

THE IMMUNE HUB®

RECIPE PACK



SUGAR DETOX RECIPE GUIDE

BE|NOURISHED
Supporting your immune health

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Be|Nourished

WELCOME TO YOUR DIETARY CLEAN UP

Within this pack you will find

- Going sugar free hacks
- Breakfast recipes
- Lunch and evening meal recipes
- Optional snack ideas
- 7 day example food diary

ALTERNATIVE FOOD OPTIONS KEY:

GF = GLUTEN FREE

DF = DAIRY FREE

PB = PLANT BASED

BC = BATCH COOK

LC = LOW CARB

TAKE BACK CONTROL

I'm sure you are now feeling the effects of the last few years of food and drink choices. In these current strange times there has never been a better time to look after your health. Please feel free to browse through the recipes and change any of the suggestions to meals that you would prefer.

To save money on the weekly food bill we encourage you to make meals that you can use as leftovers the next day and maybe beyond.

Note on snacks: I encourage you not to snack between meals but if you have to please try and stick to the suggestions in this pack.

Note on junk foods: This is a 7 day challenge so I ask that you really dedicate this time to making sure you stick to the guidance.

IF YOU HAVE ANY MEDICAL CONDITIONS, FOOD ALLERGIES, TAKE MEDICATION, HAVE DIABETES, ARE PREGNANT OR BREASTFEEDING THEN YOU WILL NEED TO CONSULT WITH YOUR GP BEFORE DOING THIS CHALLENGE



GOALS: BEFORE YOU START...GET RID OF ALL REFINED SUGARS FROM YOUR HOUSEHOLD

Before you start you will need to clear your house of all refined sugars. This includes cakes, biscuits, sweets, pastries, baked goods, cereal bars, protein bars, low fat yogurts, jarred sauces, fizzy drinks, ice cream, diet drinks, artificial sweeteners, juices of all kinds (fresh and squash), ready meals, anything marketed as "low fat", and sugary cereals. Removing temptation will be the key to your success.

"Don't worry you can still enjoy some delicious foods on this challenge"

1. YOU CAN ENJOY SOME NATURAL SUGARS AND CARBS THIS WEEK

All of my recipes have been designed to be lower in sugars, free from refined and processed and artificial sugars, some recipes do include a little in the way natural sugars from whole fruits, honey or maple syrup, but they are in very low amounts and your food plan will still be full of wholegrains and starchy vegetables.

2. YOU CAN STILL ENJOY COFFEE AND TEA

But please remove sugar and/or sweeteners. From our experience of working with our many clients, your tastebuds will change over the course of the week. All of our clients who have worked on this have successfully removed added sugar to their drinks.

3. USE THE FACEBOOK GROUP

My Immune Hub Facebook group has been set up so that you can ask questions and get support and motivation at anytime. Please make sure that you use this space to help keep you on track.

4. DON'T FORGET YOU HAVE ACCESS TO AN EXPERT

You can either contact me through the group page or send me a private message if you have questions that you don't want to share with the group. I have 11 years of experience within the health and wellbeing industry so no problem is too big for me.

GOOD LUCK EVERYONE

A top-down view of a breakfast spread on a wooden table. At the top, a white plate holds several pieces of golden-brown fried fish. Below it, a green banner contains the word "BREAKFAST" in large, bold, black letters. Underneath the banner, a white plate features a fluffy omelet with cheese and vegetables. To the right, a white bowl is filled with oatmeal, topped with sliced oranges and red berries. In the center, a glass of pink smoothie with a frothy top sits next to a white mug of black coffee. To the left, there is a red apple and a banana. At the bottom, a white plate contains a breakfast meal with a fried omelet, a slice of salmon, a fried egg, and orange slices. A brown muffin sits to the right of the coffee. A silver fork and knife are also visible on the table.

BREAKFAST

LOW SUGAR CEREAL OPTIONS

Weetabix
Shredded wheat
Low sugar granola
Oats/Porridge (not oats so simple)
Low sugar muesli
Paleo style granola

Serves 1



BAKED OATS

100g oats
1 egg
1 tin of coconut milk plus 1/2 can of water
2 tsp vanilla essence
1 small punnet of berries of choice
Coconut oil or butter to coat the baking tin

Serves 4



YOGURT MIX

150g natural yogurt
100g fresh/frozen berries
20g low sugar granola
Handful of nuts and seeds of choice

Serves 1



LOW GRANOLA

175g coconut flakes
80-100g coconut oil melted
4 tbsp maple syrup
250g oats
1 pack of chopped mixed nuts

Serves 10 portions



Top with milk of choice, some full fat natural yogurt and fresh fruits

Heat the oven to 180 degrees and grease a square cake tin with the coconut oil. Mix all the ingredients in a bowl and pour into the tin. Bake for 30-35 mins. Leave to cool and serve with natural yogurt and nuts and seeds

Place everything in a breakfast bowl and give it a good mix before serving. Top with extra fruit and nuts.

Mix the oats, nuts, seeds, and coconut flakes in a bowl. Mix the coconut oil and maple syrup in a pan till melted. Mix this into the dry ingredients. Cook for 15-20mins on 120 degrees stirring occasionally to prevent burning

GF = Use gluten free oats and cereals.

DF = Replace dairy yogurt for coconut/soya/almond yogurt & use Violife cream cheese

PB = As per dairy free

LC = To reduce the carbohydrate & sugar content further remove maple syrup.

OVERNIGHT OATS

30-50g oats
1 tbsp chia seeds
1 handful frozen fruit
2 tsp maple syrup
200ml milk of choice
Any spices - vanilla, cinnamon, ginger, cloves, star anise
Top with 1 tbsp nuts

Serves 1



CHOCO PORRIDGE

30-50g oats
300ml milk of choice
1 tbsp chia seeds
2 tsp cocoa powder or cacao powder
1-2 tsp honey (optional)
1 tsp vanilla essence
Berries to top

Serves 1



COOKED BREKKI

1 sausage
1 egg
1 bacon
1 slice sour dough toast
1 handful of wilted spinach
1 grilled tomato

Serves 1



CONTINENTAL

2 slices of smoked salmon
1 egg
1 handful of wilted spinach
1 grilled tomato
1 slice of sour dough toast with a little butter

Serves 1



Mix everything together in a bowl or mason jar.
Best made the night before and stored in the fridge overnight or soaked for at least 1hr.
Top with yogurt, fruit and nuts.
Add more milk if needed.

Heat the oven to 200 degrees and in a small oven tray add the apple, honey, cinnamon, raisins and a little water. Bake for 10 minutes.
Cook your porridge as per instructions and top with the apple, some yogurt and nuts

Grill the bacon and sausages.
Scramble the eggs in a little butter salt and pepper.
Wilt the spinach in a colander by pouring boiled water over the top.
Include any added extras as required.

Cook the egg to your liking and toast the sour dough bread.
Assemble everything on a plate and add any extra vegetables that you may fancy.

GF = Use gluten free oats in place of standard oats. Check that your spices are not contaminated with gluten. Use gluten free bread in place of sour dough

DF = Replace dairy yogurt, butter and milk for coconut/soya/almond based products

PB = Replace egg for scrambled tofu and use veggie sausages/bacon

LC = To reduce the carbohydrate & sugar content remove maple syrup. Replace oats with extra nuts and seeds.

BC = Make extra portions on overnight oats to store in the fridge for a few days



LUNCH





AVO EGGS ON TOAST

Recipe is adaptable and makes 1 portion

INGREDIENTS

- 1 avocado
- Juice of 1 lime
- 1 small sprinkle of chilli flakes
- 1 sprinkle of salt
- 1-2 eggs
- 1 sour dough loaf cut into 1 inch thick slices - use 1 slice per person.

Tip: For any sour dough slices that you won't use wrap in cling film or greaseproof paper and store in the freezer for later use. Simply toast when needed.

METHOD

01

Peel the avocado, slice in half and remove the stone. Place the flesh in a bowl and mash it together with the lime juice, salt and chilli flakes, set to one side.

02

Cook the eggs to your liking (scramble, poach or shallow fry). Toast the sour dough bread. When the the toast is done, spread the avocado all over one side. Top with the egg and serve with a large side salad.

NOTES:

GF = Use gluten free bread in place of sour dough

DF = This recipe is dairy free

PB = Remove the egg and top with steamed vegetables of choice

BC = Make extra portions by doubling up ingredients. To make it more of a meal and add some smoked salmon or ham

QUICK AND EASY SALAD BOWLS

This recipe is adaptable **GF/DF/PB/BC/LC**

INGREDIENTS

First Layer

Avocado blended with a little lemon or lime juice, salt and pepper, or salsa, or houmous

Second layer

Choose from a variety of starchy vegetables such as, roasted squash/carrot/beetroot/new potatoes, grated, spiralized, chopped vegetables, either raw or precooked versions

Next add

Any type of salad leaves

Top with

Any type meat, poultry, shellfish, fish, egg or plant based alternatives such as tofu, beans, chickpeas, lentils.

Dress with

Olive oil, lemon juice or apple cider vinegar or balsamic vinegar, salt and pepper

METHOD

01

Prepare, cook or roast whatever vegetables you are using. Grab any jars or bowls or plates that you have and layer up the salad using the format above. Seal your containers, or cover your bowls well and store in the fridge. Use as many ingredients as you need to make what ever portions you require

This is a great one to prepare and store in the fridge for a few easy access lunches





SATISFYING OMELETTE

Recipe is adaptable and makes 1 portion

INGREDIENTS

For the sweet potato

- 2-3 eggs per omelette
- Butter/coconut oil for melting in the pan

Filling 1 - Non Vegetarian

- Ham
- Cheese
- Spinach
- Spring onion

Filling 2 - Vegetarian

- Spinach
- Tomato
- Spring onion
- Sweetcorn

METHOD

01

Whisk eggs in a small bowl with a little salt and pepper. Heat the butter/oil in a small frying pan until very hot.

02

Add the egg, as it cooks draw the edges to the middle allowing the liquid egg to fill the space. When the mixture starts to set add the filling and fold over. Cook for a little longer on each side and serve with a large side salad.

NOTES: **GF** = This recipe is gluten free

DF = This recipe is dairy free if you use dairy free cheese or remove all together

PB = This recipe is not plant based. However rather than making an omelette you can make scrambled tofu and mix in your fillings of choice and serve with a side salad

LC = This recipe is already low carb

BC = This makes 1 portions but you can make extra to store in the fridge for a few days

SHARING PLATTERS

This recipe is adaptable **GF/DF/PB/BC/LC**

INGREDIENTS

Small selection of cooked or left over meat, or deli or continental meats, smoked fish, shellfish

PB: If you follow a plant based diet replace with falafels or look out for quinoa bites which you can purchase from the supermarket (brand name Gosh)

Feta cheese.

PB/DF: Check out Violife dairy free feta cheese or other preferred brand

Warmed pitta breads

GF: Gluten free pitta bread is available in most supermarkets

Selection of chopped salad vegetables

A handful of salad leaves

Dips: houmous, sour cream or olive oil with balsamic vinegar

Added extras such as olives/stuffed vine leaves/sundried tomatoes/beetroot/nuts and seeds

Prepare as much of each ingredient to feed your household or make up a few lunches to store in the fridge for the week.

Spread everything out on a sharing board/plate and enjoy





SATISFYING SANDWICHES

Sandwiches are adaptable
Recipe makes 1 portion

BLT(A)

2 x slices of toast
 Bacon/ham (leave out if vegan)
 Sliced tomato
 Iceberg lettuce
 Mashed avocado
 Large dollop of mayo/vegan cream cheese

Serves 1

CARROT HOUMOUS

2 x slices of bread (best toasted)
 2 large carrots grated
 A thick spread of houmous on each slice of bread
 Added extras: lettuce, cucumber & pumpkin seeds

Serves 1

EGG AND TOMATO

2 x slices of bread butter
 2 boiled eggs mashed with plenty of mayo, salt and pepper
 Sliced tomato (or cucumber/avocado if you'd prefer)

Serves 1

FULLY LOADED

2 x slices of bread (best toasted)
 Chicken or tuna
 Mashed avocado
 Lettuce, Tomato
 Cucumber
 Mayo + tomato sauce (tastes a bit like bigmac sauce)

Serves 1



NOTE ON SANDWICHES:

Sandwiches get really bad press when it comes to the diet industry. However they can make an excellent and filling meal. Try these satisfying combinations to help prevent cravings later in the afternoon. If you don't like bread or follow a low carb diet see below for alternatives

NOTES:

GF: Swap standard bread for gluten free bread, wraps, pitta breads or use rice wraps

DF: Swap butter for a vegan/plant based version/houmous or leave out

PB: Replace meat/eggs with tofu/tempeh mash, beans, chickpeas or lentils, use a vegan friendly mayo smoked paprika salt and pepper

LC: Replace bread with iceberg or coz lettuce leaves, load up you filings between 2 leaves



VEGGIE BEAN SOUP

This recipe is adaptable and makes 4 portions

INGREDIENTS

- 1 tbsp coconut oil or olive oil
- 1 large onion finely chopped
- 2 carrots chopped
- 2 cloves of garlic minced
- 2 tsp mixed herbs
- 200g precooked quinoa/pearl barley
- 500ml water
- 1 vegetable stock cube
- 1 x can of beans of choice (butterbean, pinto, black, kidney, cannellini)
- Bag of kale with stalks removed
- Salt and pepper to taste

METHOD

- 01** In a pan fry the onion, carrot, garlic in oil for around 5 minutes and add the herbs. Turn up the heat and add the quinoa/pearl barley.
- 02** Add the stock cube, water, and tinned beans. Bring to the boil and simmer for 10 minutes add more water if needed. Next add the kale and simmer for another 5-7mins, check for seasoning and serve

NOTES: **GF/DF/PB:** This recipe is gluten free, dairy free and plant based

LC: For a low carb alternative leave out the beans and replace with a pack of diced chicken. *Add the chicken in with the stock cube and water You will need to adjust the cooking time to ensure the chicken is cooked through usually needs 15-20mins*

BC: This recipe makes 4 large portions and is great for leftovers

PASTA SALAD

This recipe is adaptable **GF/DF/BC/PB/LC**

INGREDIENTS

Tinned fish (choice of any - tuna works well, or you can use prawns, chicken, chickpeas or beans)

1 small packet of rocket, (washed and drained)

200g dried pasta (cooked, drained in a sieve and quickly cooled under a cold tap)

1 small pack of cherry tomatoes (halved)

20 or so olives (drained)

1 red pepper (thinly sliced)

1 bunch of spring onion (finely sliced)

2 tsp olive Oil

The Juice of 1 Lime

Salt and pepper to taste

METHOD

Mix the olive oil with the lime juice, salt and pepper in a small bowl and set to one side.

Assemble all of the ingredients on a plate and pour over the dressing.

Serves 4 - add extra ingredients for larger families





FAKE-AWAY SEEKH KEBABS

This recipe is adaptable and makes 2-3 portions

INGREDIENTS

Onion pickle

- 50ml red wine vinegar, 1 tsp sugar
1/4 tsp salt, 1 red onion 1, sliced thin

Raita

- 350g natural yogurt, juice of 1 lemon, 1
tbsp mint leave finely chopped

Seekh kebabs

- 1 pack of lamb mince
- 2 green chillies finely chopped
- 1 small back of coriander stalks finely
chopped to make 3 tbsp (save the
leaves to serve)
- 2 garlic cloves, crushed
- 1 tsp each of ground ginger, chilli
powder, ground cumin, garam masala

METHOD

01

Make the pickle by combining the ingredients and leaving to one side. Make the raita by combining the ingredients and store in the fridge.

02

In a large bowl, combine all the kebab ingredients + some salt and mix with hands for around 2-3 mins. Divide the mixture into six balls then, & roll each out into an even log shape and thread on to skewers. Grill for 15-20 minutes of a medium heat turning occasionally - serve with the remaining coriander leaves, raita, pickle and naan breads for a carb fix.

NOTES:

GF: This recipe is gluten free just check spices and use gluten free naan

DF: Use plain, sugar free coconut yogurt in place of natural yogurt

PB: See next recipe for a plant based version

BC: Any left overs can be kept in the fridge and eaten the next day in a salad.



FAKE-AWAY VEGGIE KEBABS

This recipe is adaptable and makes 6 portions

INGREDIENTS

Aubergine kebabs

- 2-3 aubergines sliced lengthways into ½cm slices
- 3 tbsp pomegranate molasses
- 2 tbsp cumin
- ½ tsp cinnamon
- 1 heaped tsp mild chilli powder
- 2-3 tbsp olive oil

Charred onion salsa

- 4 onions medium, sliced into thick
- 4 garlic cloves, crushed
- 2 tbsp mint leaves, finely shredded
- ½ tbs dried chilli flakes
- 2 tbsp olive oil
- Juice of 1 lemon

METHOD

01

Rub the aubergine slices on both sides using up to 1 tbsp salt for the whole batch. Allow to drain in a colander or sieve for 30 minutes, then rinse and pat dry (this tenderises them)

02

Make the salsa, by frying the onion in oil for around 8-10 mins. Once softened stir through all the other ingredients and set aside.

03

Combine the aubergine ingredients and coat the mixture over the prepped aubergine slices. Thread them concertina style, onto six skewers, packing them quite tightly. Cook under the grill for 15-20 mins turning occasionally. Serve with the onion mix, pittas or naan

NOTES: **GF:** This recipe is gluten free just check the spices

DF: This recipe is dairy free

PB: This recipe is plant based

BC: Easily doubled up



UN-DONE BURGERS

This recipe is adaptable and makes 4 portions

INGREDIENTS

For the burgers

- 500g packet of minced meat of choice (or use good quality burgers)
- 1 small packet of chopped fresh parsley or 1 tbsp of dried parsley
- 1 tsp salt and pepper

For the salad

- 1 bag of salad leaves
- Cucumber and/or tomato slices
- Olive oil, lemon juice, salt and pepper to dress

For the burger accompaniments

- Gherkins, mustard, sauce, lettuce cheese, kimchi, tomato, avocado, fried egg, bacon

METHOD

01

Heat the grill to medium/high. In a bowl, using your hands mix the minced meat with the parsley, salt and pepper. Form in to 4 even sized patties.

02

Place the burgers under the grill for about 7-8 minutes, turn the burgers over and cook for another 7-8 minutes (cooking times may vary).

03

Serve with salad and accompaniments, if you need a carb fix serve with a bun.

NOTES: **GF:** Check your spices and either do not include a bun, or opt for a gluten free version

DF: Replace for cheese with Violife vegan cheese slices or other preferred brand

PB: See next recipe for a plant based version of the burger

LC: Serve with no bun,

BC: Any left overs can be kept in the fridge and eaten the next day in a salad.



PLANT BASED BURGERS

This recipe is adaptable and makes 4 portions

INGREDIENTS

For the burgers

- 2 large sweet potatoes cooked and mashed
- 1 tin of black beans (drained)
- 1 medium onion
- 1-2 carrots shredded
- ½ tsp ground cumin
- 1 tsp salt
- 2 tsp olive oil
- 35g sunflower seeds
- 1 tsp salt and pepper
- 1 tbsp chipotle paste (optional if you like a little extra kick)

METHOD

01

Heat a large pan over a medium heat when oil is hot, sauté onion until soft, add the carrot and cook this also until soft.

02

In a food processor lightly pulse the black beans and sunflower seeds. Add this to all of the other ingredients in a large bowl and mix by hand.

03

Shape into burger patties and grill for 5-7 minutes each side until browned. Serve with salad and accompaniments. For an extra carb fix serve with a bun.

NOTES: **GF:** Check your spices and either do not include a bun, or opt for a gluten free version

DF: Replace for cheese with Violife vegan cheese slices or other preferred brand

PB: This recipe is plant based

LC: Serve with no bun, due to the sweet potatoes and beans this recipe is not suitable for a keto diet

BC: Any left overs can be kept in the fridge and eaten the next day in a salad.



OVEN BAKED FISH & CHIPS

This recipe is adaptable and makes 4 portions

INGREDIENTS

- 800g/1lb 12 oz floury potato, scrubbed and cut into chips
- 2 tbsp olive oil
- 50g fresh breadcrumb
- zest 1 lemon
- 2 tbsp chopped flat-leaf parsley
- 4 x 140g/5oz thick sustainable white fish fillets
- 200g/7oz cherry tomatoes

To serve

Add a side salad

or

Some steamed vegetables

METHOD

01

Heat oven to 200C fan. Pat chips dry on kitchen paper, then lay in a single layer on a large baking tray. Drizzle with half the olive oil and season with salt. Cook for 40 mins, turning after 20 mins, so they cook evenly.

02

Mix the breadcrumbs with the lemon zest and parsley, then season well. Top the fish evenly with the breadcrumb mixture, then drizzle with the remaining oil. Put in a roasting tin with the cherry tomatoes, then bake in the oven for the final 10 mins of the chips' cooking time

NOTES: **GF:** Use gluten free breadcrumbs

DF: This recipe is dairy free

PB: This recipe is not suitable for a plant based diet - please see next recipe

LC: Take away the breadcrumb topping and serve with extra vegetables and guacamole

BC: Any left overs can be kept in the fridge and eaten the next day



EVERYDAY PIZZA

This recipe is adaptable and makes 1 pizza that serves 2

INGREDIENTS

- 100g each strong white and strong wholewheat flour
- 1 tsp or 7g sachet yeast
- 125ml warm water

For the topping

- 200g chopped tomatoes- drained
- Handful cherry tomatoes - halved
- 1 large courgette, thinly sliced using a peeler
- 25g mozzarella, torn into pieces
- 1 tsp capers in brine, drained
- 8 green olives, roughly chopped
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 2 tbsp chopped parsley, to serve

METHOD

- 01** Mix the flours and yeast with a pinch of salt in a food processor or by hand. Pour in the water and mix to a soft dough, then work for 1-2 min. Remove the dough and roll out on a lightly floured surface to a round about 30cm across. Lift onto an oiled baking sheet.
- 02** Spread the canned tomatoes over the dough to within 2cm of the edges. Arrange the cherry tomatoes and courgettes over the top, then scatter with the mozzarella. Mix the capers, olives and garlic, then scatter over the top. Drizzle evenly with the oil. Leave to rise for 20 mins. Heat oven to your highest setting. Bake the pizza for 10-12 minutes, remove from oven and scatter with parsley

NOTES: **GF:** You can use gluten free flour as an alternative
DF: Remove the cheese or replace with a plant based version
PB: As above
BC: Make as many pizza's as you like for leftovers

FEEL FREE TO EXPERIMENT WITH TOPPINGS



LIGHT CHICKEN KORMA

This recipe is adaptable and makes 4 portions

INGREDIENTS

- 1 onion, chopped
- 2 garlic cloves, roughly chopped
- thumb-sized piece ginger, roughly chopped
- 4 tbsp korma paste
- 4 skinless, boneless chicken breasts, cut into bite-sized pieces
- 50g ground almonds, plus extra to serve (optional)
- 400ml chicken stock
- 150g Greek yogurt
- 1 small bunch coriander, chopped

METHOD

01

Put the chopped onion, garlic cloves and a roughly chopped thumb-sized piece of ginger in a food processor and whizz to a paste.

02

Fry the paste in a pan with 3 tbsp water for about 5 mins add the korma pasta and stir. Add the chicken and almonds and stock, mix and simmer for 10-15 mins

03

Turn off the heat and stir through the coriander and yogurt and serve with a small portion of rice and some steamed vegetables

NOTES: **GF:** Check your spices and stock cubes and use gluten free pasta.

DF: Use tinned coconut milk in place of greek yogurt

PB: Replace the chicken with chickpeas, lentils or beans and use coconut milk in place of greek yogurt

LC: Serve with steamed vegetables instead of rice

BC: Make double for larger families or for leftovers



STIR FRY

This recipe is adaptable and makes 2-4 portions

INGREDIENTS

- 1 tbsp coconut oil
- 1 bunch of chopped spring onions
- 1 pack of chicken, pork, beef or prawns
- 1-2 cloves of garlic
- 1-2 tsp of fresh ginger
- 2 tbsp of honey
- 2 tbsp of soy sauce
- Chilli flakes (optional)
- Stir fry vegetables of choice (I tend to use mange-tout, baby sweetcorn, thinly sliced red pepper and grated carrot)
- 1 small pack of cashew nuts
- 1 tsp of corn flour

METHOD

- 01** Heat coconut oil in a pan and cook the spring onion for 1-2 mins, add in the garlic, ginger and chilli. If using chicken, pork or beef you will add this now.
- 02** Next add the vegetables and stir fry for around 5 minutes, if using prawns or tofu you will need to add these now along with the cashew nuts. Add the honey and soy sauce.
- 03** Mix the cornflour in a little water, add this to the stir fry and keep stirring until the sauce thickens, cook for 2 mins (add more honey and soy sauce if needed). Serve with rice or noodles if required.

NOTES: **GF:** Use tamari in place of soy sauce and use gluten free noodles or rice
DF: This recipe is dairy free
PB: Use firm tofu or just serve as a vegetable only stir fry, replace the honey with agave or maple syrup
LC: Remove the honey serve on its own without rice or noodles. Consider using low carbohydrate Konjac noodles
BC: Make double for leftovers or larger families



FAJITA TRAY BAKE

This recipe is adaptable and makes 4 portions

INGREDIENTS

For the tray bake

- 1 x large pack chicken breast , sliced to 2cm strips
- 2 red onions, cut into thin wedges
- 3 mixed peppers, sliced
- 2 tbsp olive oil
- 1 pack of fajita spice mix

Accompaniments

Guacamole

Sour cream

Salsa

Salad leaves of choice

Tortilla wraps (optional)

METHOD

01

Preheat the oven to 200°C. Put the chicken strips into a roasting tray with the onion wedges and peppers – don't overcrowd the tray. Mix in with your hands the the spice mix and oil

02

Cook for around 25 minutes or until the chicken pieces are cooked through

03

Serve with accompaniments and add rice or tortilla wraps if needed

NOTES: **GF:** Check your spices and serve with gluten free wraps if using

DF: Serve with dairy free sour cream

PB: Replace the chicken for extra veggies such as broccoli, asparagus, sugar snap peas and baby corn

BC: Any left overs can be kept in the fridge and eaten the next day in a salad.



SPICY CHICKEN & BEAN SOUP

This recipe is adaptable and makes 6 servings

INGREDIENTS

- 1 kg chicken thighs and drumsticks
- 1 tbsp olive oil
- 2 onions sliced
- 1 garlic clove crushed
- 2 red chillies chopped
- 250g frozen peppers, defrosted
- 400g can chopped tomatoes
- 1 can kidney beans in chilli sauce
- 2 x 400g cans butter beans, drained
- 400ml hot chicken stock
- 1 small bunch coriander, chopped
- 150ml pot soured cream and choice of carbohydrate to serve

METHOD

01

Pull the skin off the chicken and discard. Heat the oil in a pan and brown the chicken then remove and leave to one side. Add the onion garlic and chilli and sweat for 5 minutes

02

Add the peppers, tomatoes, beans and hot stock. Put the chicken back on top. Half cover the pan with a lid and simmer for 50 minutes or until the chicken is cooked

03

Stir through the coriander and serve with sour cream and choice of carbohydrate

NOTES:

GF = This recipe is gluten free, just check the stock cubes

DF = This recipe is dairy free if you use oatly sour cream in place of sour cream

PB = Leave out the chicken and replace with vegetables or quorn chicken (reduce cooking time)

BC = Make double to extra servings for the week or for larger families



BAKED POTATOES

GF/DF

Veggie/Vegan options

METHOD

Coat a baking potato or sweet potato in olive oil, salt and black pepper; prick all over with a fork/knife and bake in an oven at 180 degrees for 1.5 hours. When ready, mash the inside with a fork with butter/plant based spread and top with any of the following combinations:

TUNA MAYO

Mix together:

1 tin of tuna
1 can of sweetcorn
1-2 sprigs of spring
onion (chopped)
1 large dollop of
mayo

SERVES 2

PRAWN COCKTAIL

Mix together:

1 pack of prawns
Shredded lettuce
A dollop of mayo
with a little tomato
sauce and paprika.

SERVES 2

LEFT OVERS

Top your potato
with any leftover
meals that you have.
Spaghetti
Bolognese and curry
works well.

SERVES 2

CREAMY MUSHROOM

Cook 1 pack of
mushrooms in
coconut cream,
crushed garlic, onion
paprika, tomato
puree, salt & pepper.

SERVES 2



NOTES: If you want to cook your potatoes quicker, you can place them in the microwave and cook on high for around 8 mins. For a crispy skin finish off the potato in the oven at 220 degrees for about 10-15 minutes

SNACKS



APPLE SLICES
WITH
NUT
BUTTER



OATCAKES
WITH
CREAM
CHEESE
AND VEG
STICKS



1 PIECE OF
FRUIT
AND
1 HANDFUL OF
NUTS



VEGGIE
STICKS
AND
HOUMOUS



SLIGHTLY SWEET
OR SALTED
POPCORN



NATURAL
YOGURT MIXED
WITH 1 TSP
COCOA/CACAO
AND A HANDFUL
OF CHERRIES



RICE CAKES
& NUT BUTTER
OR
YOGURT
HONEY
PISTACHIO NUTS



SOUR DOUGH
BREAD
OLIVE OIL
AND
OLIVES



Put 1 chopped onion, 2 roughly chopped garlic cloves and a roughly chopped thumb-sized piece of ginger in a food processor and whizz to a paste.

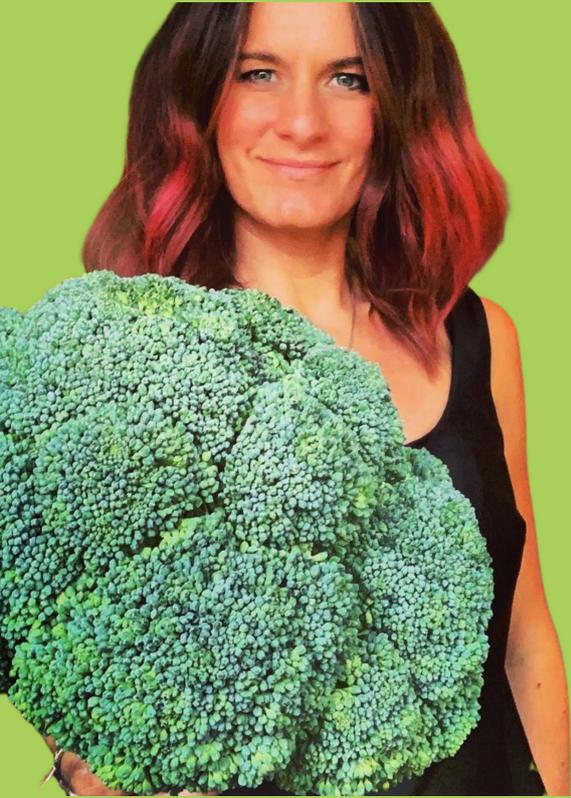
GF: Use gluten free oatcakes and rice cakes

DF: Replace natural yogurt for coconut, soya or almond yogurt

PB: Replace honey for maple syrup

LC: Remove any added sugar

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