

FOOD FREEDOM 4EVER

MAY 2022 EDITION



YOUR SUGAR
FREE
KITCHEN



MEDITATION

SALADS IN A
JAR



It's May already!

It's the mad month of May!! We are nearly half way through the year. I can't believe that.

This month is meditation month globally, so it seemed completely fitting that we do a meditation challenge with the group.

I would like to invite you on a journey with me. A journey of discovery about yourself in mind, body and spirit; a journey to help you discover what is keeping you from shedding your weight.

This is not about a food plan, this is about making peace with your inner self, your body and your spirit; making peace with food and seeing it for what it should be – a pleasurable fuel.

This 21 day challenge that has been put together by Deepak Chopra is the perfect type of meditation in my opinion. It is a mixture of a guided meditation, where it takes your mind on a journey and a stillness meditation with a centering thought and a mantra.

You will find out more about it later on in the magazine.

This edition I have also brought to you lots of salad and salad dressing recipes. Particularly concentrating on 'mason jar salads' or salads in a jar. The idea is that you batch make the salads in a jar and you store them in the fridge for up to a week. This way you have a salad ready with you to grab and go for lunch each day. There is a specific way to pack the salads so that they do not go mushy and they keep well. All outlined in the recipe section.

Along with meditation month I have also presented you with an article about the benefits of gratitude. I am a huge believer of you experience what you think. Your thoughts are so powerful that they really do create your life experiences. If you are in a positive and grateful place (regardless of your outside circumstances) you are much more likely to feel calmer, happier and be able to cope with any situation that you are presented with. There are many other benefits to developing a gratitude practice which are outlined in the article.

Meditate!



The book of the month this month is a slightly controversial choice; Neale Donald Walsch - Conversations with God book 1. I am sharing this with you because personally this series of books have been instrumental in enabling me to realise the affect that my thoughts, aspirations and hopes have on my own life. It has enabled me to go from a very high 'victim' mentality where I really did believe that life was happening to me and I had no control; to a place where I absolutely realise I have a huge part in developing my lifes experiences and particularly how I feel about them. I am no longer a victim, I am a creator of my own destiny and on the most part it is incredibly exciting.

The author does have some controversial beliefs about organised religion, which some people may find offensive. I suggest that as with anything, you take what works for you from the pages and leave the rest. I am pretty sure that each and every one of you will find something enlightening from this book.

Carrying on from this vein this months masterclass which I shall be presenting to you on Tuesday 10th May is all about 'creating your own reality'. I want to share with you my beliefs and experience about how our thoughts and beliefs really do create much of our life's experiences and what we can do to create a joyful, serene existence. So put this in your diary, it will be at 19.30 on Tuesday 10th May and will be recorded for those of you who do not get chance to watch it.

I wish you a wonderful month, full of gratitude, meditation and salads.

Always with love

Amanda



May Agenda

All meetings are on the same zoom link <https://us02web.zoom.us/j/81420707528>
with the password FF4E

this month there is one masterclass and 4 support meetings. The support meetings are never recorded but the masterclass will be recorded and put on the portal.

May Agenda

Please do not forget to complete the review document for APRIL so that we can help support you and celebrate your successes. You can complete it from [HERE](#)

DAY	SESSIONS
Tuesday 3rd May	19.30 GMT - Q & A and group coaching session
Sunday 8th May	10.00 Q & A and group coaching session
Tuesday 10th May	19.30 GMT - Masterclass - Creating your own reality
Tuesday 17th May	19.30 GMT - Q & A and group coaching session
Tuesday 20th May	19.30 GMT - Q & A and group coaching session
Tuesday 27th May	19.30 GMT - Q & A and group coaching session

May marks the start of National Meditation Month

Every day I hear someone say, "I should meditate." Usually followed by a but (insert your but here). The buts are basically the same.

I should meditate, but

*it's too
difficult*

*I don't
have
time*

*I can't
stop my
thoughts*

So I would like to share with you some insights as to why these particular buts aren't true. For example:

Meditation is easy and effortless. The less you do in meditation, the greater the benefits. (If you don't believe me, we haven't meditated together, yet.)

Science shows that time spent in meditation will actually give you back the time you spend doing it.

Meditation is not about stopping or forcing out thoughts. It is about noticing your thoughts. Just as you might notice the colour of your shirt. You notice it and go back to what you were doing.





Sometimes the lightbulb goes on. Even the most convinced “I could never meditate” people start to meditate effectively and instantly de-stress.

For me, it happened when I heard Deepak Chopra explain that thoughts during meditation are not obstacles, they are simply a sign that stress is being released. That simple statement transformed my life.

For others, they continue to believe the reason they don't meditate is because of what follows the but. The setback, however, isn't but. The real problem is **should**.

We all should live. I should meditate. I should take a break. I should move, get more sleep, eat healthier, spend more time with my friends and family, etc....

Here's the problem with should. It is infused with obligation and criticism. What you want, on the other hand, is filled with desire, hope, and inspiration. Naturally you find alternative ways to make your wants and desires come true. Wants draw you toward them. Shoulds pull you farther away.

Shoulds aren't fun. No one likes them. They are daunting. They feel obligatory. They hang over you and ultimately stop the natural flow of energy.

Try this exercise to embrace your wants and eliminate shoulds.

Visualize How Your Life Will Be Different

Let's say, you want to get more sleep. You know after a full eight hours of sleep, you wake up in the morning feeling refreshed and clear-minded.

Imagine yourself waking up before your alarm. You easily and happily get out of bed. The morning sun is shining through the window.

As you start your morning routine, your mind drifts off to new possibilities. Solutions spontaneously come to you.

You feel energised and unstoppable. You are twice as productive. You even look back wondering how you found time to enjoy a wonderful conversation that you never expected to have.

Close your eyes. Ask yourself, what do I want? Skip ahead and visualize the results of what you truly want.

Go ahead. Zoom in on the details. Watch, like a movie, how different your life will become as result of having what you want?

*Eliminate
shoulds!*

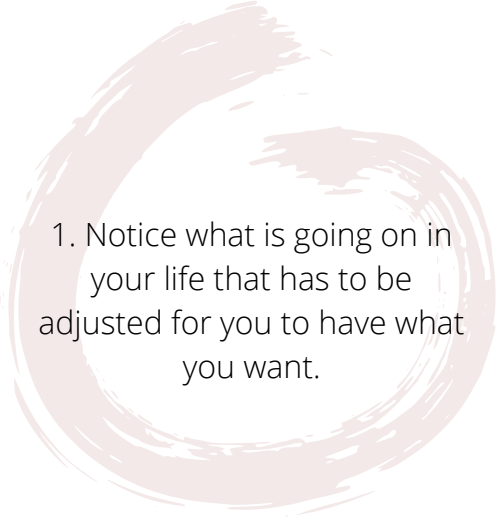


Shift Your Focus to Action

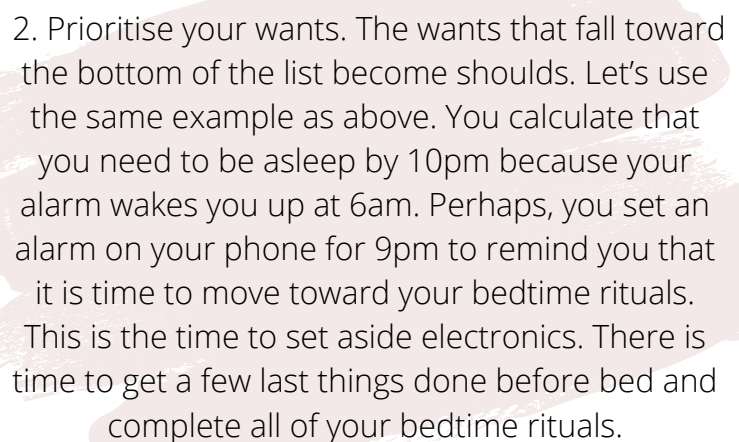
After you have visualised how your life will be different, think of what you can do to make this want a reality.

Let's use the example above that you would like to get eight hours of sleep each night.

Maybe that seems like a stretch. Your first step is to notice. Next, prioritise. Lastly, be kind.



1. Notice what is going on in your life that has to be adjusted for you to have what you want.



2. Prioritise your wants. The wants that fall toward the bottom of the list become shoulds. Let's use the same example as above. You calculate that you need to be asleep by 10pm because your alarm wakes you up at 6am. Perhaps, you set an alarm on your phone for 9pm to remind you that it is time to move toward your bedtime rituals. This is the time to set aside electronics. There is time to get a few last things done before bed and complete all of your bedtime rituals.

You know your goal is to be crawling into bed between 9:45 and 10 o'clock. At 10pm, you are comfortably in bed. The lights are off. Your body is settled. Your mind follows.

Be kind as you take these actions. It may be weeks before you actually turn off the lights by 10pm. Regardless of how long it takes you, move a little closer to your wants each and every day. Applaud yourself when you take micro actions. Remind yourself of the wonderful feelings that you will experience when this want is a reality. It may take days, or months, to establish consistent actions and habits. Be kind to yourself about the timeline. It will happen because you want it to. It is only a matter of time.



It is only a matter of time.

Drop the Shoulds

When you make plans of action, be mindful of areas of resistance. If you had said, "I should get more sleep," the above example would have turned out quite differently.

Should adds internal pressure. If you don't do it, you may feel frustrated, self-critical or a like a failure. Set realistic and achievable actions that feel good to you.

*Do you
want to
meditate?*



Ask Yourself, What Do You Want?

The question this month becomes, do you want to meditate?

If you've been saying to yourself, I should meditate, drop the should and firmly decide on what you want.

Once you decide what you want, you are unstoppable.

Doubt dissolves.

Buts spontaneously disappear.

Certainty guides you from moment to moment.

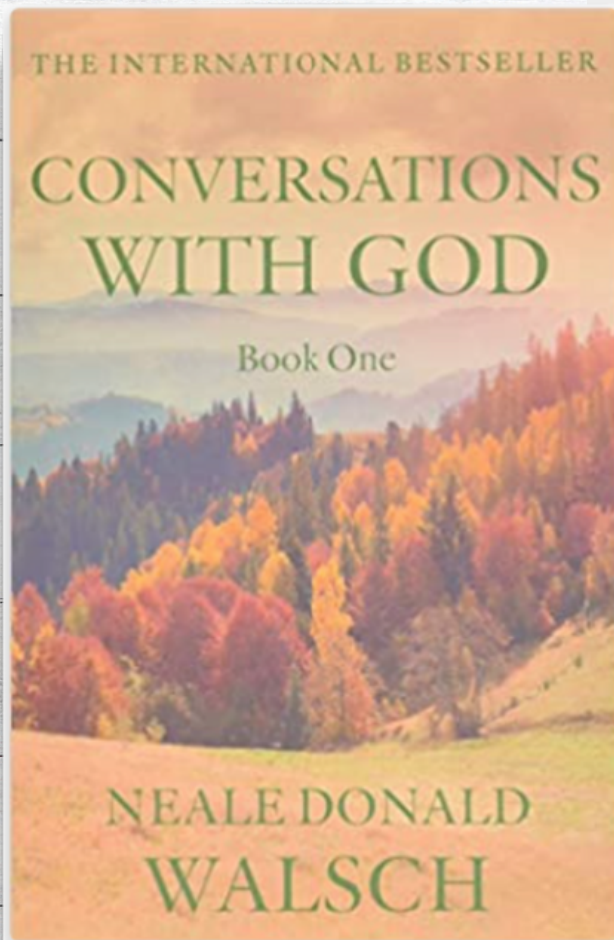
You are free to explore solutions to overcome challenges. Challenges, therefore, become decisions rather than obstacles.

Go within and ask yourself the question, am I ready to start meditating?

If the answer is yes, join the May Meditation Challenge, a Deepak Chopra meditation designed to help you to Shed the Weight, not by diet but by shedding the heaviness that doesn't serve you.

Only you can decide if meditation is right for you, at this time in your life. Your true wants and desires will naturally lead you toward health, happiness and well-being, in the right way at exactly the right time. The best way to celebrate National Meditation Month is your way.

BOOK CLUB – CONVERSATIONS WITH GOD BOOK 1 - NEALE DONALD WALSCH



In 1992, while in a fit of depression, former radio talk show host Neale Donald Walsch asked God, "What have I done to deserve a life of such continuing struggle?" Much to the author's surprise, the Creator responded, and the result is Conversations with God. It soon becomes clear to Walsch as he dialogues with God that we are here to evolve our souls and to become all we were meant to be. "There is only one purpose for all of life, and that is for you and all that lives to experience fullest glory."

Walsch's God appreciates, creativity, love, positive thinking, and laughter. "I truly want what you truly want. Nothing different and nothing more. Don't you see that is my greatest gift to you?" Walsch leaves plenty of room for readers to enter the conversation as he asks questions about relationships, money, suffering, careers, and health. The God revealed in these

On a personal level, this book has really changed my view on life. It has made me realise that I am not a victim to life but a creator of my own destiny. I found it very empowering and I love the spiritual message it gives.

Honestly, I'm not convinced that God really talked to him a but I decided that it didn't matter. The message of the book was a good one and that was the important thing. There's some great lessons in his books and I'm happy to have read them no matter how the words got there. I hope you will be too.



Recipes from Your Sugar Free Kitchen

Food Stages

All of our recipes have food labels. The first one shows you the amount of Food Freedom Allowances in each serving so you can use them to design your own food plans.

They also have a Food Stage Label – this shows which stage of the Food Freedom Recovery Road they are suitable for. The stages are explained in more detail below.



Suitable from stage 2

Suitable from stage 3

1

REBOOT

This stage is a two week detox that helps you to eliminate all of the nasties in your diet, learn about how your subconscious and conscious brain works around food and diet and inform you about good nutrition for success. Your taste buds will start to revitalise, food will taste amazing and you will start to get a clarity of mind never felt before..

2

REPAIR

28 days of medicine, here you will follow your given nutrition plan and success habits to create healing of brain and body and switch off the washing machine brain of food obsession. You will feel an amazing sense of relief and freedom in this stage, probably something you have not felt for many years.

3

RESTORE

In this stage you will identify what your individual triggers are, work out the food and behaviours that always send you to eat more food than you intend to. You will also be looking at your spiritual side and starting to get back in touch with your intrinsic self and learn that you are enough exactly as you are. This is the stage where you will be stepping into your right sized body and feeling fab and unstoppable.

4

RETAIN

So you are feeling fab, looking fab and feeling free. Let's go even deeper, let's get to the bottom of anything that may be getting in your way of staying there. You will be tweaking your food plan and looking into any self sabotage or destructive thought processes that are standing in the way of your long term success so you can retain your new found food freedom 4ever.

5

REVIEW, RESET AND RECOMMIT

We are all human; we need to have a safe place to be human. This stage can come at any time in the process. We slip; but we get right back on track, restart and recommit. We see it all as a learning curve and depending up on the level of the slip, we either jump straight back on or we have a rapid reboot seven-day plan to jump you right back in and detox. Most of all you don't leave it for days, weeks or months, you have the tools to restart and recommit immediately.

6

RADIATE

You are like a radiator. You are glowing and feeling better than ever. This is the time to radiate and show others what you have achieved. In the recovery world there is a slogan that says 'You have to give it away to keep it' This is the premise of recovery.

Stage One - Reboot stage

You must eat the foods EXACTLY as it says in the recipe booklet and only for the meal they are labelled for. Three meals and one snack from ONLY the meals and recipes in the reboot pack. These recipes can be used for any of the stages

Stage Two – Repair stage

These recipes are suitable for any stages from stage 2 onwards (unless they contain a personal trigger food). You can decide when and how you use your Food Freedom Allowances. However, you must still have only 3 meals and one snack per day.

Stage Three and Four – Restore and retain stages

These recipes contain some flexible foundation foods such as almond flour, approved sweeteners, cornflour. Also some 'substitute or look alike' foods. Do not eat these foods more than once per day as they may set off cravings and food obsession.

By this stage you should have built up sufficient defence against these substitute foods to not trigger a need for the real thing and to not want to eat more and more of these foods. However, it is imperative that if you start to crave the original food or you are wanting to eat the substitute food more than once per day, that you stop eating it or you are very mindful about the number of times you eat it. This stage is about finding your personal 'normal' so it is a trial and error process. You need to be very mindful and aware of which foods set the obsession and cravings off and be honest with yourself and your ambassador or coach so that you can ensure that you stay 'free'.



Suitable from stage 2



Suitable from stage 3

Salad Month

The weather is getting nicer and Spring is definitely in the air. Time to get the salads out.

In the summer months, I tend to try and have some sort of salad every day for my lunch. But the problem is that I hate all of the chopping and making of salads and find it quite time consuming.

So this month, I want to bring you some salad and salad dressing recipes that are not only delicious but can be made in advance and stored in the fridge for 5 days.

I want to show you how to make a salad in a jar (also known as mason jar salad)!

In theory you could prepare lunch for the whole work week in about 45 minutes on a Sunday. The only thing you need are 5 jars (or lunchboxes) and enough space in the refrigerator.

The idea is pretty simple: start with filling a dressing into a jar and then layer various ingredients like greens, veggies, rice and cheese on top.

Keep those jars in the fridge until you need them. Grab a bowl and empty the jar. The dressing will then cover the whole salad. Done.

Sounds easy? Well, it is! To get you a little inspired I've put together a step-by-step tutorial and some awesome salad and salad dressing recipes so you can create your own combinations



Here is how to make a salad in a jar

Important! First add the dressing into the jar . You can take any type of dressing. If you add the dressing later, ingredients that you'd much rather stay dry might get soggy.

Layer 1

We don't want that. This is particularly important when you prepare glasses for several days.

Alternatively you can keep the ingredients for a quick dressing at work and just prepare right before you eat.

You will find many delicious salad dressings in the recipes section.

Layer 2

Now enter crisp ingredients such as tomatoes, cucumbers, red onion, asparagus, celery, peppers, carrots into the jar.

This level is important to "protect" the other ingredients from getting soggy. Best are vegetables that you can imagine pickled in vinegar.

Layer 3

This level is for ingredients that should not necessarily swim in dressing, but it's also not a drama if they do get wet.

Some ideas would be mushrooms, courgettes, beans, lentils, peas, corn, broccoli and so on.



Layer 4

More delicate ingredients such as hard boiled eggs and cheese (feta, gouda, cheddar etc.) can be added now.



Layer 5

Now it's time to add something more substantial! Such as rice, quinoa or couscous, use anything you like to "seal" the jar.

Layer 6

Finally we've arrived at the last level with ingredients that are less palatable when wet (cool word, eh?). These include nuts and greens such as lettuce, spinach or arugula.

Now just close the jar or the lunch box and place it in the refrigerator. Each morning, pick one out of the fridge and off you go to work.

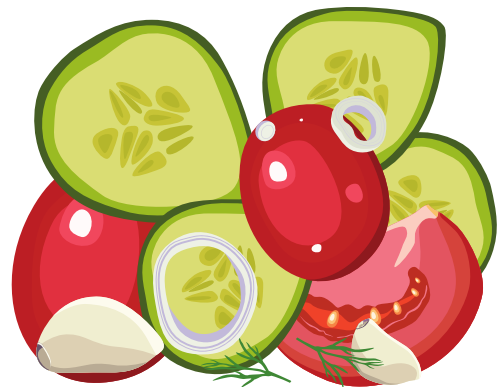
The variations for salads in a jar are as endless as the universe. Also, heretics are welcome: no need to follow these 6 levels religiously! Think of it rather as an entry-level guide.

Salad in a Jar FAQ

How long do certain ingredients stay fresh in the fridge?

Here's a list of the most common ingredients for a salad in a jar. If you have more ingredients you're not sure about, I recommend having a look at [Eat by Date](#), a very helpful website on shelf life.

- Asparagus (fresh or cooked) – lasts for 5 days
- Avocado – this is a tricky fruit. One option is to not add it to the salad when serving. If you add avocado into the jar make sure to coat it with lime beforehand. Then it lasts for 2 days.
- Beans (cooked) – last for 5 days
- Bean sprouts – last for 3 days
- Feta cheese – last for 7 days
- Hard boiled eggs – You can add them to the salad right away. Peeled hard boiled eggs last for 2 days. A better idea is to add one to the salad just before serving. Hard boiled eggs with peel last for 1 week in the fridge.
- Lettuce (chopped) – lasts for 4 days
- Mozzarella cheese – last for 7 days
- Mushrooms (fresh, sliced) – last for 5 days
- Pasta (cooked) – lasts for 7 days
- Peas (cooked) – last for 5 days
- Rice (cooked) – lasts for 4 days
- Onion (chopped) – lasts for 7 days
- Scallions (chopped) – lasts for 7 days
- Spinach (fresh)- lasts for 5 days



How long do certain dressings stay fresh in the fridge?

- Yogurt dressings – last for 7 days
- Vinegar and oil based dressings – last for 14 days
- Hummus – lasts for 7 days

NOTE: Of course check always for yourself if the foods are still good. Do the sniff test and all that. These are just ballpark numbers.



With all ingredients in one jar how long does it stay fresh in the fridge?

The salads can stay fresh up to 5 days, even with more delicate ingredients in it. Of course, take note of the ingredients listed above. If you want to make salads that last for 5 days don't add ingredients that won't last that long. Personally, I prepare three jars to last me till Wednesday and then I make another two for the Thursday and Friday or switch to an entirely different lunch.

What's the best jar size and where can I buy them?

I recommend getting 700ml jars (ca. 20oz/1.5 pint) to make sure you'll have a satisfying lunch. Most popular and certainly well suited for Salads in a Jar are classic "Mason Jars". You can buy them on Amazon and in well-stocked home improvement stores. Personally I use empty pickles jars. Those a big and "for free". It meant I had to eat many pickles though, haha. And of course I get minus points in the category of "style". I have also successfully used 'Tupperware type containers and they seem to last just as long.



Taco salad in a jar



Serves: 6
Prep: 15 mins
Cook Time: 15 mins

1/2 fat
1 veg
1 protein

Suitable from stage 2

WHAT YOU NEED

- 1 lb / ground turkey
- 1 x 15 ounce can of black beans rinsed and drained
- 2-3 tablespoons taco seasoning
- 1 1/4 cups shop bought no sugar salsa
- 6 tablespoons plain Greek yogurt
- 24 cherry tomatoes halved
- 1 whole cucumber chopped
- 1 small to medium red onion chopped
- 2 avocados chopped
- juice from one lime
- 11 ounce jar of pickled jalapeños drained and chopped
- 2 chopped romaine lettuce

INSTRUCTIONS

In a large skillet, cook the ground turkey until it's no longer pink. Break up the meat into small pieces as it cooks.

Add the black beans, taco seasoning, and ¼ cup of water. Stir together and continue to cook until the taco mixture is hot and the water boils down.

Remove from heat and let the taco meat cool.

After the taco meat cools down, you can put the rest of the salad together.

Carefully cut the avocado and remove the pit. Then remove the flesh from the skin and chop it into small pieces. Squeeze the lime juice over the avocado to help to prevent browning.

Divide the ingredients among mason jars starting with salsa, then adding greek yogurt, tomatoes, cucumbers, onions, jalapeños, avocados, taco meat, then lettuce.

After layering everything, place the lid on, close tightly, and stick them in the fridge.

When ready to eat your taco salad, shake it really well and pour it into a bowl or eat straight from the jar.

Steak Salad in a jar



Serves: 4
Prep: 25 mins
Cook Time: 10 mins

1 fat
1 veg
1 protein

Suitable from stage 2

WHAT YOU NEED

- 8 tablespoons homemade ranch dressing or balsamic vinaigrette
- 1 medium red onion thinly sliced
- 2 red bell peppers seeded and chopped
- 1/2 cucumber thickly sliced
- 10 ounces high-quality steak
- 4 tablespoons crumbled blue cheese
- 4 tablespoons raw chopped walnuts
- 4 cups mesclun greens

INSTRUCTIONS

Sprinkle the steak with salt and pepper.

Using a grill pan, cook the steak until it's cooked to your liking. Place the steak on a plate to cool, and then cut into slices or chunks.

Put the steak slices in the refrigerator to cool completely. It's helpful to cook the steak earlier in the day or the day before.

Also, if you haven't made the homemade ranch dressing or balsamic vinaigrette, do so now.

Put the steak salads together. Divide all of the ingredients among the mason jars.

Start with the dressing and continue with the red onion, red peppers, cucumbers, steak, crumbled blue cheese, chopped walnuts, dried cranberries, and end with the mesclun greens.

Put the lid on tightly. Store in the refrigerator for up to 4 days.

When you're ready to eat, dump the salad into a large bowl and enjoy!

Spicy Thai salad in a jar



Serves: 6
Prep: 20 mins
Cook Time: 25 mins



Suitable from stage 2

WHAT YOU NEED

- 10 tablespoons Thai Peanut Dressing
- 5-6 mini cucumbers chopped
- 3 cups shredded red cabbage
- 1 cup shelled edamame
- 1 14.5 ounce can of chickpeas drained and rinsed.
- 1 1/4 cups cooked quinoa or other grains
- 3 cups peeled sweet potatoes cut into small cubes about two medium-sized sweet potatoes
- 5 cups baby spinach

INSTRUCTIONS

If you haven't already, roast the sweet potatoes and cook the quinoa. Both need to cool before layering them into the mason jar, so I think it's helpful to make these the day before if possible. See notes below. Prepare the Thai peanut salad dressing (recipe on following pages).

Divide the ingredients among the mason jars starting with the dressing, then layer the cucumbers, red cabbage, edamame, chickpeas, quinoa, roasted sweet potatoes, and top with the greens.

Put the lid on and store it in the refrigerator for up to 5 days.

When you're ready to eat, give the salad a good shake, and then dump it into a salad bowl and toss when you're ready to eat. The dressing is thicker than a vinaigrette, so it might take a little effort to get all of the dressing out.

Strawberry goats cheese salad in a jar



Serves: 2
Prep: 10 mins
Cook Time: 25 mins

1 fat
1 veg
1 protein
1 fruit

Suitable from stage 3

WHAT YOU NEED

- Sticky Candied Pecans
- 1 cup pecan halves
- 1 tbsp ghee
- 1 tbsp honey
- 1/2 tsp ground cinnamon
- 5 oz fresh spinach
- 1/2 lb strawberries, sliced
- 8 oz mandarin oranges in 100% juice, drained, This is two 4 oz cups.
- 3 oz goat cheese

Note: this recipe has 1 tbsp honey spread over 4 servings of salad. If you are highly sugar sensitive you may find this triggers you.

INSTRUCTIONS

Sticky Candied Pecans

Preheat oven to 350 degrees.

Add your ghee (or butter) and honey to a small pot on the stove. Melt over low or medium-low heat. Stir. Add the cinnamon. Stir again until well combined. Remove from heat. (You can also use the microwave to melt your ghee or butter. Be sure to use a microwave safe bowl. Stir in the honey and cinnamon.)

Place your pecan halves in a bowl. Pour the syrup mixture over your pecans. Stir until well coated. (I don't recommend trying to mix them up on the sheet pan. I find that the pecans don't get very well covered that way and you end up wasting a lot of the syrup.)

Spread the coated pecans in a single layer on a parchment paper lined baking sheet.

Bake for 12 to 15 minutes.

Remove from the oven and set aside to cool.

Once cool, use a knife to chop the candied pecans. You can leave them in halves if you prefer. Set aside.

Assembling the Salad

Assemble salads by layering dressing first, then spinach, strawberries, and mandarin oranges. Crumble the goat cheese on top. Add chopped Sticky Candied Pecans.

This is a fabulous salad but it only lasts about 2 days in the fridge so dont over make this one.

Strawberry basil salad dressing



Makes 6
portions each
portion is 1 fat

Suitable from stage 1

WHAT YOU NEED

- 1/2 cup light olive oil, Do not use extra virgin.
- 2 tbsp water
- 1 tbsp white wine vinegar
- 1 tbsp orange juice
- 3 ripe strawberries
- 3 fresh basil leaves
- 1/8 tsp salt

INSTRUCTIONS

- Add everything to blender and blend until smooth. Serve over salad!
- Store any remaining dressing in an airtight container in the refrigerator.

Easy Thai peanut dressing



Makes 6
portions each
portion is 1 fat

Suitable from stage 1

WHAT YOU NEED

- ¼ cup unsalted almond butter or sunbutter for nut-free
- 1 to 1.5 tsp Thai kitchen red curry paste
- ¼ cup full fat canned coconut milk
- 1.5 tbsp apple cider vinegar or tamarind paste
- ⅛ tsp coarse salt
- 1 tbsp coconut water

INSTRUCTIONS

Combine and stir-well unsalted almond butter (or sunbutter) with red curry paste, coconut milk, apple cider vinegar, coarse salt and 1 tbsp coconut water.

Store in the fridge in a sealed glass container/jar and best finish in 2 weeks. The sauce/dressing will become thicker over time. Thin with 1 tbsp coconut water a time until your desired consistency.

Asian salad dressing



Makes 8
portions each
portion is 1 fat

Suitable from stage 1

WHAT YOU NEED

- ½ cup expeller pressed sesame oil avocado oil works well too
- ½ cup coconut aminos this replaces soy sauce - it tastes just like it!
- 2 TB natural peanut butter or almond butter Watch the ingredients! Just peanuts and maybe salt! There shouldn't be other added oils or sugar. If you want a thicker consistency use 3 TB
- 1 tsp red pepper flakes more if you like more heat
- 1 ½ tsp ground ginger
- ½ tsp garlic powder
- ½ tsp onion powder
- Sea salt/pepper to taste The coconut aminos are naturally salty just like soy sauce – so just be mindful of that – you won't need much salt!

INSTRUCTIONS

Everything into a small mixing bowl and whisk together!

Makes about 1 ½ cups of dressing – store in the fridge for weeks.

Double up if you want!

Fat free Roasted red pepper dressing

Makes 6
portions each
portion is
1/2 veg

Suitable from stage 1



WHAT YOU NEED

- 2 sweet red peppers (~130g each)
- 1 tsp avocado oil
- 1 shallot, chopped
- ½ cup loosely packed basil leaves
- 1 clove garlic, smashed
- 6 Tbsp white balsamic vinegar
- ¾ tsp sea salt
- ⅛ tsp freshly ground black pepper
- 1 pinch cayenne pepper
- 1 cup extra virgin olive oil

INSTRUCTIONS

Option 1 - Open fire roasting - If you have a gas stovetop, rub peppers with avocado oil using your hands. Make sure to get in all of the crevices. Using tongs, roast peppers over the flames, turning to blister and char all the sides. You can rest the peppers on the burners while they are roasting. This should take around 10 minutes

Option 2 - Oven roasting - If you don't have a gas stovetop, heat oven to 500°F/260°C. Cut peppers in half lengthwise and remove tops and seeds. Rub the outsides and bottoms with avocado oil. Place on a parchment-lined baking sheet and roast for 15-20 mins or until well charred.

Once the skins are charred, remove to a glass bowl and cover with a tight fitting lid or plastic wrap. The trapped steam will continue to cook the peppers. Allow them to sit for 10 mins.

Remove the peppers. Use paper towels to slide/rub the skin off the peppers. Discard the skins.

If you used the open flame method, slice the peppers in half and remove the seeds and tops.

Roughly chop peppers.

Place peppers and remaining ingredients (EXCEPT olive oil) in a blender and blend until smooth. You can also use a stick blender or a food processor.

With blender running on low, slowly drizzle in olive oil to make an emulsion. Store under refrigeration for up to a week.

Lemon poppy seed dressing



Makes 8
portions each
portion is 1 fat

Suitable from stage 1

WHAT YOU NEED

- 3/4 Cup Olive or Avocado Oil
- 1/4 Cup Fresh Lemon Juice, (1-2 lemons)
- 1 Tablespoon Poppy Seeds
- 1 teaspoon Dijon Mustard
- 2 Tablespoons Mayonnaise
- Salt/Pepper To Taste
- **honey**

INSTRUCTIONS

Whisk all ingredients together until fully combined. Or, add ingredients to jar with a lid. Tighten lid and shake until incorporated.

Refrigerate any leftovers.



Ranch dressing



Makes 6
portions each
portion is 1 fat

Suitable from stage 1

WHAT YOU NEED

- ½ cup organic mayo (or Just Mayo for egg-free)
- ½ cup plain greek yoghurt or dairy free unsweetened yoghurt
- 1 tablespoon dehydrated onion/onion granules
- 1 teaspoon dijon mustard
- 2 teaspoon dried parsley
- 2 teaspoon dried chives
- ½ tsp dried dill
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

INSTRUCTIONS

Stir all ingredients together until well blended.

Store in an airtight container and use within 5 to 7 days.

Blueberry salad dressing



Makes 6
portions each
portion is 1/2
fat

Suitable from stage 1

WHAT YOU NEED

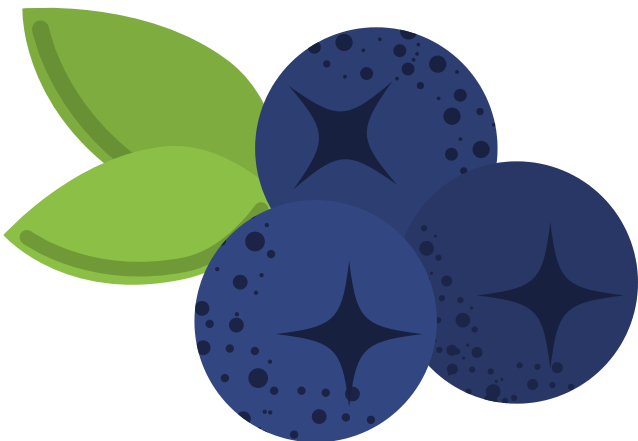
- 1/2 cup fresh blueberries
- 1/2 cup water
- 1/4 cup light olive oil, not extra virgin
- 1 tbsp orange juice
- 1 tsp coconut aminos
- 1/4 tsp lemon juice

INSTRUCTIONS

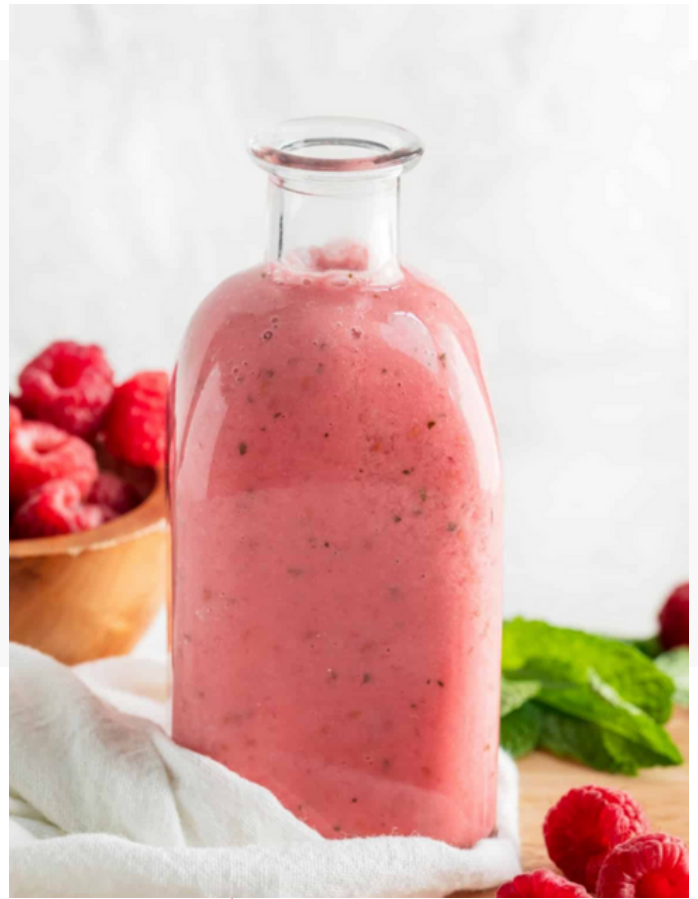
Add blueberries and water to a small pot. Heat on high heat and bring to a boil. Reduce heat to medium, cover, and let simmer for 5 minutes. Pour cooked blueberries and water into a blender. Add all other ingredients. Blend until completely smooth.

Taste. Add a smidge more orange juice if you prefer a sweeter flavor. I like mine as is because I tend to load my salad up with fruit so I don't want an overly sweet dressing.

You can serve immediately (it will be warm) or place in the refrigerator in a sealed container to allow the dressing to cool before serving.



Raspberry mint dressing



Makes 6
portions each
portion is 1/2
fat

Suitable from stage 1

WHAT YOU NEED

- 1 cup fresh raspberries
- 1/2 cup water
- 1/4 cup light olive oil, do not use extra virgin
- 3 mint leaves
- 1 tbsp orange juice, fresh squeezed
- 1/8 tsp salt

INSTRUCTIONS

Add everything to a blender and blend until smooth.

Serve over salad!

Store any remaining dressing in an airtight container in the refrigerator.





Nutrition Disclaimer

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