



TOP 10



RECIPES

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GRAIN FREE CINNAMON CRUNCH

PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins

INGREDIENTS

Cinnamon Crunch

150g/ 5.3oz coconut oil melted

1 egg

2 (5ml) tsp vanilla

2-3 (5ml) tsp dried cinnamon

2 (15ml) tbs granulated stevia or sweetener of choice, to taste

2 (15ml) tbs coconut flour

Nutty Base

650g/ 23oz / 6½ cups of mixed nuts, seeds and desiccated/shredded coconut. Quantities given are all approximations and as a guide.

You can really use whatever you have in your pantry.

- as an example, I used the following for the photo shown -

250g/ 8.8oz / 2½ cups unsweetened coconut threads or chips

100g/ 3.5oz / 1 cup pumpkin seeds

100g/ 3.5oz / 1 cup flaxseeds/linseeds

100g/ 3.5oz / 1 cup chopped almonds

100g/ 3.5 oz / 1 cup sunflower seeds

GRAIN FREE CINNAMON CRUNCH

INSTRUCTIONS

Cinnamon Crunch

Mix all the ingredients.

Nutty Base

Place all the nuts, seeds and coconut in a huge baking dish then pour over the cinnamon crunch.

Mix gently with a serving spoon.

Bake at 180C/350F for 30 minutes but you MUST turn the mixture over every 3-4 minutes to avoid the coconut from burning. You do not want an expensive mistake on your hands. Adjust your oven according to how fast it is cooking.

Store in an airtight container in the fridge. Will keep for 3-4 weeks.

NOTES

Nutrition values will vary widely for this recipe depending on which seed/nuts you add and how much.

Use the nutrition panel as a guide only.

I have calculated the values using a ½ cup (43g) but will depend on how much you use for breakfast (maybe more) or as a dessert on berries (maybe less).

NUTRITION INFORMATION

Serving size: ½ cup Calories: 258 Fat: 24.4g Carbohydrates: 6.9g
Sugar: 0.4g Fibre: 5g Protein: 6g



THE ULTIMATE LCHF BREAKFAST

PREP TIME

1 mins

COOK TIME

10 mins

TOTAL TIME

11 mins

INGREDIENTS

1 egg

50g / 1.8 oz full fat cheese

INSTRUCTIONS

1. Place your egg in a saucepan of cold water, cover with a lid and bring the water and eggs to the boil.
2. Once the water is really boiling and bubbling away, turn the heat off, and place the saucepan (with the water and eggs) to rest away from the heat.
3. Set your timer and leave your eggs in the saucepan of hot water for the following times.
4. Soft and runny centre = 4 minutes
5. Semi soft centre = 6 minutes
6. Medium = 10 minutes
7. Hard boiled = 16 minutes
8. Once your eggs are cooked to your desire, drain the water immediately and either serve hot or run under cold water to be kept in the fridge once totally cooled.

NUTRITION INFORMATION

Serving size: 1 egg and cheese soldiers Calories: 271 Fat: 21.5g

Carbohydrates: 1.1g Sugar: 0.6g Protein: 17.6g



LCHF CAESAR SALAD

PREP TIME

5 mins

COOK TIME

0 mins

TOTAL TIME

5 mins

INGREDIENTS

large handful of leafy greens - baby kale

Sliced spring onions

4 baby tomatoes cut in half

Cucumber cubes

Paprika chicken

Blue cheese

Parmesan

Homemade mayonnaise

Anchovies

INSTRUCTIONS

1. Layer the leafy greens and salad ingredients on the bottom of the serving dish.
2. Place the chicken and cheeses on top.
3. Pop the anchovies on to finish it off.
4. Drizzle with homemade mayonnaise.



CRUSTLESS SALMON QUICHE

PREP TIME	COOK TIME	TOTAL TIME
15 mins	30 mins	45 mins

INGREDIENTS

500g/ 17.6oz fresh salmon fillet diced/cubed
8 eggs
250g/ 8.8oz cream cheese diced/cubed
240ml/ 1 cup/ 8fl.oz milk
+/- salt and pepper to taste
1 tsp dried dill

INSTRUCTIONS

1. Whisk the eggs with a fork.
2. Whisk in the milk, salt, pepper, dill.
3. Add the diced salmon and cream cheese.
4. Mix gently with the fork.
5. Pour into a greased lined dish. Move the pieces of salmon around until they are evenly distributed.
6. Bake at 180C/350F for 30 minutes.

NUTRITION INFORMATION

Serving size: 1 Serve (serves 10) Calories: 207 Fat: 16.2g
Carbohydrates: 2.2g Sugar: 1.7g Protein: 17.2g



LOW CARB SPAGHETTI BOLOGNESE

PREP TIME	COOK TIME	TOTAL TIME
15 mins	20 mins	35 mins

INGREDIENTS

1 onion finely chopped
2 cloves garlic crushed
500g / 1 lb mince/ground beef
400g / 14 oz tinned or fresh, chopped tomatoes
selection of fresh or dried Italian herbs - I use the following
1 tbs dried rosemary
1 tbs dried oregano
1 tbs dried sage
1 tbs dried basil
1 tbs dried marjoram
+/- salt and pepper to taste

INSTRUCTIONS

1. In a large saucepan, gently fry the onion and garlic in oil until softened but not over cooked.
2. Add the mince/ground beef and continue to fry stirring continuously to break up the mince/ground beef. Fry until all the meat is cooked and browned.



LOW CARB SPAGHETTI BOLOGNESE

3. Add the herbs, seasoning and tomatoes.
4. Stir then simmer for 15 minutes whilst you make the zoodles.
5. Serve in a bowl with zoodles and grated cheese or parmesan sprinkled on top.

NOTES

Nutrition values calculated using 80% lean meat. Personally I don't like the extra lean variety, nor the fattiest cut. I choose a mid range with a nice blend of meat and fat.

NUTRITION INFORMATION

Serving size: 1 serve Calories: 318 Fat: 17g Carbohydrates: 13g Sugar: 7g Fibre: 4g Protein: 30g



LAMB CURRY WITH SPINACH – SAAG GOSHT

PREP TIME	COOK TIME	TOTAL TIME
5 mins	0 mins	5 mins

INGREDIENTS

1 red onion quartered and sliced
2 cloves garlic crushed
2 tbsp ginger crushed
2 tsp dried cardamom
6 whole cloves
2 tsp ground coriander
1 tsp turmeric
½ tsp chilli powder
1 tsp garam masala
2 tsp cumin
500g / 1.1 lb cubed lamb
500g / 1.1 lb packet frozen spinach
400g / 14 oz chopped tin tomatoes

INSTRUCTIONS

1. Defrost the spinach in the microwave, then squeeze handfuls to get out the excess water (don't squeeze too hard and make it dry).
2. Place all the ingredients in the slow cooker, stir.
3. Cook on HIGH for 4-5 hours or LOW for 8 hours.



LAMB CURRY WITH SPINACH – SAAG GOSHT

NUTRITION INFORMATION

Serving size: 1 serve Calories: 158 Fat: 6.3g Carbohydrates: 7.7g
Sugar: 3.6g Fibre: 3.8g Protein: 20.3g



FLOURLESS BERRY SPONGE

PREP TIME	COOK TIME	TOTAL TIME
10 mins	20 mins	30 mins

INGREDIENTS

110g / 4 oz / 1 stick butter melted
½ cup coconut flour
3 -5 tbs granulated stevia, or sweetener of choice, to taste
2 tsp vanilla
1 tsp baking powder
8 eggs
1 cup frozen berries

INSTRUCTIONS

1. Mix the melted butter, coconut flour, stevia, vanilla and baking powder together until smooth.
2. Add the eggs one by one, mixing in between each addition.
3. Pour into a prepared baking dish, I use a silicon cake dish.
4. Press each frozen berry evenly into the cake. This allows the berries to be evenly distributed and not clump together. It also stops the cake from turning pink!
5. Bake at 180C/350F for 20-25 minutes until cooked in the centre.
6. Serve with yoghurt and berries.



FLOURLESS BERRY SPONGE

NUTRITION INFORMATION

Serving size: 1 slice, serves 10 Calories: 176 Fat: 13.8g Carbohydrates: 7.2g Sugar: 2.3g Fibre: 3.6g Protein: 5.6g



SUGAR FREE COCONUT ICE CREAM

PREP TIME	COOK TIME	TOTAL TIME
20 mins	0 mins	20 mins

INGREDIENTS

5 egg yolks
500ml / 2 cups full fat coconut cream
250ml / 1 cup full fat cream
2-4 tbs granulated stevia, or sweetener of choice, to taste
25g/ ¼ cup unsweetened desiccated/shredded coconut, toasted (optional)
1 tsp vanilla

INSTRUCTIONS

1. Whisk the egg yolks in a large heatproof bowl. Set aside. In a saucepan, add the coconut cream, cream and sweetener. Gently heat on the stove top stirring constantly to dissolve the sweetener.
2. Remove from the heat as soon as you notice it is bubbling around the edges.
3. Start gently whisking the egg yolks again, and very gradually add a spoon at a time of the warm cream to the egg yolks. Continue until all the cream has been incorporated.





SUGAR FREE COCONUT ICE CREAM

INSTRUCTIONS CONTINUED

4. Stir in the vanilla then pour back into the saucepan and heat again whilst stirring, to thicken to a custard consistency.
5. Remove from the heat and allow to cool completely. Stir through the toasted coconut (optional), reserving 2 tablespoons to garnish the finished ice cream when serving.

Using an ice cream maker

Cool the ice cream mixture in the fridge then use your ice cream maker as per manufacturers instructions. Store in the freezer once made.

Without an ice cream maker.

Once cooled, pour in a shallow large dish and pop in the freezer. Stir through each hour to break up any ice crystals until it is completely frozen.

NOTES

*The nutrition panel is a guide only. For complete accuracy, calculate using the brand of coconut cream you use as they vary incredibly.

*The sugar in the nutrition notes (3g) is from the cream and the desiccated/shredded coconut. To lower the carbs further the desiccated/shredded coconut may be omitted.

NUTRITION INFORMATION

Serving size: 1 serve (serves 5) Calories: 413 Fat: 41g Carbohydrates: 6.5g
Sugar: 3g Fibre: 1g Protein: 5.5g

FLAVOURED WATER IDEAS

Flavoured waters makes it easier to drink more water, especially children. It is also a great way to get children off the fizzy drinks or fruit juice until they are ready for plain water.

Say goodbye to bottled water and soft drinks. 90% of the cost of bottled water is to pay for packaging, distribution, shipping, marketing and then recycling. Use some of these flavoured water ideas to add to your water bottle at the gym or at school. Don't buy juice which has as much sugar as some soda drinks, or rehydration drinks, make these flavoured waters instead. No sugar, no waste, no recycling, inexpensive and healthy.

Transform ice cubes with berries. Just pop 2 or 3 berries into an ice cube tray and fill them with water. As the ice cube melts, the berry is released to eat! Experiment with freezing other fruit, citrus or herbs.

Use the chart for flavoured water ideas. Choose your fruit, herbs, ice cubes then finally add plain or carbonated water. Even coconut cream freezes really well and adds a lovely flavour. Here are a few more combinations:

lime and Mint	Raspberry and Lime
Strawberry and Basil	Lemon and Orange
Ginger and Blueberries	Kiwifruit and
Lime, Cucumber and Berries	Watermelon and Mint



Fruit

STRAWBERRY
WATERMELON
CUCUMBER
BLACKCURRANT
CHERRY
BLUEBERRIES



APPLE
ORANGE
LIME
LEMON
KIWIFRUIT
GRAPES

Herbs

MINT
BASIL
GINGER



ROSEMARY
CINNAMON
LAVENDER

Ice Cubes

BERRIES
COCONUT CREAM



LIME SLICES
LEMON ZEST

Water

PLAIN WATER



FIZZY WATER



SUGAR FREE BERRY CHIA FRESCA

PREP TIME	COOK TIME	TOTAL TIME
5 mins	10 mins	15 mins

INGREDIENTS

2 cups water
¼ cup frozen berries (I used raspberries)
2 tbs chia seeds
1 - 2 tbs granulated stevia, or sweetener of choice, to taste

INSTRUCTIONS

1. Using a blender or smoothie maker, blitz the frozen berries, stevia and water with the blade until all the berries have been pureed.
2. Adjust sweetness to your taste.
3. Add the chia seeds and pulse a couple of times to break some of the chia seeds up (this helps them swell) or if you like whole chia seeds in your drinks, simply add them then shake or stir.
4. Allow the sugar free berry chia fresca to sit in the fridge for 10-20 minutes to allow the chia seeds to absorb the water and swell.
5. Shake once or twice to distribute the swollen chia seeds.

NUTRITION INFORMATION

Serving size: 1 serve (serves 2) Calories: 64 Fat: 3.3g Carbohydrates: 8g Sugar: 1.5g Fibre: 5.5g Protein: 2g



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