

Book 2

21 Day

Healthy Eating Plan

- HCG Consolidation
- Low carb, low sugar, high nutrition
- Healthy Fats

By Marie McAulay



Introduction... A bit about me (Marie McAulay)

Welcome to consolidation...congratulations...you have made it this far 😊

MY JOURNEY ON HCG...A BIT ABOUT ME.

I thought it might be a good idea to introduce myself and explain how I came to be writing this book.

If you've bought my first HCG cook book you'll already have an idea of my back ground but here's a brief summary.

I met Leigh over 18 months ago. She was in the process of researching this wonderful product called HCG.

At first I was a little skeptical...a new diet formula, how many do we need on the planet I thought! I'd tried a good many and with only a modicum of success.

We had formed a group using mainly EFT techniques to help us look at our issues around our weight, why we carried extra weight etc. It helped immensely and we all cleared a lot of baggage!

I watched Leigh on her first round of HCG and my skepticism turned to wonder and excitement. I was ready to do a round of HCG.

The first few days were challenging but once my system was flooded with HCG I was on my way to very fast and permanent weight loss.

My professional training includes amongst others; Hypnotherapy, counselling, and Emotional Freedom technique (EFT).

I also owned and operated an Award Winning, very busy café here in Napier, New Zealand, for 7 years.

I often get told my food is delicious 😊.... There, I've said it. Its one of life's wee mysteries, why I can cook and it tastes so good!

We all have a gift for something and one of mine happens to be food.

Although I choose no longer to slog it out in a kitchen I still carry a passion for healthy, delicious, great food.

I'm a 'foodie', cook and lover of travel. I've travelled the world for decades off and on. My passion is for global flavors. And I can't go past a food market in any town, village or city.

I love and have a passion for any great food deli's...I love to roam the aisles; it transports me to another part of the world.

Introduction...

I love seasonal, very fresh and uncomplicated food with lots of flavour. I also have my favourite chefs and cooks I admire.

I'm probably a bit of an 'earth mother', come 'free spirit' and absolutely believe that 'love' is essential to great, nourishing delicious food.

Food made with what the Maori call 'AROHA' or 'love' is the key.

For example, I know that when I'm having an off day my food just doesn't seem to work as well, but when I'm in the zone and feeling at peace with the world, the food preparation just flows and the result is delicious food that is a whole lot more nourishing and tasty 😊

I love the magic that happens around food, the alchemy of having just the perfect ingredients for something delicious in the spur of the moment.

My genetic stock are farmers, gardeners and pioneering woman of 'Aotearoa' (New Zealand). We're survivors; we can 'fire up' and know how to create something delicious from very simple and nourishing ingredients.

I've cooked and eaten in the outback and cafes of Australia, the cafes, wineries and restaurants here in NZ, European cafes and restaurants etc.

Some of my happiest travel memories are of eating garlicky, crispy potatoes with oodles of chilli aioli in Spain, the crusty breads and garlic snails in Paris in a little café on a hillside in the 80's or a bowl of steaming hot spicy, deliciousness... Pad Thai noodles, in a guesthouse in Bangkok in the 90's.

In my 20s on my first big overseas adventure, a simple but delicious ploughman's lunch and a pint of cider (don't remember much of that afternoon) 😊...and a very sophisticated lunch of trout and toasted almonds in one of the oldest pubs in Britain...and a similar but equally delectable meal cooked on a 40 gallon drum, out of a shack on the beach of one of Malaysia's gorgeous islands...bliss.

So many meals and experiences and deliciousness...I will take you on an adventure

IT'S A MIRACLE!

I myself, have to date, lost 20 kilos which is a mini miracle after years of trying to lose weight. The old saying never trust a skinny cook...certainly applied to me, lets just say I was very trustworthy!

I gained about 20 kilos over a ten year period during my Café days and of course it seemed to get harder and harder to shift...until The wonderful formula of HCG!

Introduction...

Remember to add your favorite fresh vegetable or salad of the season from the shopping list.

For example, the sun kissed tomatoes in summer, the spring asparagus, fresh summer beans, courgettes and eggplants. Autumn's mushrooms and lovely little winter crunchy brussel sprouts etc...all steamed, sautéed or roasted.

Feel free to add a lemony hollandaise, pesto or aioli or just a squeeze of lemon etc if you so choose.

The three week consolidation phase of the programme can sometimes be overlooked. We often just feel such relief at the completion of the 3 week protocol (and the subsequent weight loss) that it's possible to start over indulging once we start eating normally again.

Its essential to remember that the following 3 weeks of the consolidation phase is just as important as the initial 3 weeks of weight reduction.

You are 'Locking in' and resetting, the correct functioning of your hypothalamus in this phase of the programme and you are in the process of changing your eating habits into one of health consciousness and awareness.

It's a proven fact it takes just 21 days to change old outdated programmes in our subconscious mind, so for the next period of consolidation phase we will be re wiring the subconscious mind...creating a new subconscious habit resulting in a new slimmer body!

We need to be mindful that this stage can help greatly, to really turn your whole way of eating around... for the rest of your life. You need to make that commitment to yourself and your body...be kind to it 😊

In Dr Simmeons book; 'Pounds and Inches' he states that he "found that during these next 3 weeks the body is very sensitive to sugars and starches and it is not uncommon to have large weight gains after eating an excess of these foods. After the consolidation period is over you can eat these types of food in normal amounts without any trouble, as long as you do not have any intolerances or allergies to these foods."

From my own personal experience I have to admit that I was so happy with my initial weight loss, that after my first round of HCG, I started eating my normal diet shortly after coming off The Protocol.

Even so, surprisingly I didn't gain any weight back. However I was hearing reports from other people, that they were gaining some of the weight back.

I wondered why this was, but after talking with others, I realised that I was unknowingly and naturally eating the prescribed foods on the consolidation phase i.e. basically very little sugar or wheat products.

In a nutshell, I don't have a 'Sweet Tooth', as did some of my friends who were on the protocol. Also because I have a wheat intolerance, I eat very little wheat products. I realised that I had essentially gone back to eating what I naturally enjoyed to eat.

Introduction...

I ate very little food with any sugar or wheat... and because I love protein, I ate mostly lots of protein, raw salads and vegetables. This was the key.

However, I noticed that as soon as I ate cakes or heavy carbohydrates, (mainly when tired, for an energy lift), I would gain a little weight. Fortunately, because these occasions were few, my weight naturally returned to its new level.

It's as simple as that really.

So 'I'm proof of the pudding' or not as the case may be! So basically cut the sugar and the refined starch, and go for loads of protein and vegetables and all will be fine 😊

Curiously my weakness for savoury pastries has gone. This being just one of the positive after effects of the HCG protocol. My body detoxed over the 3 weeks and no longer craved any unhealthy foods...a mini miracle in itself!

So during this consolidation phase you are essentially 'locking in' your new weight and confirming your commitment to eating a healthier diet.

So essentially eliminate all

- *Breads
- *Pastas
- *Cakes
- *All white carbs e.g. white flour, white rice
- *Processed food
- *Take away food

Apart from those foods... just think protein, protein, protein and veggies. Just shop for whatever else takes your fancy in this range for the next 3 weeks 😊

*Please see shopping list attached. Photocopy it if you wish and keep in your wallet for easy access when shopping 😊

GOING GLOBAL.

We're going on a journey folks...around the world.

I love to travel and am definitely a 'foodie'. So I've combined that knowledge to create the HCG Consolidation cook book, packed with all the flavours of the world, including my beloved country Aotearoa...land of the long white cloud.

So sharpen up your knives, throw away the scales (for now) and let's begin.

Introduction... A bit about me (Marie McAulay)

These recipes have come from my collection from over 25 years of travel. To various cafes in New Zealand, Australia and Europe... Restaurants, market stalls, food halls, Farmers markets, British pubs, street vendors and shacks on Malaysian islands... you can see I've eaten a lot and all because of my passion for exciting new flavours and foods. And consequently... the need for the lovely HCG! 😊

Here we go.... pretty much every thing goes; enjoy the juicy marbled steaks, pork chop, aioli, oil dressings along with plenty of fresh vegetables and salads and you have all the tools you now need for a very successful stabilising, consolidation.

Eat up; get creative and keep to the rules over the next 3 weeks and all will be well.

I hope you enjoy these simple but tasty recipes. In the following pages you will find daily menu plans and gorgeous recipes all set out for your easy convenience and of course you can interchange the days and lunches to suit what's in the pantry or fridge... or your fancy.

The following recipes will help you to stabilize your whole system. Remember, we don't need to be overly concerned with calories on this phase, as such but every piece of food needs to be healthy, nutritious and wholesome.

FINAL NOTES

*Please see shopping list at the back of the book.

*Convenience foods

For convenience sake, I've allowed for the fact that not everyone is interested in making pesto's, aioli's etc from scratch, so good quality product out of a jar is just as good when preparing these meals.

*Puddings

I haven't added puddings to these food plans but I have on hand in my larder... plain yoghurt, cream, fresh berries and fruits and nuts.

You can bake an apple and stuff with blueberries or stew fresh figs or peaches, a little stevia and serve with cream and a little sprinkling of toasted cashews. Get creative 😊

I hope you get as much enjoyment eating these dishes as I have eating and preparing them over the years. 😊

Wishing you every success and happy eating!
Arohanui

Marie

The Rules

NOW... The serious bit!

Maries Rules and Hot Tips

I can't stress enough how important it is to follow the few simple rules over the next 3 weeks. This stage is a joy and so easy after the extremely limiting but exciting and rewarding past 3 weeks of weight loss 😊

Rule 1

Weigh yourself everyday

If you go over 1 kilo do the Steak day. For both breakfast and lunch, eat 1 apple and as much water as you're able to drink and then for dinner, cook the biggest, juiciest, fattest and finest steak you can buy and devour.

Rule 2

Water intake

Ensure you keep your water intake, upwards of 3 litres daily, over the next 3 weeks (minimum). A handy calculation is 0.033 litres per kilo of body weight. Low water intake, stress's the liver and kidneys and as these are the organs that deal with fat elimination we need to be kind to these organs and help them do the work they're meant to ...so check water intake first if you have a weight gain.

Rule 3

Little or no Starch including all breads, flour and flour products, white rice, pasta, potatoes, kumara (sweet potatoes) yams or any other starchy vegetables etc. see allowable vegetable list.

Rule 4

Little or no Sugars including all derivatives or substitutes e.g. maple syrup, golden syrup, honey and artificial sweeteners. Stevia is permitted.

Rule 5

Fruit. It is strongly advised to eat 2 organic pieces of fruit a day and exclude all fruit juice, because of high sugar and hidden sugar content.

The Rules

Rule 6

Eat a Big Breakfast, the old adage...breakfast like a King or Queen, lunch like a Prince or Princess and dine at night like a pauper....especially omitting starch at night.

For example;

Breakfast, you can have any of the following; bacon, steak, mushrooms, eggs any which way, avocado, cheeses tomatoes, hollandaise etc.

Lunch; eat a big luscious salad with oodles of protein and lashings of salad dressing e.g. big prawn and avocado salad with lime mayonnaise.

Dinner, a modest but low carb, protein packed meal e.g. pan fried salmon steak, asparagus and a side salad.

I recommend also that you include a leafy green salad with lunch and dinner.

Rule 7

I recommend also that everyone has a full iodine test.

We want to ensure the thyroid is functioning at a premium and able to process all those lovely calories. I had mine tested 6 months prior to the HCG protocol and it was tested as being under functioning. It's amazing how many people have this problem. I've been taking extra iodine EVERY MORNING since and I'm positive this has helped me to keep my weight off.

Rule 8

Supermarkets

When going to the supermarket stay out of the junk food aisles...no processed anything! The secret is to shop on the outer aisles and avoid the inner aisles, because that's where the processed food is, it's planned that way!

Buy foods only in their original forms.

If you can, I suggest that you shop and support your individual local butcher, green grocer, health food store and farmers market then you're sure to not be tempted by junk or convenience food. 😊

Rule 9

Stevia.

Replace all sugars with stevia while on this phase just as you did with the 1st phase of HCG protocol and limit even fruit juice. Eat only the whole fruit....remember don't eat anything that's processed.

If you stick with this rule all will be fine!

The Rules

Rule 10

Keep alcohol to a minimum

The very occasional glass of dry white wine (low in carbs) is a beautiful thing... but do not over do it 😊

Rule 11

Protein Protein Protein

I can't emphasize the importance of protein enough, on this phase of the diet. Make protein your main portion of all meals. Don't try and reduce the protein in this phase, to lose more weight. You will only sabotage the whole process, become very hungry and your weight will increase, not decrease as hoped.

Trust me this tip is vital to permanent weight loss.

It's now an accepted fact that protein takes longer to metabolise and break down than refined carbohydrate therefore the body stays fuller longer, in fact when eating any carbohydrate it's important to eat protein as well.

Rule 12

The good fats!

In this phase of the eating plan, it is essential that all fats are nutritionally healthy, yes fats can be healthy and they're essential for glowing health.

They are, Cold pressed olive oil for salads, (check out the local farmers markets) and 'lite' or standard olive oil for cooking and frying.

The new, much talked about health properties of coconut oil (deoderised) is a healthy oil for frying, roasting, and finally last but not least our delicious NZ butter.

All of these are fabulous and essential ways to enhance the flavours of our foods.

*Please avoid processed margarines, and bulk, cheaper oils from the supermarket. Grapeseed and rice bran oil are ok in moderation only.

Please note all temperatures are in Celcius

Let's Celebrate!!

'About breakfast...you will notice that I've put quite a bit of emphasis on the breakfast dishes and that they're big hearty meals. This is because the first rule on this phase is a big breakfast.

You are refueling after the absence of food overnight and so we want to get the metabolism up and running for the day...trust me, you will burn it off, with very little starch in your system...all will be well.

I want to mention too, that if you don't have the luxury of a big cooked breakfast each day, that I have given also the ***Express option** for those in a hurry and then the ***Full Monty**, for those of you with the luxury of time.

Please note the format is a little different to the first book, in that I have set up each day with all 3 meals and snacks in between and of course you can interchange the meals.'

Enjoy 😊

Express Option

Marié's Fruit Bowl Supreme 😊

In a bowl, 1 cup of greek plain yoghurt or any plain yoghurt of choice (no low fat!)

Wash and cut up fresh figs, fresh strawberries or any other berries in season, kiwi fruit or peach, passion fruit or melon, (these are all low carb fruit).

Small handful of nuts, cashew, Brazil, almonds, walnuts

2-3 tbsp of pumpkin, sunflower, sesame seeds

Pinch of stevia

Even a drizzle of pouring cream...go on I dare you!

Or Full Monty!

Smoked Salmon and Mascarpone Omelette

Basic Omelette recipe...please ensure you use the freshest free range (or at least cage free eggs) you can buy...the ones with the gold yellow yokes. 😊 This is the basis for all my omelettes, just add your favorite fillings.

Ingredients

3 eggs per person

Knob of butter

Sea salt and cracked pepper.

Next

Break eggs into a bowl, add seasoning and whisk together. Heat pan to low to medium heat, melt the butter then add whisked eggs.

Gently push the eggs mix from side to side in the pan until starts to set, but still slightly runny and soft in the middle then you are ready to add the prepared, following filling.

Fold the omelette over and devour immediately.

Filling

100g of smoked salmon per person and a good dollop of mascarpone placed on top of omelette then fold omelette in half.

'A special bit of decadence, we begin as we mean to go on!'

Morning Snack Options

Cheese, apple, strawberries, boiled egg



'This is my favourite protein packed mixed salad which can be changed with any meats or tinned fish e.g. Tuna or crab. This can be made up for 2 days of lunches.'

Perfect Protein Salad

Ingredients

200gms approximately of shredded chicken (or meat of choice)

2 spring onions or half finely diced red onion

2 radishes

100g slice of feta, crumbled

A good bunch of flat leaf parsley or green herb of choice

1 boiled eggs

2 cups of shredded lettuce leaves, I add rocket, mustard leaves or mizuna leaves etcJ

A medium carrot finely diced or grated

1 stick of celery, diced

1/2 cup of nuts

Small handful of toasted pumpkin, sunflower and sesame seeds.

Note

I toast these off in a frying pan with a little soy sauce, and smidgen of olive oil and stored in my pantry or fridge ready to use any time as a snack or for salads...

Healthy healthy.

Dressing made with juice of 1 lemon, pinch of stevia and 2-3 tbsp of olive oil, salt and pepper.

Next

Combine together in a jar and shake, shake, shake

Optional dressing ideas

Instead of lemon juice, use cider, balsamic or raspberry vinegar and you can add chopped fresh herbs and different mustards.

Omit the stevia, if you prefer a more tart dressing.

Afternoon Snack Options

Edam cheese, Apple, toasted seeds, walnuts.



Tandoori Lamb Chops with Cucumber Raita

Serves 4

Ingredients

9-12 New Zealand lamb or hogget chops (2-3 per person depending on size and hunger!)
Juice of half a lemon
1 tsp of good quality tandoori paste
3 tbsp of plain yoghurt
Salt and Pepper

Cucumber Raita

Ingredients

1/2 of a cucumber, peeled and grated
2 tbsp shredded coconut
1/2 of a small red onion, very finely diced
1 clove of garlic
1 tsp lemon juice
2 tbsp finely chopped mint

Next

Marinate lamb chops in lemon, tandoori paste and yoghurt, mix well. Cover and leave for an hour in fridge.

Combine all ingredients for raita, in bowl. Let it sit for half hour.

Grill chops for 5 minutes each side.

Serve with raita and salad or Vege of choice.

A quick note about the following dinner dishes for each day.

The main part of the meal is the protein portion so just add your favorite fresh vegetable or Salad vegetable of the season from the shopping list.

For example, summer's sun kissed tomatoes, fresh green beans, salad greens, courgettes or autumn's, mushrooms and butternut squash or winter's lovely little crunchy brussel sprouts and broccoli. Feel free to add a lemony hollandaise, pesto, aioli or just a squeeze of lemon if you so choose 😊



Express Option

Fruit Smoothie

made with berries, a few almonds, Greek yoghurt, Milk and a pinch of stevia.

Or Full Monty! 😊

Spanish Tortilla...Ole!

Serves 4

Ingredients

2 tbsp of good olive oil

1 red or brown onion

2 cloves of garlic

Pinch of chilli

2 tsp of smoked paprika

10 free range eggs

2 tbsp cream

1 chorizo sausage

1 good tbsp of whole grain mustard

1 cup of New Zealand TASTY grated cheese (or 1 cup of feta cubed and 1 cup of grated good New Zealand cheese)

A bunch of chives and or parsley, chopped.

Salt and pepper

3 cups of allowable cooked vegetables

Next

Sauté sliced chorizo in a little of the oil, till browned, add onion, smoked paprika and chopped garlic till soft.

Whisk eggs, cream, mustard, fresh herbs and salt and pepper together. Add onion mix to egg mix and combine well.

Pour mixture back into oiled pan along with ingredients of choice.

Scatter over the cheeses and maybe some slices of vine ripened tomatoes and olives.

Cook on top of stove in an oven proof frying pan for 10 minutes on gentle heat, then transfer to oven 180d. Cook for 30 minutes. Cool before removing from pan and slice into wedges.

Morning Snack Options

Nuts, Fruit, Raw Vegetables, Cheese



Mezze Plate

(just remember to make the protein portion 2/3 of the plate).

Handful of Kalamata or Pelion olives

Boiled eggs

Feta or a good New Zealand Brie

Hummus

Pesto

Grilled red peppers

Cold cuts of meat of choice

Small green salad

A good dollop of Aioli

'If you're wondering hummus is a complete protein as it contains tahini and chickpeas' 😊

Afternoon Snack Options

Fruit, cold cuts, seeds, nuts.



Beef, Mushrooms, Snow Pea and Bok Choy Stir Fry

Ingredients

2 tbsp peanut or lite olive oil

500g beef stir fry strips

100g sugar snap peas

2 cups of button mushrooms, washed quickly and sliced

200g bok choy, roughly chopped

4 spring onions, sliced

1 scant tsp chilli paste

1 clove of garlic, crushed

1 tsp fresh grated ginger

2 tbsp tamari soy sauce

1 tbsp fish sauce

Juice of one lime

Pinch of stevia

1/4 cup fresh coriander or if prefer, fresh basil leaves.

Next

In a wok or deep frying pan, fry the beef, in 1 tbsp of oil, in batches till brown but still juicy. Remove meat from pan.

Add remaining oil, fry onions, garlic, ginger and chilli for minute.

Add meat back along with any meat juices to wok, along with bok choy, mushrooms, and snow peas and add tamari soy sauce, fish sauce, lime juice and stevia.

Cook till veges are wilted but still bright green. Take off heat and add chopped fresh herbs.



The Omelette

'I basically create any combination I fancy on the day, whatever's in season, in the garden, in the fridge and tasty...Treat it as you would creating different toppings for a pizza...have fun and get creative!

A great breakfast dish for a crowd or as a lunch or supper dish...
Serve with home made relishes, pesto, tapenade and crispy mesclun salad.
Any left over is as delicious cold served for lunch with a big leafy salad.

The Spanish version...the Tortilla or the Italian version...the Frittata or even the French version...the Omelette, all these countries have a different way off preparing an omelette. The basic ingredient though is the same for this delicious eggy, dish.

A great dish to throw in those delicious little bits left over from the Sunday roast or the lovely new seasonal spring asparagus, spinach and baby broad beans or the summer peas, capsicums, courgettes, mushrooms, eggplant and herbs.

If you're feeling 'flash' and extravagant, add some prosciutto or organic crispy bacon from the local deli or farmers market.

Wedges of this can be carried to work or fabulous taken a picnic, with relish.'

Express Options

Fruit Smoothie or Marie's Yoghurt Fruit Bowl Supreme

Or Full Monty! 😊

Eggs Benedict...Low Carb Style

Serves 2

'First we need to make the sauce...this was the biggest seller at my café...we couldn't make enough hollandaise!'

Cheats Hollandaise

Ingredients

3 eggs separated
1 tbsp cold water
1 tbsp lemon juice
Salt and pepper
250g warm melted butter

Next

Break the egg yolks into the blender, put aside the whites. Add lemon juice and seasoning. At this stage I often add fresh basil but up to you. Turn on blender ensuring lid is on!

Through the hole in lid, pour the butter in a steady stream into the egg yoke mixture to form a pouring sauce, the consistency of warm custard.

*if too thick, add a tsp of warm water at a time, till right.

Poach 2 eggs per person in simmering water, into which a tbsp of white vinegar and a pinch of salt has been added. Cook eggs till the firmness you like.

Meanwhile grill the rashers of bacon, peel and slice an avocado and or steam some washed spinach, enough to create a bed for the serving of eggs bene.

To Serve

Place the spinach on plates, the 2 rashers of bacon per person, the avocado if using, then the 2 eggs and lashings of hollandaise on top.

*For Vege version.... just omit the bacon, obviously and add cooked mushrooms which are full of protein. 😊



Note

If there is any left over hollandaise (I bet there wont be!) you can store in an airtight container and use on vegetables, chicken, fish etc over the next 2-3 days...for added lushness.

'This was our most popular breakfast n my café menu, but it was served with crusty buttery foccacia toast ...this version however, is a very rich and supremely satisfying dish' 😊

Morning Snack

Nuts, Organic Apple, a Slice of Ham.

Marinated Chicken with Greek Salad

Serves 4

Ingredients

2 chicken breasts, sliced
1 tsp of oregano
Juice of 1 lemon
1 clove of garlic
Salt and pepper

Next

Marinate chicken in the above ingredients

Salad

1/2 a cucumber, diced
4 sun ripened tomatoes, cut into wedges
1 red capsicum, finely sliced
1 red onion, sliced
A good handful of fresh basil and flat leaf parsley, chopped
10 black olives
200g NZ feta
2 tbsp olive oil
1 tbsp white wine vinegar
Pinch of stevia
A handful of green salad leaves per plate

Next

Combine salad ingredients. Place a few salad leaves on plate, pile on Greek salad and dressing.

Meanwhile heat pan with a little olive oil, add sliced chicken and cook till cooked through...about 10 minutes.

Tasti Tasti!

Afternoon snack Options

Boiled egg, handful of strawberries or slice of cheese



Crispy Skinned Salmon Steak with Lime Mayonnaise

Serves 4

Ingredients

4 salmon fillets (with skin on)
2 tbsp butter
1 tbsp olive oil
Salt and pepper
2 egg yolks
1 whole egg
Juice of one lime
1 tsp wholegrain mustard
1 cup lite olive oil
Salt and pepper

Next

Heat the oil and butter in pan, add salmon skin side down on high heat for 2-3 minutes, till skin is crispy, turn over, reduce heat and cook other side. For approximately 10 minutes, depending on thickness if fillet.

Lime mayo

In a blender, blend eggs for 30 seconds then add lime juice, mustard, salt and pepper, blend further 30 seconds then in slow, steady stream, add the oil, till completed emulsified.

Alternatively buy a whole egg mayonnaise and add a little fresh lime juice.

Serve with green beans or salad of choice.



Express Options

Fruit Smoothie, Maries Fruit Bowl Supreme

Or **FULL MONTY!** 😊

The Great 'Iron Man' Fry Up

Ingredients (Per Person)

2 free range eggs

3 tbsp rice bran oil or similar

A piece of black pudding sliced, or a good quality pork or beef sausage from the local butcher (none of those cheap bread filled jobs from the supermarket either!)

2 rasher's of thick, good quality rashers of bacon

1 tomato, cut across

2 large flat brown mushrooms

Salt and pepper

2 tbsp butter

Next

Heat up the frying pan, turn the grill on and then we're cookin!

Fry the sliced black pudding or sausage in a little oil, till crispy.

Meanwhile grill the bacon alongside the tomatoes which have been topped with a knob of butter and seasoning.

In same fry pan that you're cooking the black pudding add a knob of butter, then the mushrooms and cook till softened, turning them over, season with salt and pepper.

Finally heat up another pan with a little oil or butter, add eggs and cook with the lid on, till they're cooked to your liking 😊

This is the British version of the full cooked breakfast. I'm assured it must have black or white pudding...not my favourite I have to admit but it's included all the same and full of iron!

'This is a slightly healthier way of cooking the breakfast...I have seen this cooked all in one pan of fat, with fried bread and beans! Just do what works for you'

Morning snack options

Boiled eggs, veggies, fresh fruit, seeds, nuts



Piri Piri Chicken with Radish, Cos and Corn Salad

Serves 4

Ingredients

2 or 3 chicken pieces, drums, thighs and or wings per person
 1 red capsicum
 1 red onion
 2 cloves garlic
 1 tsp red chilli (jar) or 1 tsp Tabasco sauce
 1 lemon...juice
 2 tsp sweet smoked paprika
 Small bunch of flat leaf parsley
 Salt and pepper
 Pinch of stevia

Next

Puree together, all the above ingredients, minus the chicken...obviously 😊
 Marinate chicken in pureed marinade, for minimum 6-8 hours or 1 hour if no time!

Place chicken on barbecue grill or under oven grill, for 30 minutes basting 2 or 3 times, turning over the chicken and repeat the cooking process, ensuring the chicken juices are clear.

For a no fuss version, just roast in the oven at 380 degrees celsius for 30-40 minutes, basting occasionally.

'I first had this in South Africa...while on a 3 month safari through Botswana, Mozambique and South Africa, ...it's a Portuguese dish though bought over during a slavery period in Mozambique 2 centuries ago..., sooo delicious' 😊

Salad

8 radishes, finely diced
 2 cups fresh corn kernels or medium tin of corn in brine, drained
 1/2 telegraph cucumber, diced
 1 cos lettuce head, washed and torn into pieces
 2 spring onions, finely sliced
 Small bunch of fresh basil leaves
 4 tbsps of whole egg mayonnaise (sugar free)
 Juice of one lemon
 2 hard boiled eggs, chopped
 Salt and pepper



Next

Prepare salad veggies and dressing. Pour dressing over combined salad, arranging cos lettuce on bottom of salad and pile other ingredients on top then pour over dressing.

Serve with luscious chicken.

Afternoon Snack

Nuts, Cheeses, Fruit, Toasted Seeds

(see recipe below)

One of my favorite, healthy snacks are a handful each of sunflower and pumpkin seeds, a tbsp olive oil, and 2 tbsp of tamari or Kikkoman soy sauce, sautéed in a frying pan till all liquid has evaporated, then let seeds cool off. Store in airtight jar or eat either as a snack or add to salads etc.... Yummm.

Moussaka

Serve 4

Ingredients

1 kilo of lamb or beef mince
3 tbsp of olive oil
1 large eggplant, sliced finely and salted for 30 minutes
2 brown onions, finely chopped
3 cloves of garlic, crushed
1 410g tin of chopped tomatoes
3 tbsp of tomato paste
1 tsp of dried oregano
A tsp of cinnamon
Small handful of fresh basil
Pinch of stevia

Cheese Custard Topping

4 free range eggs
1 cup of cream
1 1/2 cup of parmesan or a tasty grated cheese
Salt and pepper

Next

In a pan sauté onions, garlic in olive oil till soft. Add mince and spices and dried herbs. Brown the meat then add tomatoes, and paste and a little water if dry and cook for 25 minutes. In last 5 minutes of cooking mince mixture, add stevia and fresh basil.

Meanwhile salt the eggplant for half an hour then run salted eggplant slices under running water, pat dry and brush with olive oil. Place under hot grill cook both sides, about 10 minutes each side. Set aside.

For the custard topping, break eggs into bowl, whisk together with cream and 1 cup of cheese, salt and pepper.

To assemble Moussaka

Place layer of eggplant on bottom of lasagne dish, then layer of meat sauce, then last layer of eggplant then last layer of meat sauce and finally the luscious eggy, cheesy, custard on top. Sprinkle the rest of cheese on top and bake in oven till golden brown on top.

Serve with Greek salad or green salad of choice. Divinely inspired! 😊

You'll notice that wherever there are tomatoes I always add stevia (Normally sugar) as it improves the sweetness of the tomatoes, but it's optional 😊



Express option

See previous pages for choices

Or **FULL MONTY** 😊

'Fired up' Crispy Cantonese Eggs

Per person

'These I discovered in the back streets of Sydney in a Chinese restaurant many years ago, I've added the bacon for the extra protein, it's been a favourite ever since.'

You'll need a wok or deep frying pan

Ingredients

1 cup rice bran, grapeseed or lite olive oil
2 eggs per person
Several leaves of crunchy cos or butter crunch lettuce leaves
2 spring onion, finely sliced
2 rashers of bacon per person cut in 2
1 sun kissed tomato per person, diced
Small handful of chopped fresh coriander

Dressing

Crushed garlic clove
2 tbsp soya sauce
1 tsp chilli sauce
1 tbsp oyster sauce

Next

Heat oil in wok or pan till sizzling hot and cook pieces of bacon quickly till crispy, remove and set aside onto warm plate then gently slide eggs in one at a time and also cook till crispy but runny inside by basting eggs with spatula. Remove.

To Serve

Place washed lettuce on plate, pile on bacon, eggs, then finally tomato and onion and drizzle with the dressing and top with the coriander.....so, so good

Morning Snack Options

*Toasted seeds, cold boiled egg,
meat slices*



Grilled Haloumi, Tomato and Rocket Salad

Serves 2

Ingredients

400g haloumi
100 ml Olive oil
2 cups of washed rocket salad leaves
1 small red onion, finely sliced
8-10 cherry tomatoes cut in half
100g kalamata olives
50g sun dried tomatoes
Small handful of fresh basil leaves, shredded
2 tbsp lemon juice
1 tsp whole grain mustard
Pinch of stevia
Salt and pepper

Next

Slice haloumi into 8 and panfry in 2 tbsp olive oil till golden for approximately 1 or 2 minutes.

In a bowl, combine rocket, tomatoes, basil, onion and olives.

Combine remaining oil, mustard, lemon juice, salt and pepper and pinch of stevia.

Place salad mix on plate and pile haloumi, sundried tomatoes and olives on top.

Heaven on a plate 😊

Afternoon snack options

See morning snack list...I think you must have a handle on it by now 😊



Fab Herby Roast chicken and Vegetables with Cream and Dijon Mustard Sauce

Serves 4

Ingredients

1 free range or at the least corn fed chicken.
1 head of garlic with top sliced off (or at the very least 6 cloves of garlic)
3 sprigs of rosemary
Small bunch of fresh sage leaves
Sprig of thyme
2 red onions
1 good knob of butter
1 lemon
Salt and cracked pepper.

Next

Turn oven onto 200c. Slice red onion, cut lemon in half and roughly chop up herbs, removing the leaves off woody stems.

Wash and dry chicken with paper towel, rub chicken all over with butter and lift breast skin up, separating it from meat and push in some butter and finely chopped herbs.

Place chicken into roasting pan on which the red onion has been sliced, placing bird on top.

Place half the lemon inside the chicken and squeeze other half of lemon over the bird. Tuck garlic bulb next to bird.

Season the bird and place in an oven at 180c. For an average bird about 1 to 1 1/2 hours or about 20 mins per 500g. Ensure juices run clear.

Remove chicken and garlic from oven and let the chicken rest for 10-20 minutes.

Vegetables

2-3 Courgettes, cut into chunks
1-2 red peppers, deseeded and sliced
2 large parsnip, peeled and cut into chunks
2 red onion, peeled and quartered
4 mini beetroots scrubbed and quartered
4 carrots, peeled and cut into lengths
Quarter of a pumpkin, peeled, deseeded and cut into chunks
4 cloves garlic, smashed



Roast in separate, roasting pan, toss through olive oil, herbs and garlic.
Roast for 45 minutes along side the chicken.

A simple sauce

Once you've removed chicken and garlic from roasting pan, place pan back on heat, add half a cup of dry white wine and half a cup of chicken stock and scrape the luscious bits of the bottom of pan and let it reduce a little and thicken about 5-10minutes. Add 3 tbsp of cream and Dijon mustard and stir in. Pour over the chicken.

I serve this with a green salad, peas or some other green of choice.

Express option

See previous pages for choices

Or **FULL MONTY** 😊

Lambs Fry with Mushrooms, Cream and Mustard

Serves 4

'A kiwi farmers classic...a sweet childhood memory of growing up in Central Hawke's Bay, coming in for a big farm breakfast after a cold March morning gathering mushrooms and a fresh piece of lambs fry sizzling in the pan.

My mother would bring in the fresh cream to add to the mix and a lovely dollop of mustard to form the sauce and all on a thick slab of crusty home made bread, toasted.

Now you can't get better than that...we worked it off later!'

Ingredients

1 kilo of field or cultivated mushrooms, washed and sliced

400g lambs fry or liver, sliced

4 rashers of thick bacon

1/2 cup of cream

Juice of half a lemon

1 dollop of seeded or Dijon mustard

A small bunch of parsley and or chives

2 tbsp of butter

Salt and pepper.

Next

Melt butter in a generous deep frying pan. Add lambs fry and cook till browned and tender. Add mushrooms and cook till softened, about ten minutes. Then pour in cream and scrape bottom of pan to get all the lovely caramelised meaty bits.

Let simmer and reduce a little, add lemon juice, cook till sauce thickens, add mustard, simmer for 5 minutes. Season and add chopped herbs.

Serve with eggs of choice for brunch or with a green salad or steamed green for supper.

'Luscious and full of iron' 😊

Mid morning snacks

See previous pages for choices



Marie's Chicken Coleslaw

Serves 2

This is one of my favourite standbys, and good way to use up cold leftover chicken from a roast chicken the night before.

Ingredients

1/4 cabbage, finely shredded
1/2 red onion, finely diced
Small bunch of flat leaf parsley, roughly chopped
2 carrots, julienned (or grated)
1 cup of whole egg mayonnaise (no sugar)
Juice of one lemon
1 capsicum, finely diced
2 cups of cold cooked chicken, diced

*Optional; 1/2 cup of toasted skinned almonds, chopped

Next

Place all ingredients in a large bowl and combine.

Afternoon snacks

See previous pages for choices



Beef Chilli Deluxe with Guacamole and Sour Cream

Serves 4

Ingredients

500g NZ minced beef
1 cup of cooked red kidney beans, rinsed and drained
2-3 tbsp olive oil
1 tsp minced chilli obelek or similar
1 large brown onion, finely diced
2-3 cloves of garlic
1 carrot
1 stick of celery
1 red or green capsicum, diced
1 tsp of cumin,
1 400g tin of chopped Italian tomatoes
3 tbsp tomato paste
1/2 cup of beef stock or water
Small bunch of flat leaf parsley
1/2 cup good tasty NZ cheese
1 pinch of stevia
Salt and pepper

Guacamole

1 avocado, juice of 1 lemon, pinch of chilli powder, a little garlic, a little red onion, finely chopped, salt and pepper.
Mash all of avocado flesh and other ingredients together

Next

In a lidded pan, fry off the minced beef in some of the oil, breaking mince up, with a fork so there are no big lumps and cook till brown then remove onto a warm plate.

Then add more oil to pan then add the onion, garlic, cumin, chilli, carrot, capsicum, and celery. Cook till softened about 10 minutes. Next add tomatoes, paste, beans and stock to pan and continue to cook for 15-30 minutes to develop flavours.

The secret to a good chilli, is a longer cooking process, to release the sugars and caramalise the ingredients 😊

Serve the chilli with a good dollop of guacamole, sour cream, a small handful of grated cheese and finally a sprinkle of roughly chopped flat leaf parsley.

I serve this rich dish with a crisp green salad.



Express Options

See previous pages for choices

Or **FULL MONTY** 😊

Raj Eggs

Serves 4

This is one of those luscious simple recipes that honestly you will make again and again...real comfort food for the soul 😊

Ingredients

- 8 free-range eggs
- 2 tbsp oil
- 1 large brown onion
- 4 medium tomatoes, diced
- 2 tbsp curry good quality curry powder
- 1 heaped tsp turmeric
- 1 tsp mustard seeds
- 1 cup of hollandaise sauce (fresh or ready made)
- 1 cup of pouring cream
- Juice of a lemon
- 4 cups of spinach, washed and chopped and steamed
- Salt and cracked pepper
- Small handful of flat leaf parsley or coriander leaves roughly chopped

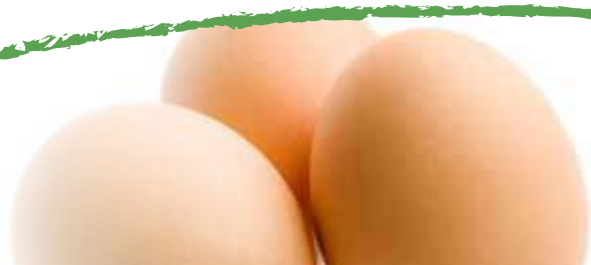
Next

Cook eggs in cold water, for 5-10 minutes till medium to hard boiled. Plunge into cold water, cool and peel. Set aside.

Meanwhile

Heat pan to medium heat. Add oil and sauté sliced onions till soft and translucent. (The longer you cook the onions the more natural sugars are released and more flavorsome the dish.)

Stir in the spices for 1 minute to release their aroma and increase their pungency.



Add cream, hollandaise sauce heat very gently ensuring that you don't 'split' the hollandaise and reduce sauce till thickened. Add lemon juice and cook further 5 minutes.

Finally add sliced eggs and well drained spinach and season well. Cook further 2 minutes, gently stirring.

Serve with chopped tomato and parsley sprinkled on top.

Oh.... so good 😊

Morning snacks

Please see previous options 😊

Pork Meatballs with Gruyere

Serves 4

Ingredients

4 rashers of bacon, diced
500g minced pork
3 tbsp olive oil
4 spring onions, finely sliced
100g gruyere cheese, roughly chopped
Sprig of thyme, leaves removed from stalk
3 cloves garlic, crushed
100g button mushrooms, finely diced

Now

Combine all of the ingredients, by wetting your clean hands and forming balls, flattening them a little.

Heat oil in pan and fry each side, for 5 minutes approximately. Turn down heat and put lid on pan and let them cook through, ensuring the patties are cooked all the way through.

To Serve

Serve these with a big gutsy wild salad with leaves picked from your salad garden with a dressing of 1 part balsamic vinegar and 2 parts olive oil.

Very moreish 😊

Afternoon snacks

Please see previous options 😊



Athenes' Special...the Goddess is alive and well!

Serves 4

There are 3 parts to this dish. First prepare dressing and Greek Salad

Tzatziki dressing

Ingredients

1/2 telegraph cucumber
200g greek yoghurt
1 garlic clove
A squeeze of lemon juice
2 tbsp fresh mint leaves

Next

Grate the cucumber, squeeze out excess liquid and mix with all other ingredients. Put aside in a bowl.

Greek salad

Ingredients

Several bunches of Salad Greens
400g firm salad tomatoes, quartered
½ cucumber, diced into chunks
1 small Spanish onion, cut into fine, thin slices
200g NZ feta, cut into cubes
100g black kalamata olives
A pinch of dried oregano
A few basil leaves shredded
2 tbsp olive oil
3 tsp red wine vinegar
Small clove of garlic
Salt and pepper

Next

Combine salad ingredients adding 2 tbsp olive oil, 3 tsp red wine vinegar, a small clove of crushed garlic and seasonings.



Fish

Ingredients

4-8 fillets of fresh white fish e.g. Lemon fish, gurnard, snapper depending on size of fillets

1 egg, whisked

Pinch of dried oregano

Salt and pepper

Next

Heat pan with olive oil, to medium temperature. Mix egg, herbs and seasoning. Dip fish in egg mix, cook fish both sides for about 5 minutes, ensuring you don't over cook.

Gently, gently does it! Meanwhile prepare the dressing.

To serve

Pile salad onto plate, then cooked fish fillets then finally spoonfuls of tzatziki on top.

Express Options

See previous pages for choices, By now you will have your favourite options and many options to choose from 😊

Or FULL MONTY 😊

Cowboy Eggs - Huevos Rancheros

Serves 2

Ingredients

- 2 tbsp of olive oil
- 1 onion, finely chopped
- 1 clove of garlic
- 1 red or green capsicum, finely chopped
- A good pinch of cumin
- A good pinch of chilli flakes
- A 410g can of chopped tomatoes.
- 4 eggs
- 4 rashers of bacon
- *Optional; 1 small can of kidney beans (vegetarians)

Next

In a pan, fry off the onion, capsicum, garlic, cumin and chilli flakes for 5 minutes till soft, in a little olive oil. Add canned tomatoes, salt and pepper and cook further 10 minute till thickened.

Set aside. Meanwhile heat a pan with a little oil, add eggs and cook till done as you like them.

Remove and place on top of salsa. Serve with some grilled bacon guacamole and chopped fresh coriander.

If using beans, add to tomato mix and heat through.

Guacamole

Ingredients

- 1 avocado cut in half and remove flesh
- Juice of 1 Lemon or lime
- Pinch of chilli flakes
- Salt and pepper
- Flat leaf parsley or fresh coriander



Next

Mash all ingredients together and set aside

To assemble, divide tomato salsa onto plates add eggs on top, serve with guacamole and rashers of bacon and a sprinkling of fresh coriander

'This is a hearty, tasty dish I had this dish on my café breakfast menu...very satisfying on a cold winters day. Basically it's a rich Mexican flavoured tomato salsa with friend eggs. To keep it low carb we need to omit the tortillas, so I've added a few rashers of bacon and lashings of guacamole 😊

*If a vegetarian, add a small can of red kidney beans to the tomato mix.

Tasti Tasti!

Morning snack

Please see previous day's options.

By now you will have an abundance of Snack options to choose from. 😊

Thai Beef Salad

Serves 4

Steak

Ingredients

600g of either rump steak or porterhouse

2 tbsp good soy sauce

Pinch of stevia

1 clove of garlic

Pinch of chilli

Dressing

4 tbsps of good salad oil

2 tbsp Thai fish sauce

Juice of 1 lime

Pinch of stevia

Salad

1/2 Lebanese cucumber, sliced thinly

200g cherry tomatoes cut in half

1/2 cup fresh mint leaves chopped finely

1/2 cup fresh basil leaves, shredded

1/4 cup fresh coriander leaves, chopped finely

8 spring onions, finely sliced

4 handfuls of mesclun salad mix

Next

Marinate the steak in soy sauce, chilli, stevia and garlic

for half an hour. Meanwhile in a jar mix salad oil, lime juice, Thai fish sauce, stevia and salt and pepper together.

Then prepare and combine cucumber, tomatoes, spring onions and fresh herbs.

Finally remove steak from marinade and sear the steak quickly for 2-3 minutes each side in hot pan. Remove and let rest for 10 minutes. Slice steak into strips.



To serve

Pile on each plate, a handful of mesclun, the combined salad mix the sliced beef and finally the dressing drizzled over the top...

'I first tasted this in a little backpackers in the middle of Bangkok in the 90's...Lovely balmy days, gorgeous colours and exotic tastes, frangipani, great markets.... I left that airport with nearly 30kilos of stuff on my back...my favourite city in the world' 😊

'The Gods were smiling on the day this was created' 😊

Afternoon snack

Please see previous day's options

Beef Stroganoff Express

Serves 2

Ingredients

500g good quality NZ rump steak, cut into strips
2 tbsp butter
1 tbsp olive oil
1 large onion, sliced thinly
1 clove of garlic, crushed
1 tbsp of wholegrain mustard
2 tbsp smoked paprika
500g button mushrooms, remove stalks and cut in half
1/2 cup of beef stock
2 tbsp of red wine or sherry
220g carton of sour cream
A good bunch of chives
Salt and pepper

Next

Heat pan, add butter and oil, and add sliced onion, garlic and mushrooms. Cook 5 minutes till all softened. Add beef, paprika, seasoning, cook till starting to brown, about 5 minutes.

Add wine, stock, and seasoning, let it simmer till sauce has thickened a little. Reduce heat and add mustard and sour cream, cook gently for about a minute.

Sprinkle with chopped chives.

Serve this with green of choice...😊



Express option

See previous pages for choices

Or **FULL MONTY** 😊

French Scramble...Piperade with Bacon

Serves 2

Ingredients

2 tbsp olive oil
1 large onion, diced
1 clove of garlic, crushed
1 pinch of stevia
500g tomatoes, diced
1 red capsicum, sliced
4 eggs
Salt and pepper
4 rashers of bacon

Next

Heat oil in medium hot pan, sauté onion, garlic and capsicum till soft. Add chopped tomatoes and stevia and cook till a soft but thickened sauce forms, about 5 minutes with lid off.

Combine eggs with fork and add to sauce, cook just until the eggs are cooked.

Serve with crispy bacon.

I remember eating this on my first trip to Paris in the 80's...in a little café with a latte and delicious crusty bread, to soak up the juices...forget the bread enjoy the bacon 😊

Morning snack

Nuts, seeds, carrot sticks and slices of avocado.



Bacon, Egg and Avocado Salad

Serves 2

Ingredients

4 free range eggs, soft boiled, peeled, cut in quarters
4 decent sized rashers of bacon, grilled till crisp
100g shaved parmesan
2 bunches of rocket salad leaves washed
1 small cos lettuce, washed and torn on big pieces
100g cherry tomatoes, sliced in half
4 tbsp good quality mayo (no sugar added)
2 tbsp wholegrain mustard
Juice of 1 lemon
1 small red onion, finely sliced
1 avocado

To Serve

On plates, divide up salad leaves then pile on bacon, eggs, tomatoes, sliced onion, avocado and parmesan. Mix mayo, mustard and lemon juice together. Pour mayonnaise mix over salad.

Can't beat this bacon, avo and egg combo 😊

Afternoon snack

Please see previous day's options



Baked Fish with Pumpkin, Olives, Tomatoes, Feta and Basil Pesto

Serves 4

Ingredients

400g of a good sweet pumpkin, I use butternut or Queensland blue.

800g of white fish you fancy

1 kilo of cherry tomatoes

1 red Spanish onion, sliced

2 cloves of garlic, crushed

1 cup of dry white wine

4 bay leaves

1 sprig of thyme, leaves removed from stalks

1 cup of good juicy black olives

A good bunch of fresh basil leaves

4 tbsp of good virgin olive oil

1/2 cup basil pesto

200g good NZ feta

Salt and pepper

Next

Steam sliced pumpkin for 15 minutes. Put into bottom of well oiled baking dish then sliced onion, crushed garlic and thyme on top. Then place fish fillets, wine, tomatoes, basil and bay leaves tucked in with olives.

Finally dot with crumbled feta and spread basil pesto over the top. Season and bake for about 30-40minutes in a moderate oven.

Serve with green of choice or green salad and vinaigrette

A simple all in one, no fuss dish...enjoy 😊



Express Option

Smoothie or Yoghurt and Fruit

Or **FULL MONTY** 😊

Bus Station Kefta with Eggs and Tomatoes

Serves 4

Ingredients

200g minced lamb
1 tsp Middle Eastern spice mix e.g. ras el hanout
2 tbsp olive oil
Bunch of flat leaf parsley
410g can chopped tomatoes
1 red capsicum, fine slices
1 onion finely chopped
1 clove of garlic, crushed
1 pinch of stevia

Next

Form the mince with 1 egg, onion, garlic and parsley into little balls for quick cooking, set aside.

In pan with oil, fry off the spices, for a minute then add the meat balls, until browned, add capsicum, cook 1 minute, then add tomatoes to the pan, along with the stevia and coriander.

Turn up heat and cook for 5 minutes till sauce has thickened. Season then in same pan cook the remaining eggs with pan covered till the eggs are set.

Sprinkle with remaining coriander...luscious

'You find this all over the Middle East in bus and train stations, there are lots of variations, and this is one of my favorite.

Now... just imagine the sounds of humanity at its peak! 40 degree heat, goats, chickens an assembly of trains or buses overloaded to the max and you could be there...supremely comforting food amongst the craziness and fun!'

Morning snack

Slices of Chicken, Olives, Nuts



Autumn Special

Cream of Butternut Soup with Nutty Gruyere Cheese and Toasted Walnuts

Ingredients

6 cups of butternut pumpkin, with skin and pips removed and chopped into pieces.
3 tbsp of olive oil
2-3 large onions, diced
3 cloves of garlic
1 tsp each of dried cumin, dried coriander, and turmeric
Chicken stock, enough to cover the pumpkin, in a pot.
A good bunch of parsley
Salt and pepper
1/2 cup of cream
100g Gruyere cheese
1/2 a cup of walnuts pieces, toasted and chopped

Next

In a soup pot, cook the diced onion and garlic in the oil for 1 minute, then add the spices and cook another 2 minutes. Add pumpkin, and enough stock to just cover pumpkin in the pot and season.

Bring to boil then turn down and simmer for 30-40 minutes, till pumpkin tender and flavours have developed.

Take of the heat and let cool for 5 minutes. Blend in blender and slowly add cream. Adjust seasoning.

Toast walnuts on gentle heat in a non stick pan, about 5 minutes should do it, swirl them around pan ensuring they don't brown.

Serve soup sprinkled with shavings of cheese and toasted walnuts on top and flat leaf parsley.

Afternoon snacks

See previous pages for choices



Peppered Porterhouse Steak with Mushroom Sauce

Serves 4

Ingredients

4 x of the best porterhouse steak you can buy
1 tbsp olive oil
Knob of butter
1/2 cup red wine, whatever's opened in the cupboard!
500g button mushrooms, sliced
2 tbsp Dijon mustard
Bunch of flat leaf parsley
2 cloves of garlic, crushed
Small sprig of thyme
1/2 cup of cream
Cracked pepper and salt
Flat leaf parsley

Next

Pepper the steaks well with a pepper grinder and place steaks on hot oiled pan with garlic. Cook the first side of steak till blood comes to the surface, then turn over and cook for 2-3 minutes. Let the steak rest, remove and set aside somewhere warm.

In same pan, with reduced heat, add butter, sliced mushrooms, thyme, and seasoning. Cover the pans to let juices form.

Cook till mushrooms are softened then add wine and cook further 5 minutes with cover off till wine is reduced a little, then add cream, mustard and flat leaf parsley. Cook a further minute or two till a creamy sauce has formed.

To serve

Spoon the mushroom sauce over the steaks and serve with side of choice...salad or greens.

'A beautiful, all time classic for those meat lovers' 😊 A Retro classic, still works for me!



Express Options

See previous pages for choices

Or **FULL MONTY** 😊

Grilled Mushroom, Tomato and Bacon Stack with Basil Hollandaise

Serve 4

Ingredients

8 large gourmet meaty mushrooms, with stalks removed
2-3 tbsp of olive oil
8 rashers of bacon
4 large beefsteak tomatoes
Pinch of stevia
Small handful of fresh basil leaves
1 cup of hollandaise sauce (see day 3 for recipe or ready made)
Several handfuls of rocket per plate
Salt and pepper

Next

Brush mushrooms with oil, cut 2 horizontal slices from each tomato and on each slice sprinkle a pinch of stevia and season, then with bacon, place under the grill and cook till done, about 10 minutes, turning over once.

Meanwhile prepare blender hollandaise. Add chopped basil to hollandaise.

On each plate, stack the bacon, tomato and mushrooms, then pour the hollandaise over the entire stack. Serve with a handful of rocket leaves...

Heavenly 😊

Morning snack

Cheese, Cold Cuts, Boiled Eggs



Malaysian Chicken Salad

Serves 2

Ingredients

- 2 cups of cooked shredded chicken
- 1 red capsicum, quartered and finely sliced
- 2 carrots, coarsely grated
- 6 spring onions, finely sliced
- 1/4 cup of fresh mint chopped
- 1/2 a small telegraph cucumber
- 1/4 Asian cabbage, very finely sliced
- 2 cups of Asian spicy greens, e.g. mizuna, or mustard leaves etc. roughly chopped
- 1/4 cup of chopped toasted cashews or peanuts

Mint Mayo

- 1 cup of ready made egg mayonnaise
 - 1/2 cup fresh mint, finely chopped
 - Juice of a lime
- Combine together.

Next

Combine mayo, with salad and shredded chicken in bowls and top with nuts.

'This is a variation on the chicken coleslaw salad I make that I've eaten in guest houses throughout Malaysia' 😊

Afternoon snacks

See previous pages for choices



Braised Lamb Shanks, with Rosemary and Vegetables

Serves 4

Ingredients

4 large lamb or hogget shanks
 3 tbsp olive oil
 1 large red onion, sliced
 200g mushrooms, quartered
 410g can of chopped tomatoes
 1/2 410g can of tomato puree
 2 large carrots, peeled cut into large dice
 2 parsnips peeled, cut into large dice
 2 tbsp wholegrain mustard
 Pinch of stevia
 1/2 cup of red wine
 1 tsp of finely chopped rosemary leaves
 Sprig of fresh thyme, leaves removed from stalk
 3 cloves of garlic
 1/2 cup beef stock
 Salt and pepper
 A bunch of flat leaf parsley.

Next

In a heavy cast iron casserole dish, on top of stove, add olive oil, then shanks and turning, brown all over, remove and set aside while preparing and cooking vegetables.

Add onions, garlic, carrots, parsnips, mushrooms, rosemary and thyme back into casserole dish. Cook till all softened, about ten minutes.

Add wine and stock and cook 1 minute. Scrape bottom of dish to lift caramelised bits on the bottom of the pan. Add tomatoes, puree, stevia, mustard and seasoning. Cook further 2 minutes.

Place shanks back on top spooning some of the mixture over the shanks. Place lid on casserole and put into low oven 170d for about 2 hours, till meat is falling off the bone.

Sprinkle with flat leaf parsley.

Serve with a green of choice.

'This is a KIWI favourite, in various styles and added flavours, gracing our finest tables and restaurants, a decade ago they used to get biffed to the dog!

How food trends change... enjoy' 😊



Express Options

See previous pages for choices

Or **FULL MONTY** 😊

Grilled Omelette with Cheese with Herbs and Tomatoes

Basic omelette recipe

Per person

*See day 1 Menu Plan for recipe.

Next grate a good handful of a 'tasty' New Zealand cheddar or similar and a handful of fresh basil, chives or flat leaf parsley, chopped.

Create the perfect, soft, fluffy omelette and then add herbs to mix with lots of cheese on top. Place under grill till golden and crunchy.

Serve this with 1 large tasty grilled beef steak tomato, cut across and sprinkled with a little stevia, salt and pepper and knob of butter or fresh green salad for a brunch dish...

Luscious 😊

'This is soooo good and so simple you'll want to use this again and again....the simplest things in life are often the best.'

Morning snack

Good strong tasty cheddar cheese, apple, shredded chicken



Tuna Salad

Per person

Ingredients

- 1 can of tuna in oil...extra omega 3's
- 1 carrot, diced
- 1 stick of celery, finely diced
- 1 small red onion or 2 spring onions, finely diced
- 1 large handful of flat leaf parsley and or fresh basil roughly chopped
- 1 tbsp of capers finely diced
- Juice of a lemon
- Optional 100gm of feta crumbled through

Next

Combine all ingredients together, add feta just before serving. I like mine with a few crunchy leaves of cos lettuce out of my garden to...enjoy!

'This is one of my favorite, great all year round protein punchy salad'

Afternoon snack

Juicy Melon, some nuts, a slice of prosciutto or ham.



Baked Chicken Thai Curry

Serves 4

Ingredients

8 chicken pieces i.e. a thigh and drumstick
1 red onion, sliced
1 red capsicum, deseeded and sliced into strips
2 cups of peeled, diced pumpkin
410ml can of coconut cream
Juice of one lime or lemon
2 kefir lime leaves
1 pinch of stevia
2 tbsp of fish sauce
Cracked pepper
Small handful of fresh basil or coriander

Next

In a casserole dish place the chicken pieces and vegetables and lime leaves, meanwhile mix the rest of the ingredients together and pour over the chicken and vegetables. Cover and cook for 20 minutes at 180degrees Celsius and then remove cover and cook till sauce has thickened and the chicken and vegetables have browned on top. Sprinkle with chopped coriander or basil.

Serve with a green salad or organic steamed broccoli

'This is my quick version of Thai chicken, baked in the oven.' Sooo easy and yummmm.



Express Options

See previous pages for choices 😊

Or FULL MONTY

Singaporean Egg Roll

Per person

This is a flatter, thinner omelette for rolling.

Whisk up 3 free range eggs with seasoning and put 2 tbsp of oil in non stick pan, pour eggs into hot pan and cook one side for 1 minute, flip over and cook other side, remove from pan.

Add chopped ham, tomato, cheese, cooked left over vegetable, avocado or crispy bacon etc onto omelette and roll up and eat.

This is great for those of you in a hurry, on the run.

You can even precook several of these and stack them in the fridge, cover with cling film and take one out in the morning, fill and run!

Morning snack

Brie, Fresh Figs and Thin Salami Slices



Summer Platter with Aioli

Serves 4

Aioli

Ingredients

3 cloves of garlic
 3 large egg yolks
 1/2 cup of extra virgin olive oil
 1 cup of olive oil
 Salt
 Lemon juice

Next

In a blender, or using whisk if you have strong arms, blend the eggs and salt for a minute then slowly, slowly pour in oils.

If using a blender, pour oil through the opening till thick and fully emulsified.

At this point add the hand crushed garlic (none of the jar stuff for this recipe will do!)

Add as much lemon juice as you need to add flavour, approximately 1 tbsp...ensuring it keeps it form and wobble!

Season with salt.

Now any of the following;

- *Boiled eggs cut in half
- *Tomatoes, in wedges
- *Tuna chunks
- *Smoked fish of any kind e.g. smoked kowhai
- *Crayfish
- *Prawns
- *Crunchy radishes
- *Cold roast meats, especially rare roast beef
- *Grilled non starchy vegetables
- *Crunchy cooked green beans
- *Cold or warm steamed leeks, currettes, baby carrots and baby beetroots.

'This one of my favourite summer platters. It involves the very delicious garlic infused thick mayonnaise, served with all the gorgeous dipping foods you can find'...sitting back in the shade of a tree, on a hot summers day, sipping a cold glass of Hawke's Bays World class, chardonnay... enjoying life with a good friends.



Afternoon snack

Please see previous day's options

Good Ole Pork Chop with Sage, Cream and Mustard

Per person

Ingredients

1 good sized loin pork chop
1 clove of garlic, crushed
3 fresh sage leaves
2 cups of silver beet or Swiss chard
1/2 cup of cream
2 tbsp of wholegrain mustard
Juice of 1 lemon
Pinch of stevia
Salt and pepper
Knob of butter
Small bunch of flat leaf parsley, stalks removed, finely chopped

Next

Heat a frying pan to medium heat, add butter. Add, garlic, sage leaves, then pork chop, cook on medium heat till browned on one side then turn over, season and cover pan.

Let this cook for 10 minutes on lowered heat. Remove chop(s) and keep warm.

To form a sauce add lemon juice, stevia, mustard and cream to pan you've cooked the chops in and check seasoning then reduce and thicken the sauce for about 5 minutes on medium heat. Add parsley

Serve with steamed spinach or silver beet.



Express Options

Tropical Fruit Salad with Greek Yoghurt.

Combine any of the following, it keeps for 2 days.

*kiwi fruit, strawberries, figs, all melons, mango and peach. Cut up into edible portions in a bowl. (About 4 cups of fruit)

Cut a vanilla pod down the center, scrape seeds into pan and add vanilla pod, 2 cups of water and fruit. Add lime juice and some passion fruit pulp.

Boil for 5 minutes then reduce and simmer for 15 minutes

Or FULL MONTY 😊

Asparagus, Red Onion, Feta, Corn and Green Pepper Frittata

Serves 4

Ingredients

8-10 eggs

1/4 cup of cream

12 asparagus spears

1 red onion, sliced

1/2 green pepper, sliced

1x 410g can corn in brine, drained or 2 cobs of corn, cooked in boiling water for 10 minutes, cut off the cob

100g of NZ feta, cubed

100g of grated tasty cheese

Small handful of flat leaf parsley or fresh basil leaves.

Salt and pepper

Next

Tail the asparagus, removing woody ends. Heat a little water in an oven proof pan and quickly cook till just tender, drain.

Melt a knob of butter in the pan, cook the sliced onion, sliced pepper till soft.

Add whisked egg and cream and seasoned mixture to pan, stir it a little. Add feta, corn and herbs to the egg mix and finally add asparagus laid with tip to the centre of pan and grated cheese sprinkled on top.



Cook on stove top for 10 minutes then put oven proof pan in hot oven for 20 minutes till the frittata is set.

Cut into wedges and serve with salad or side of choice. This is great taken to work, and eaten cold.

Gone to heaven and back! 😊

Morning Snack

1/2 an avocado, 2 cherry Tomatoes, Slice of Edam Cheese

Deli Chicken, Walnut, Blue Cheese and Beetroot Salad with Orange Mayonnaise

Ingredients

1 cooked chicken from the deli
1 large bunch of salad leaves from your garden, enough for 4
2 medium beetroot, cut into wedges
1 red onion, sliced finely
1 1/2 cups of walnut halves or pieces
200gms blue or feta cheese
Juice of 1 orange
4 tbsp of good quality egg mayonnaise (no added sugar)

Next

Roast beetroot segments, in olive oil, with a little balsamic vinegar and crushed garlic. Heat oven to 180 degrees Celsius and cook for 30 minutes. Remove and cool.

Per person, place a large bunch of salad leaves from your garden, washed, onto each plate.

Shred the cooked chicken into pieces. Add to salad leaves. Next add sliced red onion. Mix the mayonnaise with 2 tbsp of orange juice.

Toast walnut halves in a dry hot pan, being careful not to burn, remove from heat and cool a little, then add to salad.

Next toss in the warm beetroot and crumbled cheese of choice then pour over orangey mayo...*so delicious.*

Afternoon Snack

Cashews, berries, and a slice of camembert cheese.



Flounder with Lemon Caper Butter and Creamed Spinach

Per person

Ingredients

1 flounder
Juice of 1 lemon
Salt and pepper
2 tsp of capers
1 good handful of flat leaf parsley, chopped with stalks removed
1 good knob of butter
1tbsp of olive oil
Salt and pepper
1 generous bunch of spinach, well washed and drained
1 tbsp of lemon juice
3 tbsp of cream

Next

In a frying pan melt the butter and olive oil (the oil stops butter from burning), on medium heat, pat the fish dry and season. Add fish to pan and cook 10-15minutes per side. Remove and keep warm.

Add the capers and flat leaf parsley to the pan, cook for 1 minute then add lemon juice and a little more butter to form a little sauce.

Pour sauce over fish and serve with spinach, quickly sautéed in a little butter and lemon juice. Cook for 3 minutes till just starting to wilt. Add 2 tbsp of cream and cook for further 2 minutes.

Season with salt and cracked pepper.

'One of my favorite fish dishes, simple yet robust flavours' 😊



Express Options

2 Boiled Eggs and a Slice of Ham. A Bowl of Berries

Or FULL MONTY 😊

March Mushrooms and Crispy Bacon

Per person

Ingredients

4 large flat field mushrooms per person... the 'large flat mushrooms from the supermarket are pretty good if you're unable to pick your own.

Juice of half a lemon

1 small handful of flat leaf parsley

1 knob of butter

3-4 tbsp of pouring cream

Salt and pepper

Please Note

If you're using commercially grown mushrooms, wipe only but if they are 'wild' mushrooms from the fields, you've collected yourself, you will need to check for bugs and lightly rinse. You will also need to peel them.

Next

Remove the stalks and slice finely. Add a knob of butter to the pan cook the mushrooms for a few minutes till softened, add cream, season and add lemon juice and roughly chopped parsley, cook little longer till the sauce has thickened a little.

Serve with 2 rashers of grilled bacon and slices of fresh tomato.

'In New Zealand we get our gorgeous first flush of field mushrooms after our autumn rains in March. With the warmth still in the soil these treasures start erupting in our pastures, a real seasonal treat.'

Morning Snack

Kiwi fruit, almonds and a creamy havarti cheese



Sunday Farmers Market Platter

Any of the following;

Sliced salami

Cold smoked fish e.g. kowhai

Cold chilli mussels

Plump black kalamata or Pelion olives

Fresh lightly steamed asparagus spears

Fresh basil pesto

Tapenade

Delicious ripe bries, creamy blue vein and sharp cheddar cheeses

A handful of mesulan salad leaves

A little aioli

Pepper dews stuffed with cheese

Cold boiled free range eggs

Cocktail tomatoes

Avocado

Instead of breads etc wrap the morsels in lovely crunchy cos lettuce leaves.

'This is great way to get in lots of tasty low maintenance protein and a quick or leisurely stroll through the Farmers market you will be able to pick up lots of delicious morsels.'

Afternoon snack

Apple slices, walnuts, blue cheese



Chicken, Lemon, Red Onion and Olive Bake

Serves 2

Ingredients

2 chicken thighs and 2 drum sticks
2 tsp smoked paprika
2 red onions, peeled and quartered
1 red capsicum, deseeded and sliced
2 pieces of butternut squash, peeled cut into small pieces
2 parsnips, scrubbed and sliced in half lengthways
2 carrots peeled and slice lengthways
2 corgettes or kumi kumi cut into large dice
2-4 cloves of garlic, sliced
Fresh rosemary leaves, removed and chopped
1 lemon
Olive oil
Salt and pepper

Next

In a large oven proof roasting pan, mix together vegetables, meat, herbs, and olive oil, rubbing the paprika thoroughly over the chicken pieces. Season and bake for 40 minutes at 180 degrees Celsius. Chicken is cooked when juices run clear.

Serve with green beans or crisp green salad and dressing made with 2 tbsp balsamic vinegar and 4 tbsp of olive oil.

'This is my favorite standby, so easy when in a hurry...throw it all together in a roasting dish and Bobs your uncle!'



Express Option

Fruit Smoothie

1 banana, 1 peach, half a cup of Greek yoghurt, 1 cup of soy or full cream milk, 1 tbsp of honey. Blend.

Or Full Monty 😊

Scrumptious Scramble

Per person

Ingredients

3 eggs

Knob of butter

100-200g smoked salmon (off cuts are great for this)

2 tbsp cream

3 tbsp finely chopped chives or parsley

Salt and cracked pepper

Next

Preheat non stick pan to medium heat, add butter. In a bowl whisk eggs, cream, herbs and seasoning together.

Add to pan and as egg starts to set, push egg mixture from side to side with spatula or wooden spoon. Again gently, gently does it, if you want soft eggs, never cook on high heat.

Finally add salmon pieces...and just heat through for about 2 minutes. Remember eggs continue to cook after they're removed from heat.

I serve mine with a handful of rocket leaves and avocado slices.

Morning Snack

Peach, Brazil Nuts, Cheeses.



Hungarian Spiced Tomato Soup

Serves 4

Ingredients

2 tbsp of olive oil
1 large brown onion, finely diced
2 cloves of garlic, crushed
410g tin of crushed tomatoes
1 tbsp of smoked paprika
1 stick of celery, finely diced
1 green capsicum, finely diced
1 small carrot, finely diced
4 cups of chicken stock
Pinch of stevia
Salt and pepper

Next

Sauté onion, garlic, till softened, add diced celery, carrots, capsicum and paprika and cook a further 5minutes, add tomatoes, butternut and chicken stock, stevia, and seasoning.

Cook 20 minutes, till soft, then cool a little and blend in whizz. Leave a little chunky.

Afternoon snack

Fresh Fruit, Nuts, Cheeses and Cold Cuts



Eggplant, Feta and Chicken Stack with Basil Pesto

Serves 4

Ingredients

2 small eggplants

1 chicken breast

200g of feta

1 cup of ready made pomadori sauce (ready made Italian tomato sauce)

4 tbsp of basil pesto

Salt and pepper

Olive oil

Next

Heat a George Foreman grill or a non stick frying pan. Slice the eggplant into 0.5cm thick and fry the eggplant in oil for 3-4 minutes each side. Set aside.

Cut the chicken breast almost through, across the breast to form a heart shape. Fry or grill in olive oil for 5 minutes each side. Set aside.

Heat through the tomato sauce in a pan then add the crumbled feta and mix with the tomato sauce, heat through.

To assemble stack

Line a baking tray with baking paper and on it alternate the layers of eggplant, tomato mix, chicken, a spoonful of pesto, then eggplant etc finishing with a dollop of pesto.

Place in oven and fan bake for 10 minutes on 180degree celsius.

I serve this with a crisp green salad...and olive oil and balsamic dressing...2/3 oil to 1/3 balsamic vinegar

'This was one of the most popular mains on our summer menu at my Café in Hawke's Bay... Enjoy.'



Express Options

See previous pages for choices

Or FULL MONTY 😊

Scramble Eggs with Grilled Chicken Sausage and Tomato

Per person

Ingredients

2 large free range eggs

2 tbsp of cream

Salt and pepper

A small knob of butter

2 gluten free chicken sausages *(any gluten free sausage is fine to use)

Large meaty tomato, cut across the middle

Small bunch of fresh basil, chopped

Pinch of stevia

Salt and Pepper

Next

Turn on grill in oven or George Foreman Grill. Top the tomato halves with some finely chopped basil, a pinch of stevia and seasoning.

Cook sausages and tomato halves for approximately 10 minutes. Keep warm while cooking eggs.

Beat eggs, cream and seasoning together. Melt butter in heavy or non stick fry pan.

Add egg mixture and push egg gently from side to side on medium heat, for 2-3 minutes, till just set...please ensure you don't over cook as eggs will turn to rubber!

Morning Snack

Cheese, Hummus, Celery and Carrot Sticks



Lime and Chilli Chicken Pieces with Asian Style Carrot and Ginger Salad

Serve 2

Ingredients

4 chicken drums or thighs
Juice of 1 lime
Pinch of chilli flakes
Pinch of stevia
Small bunch of coriander (optional)
1 clove of garlic, crushed
2 cm of fresh peeled ginger, finely grated
4 tbsp of dark soy sauce

Mix marinade. Marinate wings for an hour. Heat grill and cook for 25 minutes, turning to ensure all sides cooked.

Salad

Ingredients

3 Large carrots, peeled and finely sliced into match stick size pieces or coarsely grated
2 spring onions, finely sliced
1 Tbsp grated fresh ginger
Small bunch of fresh mint, finely sliced
1 cup mung bean sprouts
1 stick of celery, finely diced
4 tbsp of toasted sesame seeds

Dressing

Half drop of sesame oil
4 tbsp of peanut oil or similar
1 pinch of stevia
Juice of a lime or lemon
Shake shake shake!

Next

Combine salad ingredients and dressing together just before serving.

Afternoon snack

Please see previous day's options



The Great New Zealand Lamb Roast and Vegetable Medley

Serves 4

Meats ingredients

2 kg of leg of lamb or hogget
Olive oil
6 cloves of garlic
3 sprigs of rosemary
Salt and cracked pepper
1 large red onion

Vegetable ingredients

1-2 Tbsp olive oil
1/4 medium crown or similar pumpkin, deseeded and cut onto 8 wedges
4 carrots, peeled, cut into medium lengths
4 parsnips, peeled, cut into long lengths
1 red pepper, cut into large pieces
1 small eggplant, cut into thick chunks
2 red onions, peeled and cut into 1/4's
1 bulb of garlic, cutting a little off top of bulb
3 sprigs of rosemary, leaves removed and chopped finely
Salt and pepper
500g of green beans
Knob of butter

Next

Set oven at 220 degrees Celsius.

Using a sharp knife, make holes, deep enough to insert slivers of garlic and a sprig of rosemary, season.

Slice peeled brown onion and 2 cloves of garlic in pan, then place meat on top. Baste with a little olive oil.

Cook for approximately 1/2 an hour at this temp then reduce to 180 and cook a further 1-1 1/2 hours depending on how you like it (medium to medium rare).



Once meat has been cooking for half an hour, add prepared vegetables, (except beans), olive oil and rosemary into a separate roasting pan. Vegetables will take approximately 1 hour to cook.

Remove meat and let it rest for 15-20minutes. Place vegetables in a warm place.

Meanwhile steam beans for 5-10 minutes.

To make a 'flourless' gravy;

Place meat pan on stove element, pour of most of fat, keeping about 3-4 tbsp, ensuring that all the tasty morsels from the roast are left in pan. Add 4 tbsp red wine, a cup of chicken stock, a dash of soy sauce then scrape the bottom of pan and reduce the liquid for 5 minutes. Add a knob of butter and dash of cream...soooo delectable.

Serve vegetables with slices of lamb, gravy, beans and some of the roasted garlic smeared all over.

Note

Keep some lamb and roasted vege's for tomorrows salad lunch, if you can 😊

NITA'S ROAST

A different way of cooking a roast dinner....I have lovely memories of my Mother's roasts, usually a mutton leg (a 2 year old animal)...cooked long and slow, in a cooler oven so it would fall of the bone and be so succulent...with the vegetables all tucked around the roast, sticky and delicious and the house filling with the gorgeous smells on a cold wintery afternoon.

A wistful memory....this is in memory of my darling mum.

'Nearly every country has a version of the Sunday roast...I truly believe, after travelling the world, that our New Zealand version and meat is the best.'

Express Option

Protein Shake and 2 Boiled Eggs

Or **FULL MONTY** 😊

Chorizo, Bacon, Fried Eggs with Sweet Tomato Stew

Serves 2

Ingredients

Olive oil
Knob of butter
1 large chorizo sausage, sliced diagonally
4 rashers of good bacon
4 eggs
8 small tomatoes or 4 medium, diced
Pinch of stevia
Salt and pepper
A few fresh basil leaves, finely chopped
2 tbsp of water

Next

Heat frying pan and add a tbsp of olive oil and fry chorizo till golden. Also turn on grill and cook bacon till crispy.

Meanwhile heat a small pan, add butter, a little oil and tomatoes, stevia, basil and water, simmer on medium heat till a thick stew is formed, season.

Heat pan for eggs add a little butter and oil and fry eggs.

'To serve, I add a little rocket to side of the plate, then pile on the tomato stew, the chorizo, eggs on top and finally add bacon to the pile of deliciousness and eat!'

Morning Snack

Toasted Seeds, Apple, Strong Tasty Cheese



The Great NZ Cold Lamb Roast Salad

Serves 2

Ingredients

300g of cold roast lamb, sliced
1 cup Leftover roasted vegetables, diced
1 good dollop of aioli or mayonnaise
4-6 Mint leaves
Juice of ½ a lemon
1/2 sliced red onion
8 cherry tomatoes cut in half
2 handfuls of rocket, cos lettuce or similar
1 handful of flat leaf parsley
A few slices of good quality aged tasty NZ cheddar

Next

Wash salad greens and parsley; tear in to bite size pieces. Add finely chopped mint and lemon juice to the mayonnaise.

Arrange salad greens, slices of onion, tomatoes, cold roasted vegetables and meat onto plate, drizzle over mayonnaise.

Afternoon Snack

Please see previous options



The Classic 'Spring Chicken', Bacon and Mushroom Casserole

Serves 4

Ingredients

8 portions of corn-fed chicken pieces

Olive oil

Butter

2 red onions

2-cloves of garlic

Some fresh thyme leaves (about a tsp)

A sprig of fresh rosemary leaves, removed from stalks and finely chopped (about a tsp)

2 cups of button mushrooms, halved

1/2 cup of white wine

1/2 cup of chicken stock

1/2 cup of pouring cream

1 tbsp of Dijon mustard

1 cup of flat leaf parsley, washed and roughly chopped

Salt and pepper

Next

Heat oven to 180 degrees Celsius. Heat oil in a frying pan to medium heat and brown chicken in batches on both sides. Remove to roasting pan.

Meanwhile, add more oil back to fry pan, if needed and add sliced onion, bacon for 5 minutes, then mushrooms and garlic, cook till softened.

Add stock and wine, mustard, seasoning and herbs and simmer for 2 minutes uncovered, scraping all the bits at the bottom of frying pan.

Next, add all vegetables, stock and cream over chicken pieces in dish and combine.

Bake uncovered for 35-45minutes till sauce has thickened and chicken is tender.

Remove from oven and sprinkle flat leaf parsley.

Serve fresh steamed asparagus with a squeeze of lemon (helps to cut through the richness of the dish. 😊)



Express Option

Fig, Hazelnut and Yoghurt

Fresh figs, dried cranberries with thick Greek yoghurt and toasted hazel nuts
2 figs, washed and quartered, 3 dollops of Greek yoghurt, toast half a cup of hazel nuts or nut of choice, sprinkled on top, with a sprinkling of stevia.

Or FULL MONTY

Scrambled Eggs with Roasted Roma Sweet Tomatoes and Spicy Pork Sausage

Per person

Ingredients

Knob of butter
2 eggs
2 tbsp cream
Fresh chives
100 gm feta
2 ripe Roma tomatoes
Fresh basil, chopped roughly
Pinch dried oregano
Pinch of stevia
Salt and pepper
Boervendors sausage or any spicy sausage you fancy

Next

Whisk eggs and cream together, add crumbled feta, cracked pepper and chopped chives. Cook in pan with butter, gently stirring from side to side for about 5 minutes

Turn on grill, cut tomatoes in half, sprinkle with stevia, salt and pepper, oregano. Grill for 10-15 minutes till soft.

Meanwhile cook sausage also under grill turning once to ensure fully cooked for 10-15 minutes. Sprinkle fresh basil over tomatoes.

Morning Snack

Nuts, Boiled Eggs, Slices of Pastrami



Chicken Laab Wraps

Serves 2

Ingredients

4 washed whole leaves of iceberg lettuce
Lite olive oil
Pinch chilli flakes
1 clove of garlic
1 tsp crushed ginger
400g chicken mince (other mince meats can be substituted, pork especially)
Juice of 1 lime
1 tbsp fish sauce
Pinch of stevia
1 spring onion
Small mixed bunch of coriander and fresh basil leaves
1/2 cup of mung bean shoots
1/2 medium cucumber, finely diced
1 medium tomato, finely diced

Next

In a frying pan add some oil, and cook chilli, garlic spring onion and garlic for 5 minutes. Add chicken and cook for 10 minutes, add Thai fish sauce and lime juice. Add chopped coriander and basil and heat through.

Mix cucumber, diced tomato, mint, and sprouts together with a little lime juice, oil and stevia.

Place washed whole lettuce leaves (cups) on plate, pile on the mince mixture and then cucumber salad mix.

Wrap up and eat your little parcels of deliciousness 😊

Afternoon Snack

Please see previous options



Moroccan Fried Fish with Cos, Tomato, Black Olive and Red Onion Salad

Serve 2

Ingredients

400g or there about of firm white fish...Snapper is ideal
2 tbsp of Olive oil
2 cloves of garlic
1 tbsp of a good quality Moroccan spice mix such as 'Ras el hanout' or ground cumin and chilli powder
Juice of a lemon
Salt and pepper

Salad

10 leaves of small cos lettuce leaves
1 red onion, quartered and sliced with grain
8-10 Black plump olives with stones removed (if possible)
1 cup of sweet cherry tomatoes cut in half
Small bunch of flat leaf parsley, roughly chopped
Pinch of chilli
Pinch of paprika
1 clove of crushed garlic
Juice of a lemon
Pinch of stevia
2 tbsp olive oil

Next

Wash and prepare the leaves in a platter. Lay avocado slices, olives, tomatoes, onion and finally, chopped parsley.

Combine rest of ingredients to make a dressing and pour over Salad.
Let it chill for half an hour.

Next

Mix the spices with the oil, lemon juice and garlic, generous salt and pepper. Rub into fish fillets and leave for a minimum of 15minutes.

Heat more oil in a frying pan and fry till crispy on both sides. Serve with Salad.

A wee note....'Ras el hanout' is a great Moroccan spice you'll find in any good deli 😊



Express Option

Marie's Fruit Bowl Supreme...see previous menu for recipe.

Or Full Monty

Poached Eggs, Asparagus, Grilled bacon and Mushrooms Stack with Basil Hollandaise

Per person

Ingredients

2 free range eggs
6-8 asparagus spears
2 rashers of bacon
1-2 large flat mushrooms, peeled
4 tbsp of hollandaise
2 tbsp chopped basil leaves
Knob of butter
Salt and pepper

Next

In a large flat pan, lay asparagus covered with enough water to which a little salt has been added and cook for 5 minutes. Drain and remove from pan, and keep warm.

Poach eggs in same pan with a little water enough to cover the eggs to which a tsp of vinegar has been added.

Meanwhile grill bacon. In a frying pan add knob of butter, add mushrooms, seasoning and cover till cooked through.

There are many great commercial brands of hollandaise now days or see previous recipe on Menu Plan 3. Add the chopped basil to the hollandaise.

To serve

Place bacon, then asparagus, mushroom, then poached eggs on top.

Pour hollandaise on top...enjoy 😊

Morning Snack

Nuts, Carrot Sticks, Slices of Shredded Chicken



Summer Chicken, Avocado and Strawberry Salad with Raspberry Vinaigrette and Basil Pesto

Per person

Ingredients

2 handfuls of your favorite salad leaves from your garden and/or fields. E.g. wild rocket, cress, mizuna, dandelion, calendula flowers, viola flowers, basil, mint etc.

1 ripe avocado

1 cooked chicken breast, sliced or 1 cup of cold shredded chicken

6-8 large plump strawberries

Red onion, sliced

2 tbsp of basil pesto

Please note bags of mesclun salad mix at the supermarket will be ok but the flavours won't be as good as home grown 😊

Raspberry vinaigrette

1 tbsp raspberry vinegar

2 tbsp lite olive oil

Pinch of stevia

Salt and pepper

1 tsp of Dijon mustard

Next

Wash and prepare lettuce, flower and herb mix. Pile onto plate.

Pile on chicken. Wash and hull strawberries, cut in half and sprinkle over leaves.

Cut red onion in half, slice into lengths, add to salad. Peel avocado, dice or slice avocado, add to salad.

Finally mix all dressing ingredients in a screw top jar and shake, shake, shake!

Drizzle dressing and some pesto on salad. 😊

Afternoon Snack

Nuts, Fruit, salad snacks e.g. cucumber, radishes, cherry Tomatoes etc



Lamb Kebabs with Tzatziki and Salad of Roasted Peppers, Olives and Feta

Serves 4

Kebabs

Ingredients

500g lamb rump, diced into large cubes

1 clove of garlic

2 tbsp of olive oil

1 tsp sumac

1 clove of garlic

Salt and pepper

1 red onion quartered and cut into pieces similar size to meat cubes.

Bamboo kebab sticks

Tzatziki Sauce

Ingredients

Half a cup of Greek plain yoghurt

1/4 cup fresh mint leaves, finely chopped

1/4 telegraph cucumber, deseeded and grated

Salt and pepper

Mediterranean Salad

Ingredients

8 roasted red peppers, bought from local deli, deseeded and sliced

1 cup kalamata olives

1 cup of flat leaf parsley, chopped

1 small red onion

200g feta, crumbled

Juice of half a lemon

2 tbsp of olive oil

Next

Marinate meat cubes in the rest of kebab ingredients.

Combine sauce ingredients.

Soak kebab stick for 10 minutes, meanwhile heat grill and cook kebabs, 15-20minutes, turning so all sides are cooked to your liking.

Next

Combine all ingredients together and serve.

Serve kebabs with tzatziki sauce and Salad

'Perfect for those barbecues on a balmy summers night' 😊



LAST DAY...LAST DAY...LAST DAY!

Express Option

Please see previous smoothie options, changing fruit options

Or Full Monty

Farmers Special!

Lamb Chop with Thyme, Bacon and Balsamic Grilled Tomatoes

Per Serve

Ingredients

1-2 NZ lamb loin chop or steaks per person, depending on size of chop and hunger!

2 rashers of bacon

1 large beef steak tomato, cut across the middle

1 tbsp of balsamic vinegar

Salt and pepper

Knob of butter

Next

Heat grill and cook chops 5-10minutes both sides.

The secret to cooking any chop is to let the blood come through to top of the chop and then turn it over and cook other side. i.e. don't keep turning back and forth.

Season and then let the meat rest for 5 minutes, before serving.

Grill the tomato with balsamic drizzled on top, salt and pepper. Grill the bacon till crispy.

Note

All meats need a resting period once cooked so that the meat relaxes and becomes more tender 😊

Morning Snack

Please see previous options



Mediterranean Mini Beef Burgers with Tahini Sauce

Serves 4

Burgers

Ingredients

500g minced premium Beef
1 small onion, grated
1 clove of garlic
1/2 cup of currants
Pinch each of paprika, allspice and cinnamon
Small bunch of mint leaves chopped
Small bunch of flat leaf parsley

Tahini sauce

Ingredients

Juice of 1 lemon
2 tbsp water
1 clove of garlic
100gm tahini
Salt and pepper

Next

Combine all burger ingredients, using wet, clean hands, and shape into small patties. Set aside.

To make sauce, combine with a whisk all sauce ingredients, till smooth and consistency of thin cream.

Heat pan, add 2 tbsp of oil, and fry mini burgers for about 10 minutes until golden and cooked through

Serve with a salad of tomatoes, salad greens, cucumber with a good oil and balsamic vinegar dressing.

Afternoon snack

Boiled Eggs, Salami, Brie



Welcome to the last meal of the Consolidation phase

Celebration Supper.... Succulent Roast Belly Pork with Apples, Red Onions and Creamy Mustard Sauce

Serves 4

Ingredients

Belly pork about 1.5kg,* ask butter to score the skin for you

2 fresh bay leaves

8 sage leaves

6 sticks of rosemary

2-3 cloves of garlic

Olive oil

Cracked pepper and sea salt

4 small red onions

2 small red apples

1/2 cup of cream

1/2 cup of white wine

Next

Create the paste, in a mortar and pestle or place in blender the following; the garlic, sage, bay leaves, seasoning and enough oil to create a thick but spreadable paste.

Place in roasting pan the above paste and squish the pork hard down into the pan ensuring the paste is pushed into the meat. Turn meat over and ensure the skin side also is covered in oily mixture, pushing the paste into the slits of skin. Let it rest for an hour at least.

Tuck the rosemary sticks under the meat which is now skin side up. Tuck whole apples which have been scored through the middle around the circumference and also red onions which have been peeled and cut in half.

Heat oven to 240degrees Celsius and place pork in oven and cook for 20 minutes then reduce to 200d and continue cooking a further 40 minutes or till juices run clear when pricked with a sharp knife.

Remove rosemary sticks, meat and vegetables from oven and rest the meat for 20 minutes while preparing the gravy.



Place pan on top of an element or gas hob. Scrape bits of bottom of pan, add the wine, a little more or less depending on what's left in the pan, then after about 5 minutes, add cream and mustard, check seasoning and cook till the sauce has thickened a little.

Cut pork into thick slices; serve with a roasted apple, red onions and sauce. I serve this with any seasonal greens of choice.

That's it folks....the 3 weeks are complete, now go and enjoy yourselves and enjoy the new you!

Wishing you many Blessings!

Marie

The Shopping List (Can keep in wallet for convenience)

Allowable convenience Foods

PLEASE ensure that there are no added sugars to any of these products.

Jars of Pesto
Jars of mustards (no added sugars)
All nuts
Seeds; sesame, pumpkin, sunflower
Curry pastes
Tinned coconut cream
Olives
Sundried tomatoes
Capers
Tinned tomatoes, pastes, purées
Tinned tuna, crab, salmon
Vinegars; cider, white wine, raspberry or balsamic.
Dried spices and herbs
Cooking oils; olive, all good quality oils
Stevia
Teas
Coffee
Mayonnaise (no added sugar)
Soy sauce
Frozen vegetables (remember fresh is best...if you can)
Tempeh
Tofu
Pate
*Any condiments basically without sugars or starch added

Vegetables

*All vegetables with asterix * are caution vegetables so use sparingly.*

*Artichokes
Asparagus
Avocado
Green beans
Bok choy
Broccoli
Brussel sprouts
Cabbage, red and green
Capsicum
*Carrot
Cauliflower
Celery
Red chilli

The Shopping List

(Can keep in wallet for convenience)

Cucumber
Eggplant
Fennel
Garlic
Ginger
Leek
Lettuce of all kinds
Mushrooms
Onions of all kinds
Parsnip
*Peas
*Pumpkin
Radish
Rocket
Silver beet (Swiss chard) Snow peas
Spinach
*Squash
Tomatoes
Courgette (zucchini)

Fruits

Apples
Berries
Figs (raw)
Melons
Kiwi fruit, zespri
Lemon
Lime
Passion fruit
Peach (raw)

Meats

All meats...preferably organic, less stress is best...on the body 😊
Keep highly processed meat to a minimum. e.g. salami, ham etc.

Perishables

Free range eggs
All dairy including all cheeses (except processed slices etc), butter
Cream; pouring, soured, cheese, milk.
Nuts (should be stored in fridge)
Ghee

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