

A close-up photograph of a person's hands. The left hand holds a black fork with a piece of green salad and a yellow fruit segment. The right hand holds a clear plastic container filled with more salad. The background is blurred, showing a person in a white shirt. The text 'Happy Hill' is overlaid in a large, semi-transparent font.

Happy Hill

Recipe book

Healthy Meals for the 10 Day Happy Hill Program

Stephen Hill - The Happy Coach



Breakfast

To kick start the day off, a smoothie is just the trick. I suggest you play around with ingredients to get the flavour you are after, but remember, no adding of any sugary items. I have provided a list of ingredients you can use over the next ten days.

- Blueberries
- Cranberries
- Pumpkin seeds
- Hemp seeds
- Chai Seeds
- Avocado
- Spinach
- Pineapple
- Kiwi fruit
- Almonds
- Chick peas
- Coconut water
- Mint leaves
- Kale leaves
- Fresh lime juice
- Fresh ginger
- Walnuts
- Strawberries
- Flaxseeds
- Ground turmeric
- Almond or Hemp Milk

Lunches

Creamy Cauliflower, broccoli and almond Soup

- 1/2 diced onion
- 2 garlic cloves (crushed)
- 1/2 medium cauliflower (florets)
- 1/2 medium broccoli (florets)
- 60gm raw almonds
- 1/4 avocado
- 2 table spoons sesame seeds
- flat leafed parsley - chopped

Heat oil in a medium saucepan over med heat. Add onion, garlic and almonds and sauté for 5 minutes. Toss in the cut up Cauliflower and broccoli into the pan and fry off for a further 5 minutes. Add 1 litre of water and bring to the boil. Let it simmer for 10 minutes and once cauliflower and broccoli is soft, add the avocado and blitz with a blender. Add the diced parsley and season with salt and pepper.

Asian style Chicken vegetable Soup

- 1 tablespoon of extra virgin olive oil
- 300 gm of shredded chicken
- 2 med carrots, sliced in half moon
- 150 gm diced mushrooms
- 1 onion diced
- 2 garlic cloves -crushed
- 1 litre chicken stock (reduced salt)
- 1 table spoon soya sauce (low salt)
- 1/2 buch of coriander -diced
- 70 gm Kale
- 100gm Konjac noodles



Heat saucepan and add oil. Once hot, add onions, garlic and sauté to 2 minutes. Add the Chicken and sauté for 1-2 minutes. Add the carrots and mushrooms and sauté for a further 2 minutes. Add oil if required. Add the chicken stock and bring to the boil. Once boiled, turn to simmer and add the soya sauce, Konjac noodles and kale and let it wilt. Once it has wilted, turn off and add the diced coriander and season with salt and pepper.

Mexican Chickpea Soup

- 3 tomatoes - diced
- 3 gloves of garlic
- 1 avocado
- 90 gm of fresh chills - diced
- Can of chickpeas - organic - drained & washed
- 2 Carrots (peeled and diced)
- 2 celery stalks - thinly sliced
- 1 yellow or red pepper - thinly sliced
- 1 Onion diced
- 1 litre low salt vegetable stock
- 1 table spoon of cumin
- 1 teaspoon of oregano
- 1/4 teaspoon of paprika
- 1/2 Coriander

Pan on Medium heat. Add celery, yellow or red pepper, onions, garlic and carrots and sauté for 5 minutes. Add cumin, paprika and oregano and mix for 2 minutes. Add tomatoes with juice and stir in. Add stock,



Salads

Salads are one of the easiest and healthiest meals you can create. All that is required is a level of creativity and a touch of preparation.

To make your salads you need to apply these rules

Greens 60grms per salad and they can be a mix

Rocket

Kale

Mixed lettuce

Spinach

What vegetables can you use?

I would suggest you tailor the gram amount you want for your salads, it's a personal thing.

These are a list of vegetables and items you can use for your salads

- Cucumber
- Peppers, Red, green or yellow
- Cherry tomatoes
- Carrots
- Beetroot
- Red Onions
- Spring Onions
- Broccoli (Blanched)
- Cauliflower (Blanched)
- Cabbage: red, green
- mushrooms
- Snow Peas
- Asparagus
- Kalamata Olives
- Capers
- Zucchini
- Roasted Eggplants
- Avocado's
- Flax, Hemp, pumpkin, sunflower, Chai seeds
- Dried Herbs - parsley, oregano, basil, coriander, mint.
- Fresh Herbs Mint, parsley, basil, dill, sage, oregano, thyme
- Semi dried tomatoes

Dressings you can prepare

The base (2/3 of base) - Oil - Extra Virgin Olive Oil is top of list, followed by Avocado oil, flax and walnut.

Next component (1/3 of base)

Lemon juice, balsamic, apple cider or white wine vinegar or for an Asian feel, Tamari or Japanese Soy.

Add for different flavours:

Dijon mustard

salt and pepper

fresh herbs or dried herbs

Pinch of Tabasco

Proteins you can add

Canned Fish packed in water - Salmon and sardines are best - Tuna in Spring water is fine.
Chicken (Roasted or baked)
Leftover chicken from dinner
Tofu or Vegetarian Alternatives
Turkey

Favourite Mixed Salad

With this salad you can add what ever lean meat you would like to add. This can be served for lunch or dinner.

- Handful of Spinach
- 1/2 handful of Kale
- 1/4 Red Pepper
- Hemp seeds
- Chai Seeds
- Diced mushrooms
- 1 Diced Carrot
- 1 small floret of Broccoli
- 3 asparagus spears
- 1 bullet chilli
- 2 table spoons of olives
- 5-6 almonds - soak for 30 min prior to using

Dressing

Extra Virgin Olive Oil

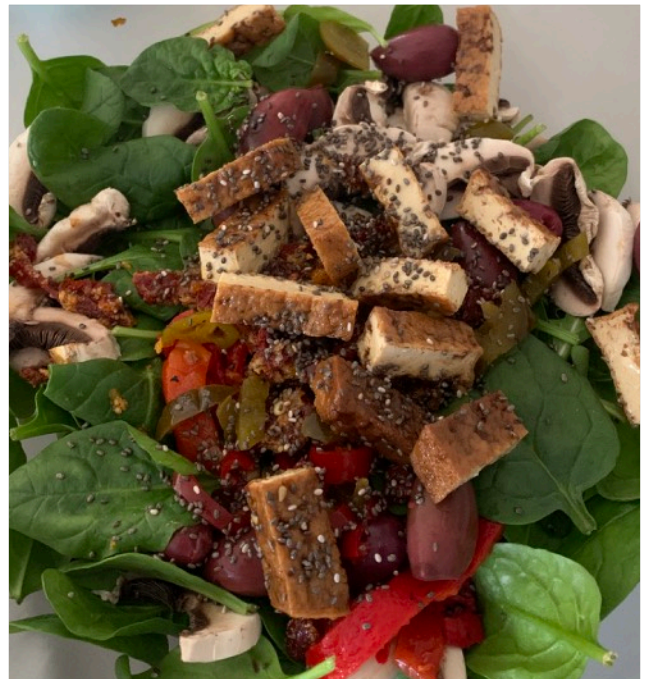
Balsamic or Apple Cider vinegar

dash of Dijon Mustard

Blanch the broccoli, asparagus and carrots in hot water for 1 minute and then run cold water over them. Add to salad

Add dressing when ready to serve.

I would suggest for the 10 Day program to cut and store your vegetables ready to portion out when needed for a salad.





Dinner

After a hard day's work, it can be last thing on your mind to cook a dinner that is both healthy and sometimes quick and easy. Dinner meals are so important through out the Happy Hill program and maintaining a consistent approach to good, clean eating is a must.

I have included in the list of meals, easy meals and some more challenging ones. So if you are a budding chef or just have the basics sorted, there will be a meal to suit you.

Note, you can mix and match many of these dishes. The main principle within this menu is to ensure you stay away from Sugar, Carbs, Dairy, processes foods and Starches. We are working to clean out the body so it able to work more efficiently. Dinner plays a major role in this. If you eat a healthy, clean meal at Dinner, you are setting your body up for the sleep it will crave throughout the program. This will give your mind and body the head start it needs for the next day.



I have researched and found these recipes you can easily produce

Crispy Skinned Salmon served on stir fried veg (1 serve)

150 grm Salmon Fillet
Coat with salt, pepper and any dried herb of choice

Veggie stir fry

- Extra Virgin Olive Oil
- 20 grms Raw Almonds
- Handful Broccoli (Blanched)
- Handful Cauliflower (blanced)
- 2 Carrots - Julianne (Blanched)
- 2 cloves of garlic
- 1 onion - sliced
- handful red cabbage sliced
- Handful mushroom
- teaspoon hemp & chai seeds,
- Handful of Kale

Medium pan, heat up and add Oil. Once hot, add onions and garlic. Then add mushrooms, red cabbage. hemp seeds, almonds and chai seeds. Toss for 1-2 minutes or until the mushrooms have taken the oil. You may need to add a touch more oil. Add the broccoli, carrots and cauliflower and toss for 2-4 minutes. When ready, season with pepper and serve. Drizzle with Olive oil and place salmon (Med cooked) on top.

Chicken Curry with Cauliflower rice (2 serves)

you can do a bit of cheating on this one. Find a low sugar curry mix to use or cook it from scratch.

- 300 grm Chicken thighs - Skin removed.(Diced)
- Curry mix
- 1 small eggplant - diced
- 2 Carrot (half moon)
- 12/ head of broccoli cut into florets
- 1/3 can of chick peas

Cook the eggplant by seasoning with salt and then pan frying in the EVOO and put aside. Cook the curry as directed by the curry mix. If it does say to use coconut milk, just use low sodium veggie stock or water. Add the chick peas and simmer for 10 minutes then add the broccoli and simmer for a further 2 minutes or when ever the dish is ready.

Cauliflower rice

1 x Cauliflower

Cut into small florets. Heat up 1cm of water in a saucepan, place in water, close lid and heat for 3 minutes on medium heat. Let cool. Once cool, put in blender and blitz until you have a rice consistency. add turmeric to create yellow rice.

To add, you can make up a quick chilli beans mix which creates another element to an already awesome dish...

- 100grms of green bean (blanched)
- EV Olive oil
- chilli flakes
- 1 garlic clove (Crushed)

Heat a pan and add garlic and green beans, add the chilli just before serving.

Herb Crusted Chicken Breast with roasted Cauliflower with turmeric, almonds chilli and lemon (4 Serves)

- 4 chicken Breast - 100-170 grm each
- 1 tablespoon of chopped parsley
- 1 tablespoon of chopped thyme
- 1 tablespoon of rosemary
- 1/2 tablespoon of sage
- 1/2 teaspoon of salt
- 40 grm Cashews crushed
- ground pepper
- 1 tablespoon or Dijon Mustard

Place each chicken breast in a plastic bag and pound with a mallet to flatten. Mix the herbs, salt, pepper, nuts.

Herb Crusted Chicken Breast with roasted Cauliflower with turmeric, almonds chilli and lemon (4 Serves)

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- 1 tablespoon of chopped thyme
- 1 tablespoon of rosemary
- 1/2 tablespoon of sage
- 1/2 teaspoon of salt
- 40 grm Cashews crushed
- ground pepper
- 1 tablespoon of Dijon Mustard

Place each chicken breast in a plastic bag and pound with a mallet to flatten. Mix the herbs, salt, pepper, nuts.

Brush each of the chicken breasts with the Dijon mustard and coat each side with the herb mix.

In a medium pan, heat some EVOO and sauté each breast over medium heat for 3-4 minutes. Reduce the heat to low and cook for another 3-4 minutes, until cooked through.

Roasted Cauliflower

- 1 large Cauliflower broken into bite sized florets
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- salt and pepper
- 1 long red chilli
- 1 bunch of flat leafed parsley
- Lemon wedges to serve

Heat oven to 220c and line a baking tray with baking paper.

Place Cauliflower in large mixing bowl, add the turmeric, almonds curry powder, and a generous drizzle of olive oil.

Transfer the Cauliflower to the baking tray and spread out on a single layer. Season with Salt and pepper and place in oven for 20 minutes or until the cauliflower is nicely browned and tender.

Take out of the oven and when ready to serve, sprinkle the sliced chilli and squeeze the lemon wedges over the mix.

To finish this off, make yourself a side salad.

The next recipe was one I discovered from Dr Mark Hyman, the guru of functional medicine.

Chicken Breast with Ratatouille and Steaming Broccoli. (4 serves)

- 4 Chicken Breasts (100 -170 grm each)
- 3 garlic cloves
- 1 tablespoon fresh thyme
- 1 tablespoon fresh parsley
- 1 table spoon of EVOO

Rattouille

- 1 small eggplant cut into 1cm cubes
- 1 teaspoon of salt
- 4 table spoons fo EVOO
- 2 Zucchini cut into 1 cm cubes
- 2 red peppers, seeded and cut into 1 cm pieces
- 2 medium red onions, cut into 1 cm pieces
- 4 garlic cloves, thinly sliced
- 400g low salt chopped tomatoes (Canned is fine)
- 1 tablespoon chopped parsley
- 1 teaspoon fresh chopped thyme
- salt and pepper

Broccoli

2 medium heads cut into florets

Chicken

combine EVOO, garlic, thyme and parsley into large bowl. Add the chicken and mix. Let them marinate for at least 30 minutes. Heat a pan on medium to high heat and brown the chicken for 2 minutes on each side or until golden brown.

Ratatouille

Sprinkle the eggplant with salt and set aside for 10 minutes. After 10 minutes, rinse with water and pat dry. Heat 2 Teaspoons in a saucepan over medium heat. When hot, add the eggplant, cooking lightly for 5 minutes. Set aside.

Add 1 tablespoon of EVOO to an empty pan and cook for 3 minutes. remove.

Add Red peppers and sauté for 5 minutes or until soft. set aside

Add 1 tablespoon and sauté onions for 5 minutes then add garlic and cook for 2 more minutes. Add tomatoes and cook for 5 minutes. Return the eggplant, zucchini and red peppers into the pan and simmer for 20 minutes. Then add the parsley and salt and pepper and simmer for 10 more minutes.

I'm pretty sure you would know how to steam broccoli. no longer than three minutes.

Superfood Bibibap with asian inspired egg, spicy sauce and topped with thinly sliced marinated steak

150grm Eye fillet or other lean cut of meat

marinade

- 1 tbl sp EVOO
- 1 tbl sp Balsamic Vinegar
- 1 tbl sp worcestershire sauce
- 1 tbl sp Low sodium Soy Sauce
- 1/4 tea sp djion mustard
- dab of minced garlic
- salt and pepper to taste

Mix all ingredients into a bowl and place the steak so it is fully coated with the marinade. Let sit in fridge for at least 2 hours (Overnight is best)

Cook the steak to your liking but I would suggest med/ rare would work best for this dish.

(Cauliflower bap)

- 1/2 head of cauliflower.
- 2 pinches of turmeric (optional)

Cut into small florets and heat up a saucepan with 1cm of water, add the florets, cover and let steam for 3 minutes. Drain and allow to cool. Place in a food processor and pulse until the cauliflower has a rice look to it. Add 2 pinches of turmeric for a yellow rice look if you choose to.

Veggies

- 1 Zuchini - sliced
- good handful of spinach
- 1 Nori sheets
- 3 med sized carrots
- 1/4 head of broccoli
- 2 eggs
- 2 tea sp sesame oil
- 1 tea sp EVOO
- 1/2 table sp low sodium soy or tamari
- 4 table sp hemp seeds, lightly toasted
- 1 table sp Chilli sauce (Sriracha is the bomb)
- 200grm kimchi - Bought is fine

Preparing the Veggies

As you cooked the cauliflower, set up a saucepan with 1cm of water, bring to the boil and then set to simmer. Put in the zucchini for 2 minutes, then remove, drain and leave on flat tray. Lightly steam the spinach same way for 2 minutes. Repeat for carrots, broccoli Cut up the nori sheet with scissors (1.5cm strips)

For the eggs, mix them in a bowl. Heat a little EVOO over medium heat and add eggs, asian spices and cook for 2 minutes. Turn once or twice to create the perfect omelette. Remove from the heat and slice into strips

Putting it all together.

Place the Cauliflower Bap in the bowl. Arrange the vegetables in the bowl and drizzle tamari or LS soy on top.

Place the egg on top of the veggies and then the nori sheets. Drizzle with chilli sauce and remaining sesame oil.

Once the steak has cooked and rested, slice thinly and fan on top of the nori sheets.

Garnish with one table spoon of kimchi.

For a vegetarian alternative, use the marinade with some firm tofu/ Cut into thin blocks (2cm thick). When marinated for the set period cook through on medium heat and cut into strips and serve as you would the steak.

Done.

The best part of this dish is you can improvise once the detox has been done and put what ever mix of veggies or use actual rice (brown would be the recommended)

If you think about it, this dish is just a great take on the meat and 4 veg, just in one bowl and mixed together.

Carrot and Zucchini alfredo with two way Almonds (1 serving)

- 40grm Raw Almonds
- 20gms of Kale, leaves only
- 30 grms roasted Almonds, crushed
- 2 medium Carrots (spiralled)
- 2 medium zucchini (spiralled)
- 1 tablespoon of EVOO
- 1 crushed garlic
- 1 teaspoon of Djon Mustard
- Lemon zest and juice from 1/4 of one lemon
- 1/2 ripe avocado to garnish

Add Raw Almonds to water and let it sit for at least one hour.



To spiral the carrots and Zucchini stalks you will need a tool such as a 'Veggie Twister'. You can get it from 'Home' in major shopping Centres.

Place carrots and Zucchini in boiling water for 2-3 minutes, just to blanch. Take out and run cold water. Pat dry and put aside.

Drain the Almonds and add to blender. Add kale and a touch of warm water (this will make a nice paste like cream). Blitz.

Add a pinch of salt if required, but only if required.

Heat oil in pan and once sizzling, add oil and lightly cook until golden brown.

Throw in the carrots and Zucchini and cook the crap out of them until you see a touch of burning on them. Add the mustard and lemon juice and stir through.

Add the almond paste and toss through of around 1 minute. Ensure all the pasta is covered and warmed through. Remove from the heat and serve.

Top with sliced avocado and lemon zest

* If you wish to add a meat protein add the following.

Red pepper pesto encrusted Chicken breast

Chicken breast - Skin off

- 100 grms - Roasted red peppers (bottle is fine)
- Small Handful of coriander
- 1 garlic cloves
- 40grms pumpkin seeds
- 20mls lime juice

Place all ingredients in blender and blitz. Whilst blitzing, add EVOO to let the pesto emulsify. Season with Salt and pepper if required.

Coat Chicken with pesto and let it stand in the fridge for at least 3 hours.

Put pan on medium heat and add oil. Cook chicken for at least 4 minutes on each side. Use a meat thermometer. It should be reading at least 74c.

Chilli Con Carne with a twist (serves 4)

- 1 table spoon EVOO
- 1 large red pepper roughly sliced
- 1 spanish onion, roughly sliced
- 1/2 cauliflower cut into small florets
- 2 garlic cloves, crushed
- 1 bunch coriander, seperate leaves and stalk
- 1 teaspoons ground cumin
- 2-3 Jalapeno chili's, deseeded and finely sliced.
- 2 table spoons of chopped chipotle chilli in Adobo sauce
- 1 teaspoon of dried oregano
- 2 cans diced tomatoes - low salt
- 250ml low sodium veggie stock
- 400grm can of organic chick peas, rinsed and drained
- 1 teaspoon Chipolte (in Abobe Sauce)

- 80grm shredded tuscan kale leaves
- 1 table spoon or hemp seeds
- 1 teaspoon of chia seeds
- 1 mashed avocado with lime to serve

Heat EVOO in large saucepan over med-high heat add EVOO and add the peppers, onion, and cauliflower and cook for 5 minutes or until soft. Add the garlic, chipotle, cumin, oregano, jalapeño, coriander stalk, stirring for 1 minute or until aromatic.

Add the tomatoes and stock and bring to the boil. Reduce the heat and simmer with lid on for 15 minutes or until cauliflower is tender

Remove one cup of the mix and set to cool.

Once cool, add to blender and blitz until smooth. Return to the main batch, along with the chick peas, hemp seeds, chai seeds and kale. Stir through until the kale is wilted.

Top with coriander leaves and avocado mix.

You can also cook off some cauliflower rice if you would like to add a rice element to the dish.

If you want meat, simply brown off 300grms of high quality, low fat meat in garlic, onions, salt and pepper prior to the commencement of making the dish and add it back once you take out the one cup of mix and keep main mix on low heat whilst blitzing the one cup mix.



Now, along my cliense journey I have discovered a lot of great ingredients to use and one that was a stand out was the Konjac root. Konjac has been used by the Japanese for thousands of years.

5 calories per 100gm
zero carbs,
zero sugar
zero fats
good fibre content.

There is nothing bad about this ingredient. But don't take my word for it, here are some recipes you can make in a flash and they taste amazing. The key with cooking the Konjac is to dry fry it in a pan. Add spices or seasoning and cook through. This simply adds a better flavour to the dishes. Make sure you only add flavours that will enhance the dish and don't make the konica too wet as it will not soak it up like noodles and pasta will.

Fettuccine al e olio

- Konjac fettuccine
- 2 table spoon EVOO
- Chilli flakes
- 1 teaspoon Crushed garlic
- small spanish onion sliced
- Handful Semi dried tomatoes (diced)
- Handful Pitted Kalamatta Olives
- 100gm sliced mushroom
- Handful Spinach
- Salt and pepper to taste

Heat pan and once hot, add one table spoon of olive oil. Once hot enough, add garlic and onion and saute. Add mushrooms and sauté until soft then add semi dried tomatoes and olives and toss through. Add the Konjac fettuccini, spinach and the remaining olive oil. Toss through until the Konjac is heated through. Add chilli flakes, salt and pepper, toss through and serve.

As an alternative, you can add some smoked salmon just before serving.

Chicken fried rice with Konjac rice

- Left over roast chicken shredded (try and use the breast section)
- 100 gm tofu (diced)
- 1 teaspoon crushed garlic
- 1/2 teaspoon of mild curry powder
- 100 gm red cabbage
- 12 Almonds
- 2 carrots (julienne)
- 150 gm broccoli cut into small florets
- 1 red pepper (Julienne)
- Bragg's Soy sauce
- White wine vinegar
- 100 gm sliced mushrooms
- EVOO
- 1 egg

Heat EVOO in wok and once hot put Chicken, mushrooms, almonds and toss until mushrooms are soft. Add bragg's soy and white wine vinegar and toss through. Add the carrots, red peppers and broccoli and toss through. Let them cook through. Alternately, you can blanch the broccoli and carrots before adding to mix. Once all this has cooked through make a space in the middle of the wok and add one egg and let it cook through as if you were making scrambled eggs. Once eggs are scrambled, mix in and add the red cabbage and konica rice. Add a touch more bragg's soy and white wine vinegar to your liking. If you want a bit of a kick, add some sriracha. Once all cooked through, season with pepper and it is ready to serve.



Singapore noodles

Konjac Noodles (one packet)
Teaspoon sesame oil
1 Med Red pepper (julienne sliced)
1 small white onion (thinly cut)
100gm green beans, trimmed and halved
80 gm Broccoli (small florets)
1 garlic crushed
1 1/2 table spoon curry powder (heat depends on your tastes)
50gm bean sprouts
1 tablespoon tamari or low sodium soy sauce
1 table spoon flax seeds
1 spring onion cut diagonally

If you wish to add some chicken you could use some left over cooked chicken and shred it to add or for the vegetarians, add some tofu

Heat pan and dry fry the konjac noodles adding 1/2 table spoon of curry powder to noodles and cook through. After approx 10 minutes, remove from heat and set aside

Heat up pan or wok and add oil. Once oil has reached right heat add the onion, peppers, beans and broccoli and stir fry for 5 minutes. Add the remaining curry powder, garlic and flax seeds and stir for 30 seconds. If you choose to add Chicken or tofu, add now and toss through for a further minute. Add two tablespoons of water and continue to toss through.

Add the noodles, soy sauce and bean sprouts and toss through until all is well combined. Sprinkle the spring onions and serve.

Chickpea curry with Konjac Rice

- 1 Can Organic Chickpeas
- 1 dried chilli
- 1 teaspoon mustard seeds
- 1 med Eggplant (diced)
- 200gm firm tofu (small diced)
- 1 teaspoon curry powder
- 1 med carrot (diced)
- 1 teaspoon garlic crushed
- 1 teaspoon EVOO
- Water or Veg stock

Heat up saucepan and add EVOO and heat. Add dried chilli, garlic and mustard seeds. Once the seeds start to pop, add the diced egg plant and cook until soft but not mushy. Add the carrots, chick peas and the curry paste and mix in well. Add water or veg stock (a little at a time to give it a liquid feel). Let it simmer for 10 minutes and add water/stock if required. Add tofu and beans

and let simmer for 5 minutes. If the curry is too hot, add a touch of white wine vinegar. Take the Konjac rice out of the packet and rinse for at least 1 min. Leave and sit for 5 minutes to let it drain. In a small fry pan, dry fry the rice for at least 10 minutes. When frying, add a touch of curry powder and mix through. The longer you cook it, the more the flavour will fuse into the rice.

If you want to add a meat element, grab that left over roast chicken and throw it in when you are putting the tofu.

Enjoy

Fettuccini with Turkey Meatballs

Home made Napoli sauce (refer to lasagna)

To make the meatballs
500gm turkey mince
1/2 red onion finely diced
1 egg
2 teaspoons dried herbs
2 teaspoons of hemp seeds
1/2 teaspoon of salt
1/2 teaspoon of pepper
Squirt of sriracha (again, only if you like it hot)
2 tables spoons of napoli sauce to mix

2 garlic cloves, crushed
70 gm mushrooms (sliced)
80 gm kale (diced)
60 gm red peppers (sliced)
Handful of continental parsley
1 teaspoon EVOO

Dry fry the fettuccini and add pinch of salt and pepper in the last few minutes to add flavour to pasta.

Combine all ingredients to bowl for meatballs and mix together. Get an ice cream scoop or two spoons to make the balls. Place on a backing tray and place in oven and bake for 20 minutes on 180 degrees, turning once. Drizzle some of the napoli sauce on the meatballs when placing in the oven. Take out and turn on the fry pan.

Heat up pan and drizzle olive oil. Add garlic and quickly toss then add the mushrooms and red peppers and cook through for 2 minutes. Add the rest of the napoli sauce and once heated, turn down heat and add the meatballs. Cook for 5-7 minutes on med heat and then add kale and toss through. Add the fettuccini and toss so it is all mixed through with the sauce and meatballs. Add the parsley, salt and pepper to taste and serve.



Veg Lasagna (minus the cheese) 6 serves

This dish is on the challenging side of cooking but the benefits are well worth it. It will provide you with a number of meals for the program.

2 Packets of Konjac Lasagna Sheets
 70 grams Spinach
 100grms semi dried tomatoes
 200 grm flat mushrooms
 Dried herbs
 1 tomato (Sliced)
 Paprika (for Konjac sheets)

Batch of home made Napoli sauce*

1 can whole tomatoes
 3 garlic cloves
 1/2 large onion
 Pinch of chilli flakes or squirt of sriracha (optional)
 1 teaspoon dried thyme
 1/4 cup of fresh basil
 Pinch of salt and pepper to taste

Tofu Ricotta

3 tablespoons flax seeds
 1/2 block extra firm tofu
 1/2 tablespoon EVOO
 1/2 teaspoon lemon zest
 1 tablespoon lemon juice
 3/4 garlic cloves
 1/4 cup nutritional yeast

Napoli sauce

Chop up the onion and mince up the garlic. Heat up a pan and sauté the onion until translucent. Add the garlic, thyme and chilli (if you like it with a bit more heat). Open up the can of tomatoes and squash the tomatoes then place into the pot with all the other cooked ingredients. Cook for 25-30 minutes. Taste and add more garlic and thyme if required and let cool down.

Once cool, place in blender with basil and blitz. Once finished to the consistency you want, taste and add salt and pepper to taste.

Tofu Ricotta

Pour flax seeds into processor and blitz. Take the tofu out of the pack and squeeze the water out of it as best you can. Place into blender and blitz until smooth. You may need to add a touch of water if you can't get the consistency you require. Once achieved, dump into a bowl and add the add all ingredients and mix together.

You can make this and the Napoli a day or two before you make the Lasagna

Lasagna

Cook off the Konjac sheets in batches by dry frying them, adding a touch of paprika to give the sheets some flavour. Set aside.

Ladle some of the napoli sauce on the bottom of the tray. Lay the Konjac to cover the napoli. Then place the Ricotta followed by dried herbs, sliced mushrooms, spinach and semi dried tomatoes. Repeat the whole process until you run out of room and place the Konjac sheets on the top. Cover the Konjac with napoli and place the sliced tomatoes and dried herbs on top.

Cover the tray with foil and place in oven for around 30 minutes . Gently take off the foil and bake for another 25-30 minutes keeping an eye on the edges to ensure they are going golden brown. Let sit for 15-20 minutes and serve.