

THE COMPLETE VEGETARIAN RULES AND RECIPE GUIDE



COMPLETE^{PT}
NUTRITION RETREATS GROUP TRAINING MINDSET

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INTRODUCTION

The Top 20 Food Rules for Vegetarians You NEED to Know to be Truly Lean & Healthy on my Complete Nutrition System™

Everything you wanted to know about protein, carbs, calories, probiotics, vitamin D, cooking oils, foods that burn fat, foods that make you fat, foods that can kill you slowly, and much more.

Being a vegetarian doesn't mean you have to suffer, my only concern is that you get enough protein in your diet. We will cover this later on in the book

I'm going to rattle off a bunch of random important facts (in no particular order) about food and eating healthy that you need to know.

Before we start this list, let's establish a big picture view first, before we dive into various smaller topics like specific foods...

The Big Picture View (most people have never thought of it this way)

Let me give you something to think about, and this is VERY big picture and VERY important... if we took away modern society and plopped you on a deserted island, what is the #1 most important thing in your life at that point? That's right... FOOD! What will I eat to survive and thrive. At that point, you can forget about careers, technology, video games, television, nightlife, cell phones, and just about every other aspect of modern life... the single most important thing you need to focus on at that point is what to eat.

However, in our modern day, most of us don't have to think about what to eat at all, and in fact, most people NEVER think about what they put in their mouths... they just eat whatever they see in front of them that they know tastes good, without any thought about whether it's an appropriate food for humans to eat.

You can call that the "See-Food Diet"... you "see" the food and you eat it.

Isn't that a major disconnect?

Food is quite literally one of the most important things in our daily lives, yet barely anybody thinks about the ramifications of what they eat and how it will affect their health and the quality of their life (until, of course, they lose their health).

Since food is one of the most important things in our lives for our quality of life, don't you think that it should be a priority as one of the fundamental topics that children learn about throughout school? It should be a priority, but it isn't. Kids get a thorough education on topics such as Math, History, Science, Languages, etc, but never get more than a couple hours in their entire 12 years in school about the most important thing in our lives...what to eat.

If you think about it, that's absolutely insane... One of THE single most important aspects of our lives is never really taught to children in school. And parents don't generally pick up the slack and teach kids nutrition because they were never taught about it either. This is a modern day phenomenon because the abundance of food all around us in modern day life means that we don't have to think about what's appropriate to eat.

If you want to be lean and truly healthy, obviously you NEED to think differently than the average person who eats the "SEE-food diet" where they eat whatever they see.

There needs to be some simple rules to follow if you want to successfully navigate the current food landscape out there where so many foods are trying to make you fat and sick.

And THAT's why I wrote this book for you... to simplify and give you some simple food rules to be lean and healthy, yet still ENJOY vegetarian food.

FOOD RULES SIMPLIFIED

Okay, so let's simplify nutrition a bit here... everyone out there seems confused about what is the best "diet" to be on. People seem to love to always jump from fad diet to fad diet such as low-fat diets, atkins diets, south beach diets, grapefruit diets, detox diets, vegetarian diets, and other sometimes ridiculous diets that most times are based on one person's opinion or marketing scheme (or personal agenda) rather than based on actual science.

The only "diet" that's actually based on real science is the study of paleolithic nutrition (aka - paleo diet). But I hate to call it "paleo diet", because it's not like any other fad diet, since it's based on real archaeological nutritional science about what our ancestors ate before the agricultural revolution came around. The idea is simply that for the first 99.5% of our existence (ancestors back as far as 2 Million years ago, homo erectus), we only ate wild plants and animals, while for the last 0.5% of our existence (since the agricultural revolution in the last 5,000-10,000 years, humans now almost entirely eat farmed plants and animals. The biggest change this represents is the massive inclusion of grains in our current diet (and what our animals are fed) now compared to our Paleolithic ancestors.

Many people think that we don't know exactly what ancient humans ate... but this is false.

Nutritional archaeologists know pretty convincingly what ancient humans ate as they study a lot of evidence such as ancient feces remains as well as studying isotope ratios in human bone samples from all over the world through every time period in history to determine ratios of animals vs plants that ancient humans ate --which by the way, was always an omnivorous mixture of plants and animals, and a fairly high protein intake...there was no such thing as ancient paleolithic vegetarians...any Nutritional Archaeologist can confirm that they simply didn't exist.

We were all omnivores that ate different ratios of plants and animals based on what part of the world, what latitude we lived, and the time of the year.

So what exactly are we looking to eat as a vegetarian? Simple:

- Fruits
- Veggies
- Nuts
- Seeds
- Sweet potato (After Training)
- Buckwheat (After Training)
- Quinoa
- Basmati Rice (After Training)
- Goats Dairy
- Sheeps Dairy
- Edame beans

Notice a common theme?

One ingredient, nutrient dense food in its natural state.

No Quorn, No Falafel - These = Processed Rubbish

Also we have kept clear of Legumes for a similar reason to the grains ie Phytates

PHYTATES

Phytic acid – the storage form of phosphorus – is one of those pesky “anti-nutrients” the Paleo community keeps telling you to avoid. It’s often considered an anti-nutrient because it binds minerals in the digestive tract, making them less available to our bodies.

Yet these same anti-nutrient properties can also help in the prevention of chronic disease. What is phytic acid? Seeds — such as nuts, edible seeds, beans/legumes, and grains — store phosphorus as phytic acid. When phytic acid is bound to a mineral in the seed, it’s known as phytate. Phytic acid can bind minerals in the gut before they are absorbed and influence digestive enzymes. Phytates also reduce the digestibility of starches, proteins, and fats.

Here’s an example.

Vegan eaters often consume more iron than omnivores. Yet, they also consume more anti-nutrients, including phytates, and these reduce the amount of iron available to their bodies. Consuming 5-10 mg of phytic acid can reduce iron absorption by 50%

To reduce the anti-nutrient effects of phytic acid in foods, try the following:

- Soak, sprout, ferment, and cook plant foods.
- Consume vitamin C-rich foods with meals that contain phytic acid. Dense source of vitamin C include guava, bell pepper, kiwi, oranges, grapefruit, strawberries, Brussels sprouts, cantaloupe, papaya, broccoli, sweet potato, pineapple, cauliflower, kale, lemon juice, and parsley.
- Use vinegar in salad dressings and cooking to enhance mineral absorption and offset phytic acid.
- Supplement with phytase enzymes if necessary.
- Eat mineral fortified foods if necessary
- Supplement minerals if there is still a shortfall in your diet.
- If you’re eating a plant-based diet and have confirmed nutrient deficiencies, and you’ve tried all the above strategies with no success, adding small amounts of animal foods on occasion might boost stores of necessary minerals in your body

Like with all our eating plans, our aim is to keep everything anti inflammatory. Inflammation occurs in the gut and is caused by our environment and what toxins and inflammatory foods we put into our body

GUT HEALTH & INFLAMMATION

This eating plan is all about reducing foods that causes inflammation. Inflammation occurs in the gut. If you have chronic inflammation it has been linked to increased chances of illness and disease, so reducing foods that cause inflammation is crucial on your journey to reach optimal health and fatloss.

The gut is often referred to as the second brain. If your gut is not functioning properly, it is likely your brain isn't either. The gut has a direct link to your brain so when your gut is sub par, it can cause Anxiety, Mood swings, brain fog (ever felt tired after a bowl of pasta or pizza) and in extreme cases can contribute to depression.

We have taken out the main culprits (Wheat, Gluten, Cow's dairy) that affect the majority. There is usually always something else that may not agree with you. The exclusion diet is the best way to figure this out. Take a note of your food intake and be more conscious of how you feel after meals. You should feel energised and alert rather than yawning, lethargic, brain foggy and ready for your bed. (Remember that Pizza?)

The Complete Nutrition System is different to most "diets" as we concentrate on the quality of calories mainly before we look at the quantity.

It is different to the paleo diet as we allow certain dairys (Goats/Sheeps are ok) and Grains (the anti inflammatory ones listed above ie Porridge oats, Buckwheat, Quinoa and Basmati rice)

Grains were only a very TINY fraction of the ancient Paleolithic diet as there was no way to process large amounts of grain back in that day into flour, so amounts of wild grain would have been small such as a few grains in an occasional soup or stew. As you can see, this is vastly different from the modern human diet that includes grain at almost every meal and in very large quantities in cereals, breads, pasta, muffins, bagels, etc.

SO WITH THAT BIG PICTURE EXPLAINED...LET'S GET INTO THE DETAILS OF MY TOP 20 FOOD RULES:

FOOD RULE #1.

Carbohydrates don't need to be eliminated... they are not inherently "bad" in reasonable quantities. But grains and processed sugars in particular should be minimized. So to make things simple, you will be leaner and healthier if you get most of your carbohydrates from fruits and vegetables instead of grains and processed sugar.

The biggest problem with grains, aside from the abuse to your blood sugar regulation system (pancreas and insulin sensitivity), is that grains contain a lot of anti-nutrients which prevent your body from absorbing some minerals, as well as gluten and other substances that cause chronic gut inflammation. Potatoes, sweet potatoes, and other tubers have less problems in terms of digestive system inflammation than grains do.

What do I personally do? Well, I avoid grains as much as possible, except on 1 cheat day per week. That will always be a meal dining out, so that we're never tempted with breads and cereals in our house. I eat whole fruits (never juice) and veggies daily, and might have an occasional potato or sweet potato once or twice a week.

Post training, we have Basmati rice, Quinoa, Buckwheat flour, Sweet potato and Gluten free porridge oats to refuel. That is the difference between all out Paleo and my Complete Nutrition System™

FOOD RULE #2.

Focus on quality protein sources such as free-roaming organically fed chicken, duck, eggs, Edemame Beans (soya protein), Nuts, Seeds, Broccoli, Peas, Spinach and a vegan protein shake I would recommend after training sessions

FOOD RULE #3.

Most people need to be more aware of the omega-6 to omega-3 fatty acid ratio of the food they eat. The ancestral human diet of the Paleolithic era appears that it had a ratio of approximately 1:1 to 2:1 omega-6 fats to omega-3 fats. The current average western diet contains anywhere from 20:1 to 30:1 ratio of omega-6 to omega-3 fats. This is a major problem and one of the causes of degenerative diseases.

In order to balance this out better, you need to AVOID corn oils, soybean oils, cottonseed oils (or anything cooked in these oils), and minimize grain-fed meats and farmed fish that were fed grains. Instead, focus on wild fish, grass-fed meats, grass-fed dairy, free-range eggs, as well as other foods that can help you get more omega-3's like chia seeds, walnuts, hemp seeds, and fish oil and/or krill oil, which are vitally important sources of DHA and EPA. I personally take both fish oil and krill oil, as the fish oil has a larger quantity of DHA and EPA (and more omega-3 volume overall), while the krill oil has more antioxidant benefits from the astaxanthin and a higher absorption rate than the fish oil.

Take note that animal sources of omega-3 fats are MUCH more powerful to your health than plant sources of omega-3's like walnuts, chia, and flax. This is because animal sources of omega-3's already contain DHA and EPA already converted whereas plant sources don't, and your body is very inefficient at converting plant sources of omega-3 fats to DHA and EPA.

FOOD RULE #4.

Aside from processed sugar, if I had to pick 3 of the WORST foods in the average western diet that would be most important to start avoiding, it would be corn, soy, and wheat, and their derivatives such as corn syrup, corn oil, soybean oil, soy protein, etc. Do you want to hear an appalling statistic about what the average person eats... Currently, the average adult eating a typical modern western diet in countries such as the US, Canada, Australia, etc consumes approximately 67% of their total caloric intake from only 3 foods -- CORN, SOY, AND WHEAT (and their derivatives).

Keep in mind that ancestral humans have historically eaten over 80,000 species of plants, animals, and fungi throughout human history, yet modern humans are getting 67% of their calories from only 3 foods. That's a problem! Read this article to see why it's a terrible idea to get most of your calories from corn, soy, and wheat and the health problems this is causing worldwide.

FOOD RULE #5.

Beware of hidden calories and inflammation-causing ingredients in condiments and dressings. You can read my article here on my vote for the top 5 picks for healthiest condiments as well as the worst.

Most people don't realize just how many calories and metabolism damaging high fructose corn syrup they are ingesting in things like ketchup, salad dressings, cocktail sauce, marinades, etc. For example, 1 Tbsp of ketchup has 5 grams of sugar (usually from HFCS), but the average person uses 2-4 Tbsp of ketchup with a typical burger and fries meal. That's anywhere from 10-20 grams of EXTRA sugar just from the ketchup alone, and not even counting the sweetened drink that most people have with the meal too.

FOOD RULE #6.

Speaking of sugar, most people don't realize that they are addicted to sugar, and just how bad sugar is for your body internally. I hear people say things all the time when eating candy or drinking a sweetened drink that "oh, it's just sugar, I can burn it off easy". Oh, if it were only that simple. You can read the article (and video) here about why sugar is actually TOXIC in your body.

That's right... not only does sugar make you fat, it's one of the direct causes of diabetes, heart disease, as well as feeding cancer cells. Avoid sugar as much as possible with the exception of a small amount of natural sugars in a piece of daily fruit.

FOOD RULE #7.

Avoid canola oil as much as possible... despite the false marketing claims that canola oil is "healthy" and contains lots of monounsaturated fats just like olive oil, canola oil is NOTHING like olive oil from a biochemical standpoint and how it reacts internally in your body. Read this article for the full story on why to AVOID canola oil at all costs. Note that most canola oil is genetically modified too, so yet another reason to avoid it.

FOOD RULE #8.

In addition to avoiding canola oil, I highly recommend avoiding soybean oil, corn oil, or cottonseed oil as much as possible too. These oils are highly inflammatory in your body, disrupt your omega-3 to omega-6 fatty acid balance in your body, and also are typically made of genetically modified crops, of which the long term health consequences are not yet fully understood by scientists.

This article here details everything you need to know about which cooking oils to fully avoid and which oils are healthy for you. You might be surprised to see why fats you falsely thought were unhealthy such as butter, lard, and coconut oil are actually the healthiest fats/oils to cook with.

FOOD RULE #9.

Butter vs margarine? I have no idea why anybody is still debating this... I use grass-fed butter (or goats butter if you are on a transformation) on a daily basis, but I would NEVER even touch margarine... not even the so-called "healthy" margarines, which usually still contain inflammatory soybean or corn oils. REAL butter is the only answer in this case. You can read my article here with more details about why real butter can actually HELP you to get lean.

FOOD RULE #10.

Egg whites vs whole eggs? Once again, I have no idea why anyone is still debating this. Most of the general population has still not gotten the memo that egg yolks are actually the healthiest part of the egg, with over 90% of the micronutrients and antioxidants, and 100% of the fat soluble vitamins that are so important for our health. Why anybody would only eat egg whites and avoid yolks is beyond comprehension. And no, the dietary cholesterol in eggs is not bad for your heart... in fact, it increases your good HDL cholesterol. I have a full article here on why whole eggs are much healthier than egg whites, help increase your fat burning hormones, and why I personally eat 3-4 whole eggs per day and how this helps to stay in single digit body fat range.

FOOD RULE #11.

Beware of the carcinogenic and estrogenic chemical BPA that is commonly found in some canned foods and bottled drinks. BPA has been linked to increased abdominal fat, birth defects, cancer, and more. Remember that canned tomatoes are one of the worst offenders with highest concentrations of harmful BPA because of the acidic leaching effect of the tomatoes. You can read all about BPA and canned foods and bottled drinks [here](#) to learn the best ways to avoid this harmful chemical.

FOOD RULE #12.

In my opinion, it's best to AVOID microwaved foods. Some scientists believe that microwaving food changes the the biochemistry of the food in ways that cause negative effects in the body compared to raw or conventionally cooked food. Think of this from a logical perspective... the human digestive system evolved over a period of approximately 2 million years (our ancestors homo erectus & neanderthal, as well as current homo sapiens) eating a combination of raw and cooked food that was cooked with either fire or hot water, not microwaves.

Microwaves are a new invention which cooks food in an entirely different way than hot water or fire, creating damaged molecules in food that were not found in nature previously, and that our body does not know how to deal with. Logically, it's easy to understand how this could have health consequences. Read this [article](#) here for a full description of why I never eat microwaved foods anymore and have not for at least the last 6-7 years. We also show you how easy it is to live without a microwave and heat up your foods in healthier ways.

FOOD RULE #13.

One of the healthiest things to include in your daily diet are herbs and spices. In fact, herbs and spices typically contain LOADS more antioxidants than most fruits and vegetables. Spices are extremely powerful, and almost medicinal for your body. Turmeric has been shown to have protective effects against cancer. Cinnamon has powerful blood sugar controlling effects. Many spices boost your immune system. Read this [article](#) to see our top 10 votes for the most powerful spices that boost your metabolism and protect your body from degenerative disease.

Bottom line...spices rule! Use them generously in all of your cooking for the best health benefits.

FOOD RULE #14.

Remember that despite all of the bad nutrition information you hear from the government and the media, saturated fats have been falsely villified in the past, and are much healthier for you than most people realize. In fact, in recent years, scientists have become a lot more clear that saturated fats are actually important for health and hormone balance, your cell membranes, and many other vital functions in your body. You can read my article here about why saturated fats aren't so bad after all, and can even be healthy sometimes depending on source.

If you're interested in more of the actual science about why saturated fat can be healthy for you, I have an article below written by a PhD in Nutritional Biochemistry called The Truth about Saturated Fat - it's a must read if you want to understand the science about why saturated fats have been falsely villified and how to enjoy these foods that have always been part of the ancestral human diet.

FOOD RULE #15.

Always avoid artificial sweeteners! Just because they don't contain calories doesn't mean they don't harm your body. In fact, many studies link artificial sweetener use to weight gain. New research is also showing that artificial sweeteners can "trick" your body into releasing insulin due to cells in your mouth and stomach that sense the sweetness and are expecting sugar. Remember that high insulin levels can cause body fat deposition. Also, triggering insulin in this way can cause more cravings for carbohydrates and sugar in the hours after eating or drinking the artificially sweetened product.

You can read my article here with more details about why artificial sweeteners are terrible for your health, including possible long term health consequences such as cancer.

FOOD RULE #16.

Pay attention to your Vitamin D levels.

Vitamin D is one of the most important substances in your body. It's one of the single most important things in your body that control your hormones as well as your immune system. If you get sick often or have hormone imbalances, it's quite likely that the cause is linked to low vitamin D levels.

Unfortunately, it's estimated that almost 90% of Irish people are deficient in vitamin D. Get your blood levels of vitamin D tested. Your goal should be blood levels between 50-70 ng/ml, where hormonal balance and immune function seems to be maximized. Sadly, most people typically clock in with levels in the 20's or 30's or lower, and these sub par levels can cause a lot of health problems.

Mid day sunshine is the most important source of vitamin D as your body produces vitamin D from a reaction with oils in your skin and UVB rays from the sun. Fatty fish, egg yolks, and organ meats are the best sources of dietary vitamin D, but it is hard to get enough vitamin D from diet alone, so small doses of daily mid-day sun is also important for your health (without burning).

You can read my article here to see why our food supply has diminished vitamin D levels now compared to decades ago.

For lots more great info on vitamin D, and it's powerful benefits to your body, you can also read a really interesting article here that shows why vitamin D can even make you the equivalent of 5 years YOUNGER!

FOOD RULE #17.

Probiotics rock!

Along with vitamin D levels, this is one of the single most important things you can do for your health. Your "microbiome" in your gut is made up of TRILLIONS of microbes in total and hundreds of types of these friendly probiotics. These serve so many more vitally important functions in your body than most people realize.

Probiotics are equally important to your immune system as your vitamin D levels. Probiotics are your first line of defense in keeping pathogens at bay and preventing sickness. They're extremely important for your digestion too.

Read this article to see how probiotics can improve your digestion and immunity as well as the best sources to build up your healthy colonies in your digestive system.

FOOD RULE #18.

Beware of carcinogenic acrylamides in browned carb-based foods. This is yet another reason to minimize grains as much as possible as breads and cereals are some of the worst offenders with acrylamides. Read our full article here on acrylamides, everything you need to know, and how to counteract these chemicals to protect your health.

FOOD RULE #19.

Avoid the unknown health consequences of eating genetically modified foods. Again, going back to the principle that we are most adapted to eating what our ancestors ate for almost 2 million years, that list of foods obviously did NOT include genetically modified foods, since these "franken foods" weren't included in the human food supply until the 1990's.

FOOD RULE #20.

Lastly, enjoy your food! And enjoy good company with food. Don't just mindlessly eat food in front of the TV. Studies show that people unknowingly eat more calories and gain more weight when they mindlessly eat in front of the TV. Instead, focus on your meal instead of a distraction...savor each bite you have. Pay attention to each bite. Enjoy the flavors and the aroma.

PRE TRAINING (WITHIN 90 MINS)
CHOOSE-
ALL YOU NEED IS A FRESH (NOT INSTANT) COFFEE WITH ONE T SPOON OF COCONUT OIL STIRRED
*****IF YOU ARE HUNGRY*****
CHOOSE-
A PROTEIN/FAT
BOILED EGG
HANFUL OF NUTS/SEEDS

POST TRAINING MEAL
CHOOSE-
A PROTEIN
EDEMAME BEANS
PEAS/SPINACH/BROC
VEGAN PROTIEIN SHAKE
PEA PASTA (LIDL)
EGGA

ANYTIME MEAL (NOT AROUND TRAINING)
CHOOSE-
A PROTEIN
EDEMAME BEANS
PEAS/SPINACH/BROCCOLI
VEGAN PROTIEIN SHAKE
EGGS
PEA PASTA (LIDL)

What To Eat & When Made Easy

NO CARBOHYDRATE

AND

A CARBOHYDRATE
SWEET POTATO
QUINOA
BASMATI RICE
BUCKWHEAT
ROOT VEG
PORRIDGE OATS

AND

A VEG
GREEN VEG
COLOURED VEG



VEGETARIAN RECIPES

SPICY RAINBOW PASTA WITH ALL-VEGGIE NOODLES



Skip the takeout and whip up this nutritious rainbow veggie pasta with a spicy kick!

Tools

- Spiralizer with 3mm blade
- Large skillet
- Large bowl

Ingredients

- 1 medium red beet, washed and peeled
- 1 medium sweet potato, washed and peeled
- 1 medium zucchini
- 1 medium summer squash
- 2 t Paleo sriracha sauce
- 2 T extra virgin olive oil

- 2 t apple cider vinegar
- 2 t coconut aminos
- Pinch of salt and pepper
- Fresh parsley for garnish
- 1/8 cup pistachios, unshelled and chopped

Instructions

- Cut the ends of the zucchini, summer squash, sweet potato and beet. Spiralize them using a small, 3mm blade.
- Heat a large skillet over medium-high heat. Add the extra virgin olive oil, apple cider vinegar, coconut aminos and sriracha sauce to the pan. Heat a few minutes, then add the vegetable noodles.
- Toss to coat the vegetables with the sauce. Cook 5-7 minutes until the noodles are al dente.
- Remove from the stovetop and transfer to bowl. Garnish with chopped pistachios and parsley and serve.

Tips:

- Add one tablespoon of grass-fed butter to the sauce to make it extra rich and delicious.
- If you really want to turn up the heat, add crushed red pepper flakes to the sauce. It will add an extra layer of spice!

EASY PUMPKIN MASALA

Serves 4

Ingredients

- 3 cups / $\frac{3}{4}$ lb / 310 gr pumpkin, diced
- 1 small potato, peeled and diced
- 2 tablespoons finely grated ginger
- 2 tablespoons olive oil, divided
- 2 cloves garlic, finely chopped
- 1 medium onion, chopped
- 1 small bunch cilantro, chopped
- 1 (14.5 oz) can diced tomatoes
- 1 teaspoon garam masala
- 1 teaspoon chili powder (use more or less depending how hot you want it)
- 1 teaspoon fine grain sea salt
- 1 dry bay leaf
- 1 cup / 250 ml water, divided
- 1 teaspoon ground cumin
- 1 teaspoon mango powder-amchur (optional)



Directions

Heat 1 tablespoon of olive oil in a large saucepan over medium-high heat, add onion, garlic, ginger, and half of the cilantro. Sauté until the onion becomes translucent, about 8 to 10 minutes.

Add garam masala, chili powder, bay leaf, and mango powder (if using), and sauté for 30 seconds, until fragrant.

Add pumpkin, potato, diced tomatoes, $\frac{1}{2}$ cup of water, and salt.

Cover with a lid and cook on low heat for about 25 to 30 minutes — until the pumpkin has softened, the potato is cooked, and the water has been absorbed.

In the meantime, heat the remaining 1 tablespoon of olive oil in a small saucepan add cumin and sauté for 60 seconds or until the fragrance emerges (be careful not to burn it though.)

Add the cumin to the pumpkin mixture along with remaining $\frac{1}{2}$ cup of water.

If it looks too dry, adjust by adding more water one tablespoon at a time.

Garnish with the remaining cilantro and serve.

Nutrition facts

One serving yields 98 calories, 4 grams of fat, 10 grams of carbs, and around 3.5 grams of protein.

ZUCCHINI LASAGNA WITH CASHEW CHEESE

PREP TIME :1 hour

COOK TIME : 1 hour 10 mins

TOTAL TIME : 2 hours 10 mins

Author: Healthy Recipe Ecstasy

Serves: 6-8

INGREDIENTS

● **Basil-Cashew Cheese**

- 1 cup unsalted cashews
- ½ cup unsweetened almond milk
- ¼ cup fresh basil leaves
- 2 garlic cloves
- ½ teaspoon sea salt

● **Artichoke-Tomato Sauce**

- 1 tablespoon olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 14.5-ounce can no-salt-added diced tomatoes
- 8-ounce can no-salt-added tomato sauce
- 1 cup chopped marinated artichoke hearts
- ¼ cup fresh basil leaves, torn into pieces
- Red pepper flakes, to taste
- Sea salt, to taste
- Freshly-ground black pepper, to taste

● **Zucchini Lasagna**



- 6 medium zucchinis
- Coarse salt
- Fresh basil, for garnish
- Olive oil, for drizzling

INSTRUCTIONS

1. **Basil-Cashew Cheese**

2. Soak the cashews in a bowl of water for 30 minutes. Drain and rinse well. Add all the ingredients to a food processor or blender and process/blend until smooth.

3. **Artichoke-Tomato Sauce**

4. Heat oil in a medium skillet. Add diced onions and cook for 3-4 minutes, until onions are softened. Add garlic and cook for 30 minutes, stirring frequently, until fragrant. Next, add the diced tomatoes, tomato sauce, artichoke hearts and basil leaves. Season with red pepper flakes, sea salt and pepper. Bring the sauce to a boil and then simmer on medium low for 10 minutes.

5. **Zucchini Lasagna**

6. Preheat oven to 375 degrees F.
7. Slice each zucchini into ½-inch thick slices. Salt the zucchini slices heavily and set aside for 20 minutes to drain the water out. Squeeze as much water out of the zucchini slices as possible.
8. Spread a few tablespoons sauce on the bottom of a casserole dish. Lay 4-5 zucchini slices side-by-side on the bottom of the dish. If you're slices aren't long enough for the entire casserole you can add another vertical row or place some slices horizontally to fill the space.
9. Top the slices with ½ cup sauce and ¼ cup cashew cheese. Repeat with the remaining ingredients, ending with a final layer of sauce and cheese. Garnish with more fresh basil and a drizzle of olive oil.
10. Bake, covered, for 30 minutes and then bake, uncovered for 20-25 minutes or until the top of the lasagna is golden brown. Let the lasagna sit for 15 minutes before cutting and serving. Serve with another drizzle of olive oil.

SWEET POTATO VEGGIE BURGERS

These savory burgers combine sweet potatoes and spinach for a delicious nutritional punch.

Ingredients

- 2 sweet potatoes
- 1 cup spinach
- 1/4 large yellow onion
- 1/4 cup almond meal
- 2 T flaxseeds +3 T water
- 1/2 t coconut oil
- 1 T lemon juice



Instructions

- Cut up sweet potatoes into bite size pieces; Cook in pot over stovetop until potatoes are soft.
- While potatoes are cooking, peel onion and slice in fourths.
- Once potatoes are soft, place into food processor or high-power blender. Add onion and spinach and pulse.
- After 30 seconds or so, turn off and add almond meal, flaxseed, water, oil, and juice.
- Pulse until everything is combined.
- From there, form mixture into balls, a bit larger than golf balls, and set on a baking try.
- Use your hand or a spatula to flatten burgers, and place entire baking sheet into the refrigerator for at least 30 minutes, allowing the burgers to hold form.
- After 30 minutes, heat a tiny bit of olive oil in a skillet and place burgers one at a time in the skillet, flipping over once they are golden brown.
- Repeat this until all of your burgers have been cooked. Enjoy!

CREAMY AVOCADO-SPINACH PESTO ZOODLES

Serves 4

Ingredients

- 1 avocado, halved and pitted
- 3 cups baby spinach
- 2 tablespoons almonds
- 2 garlic cloves
- Juice of 1 lime
- ½ teaspoon fine grain sea salt
- Red pepper flakes (optional)
- 1 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 6 medium-large zucchini (or any other pasta you like)



Directions

Add the flesh of the avocado, spinach, almonds, garlic, lime juice, sea salt, and chili flakes (if using) to a food processor. Process for 2-3 minutes, stopping to scrape down sides as needed, or until smooth and creamy.

If it's too thick add more water, one tablespoon at a time.

Take a taste and adjust seasoning. Add olive oil and set aside.

If you wish to serve the avocado-spinach pesto over zoodles, using a spiralizer create zucchini noodles (always read the directions for your spiral slicer as they vary by brand) If you don't have a spiralizer use a regular vegetable peeler to vertically peel long, thin strips of the zucchini. This will form more of a wider "noodle" from the zucchini, like fettuccini.

Place the noodles in a covered microwave safe dish and microwave them on high for about 2 minutes. Alternatively, you can cook them in boiling water for 2 minutes.

Transfer zoodles to a large serving bowl, add pesto and halved cherry tomatoes and mix well. Serve immediately!

Nutrition facts

One serving yields 184 calories, 16 grams of fat, 10 grams of carbs, 4 grams of protein.

LIGHT, HEALTHY CHOW MEIN MADE WITH ZUCCHINI NOODLES



Recipe by Takeout gets a Paleo spin with fresh zucchini noodles tossed in a sweet and tangy sauce with veggies.

Ingredients

For the Noodles:

- 2 medium zucchini
- 1 cup celery, thinly sliced
- 1 cup shredded carrots
- 1 cup shredded green cabbage
- 1/2 cup green onions, thinly sliced
- 2 T toasted sesame oil

For the Sauce:

- 4 T coconut aminos
- 1 t coconut sugar
- 1 garlic clove, minced
- 1/2 t ginger, grated

Optional toppings:

- Chopped cilantro
- Sesame seeds

Instructions

- Using a spiral slicer on 3mm blade, slice zucchini into noodles and place into a bowl.
- Heat sesame oil in a large skillet over medium heat. Add celery, cabbage and carrots. Cook 5 minutes.
- Whisk ingredients for sauce in a small bowl. Pour sauce into skillet and stir. Cook 3 minutes.
- Add scallions and zucchini noodles. Stir again. Cook 4-5 minutes longer. Finish with sesame seeds and cilantro.

Tip: For the heat lovers out there, spice this dish up with a sprinkle of red pepper flakes or Thai chili peppers.

SAVORY INDIAN PANCAKE

INGREDIENTS

- oil/fat of choice, use enough to shallow fry
- ½ cup Almond Flour
- ½ cup Tapioca Flour
- 1 cup Coconut Milk, canned and full fat
- 1 tsp salt, adjust to taste
- ½ tsp Kashmiri Chili Powder
- ¼ tsp Turmeric Powder
- ¼ tsp freshly ground black pepper
- ½ red onion, chopped
- 1 handful cilantro leaves, chopped
- 1 serrano pepper, minced (or adjust to taste)
- 1/2 inch ginger, grated



INSTRUCTIONS

Make Batter:

1. Add almond flour, tapioca flour, coconut milk and spices to a bowl – mix together.
2. Then, stir in the onion, cilantro, serrano pepper and ginger.
3. Fry the Pancakes!
4. Heat a saute pan on low-medium heat, add enough oil/fat to coat your pan – then pour ¼ cup of batter onto pan. Spread the mixture out on your pan.
5. Fry this for about 3-4 minutes per side – drizzle a bit more oil on top of the pancake before you flip it. (Stoves vary, so cook until both sides are golden brown).
6. Repeat until batter is done – continue to add oil as needed.
7. Eat with green chutney or paleo ketchup

I like my pancakes to have slightly crispy edges – if you want yours to be slightly crispy, just add more oil and shallow fry.

These do take awhile to fry, so try to use a large pan so that you can make a few at a time!

MEATY VEGEAN TACO

Ingredients

- 2 tbsp grapeseed oil
- 1 bell pepper any color, diced
- 1 eggplant skin on, diced
- 1 zucchini diced
- 1/2 cup walnuts diced very fine
- 8 oz diced tomatoes with green chilis
- 2 tbsp taco seasoning
- 1/4 cup water

Instructions

1. In a large pan, heat grapeseed oil until shimmering.
2. Add bell pepper, and cook on medium high heat until slightly browned- about 4 minutes.
3. Add eggplant and zucchini, cook until reduced by half- about 10 minutes.
4. Add walnuts, diced tomatoes, stir well and stir in taco seasoning with water.
5. Stir well to mix and be sure seasoning evenly coats mixture.
6. Let water cook off - about 10 minutes.



TAMALE PIZZA WITH COCONUT FLOUR CRUST



This quick, homemade Paleo Tamale Pizza marries Italian and Mexican flavors in a delicious way!

Tools

- Cast iron skillet with lid
- Medium bowl

Ingredients

For the pizza crust:

- 2 T coconut flour
- 1 T baking soda
- 6 egg whites
- ¼ t paprika
- ¼ t chili powder
- ¼ t garlic powder
- ¼ t onion powder

- ¼ t dried oregano
- 1 T coconut oil

For the toppings:

- ½ cup tomatoes, diced
- 1 jalapeño, diced
- 2 T nutritional yeast
- 1 avocado, sliced
- ½ cup green cabbage, sliced

Instructions

- Bring a cast iron skillet with coconut oil to medium heat.
- In a medium bowl, whisk together the egg whites for 1-2 minutes until frothy. Then whisk in coconut flour, baking soda and seasonings until fully combined.
- Transfer mixture into preheated skillet and spread into an even layer. Cover and cook 4-5 minutes until the bottom sets up a bit. Then with a spatula, flip and cook uncovered another 2-3 minutes.
- Remove from heat, spread diced tomatoes over the crust, and sprinkle the nutritional yeast on top.
- Turn the broiler on high, and then place the skillet under the broiler for 4 minutes to melt the nutritional yeast.
- Remove from the oven and top with jalapeños, cabbage and avocado. Slice into quarters, serve and enjoy!

TURMERIC CAULIFLOWER RICE PILAF RECIPE



This Paleo pilaf swaps out traditional rice with healthy cauliflower that's spiced with anti-inflammatory turmeric!

Tools

- Food processor
- Large skillet
- Wooden spoon

Ingredients

- 1 head cauliflower (florets only)
- 1 large onion (diced)
- 2 garlic cloves (minced)
- ¼ cup golden raisins
- ½ cup roughly chopped almonds
- 2 t turmeric

- 1 t black pepper
- Chopped parsley (for garnish)

Instructions

- Wash and cut cauliflower into florets. Remove the stems.
- Process cauliflower florets in a food processor until you get a rice-like texture. You may need to process the florets in small batches.
- In a large skillet over medium heat, sauté diced onions for about 5 minutes (until tender). Add garlic and stir-fry until fragrant.
- Add in cauliflower rice and cook over medium heat for another 5 minutes (until tender).
- Sprinkle ground turmeric and pepper over the cauliflower rice. Mix until spices are evenly distributed.
- Add golden raisins and chopped almonds, mixing well and stirring for another 2 minutes.
- Evenly divide between two bowls. Garnish with chopped parsley before serving.

Tip: This simple recipe serves two, but you can easily double or triple the ingredients to get more portions. It makes both a great main course or a fantastic side dish. Either way, you're going to be asking for more!

SWEET POTATO GNOCCHI WITH CARAMELIZED BRUSSELS SPROUTS



Recipe by: Dina Hassan

Roasted sweet potato gnocchi and caramelized Brussels sprouts come together in an elegant dish that's surprisingly easy to make!

Tools

- Baking tray
- Parchment paper
- Medium bowl

Ingredients

For the sweet potato gnocchi:

- 2 lbs sweet potatoes
- 2 cups almond flour
- 1½ cup tapioca flour, plus extra for dusting
- ⅛ cup coconut flour

- ½ t salt
- 1 t baking soda
- ¼ t ground allspice
- 1 egg

For balsamic Brussels sprouts:

- 1 lb Brussels sprouts
- 1½ T extra virgin olive oil
- ½ t salt
- 2 T balsamic vinegar
- 2 t raw honey

Instructions

- Preheat the oven to 350°F. Line a baking tray with parchment paper (this will be for the Brussels sprouts).
- Wash sweet potatoes and prick skin with a fork several times. Wrap in foil and bake in the oven for about 60 minutes.
- In a medium bowl, combine the almond flour, tapioca flour, coconut flour, salt, baking soda and ground allspice. Set aside. Lightly dust a clean work surface with some extra tapioca flour.
- Remove the sweet potatoes from the oven, let cool slightly and while warm, peel the skin off and mash using a potato masher. Let cool to room temperature, then add the flour mix and the egg to the potato; knead the dough into a smooth ball.
- Divide the dough into two equal parts, then split each ball into 8-10 smaller portions. Roll out each portion into a ¾-inch thick rope. Slice rope into 1-inch segments and score each dumpling with the tip of a fork. Repeat with the remaining dough. Place the gnocchi on a plate, cover and set in the fridge to chill, about 15-20 minutes.

- Meanwhile, prepare the Brussels sprouts by trimming the outer dry layer, then cut the bottom off and slice lengthwise. In a large bowl, toss Brussels sprouts with olive oil, salt, balsamic vinegar and honey. Transfer to prepared baking tray and bake for about 25 minutes, until tender and caramelized. Remove from the oven and set aside.
- To cook the gnocchi, bring a large pot of water to a gentle boil over medium-high heat. Cook the gnocchi in batches; they are done when they float to the surface, about 90 seconds. Remove from water and toss with the balsamic glazed Brussels sprouts. Serve warm.

BREAKFAST

BREAKFAST MUFFINS

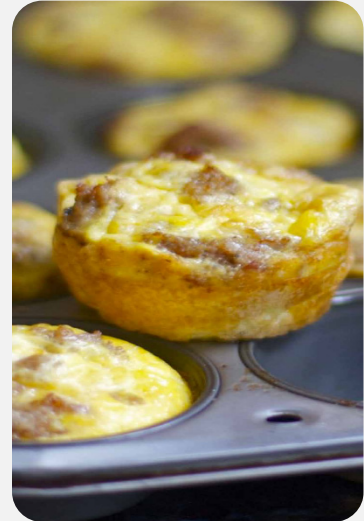
Ingredients

- 1 x Onion,
- 1 x Pepper,
- 1 x Jalapenos

Directions

Add your 8 eggs and half a Feta cheese block

Before it gets too cooked, scoop into Greased (with rapeseed oil) Muffin baking tin. Cook on 175degrees for 30mins or until fully cooked



GRANOLA

INGREDIENTS

- 1 cup sliced almonds
- 1 cup pumpkin seeds
- 1/2 cup pecans, chopped
- 1/2 cup unsweetened shredded coconut 1/2 cup coconut oil (or other oil)
- 1/4 cup maple syrup
- blueberries
- 1 tablespoon cinnamon
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 1 teaspoon salt



INSTRUCTIONS

- Preheat oven to 300 degrees.
- Add all ingredients to a large microwavable bowl, except the fruit.
- Mix well. If the honey is thick, heat up in the microwave for about 30 seconds and mix well.

- Place on a baking sheet (use parchment paper for easy clean up).
- Bake for about 20-25 minutes, stirring occasionally to help it not burn.
- When you pull it out of the oven, mix in dried fruit. Let cool.
- Consume!! Even eat it with some almond milk or coconut milk

CHIA PORRIDGE



INGREDIENTS & INSTRUCTIONS

- 1/3 cup of Whole Chia Seeds

Soak in unsweetened Almond Milk over night

Add cinnamon, Organic Maple syrup, Berries

PANCAKES



INGREDIENTS & INSTRUCTIONS

- 1 Egg
- 1 Banana

Blend! Fry in coconut oil

SNACKS / DESSERTS

CNS BANANA BREAD

Ingredients

- 3 Mashed Over Ripe Banana
- 3 Whole Eggs and 1 Egg White
- 1 Tea Spoon Vanilla Extract
- 2 Table Spoons Organic, Cold Pressed Coconut Oil
- ¼ Cup Coconut Flour
- 1 Cup Almond Flour (Or Ground Almonds)
- 4 Tables Spoons of WHOLE Chia Seeds
- 1 Tea Spoon of Xantha Gum (To Bind)
- 1 Tea Spoon of Baking Powder
- 1 Tea Spoon of Cinnamon
- 1 Tea Spoon Ground Ginger
- Half Cup Raisins (Optional)



Directions

1. Mix Wet and Dry Ingredients Separately In two Bowls
2. Join Together and Mix Well
3. Use Grease proof paper and line a 2lbs Bread tin and Poor in Mix
4. Pre heat oven 180c and Cook For 55mins
5. Use Tin Foil To Cover For 30mins and Remove For Final 25mins
6. Get Stuck in ☺

90 SECOND ALMOND BREAD



Ingredients

- 1/3 Cup of Almond Flour
- 1 Egg
- 1/2 Tea Spoon Baking Powder (Wheat free)
- Pinch Of Salt
- Tea Spoon of Apple Cider Vinegar

Instructions

1. Mix Well In A Mug
2. Microwave For 90 Seconds
3. Cut into Slices like regular Bread and Toast if Preferred
4. Yup, That's it
5. Play around with ingredients ie add chives, Pepper etc

BOUNTY BARS



Ingredients

- ⦿ 2 Cups of Desiccated Coconut (180g)
- ⦿ 1/2 Cup of Melted Coconut Oil (125ml)
- ⦿ 3 Tablespoons of Honey/Maple Syrup
- ⦿ 120g of Dark Chocolate

Directions

- ⦿ Add everything except the chocolate to your food processor and blend on high for about five minutes (five actual minutes, don't stop!). You are trying to cream the coconut rather than just mix everything together. When it's ready it should look fluffy but when you squeeze it in your hands it should stick together.
- ⦿ Press the mixture firmly into a baking tin lined with parchment paper. Don't worry if you're tin is too big to fill, just make sure the mixture is pressed really firmly in.
- ⦿ Pop it in the freezer for about half an hour to set. Melt your chocolate and lay out some parchment paper on a large plate or baking sheet.
- ⦿ Remove the coconut from the freezer and slice into whatever shape/size you want the bars to be.
- ⦿ Dip the bars into the dark chocolate and place them on the parchment paper.
- ⦿ When you've coated all of them put them in the fridge or freezer until the chocolate hardens.
- ⦿ Serve and enjoy! Store them in the fridge.

COMPLETE BATTERED COURGETTE DISCS

Equipment needed (Air Fryer, Found in Lidl)

Ingredients

- Large Courgette
- Olive Oil
- Quinoa Flour
- Sea Salt / Apple Cider Vinegar
- Onion Powder

How To

- Mix Flour with onion powder and sea salt
- Cut the courgette into medium thin slices/Discs
- Spray the courgette with Olive oil, then role in dry flour mixture until covered
- Place all the coated Discs in the Air fryer Basket and Spray with Garlic Olive oil (try and not have them touching each other)
- Turn Air fryer to high heat for 20 minutes, stopping to shake Air fryer basket every 5 minutes
- Remove the Discs from the tray and serve



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