



RECIPES FOR A HEALTHY
LIFESTYLE



DETOX SPICY GAZPACHO

Serving Size: 4 • Prep time: 25 minutes • Cook time: 8 hours

INGREDIENTS:

2 cups, diced – tomatoes
 1/2 cup, chopped – green pepper
 1/2 cup, chopped – red pepper
 1/3 cup chopped – celery
 1/3 large (8-1/4") – cucumber
 1/6 cup, chopped – onions, white
 1 clove – garlic
 1/2 tbsp. – juice, lemon
 1/2 tbsp. – basil, fresh
 1/2 tsp – parsley, fresh
 1/2 tbsp. – salt, table
 1/8 tsp – pepper, black
 1/4 tsp – cumin, ground
 1/4 tsp – hot sauce
 1 cup – juice, tomato, no salt added
 1/2 tbsp. – vinegar, red wine

NUTRITION FACTS:

Facts per 1 serving
 Calories: 44
 Cal from fat: 3
 Total fat: 0.4 g
 Saturated fat: 0 g
 Trans fat: N/A
 Polyunsaturated fat: 0.2 g
 Monounsaturated fat: 0 g
 Cholesterol: N/A
 Sodium: 321.3 mg
 Total carb: 10 g
 Fibre: 2.6 g
 Protein: 2.1 g

DIRECTIONS:

In a large bowl, mix the tomatoes, tomato juice, peppers, celery, cucumber, onion, garlic, lemon juice and balsamic vinegar.

Season with basil, parsley, salt, pepper, cumin and hot pepper sauce.

Cover the bowl and refrigerate overnight, or at least 8 hours before serving.



STRAWBERRY AND SPINACH SALAD

Serving Size: 4 • Prep time: 15 minutes • Cook time: 15 minutes

INGREDIENTS:

8 packets – Splenda (sucralose)
 8 tbsp. – seeds, sesame
 2 tsp – paprika
 8 cups – spinach, baby
 32 almonds – almonds
 4 tbsp. – pine nuts
 4 tbsp. – vinegar, balsamic
 6 tbsp. – olive oil, extra-virgin
 2 cups, sliced – strawberries
 2 cups – blueberries
 4 tsp. – Worcestershire sauce

NUTRITION FACTS:

Facts per 1 serving
 Calories: 499
 Cal from fat: 367
 Total fat: 40.8 g
 Saturated fat: 4.9 g
 Trans fat: N/A
 Polyunsaturated fat: 10.6 g
 Monounsaturated fat: 23 g
 Cholesterol: N/A
 Sodium: 114.5 mg
 Total Carb: 31 g
 Fibre: 8.7 g
 Protein: 9.4 g

DIRECTIONS:

Main salad ingredients: Mix spinach (stems removed and dried), strawberries and blueberries in a bowl.

Dressing preparation: Mix Splenda, sesame seeds, pine nuts, Worcestershire sauce, paprika, olive oil and vinegar in a jar and shake. Refrigerate until serving time.

To toast almonds, bake in a preheated oven at 175°C on a pie plate for about 10 minutes until golden. Cool and store in a glass jar.

When ready to serve, drizzle dressing over salad, toss and sprinkle with toasted almonds.



VEGETABLE MIX

Serving Size: 4 • Prep time: 25 minutes • Cook time: 8 hours

INGREDIENTS:

4 cups, chopped – carrots
 4 cups, chopped – broccoli
 4 cups, chopped – cauliflower

NUTRITION FACTS:

Facts per 1 serving
 Calories: 107
 Cal from fat: 6
 Total fat: 0.7 g
 Saturated fat: 0.1 g
 Trans fat: N/A
 Polyunsaturated fat: 0.2 g
 Monounsaturated fat: 0 g
 Cholesterol: N/A
 Sodium: 148 mg
 Total carb: 23.3 g
 Fibre: 8.5 g
 Protein: 5.7 g

DIRECTIONS:

Fresh vegetables — you can eat them raw or lightly steamed.



CREAMY CARROT SOUP

Serving Size: 4 • Prep time: 15 minutes • Cook time: 30 minutes

INGREDIENTS:

2/3 cup, cubes – celery root
 19 g – salt and pepper
 115 g – vegetable stock
 2 tbsp. – olive oil, extra-virgin
 5 g – parsley, fresh
 2/3 cup, sliced – onions
 450 g – carrots

NUTRITION FACTS:

Facts per 1 serving
 Calories: 135
 Cal from fat: 65
 Total fat: 7.3 g
 Saturated fat: 0.9 g
 Trans fat: N/A
 Polyunsaturated fat: 0.8 g
 Monounsaturated fat: 4.9 g
 Cholesterol: N/A
 Sodium: 110.1 mg
 Total carb: 15.4 g
 Fibre: 3.8 g
 Protein: 1.7 g

DIRECTIONS:

Pour oil into a large, deep saucepan or cast-iron pot over medium heat.

When oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally, about 15 minutes, until carrots soften. Add stock and cook until vegetables are very tender; for about 15 to 20 minutes.

Use an immersion blender to puree soup in the pan, or cool the mixture slightly and pass it through a food mill, or pour it into a blender: Puree until smooth, in multiple batches if necessary.

If serving the soup hot, gently reheat it, stirring frequently. If serving cold, refrigerate, covered, at least 2 hours. Either way, adjust the seasoning and garnish before serving.



VEGGIE OMELETTE WITH TURKEY RASHERS

Serving Size: 4 • Prep time: 10 minutes • Cook time: 10 minutes

INGREDIENTS:

8 slices (Optional) – rashers, turkey
 8 large – eggs, whole
 8 tbsp., chopped – green pepper
 8 tbsp., chopped – onions
 8 tsp – olive oil, extra-virgin
 12 medium – mushrooms, white

NUTRITION FACTS:

Facts per 1 serving
 Calories: 309
 Cal from fat: 213
 Total fat: 23.7 g
 Saturated fat: 5.7 g
 Trans fat: N/A
 Polyunsaturated fat: 3.5 g
 Monounsaturated fat: 12.1 g
 Cholesterol: 439 mg
 Sodium: 511 mg
 Total carb: 5.8 g
 Fibre: 1 g
 Protein: 19.4 g

DIRECTIONS:

Beat the eggs in a bowl.

Cook the vegetables with olive oil in a non stick pan until tender, about 5 minutes.

Reduce heat and add egg mixture. Cook until centre is set.

Loosen omelette with spatula and fold into an omelette shape.

Serve with rashers on the side. (optional)



WILD MUSHROOM AND HERB OMELETTE

Serving Size: 4 • Prep time: 10 minutes • Cook time: 20 minutes

INGREDIENTS:

2 tbsp., chopped – Spring onions
 4 large – eggs, whole
 6 cups, sliced – mushrooms, white
 2 tbsp., chopped – chives
 1/2 tsp., leaves – tarragon, dried
 1/4 tsp. – pepper, black
 8 large – egg whites
 4 tbsp. – sour cream, fat-free
 2 tbsp. – parsley, fresh
 1/2 cup – milk, fat-free, skim
 1/2 tsp. – salt, table

NUTRITION FACTS:

Facts per 1 serving
 Calories: 143
 Cal from fat: 49
 Total fat: 5.5 g
 Saturated fat: 1.6 g
 Trans fat: N/A
 Polyunsaturated fat: 0.9 g
 Monounsaturated fat: 1.9 g
 Cholesterol: 212.1 mg
 Sodium: 492.2 mg
 Total carb: 13.1 g
 Fibre: 1.3 g
 Protein: 17.9 g

DIRECTIONS:

Heat a large frying pan over medium-high heat.

Coat with cooking spray and add mushrooms until they are soft and all the liquid has evaporated.

In a separate bowl mix together 1 tbsp. of milk, sour cream, salt and pepper. Mix well with whisk.

In a separate bowl mix 2 tbsp. of milk, onions, chives, parsley, tarragon, egg whites and eggs in a bowl, stir well.

Heat pan over medium-high heat and coat with cooking spray; pour egg mixture into pan and spread evenly. Cook until centre is set. Top with mushrooms.

Loosen omelette with spatula and fold into an omelette shape.

Pour sour cream mixture over omelette (optional).



BROCCOLI AND CHEESE OMELETTE

Serving Size: 4 • Prep time: 5 minutes • Cook time: 5 minutes

INGREDIENTS:

1 cup, florets – broccoli
 4 tbsp., chopped – shallots
 1 tbsp. – water
 1 cup – eggs, substitute, liquid
 110 g – cheese, Swiss, low-fat

NUTRITION FACTS:

Facts per 1 serving
 Calories: 117
 Cal from fat: 32
 Total fat: 3.6 g
 Saturated fat: 1.3 g
 Trans fat: N/A
 Polyunsaturated fat: 1.1 g
 Monounsaturated fat: 0.9 g
 Cholesterol: 10.4 mg
 Sodium: 192.6 mg
 Total carb: 4.5 g
 Fibre: 0.6 g
 Protein: 16.4 g

DIRECTIONS:

Mix broccoli, shallots and water in a microwavable bowl and cover with plastic wrap. Microwave on HIGH for 3 1/2 minutes, until broccoli is soft.

In a medium saucepan, heat cooking spray, pour in egg substitute and swirl to coat the bottom of the pan.

Place cheese on one half of the omelette and cover with broccoli mixture.

Fold over, lower heat, and cook 1-2 minutes.



HERB ROASTED CHICKEN

Serving Size: 4 • Prep time: 5 minutes • Cook time: 50 minutes

INGREDIENTS:

230 g – chicken, whole
 1/2 tsp. – pepper, black
 1/2 tsp. – sage
 1/2 tsp. – tarragon, fresh
 1/2 tsp – parsley, fresh
 1/2 tsp – thyme, fresh
 1/4 tsp. – sea salt

NUTRITION FACTS:

Facts per 1 serving
 Calories: 205
 Cal from fat: 47
 Total fat: 5.3 g
 Saturated fat: 1.4 g
 Trans fat: N/A
 Polyunsaturated fat: 1.3 g
 Monounsaturated fat: 1.5 g
 Cholesterol: 118.9 mg
 Sodium: 567.4 mg
 Total carb: 0.8 g
 Fibre: 0.3 g
 Protein: 36.5 g

DIRECTIONS:

Preheat oven to 230°C.

Rinse chicken fully, dry it very well with a paper towel (inside and out).

With half the salt, salt the inside of the chicken. Add the pepper and herbs to the inside cavity. With the rest of the salt, salt the outside of the chicken evenly.

Place the chicken in a roasting pan or an oven-safe sauté pan breast side up. Roast in the oven for 45 minutes to an hour; until juices run clear when the chicken's thigh is pierced, or until a thermometer inserted into the meatiest part of the thigh reads 70°C.

Let chicken rest for 15 minutes. Sprinkle with the thyme. Carve and serve.



TUSCAN COD

Serving Size: 4 • Prep time: 5 minutes • Cook time: 17 minutes

INGREDIENTS:

2 tsp – olive oil, extra-virgin
 2 tbsp. – cumin, seed
 4 fillets – cod
 2 – red pepper
 1 cup, sliced – onions
 2 cups – cherry tomatoes
 1 clove – garlic

NUTRITION FACTS:

Facts per 1 serving
 Calories: 244
 Cal from fat: 41
 Total fat: 4.6 g
 Saturated fat: 0.7 g
 Trans fat: N/A
 Polyunsaturated fat: 0.8 g
 Monounsaturated fat: 1.9 g
 Cholesterol: 99.3 mg
 Sodium: 136 mg
 Total carb: 6.7g
 Fibre: 1.5 g
 Protein: 42.6 g

DIRECTIONS:

Heat oil in large nonstick frying pan over medium-high heat.
 Add onion, pepper and garlic and sauté for 2 minutes.
 Add tomato, capers, cumin, and crushed red peppers and cook over medium-high heat for 5 minutes, stirring occasionally.
 Add fish to pan, spooning sauce over fish.
 Cover and cook for 10 minutes or until fish flakes easily when tested with fork.



BAKED PEPPER OMELETTE

Serving Size: 4 • Prep time: 5 minutes • Cook time: 15 minutes

INGREDIENTS:

5 sprigs – coriander leaves, fresh
 1/2 cup, sliced – yellow pepper
 1/2 cup, sliced – red pepper
 1 tbsp. – oil, vegetable
 1/8 cup – milk, fat-free, skimmed
 2 large – eggs, whole
 1/4 cup – water
 1 clove – garlic
 1/2 cup, chopped – courgette
 1/2 cup – cheese, parmesan, low-sodium
 1/2 cup, shredded – cheese, cheddar; low-fat

NUTRITION FACTS:

Facts per 1 serving
 Calories: 170
 Cal from fat: 102
 Total fat: 11.4 g
 Saturated fat: 4.2 g
 Trans Fat: 0.1 g
 Polyunsaturated fat: 2.7 g
 Monounsaturated fat: 2.3 g
 Cholesterol: 146.2 mg
 Sodium: 146.1 mg
 Total carb: 3.7 g
 Fibre: 0.6 g
 Protein: 13.4 g

DIRECTIONS:

Heat oven to 230°C.
 Heat oil in frying pan at medium heat.
 Add sliced peppers, chopped courgette and minced garlic and cook until ingredients begin to soften.
 Whisk eggs, milk and 1/4 cup water in bowl; stir in shredded and grated cheeses.
 Add eggs to vegetables in frying pan and cook for 5-7 minutes while lifting the edges to let excess egg go underneath.
 Transfer frying pan to oven and bake until top of omelette is golden brown.
 Sprinkle with fresh coriander leaves for garnish.



ASPARAGUS AND CORN OMELETTE

Serving Size: 4 • Prep Time: 10 minutes • Cook time: 10 minutes

INGREDIENTS:

2 tbsp. – olive oil, extra-virgin
 2 – asparagus
 1 cup – sweetcorn
 2 tbsp. – parsley, fresh
 2 dashes – salt and pepper
 8 – eggs, whole
 4 – cheese, parmesan
 4 – bread, whole-grain
 1/2 – avocado

NUTRITION FACTS:

Facts per 1 serving
 Calories: 211
 Cal from fat: 78
 Total fat: 8.7 g
 Saturated fat: 1.2 g
 Trans fat: N/A
 Polyunsaturated fat: 1.6 g
 Monounsaturated fat: 5.5 g
 Cholesterol: N/A
 Sodium: 15.7 mg
 Total carb: 30.9 g
 Fibre: 3.1 g
 Protein: 4 g

DIRECTIONS:

Heat 2 tbsp. of olive oil in a small, non-stick frying pan over medium-high heat. Add the asparagus and sweetcorn and cook for 2-3 minutes, or until vegetables are just tender. Remove to a bowl, stir in the parsley and season well.

Use a fork to whisk the eggs with 2 tbsp. of water. Heat 1 tsp of the remaining oil in the frying pan over medium heat. Pour in half of the egg mixture and cook for 3 minutes, or until almost set, using a fork to pull the cooked egg away from the edges and allow the uncooked egg to run to the edges.

Sprinkle half of the asparagus and sweetcorn mixture, and half of the parmesan, over half of the omelette and fold over to enclose. Lift out carefully and set aside.

Repeat with the remaining egg mixture and filling. Spread each toast with avocado and serve with omelette.



SUNBURST CHICKEN SALAD

Serving Size: 4 • Prep time: 15 minutes • Cook time: 2 hours

INGREDIENTS:

2/3 cup, sections – tangerine
 8 slices – lettuce leaves, washed
 2 large – kiwi fruit
 2 1/2 breast (118 g) – chicken breast fillets, boneless, skinless
 1 tsp. – orange peel, grated fresh
 2 tbsp. – sour cream, fat-free
 2 tbsp. – mayonnaise, fat-free
 4 tbsps. – cashew nuts, coarsely chopped

NUTRITION FACTS:

Facts per 1 serving
 Calories: 121
 Cal from fat: 9
 Total fat: 1.1 g
 Saturated fat: 0.1 g
 Trans fat: N/A
 Polyunsaturated fat: 0.2 g
 Monounsaturated fat: 0 g
 Cholesterol: 35.4 mg
 Sodium: 105.1 mg
 Total carb: 12.9 g
 Fibre: 2.1 g
 Protein: 14.5 g

DIRECTIONS:

Combine mayonnaise, sour cream, tangerines and orange peel in a small bowl.

Add grilled chicken, kiwi and celery; toss to coat.

Cover; refrigerate for 2 hours. Serve on lettuce leaves.

Top with cashews.



ASIAN CHICKEN LETTUCE WRAPS

Serving Size: 4 • Prep time: 5 minutes • Cook time: 15 minutes

INGREDIENTS:

38 g – flax seed
 2, 2/3 cup – broccoli coleslaw
 5, 1/3 tbsp. – dressing, asian sesame, light
 8 outer leaves – lettuce (all types)
 2 breasts – chicken breast fillets,
 boneless, skinless

NUTRITION FACTS:

Facts per 1 serving
 Calories: 286
 Cal from fat: 94
 Total fat: 10.5 g
 Saturated fat: 0.7 g
 Trans fat: N/A
 Polyunsaturated fat: 5.4 g
 Monounsaturated fat: 1.4 g
 Cholesterol: 68 mg
 Sodium: 299.1 mg
 Total carb: 14.7 g
 Fibre: 7.9 g
 Protein: 32.9 g

DIRECTIONS:

Combine broccoli coleslaw, dressing and flax seed in a bowl.

Grill the chicken breast, slice and then combine with the broccoli coleslaw mixture.

Refrigerate overnight.

Place on large lettuce leaves and enjoy.



BEEF, TOMATO AND AVOCADO LETTUCE WRAPS

Serving Size: 4 • Prep time: 5 minutes • Cook time: 15 minutes

INGREDIENTS:

1 cup, cubes – avocado
 8 outer leaves – lettuce (all types)
 680 g – Beef, top sirloin, raw
 8 slices, medium – tomatoes

NUTRITION FACTS:

Facts per 1 serving
 Calories: 290
 Cal from fat: 112
 Total fat: 12.5 g
 Saturated fat: 3.4 g
 Trans fat: N/A
 Polyunsaturated fat: 1 g
 Monounsaturated fat: 6.5 g
 Cholesterol: 71.6 mg
 Sodium: 100 mg
 Total carb: 4.8 g
 Fibre: 3 g
 Protein: 38.8 g

DIRECTIONS:

Grill beef strips in a non stick pan or on the grill.

Place beef strips on lettuce leaves; add tomato and avocado slices.

Add salsa if desired.



HOISIN-GLAZED SCALLOPS WITH GRILLED COURGETTE

Serving Size: 4 • Prep time: 5 minutes • Cook time: 10 minutes

INGREDIENTS:

5 tbsp. – hoisin sauce
 2 medium – courgette
 3 cups – rice, basmati, cooked
 5 tsp – olive oil, extra-virgin
 dash – pepper; black
 2 large – scallops
 1 medium – lime, raw

NUTRITION FACTS:

Facts per 1 serving
 Calories: 222
 Cal from fat: 56
 Total fat: 6.3 g
 Saturated fat: 0.9 g
 Trans fat: N/A
 Polyunsaturated fat: 0.8 g
 Monounsaturated fat: 4.2 g
 Cholesterol: 2.5 mg
 Sodium: 24.7 mg
 Total carb: 36.1 g
 Fibre: 2.6 g
 Protein: 6 g

DIRECTIONS:

Rinse the scallops and pat dry with a paper towel; season to taste with salt and black pepper. Heat 3 tsp of the oil in a large frying pan over medium heat. Add scallops and cook 1 to 2 minutes per side or until golden brown.

Brush tops and sides of scallops with the hoisin sauce and drizzle the lime juice over them. Cook 1 to 2 minutes more or until scallops are opaque and cooked through.

Using a slotted spoon, remove scallops from pan and transfer to a serving plate. Simmer remaining liquid 1-2 minutes, until it reduces and develops the consistency of thick syrup; set aside.

Set a grill pan over medium-high heat. Brush both sides of the courgette halves with remaining oil and season to taste with salt and black pepper. Grill courgette 2-3 minutes per side or until golden brown and tender. Spoon reduced liquid over scallops and serve with the rice and courgette.



SCRAMBLED EGGS WITH GOATS' CHEESE AND FRESH HERBS

Serving Size: 4 • Prep time: 5 minutes • Cook time: 8 minutes

INGREDIENTS:

8 large – egg yolks
 1/4 tsp. – salt, table
 1 tbsp. – olive oil, extra-virgin

NUTRITION FACTS:

Facts per 1 serving
 Calories: 139
 Cal from fat: 111
 Total fat: 12.4 g
 Saturated fat: 3.7 g
 Trans fat: N/A
 Polyunsaturated fat: 1.8 g
 Monounsaturated fat: 6.5 g
 Cholesterol: 419.6 mg
 Sodium: 161.7 mg
 Total carb: 1.2 g
 Fibre: N/A
 Protein: 5.4 g

DIRECTIONS:

In a bowl, whip eggs with the milk, salt, and pepper until well blended. Heat the oil in a heavy-bottomed frying pan or omelette pan over medium heat.

When it is hot, add the eggs and shake the pan to distribute them evenly.

Cook for 1 minute, then distribute the goats' cheese and herbs over the eggs. Use a heatproof rubber spatula to gently turn and fold the eggs until they are completely cooked but soft and fluffy, not dry.



CHICKEN SALAD SQUASH BOATS

Serving Size: 4 • Prep time: 10 minutes • Cook time: 25 minutes

INGREDIENTS:

4 tbsp. – mustard, yellow
 2 tbsp. – mayonnaise, light, (Hellman's)
 4 tbsp., chopped – spring onions
 55 g – cheese, parmesan, low-sodium
 4 large – butternut squash, summer (yellow)
 2 1/2 breast (118 g) – chicken breast fillets, boneless, skinless

NUTRITION FACTS:

Facts per 1 serving
 Calories: 275
 Cal from fat: 73
 Total fat: 8.2 g
 Saturated fat: 3.2 g
 Trans fat: 0 g
 Polyunsaturated fat: 0.4 g
 Monounsaturated fat: 0.5 g
 Cholesterol: 47.7 mg
 Sodium: 291.2 mg
 Total carb: 30.2 g
 Fibre: 5.5 g
 Protein: 23.3 g

DIRECTIONS:

Cut squash in half and scrape out the seeds.

Cook squash until tender for about 5 minutes at 175°C.

Cook chicken breast and chop into bite-sized pieces.

Mix chicken with green onions, mustard and mayo.

Fill centre of squash with chicken salad.

Add parmesan cheese if desired.

Cook the filled squash for 20 minutes at 200°C.



BAKED PORK CHOPS WITH APPLE TOPPING

Serving Size: 4 • Prep time: 10 minutes • Cook time: 40 minutes

INGREDIENTS:

1/4 cup (225 g) – apple cider, sugar-free
 4 chops (exclude fat) – pork chops
 1/4 cup, chopped – celery
 28 g – mustard, Dijon
 2 tbsps. – olive oil, extra-virgin
 1 dash – pepper, black
 1 dash – salt, table
 1 onion – onions, yellow
 2 medium – apples, Granny Smith
 2 tbsp. – parsley, fresh

NUTRITION FACTS:

Facts per 1 serving
 Calories: 270
 Cal from fat: 143
 Total fat: 16 g
 Saturated fat: 4.2 g
 Trans fat: 0 g
 Polyunsaturated fat: 1.5 g
 Monounsaturated fat: 8.9 g
 Cholesterol: 52.9 mg
 Sodium: 169.1 mg
 Total carb: 15.2 g
 Fibre: 2 g
 Protein: 17.2 g

DIRECTIONS:

Preheat oven to 175°C. Heat 1 tbsp. of olive oil in a heavy frying pan over medium-high heat. Season the pork chops with salt and pepper and brown them on both sides, about 2 minutes per side.

Transfer the pork chops to a baking dish; turn the heat to medium and add the remaining olive oil to the pan. Add the onion and celery and cook until the vegetables are soft. Add the apple and cook for 5 minutes more.

Add parsley and remove from heat. Stir in just enough cider to moisten the mixture and season with salt and pepper.

Spread the mustard on the top of each chop. Divide the apple mixture (apples, celery, and onions) among the chops and pat it onto the mustard.

Bake the chops until they are fully cooked and the apples are nicely softened, about 20 minutes.