

# High Performance Health & Fitness Digital Programme



# ELEVATE



**Welcome to the Elevate  
Programme we hope  
you enjoy your journey**



**ELEVATE**



# BREAKFAST



# ELEVATE

# AVOCADO EGG SALAD



## Ingredients

- 6 eggs
- 1 avocado
- 1 tbsp. fresh lemon juice
- 2 celery stalks, diced
- 1/4 cup Greek yoghurt
- 1 tbsp Dijon mustard
- Himalayan salt and black pepper

## Directions

1. Bring a pot of cold water to a boil, making sure there is enough water to cover the eggs. Add the eggs to boiling water, reduce the heat to medium, and cook for 10 to 12 minutes.
2. Drain the hot water from the eggs and run cold water over them. Peel and cut eggs into big chunks.
3. Mash the avocado in a bowl; mix in the lemon juice, Greek yoghurt, mustard, and season to taste.
4. In a bowl combine the eggs, celery, and avocado-mayonnaise mixture.
5. Refrigerate until ready to serve. Serve with mixed leaf salad.



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# BREAKFAST BARS



## Ingredients

- 1 ripe banana
- 1/3 cup sunflower oil
- 1/3 cup agave
- 1 tsp vanilla
- 3/4 cup plain flour
- 1/2 tsp baking soda
  - 1/4 tsp salt
- 2 cups rolled oats
- Cinnamon and nutmeg to your taste
- 1/2 cup mixed nuts
- 1/4 cup mixed seeds
- 1/2 cup dried fruit

## Directions

Using a mixing bowl, mash the banana well with a fork. Add the oil and agave and mix well with a fork

Add the flour, baking soda, salt and any vegan powdered spice/flavour you like Mix these ingredients well.

Now add the oats, any nuts and seeds you have chosen to put in and to mix really well with your hands to make sure it is all well distributed and stuck together. Make small balls with the dough and place on an oiled baking tray. Flatten the balls with the palm of your hand. Bake for 10-15 minutes in a preheated oven (200 Degrees Celsius). Leave to cool on the baking trays once finished in the oven and once they are slightly hardened, twist and lift to remove them from the tray and place on a cooling tray for a further 10 minutes



# ELEVATE VEGAN



# CAULIFLOWER HASH



## Ingredients

- 1 tbsp. butter or ghee
- 1 red onion, finely chopped
- 2 garlic cloves, thinly sliced
- 1/2 tsp. ground coriander
- 1 tsp. smoked paprika
- 1 head cauliflower, cut into florets
- 1/2 cup organic chicken stock
- 3 tbsp chopped parsley
- 2 Eggs, cooked to your preference
- Himalayan salt and black pepper

## Directions

1. Melt the butter or ghee in a large frying pan and add the onion and garlic. Sauté until soft and fragrant then add the spices. Stir to coat the onion in the spices and add the cauliflower.
2. Pour in the chicken stock and cook for 10-15 minutes until the stock has been absorbed and the cauliflower is cooked.
3. Season to taste and add the parsley. Stir well.
4. Serve the cauliflower hash topped with a egg cooked to your preference.



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# CHOCO CHIP BREAD



## Ingredients

- 1 cup shredded courgette
- 3/4 cup peanut butter
- 1/4 cup pure maple syrup
- 2 large eggs, slightly beaten
- 1/2 tsp vanilla extract
- 2 tbsp coconut flour
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 cup dark chocolate chips

## Directions

1. Preheat oven to 350 degrees F. Line a loaf tin with parchment paper.
2. In a large bowl, mix shredded courgette, peanut butter, maple syrup, eggs and vanilla with whisk until well combined and creamy. Stir in coconut flour, baking soda and cinnamon. Now, fold in chocolate chip reserving about a tablespoon for sprinkling on top.
3. Pour batter into prepared pan, smooth top and sprinkle the tablespoon of chocolate chips on top. Bake for 40-50 minutes or until a toothpick comes out clean.
4. Remove from oven and transfer to a wire rack to cool for 15 minutes. Once cool enough, Cut into 12 slices and serve.



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# EGG FRITTATA MUFFINS



## Ingredients

- 8 eggs
- 1/2 cup yellow onion, minced
- 1 bell pepper, minced
- 1/2 cup mushrooms, sliced
- 1 cup fresh spinach, chopped
- 1 small tomato, diced
- 2 garlic cloves, minced
- 2 tbsp coconut oil
- Himalayan salt and black pepper

## Directions

1. Preheat the oven to 375 F. Melt some coconut oil in a frying pan over medium heat, and cook the onion and garlic until soft, 2 to 3 minutes.
2. Add the bell pepper, mushrooms, tomato and cook until soft, about 2 to 5 minutes.
3. Add the spinach, season everything to taste, and cook for another minute and set aside until cool.
4. Whisk the eggs in a bowl, add the cold vegetable mixture to the eggs, season to taste, and whisk everything until well incorporated.
5. Fill each muffin tin about 2/3 full with the egg mixture. Place in the oven and bake 18 to 20 minutes.

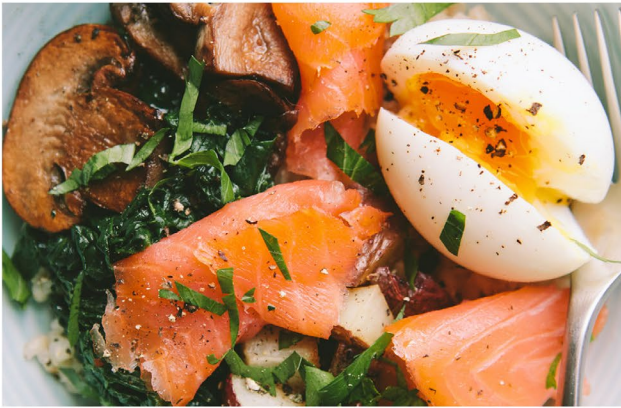


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# SMOKED SALMON AND SPINACH



## Ingredients

- 4 eggs
- 8 oz. smoked salmon, sliced
- 2 sweet potatoes, peeled and diced
- 1/2 onion, sliced
- 1/2 cup mushrooms, sliced
- 2 cups fresh baby spinach
- 1 garlic clove, minced
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/4 tsp. paprika
- 2 tbsp. ghee
- 2 tbsp. olive oil
- Himalayan salt and black pepper

## Directions

1. Preheat oven to 425 F. Dice the potatoes, then drizzle with olive oil, onion powder, garlic powder, paprika, and season to taste.
2. Place the potatoes on a baking dish, and bake in the oven 25 to 30 minutes, turning at the halfway point.
3. Bring a pot of water to a boil over high heat. Add the eggs to the boiling water, turn off the heat and cook 6 to 7 minutes.
4. Drain the water and run cold water over the eggs; peel the eggs and set aside.
5. Melt the ghee over medium-high heat and add the onion and garlic. Cook 1 to 2 minutes, then add the sliced mushrooms.
6. Season everything to taste, and cook until everything is soft, 4 to 5 minutes longer. Add the spinach and cook until wilted, 1 to 2 minutes.
7. Serve the potatoes, topped with the spinach-mushroom mixture, egg, and sliced smoked salmon.



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# BANANA OAT SMOOTHIE



## Ingredients

- 1/3 cup gluten free rolled oats
- ½ cup Greek yoghurt
- 1 banana
- 1 Tbsp flaxseed meal
- ½ tsp. cinnamon
- ½ cup almond milk

## Directions

Add all ingredients to your blender and puree until smooth. Pour into two glasses, serve and enjoy!



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# PEACH SMOOTHIE



## Ingredients

- 1 cup baby spinach leaves, packed
- 2 cups frozen peaches
- ½ ripe banana
- 1 Tbsp grated ginger
- ¼ cup Greek yogurt
- 1 cup coconut water
- Ice (optional)

## Directions

Add all ingredients to your blender and puree until smooth. Pour into two glasses, serve and enjoy!



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# GREEN SMOOTHIE



## Ingredients

- Large handful of spinach
- 1 celery stalk chopped
- ½ banana, chopped
- Juice of ½ lemon
- Few stalks of parsley leaves
- 1 scoop protein powder, optional
- ¼ chopped cucumber
- 1 small ripe pear cored and chopped
- 250ml cooled green tea
- <sup>a</sup> 1 tsp chia seeds
- 1 tsp supergreen powder, optional

## Directions

Place all the ingredients in a blender and process until smooth and creamy. Best drunk straight away.



# ELEVATE VEGAN





# CARROT SMOOTHIE



## Ingredients

- 1 cup peeled and cut carrots
- 1/2 cup coconut/ almond milk
- 1 tsp of cinnamon
- 1 pinch of nutmeg
- 1 large banana
- 1 tbsp protein powder
- 1/4 tsp of ground vanilla

## Directions

Place all ingredients into a blender and blend until smooth.

Depending on your blender, you might need to mix a little longer than usual for the carrots to be fully chopped up.



# ELEVATE VEGAN



# VEGAN CHOCO PORRIDGE



## Ingredients

- 50g gluten free rolled oats
- 100ml water
- 100ml of any vegan milk
- A pinch of salt
- 10g cacao butter drops
- 20g 70% dark choc
- 25g cashew butter (optional)
- 10g protein powder (optional)
- 5 chopped hazelnuts
- 5 chopped raspberries

## Directions

Add the gluten free oats, water and your chosen vegan milk to a pan.

Cook over a medium heat, until warm, add the cacao butter drops and the pinch of salt. Once the porridge nears your desired consistency, add the dark chocolate and cashew butter (if using) and stir for one minute or two.

Remove from the heat and stir in the protein powder.

Transfer to a bowl and add the chopped hazelnuts and raspberries or a topping of your choice.



# ELEVATE VEGAN





# FRUITY PORRIDGE



## Ingredients

- 50g gluten free rolled oats
- 100ml water
- 100ml of any vegan milk
- A pinch of salt
- 10g cacao butter drops
- 10g protein powder (optional)
- Mixed nuts
- 25g strawberries
- 25g blueberries
- 25g raspberries

## Directions

Add the gluten free oats, water and your chosen vegan milk to a pan.

Cook over a medium heat, until warm, add the cacao butter drops and the pinch of salt.

Once the porridge nears your desired consistency, take the pan off the heat and stir in the protein powder ( if using).

Blend up the berries, transfer the porridge to a bowl and top with the blended berries and mixed nuts.



# ELEVATE VEGAN



# LUNCH



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# AVOCADO CHICKEN SALAD



## Ingredients

- 2 boneless, skinless chicken breasts (cooked and shredded)
- 1/2 cup fresh basil leaves, stems removed
- 2 small or 1 large ripe avocado, pits and skin removed
- 2 tbsp extra virgin olive oil
- 1/2 tsp. Himalayan salt
- 1/8 tsp. ground black pepper

## Directions

1. Place the cooked shredded chicken in a medium sized mixing bowl.
2. Place the basil, avocado, olive oil, sea salt and ground black pepper in a food processor and blend until smooth.
3. Pour the avocado and basil mixture into the mixing bowl with the shredded chicken and toss well to coat. Taste and add additional sea salt and ground black pepper if desired. Keep in the fridge until ready to serve.



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# BLT SALAD BOWL



## Ingredients

- Lettuce
- 1 large avocado
- 2 handfuls of cherry tomatoes
- Half a cucumber
- Handful of coriander
- 4 rashers of bacon
- Half a handful of feta cheese

## Directions

1. Cook your bacon until crispy. While it's cooking- chop everything else up into bite-sized squares.
2. Throw it all in a bowl, followed by your bacon (chopped) when it's done. Crumble your feta over the top.
3. Pour about 2 shot glasses of good olive oil into a cup. Add a shot of balsamic vinegar, a tsp of mustard, the juice of a small lemon and a good sprinkle of salt. Drizzle over your salad.



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# EASY BROCCOLI CHICKEN



## Ingredients

- 12 boneless, skinless chicken thighs
- Salt and pepper to taste
- 2 tbsp coconut oil
- 2 cups broccoli florets
- 1 cup organic chicken stock
- 2 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 1 tbsp tapioca starch
- 1 tsp chili pepper flakes

## Directions

1. Sprinkle the chicken thighs with salt and pepper and then melt the coconut oil in a large pan over high heat. When the pan is hot enough, add the pieces of chicken, cook until the meat is fully cooked all the way through and the juices run clear. Remove to a plate.
2. Put the pan back over the heat source, lower the heat to medium and add the broccoli. Cook it for about 3 minutes, until slightly softened.
3. Meanwhile, mix the chicken stock, vinegar, mustard, chili pepper flakes and tapioca starch together in a large glass measuring cup.
4. Pour this over the broccoli as soon as it's cooked to your liking; bring to the boil and continue cooking until the sauce thickens, about 2 minutes.
5. Add the chicken thighs, along with their cooking juices, back into the pan and spoon some sauce over them.
6. Cover and allow the meat to sit in the hot sauce for about 5 minutes, then serve.



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# SALMON SALAD BOWL



## Ingredients

- 4-oz ounce grilled salmon
- 3-4 cup seasonal greens
- 1/2 cup slices courgette
- 1/2 cup raspberries
- 1 tbsp balsamic glaze
- 2 tbsp olive oil
- pinch of Himalayan salt and black pepper
- 2 thyme sprigs
- lemon juice

## Directions

1. First, slice your courgette, sauté in a pan with 1/2 tbsp oil and a little bit of pepper/salt.
2. Once the courgette is cooked, build your bowl. Greens first, then veggies, and cooked salmon.
3. Drizzle in your balsamic glaze, thyme sprigs leaves, and the rest of your oil. Toss all together and place in bowl.
4. Add your raspberries last with a touch of lemon juice on top.



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# EASY GRILLED WHITE FISH



## Ingredients

- 4 white fish fillets of your choice.
- 4 tsp olive oil
- salt and fresh pepper, to taste
- 4 sprigs fresh herbs (parsley, rosemary, oregano)
- 1 lemon, sliced thin
- 4 large pieces heavy duty aluminum foil, about 18 to 20 inches long

## Directions

1. Place the fish in the center of the foil, season with salt and pepper and drizzle with olive oil.
2. Place a slice of lemon on top of each piece of fish, then a sprig of herbs on each. Fold up the edges so that it's completely sealed and no steam will escape.
3. Heat half of the grill (on one side) on high heat with the cover closed.
4. When the grill is hot, place the foil packets on the side of the grill with the burners off (indirect heat) and close the grill.
5. Depending on the thickness of your fish, cook 10 to 15 minutes, or until the fish is opaque and cooked through.
6. Serve with mixed cooked vegetables.



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# LAMB BURGERS WITH PESTO



## Ingredients

- 1 pound ground lamb
- 1 tsp Himalayan sea salt
- 1 Tbsp fresh rosemary, minced
- 1 Tbsp coconut oil

The pesto:

- 1 bunch fresh basil (leaves only)
- 1/4 cup olive oil
- 1 tsp fresh lemon juice
- 1 clove of garlic, minced
- 1/4 tsp Himalayan sea salt
- 1/4 cup hemp seeds

GARNISH

- salad greens of choice

## Directions

1. Mix ground lamb, rosemary, and salt until thoroughly combined. And form into 1 inch thick patties.
2. Melt coconut oil in a pan over medium-high heat. Cook patties, flipping once, until browned and cooked.
3. Meanwhile, place basil, olive oil, lemon, garlic, and salt into a food processor. Process until you achieve a smooth texture. Then add the hemp seeds and pulse until desired pesto consistency. Adjust for salt and lemon.
4. Toss your salad greens in a little olive oil and place your lamb burger on top. Add a dollop of pesto.



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# MEXICAN SUPERFOOD BOWLS



## Ingredients

- For the fries
  - 3 carrots
  - 1 big white sweet potato
  - 1 tbsp. Taco Seasoning
  - salt to taste
  - a drizzle of extra virgin olive oil
- For the chicken
  - 1 chicken breast
  - 2 tbsp. organic ketchup
  - 1 tbsp. raw honey
  - 1 tbsp. Taco Seasoning
  - salt to taste
- For the Pico de Gallo
  - 3 roma tomatoes
  - 1 red onion
  - a handful of coriander
  - juice from one lime
  - 1 jalapeño
  - salt & pepper to taste

## Directions

1. Peel and cut the carrots/sweet potatoes into fries. Dust with taco seasoning and layer on a baking tray. Drizzle with olive oil and bake at 250°C (450F) for 15-20 minutes.
2. Heat some olive oil in a pan and add chicken (cut into strips). Sauté until cooked. Add taco seasoning, ketchup and honey and fry until caramelised.
3. Chop tomatoes, onion and jalapeño. Toss in a bowl with the lime juice and minced cilantro. Add salt if needed.
4. Assemble ingredients into your bowl. Mix and match as you like.



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# BANANA PANCAKES



## Ingredients

- 200 g self raising flour
- 1 tsp baking powder
- 300 ml vegan milk
- 1 ripe banana, mashed
- 15 g coconut oil, melted
- 150 g pack blueberries
- sunflower oil
- maple syrup, to serve

## Directions

Mix together the flour and baking powder in a large bowl. Make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the mashed banana and melted coconut oil then gently stir in half the blueberries.

Heat a teaspoon of oil in a large frying pan. Drop a large tablespoonful of the batter per pancake into the pan. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn over and cook for a further 2-3 minutes until golden. Transfer onto a plate and cover to keep warm whilst you repeat using the remaining batter.

Serve warm with maple syrup and the rest of the blueberries.



# ELEVATE VEGAN



# VEGAN PEA SOUP



## Ingredients

- 500g frozen peas
- 1 tsp sea salt
- 2 tsp bouillon or stock powder
- 20g pea protein
- Optional: turmeric to taste, fresh or ground

## Directions

Cover the peas with boiling water and bring to the boil. Simmer gently then add the bouillon, salt and turmeric. Blend until smooth then add the pea protein.

Blend again until the powder is fully dissolved. Optional: add fresh mint and stir in.



# ELEVATE VEGAN





# VEG BEAN SOUP



## Ingredients

- 2 carrots
- 1 onion
- 2 handfuls of spinach
- 1 tin cannellini beans, drained
- 2 pints of veg stock
- 200 ml boiling water
- A sprig of thyme
- 2 celery stalks
- 2 garlic cloves, finely chopped
- 1 courgette
- 1 tin of chopped tomatoes
- 5 sage leaves

## Directions

Chop and sweat the vegetables and garlic with the sage and thyme. Mix up stock and add to the pot. Add the tomatoes. Cook for a few minutes. Add the beans and spinach. Serve.



# ELEVATE VEGAN



# DINNER



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# BEEF AND BROCCOLI SWEET POTATOES



## Ingredients

- 4 (8-oz.) sweet potatoes
- 1 tablespoon extra-virgin olive oil, divided
- 1 cup chopped red onion
- 3/4 cup drained and chopped roasted red bell peppers
- 4 garlic cloves, minced
- 2 teaspoons chili powder
- 1/2 teaspoon Himalayan salt, divided
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 10 ounces 9 lean ground sirloin
- 2 cups broccoli florets
- 1/4 cup chopped green onions

## Directions

1. Rub sweet potatoes with 1 1/2 teaspoons oil; pierce several times with a fork. Microwave at HIGH 12 to 15 minutes or until potatoes are tender.
2. Heat a large pan over medium-high. Add remaining 1 1/2 teaspoons oil; swirl to coat. Add onion and red bell peppers; cook 5 minutes or until tender, stirring frequently. Add garlic, and cook 3 minutes, stirring frequently. Stir in chili powder, 1/4 teaspoon salt, cumin, and ground red pepper. Add beef; cook 6 minutes or until browned, stirring to crumble.
4. Boil broccoli in a pan then stir into beef mixture.
5. Partially split potatoes lengthwise; fluff the flesh with a fork. Top potatoes evenly with beef mixture, remaining 1/4 teaspoon salt, and green onions.



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# POMEGRANATE CURRY CHICKEN



## Ingredients

- 8 (3-oz.) skinless, boneless chicken thighs
- 1 teaspoon Madras curry powder
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons extra-virgin olive oil
- 1/4 cup pomegranate arils
- 2 teaspoons torn mint leaves

## Directions

1. Sprinkle chicken with curry powder, salt, and pepper. Heat oil in a large pan over medium-high. Add chicken to the pan and cook 5 minutes on each side or until done. Transfer chicken to a serving platter.
2. Sprinkle chicken with mint and pomegranate arils.
3. Serve with salad or mixed vegetables.



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# HONEY GLAZED CHICKEN



## Ingredients

- 6 tablespoons unsalted chicken stock
- 1/3 cup honey
- 2 tablespoons dark sesame oil, divided
- 1 1/2 tablespoons whole-grain mustard
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/4 teaspoon Himalayan salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 2 teaspoons toasted sesame seeds
- 2 (8-ounce) packages trimmed fresh green beans
- 1 tablespoon unsalted butter, melted
- 2 tablespoons sliced almonds, toasted

## Directions

1. Combine chicken stock, honey, 1 tablespoon oil, and mustard in a small saucepan over medium-high heat, stirring with a whisk; bring to a boil. Reduce heat; cook 10 minutes or until syrupy, stirring occasionally.
2. Heat a large frying pan over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 6 minutes on each side or until done. Pour honey mixture over chicken, and sprinkle with sesame seeds.
3. Prepare green beans according to package directions. Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, butter, and beans in a bowl; toss to coat. Sprinkle with almonds.



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# ITALIAN FAUX PASTA



## Ingredients

- 1/4 cup extra-virgin olive oil
- 6 garlic cloves, minced
- 4 anchovy fillets
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon crushed red pepper • 2 cups unsalted chicken stock
- 6 cups spiralized sweet potatoes
- 3 pints multicolored cherry tomatoes, halved
- 2 tablespoons unsalted tomato paste
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 24 pitted kalamata olives, chopped
- 3 tablespoons capers
- 1/8 teaspoon salt

## Directions

1. Heat a large frying pan over medium heat. Add oil to pan; swirl to coat.
2. Add garlic, anchovies, oregano, and red pepper; cook 2 minutes, stirring constantly to break up anchovies.
3. Add stock and bring to a boil. Stir in spiralized sweet potatoes, tomatoes, and tomato paste. Cook 2 to 3 minutes or until the sweet potatoes have slightly softened.
4. Remove pan from heat; add remaining ingredients, tossing to combine then serve!



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# KALE SALMON SALAD



## Ingredients

- 2/3 cup plus 2 tablespoons cider vinegar, divided
- 1/2 cup water
- 1 tablespoon honey, divided
- 1 cup vertically sliced red onion
- 4 medium golden beets, trimmed
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1/4 teaspoon Himalayan salt
- 1/4 teaspoon black pepper
- 6 cups torn stemmed curly kale
- 2 (6-ounce) cans pink or red skinless, boneless salmon, drained and flaked
- 1/4 cup sliced almonds, toasted

## Directions

1. Bring 2/3 cup vinegar, 1/2 cup water, and 2 teaspoons honey to a boil in a small saucepan. Add onion; boil 1 minute. Remove pan from heat, and let stand for 10 minutes. Drain.
2. Pierce beets a few times with a knife; wrap in a large piece of microwave-safe parchment paper. Microwave at HIGH 7 minutes or until tender. Rub off skins with a paper towel. Halve beets; cut into wedges.
3. Combine remaining 2 tablespoons vinegar, remaining 1 teaspoon honey, oil, Dijon mustard, salt, and pepper in a large bowl. Add beets and kale; toss to coat. Place about 1 1/2 cups kale mixture on each of 4 plates; top each with 3 ounces salmon, about 1/4 cup onion, and 1 tablespoon almonds.



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# LAMB BUTTERNUT STEW



## Ingredients

- 8 ounces ground lamb
- 8 ounces 90% lean ground sirloin
- 1/2 teaspoon Himalayan salt, divided
- 1 1/2 cups chopped peeled butternut squash
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground paprika
- 1/4 teaspoon ground cinnamon
- 1 cup beef stock
- 3 cups chopped kale
- 2 tablespoons chopped fresh flat-leaf parsley

## Directions

Preheat oven to 450°. Heat a large casserole dish over medium-high heat. Add lamb, beef, and 1/4 teaspoon salt; cook 5 minutes or until browned, stirring to crumble. Remove lamb mixture from pan. Add squash, onion, and garlic to pan; cook 3 minutes, stirring occasionally. Add tomato paste and next 4 ingredients (through cinnamon); cook 1 minute, stirring frequently. Stir in remaining 1/4 teaspoon salt and stock; bring to a boil. Stir in kale; cook 1 minute or until kale begins to wilt. Stir in lamb mixture. Cover and bake in the oven at 450° for 15 minutes. Sprinkle with chopped parsley.



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# QUICK COURGETTE ZOODLES



## Ingredients

- 2 tablespoons olive oil
- 1 clove of garlic, minced
- 4 medium sized courgettes, spiralized
- ¼ teaspoon Himalayan salt
- ¼ teaspoon black pepper
- ½ cup feta cheese, crumbled
- 2 tablespoons fresh dill, coarsely chopped

## Directions

1 Heat oil in a large pan over medium heat. Add in the garlic clove and cook, stirring constantly, until lightly browned, 30 seconds or so.

2 Add in the courgette zoodles and season with salt and pepper. Cook until slightly wilted, 4-5 minutes.

3 Divide the zoodles amongst two plates. Sprinkle with feta cheese and dill. Taste for seasoning, and add in if necessary.

4 Serve immediately



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# SMOKY PORK TENDERLOIN



## Ingredients

- 1 pork tenderloin, trimmed
- 2 teaspoons smoked paprika
- 3/4 teaspoon Himalayan salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 3 tablespoons extra virgin olive oil, divided
- 2 large sweet potatoes, peeled and cut into 8 wedges each
- 1/4 cup cider vinegar
- 3 tablespoons maple syrup
- 1 teaspoon Dijon mustard
- 2 thyme sprigs

## Directions

1. Preheat oven to 450°. Sprinkle pork evenly with paprika, 1/4 teaspoon salt, pepper, and cumin.
2. Heat a large pan over medium-high heat. Add 1 tablespoon olive oil to pan; swirl to coat. Add pork to pan; cook 8 minutes, turning to brown on all sides.
3. Place potatoes on a baking sheet; drizzle with 1 tablespoon olive oil. Bake at 450° for 10 minutes. Add pork to pan with potatoes; stir potatoes. Bake at 450° for 15 minutes or until potatoes are tender. Remove pan from oven.
4. Sprinkle potatoes with 3/8 teaspoon salt. Let pork stand 5 minutes before cutting into slices.
5. Combine remaining 1/8 teaspoon salt, vinegar, maple syrup, mustard, and thyme in a small saucepan; bring to a boil. Cook 3 minutes or until thickened. Add remaining tablespoon olive oil, stirring with a whisk. Remove thyme sprigs; discard. Drizzle mustard mixture over potatoes. Serve with pork.



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# SPICY VEGGIE HASH



## Ingredients

- 2 tablespoons olive oil
- 3 cups diced peeled sweet potato • 2 tablespoons chopped fresh oregano
- 3/4 teaspoon Himalayan salt, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon • 1/4 teaspoon ground red pepper
- 5 garlic cloves, minced
- 1 1/4 cups water, divided
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 1/4 cup unsalted pumpkinseed kernels
- 1 plum tomato, seeded and diced

## Directions

1. Heat a large pan over medium-high heat. Add oil to pan; swirl. Add potato, oregano, and 1/2 teaspoon salt; cook 3 minutes, stirring occasionally. Add cumin, cinnamon, red pepper, and garlic; cook 1 minute. Add 1/2 cup water; cover, reduce heat, and cook 5 minutes. Uncover; cook 2 minutes. Remove pan from heat.
2. Bring remaining 3/4 cup water to a boil in a saucepan. Add remaining 1/4 teaspoon salt and green beans; cook 4 minutes. Place 1/2 cup potato mixture in each of 4 shallow bowls; top each with 1 tablespoon pumpkin seeds and 1 tablespoon tomato.



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# SWEET POTATO SOUP



## Ingredients

- 2 large sweet potatoes, halved lengthwise
- 1/4 cup water
- 2 teaspoons olive oil
- 1 cup chopped onion
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 4 cups organic vegetable stock
- 1/4 teaspoon Himalayan salt

## Directions

1. Place potatoes, cut sides down, in a microwave-safe baking dish. Add 1/4 cup water; cover with plastic wrap. Microwave at HIGH 15 minutes or until potatoes are tender. Cool slightly; discard potato skins.
2. Heat a saucepan over medium-high heat. Add oil; swirl to coat. Add onion; sauté 1 minute or until translucent. Stir in cumin and red pepper. Add stock to pan; bring to a boil.
3. Allow to cool a little then place half of sweet potato and half of stock mixture in a blender. Blend until smooth. Pour pureed soup into a large bowl. Repeat procedure with remaining sweet potato and stock.



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# TASTY STEAK SALAD



## Ingredients

- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1 (12 oz.) flank steak, trimmed
- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 bag mixed salad leaves
- 1 red onion, sliced
- 1/2 ripe avocado, chopped

## Directions

1. Heat a grill pan over medium-high heat. Combine salt, pepper, paprika, and garlic powder in a small bowl. Rub spice mixture evenly over steak.
2. Add steak to pan; grill 5 minutes on each side for medium-rare or as you like.
3. Place steak on a cutting board. Let stand 5 minutes. Cut across the grain into thin slices.
4. Combine oil, vinegar, and mustard in a large bowl, stirring with a whisk. Add steak, salad leaves, and onion; toss to coat. Divide salad among 4 plates. Top evenly with avocado.



# ELEVATE



# TURKEY MEATBALLS



## Ingredients

- 1.25 lbs ground turkey lean
- 1 medium apple peeled and shredded
- 1 egg
- 2 tbsp almond flour
- 1 Tbsp fresh rosemary finely chopped
- 1 Tbsp fresh thyme finely chopped
- 1/2 Tbsp fresh sage leaves finely chopped
- 1/2 tsp Himalayan salt
- black pepper to taste
- 1 tbsp coconut oil

## Directions

1. Preheat your oven to 400 degrees and have a large oven proof pan ready to cook the meatballs.

2 In a large mixing bowl, combine all the ingredients and mix with your hands to evenly distribute.

3 Preheat your pan over med-hi heat and add the coconut oil. Form the turkey mixture into 13-14 meatballs and add to the pan. Allow them to brown on all sides, turning as needed, for 5 minutes.

4 After the meatballs are browned, transfer the pan to the preheated oven and bake for 8-10 more minutes until juices run clear and they're cooked through. Remove from oven, and serve with vegetables.



# ELEVATE





# VEGAN BEAN CHILLI



## Ingredients

- 10g cacao butter
- 1 can of chopped tomatoes
- 1 tsp ground cumin
- 1 tsp cacao powder
- Salt & black pepper to taste
- Handful of fresh spinach, cut fine
- Fresh coriander to garnish
- 1 onion, chopped fine
- 1 tsp agave or rice syrup
- 1 tsp dried oregano
- 1 large red chilli, seeds in
- 1 can of black beans, rinsed well
- 40g Pea Protein Powder, mix with 50ml water
- Brown rice or cauliflower rice

## Directions

Start boiling the brown rice or frying the cauliflower rice. Melt the cacao butter. Fry off the onions, add the chilli and tomatoes, before adding the cumin, oregano, cacao powder and syrup.

Add the black beans. Mix the pea protein in 50-100ml of water, add to the mix then reduce down to the desired consistency.

Stir in the shredded spinach at the end. Serve with rice and top with fresh coriander.



# ELEVATE VEGAN





# JERK CAULIFLOWER



## Ingredients

- Half a head of cauliflower, broken it to bite size florets.
- 1 – 2 tbsp Jerk seasoning.
- 2 tbsp oil.
- Spring onions, finely chopped.
- Vegan mayonnaise.

## Directions

Put the florets in a bowl with the oil and then Spread out on a baking tray and put in an oven at 180c for 20 mins until browning.

Carefully transfer the cauliflower to a bowl and add as much jerk seasoning as it takes to give your cauliflower a good coating.

Put the cauliflower back on the baking tray and give it another 10 mins in the oven.

Once nicely soft and browned, transfer to serving dish, top with Spring onions and a drizzle of vegan mayo.



# ELEVATE VEGAN



# VEGAN STEW



## Ingredients

- 2 servings of Pearl Barley
- 1 Vegetable Stock Cube
- 1 Tin of Plum Tomatoes
- 1 Handful Whole Black Pitted Olives
- 1 White Onion, diced largely
- 1 Sweet Red Pepper, diced largely
- 1/2 Butternut Squash, diced largely
- 1 Tin of Chickpeas
- 2 tsp Smoked Paprika
- 1 Tbsp Nutritional Yeast
- Sea Salt & Black Pepper to taste
- Lemon Juice

## Directions

Boil the pearl barley in a separate pan for approximately 30-40 minutes. In a large stew pan, fry off the onion until lightly browned, adding in each of the seasonings. Add the butternut squash and a touch of water to help it soften. Steam for around 10 minutes. Add the remaining vegetables and steam for a further 5 minutes. Add the vegetable stock and tinned tomatoes, bringing the whole mix to the boil. Simmer for another 30 minutes, adding the chickpeas and kale after around 20 minutes. Stir in the pearl barley and stir thoroughly. Serve and Season to taste.



# ELEVATE VEGAN



# VEGAN DINNER BOWL



## Ingredients

- 2 sweet potatoes, cubed
- 2 tbsp coconut oil, divided
- 1 red bell pepper, diced
- 1 red onion, diced
- 3 garlic cloves, minced
- 1 tsp ground turmeric
- ½ tsp pepper
  - 2 cups chopped kale, ribs removed
- Salt to taste
- 1 avocado, sliced lengthwise

## Directions

1. Preheat the oven to 400°F. Toss the cubed sweet potatoes in one tablespoon of coconut oil in a large bowl. Coat evenly before transferring to a baking sheet. Roast the sweet potatoes for at least 30 minutes, until they are fully cooked and golden brown on the edges.
2. While the sweet potatoes roast, sauté the diced bell peppers and red onion with the remaining 1 tablespoon of coconut oil in a large pan, until the vegetables are tender.
3. Add the minced garlic, ground turmeric, and pepper, mixing well for about 20 seconds.
4. Add the chopped kale and cook until wilted. Add salt to taste, then set aside.
5. Serve the roasted sweet potatoes in a large bowl layered with the sautéed vegetables, and sliced avocado.



# ELEVATE





# VEGAN COCONUT CURRY



## Ingredients

- 1/2 tablespoon Coconut Oil
- 1 large Carrot, Peeled and sliced
- 1 small Red Bell Pepper, Sliced
- 1 cup Broccoli, Cut into bite-sized pieces
- 1/2 Onion, Chopped
- 1 teaspoon Fresh Ginger, Minced
- 1/2 tablespoon medium Curry Powder
- 1 can Full Fat Coconut Milk
- pinch of Himalayan Salt

## Directions

1 Heat 1/2 Tbsp coconut oil on medium/high heat and cook the carrots for about 3 minutes, until they just begin to soften.

2 Turn the heat down to medium and add in the pepper, broccoli, onion and ginger and cook until they begin to soften and brown, about 5 minutes.

3 Add in the 1/2 Tbsp of curry powder and cook until fragrant, about 1 minute.

4 Add in the can of coconut milk and a pinch of salt.

5 Raise the heat to medium/high and bring the mixture to a boil. Once boiling, turn the heat down to medium/low heat and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken.

6 Serve with your favourite side example cauliflower rice.



# ELEVATE



# CAULIFLOWER SOUP



## Ingredients

- 5-6 cups of cauliflower florets
- 2- 3 tbsp curry powder
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp sea salt
- 2-3 tbsp olive oil for roasting
- 3/4 cup red onion chopped
- 1 tsp minced garlic
- 2 tsp olive oil or avocado oil
- 8 kale leaves with stems removed
- 2 cups chopped carrots
- 4 cups veg broth
- 1 cup almond milk
- 1/2 tsp chili flakes
- 1/2 tsp black pepper
- Himalayan salt to taste

## Directions

1. preheat oven to 400F. In a small bowl, toss your cauliflower florets with the curry powder, garlic powder, cumin, paprika, salt, and 3 tbsp oil. Spread the cauliflower florets on a baking dish or roasting pan. Place in oven and roast for 20 -22 minutes until tender but not overcooked. slightly under cooked. Remove and set aside.
2. While the cauliflower is cooling, prep the rest of your veggies but chopping them up on cutting board.
3. Next place cauliflower florets in a Food Processor or blender and pulse a few times until the cauliflower is chopped or "riced."
4. Once all the cauliflower is riced and kale/veggies are chopped, prepare your cooking pot.  
8 Place onion, 2 tsp oil, and minced garlic in large stock pot. Sautee for 5 minutes until fragrant.
5. Next add in your broth, milk, veggies, cauliflower "rice," and the red chili pepper and black pepper. Bring to a quick boil then simmer for another 20 minutes or so until veggies are all cooked. .
6. Add dash of sea salt if desired once ready to serve.

12. Garnish with herbs and nut/seed crackers crumbles.



# ELEVATE





# AVO SPINACH ZOODLES



## Ingredients

- 1 avocado, halved and pitted
- 3 cups baby spinach
- 2 tablespoons almonds
- 2 garlic cloves
- Juice of 1 lime
- ½ teaspoon Himalayan salt
- Red pepper flakes (optional)
- 1 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 6 medium-large courgettes

## Directions

1. Add the flesh of the avocado, spinach, almonds, garlic, lime juice, sea salt, and chili flakes (if using) to a food processor. Process for 2-3 minutes, until smooth and creamy.
2. Take a taste and adjust seasoning. Add olive oil and set aside.
3. Using a spiralizer create courgette noodles.
4. Place the noodles in a covered microwave safe dish and microwave them on high for about 2 minutes. Alternatively, you can cook them in boiling water for 2 minutes.
5. Transfer zoodles to a large serving bowl, add pesto and halved cherry tomatoes and mix well. Serve.



# ELEVATE



# SIDES



# ELEVATE



# BUTTERBEAN MASH



## Ingredients

- 2 tins butterbeans
- 1 garlic clove
- Juice of 1 lemon
- 1 teaspoon ground cumin
- 1 teaspoon light tahini
- 4 spring onion finely chopped
- 1 bunch chives, finely chopped

## Directions

Blend (using a hand blender) the beans, garlic, lemon juice, cumin and tahini till smooth. Add salt to taste. Pour into a serving dish.

Scatter with spring onion and chives.



# ELEVATE VEGAN



# VEG GOLDEN RICE



## Ingredients

- 1 ½ tablespoons olive oil
- 1 cup cauliflower rice
- ¼ small yellow onion, finely chopped
- 3 Poached Garlic cloves, chopped
- 2 cups vegetable broth
- ½ cup frozen mixed veggies
- ¼ cup sliced shiitake mushrooms

## Directions

Add the oil, cauliflower rice, onion, and garlic to a medium sauté pan. Cook over medium heat, stirring frequently, until the onions become translucent and the rice turns a golden brown (about 2 minutes).

Add the vegetable broth, frozen vegetables, and mushrooms. Bring to a boil, cover, and lower to a simmer. Allow to simmer for 20 minutes.



# ELEVATE VEGAN





# SWEET POTATO FRIES



## Ingredients

- 95g sweet potato, cut into fries
- 1 tsp rapeseed oil
- ¼ tsp cayenne pepper
- 1/4 tsp garlic powder

## Directions

1. Heat oven to 200C/180C fan/ gas 6. Put the sweet potato fries on a baking tray and mix with the rapeseed oil , garlic powder and cayenne pepper.
2. Bake in the oven for 20 mins.
3. Once crisp and browning they are ready to serve.



# ELEVATE



# ROOT VEGETABLE MASH



## Ingredients

- 2 large baking potatoes, cut into chunks
- ½ swede, cut into chunks
- 3 carrots, diced
- 25g unsalted butter

## Directions

1. Place the potatoes, swede and carrots in a large pan of salted water. Bring to the boil and cook for 20-25 mins until tender.
2. Drain and mash with a potato masher.
3. Add the butter and a generous amount of seasoning.



# ELEVATE





# SIMPLE CAULIFLOWER RICE



## Ingredients

- 1 large head cauliflower

## Directions

1. Wash and thoroughly dry cauliflower, then remove all greens.
2. Using a box grater, cut the cauliflower into large chunks and use the medium-sized holes , to grate into "rice."
3. Optional: Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.
4. Once you have your cauliflower rice, it's easy to cook (or enjoy raw)! Simply sauté in a large pan over medium heat in 1 Tbsp oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes.



ELEVATE



# DIARIES AND SHOPPING LISTS



ELEVATE



# MY FOOD DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# WORKOUT DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Shopping List



## Proteins

Beef  
Chicken  
Duck  
Turkey  
Lamb  
Liver  
Kidney  
Veal  
Pork  
Lean bacon  
Shellfish/Shrimp  
Crab  
Lobster  
Salmon  
Cod  
Plaice  
Halibut/Turbot  
Hake  
Bream  
Prawns  
Eggs  
Rainbow Trout  
Haddock  
Mackerel  
Sea Bass

## Fats

Olive Oil, Coconut Oil, Butter  
Nuts: Organic Macadamia / Almonds /  
Brazil eat small amounts of these, if re-  
quired.

## Dairy

Almond Milk, Coconut Milk, Rice Milk  
\*Try different milks for variety

## Spices

Herbs and Spices are fine to enhance  
and flavour, but don't overdo it.  
Almond or Coconut Milk (minimal  
amounts for cooking)

## Hydration

Water a minimum 3 litres per day  
Fruit Teas

## Carbohydrates

Brown Rice  
Lentils  
Basmati Rice  
Sweet Potato  
Courgette  
Carrots  
Parsnips  
Bean sprouts  
Swede  
Cucumber  
Broccoli  
Aubergine  
Squash  
All leafy greens Spinach, Kale, Spring  
Greens Lettuce etc  
Tomatoes  
Onion  
Cabbage  
Celery  
Mushrooms  
Green, Red, Orange, Yellow Peppers  
Green Beans  
Purple Sprouting Broccoli  
Cauliflower  
Avocado  
Apple  
Lemons / Limes  
Pulses  
Beans  
Quinoa

# Vegetarian Shopping List

## Proteins

Shellfish/Shrimp  
Crab  
Lobster  
Salmon  
Cod  
Plaice  
Halibut/Turbot  
Hake  
Bream  
Prawns  
Eggs  
Rainbow Trout  
Haddock  
Mackerel  
Sea Bass

## Other

We suggest on any vegetarian diet that you take supplements.

## Fats

Olive Oil, Coconut Oil, Butter  
Nuts: Organic Macadamia / Almonds / Brazil eat small amounts of these, if required.

Nuts: Organic Macadamia / Almonds / Brazil nuts.

## Dairy

Almond Milk, Coconut Milk, Rice Milk  
\*Try different milks for variety

## Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.  
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Swede  
Cucumber  
Broccoli  
Aubergine  
Squash  
All leafy greens Spinach, Kale, Spring Greens Lettuce etc  
Tomatoes  
Onion  
Cabbage  
Celery  
Mushrooms  
Green, Red, Orange, Yellow Peppers  
Green Beans  
Purple Sprouting Broccoli  
Cauliflower  
Avocado  
Apple  
Lemons / Limes  
Pulses  
Beans  
Quinoa