize adverse effects, how to nutritionally optimize your Iftar and Sahoor meals, foods to include and reduce, along with simple tips to combat common side effects of fasting.

Also included in this guide; a Meal Plan Template, A sample 7 Day Meal Plan AND nutritious and delicious Sahoor and Iftar Recipes.

We hope this is beneficial for you and aids in a successful and fruitful Ramadan.

Wishing you a spiritual and healthy Ramadan

WHAT IS RAMADAN? AND WHY ARE WE FASTING?

Ramadan is the 9th Month of the Islamic Calendar.

The Islamic Calendar operates by the moon or the Luna Calendar.

Every year the month shifts forward by 10 days, due to the Luna Calendar. As a result Ramadan falls on a different Gregorian date every year.

Ramadan is a highly revered and special month of spirituality and joy for Muslims worldwide.

It is the month that the Quran was revealed to Prophet Mohammed (saws).

Islam has 5 pillars of faith, and fasting is the 3rd Pillar.

Fasting for the month of Ramadan, involves abstaining from food, drink (even water), sexual intercourse and smoking during daylight hours. For healthy, able and mature people. The fast is from dawn to sunset. After sunset you can eat and drink again.

Ramadan is also a time for seeking nearness to God, spiritual reflection, prayer, seeking forgiveness, giving charity and maintaining relationships.

The month of Ramadan begins with the sighting of the New Moon, indicating the start of the month and ends with the next New Moon indicating the beginning of the next month.

At the end of Ramadan, fasting is over, and celebrations begin. This is called Eid al Fitr, Festival of Breaking of the Fast and celebrations usually last for three days.



BENEFITS OF FASTING

... **BUT TO FAST IS BEST FOR YOU IF ONLY YOU KNEW**
- QURAN 02:184

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَيَّامًا مَّعْدُودَاتٍ ۚ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ ۚ فَمَن تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ ۚ وَأَن تَصُومُوا خَيْرٌ لَّكُمْ إِن كُنتُمْ تَعْلَمُونَ -

Mental:

- Mindfulness, increased peacefulness and focus
- Increased spirituality, connection to God
- Empathy for the less fortunate through hunger and humility
- Improved community relations through charity and sharing meals
- Self discipline
- Self restraint
- Removal of bad habits
- Increased productivity

Physical: (Dependent upon nutrition consumed during the month)

- Weight loss
- Improvement in insulin sensitivity
- Reduced blood pressure in people with hypertension
- Digestive relief – Break on the Digestive System
- Reduced LDL cholesterol
- Reduced BMI, reduced serum insulin
- Increased autophagy
- Resistance against oxidative stress decreased inflammation

*Always consult your doctor for chronic health conditions and fasting

More information on the benefits of fasting can be found here
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4274578>

PREPARATION FOR FASTING

Leading up to the month of Ramadan;

Gradually Reduce Coffee Consumption, to avoid withdrawal symptoms and headaches



- ❖ Reduce to 1 coffee per day
- ❖ Delay your daily coffee – if normally at 8am > 10 > 12pm
- ❖ Replace the daily coffee with one black or green tea/day
- ❖ Replace with a Matcha Latte
- ❖ Switch to a herbal caffeine free tea

Gradually Reduce Sugar and Packaged Foods, to avoid withdrawal and headaches

- ❖ Reduce high sugar content foods, chocolate bars, donuts, soft drinks, packaged baked goods
- ❖ Replace with dark chocolate, fresh fruit, water, nuts,



OPTIMAL NUTRITION IN RAMADAN

What to Eat in Ramadan?

Include a Variety of Nutrient Dense Whole Foods



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

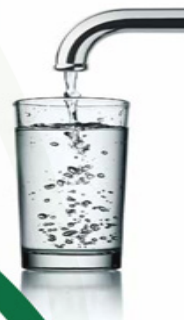
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



Imagine the above is your **dinner plate**; portion it to reflect this;
 $\frac{1}{2}$ plate veg, $\frac{1}{4}$ protein source, $\frac{1}{4}$ carbohydrate, add fat/dairy/fruit=
Balanced Meal

OPTIMAL NUTRITION IN RAMADAN

What to Eat in Ramadan?

Include a Variety of Nutrient Dense Whole Foods

- ❖ Eat simple and humble meals. Fasting does not equal feasting
- ❖ Include 2 Main Meals and 1 snack per day
- ❖ **Main Meals:**
 - *Sahoor* = The Pre Dawn Meal
 - *Iftar* = The Evening Meal after sunset to Break Fast
- ❖ **Snack**
 - Post Iftar- night time snack
- ❖ Include water as your main drink – at Sahoor and after Iftar
 - Get headaches when fasting? Check your water intake
 - Tea and coffee and can be dehydrating. Drink moderately
- ❖ Break the fast on 1 or 2 dates. These provide energy and nutrients and are easy on digestion. Or break the fast with sips of water
- ❖ Eat light hydrating salads or soups before filling up on water



- ❖ Include lots of hydrating fresh fruits and vegetables;
 - Watermelon, tomato, grapes, apples, oranges, cucumbers, zucchini, spinach, lettuce, carrots.
- ❖ As salads, soups, snacks, smoothies, juices.

OPTIMAL NUTRITION IN RAMADAN

Foods to Include in Ramadan?

Include a Variety of Nutrient Dense Whole Foods

- ❖ Include an abundance of fresh vegetables daily
- ❖ Aim for **a minimum of 2 serves of vegetables at Iftar**
 - A serve = 1 cup of raw and 1/2 cup cooked veg
- A serve of vegetables at the Post Iftar Snack and
- A serve of vegetables at Sahoor
- ❖ Bulk up your family favorite meals with additional vegetables (soups, stews, pasta dishes, rice dishes)
- ❖ Include a colourful salad as a starter
- ❖ Include vegetable soups
- ❖ Use vegetables as tasty side dishes;
 - Sauteed, steamed, baked, stirfry



OPTIMAL NUTRITION IN RAMADAN

Foods to Limit in Ramadan?

For Health and Vitality, Include Whole Foods

As meals are reduced, it is important to ensure the meals eaten are packed full of nutrients to avoid deficiencies that may arise after a 30 day fast.

❖ Reduce or limit fried foods

- Limit traditional samosas, hot chips and fried foods to weekend treats



❖ Limit sweets and desserts to special occasion evenings

- Replace with fresh fruit platters, cheese and nuts
- Vegetable sticks with dips (avocado, nut butter)
- Homemade savoury muffins

❖ Limit packaged and processed foods

- Replace with nuts, fruit, homemade popcorn

❖ Reduce tea and coffee

- These are dehydrating
- These may deplete essential nutrients

CURB THE CRAVINGS

Eat a nutrient dense, balanced **Sahoor**
(Including a fat, protein & carbohydrate)

Recipes ideas attached

Include **protein** rich foods; (at each meal and snack)
These help to stabilise blood glucose levels, reduce
appetite and cravings.

Include foods like;

Boiled eggs, scrambled eggs, nuts, seeds, nut butter,
Hummus, cottage cheese, lean meats, legumes, Greek yoghurt.

Include Essential **Unsaturated Fats**;

These also aid in satiety and reduce cravings

Include foods like;

Seeds, nuts, avocado, olive oil, full fat dairy, fish



COMBAT CONSTIPATION

Eat fibre rich foods

Include fresh fruits, vegetables, oats, chia seeds, flax seeds, LSA, legumes, lentils, whole grains, whole meal or multigrain breads, pastas and brown rice.

Drink **water** at sahoor, after iftar and before bed
To reach 2 litres per day

Include fermented foods

Kefir, kombucha, sauerkraut, yoghurt

Light Exercise

Take a 20 minute stroll or walk around the block each day
to get the bowels moving

DITCH THE DIZZINESS

Light exercise can increase blood pressure (when light headedness is caused from low blood pressure) and aid in reducing dizzy spells from fasting.

Include a **brisk walk, yoga, stretching** or some short bursts of **Plyometrics** (star jumps, skips)

Please consult your doctor if this continues

Eat iron rich foods;

Liver, slow cooked beef, fish, chicken, eggs, spinach, oats, leafy greens, lentils, nuts, seeds, wholegrains, cereals

Eating nutrient dense meals, may avoid nutrient deficits

FIGHT FATIGUE

Go SLOW, Be Kind to YOU

If your job is physically laborious, use your lunch break or tea break, to rest, recharge and regain energy

Remember that you don't need to slave over the stove all day long.

Simple and humble meals, are Sunnah, healthy and wholesome.

Light Exercise

A short stroll, some star jumps or a stretching routine, can get the blood flowing and energise

Sleep

Maintain a set bedtime routine, to ensure you are energized and able to wake for Sahoor. Save your energy and late nights for the nights of Taraweh, Qadr and Supplications

Breathing and Meditation

Take a moment throughout the day (after Prayers, or where you have the time), to stop, sit and breathe deeply.

Do this for 10 minutes per day and as required

This helps to recharge and regain energy

Meditation offers calming and energizing effects

SUPPLEMENTATION

Continue the supplement regime, as prescribed by your health care practitioner.

Take your prescribed medications at Sahoor or Iftar, or both depending on your dosage.

Consult your prescribing practitioner for detailed outlines of dosages.

Some supplements if taken at night, may affect your sleep; e.g// B Vitamins may energize and keep you awake

Iron needs to be taken away from tea, coffee and dairy by at least an hour for best absorption

Some people may require a supplement to address a nutrient deficiency, or to prevent developing a deficit. Refer to a practitioner, for individualized prescribing.



Daily Iftar Planner

TODAY'S GOAL

IFTAR

SNACK

FRUIT
VEGETABLES

SHOPPING LIST

O my Allah, for Thee, I fast, and with the food Thou gives me I break the fast, and I rely on Thee.

اللَّهُمَّ لَكَ صُمْتُ وَ عَلَى رِزْقِكَ أَفْطَرْتُ وَ عَلَيْكَ تَوَكَّلْتُ



ALLAAHUMMA LAKA S'UMTU WA A'LAA RIZZIKA AFT'ARTUWA A'LAYKA TAWAWKKALTU

7 Day Ramadan Meal Plan Sample

	Sahoor	Iftar	Dessert	Snack	
1	Oat Porridge with honey, Milk, chia seeds, walnuts Diced apple & cinnamon.	Baked Salmon, brown rice, sautéed Veg SALAD: Spinach, beetroot, apple, carrot SOUP: Lentil	Blueberry Banana Muffin Recipe attached	A slice of cheese, a pear and a handful of Mixed raw nuts.	THIS WEEK'S TOP TIPS Choose water as your main source of fluids Feeling light headed during fasting?
2	Chocolate Oat porridge with honey, Milk, LSA, cacao powder, coconut flakes, Topped with berries	Grilled chicken Breast w/brown rice SALAD: Roast pumpkin and rocket SOUP: Lentil	Apple Crumble Recipe attached	Vegetable sticks, with Brown rice crackers and hummus	- Include a 20-minute daytime walk - Exercise may improve fast-induced hypotension
3	Sahoor Chocolate Smoothie Recipe attached	Baked potato with Beans and veg SALAD: Fattoush SOUP: Chicken veggie	Coconut Rough Recipe attached	Greek yoghurt with Berries and granola	SHIPPING LIST Multi grain sourdough, oats, chia, LSA, walnuts Avocado, spinach, mushroom, caps, carrot, celery Apple, berries, banana, coconut flakes, pear, nuts
4	Hard Boiled Eggs With avocado on sourdough toast Topped with spinach	Slow cooked lamb roast vegetables SALAD: Cauliflower and tahini SOUP: Pumpkin	Fruit platter with cheese and nuts	Rice cake topped with Nut butter and honey	Eggs, milk, cheese, yoghurt, honey, nutbutter Chickpeas, rice cakes/crackers, brown rice, lentils Salmon, dory, lamb, chicken, lasagna sheets.
5	Hummus on Sourdough With sautéed mushrooms And spinach	Lentil & Veg lasagna SALAD: Fattoush SOUP: Pumpkin	Nice Cream with toppings Recipe attached	Avocado dip with crackers And veggie sticks	Beetroot, pumpkin, potato, zucchini, rocket, tomato Cauliflower, onion red, onion brown, parsley, Coriander, ginger, lemons, soy sauce, cucumber,
6	Nut Butter on Sourdough Topped with banana, strawberries and cacao	Shakshuka SALAD: garden With Soudough	Chocolate Crackle Recipe attached	Berry Smoothie /green smoothie	Kidney beans, passata, radish, mint, sweet potato Broccoli, green beans, basil,
7	Sautéed vegetables capsicum, zucchini, Mushroom, spinach, onion with scrambled Eggs and sourdough.	Baked Dory with coriander SALAD: Broccoli pesto SOUP: Lentil	Chia Pudding with Berries and coconut Recipe attached	A slice of cheese and Apple slices sprinkled with cinnamon.	FAMILY SUGGESTIONS Be creative with leftovers to avoid Food Wastage How many vegetables have you eaten today? AIM: include 2 cups of 5 different coloured veg/day

Recipes

Sahoor, Iftar and Healthy Treats



SAHOOR RECIPES



Banana Berry Smoothie



SERVES 1

Ingredients

- 1 cup unsweetened almond, coconut or soy milk
- 1/3 cup frozen raspberries and 1/2 banana
- 1 tablespoon of Chia seeds
- 1 tablespoon of LSA
- 1 tablespoon of oats
- 1 tablespoon of Natural Greek Yoghurt
- 1 teaspoon of honey

Blend and drink

Green Smoothie



SERVES 1

Ingredients

1 cup coconut water (can use fresh OJ or standard water)

1/2 cup peeled green apple

1/2 lemon

1 cup of baby spinach

1 frozen banana

1 tablespoon of chia seeds

1/2 an avocado

1 kiwi fruit (optional)

directions

Chocolate Milkshake Smoothie



SERVES 1

Ingredients

- 1 cup unsweetened almond, coconut or soy milk
- 1 frozen banana
- 1 tablespoon cacao powder
- 1 tablespoon chia, flax, and LSA
- 1 teaspoon honey
- 1 teaspoon unhulled tahini or peanut butter (optional)
- ½ cup of Greek yoghurt
- 1 floret of frozen steamed cauliflower
- 1 handful of baby spinach

blend and drink

Apple Walnut Porridge



SERVES 1

Ingredients

Serves 1

Prep time 5 min Cook time 10 min

Ingredients

1/2 cup rolled oats (50 grams)

1 tsp chia and LSA

1/2 cup water (125 mls)

1/2 cup milk of choice (125 mls)

1/2 cup diced red or green apple

1 tsp cinnamon

1/2 tsp honey (2.5 mls)

1 tbsp roughly crushed walnuts

(Mix it up by replacing the apple with berries, banana, peanut butter, cacao, cacao nibs)

Method

- Combine the oats, water and milk in a saucepan and heat over a medium-low heat, stirring every now and then for 5-10 minutes or until thick and creamy. Add most of the cherries, leaving a few aside for a garnish, the cacao/cocoa powder and honey, and stir to combine.

- Top with remaining cherries and the desiccated coconut to serve

Spelt Pancakes



SERVES 4

Ingredients

Prep time 5 min Cook time 15 min

Ingredients

2 cups of wholemeal spelt flour

1 tsp baking powder

1/2 cup coconut sugar/brown sugar

1 cup milk of choice

1 egg

honey or maple syrup to serve

Grass fed butter to serve and cook

Serve with berries, banana or pear

Method

- Combine the dry ingredients and mix

Add the wet ingredients and whisk

Cook in hot buttered pan. Flipping over as bubbles appear

Cook other side until golden brown and cooked thru- 2 minutes

enjoy

IFTAR MEALS



GO- TO GREEN SIDES



Prep time

10 min.

Ingredients

Any vegetables you would like to use. Tastes great using kale, zucchini, asparagus, broccoli, spinach, carrot, cauliflower, cabbage, brussels sprouts.. etc.

1 large clove of garlic crushed

1cm knob of fresh ginger finely grated

Olive oil

Salt

Lemon juice

Method

Add olive oil into a pan. Heat. Add in washed and cut mixed vegetables or greens. Cover with a lid. Sautee for 5 mins or until tender. Once tender, add in the garlic and ginger. Stir until fragrant, remove from heat and serve. (The use of the garlic almost raw, makes the most of the antioxidant effects from the garlic, crushed and raw is the best) and the same with the ginger. Season to taste, drizzle over lemon juice and olive oil.

Makes a great side, to salmon and fish meals.

HEARTY LENTIL SOUP



Prep time

10 min.

Cook time 1 hour

Ingredients

1 brown onion diced

2 tbsp olive oil

4 cloves of garlic peeled

2cm knob of ginger finely grate

2 large diced carrots

2 diced celery stalks

1 large diced zucchini

2 cups of orange split lentils (soaked at least one hour and rinsed well)

½ cup white aborio rice or short grain rice- soaked and rinsed

1 litre of *Campbells Real Stock*- salt reduced liquid stock OR 1 litre of water

500ml of water

Juice of 2 lemons

2 tsp Herbamare salt

Ground cumin optional

Method

Add olive oil into a large saucepan. Heat. Add in diced onion and cook until soft then add in garlic and ginger. Stir. Add in all the vegetables and stir for a minute. Stir in the rice and lentils. Stir for a minute.

Add in the stock or water and stir.

Cover with lid, reduce heat to low simmer.

Stir occasionally. Cook for 60 minutes until the lentils and rice have thickened the soup and are almost dissolved.

Stir in lemon juice

Add more water if you prefer a thinner consistency

Add lemon, cumin, salt and pepper to taste

EASY PEASY PUMPKIN SOUP

Prep time

10 min.

Cook time 30 minutes

Ingredients

1 large brown onion cut in quarters

2 tbsp olive oil

3 cloves of garlic peeled

2 large carrots cut in segments

2 small peeled potatoes cut in half

½ butternut pumpkin or 1 whole small one

1 litre of *Campbells Real Stock*- salt reduced liquid stock

1 cup of full fat milk or coconut cream/milk.

2 tsp Herbamare salt

4 bay leaves

Dried Italian herbs

Black pepper



Method

Add olive oil into a large saucepan. Add in onion, garlic, carrot, potato and pumpkin. Stir and cook until fragrant. Stirring regularly.

Add in the stock.

Cover with lid, reduce heat to low simmer.

Stir occasionally. Cook for 30 minutes until the vegetables are very soft.

Stir in milk.

Stir.

Turn off and remove from heat. Remove bay leaves.

When slightly cooled, use stick blender to blend until completely smooth.

Add Herbamare, salt and pepper to taste.

NO KNEAD EASY BAKE BREAD

Prep time

10 min.

Rest time 18 hours

Cook time 45 minutes

Ingredients

2 cups of plain flour

1 cup of wholemeal spelt flour

Extra flour for hands and pot

1 handful of flax seeds

1 $\frac{3}{4}$ tsp salt

$\frac{1}{2}$ tsp of dry active yeast

1 $\frac{1}{2}$ cups of room temperature water

Caraway seeds for topping or black cumin seeds



Method

Combine all the dry ingredients in a bowl. (reserve the caraway seeds for late)

Mix well

Add in the water. And mix until a sticky dough forms.

Use hands to combine it well. It will be a stickier dough than normal

Cover the bowl and leave sit for 18 hours in a warm spot or in the cold oven overnight.

The slow rise process will see your bread bubble and double in size. It will have a nice yeasty smell.

Preheat the oven, to 230 degrees c and preheat a round cast iron dutch oven

Put flour on your hands. And rub a small amount of flour around the dough.

Form it into a ball.

Remove dutch oven from oven and lightly flour the bottom

Drop your ball of dough into the dutch oven.

With a damp hand press very lightly over the top of the bread. Sprinkle a light layer of salt on top and press caraway seeds into the moistened top layer of the bread.

Cover the Dutch Oven.

Place in oven and cook for 30 minutes.

Remove the lid and place back in the oven for a further 15 minutes until it is browned on top.

Remove from oven and cool.

Take the bread out of the Dutch Oven. Tap the bottom. If it is ready it will make a hollow sound.

Allow to cool and slice with a bread knife.

Enjoy crusty and hot with a soup.

GREEN PESTO SAUCE

Prep time

10 min.

Ingredients

½ bag of organic rocket
1 bag of organic baby spinach
2 bunches of basil
1 bunch of parsley
2 cloves of crushed garlic
½ cup grated pecorino cheese
salt to taste,
½ cup or more of olive oil.
Handful of roast macadamias or pine nuts.
Juice of 1/2 lemon.

Method

Blend until smooth consistency.

Add extra olive oil, cheese, lemon juice or salt to taste.

Store in a glass jar in fridge for up to 2 weeks.

Use as a pesto sauce on pasta and broccoli dishes, top on green breakfast bowl, salad dressing, salmon topper. Etc.

My Favorite use: Broccoli Pesto Pasta

Cook 1 packet of Buckwheat pasta by packet directions

Blanch a head of broccoli, and cut into small florets and refresh in cold water

Wash and dry organic spinach

Wash and dry organic rocket

Add cooked pasta to a plate/bowl

Top with broccoli, spinach and rocket. Dress with olive oil, salt, black pepper and the pesto sauce and grate more cheese on top

OPTIONAL: top with grilled chicken breast and roast almonds and drizzle with more pesto sauce, black pepper and cheese.



ROAST PUMPKIN SALAD

Prep time

40 mins.

Ingredients

1 bag of organic rocket
½ bag of organic spinach leaves
½ a kent/butternut pumpkin
2 cups of cooked/boiled chickpeas
1 cup of lightly baked pine nuts
2 small cloves of crushed garlic
2 cups of freshly juiced lemons
2 cups of natural Greek yoghurt
1 cup of extra virgin olive oil
3 tablespoons of unhulled tahini
salt to taste,



Method

Peel and cut pumpkin into medium cubes. Drizzle with olive oil and salt. Roast until caramelized/brown and cooked. Approx 30 minutes at 180 degrees. While roasting, wash and dry the salad leaves. Place in bowl. Add the cooled and drained chickpeas on top. Drizzle over some lemon juice to dress the leaves.

Make the tahini dressing:

Add the yoghurt into a large mixing bowl. Slowly add a tablespoon at a time of the tahini, stirring vigorously to blend into the yoghurt.

After all tahini blended in and smooth, stir in ½ cup of lemon juice, and garlic. Then stir through the olive oil. Add about a teaspoon of salt and season to taste. Add more lemon if needed.

When pumpkin is cooled add to the top of the chickpeas and salad leaves in the bowl. Drizzle generously with the tahini sauce. Top with pinenuts and parsley if desired.

NOTE: If after a VEGAN version, replace the Greek yoghurt with natural coconut yoghurt. I have tried this and it works well. IF the coconut yoghurt is a thicker consistency add some water to the yoghurt to make it smooth before adding in the tahini. The tahini will thicken the yoghurt and make it hard, if you don't make the coconut yoghurt smooth and thinner before adding the tahini.

ROAST CAULIFLOWER SALAD

Prep time

40 min.

Ingredients

1 bag of organic baby spinach
1 large bunch of parsley
1 whole cauliflower
¼ thinly sliced red cabbage
2 cups of cooked chickpeas
1 pomegranate
1 cup of toasted walnuts lightly chopped
2 small cloves of crushed garlic
2 cups of freshly juiced lemons
2 cups of natural Greek yoghurt
1 cup of extra virgin olive oil
3 tablespoons of unhulled tahini
salt to taste,
1 tablespoon of smoked paprika
2 teaspoons of turmeric
Black pepper

Method

Cut the cauliflower into florets. Wash and dry and place on a lined baking tray. Drizzle in olive oil and sprinkle over the smoked paprika, turmeric and black pepper. Rub the mix together to ensure the cauliflower is coated.

Bake in oven until tender and browned. Leave to cool.

Wash and dry the parsley and spinach. Roughly chop the parsley.

Seed the pomegranate until all the seeds are out and single.

Layer the spinach and parsley on a large serving plate. Add the drained chickpeas.

Add the cooled cauliflower on the top.

Drizzle over the tahini dressing generously.

Top with the toasted walnuts and pomegranates.

To Make the tahini dressing:

Add the yoghurt into a large mixing bowl. Slowly add a tablespoon add a time of the tahini, stirring vigorously to blend into the yoghurt.

After all tahini blended in and smooth, stir in 1 cup of lemon juice, and garlic.

Then stir through the olive oil. Add about a teaspoon of salt and season to taste.

Add more lemon if needed



SPINACH, BEETROOT, CARROT & APPLE SALAD

Prep time

20 min.

Ingredients

1 bag of organic baby spinach
3 carrots grated
1 large beetroot grated (raw)
2 apples peeled and grated
½ red cabbage thinly sliced
2 cups of freshly juiced lemons
1 cup of extra virgin olive oil
1 tablespoons of Dijon mustard
1 teaspoon of honey
salt to taste,
1 cup of roughly chopped walnuts
1 tablespoon of Black sesame seeds

Method

Wash and dry the spinach. Add to bowl

Grate the beetroot, apple and carrot and add to the top of the spinach.

Make the dressing:

Add the lemon juice, olive oil, mustard, honey and salt into a glass jar with a lid.

Add the lid and shake vigorously.

Pour the dressing over the salad and gently mix to coat it all.

Top with the walnuts and the seeds.

TIP: I like to mix it up and add sliced red cabbage to it too for more nutrients.

Tastes great with or without the red cabbage.



Prep time

30 min.

FATTOUSH SALAD

Ingredients

- 2 large bunches of parsley
- 1 large bunch of mint
- 3 large cucumbers
- 4 large tomatoes
- 5 small radishes
- ¼ red cabbage thinly sliced
- 2 red capsicums
- 5 shallots
- 6 cos lettuce leaves
- 1 small clove of crushed garlic
- 1 cups of freshly juiced lemons
- 1 tablespoon of sumac (optional)
- 1 cup of extra virgin olive oil
- 1 cup of pomegranate seeds (optional)
- salt to taste
- 1 tablespoon pomegranate molasses (optional)
- 2 pieces of toasted Lebanese bread

Method

Wash and dry the herbs and vegetables

Finely chop all the vegetables

Remove the stems from the mint. Finely chop the mint leaves

Remove the large stems from the parsley. Finely chop the parsley leaves.

Add all into a bowl and toss through.

Add lemon juice, garlic, olive oil, salt and pomegranate molasses into a glass jar with a lid.

Shake to combine.

Pour over the vegetables. Toss to coat and combine. Add extra salt to taste.

Sprinkle over the sumac and mix through.

Top with pomegranate seeds and toasted Lebanese bread. Serve immediately.

TIP: toasting the Lebanese bread is a healthier and tasty alternative to frying.

Add whole Lebanese bread into hot oven and cook until just brown.

Allow to cool and break into large pieces. For extra flavor and crunch, brush the Lebanese bread with olive oil, and sprinkle with zaatar. Bake in the oven until crisp.



WATERMELON & WATERCRESS SALAD



Prep time

20 min.

Ingredients

- 1 bag of organic baby spinach
- 4 cups of roughly cut watermelon into small pieces
- 2 cups of Persian feta
- 1 large bunch of watercress
- 1 red onion sliced
- 1 cup of freshly juiced lemons
- 1 cup of extra virgin olive oil
- 2 tablespoons of balsamic vinegar
- salt to taste,
- 1 cup of roasted pumpkin seeds (optional)

Method

- Wash and dry spinach and watercress
- Roughly tear the watercress into smaller pieces
- Add them into a platter
- Top with watermelon
- Tear the Persian feta and place on top
- Add the red onion, sprinkle with seeds and pour over the dressing

SPINACH AND POTATO SALAD

Prep time

30 min.

Ingredients

1 bag of organic baby spinach
8 washed potatoes skin on (Desiree)
5 celery stalks
1 cup of toasted pine nuts
1 red onion sliced
1 cup of fresh lemon juice
1 cup of extra virgin olive oil
2 tablespoons of wholegrain mustard
1 small clove of garlic crushed
2 tablespoons of Greek yoghurt
Hard boiled eggs (optional)

Method

Wash and boil the potatoes in salted water with skin on, until just tender. Drain and leave to cool.

Wash and dry spinach and celery. Dice celery. Add spinach and celery to a large bowl. Add sliced onion.

Place pine nuts on a lined baking tray and bake at 160 degrees for about 10 minutes. Until just golden brown. Turn every 5 minutes.

Once the potatoes have cooled. Gently cut them into small squares. (you can peel them if you wish, I prefer skin on). Add to the bowl with spinach.

Add the lemon juice, crushed garlic, olive oil, salt, mustard and yoghurt into a glass jar. Add lid and shake till combined. Salt and pepper to taste.

Pour over the potato, spinach, onion and celery mix.

Top with pine nuts and sliced cooled boiled eggs.

HEALTH FACT: Why potato salad? Cooked cooled potatoes contain a form of fibre called *Resistant Starch*, which is a great fuel for gut bacteria and digestive health.



OVEN BAKED SALMON

Serves 4

Prep time

30 min.

Ingredients

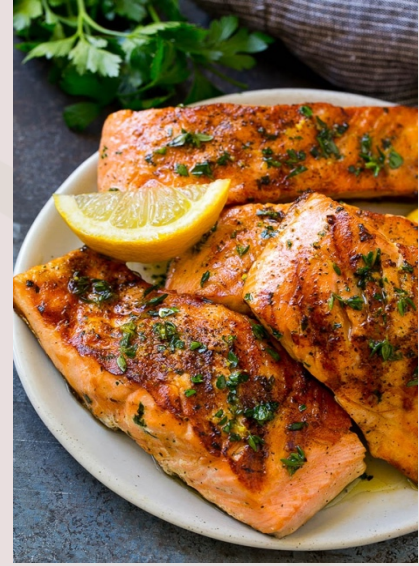
4 fillets of wild caught Salmon (skin off and de-boned)

1 lunch bunch of coriander washed well and chopped

1 cup of lemon juice

2cm knob of ginger grated

1/3 cup of Pure Harvest Tamari



Method

Wash and dry the salmon fillets, ensuring all scales, skin and bones are removed.

Add the fillets into a ceramic baking dish

Add lemon juice, chopped coriander, grated ginger and tamari into a bowl. Stir to combine.

Pour the lemon juice mixture over all the fillets, turn them to ensure they are well covered in to sauce. Ensuring each piece has even amounts of coriander and ginger on top.

Cover and marinate for about 1 hour. Not too long as the lemon juice will cook the fish and dry it out.

Bake in oven at 160 degrees for 20 minutes, or until just cooked through.

Cooking time will depend on the thickness of the fillet.

Serve hot from the oven on a bed of steamed brown rice. Add sautéed garlic and ginger greens; spinach, zucchini, bok choy and asparagus, with a side salad.

LEGETABLE AND LENTIL LASAGNE

Serves 8.

Prep time

40 min.

Ingredients

2 packets of lasagna sheets
2 cans of organic BPA free lentils
1 large jar of Tomato passata
1 cup water
2 zucchinis
2 carrots
1 can of BPA free corn kernels
1 bunch of English spinach, washed and chopped
1 grated beetroot
1 large brown onion
5 cloves of garlic crushed
Olive oil
Oregano, marjoram, thyme, nutmeg
Salt and pepper

Béchamel Sauce

3 tablespoons of butter
2 tablespoons of buckwheat flour
1.5 cups of milk
2 cups of cheese grated (not purchased grated, grate your own to avoid the anti-caking agent)
(1 cup for sauce, 1 cup for topping)
½ teaspoon of nutmeg

Method

Dice onion sauté in olive oil, add garlic. Add diced zucchini, carrot, corn and beetroot. Stir. Add lid and cook/steam for 5 minutes. Add the passata. Stir. Add the water. Drain and wash the lentils, add and mix through. Add the spinach. Simmer for 10 minutes. Add the spinach and stir through. Add salt, pepper and herbs to taste. Leave simmer for 20 minutes.

Béchamel Sauce- Melt butter in saucepan. Remove from heat. Add flour one spoon at a time, stirring through until a smooth paste. When all flour is added and smooth, add back to heat and stir on heat for 90 seconds. Remove from heat, add milk a little at a time. Stirring through before adding more. When all added, place back on heat and stir continuously until thickened. Add cheese. Stir till melted. Add. Nutmeg. Remove from heat.

Layer -

Add a layer of lentil sauce to a baking dish, then add the lasagna sheets, add another layer of lentil sauce, then top with lasagna sheets. Repeat until all mixture used. Add a final pasta sheet layer and pour the béchamel sauce on top. Top with cheese. Bake for 40 minutes. Rest for 20 minutes before serving. Serve with a salad



OVEN BAKED DORY WITH CORIANDER



Serves 4

Prep time

30 min.

Ingredients

4 fillets of wild caught John Dory (skin off and de-boned)

1 large bunch of coriander washed

½ cup of lemon juice

2cm knob of ginger grated

1 lemon rind

1 green or red chilli

1 tablespoon olive oil

1 teaspoon of sea salt

Salt and pepper to taste

Method

Wash and dry the fish fillets, ensuring all scales, skin and bones are removed.

Add the fillets into a ceramic baking dish

Add lemon juice, coriander, grated ginger, lemon rind, chili, olive oil and sea salt to a blender.

Blend into a rough paste.

Pour the green mixture over all the fillets, turn them to ensure they are well covered in to sauce.

Cover and marinate for about 1 hour. Not too long as the lemon juice will cook the fish and dry it out.

Bake in oven at 160 degrees for 20 minutes, or until just cooked through.

Cooking time will depend on the thickness of the fillet.

Serve hot from the oven on a bed of mash potato or sweet potato.

Serve with sautéed garlic and ginger greens;

With a side salad.

SLOW COOKED LAMB

Serves 6

Prep time

30 min.

Cook time 6 hours

Ingredients

1 large grass -fed lamb leg or shoulder.

1 red onion

2 brown onions

6 cloves of garlic

Fresh thyme and oregano

6 cloves

6 cardamom pods

Black pepper corns

½ handful of sea salt

2 carrots

3 celery stalks

2 cups of boiling water

2 tablespoons Organic grass-fed ghee

3 tablespoons of Buckwheat flour

Method

Place the lamb in a cast iron baking dish/dutch oven. Add 2 tablespoons of grass- fed organic ghee and heat. Brown off the lamb until all sides are seared and the fat is rendered. About 3 minutes on each side.

In the same pan add in the roughly chopped onion, garlic, carrot, celery, oregano, thyme, cloves, black pepper, salt and cardamom pods and cook until fragrant. Add the boiling water.

Cover with the cast iron lid. Bake in oven at 140-160 degrees for 4-6 hours, until the meat is tender and falling off the bone.

Cooking time depends on the size of the lamb.

Reserve the liquid/juices from the pan and use it to make a gravy.

GRAVY

Strain the liquid into a saucepan and heat. Slowly sieve a tablespoon at a time of buckwheat flour into the juices, stirring with a whisk. Heat slowly until it thickens and resembles a sauce.

Serve with the cauliflower salad.



SHAKSHUKA

Serves 5

Prep time

30 min.

Ingredients

8 eggs

1 red onion

2 Tablespoons of olive oil

1 large red capsicum

1 large zucchini

1 Tablespoon of cumin powder

1 Tablespoon of paprika

400ml jar of Passata

1 can of cannellini Beans

1 bag of organic spinach

Pinch of cinnamon

1 teaspoon of sea salt

Black pepper

1 bunch of parsley

Method

Add the olive oil to a large French cast-iron pan with lid. (I find the stove top method with the lid on is an easier to control temperature for perfectly cooked eggs). Sauté the onion, zucchini and capsicum until fragrant and tender.

Add the spices and stir until fragrant.

Add the passata. And stir together. Simmer for 5 minutes. Drain and add the beans. (kidney beans work well also). Stir in the spinach.

When all mixed together, and at a steady simmer, crack in the eggs, leaving enough room around each so as not to join together.

Add the lid and let simmer for 5 minutes, check after 3 minutes to see how the eggs are going.

For perfect, runny eggs check continually and reduce heat.

Serve immediately with topped chopped parsley, sourdough toast and a medley of olives and chilies and a green salad.

TIP: Sprinkle over some crumbled feta for a twist.

For a **VEGAN** variation, cook as instructed and add whole mushrooms to the top in place of the eggs.

Cover with the lid and cook until tender.



SWEET TREATS



BLUEBERRY BANANA MUFFINS



Makes 15 servings.

Prep time

10 min.

Ingredients

- 1 cup rolled oats
- 1 cup spelt flour
- 2 tsp baking powder
- Pinch of salt
- Teaspoon cinnamon
- ½ cup coconut sugar
- 2 large ripe bananas
- 1 cup of blueberries (wash and add a sprinkle of flour to prevent from sticking to the bottom)
- 2 eggs whisked
- ½ cup chopped walnuts or pecans
- Dash of olive oil
- Dash of milk of choice

Method

Mash bananas

lightly whisk eggs. Add into mashed banana.

Stir to combine

Mix dry ingredients

Add in the dry mix into the wet mix. Stir well.

Add in the nuts.

Stir. Add in the blueberries.

Gently Stir. Add more milk if mix is dry.

Using an ice cream scoop, add even amounts of mixture into lined muffin trays (3/4 full). Bake at 180 degrees for 15 mins until browned and cooked in middle.

Cool in tray for 5 minutes. Move to cooling rack.

PRUE'S HOMEMADE CHOCOLATE



Makes 20 serves

Prep time

20 min.

Set time 20 min minimum

Ingredients

- 1 cup of raw cacao butter buttons
- 1 cup of coconut oil
- 1 cup of raw cacao powder
- 1/3 cup of maple syrup, honey or rice malt syrup
- 1 teaspoon vanilla (optional)
- Pinch of salt (optional)
- Optional extras for flavouring- ½ cup of coconut flakes or ½ cup frozen raspberries, or mixed chopped nuts, or goji berries, or dried blueberries, or chopped dried ginger. (Add these in at the end of the tempering process, stir through melted chocolate before adding in to the molds)

Method

To melt and temper the cacao butter, use a double boiler method, by placing a small saucepan on the stove with some water covering the bottom.

Place a heat proof glass bowl on top of the saucepan opening and add in the cacao butter. Turn the heat to medium/low.

Stir the buttons until they are melted. Watch the heat. Don't want it too hot.

If temperature is warm, can turn the stove top off and use the heat already conducted.

Once melted add in the coconut oil and the sweetener of choice.

Stir to combine very well.

Stir in the flavourings or toppings.

Pour into a lined dish/tray or individual silicon moulds. Refrigerate until set.

Remove from fridge.

Cut into slices and store in fridge in container.

Must be stored in the fridge. These are not heat stable.

Note: You can omit the cacao butter if you don't have it on hand. It works well with the coconut oil alone, but it is more prone to melting.

CHOCOLATE CRACKLE

Prep time

20 min.

Set time 20 minutes m

Ingredients

- 1 cup of raw cacao butter buttons
- 1 cup of coconut oil
- 1 cup of raw cacao powder
- 1/3 cup of maple syrup, honey or rice malt syrup
- 1 teaspoon vanilla (optional)
- Pinch of salt (optional)
- 2 cups of puffed brown rice cereal



Method

To melt and temper the cacao butter, use a double boiler method, by placing a small saucepan on the stove with some water covering the bottom.

Place a heat proof glass bowl on top of the saucepan opening and add in the cacao butter. Turn the heat to medium/low.

Stir the buttons until they are melted. Watch the heat. Don't want it too hot.

If temperature is warm, can turn the stove top off and use the heat already conducted.

Once melted add in the coconut oil and the sweetener of choice.

Stir to combine very well.

Stir puffed rice cereal in.

Pour into a lined muffin trays. Refrigerate until set.

Remove from fridge.

Store in fridge in container.

Must be stored in the fridge. These are not heat stable.

COCONUT ROUGH

Prep time

20 min.

Set time 20 minutes m

Ingredients

- 1 cup of raw cacao butter buttons (can use coconut alone - then double oil)
- 1 cup of coconut oil
- 1 cup of raw cacao powder
- 1/3 cup of maple syrup, honey or rice malt syrup
- 1 teaspoon vanilla (optional)
- Pinch of salt (optional)
- 1 cup of organic desiccated coconut or coconut flakes

Method

To melt and temper the cacao butter, use a double boiler method, by placing a small saucepan on the stove with some water covering the bottom.

Place a heat proof glass bowl on top of the saucepan opening and add in the cacao butter. Turn the heat to medium/low.

Stir the buttons until they are melted. Watch the heat. Don't want it too hot. If temperature is warm, can turn the stove top off and use the heat already conducted.

Once melted add in the coconut oil and the sweetener of choice.

Stir to combine very well.

Stir in coconut

Pour into a lined tray or loaf tin. Refrigerate until set.

Remove from fridge.

Store in fridge in container.

Must be stored in the fridge. These are not heat stable.



APPLE CRUMBLE



Total time

30 min.

Ingredients

- 12 large peeled apples (works well with any variety of apple or combination of apples)
- 1/2 cup of lemon juice
- 1.5 tablespoon of cinnamon
- 1 cup of buckwheat flour
- 4 Gluten free Weet-bix crushed
- 3 cups of rolled oats
- 150 grams of softened butter
- 1 cup of coconut sugar
- 1 cup of organic desiccated coconut

Method

Peel the apples. Roughly chop into cubes

Place the apples into a saucepan. Add the lemon juice and cook over low heat until just tender.

Stir through the cinnamon.

Place apples aside, remove from heat.

Heat oven to 180 degrees.

In a bowl, mix the dry ingredients, weetbix, oats, coconut sugar, flour and coconut.

Add the butter and crumble with your fingers to combine with the dry mix. Rub the butter into the dry mix until it is all coated and resembles crumbs. Place the apples into a baking dish. Top with the crumb mixture. Press the mixture firmly onto the apple mixture.

Bake in the oven for 20 minutes or until the crumb is lightly brown. Serve warm with custard, coconut cream, yoghurt or icecream

CHOCOLATE DESSERT BALLS

Makes 20 servings

Prep time

20 min.

Ingredients

2 ½ cup instant oats or lightly blitzed rolled oats

1/3 cup honey, maple or rice malt syrup

½ cup of coconut oil

¼ cup LSA or flax meal

¼ cup chia seeds

¼ cup of coconut flour

1 scoop of protein powder (optional)

1/2 cup of cocoa powder

3 tbsp boiling water

1 cup of coconut for rolling them in

(optional – can add in 3 tbsp of unhulled tahini or peanut butter)

Method

Combine the coconut oil and honey in a saucepan and cook for 1 minute , or until bubbling.

Combine all the dry ingredients in a bowl (excluding the coconut)

Add the honey and oil mixture into the dry mixture and stir to combine

Add the boiling water into the mix. Stir. Leave sit for 15 mins

Then roll into tablespoon size balls and roll in coconut. Set in the fridge and store in an airtight container in the fridge.



EASY BERRY ICE CREAM

Makes 6 servings

Prep time

10 min.

Set time

2 hours minimum

Ingredients

1 ½ tbsp honey or maple syrup or sweetener

1 cup Milk – any milk, coconut, almond or dairy

4 cups Frozen mixed berries

1 Tbsp chia seeds

Method

Place all the ingredients in a blender

Blend until smooth

Place in a lined tray and freeze

Take out 5 minutes before serving if you prefer it softer

Scoop, serve with mint leaves and enjoy



CHIA PUDDING

Makes 5 servings

Prep time

10 min.

Set time

6 hours minimum – overnight is best



Ingredients

2 tbsp maple syrup or sweetener

1 cup coconut milk

1 cup coconut cream

1 cups Frozen raspberries

$\frac{3}{4}$ cup chia seeds

1 tsp vanilla extract (Chefs Choice organic vanilla – alcohol free)

1 cup organic Coconut flakes to top

Berries to top

Method

Place all the ingredients in a bowl (except coconut flakes and berries for the top)

Whisk to combine

Pour into 5 ramekins

Top with coconut flakes and berries of choice

Refrigerate over night until set

Smooth, creamy, jelly like consistency