

# **Real Food** *for* *Real Girls*

A woman with brown hair, wearing a blue top, is holding a large bunch of dark green, curly-leaved kale in front of her face. She is looking directly at the camera. The background is a soft-focus outdoor scene with green foliage.

**WHOLE FOOD  
RECIPE *ebook***

# Real Food *for* Real Girls

## Non-Vegetarian Recipes

\*NOTE: These recipes are delicious guidelines for your program. Serving sizes are based on portion sizes for a woman. You may need to increase quantities for additional people and / or men. Remember to eat slowly, pay attention to your hunger queues and eat until 80% full. This may mean you need more or less food than the servings suggested – however if weight loss is your goal, I strongly encourage you to focus on these habits to determine portions

### Breakfast

#### Chocolate-Cherry Smoothie

Makes 1 serving

Ingredients:

- < 1.5 cup unsweetened almond milk\*
- < ¼ cup cherries, fresh or frozen
- < 4 tablespoons protein powder, chocolate\*
- < ice (optional)

Directions:

1. Add milk, cherries and protein to blender pitcher; blend until smooth.
2. You may want to add ice, depending on how cold and thick you like your smoothie.

#### Strawberry Banana Shake

Makes 1 serving

Ingredients:

- < ½ banana
- < 4 tablespoons protein powder (vanilla or chocolate for a twist)
- < 1 tablespoon flaxseed oil\*
- < 1/4 cup strawberries, sliced\*
- < ½ teaspoon vanilla extract
- < ice (optional)

Directions:

1. Place all ingredients in a blender and process at high speed until well combined.
2. You may want to add ice, depending on how cold and thick you like your smoothie.

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## Almond-Cinnamon-Chia Green Smoothie

Makes 1 serving

Ingredients:

- < 1 tablespoon almond butter\*
- < 1 cup almond milk, unsweetened\*
- < 1 teaspoon cinnamon
- < 30g chia seeds\*
- < 1 cup spinach, raw\*
- < ice (optional)

Directions:

1. Place spinach in blender first, then cover with the rest of the ingredients.
2. Process at high speed until well combined (you may need to carefully press the spinach down a bit).
3. You may want to add ice, depending on how cold and thick you like your smoothie.

## Breakfast Omelet with Zucchini

Makes 1 serving

Ingredients:

- < 2 eggs, large\*
- < 2 tablespoons coconut oil
- < ½ cup zucchini, chopped\*

Directions:

1. Whisk eggs and zucchini in a bowl.
2. Melt coconut oil in frying pan.
3. Add egg mixture and fry until eggs are no longer runny.

## Breakfast Avocado & Egg

Makes 1 serving

Ingredients:

- < 1 avocado\*
- < 2 eggs, large\*
- < 1 dash pepper
- < ½ teaspoon turmeric

Directions:

1. Preheat oven to 200C.
2. Cut the avocado in half and remove the seed. Cover small baking tray with baking paper and place avocado halves hole side up.
3. Crack and gently pour one egg into each hole where the seed was. Sprinkle with turmeric & pepper.
4. Place in oven and bake 15-20 minutes until egg whites have set.



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## Lunch

### Mushroom Miso Soup

Makes 4 servings

Ingredients:

- < 4 cups fresh mushrooms
- < 2 cups onions, raw, chopped
- < 650g tofu\*
- < 8 tablespoons miso\*
- < 8 cups water, divided

Directions:

1. In a large soup pot add mushrooms and onions. Cook 5 minutes, stirring occasionally to soften.
2. Add tofu and water. Bring to a boil, reduce heat to low, and cover. Simmer 15 minutes..
3. Add miso paste and ½ cup water to a separate bowl. Stir to combine.
4. Remove soup from heat and add miso/water mixture. Stir and serve hot.

### Butternut Pumpkin Soup

This soup is very tasty. The ginger adds a lot of flavour and zing. A very rich and comforting soup.

Makes 4 servings

Ingredients:

- < 2 cups butternut pumpkin, cooked\*
- < 1/2 cup onions, chopped
- < 2 garlic cloves
- < 4 tablespoons olive oil, divided\*
- < 4 cups vegetable broth
- < 2 tablespoons curry powder
- < 2 tablespoons fresh grated ginger\*

Directions:

1. Preheat oven to 180C.
2. Wash squash and pierce twice. Place pumpkin whole, in a large baking dish or on a baking sheet.
3. At the same time, take garlic, slice and drizzle with 1 tablespoon of olive oil. Wrap in foil and place next to squash.
4. Bake at 180C for one hour or until well done.
5. When well done, let squash slightly cool, then cut lengthwise and scoop out seeds and discard.
6. In soup pot, add three tablespoons olive oil and saute onions until quite golden and soft. Add curry powder and ginger, and stir for 1 minute. Add broth, roasted garlic and 2 cups of the cooked squash. Mix well and simmer for 5 minutes to blend flavours.
7. In small batches, blend in blender until smooth. Add a little water if needed.

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## Lunch

### Lentil Soup

Makes 4 servings

Ingredients:

- < 1 carrot, diced
- < 1 tablespoon onions, chopped
- < 2 garlic cloves
- < 1 cup green beans
- < 3 cups cabbage, chopped
- < ½ cup lentils
- < 4 tablespoons tomato paste
- < 4 cups vegetable broth
- < 1 teaspoon basil, dried
- < 1 teaspoon oregano, dried
- < 4 dashes salt
- < 1 large zucchini, diced

Directions:

1. Heat the pot on medium-high. Add the carrots, onion and garlic and cook for about 2 minutes.
2. Add all the remaining ingredients EXCEPT the zucchini and bring to a boil.
3. Cover, reduce the heat to medium and simmer for about 15 minutes or until the beans and lentils are tender.
4. Add the zucchini and cook until tender.

### Quick Beef Fry-Up

Makes 2 servings

Ingredients:

- < 250g of beef, extra lean (minced or strips)\*
- < 4 tablespoons onion, chopped
- < 2 cups capsicum, green, chopped
- < 20 leaves spinach\*
- < 1 cup tomato, diced
- < Seasonings to taste

Directions:

1. Cook beef on medium-high heat in large pot until almost-browned. Add onion and stir with beef until fully browned.
2. Add rest of ingredients to pan and mix together.
3. Heat on medium until heated through (a few minutes).

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## Quinoa (for Buddha Bowls)

Makes 2 cups (4 servings)

### Ingredients:

- < 1 cup quinoa (if it is not “pre-rinsed” then rinse it off in a strainer under running water for a couple of minutes)
- < 2 cups water

### Directions:

1. Put rinsed quinoa and water into a pot and bring to a boil.
2. Cover and reduce to low heat.
3. Simmer for 15 minutes or until it is al dente.
4. Remove from heat and let stand for 5 minutes.
5. Remove cover & fluff with a fork. Can serve hot or cold.

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## Dinner

### Grilled Fish

Makes 2 servings

Ingredients:

< 450g firm white fish

Directions:

1. Raise oven rack if necessary, and turn on broiler.
2. Cover baking sheet with baking paper and place fish on paper.
3. Grill 8-10 minutes until fish flakes easily with a fork.

### Salmon (dry heat cooked)

Makes 2 servings

Ingredients:

< 450g salmon\*

Directions:

1. Raise oven rack if necessary, and turn on broiler.
2. Place large cast iron pan on rack for about 10 minutes to heat up.
3. Carefully (hot!) place fish on pan, skin side down.
3. Grill 8-10 minutes until fish flakes easily with a fork.

### Chicken Breast (Baked)

Makes 2 servings

Ingredients:

< 450g chicken breast, halved\*

Directions:

1. Heat oven to 220C (200 fan forced). Line a covered baking dish with baking paper.
2. Bake covered for 15-18 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 77C).

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## Baked Sweet Potato

Makes 2 servings

Ingredients:

< Sweet potato

Directions:

1. Preheat oven to 200C and line a baking sheet with baking paper.
2. Wash sweet potato & pierce with a fork several times. Place on baking sheet.
3. Bake for 45-60 minutes until tender.

## Spaghetti Squash

Makes 2-4 cups

Ingredients:

< 1 Spaghetti squash, cut lengthwise, seeded

Directions:

1. Preheat oven to 180C. Cover a baking sheet with baking paper.
2. Place spaghetti squash cut side down on baking sheet. Bake for 30 minutes.
3. Flip over and bake for another 10 minutes.
4. Remove from oven and let cool. Scrape out flesh with a fork.



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## Dips / Dressings / Snacks

### Coconut Chia Pudding

Makes 1 serving

Ingredients:

- < ¼ cup coconut milk, canned
- < 30g chia seeds
- < ¼ cup water

Directions:

1. Mix all ingredients in a bowl.
2. Allow 15-20 minutes for mixture to thicken into a pudding-like consistency (or make and leave overnight).
3. You can also add flavourings such as vanilla essence or cacao.

### Popcorn

Makes about 6 cups (serving size = 2 cups)

Ingredients:

- < 1/2 cup popcorn kernels
- < 3 tablespoons coconut oil\*
- < 3 teaspoons salt

Directions (air popped):

1. Pop the kernels in your air-popper, following directions for use.
2. Melt coconut oil & slowly drizzle it on the popped corn.
3. Sprinkle with salt & enjoy!

Directions (stove top):

1. Put coconut oil and kernels in a large soup pot with a tight-fitting lid. Put heat on medium-high.
2. Frequently (careful - hot!) pick up pot and swirl contents around to prevent kernels from burning.
3. When popping stops, remove from heat and keep lid on for another minute (in case a kernel is about to pop).
3. Sprinkle with salt & enjoy!

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## Vinaigrette

Makes 10 tablespoons

Ingredients:

- < 1 tablespoon olive oil
- < 3 tablespoons balsamic vinegar
- < 6 tablespoons water

Directions:

1. Put ingredients into a bottle with a tight-fitting lid and shake.

## Hummus

Makes about 1.5 cups (about 25 tablespoons – serving size = 1TBSP)

Ingredients:

- < 1 can (540 mL) chick peas drained & rinsed
- < 1 garlic clove
- < 1 tablespoon sesame oil
- < 2 tablespoons lemon juice
- < 1 dash salt
- < 1 dash pepper

Directions:

1. Put all ingredients into a food processor and blend until smooth. Add water to thin (if necessary).

## BBQ Sauce

Makes 1.5 cups (about 25 tablespoons – servings size = 1 TBSP)

Ingredients:

- < 2 cups tomato passata
- < 1/3 cup honey
- < 6 tablespoons balsamic vinegar
- < 2 teaspoons garlic powder
- < 2 teaspoons onion powder
- < 2 teaspoons salt

Directions:

1. Put all ingredients into a blender blend until smooth. Add water to thin (if desired).