

Healthy Meals

CALORIES OR LESS VOL 1

Healthy Recipes Your Taste Buds Will Actually Enjoy!





Apple Cinnamon Oatmeal

SERVES (2)

1CUP Water1/4CUP Apple juice1Green apple, cored and diced or grated2/3CUP Rolled oats1/4TSP Cinnamon



TO SERVE, CHOOSE FROM ANY OF ··--THE FOLLOWING:

- () Coconut milk, or milk of choice (heated)
- Slices of fresh seasonal fruit
- Slivered almonds
- Orushed nuts
- Small drizzle of honey



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Place water, juice and apples into a medium saucepan and bring to a boil.

Stir in the rolled oats and cinnamon and return to a boil, reduce heat and simmer until the porridge is thick.



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Heat the coconut milk (or milk of choice).

Divide your porridge between two serving bowls. Serve with heated milk and your toppings of choice.

DATA FOR 1 SERVING: FOR OATMEAL SERVED WITH COCONUT MILK

Calories	186 kcal	Cholesterol	mg
Total Carbohydrates	34 g	Sodium	11 mg
Protein	5 g	Potassium	98 mg
Total Fat	5 g	Dietary Fiber	<mark>5</mark> g
Saturated Fat	<mark>3</mark> g	Sugar	10 g
Polyunsaturated Fat	0.05 g	Vitamin A	6 % Daily Value
Monounsaturated Fat	0.01 g	Vitamin C	7 % Daily Value
Trans Fat		Calcium	7 % Daily Value
		Iron	21 % Daily Value



Asparagus with Mushrooms and Fried Egg

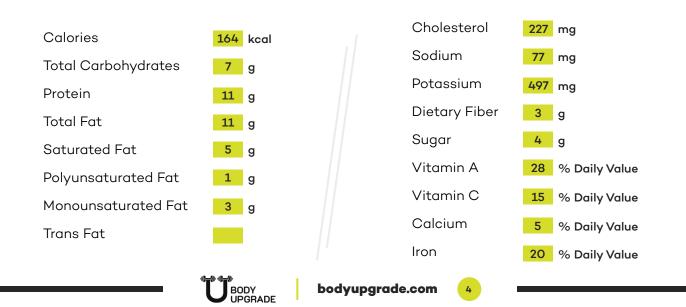
ء 🗢	SERV	ES (4)
1	lb	Fresh asparagus
2	Tbsp	Butter
1/2	lb	Mushrooms, sliced (2 cups)
2	Tbsp	Scallions, sliced. Salt and pepper to taste
4	Tbsp	Cilantro, fresh chopped
4	Eggs	



- 1 Trim off tough part of asparagus stalk, about 2 to 3 inches from bottom.
- 2 Melt the butter in a non-stick skillet over medium to high heat. Add mushrooms and cook, tossing and shaking, until mushrooms are lightly browned.
- 3 Add asparagus and cook, stirring and tossing for about 1 minute.
- 4567 Add shallots, salt and pepper. Sprinkle with cilantro and cook for 30 seconds.
 - Divide among serving plates.

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- Return the pan to stove top over medium heat and slightly grease again.
- Crack the eggs in to the skillet and cook to your liking.
- Once cooked, place the egg on top of the mushrooms and asparagus seasoning with a little salt and pepper.



Bacon and egg breakfast cups

MAKES 6
 Slices Bacon rashers, rind removed
 med Tomato
 Lg Eggs
 Tbsp Chives, finely chopped Salt and pepper to taste



Preheat an oven to 350F.

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- Grease a 6 hole muffin tray* generously with some coconut oil.
- 3 Slice the tomato in slices 1/2 " thick.
- 4 Line each hole with the rashers of bacon around the edges only, doing your best to ensure there are no gaps. Push the slices of tomatoe down in to the muffin mould inside the bacon shell, this will form a base.
- 5 Crack an egg in to the center of each hole inside the bacon on top of the tomato slice
 - Top with a sprinkle of chopped chives and a pinch of salt and pepper.
 - Bake in oven for 20-30 minutes or until the eggs are cooked though.

RECIPE NOTE:

For best results use a silicon muffin mould, this will ensure your bacon and egg cups will pop out nicely and stay intact.



Baked Avocados with bacon and egg

MAKES (4) Lg Avocado, ripe Eggs Eggs Cup Bacon, diced Tbsp Olive oil Tbsp Chives, fresh and finely chopped Salt and pepper to taste



1 Preheat oven to 350F.

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- Cut the avocado in half, remove and discard the seed.
-) Cut the base (round side) of the avocado to make a flat edge so the avocado will stand flat. Place on a baking tray.
- 4 Scoop out a little extra flesh if needed, so the hollow in the centre of each avocado half is big enough to hold a cracked egg.
- 5 Drizzle over a little olive oil over each avocado half. Carefully crack each egg in to each half. Sprinkle over the diced bacon and chives. Season with a little salt and pepper.

DATA FOR 1 SERVING:

Bake in the oven to cook for 20 minutes, or until the eggs are cooked through to your liking.

Calories	380 kcal	Cholesterol	234 mg
Total Carbohydrates	9 g	Sodium	<mark>559</mark> mg
Protein	16 g	Potassium	674 mg
Total Fat	32 g	Dietary Fiber	7 g
Saturated Fat	7 g	Sugar	1 g
Polyunsaturated Fat	4 g	Vitamin A	9 % Daily Val
Monounsaturated Fat	18 g	Vitamin C	18 % Daily Val
Trans Fat		Calcium	3 % Daily Val
		Iron	9 % Daily Val

Breakfast Mini Egg Casseroles

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Add the diced onion and bacon to a lightly greased skillet over medium heat and saute until lightly cooked. Drain excess fat and set aside.

Crack the eggs into a mixing bowl and whisk. Add all remaining ingredients and mix together well.

Ladle into well-greased ramekins and bake in 400 degree oven approximately 20 minutes.

Serve either in ramekin or loosen with knife around edges and turn onto plate. Garnish with fresh parsley and serve with sliced avocado if you wish.

Calories	280 kcal		Cholesterol	<mark>194</mark> mg
Total Carbohydrates	5 g		Sodium	638 mg
Protein	19 g		Potassium	227 mg
Total Fat	21 g		Dietary Fiber	0.1 g
Saturated Fat	9 g		Sugar	<mark>4</mark> g
Polyunsaturated Fat			Vitamin A	10 % Daily Value
,	5		Vitamin C	2 % Daily Value
Monounsaturated Fat	<mark>4</mark> g		Calcium	22 % Daily Value
Trans Fat			Iron	4 % Daily Value
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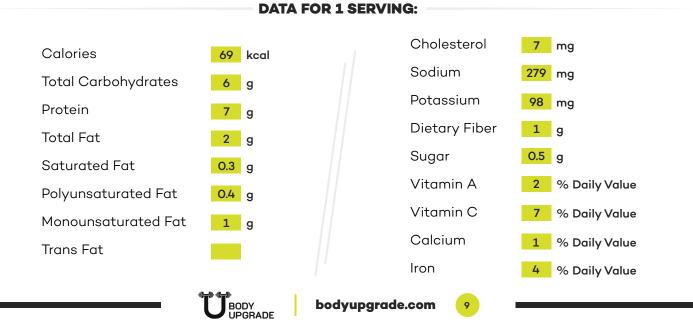
Asio	an fi	sh rolls			
۸	1AKES	S: APPROX. 18			
14	Oz	Canned tuna, in spring water and drain	ed		
1⁄4	Cup	Tamari			
1	Tbsp	Rice wine vinegar			
1	Тѕр	Sesame oil			
2	Garlic	cloves, minced			
2	Cup	Alfalfa sprouts	18	ea	6" rice-paper wrappers
2	Cup	Romaine lettuce, shredded	1/3	Cup	Cilantro, leaves chopped
1	Cup	Snow peas, cut into julienne strips	3	Tbsp	Cashews, toasted and chopped

Add the drained tuna in to a glass bowl and combine with the tamari, vinegar, rice wine vinegar, sesame oil and 2 cloves of minced garlic. Mix well and set aside to marinade for 10 minutes.

- Place rice-paper wrappers, 1 at a time in bowl of hot water 45 seconds. Remove and place on plate with a clean kitchen towel.
- 3 Place approximately 2 tablespoons of the marinated tuna, 1 tablespoon each of the bean sprouts, cabbage, sliced snow peas, 1 teaspoon of fresh cilantro and 1/2 teaspoon cashews in centre of each wrapper.
- 4 Fold one end of wrapper up about 1 inch over filling; fold right and left sides in over folded end. Fold remaining end down, wrapping around roll.

Continue the above steps until you have used all ingredients.

Serve with a little tamari as dipping sauce if you wish.





Cut the meat into 1-inch cubes and place in a bowl or plastic bag. In a 2-cup measure, combine the soy sauce, honey, lime juice, curry and chili powders, onion and garlic.

- Blend thoroughly and pour over the meat. Marinate for 30 minutes at room temperature.
- Thread the meat on bamboo skewers, soaked in water to prevent charring, or on small metal skewers.
- Push the meat close together if some rare portions are wanted or space it slightly for well done meat.
- Grill 2 to 3 inches above hot coals until done as desired, about 8 minutes total cooking time for medium-rare.

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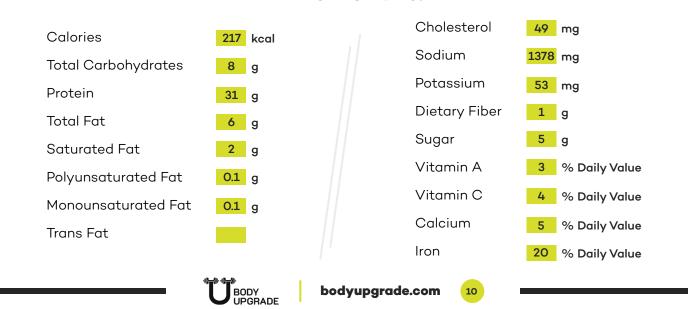
Serve with fresh seasonal salad.

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In bowl, combine cooked rice, onion, pine nuts, lemon juice, salt, cinnamon and cayenne pepper; mix in ground beef.

Shape into eight 1/2-inch thick patties.

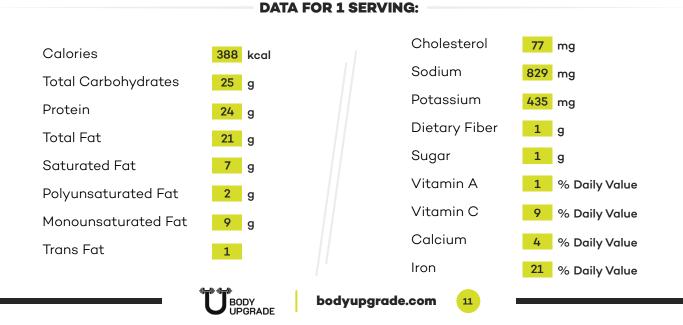
In a non-stick skillet, cook patties over medium heat, in batches if necessary and turning once, for 8 minutes or until no longer pink inside.

Serve with fresh side salad.

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Chicken and Couscous Salad Delight



Prepare the couscous to packet directions. Once done, fluff with a fork and set aside to cool.

Combine the couscous, chicken, radishes, celery, walnuts and parsley, toss to combine.

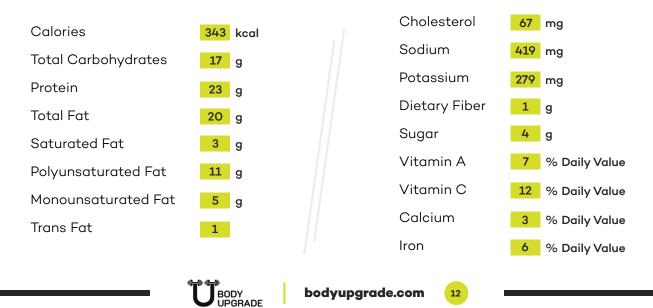
In a separate bowl mix together the mayonnaise, lemon juice, water and curry powder if using. Pour over couscous mixture, tossing lightly. Cover and chill.

Serve in on lettuce leaves, if desired or as is on its own.

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Chicken and pear salad

 \Rightarrow serves (4)

Dressing:





Salad:



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Cooked chicken, breast chopped



To make salad dressing, combine preserves, yogurt, lemon juice, chives, mustard, lemon zest, salt and pepper in a blender and blitz for 10 - 20 seconds until smooth.

Add all salad ingredients to a large serving bowl and toss with salad dressing.

Cholesterol 89 mg Calories 319 kcal Sodium 365 mg Total Carbohydrates **35** g Potassium 549 mg Protein 36 g **Dietary Fiber** 3 g Total Fat **4** g Sugar 25 g Saturated Fat 1 g Vitamin A 7 % Daily Value **1** g Polyunsaturated Fat Vitamin C 15 % Daily Value Monounsaturated Fat **1** g Calcium 10 % Daily Value Trans Fat Iron 8 % Daily Value BODY UPGRADE bodyupgrade.com 13

Curried Meatballs

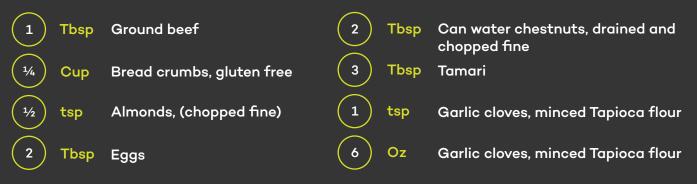
🔶 SERVES (6)

For meatballs:

1 1/2	lb	Ground beef
1/2	Cup	Bread crumbs, gluten free
1/3	Cup	Almonds, (chopped fine)
1	Eggs	
12	Oz	Can water chestnuts, drained chopped fine
2	Tbsp	Tamari
2	Tbsp	Garlic cloves, minced Tapioca

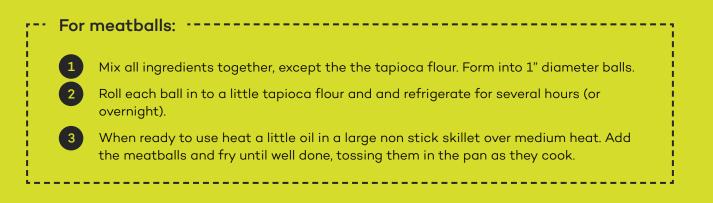


For the sauce:



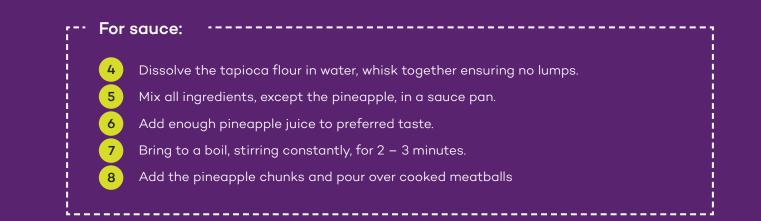
and

flour





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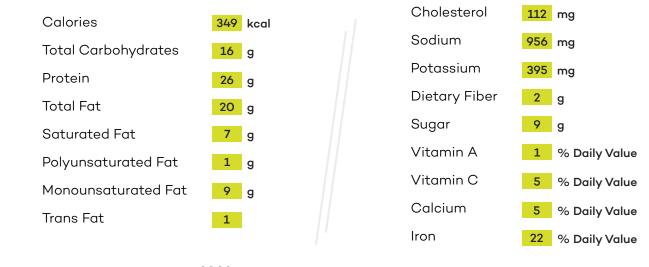


SERVING SUGGESTION:

Serve with a little steamed brown rice and choice of fresh salad ingredients or steamed seasonal vegetables.



DATA FOR 1 SERVING:





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- Heat the ghee in a large skillet over medium heat. Satue the onion and celery until golden.
- 2 Stir in arrowroot, salt, and curry powder and saute again until fragrant, about 30 seconds.
 - Stir in both the milk and stock slowly.

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- Allow to simmer for 10 15 minutes so flavours combine.
- Add in the whole hardboiled eggs (peeled) and cilantro, heat to boil.
- Divide among serving bowls and sprinkle over slivered almonds and garnish with a little cilantro.

Calories	289 kcal	Cholesterol	355 mg
Total Carbohydrates	11 g	Sodium	<mark>686</mark> mg
Protein		Potassium	341 mg
	15 g	Dietary Fiber	2 g
Total Fat	22 g	Sugar	3 g
Saturated Fat	10 g	Vitamin A	27 % Daily Value
Polyunsaturated Fat	1 g		
Monounsaturated Fat	<mark>4</mark> g	Vitamin C	5 % Daily Value
Trans Fat		Calcium	14 % Daily Value
		Iron	20 % Daily Value
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Green Lentil Rissoles with Vegan Yogurt Sauce

MAKES

 \Rightarrow SERVES (6)

Rissoles:

8	Oz	Green lentils	
1	Pint	Hot water	
2	Oz	Olive oil	
1	Onion,	finely chopped	
1	Carrot	;, finely chopped	
1	Green	bell pepper, diced	
2	Garlic	cloves, crushed	
1/4	tsp	Cayenne	1/2
1/2	tsp	Ground coriander	2
(1/2)	tsp	Cumin	1

12			
(1/2) t	sp Curry po	wder	

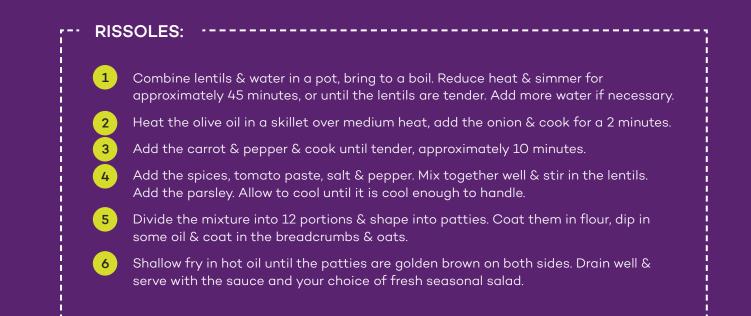
Tomato paste Salt & pepper, to taste



tsp

Coating:

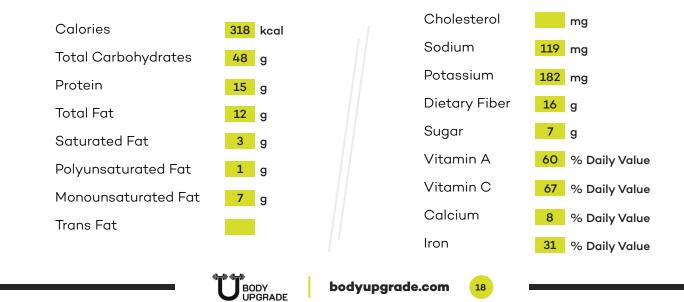






Combine all ingredients together & chill.





Green Lentil Salad

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	Cup	Lentils, French green			mes
6	Parsley	y, fresh sprigs		A	
1	Bay le	af at	and the	A	A CAL
1	pn	Thyme, dried	- 1 AL	S	
2	Tbsp	White wine vinegar			
2	Scallic	ons, sliced			
1	tsp	Dry mustard powder Salt, to taste			
		Pepper, to taste			
1/3	Cup	Walnut oil, or substitute light olive oil			
3	Tbsp	Parsley, fresh chopped			
1/3	Cup	Arugula leaves	1/4	Cup	Crushed peanuts, roasted
1⁄4	Cup	Bean sprouts, such as mung bean, alfalfa etc.	1	Sml	Chilli, thinly sliced
1/3	Cup	Sunflower seeds, roasted	4	Eggs,	cooked to your liking

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Rinse and/or soak the lentils as required.

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Place the lentils, bay leaf, thyme, parsley sprigs and lentils in a saucepan. Cover with boiling water and simmer for 20 - 30 minutes or until the lentils are tender. Be careful not to overcook, you want them to hold their shape.

3 In a salad bowl whisk the wine vinegar, shallots, dry mustard, salt and pepper together. Add the oil in a thin stream while continuing to whisk.

In to the bowl add the cooked and drained lentils and gently toss with the dressing.

Add in the chopped fresh parsley, rocket, sprouts, sunflower seeds, roasted peanuts, and sliced chilli.

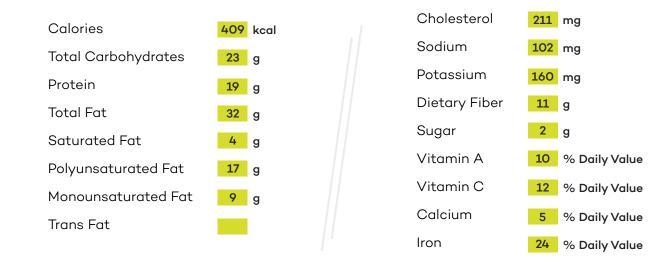
Adjust seasonings to preference.

Serve warm topped with a poached egg cooked to your liking



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Hot and Spicy Chicken Burrito Bowl

 \Rightarrow SERVES (4)-(6)

Chicken:



FILLINGS:

- () Cooked rice
- Kidney beans
- Ooked corn kernals
- > Fresh salsa
- Shredded lettuce
- > Fresh cilantro leaves
- > Lemon/lime wedge
- Avocado slices
- Sliced onion or scallions

In glass or stainless steel bowl combine all ingredients except the olive oil Mix thoroughly to spread spices over chicken, refrigerate for 1 hour.

After refrigeration add in the olive oil, and stir until chicken is well coated with oil.

Heat a little oil in a non-stick skillet, and add mixture, frying on medium heat.

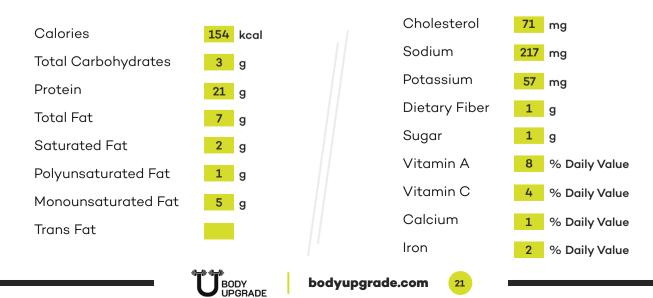
Cover until water has separated from chicken, and is boiling. Leave uncovered, on low heat, to simmer until almost all water has evaporated. Total cook time is less than ten minutes, do not overcook.

Serve the hot and spicy chicken with your choice of burrito bowl fillings. Enjoy!

DATA FOR 1 SERVING:

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Asian Beef and Vegetable Noodles 🔶 SERVES (4) lb **Beef strips** 1 8 Soba noodles Oz Tbsp Toasted Sesame Oil Cup Mushrooms, sliced 1 Onion, peeled and sliced 3 **Tbsp** Cilantro, chopped 1 Carrot, peeled and julienne 3 Tbsp Tamari 2 Red bell pepper, seeded and sliced Tbsp Ginger, peeled and minced 1 Cup Bok choy, roughly chopped **Tbsp** Sesame seeds 2

Prepare noodles according to packet directions. Rinse, drain and mix with 1 tablespoon toasted sesame oil. Set aside.

Prepare all your vegetables and set aside, separately.

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Heat oil in a wok over medium – high heat, add the beef strips and stir fry until lightly browned (approx. 5-7 minutes)

Add the onion, carrots, mushrooms, and capsicum, stir fry for 3 minutes.

Mix in the bok choy and cilantro, tamari, ginger and sesame seeds. Toss through the cooked noodles and continue to stir fry until noodles are reheated through and are hot.

DATA FOR 1 SERVING:

Serve immediately and garnish with a little fresh cilantro and sesame seeds.

Calories	432 kcal	Cholesterol	54 mg
Total Carbohydrates	55 g	Sodium	<mark>1810</mark> mg
Protein	30 g	Potassium	366 mg
Total Fat		Dietary Fiber	<mark>5</mark> g
Saturated Fat	Ŭ	Sugar	<mark>4</mark> g
	J	Vitamin A	142 % Daily Value
Polyunsaturated Fat	2 g	Vitamin C	114 % Daily Value
Monounsaturated Fat	2 g	Calcium	8 % Daily Value
Trans Fat		Iron	18 % Daily Value
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	UPGRADE bodyu	pgrade.com 23	



1 To make kofta, place beef, cream, ginger, chilies, garlic, ground coriander, garam masala, cumin, and salt to taste in a bowl and mix well to combine.

Take spoonfuls of mixture and, using wet hands, mold the mixture around a skewer into oval shapes. Repeat with remaining mixture.

Grill or BBQ the koftas on both sides.

Serve with your choice of fresh side salad or steamed vegetables.

SERVING SUGGESTION:

These koftas are paired well with a yogurt sauce and tomato and cucumber salad.

Calories	338 kcal	Cholesterol	103 mg
Total Carbohydrates	1 g	Sodium	102 mg
Protein	28 g	Potassium	461 mg
Total Fat	24 g	Dietary Fiber	0.1 g
Saturated Fat	10 g	Sugar	0.1 g
Polyunsaturated Fat	1 g	Vitamin A	0.3 % Daily Value
, Monounsaturated Fat	10 g	Vitamin C	3 % Daily Value
Trans Fat	1	Calcium	3 % Daily Value
		Iron	21 % Daily Value
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Butternut squash and mushroom pasta

SERVES (4)

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Cut squash in half and place cut side down on a greased roasting tray and bake until soft, rotating once.

When cool, scoop out flesh and mash with a fork.

In frying pan, sauté onion, garlic and mushrooms in few tablespoons of stock until translucent.

Add cooked squash, broth, milk and cheese.

Stir until cheese melts and mixture thickens somewhat.

Season with salt and pepper, turn off heat and stir in sun-dried tomatoes.

BODY UPGRADE

Pour sauce over cooked pasta and sprinkle with basil.

Cholesterol **17** mg Calories 488 kcal Sodium 564 mg Total Carbohydrates <mark>97</mark> g Potassium 373 mg Protein **14** g **Dietary Fiber 10** g Total Fat **7** g **7** g Sugar Saturated Fat <mark>3</mark> g Vitamin A 282 % Daily Value Polyunsaturated Fat 0.3 g Vitamin C 70 % Daily Value Monounsaturated Fat <mark>2</mark> g Calcium 26 % Daily Value Trans Fat Iron 25 % Daily Value

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25

Char-Broiled Shrimp

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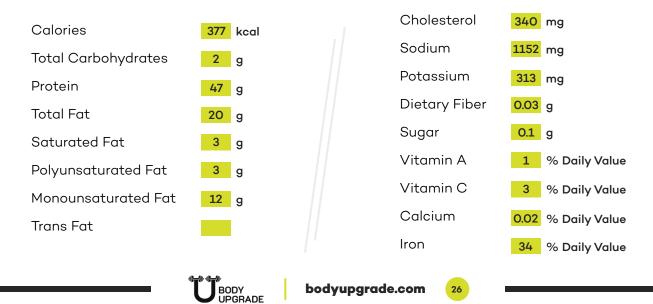
Combine all ingredients except the prawns in a large glass baking dish; stir well.

Add the shrimp, stirring gently; cover and marinate in refrigerator for at least 8 hours, stirring occasionally.

Remove shrimp from marinade, using a slotted spoon, reserve the marinade.

Place shrimp on water soaked skewers; grill over medium hot coals 3 to 4 minutes on each side, basting frequently with the reserved marinade. Ensure you do not overcook.

Serve immediately with a fresh summery salad.





Cut open the squid and remove the entrails, leaving the tentacles intact. Remove the skin.

Place on a rack and charcoal-broil for 2 minutes on each side.

Brush with the combined fish sauce and tamari during broiling to add color and more flavor.

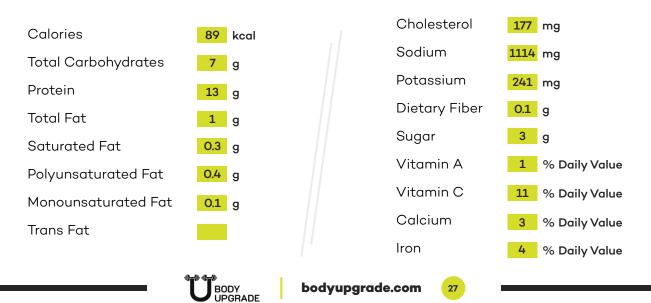
Mix together the sauce ingredients and pour into a bowl.

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Slice the cooked squid and serve with the dipping sauce and fresh salad of choice.



Chicken Soup with Greens and Mushrooms

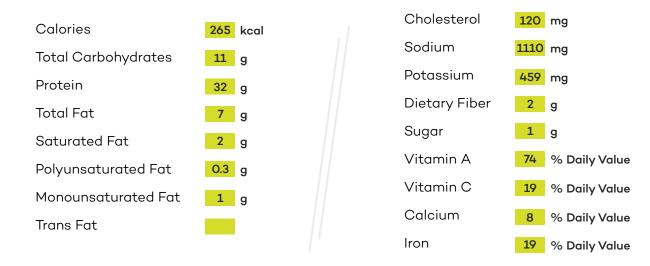


1	Add the chicken, chicken stock, wine, ginger, garlic and scallions to a large pot and bring to a simmer.
2	Simmer for 20-25 minutes or until chicken is just cooked through, skimming off any scum and fat that rises to the surface.
3	Do not boil or stock will become cloudy.
4	Remove chicken from the pot and shred the meat into long slivers and set aside.
5	Strain stock carefully and discard ginger, and scallions.
6	Return the stock back to the pot along with the rice, cover and simmer for 20 – 30 minutes or until the rice is tender.
7	Slice the mushrooms and quickly sauté in drops of olive oil until lightly browned, approximately 2 minutes. Add in the spinach and continue to sauté until the spinach has just wilted.
8	Add the mushrooms and spinach along with the shredded chicken to the pot with stock, and rice.
9	Correct seasoning with salt and pepper and serve at once with a little parmesan cheese if you wish.



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Chicken Zucchini "Pasta"



SERVES (4)

1	lb	Chicken breast, boneless skinless diced or sliced
4	Garlic	cloves, minced
1	Onion,	peeled and diced
1/2	Cup	Chicken stock
1 ¹ / ₂	Cup	Tomato puree
2	Tbsp	Tomato paste
1	Tbsp	Balsamic vinegar
2	tsp	Dried mixed herbs
2	Tbsp	Basil, thinly sliced
2	Tbsp	Parsley, finely chopped Salt and pepper to taste



Red bell pepper, julienne

Cup Cherry tomatoes, halved

Zucchini, spiralized Olive oil for cooking

Heat a little olive oil in a large non-stick skillet over medium heat. Sauté the onion and garlic for 2 – 3 minutes, or until soft.

Add the diced chicken breast, continue to sauté for a further 5 minutes or until chicken is no longer pink.

3 Add the chicken stock, tomato puree, tomato paste, dried herbs, balsamic vinegar and salt and pepper. Bring to a boil and then reduce heat and allow to simmer for 20 – 30 minutes, or until the sauce has reduced a little.

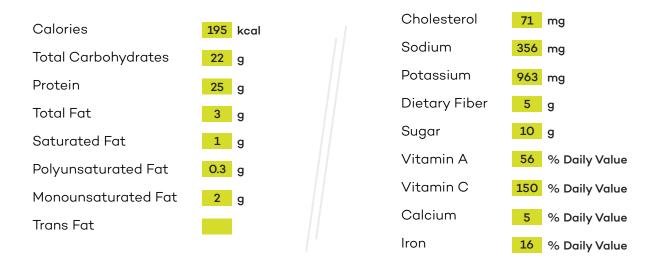
4 Mix in the fresh herbs, bell pepper and cherry tomatoes, continue to simmer for another 5 minutes.

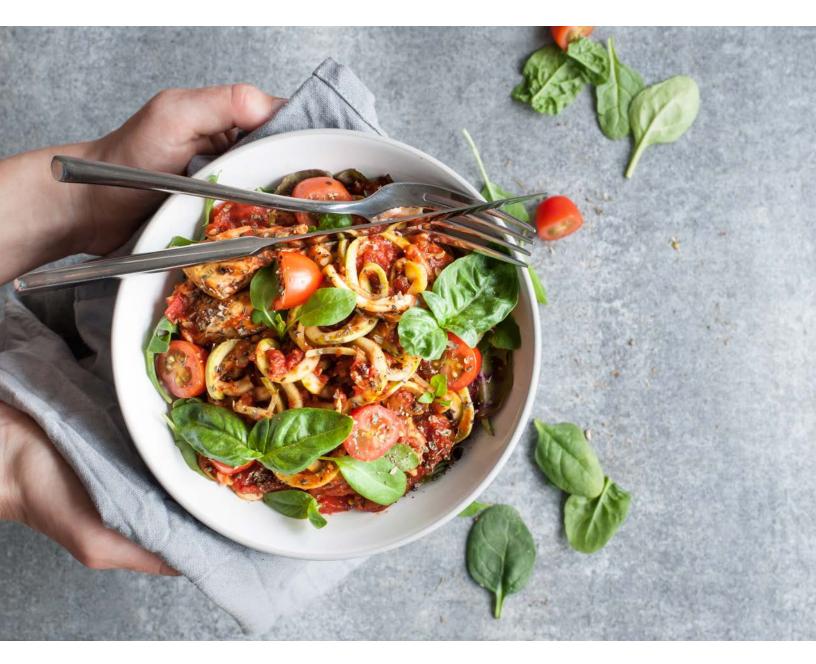
5 Divide the spiralized zucchini between 4 bowls and spoon over the hot chicken in sauce. Toss through and allow the heat of the chicken and sauce mixture cook the zuchinni slightly.

Season with a little salt and pepper, garnish with some fresh herbs and enjoy!













Chinese-Style Beef

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SERVES (4) lb Beef sirloin, trimmed of fat 1 ¼ 1/2 Ground ginger ts 1 ts Coconut sugar 3 Tbsp Tamari 2 **Tapioca flour** tsp 1 Tbsp Olive oil Cup lb Broccoli, trimmed and cut into 1-inch pieces Water Steamed rice to serve

1 With a sharp knife, cut the steak diagonally across the grain into thin slices.

In a medium bowl, mix together the ginger, sugar, soy sauce, and tapioca. Add the meat strips and toss to mix well. Let stand for 5 to 10 minutes.

In a medium to large skillet, heat the oil over high heat until hot.

Add the meat mixture. Cook, stirring, over high heat, until the meat loses its redness, approximately 5 minutes. Remove and set aside on a plate.

5 Add the water and broccoli to the skillet and heat to boiling. Reduce the heat to medium-low, cover, and simmer for 4 to 5 minutes, or until the broccoli is just tender (don't overcook).

Return the meat to the skillet and heat to boiling, stirring often. Reduce the heat and simmer, stirring, for 1 minute.

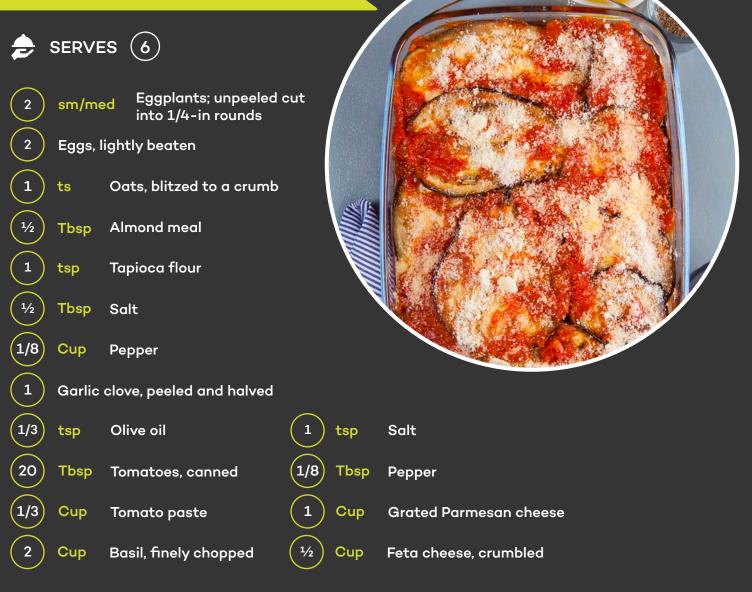
Serve immediately over a little steamed rice. Season with salt and pepper if you wish.

BODY UPGRADE

Calories	406 kcal	Cholesterol	<mark>60</mark> mg
Total Carbohydrates	<mark>38</mark> g	Sodium	<mark>1046</mark> mg
Protein	38 g	Potassium	895 mg
Total Fat	11 g	Dietary Fiber	<mark>3</mark> g
Saturated Fat		Sugar	<mark>3</mark> g
	3 g	Vitamin A	15 % Daily Value
Polyunsaturated Fat	1 g	Vitamin C	169 % Daily Value
Monounsaturated Fat	5 g	Calcium	10 % Daily Value
Trans Fat		Iron	27 % Daily Value

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Eggplant Parmigiana

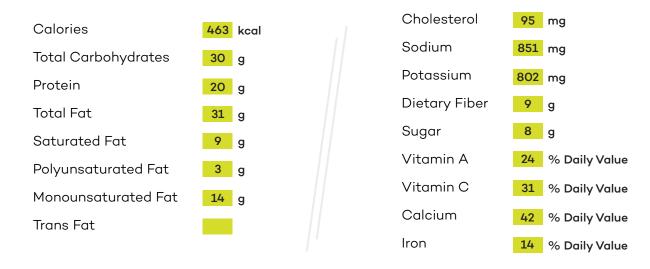


Combine the blitzed oats, almond meal, salt and pepper and tapioca flour in to a bowl. 1 2 Dip the eggplant slices in whisked eggs, then in the almond meal/oat blend. Refrigerate for 20 minutes. 3 Meanwhile in a large saucepan, saute the garlic in 2 tablespoons of oil for 1-2 minutes. Add tomatoes, tomato paste, basil, salt and pepper. 4 Cover and simmer 30 minutes. 5 Preheat oven to 350F. Brown the eggplants in some oil in a large skillet. Drain on paper towels. 6 Put a thin layer of tomato sauce into a baking dish and layer eggplant, sauce, Parmesan and feta, alternately. End with some parmesan and feta on top. 8 Bake, uncovered, for 30 minutes. Serve with fresh garden salad or steamed greens.



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Cut fish into chunks of equal size.

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Sauté onions and garlic in heated butter in a large kettle until tender.

Add potatoes, stock, water, bay leaves, thyme marjoram, parsley, salt and pepper.

Bring to a boil. Add prepared fish and lower heat to moderate.

Cook, covered, about 25 minutes, until fish potatoes and carrot are tender. Remove and discard bay leaves.

Ladle in bowls to serve and season with salt and pepper to taste.



Gingery Maple Chicken Drumsticks

SERVES (6)

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In large bowl, combine the chicken and tapioca flour, toss to coat well, shaking off excess flour.

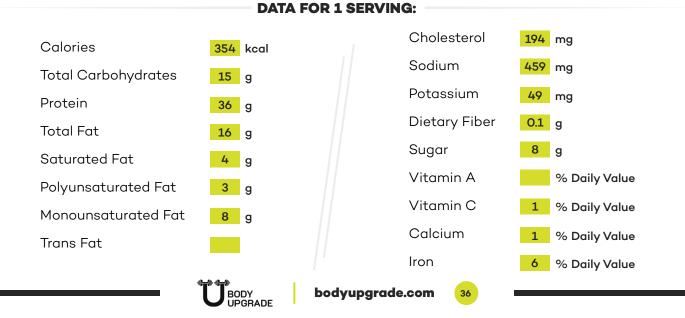
In large skillet, heat 2 tablespoons of the oil over medium-high heat. Cook chicken in batches, about 5 minutes, turning frequently and adding more oil as needed, until golden.

Arrange chicken in single layer in 11 X 7" baking dish.

In small bowl, whisk together all remaining ingredients and pour evenly over chicken.

Bake, uncovered, in 325F degree oven for 30 minutes. Turn the chicken over; bake for 45 minutes or until the glaze has thickened.

Serve with seasonal steamed vegetables of choice.





Heat the olive oil in a large non-stick skillet over medium to high heat. Statue and cook the cubed beef, onion and grail until beef is browned.

2 Combine and mix the tomato puree, coconut sugar, salt paprika, pepper, dry mustard and Worcestershire sauce in a bowl. Add this to the skillet with the meat along with the water.

Reduce the heat and cover. Allow to simmer for 2 to 2 1/2 hours or until meat is tender.

Mix the tapioca flour and 1/4 cup cold water to make a runny paste. Stir into meat mixture. Heat to boiling, stirring constantly and boil for 1 minute to allow sauce to thicken.

DATA FOR 1 SERVING:

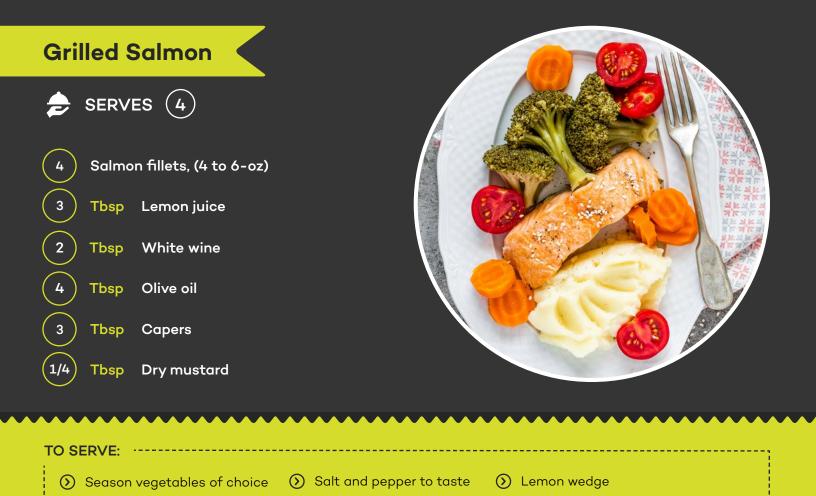
Serve over your choice of steamed rice or cauliflower rice.

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4

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Cholesterol 88 mg Calories 313 kcal Sodium 794 mg Total Carbohydrates **14** g Potassium 295 mg Protein 32 g **Dietary Fiber** 2 g Total Fat **13** g Sugar 5 g Saturated Fat 3 g Vitamin A 12 % Daily Value Polyunsaturated Fat 1 g Vitamin C 13 % Daily Value Monounsaturated Fat 3 q Calcium % Daily Value 2 Trans Fat Iron 28 % Daily Value BODY UPGRADE bodyupgrade.com 37



To prepare salmon, rinse with cold water. Pat dry with paper towels, and set aside. Combine lemon juice,
white wine, olive oil, capers and 1/4 teaspoon mustard. Season to taste with salt. Pour over, cover and
refrigerate for 30 minutes turning once. Reserve some marinade.

1

2

Heat a large skillet over medium heat and lightly grease. Cook salmon over starting with skin side down, for 5 – 10 minutes or until the skin is crispy. Turnover and continue to cook for a further 5 minutes or until fish flakes easily with a fork. Baste occasionally with reserved marinade.

Serve with fresh seasonal steamed vegetables of choice and season with a little salt and pepper.



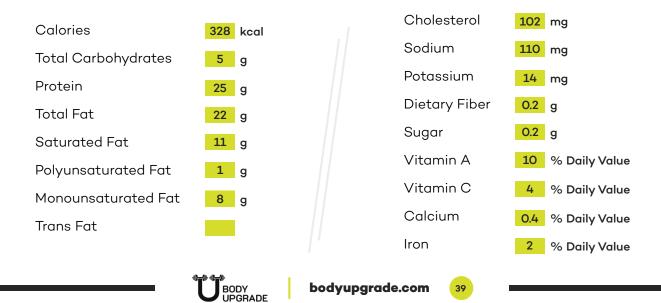
Grilled Tuna Steak with Lemon-Caper Butter

SERVES (6) Tbsp Butter, softened 8 3 Tbsp Lemon juice, freshly squeezed 1/2 Lemon peel, grated tsp 2 **Dijon mustard** tsp 2 Capers, drained tsp Tuna steaks, (6 oz), 3/4 inch thick Olive oil 2 Tab 6 Sesame seeds to garnish

Mix together butter, 2 tbsp lemon juice, lemon zest, mustard, and capers. Set aside.
 Heat a hot plate or grill to medium high heat (preferably over coals) and grease well.
 Brush tuna steaks with oil. Drizzle remaining 1 tbsp of lemon juice over the fish.
 Place steaks on oiled grill. Grill, turning once, until firm and opaque at center, about 10 to 12 minutes in total.
 Remove from heat, sprinkle over sesame seeds and top each steak with 1 tbsp lemon-caper butter.

Serve with sautéed greens or choice of fresh seasonal salad.

6





Peel beets and shred coarsely.
Chop carrots, onions, celery and sweet potato.
Add the stock to a stock pot and bring to a boil. Add beets, carrots, onions, celery and sweet potato.
Reduce the heat and simmer covered 20 minutes.
Add cabbage, tomato, and garlic on toothpick. Simmer for another 15 minutes until cabbage is tender.
Remove garlic and serve hot.

