



NATUROWAY

*Delicious*

HORMONE  
BALANCING RECIPES







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# table of contents

**WELCOME PAGE** **PG 4**

**FOUR KEY CONSIDERATIONS** **PG 5**

**BREAKFAST** **PG 6**

**SMOOTHIES** **PG 18**

**SNACKS** **PG 33**

**MAINS & SALADS** **PG 44**

**HERBAL TEAS** **PG 61**

# HELLO & welcome



To my recipe book, to help modulate your hormones to restore balance, vitality, improve your fertility or make life easier throughout your menopausal years. You will love my wonderful low sugar and wholefood recipes.

They include herbal medicine, as well as foods that support liver and gut health. The focus is on indole-3-carbinol, omega-3s, iodine, probiotics, fibre and herbs, as well as plenty of protein for balanced blood sugar levels.

I know what it's like when your hormones go out of whack! I used to spend two weeks of the month overeating, feeling irritable, teary and miserable, then having to spend the next two weeks being perfect with my diet and exercise regime just to maintain a healthy weight.

That was until I balanced my hormones and I haven't looked back! I no longer feel out of control and stuck in a vicious cycle. I have regained control of my health and wellbeing and so can you!

Loads of people have entrusted me to restore hormonal harmony and give them back their life! I am pleased to help you on your health journey too.



Julie Curran

*These recipes were created with  
four key considerations...*

## **Adrenal Support**

Adrenal glands produce hormones that help regulate metabolism, the immune system, blood pressure, response to stress, and other essential functions. I have incorporated medicinal plants such as Schisandra Berry, Maca Root, Turmeric and Rosemary to help regulate hormones. Omega-3 fats can assist with stress reduction through cortisol concentrations. These healthy fats are found in salmon, tuna, and chia seeds.

## **Thyroid Support**

The thyroid gland controls metabolism and regulates heart rate, breathing, body weight, muscle strength, body temperature, menstrual cycles, and even cholesterol levels. Iodine is required for thyroid hormone synthesis, and selenium plays an essential role in the metabolism of thyroid hormones. Iodine is found in foods from the sea, like nori and fish and selenium sources include eggs, chicken, and fish. There is a strong relationship between magnesium and thyroid hormone production. Magnesium is included in these recipes in the form of chocolate, almonds, and leafy greens.

## **Liver Support**

The liver is a key organ for regulating hormone balance, chemical levels in the blood, glucose and protein balance, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, are essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, kale, and Brussels sprouts. Whilst antioxidants found in beetroot, berries, and grapefruit help protect the liver from damage.

## **Intestinal Support**

Illness and physical stress from exercise can impact gut microbiota. I have incorporated prebiotics and probiotics to bring good bacteria back into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. I have combined foods like sauerkraut with garlic and apples to exert synergistic effects on health. They are also high in fibre, to support better digestive health, reduce cholesterol levels and decrease inflammation.



# Breakfast



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# Chocolate Strawberry Chia Pudding



2 Servings



30 Minutes



4 Ingredients

## Ingredients:

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk  
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

## Method:

01

In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

02

Top the chia pudding with the strawberries and enjoy!

### Leftovers

- Refrigerate in an airtight container for up to three days.

### No Protein Powder

- Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

### Like it Sweet

- Add a drizzle of maple syrup or honey.

### Like it Thicker

- Use full fat coconut milk instead.

### Additional Toppings

- Add granola or cacao nibs on top for crunch.

### Protein Powder

- This recipe was developed and tested using a plant-based protein powder.

- Calories - 225
- Fat - 11g
- Carbs - 20g
- Fibre - 1g
- Protein - 14g



# Crispy Broccolini & Eggs



1 Serving



15 Minutes



4 Ingredients

## Ingredients:

- 1/2 bunch Broccolini
- 2 tsps Avocado Oil (divided)
- 1/8 tsp Sea Salt (divided)
- 2 Egg

## Method:

01

In a small bowl, toss the broccolini with half the avocado oil and half the salt.

02

Heat a cast iron pan over medium heat. Once hot, add the broccolini and sear on one side until charred, about three to four minutes. Then flip and cook for an additional three to four minutes. Remove and set aside.

03

Add the remaining oil to the skillet and crack the eggs into the pan. Fry the eggs until the whites are set and the yolks are cooked to your liking. Season the eggs with the remaining salt.

04

Serve the broccolini with the eggs. Enjoy!

## Leftovers

- This dish is best enjoyed immediately.

## More Flavour

- Add chili flakes or hot sauce to the eggs.

## Additional Toppings

- Serve with toast or bacon.

- Calories - 280
- Fat - 20g
- Carbs - 8g
- Fibre - 6g
- Protein - 21g





# Almond Nut Butter & Banana Protein Porridge



1 Serving



10 Minutes



6 Ingredients

## Ingredients:

- 1 cup Unsweetened Almond Milk
- 1/4 cup Oats (rolled)
- 1/2 cup Egg Whites
- 1 tbsp Almond Nut Butter
- 1 tsp Cinnamon
- 1/2 Banana (mashed)

## Method:

01

Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.

02

Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the almond butter, cinnamon, and banana. Remove from the heat and enjoy!

### Leftovers

- Refrigerate in an airtight container for up to three days.

### More Flavour

- Add maple syrup or honey and vanilla extract.

### Additional Toppings

- More almond butter, banana slices, berries, or extra cinnamon.

### No Almond Milk

- Use another dairy or dairy alternative milk instead.

- Calories - 324
- Fat - 13g
- Carbs - 35g
- Fibre - 7g
- Protein - 21g

# Winter Yoghurt Bowl



30 Minutes



7 Ingredients



2 Servings

## Ingredients:

- 1 Delicata Squash (small, seeds removed and sliced into rings)
- 1 1/2 tsps Ghee (melted)
- 1/4 tsp Cinnamon (ground)
- 2 cups Plain Greek Yoghurt
- 1/4 cup Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 2 tbsps Almond Butter



## Method:

01

Preheat the oven to 200°C (400°F) and lie the squash onto a baking tray lined with baking paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.

02

Divide the yoghurt into bowls and top with the roasted squash, pumpkin seeds, pomegranate seeds and almond butter. Enjoy!

### Dairy-Free

- Use almond, cashew, or coconut yoghurt instead of Greek yoghurt.

### No Delicata Squash

- Use butternut squash or sweet potato instead.

### No Ghee

- Use melted coconut oil instead.

### Nut-Free

- Use sunflower seed butter instead of almond butter.

### Storage

- Assemble bowls, cover and store in the refrigerator for up to 3 days.

- Calories - 444
- Fat - 20g
- Carbs - 42g
- Fibre - 7g
- Protein - 29g



# Strawberry Banana Chia Pudding



3 Hours



5 Ingredients



2 Servings

## Ingredients:

- 1 cup Plain Coconut Milk  
(unsweetened, from the carton)
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 1/2 cup Strawberries (chopped)
- 1/2 Banana (sliced)



## Method:

01

Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.

02

To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

### Leftovers

- Refrigerate in an airtight container for up to three days. Cut fruit just before serving.

### More Flavour

- Add cinnamon or a natural sweetener of choice.

### Additional Toppings

- Add other fresh berries or chopped fruit.

### More Protein

- Top with a dollop of Greek yoghurt.

### Protein Powder

- This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

- Calories - 240
- Fat - 11g
- Carbs - 24g
- Fibre - 8g
- Protein - 14g

# Sauerkraut Egg Cups



25 Minutes



4 Ingredients



6 Servings

## Ingredients:

- 1 1/2 tsp Extra Virgin Olive Oil
- 5 Egg (whisked)
- 1 cup Sauerkraut (drained)
- 2 tbsp Plain Coconut Milk (from the carton)



## Method:

01

Preheat the oven to 190°C (375°F).

Grease a silicon muffin tray with olive oil or use baking paper muffin liners.

02

In a bowl, whisk together the eggs, sauerkraut, and coconut milk. Pour the mixture into the muffin tray, almost to the top of each compartment.

03

Bake in the oven for 20 to 25 minutes or until the egg cups are golden brown and cooked through. Enjoy!

- Calories - 76
- Fat - 5g
- Carbs - 1g
- Fibre - 1g
- Protein - 5g

### Leftovers

- Refrigerate in an airtight container for up to three days. Freeze if longer.

### Serving Size

- One serving equals one egg cup.

### More Flavour

- Add your preference of spices or herbs.

### Additional Toppings

- Serve with avocado, smoked salmon, and/or a side of fresh fruit.

### No Coconut Milk

- Use rice milk, almond milk or oat milk instead.





# Orange Turmeric

## Overnight Oats

  
2 Servings

  
2 Hours

  
6 Ingredients

### Ingredients:

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

### Method:

01

Add all ingredients to a slow cooker and cook on low for 6-8 hrs. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.

02

Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

#### Leftovers

- Refrigerate in an airtight container for up to three days.

#### More Flavour

- Add maple syrup, honey or a pinch of sea salt.

#### Additional Toppings

- Crushed nuts, hemp seeds, coconut flakes, or nut butter.

#### Gluten Free

- Use quinoa flakes and almond or rice milk.

- Calories - 297
- Fat - 8g
- Carbs - 50g
- Fibre - 9g
- Protein - 9g



# Orange & Yoghurt Breakfast Box



1 Serving



15 Minutes



4 Ingredients

## Ingredients:

- 2 Eggs
- 1 Clementines (peeled, sectioned)
- 3/4 cup Plain Greek Yoghurt
- 1/4 cup Pumpkin Seeds

## Method:

01

Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.

02

Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.

03

Arrange the hard boiled eggs, clementine slices, yoghurt, and pumpkin seeds in a container. Enjoy!

### Leftovers

- Refrigerate in an airtight container for up to two days.

### No Clementines

- Use a mandarine instead.

### Dairy-Free

- Use almond, cashew, or coconut yoghurt instead of Greek yoghurt.

- Calories - 463
- Fat - 26g
- Carbs - 24g
- Fibre - 5g
- Protein - 37g



# Blackberry Protein Overnight Oats



8 Hours



6 Ingredients



1 Serving

## Ingredients:

- 1 cup Unsweetened Almond Milk
- 1/2 cup Oats (preferably rolled)
- 1 tbsp Chia Seeds
- 2 tbsps Vanilla Protein Powder
- 1 tsp Cinnamon
- 1/2 cup Blackberries



## Method:

01

Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.

02

To serve, stir well and top with blackberries. Enjoy!

### Leftovers

- Refrigerate in an airtight container for up to three days.

### Nut-Free

- Use another milk or milk alternative instead.

### Additional Toppings

- Stir in additional almond milk or top with a dollop of Greek yoghurt.

### No Blackberries

- Use other fresh berries fruit instead.

### Protein Powder

- This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

- Calories - 322
- Fat - 10g
- Carbs - 43g
- Fibre - 14g
- Protein - 19g

# Avocado Toast with a Poach Egg



5 Minutes



6 Ingredients



1 Serving

## Ingredients:

- 1 slice Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

- Calories - 313
- Fat - 22g
- Carbs - 21g
- Fibre - 8g
- Protein - 10g



## Method:

01

Toast your bread and crack the egg into a bowl.

02

Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.

03

Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.

04

Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!





# Yoghurt Overnight

## Oats with Strawberries



4 Serving



8 Hours



7 Ingredients

### Ingredients:

- 1 cup Oat Milk (unsweetened, plain)
- 1 cup Oats (rolled)
- 1 1/3 cups Plain Greek Yoghurt
- 2 tbsps Chia Seeds
- 2 tbsps Honey
- 1 tbsp Cinnamon
- 1 cup Strawberries (chopped)

### Method:

01

Add the milk, oats, yoghurt, chia seeds, honey, and cinnamon in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.

02

Store in the fridge until ready to eat. Serve with strawberries and enjoy!

#### Leftovers

- Refrigerate in an airtight container for up to three days.

#### Dairy-Free

- Use coconut yoghurt instead of Greek yoghurt.

#### Additional Toppings

- Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter or chia jam.

#### No Oat Milk

- Use any kind of milk or milk alternative instead.

- Calories - 243
- Fat - 6g
- Carbs - 37g
- Fibre - 6g
- Protein - 12g

# Smoothies



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# Pumpkin Spice Warm Smoothie



5 Minutes



9 Ingredients



1 Serving

## Ingredients:

- 1/2 cup Water
- 1/4 cup Oats (rolled)
- 1/2 cup Pureed Pumpkin
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds
- 1/3 cup Unsweetened Almond Milk
- 1/2 Banana
- 1 tsp Maple Syrup



## Method:

01

Add the water and oats to a saucepan over medium-low heat. Bring to a simmer and cook for 4 minutes. Add the pumpkin and pumpkin pie spice and stir.

02

Add the pumpkin and oat mixture to a blender along with the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

### Serving Size

- One serving is approximately 1 & 1/2 cups.

### Nut-Free

- Use another dairy free milk such as coconut, rice or oat.

- Calories - 355
- Fat - 15g
- Carbs - 50g
- Fibre - 12g
- Protein - 10g

# Berry Beet Smoothie Bowl



10 Minutes



6 Ingredients



2 Servings

## Ingredients:

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk



### Topping Ideas

- Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

### No Schisandra Berry Powder

- Leave it out, or use acai powder instead.

## Method:

01

In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.

02

Transfer to a bowl and add toppings. Enjoy!

- Calories - 136
- Fat - 2g
- Carbs - 29g
- Fibre - 6g
- Protein - 3g





# Chocolate

## Cauliflower Shake

  
2 Servings

  
5 Minutes

  
7 Ingredients

### Ingredients:

- 2 cups Frozen Cauliflower
- 2 Banana (frozen)
- 2 tbsps Almond Butter
- 1/4 cup Cacao Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Maca Powder

### Method:

01

In your blender, combine all ingredients. Blend until smooth, pour into glasses, and enjoy!

#### Make it Mocha

- Replace half of the almond milk with chilled coffee.

#### Likes it Sweeter

- Add pitted medjool dates.

#### No Maca Powder

- Leave it out or use cinnamon instead.

- Calories - 449
- Fat - 16g
- Carbs - 50g
- Fibre - 17g
- Protein - 31g



# Blueberry

## Cobbler Smoothie



2 Serving



5 Minutes



7 Ingredients

### Ingredients:

- 1 1/2 cups Unsweetened Cashew Milk
- 1 cup Blueberries (fresh or frozen)
- 1/4 cup Oats (quick or rolled)
- 1 cup Cottage Cheese
- 2 tbsps Pitted Dates
- 1 1/2 tbsps Lemon Juice
- 1 tsp Cinnamon

### Method:

01

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

#### Leftovers

- Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

#### Make it Vegan

- Use coconut yoghurt instead of cottage cheese.

#### More Fibre

- Add ground flax seed.

#### More Protein

- Add hemp seeds, chia seeds, or a scoop of protein powder.

#### No Cashew Milk

- Use any milk of choice.

#### No Dates

- Sweeten with maple syrup, honey, stevia, xylitol or banana instead.

- Calories - 242
- Fat - 8g
- Carbs - 31g
- Fibre - 4g
- Protein - 14g



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# Bloat-Fighting *Tropical Smoothie*

  
2 Servings

  
5 Minutes

  
8 Ingredients

## Ingredients:

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

## Method:

01

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

### Likes it Sweet

- Add raw honey.

### More Protein

- Add hemp seeds or a scoop of vanilla protein powder.

### No Papaya

- Use extra pineapple or other fruit like mango or oranges.

- Calories - 449
- Fat - 16g
- Carbs - 50g
- Fibre - 17g
- Protein - 31g

# Winter Berry Smoothie



10 Minutes



6 Ingredients



2 Servings

## Ingredients:

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange  
(peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach



## Method:

01

Place all ingredients together in a blender. Blend until smooth. Pour into glasses - or into a mason jar if you are on the go!

- Calories - 168
- Fat - 6g
- Carbs - 27g
- Fibre - 8g
- Protein - 6g



# Golden Smoothie



5 Minutes



6 Ingredients



1 Serving

## Ingredients:

- 1 cup Lite Coconut Milk
- 1 cup Frozen Pineapple
- 1/2 Banana (frozen)
- 1/2 Zucchini  
(chopped and peeled, frozen)
- 1 1/2 tsps Ginger (fresh, minced)
- 1 tsp Turmeric



## Method:

01

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### No Zucchini

- Omit or replace with frozen cauliflower or diced avocado.

### No Fresh Ginger

- Use powdered ginger instead, reduce to 1/2 tsp per serving.

- Calories - 314
- Fat - 16g
- Carbs - 44g
- Fibre - 6g
- Protein - 3g



# Creamy Blueberry Smoothie

  
4 Servings

  
5 Minutes

  
7 Ingredients

## Ingredients:

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yoghurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

## Method:

01

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Additional Toppings

- Add spinach, avocado, kale, or other berries to your smoothie.

### Extra Creamy

- Use almond milk or oat milk instead of water.

### Lemon

- One lemon yields approximately 1/4 cup of lemon juice.

### Protein Powder

- This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

- Calories - 324
- Fat - 9g
- Carbs - 41g
- Fibre - 14g
- Protein - 45g

# Peach Green Tea Smoothie



5 Minutes



5 Ingredients



1 Serving

## Ingredients:

- 1 1/2 cups Green Tea  
(strong brewed, chilled)
- 1 1/2 cups Frozen Peaches
- 1/2 cup Frozen Cauliflower
- 3 tbsps Lemon Juice
- 1 1/2 tbsps Honey



## Method:

01

Add everything to a blender and blend until smooth. Pour into a glass and enjoy!

### More Fat

- Add chia seeds or flax seeds.

### Make it Vegan

- Use maple syrup or another liquid sweetener instead.

### Make it Green

- Add spinach or kale.

- Calories - 211
- Fat - 1g
- Carbs - 54g
- Fibre - 6g
- Protein - 5g





# Hot Chocolate

## Smoothie



1 Serving



5 Minutes



7 Ingredients

### Ingredients:

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Cauliflower
- 1/2 Banana
- 1/4 cup Chocolate Protein Powder
- 2 tbsps Cocoa Powder
- 1 tbsp Chia Seeds
- 1/8 tsp Sea Salt  
(optional, for topping)

### Method:

01

In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.

02

Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

#### Nut-Free

- Use coconut milk or another nut-free milk instead.

#### More Flavour

- Add ground cinnamon.

#### Protein Powder

- This recipe was developed and tested using a plant-based protein powder.

- Calories - 268
- Fat - 9g
- Carbs - 31g
- Fibre - 13g
- Protein - 26g



# Kefir Berry *Smoothie*



1 Serving



5 Minutes



4 Ingredients

## Ingredients:

- 1 1/2 cups Frozen Berries
- 1 cup Plain Kefir
- 1/2 Banana (medium)
- 1 tbsp Sunflower Seed Butter

## Method:

01

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

### Make it Vegan & Dairy-Free

- Use coconut yoghurt instead of kefir.

### No Sunflower Seed Butter

- Use almond or peanut butter instead.

### Likes it Sweet

- Add maple syrup, honey, or dates to taste.

- Calories - 411
- Fat - 12g
- Carbs - 11g
- Fibre - 11g
- Protein - 17g

# Mango Lime Smoothie



5 Minutes



5 Ingredients



1 Serving

## Ingredients:

- 1 cup Frozen Mango
- 1 cup Frozen Cauliflower
- 1 Lime (large, zest and juice)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Plain Coconut Milk  
(unsweetened, from the carton)



## Method:

01

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Additional Toppings

- Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

### No Coconut Milk

- Use almond or oat milk.

### Protein Powder

- This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

- Calories - 348
- Fat - 9g
- Carbs - 47g
- Fibre - 8g
- Protein - 23g



# Cherry Lemon Smoothie



5 Minutes



5 Ingredients



1 Serving

## Ingredients:

- 1/2 cup Cherries  
(pitted, fresh or frozen)
- 1/2 cup Frozen Cauliflower
- 1 Banana
- 1 1/2 cups Water
- 1 tbsp Lemon Juice



## Method:

01

Place all ingredients in your blender and blend until smooth. Enjoy!

### Leftovers

- Refrigerate in an airtight container for up to one day. Stir well before drinking.

### More Flavour

- Add honey, maple syrup, stevia, avocado, spinach, or kale. Use rice milk, oat milk, almond milk, or coconut milk instead of water.

### More Protein

- Add hemp seeds, chia seeds, a scoop of protein powder, or a spoonful of nut butter.

### More Fibre

- Add ground flax seed.

- Calories - 174
- Fat - 1g
- Carbs - 44g
- Fibre - 7g
- Protein - 4g

# Snacks



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# Chocolate Pumpkin Energy Bars



45 Minutes



7 Ingredients



6 Servings

## Ingredients:

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps Maple Syrup
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 28 grams Dark Chocolate (chopped)



## Method:

01

In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.

02

Transfer and spread the mixture across a baking paper-lined container or baking dish. Place another layer of baking paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)

03

In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle overtop with a small spoon.

04

Freeze for about 30 minutes and slice into bars. Enjoy!

- Calories - 208
- Fat - 14g
- Carbs - 16g
- Fibre - 3g
- Protein - 6g

### More Carbs

- Add chopped potatoes or cooked rice or pasta. You can also mix in raw pasta about 15 minutes before serving.

### Leftovers

- Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.





# Banana Bread

## Mug Cake



1 Serving



5 Minutes



7 Ingredients

### Ingredients:

- 1/2 Banana (medium, ripe, mashed)
- 2 tbsps Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tbsp Almond Butter
- 1/2 tsp Vanilla Extract
- 3 tbsps All Purpose Gluten-Free Flour
- 1/2 tsp Baking Powder

### Method:

01

In a tall mug combine the mashed banana, almond milk, maple syrup, almond butter, and vanilla extract. Stir in the flour and baking powder.

02

Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

#### Leftovers

- Best enjoyed immediately.

#### More Flavour

- Add salt, cinnamon, and/or nutmeg.

#### Additional Toppings

- Fresh banana slices, butter, coconut butter, and/or honey.

#### No Almond Milk

- Use oat milk instead.

#### Banana

- Half a medium, ripe banana yields approximately three tablespoons of mashed banana.

#### Cooking Time

- Cooking time may vary depending on the microwave.

- Calories - 316
- Fat - 9g
- Carbs - 55g
- Fibre - 8g
- Protein - 6g

# Kefir with Blackberries and Almonds



5 Minutes



3 Ingredients



1 Serving

## Ingredients:

- 1/2 cup Plain Kefir
- 1/2 cup Blackberries
- 1/4 cup Sliced Almonds



## Method:

01

Pour the kefir into a small bowl and top with blackberries and almonds. Enjoy!

### Leftovers

- Refrigerate in an airtight container for up to three days.

### Dairy-Free

- Use almond, cashew or coconut yoghurt instead of kefir.

### Nut-Free

- Use hemp seeds, pumpkin seeds, or sunflower seeds instead of sliced almonds.

### Additional Toppings

- Cinnamon, vanilla extract and/or your sweetener of choice.

- Calories - 310
- Fat - 20g
- Carbs - 22g
- Fibre - 8g
- Protein - 15g



# Maple Roasted

## Almonds



4 Servings



10 Minutes



3 Ingredients

### Ingredients:

- 1 cup Almonds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

### Method:

01

Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).

02

Remove from heat and spread almonds onto a piece of baking paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

- Calories - 222
- Fat - 18g
- Carbs - 12g
- Fibre - 5g
- Protein - 8g





# Protein Packed

## Deviled Egg



2 Servings



20 Minutes



7 Ingredients

### Ingredients:

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Spring Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

### Method:

01

Hard boil your eggs.

02

Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and spring onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

- Calories - 309
- Fat - 18g
- Carbs - 8g
- Fibre - 4g
- Protein - 30g



# Sunflower Seed Butter



1 Serving



5 Minutes



3 Ingredients

## Banana Sushi

### Ingredients:

- 2 tbsps Sunflower Seed Butter
- 1 Banana (peeled)
- 1 tbsp Hemp Seeds

### Method:

- 01 Spread sunflower seed butter onto a banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

#### Leftovers

- Best enjoyed immediately.

#### More Flavour

- Add a dash of cinnamon and/or sea salt.

- Calories - 358
- Fat - 23g
- Carbs - 35g
- Fibre - 5g
- Protein - 10g

# Frozen Yoghurt Bites with Berries



3 Hours



3 Ingredients



4 Serving

## Ingredients:

- 1/2 cup Unsweetened Coconut Yoghurt
- 1/4 cup Frozen Blueberries (chopped)
- 1/4 cup Frozen Strawberries (chopped)



## Method:

01

Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.

02

Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

### Leftovers

- Transfer to a freezer-safe bag and store in the freezer for up to two months.

### Serving Size

- One serving is approximately three cubes.

### No Coconut Yoghurt

- Use Greek yoghurt, whole milk yoghurt or plain sheep's milk yoghurt instead.

### Additional Toppings

- Add granola, coconut chips or any chopped fruit.

- Calories – 24
- Fat – 1g
- Carbs – 4g
- Fibre – 1g
- Protein – 0g



# Brazil Nuts & Blueberries



5 Minutes



2 Ingredients



1 Serving

## Ingredients:

- 1/4 cup Brazil Nuts
- 1/2 cup Blueberries



### Leftovers

- Refrigerate in an airtight container for up to three days.

### Nut-Free

- Use pumpkin seeds or sunflower seeds instead of Brazil nuts.

## Method:

01

Divide the Brazil nuts and blueberries onto a plate and enjoy!

- Calories - 261
- Fat - 23g
- Carbs - 15g
- Fibre - 4g
- Protein - 5g

# Grapefruit



5 Minutes



1 Ingredient



1 Serving

## Ingredients:

- 1 Grapefruit

Sprinkle with a pinch of sea salt or a sweetener of choice.



## Method:

01

Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

- Calories - 82
- Fat - 0g
- Carbs - 21g
- Fibre - 3g
- Protein - 2g



# Apple Slices & Nori Crisp

  
2 Servings

  
5 Minutes

  
3 Ingredients

## Ingredients:

- 4 Nori Sheets
- 1/3 tsp Extra Virgin Olive Oil
- 2 Apple (medium)

## Method:

01

Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.

02

Slice apples and divide onto plates with nori crisps. Enjoy!

### Save Time

- Buy pre-toasted nori sheets.
- Spray oil on instead of brushing.

- Calories - 112
- Fat - 1g
- Carbs - 27g
- Fibre - 6g
- Protein - 2g





## Brussels Sprouts,

# Bacon & Brazil Nuts



4 Servings



45 Minutes



5 Ingredients

### Ingredients:

- 6 cups Brussels Sprouts (trimmed)
- 2 tbsps Avocado Oil
- 6 slices
- Bacon (diced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Brazil Nuts (chopped)

### Method:

01

Preheat oven to 180°C (350°F) and line a baking tray with parchment paper.

02

Place the brussels sprouts in a large bowl and drizzle with oil. Add the diced bacon and toss well. Transfer to baking sheet and sprinkle with salt and pepper. Roast for 40 minutes.

03

Remove from oven and top with chopped brazil nuts. Enjoy!

#### Vegetarians & Vegans

- Omit bacon or use coconut bacon.

#### More Carbs

- Add sweet potato.

#### Nut-Free

- Top with toasted pumpkin seeds instead of Brazil nuts.

#### Leftovers

- Keeps well for 3 days in the fridge.

- Calories - 393
- Fat - 34g
- Carbs - 14g
- Fibre - 6g
- Protein - 13g



NATUROWAY





# Mains & Salads



NATUROWAY



# Thai Chopped Chicken Salad & Peanut Sauce



30 Minutes



16 Ingredients



3 Servings

## Ingredients:

- 225 grams Chicken Breast (skinless and boneless)
- 1/8 tsp Chili Powder
- 1/8 tsp Smoked Paprika
- 1/8 tsp Sea Salt
- 3 tbsps All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tsp Raw Honey
- 1 tbsp Lime Juice
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 2 tbsps Water
- 3 cups Green Cabbage (chopped)
- 2 Carrot (shredded)
- 1/2 Red Capsicum
- 1/2 Mango (cubed)
- 3 stalks Spring Onions (chopped)

### Leftovers

- Store salad and dressing separately in sealed containers in the refrigerator for up to three days.

### Nut-Free

- Use sunflower seed butter instead of peanut butter.

### More Flavour

- Add chili flakes to the sauce for heat.

### Additional Toppings

- Add chopped coriander, crushed peanuts and/or sesame seeds.

### Make it Vegan

- Omit the chicken and use cooked tofu or chickpeas instead.



## Method:

01

Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a pan over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.

02

In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.

03

In a large bowl, add the cabbage, carrots, capsicum, mango and spring onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

- Calories - 282
- Fat - 11g
- Carbs - 26g
- Fibre - 6g
- Protein - 24g



NATUROWAY





# Maple Mustard Kale Salad

*with Crispy Tofu*



2 Servings



35 Minutes



10 Ingredients

## Ingredients:

- 200 grams Tofu (extra firm, pressed then cut into 1 & 1/4 cm cubes)
- 1 tbsp Tamari
- 1 tbsp Arrowroot Powder
- 6 cups Kale Leaves (finely chopped)
- 2 tbsps Lemon Juice
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 1/2 Cucumber (chopped)
- 1/2 Red Capsicum (chopped)

## Method:

01

Preheat the oven to 200°C (400°F) and line a baking tray with parchment paper.

02

Add the tofu cubes to a bowl and gently toss with the tamari. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Let the tofu cool slightly.

03

Add the kale to a mixing bowl. Add the lemon juice and half of the oil and massage with your hands for one to two minutes until wilted and tender.

04

In a small bowl combine the remaining oil with the Dijon mustard and maple syrup.

05

To serve, divide the massaged kale between plates and top with cucumber, red pepper and the crispy tofu. Spoon the remaining dressing over. Enjoy!

### Leftovers

- Refrigerate the kale salad in an airtight container for up to three days. Store dressing and tofu separately.

### Additional Toppings

- Add tomato, grated carrot, green onion, or red onion.

### No Tamari

- Use coconut aminos instead.

### No Maple Syrup

- Use honey or other liquid sweetener instead.

- Calories - 299
- Fat - 20g
- Carbs - 20g
- Fibre - 5g
- Protein - 14g

# Egg Roll in a Bowl



30 Minutes



9 Ingredients



4 Servings

## Ingredients:

- 2 tbsps Avocado Oil
- 1 Brown Onion (medium, diced)
- 5 stalks Spring Onions(diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 450 grams Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

### No Coconut Aminos

- Use tamari or soy sauce instead.

### Meat-Free

- Replace the ground meat with scrambled eggs or tofu.

- Calories – 407
- Fat – 26g
- Carbs – 21g
- Fibre – 6g
- Protein – g



## Method:

01

Heat the avocado oil in a pan over medium-high heat. Add the brown onion, spring onions, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.

02

Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through

03

Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

# Winter Kale Salad



20 Minutes



10 Ingredients



4 Servings

## Ingredients:

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (thinly sliced)
- 1/2 cup Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 cup Pumpkin Seeds
- 1/4 cup Unsweetened Coconut Flakes (toasted)



## Method:

01

Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.

02

Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.

03

Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

### Leftovers

- Store in an airtight container in the fridge for up to two days.

### No Pear

- Use sliced apple instead.

### No Kale

- Use silverbeet or collard greens instead.

- Calories - 188
- Fat - 14g
- Carbs - 15g
- Fibre - 5g
- Protein - 3g



# Mango & Chickpea Quinoa Salad



15 Minutes



9 Ingredients



4 Servings

## Ingredients:

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 cup Coriander (chopped)
- 1/2 cup Chickpeas (cooked)
- 170 grams Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)



## Method:

01

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.

02

Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

- Calories – 255
- Fat – 11g
- Carbs – 33g
- Fibre – 8g
- Protein – 10g

### Leftovers

- Refrigerate in an airtight container for up to four days.

### Serving Size

- Each serving equals approximately 1 1/2 cups of salad.

### More Flavor

- Add chilli powder or red pepper flakes.

### Additional Toppings

- Add in cucumber, corn, red onion, and/or green capsicum.



## Rainbow Lettuce Wraps

### With Spicy Mango Dressing



4 Servings



15 Minutes



14 Ingredients

#### Ingredients:

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Capsicum (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Spring Onions (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed, and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Coriander

#### Method:

01

In a large mixing bowl combine the cabbage, capsicum, carrot and spring onions. Toss to combine and set aside.

02

Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.

03

To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, coriander and spicy mango dressing. Serve immediately and enjoy!

#### Leftovers

- Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

#### Serving Size

- One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

#### Additional Toppings

- For extra crunch add sliced almonds or pumpkin seeds.

#### More Protein

- Add cooked chicken, shrimp or tofu.

- Calories - 251
- Fat - 16g
- Carbs - 28g
- Fibre - 10g
- Protein - 4g



NATUROWAY



# Roasted Winter Salad with Halloumi



50 Minutes



10 Ingredients



4 Servings

## Ingredients:

- 2 tbsps Avocado Oil
- 2 Garlic (cloves, minced)
- 1 Delicata Squash (medium, seeds removed and sliced into rings)
- 3 cups Purple Cabbage (cut into 2 & 1/2 cm pieces)
- 1 cup Red Onion (roughly chopped into large wedges)
- Sea Salt & Black Pepper (to taste)
- 110 grams Halloumi (cut into large pieces)
- 1 tsp Ground Sumac
- 1 tbsp Lemon Juice
- 1/3 cup Mint Leaves (chopped)

### Leftovers

- Refrigerate in an airtight container for up to three days.

### Serving Size

- One serving is equal to about 3/4 cup.

### Dairy-Free

- Omit the halloumi.

### No Mint

- Use parsley or basil.

### No Sumac

- Use another spice blend such as za'atar.



## Method:

01

Preheat the oven to 220°C (425°F) and line a baking tray with baking paper.

02

In a large bowl add the avocado oil, minced garlic, squash, cabbage, red onion, salt and pepper and toss to combine. Add to the baking sheet and roast for 20 to 25 minutes.

03

Remove the baking tray and add the halloumi. Place back in the oven for an additional 15 minutes.

04

Remove the baking tray and sprinkle the sumac on top of everything. Drizzle the lemon juice on top. Divide between plates and top with mint leaves. Enjoy!

- Calories - 259
- Fat - 16g
- Carbs - 21g
- Fibre - 4g
- Protein - 10g



NATUROWAY





# 15 Minute Snapper

## with Dill Pesto



### Ingredients:

- 1 cup Parsley (packed)
- 1/4 cup Fresh Dill (packed)
- 1/3 cup Slivered Almonds
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper
- 565 grams Snapper Fillet
- 1 1/2 tps Coconut Oil
- 8 cups Mixed Greens (or Rocket)

### Method:

01

In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.

02

Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron fry pan over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.

03

Divide mixed greens between plates. Set snapper on the greens and top with a large dollop of pesto. Enjoy!

#### Nut Free

- Use pumpkin seeds or sunflower seeds instead.

#### Save Time

- Blend the pesto in advance.

#### More Carbs

- Serve it with rice, quinoa or roasted mini potatoes.

- Calories - 327
- Fat - 20g
- Carbs - 6g
- Fibre - 3g
- Protein - 31g



# Winter Buddha Bowl



4 Servings



40 Minutes



14 Ingredients

## Ingredients:

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained, and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

- Calories - 570
- Fat - 24g
- Carbs - 74g
- Fibre - 17g
- Protein - 21g

## Method:

- 01** Preheat oven to 220°C (420°F).
- 02** Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03** Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04** Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05** Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06** Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07** Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

## Leftovers

- Refrigerate in an airtight container for up to three days. For best results, refrigerate the ingredients separately.





# Lemon Maple

## Chickpea Salad

  
3 Servings



15 Minutes



8 Ingredients

### Ingredients:

- 3 tbsps Lemon Juice
- 2 tbsps Maple Syrup
- 1 tbsp Dijon Mustard
- 1/2 tsp Sea Salt
- 1 Red Capsicum (chopped)
- 1 Zucchini (small, chopped)
- 1/4 cup Red Onion (finely chopped)
- 2 cups Chickpeas (cooked)

### Method:

01

In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.

02

Add the capsicum, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.

03

Divide between plates and enjoy! For best flavour, serve chilled.

#### Leftovers

- Refrigerate in an airtight container for up to three days.

#### More Flavour

- Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

#### Serve it With

- Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.

- Calories - 249
- Fat - 3g
- Carbs - 46g
- Fibre - 10g
- Protein - 11g



# Tuna Salad Stuffed Avocado with Hot Sauce



20 Minutes



9 Ingredients



4 Servings

## Ingredients:

- 2 Avocado
- 2 cans Tuna (drained and flaked)
- 2 stalks Celery (finely diced)
- 1 cup Baby Spinach (finely chopped)
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Tabasco Sauce

### More Protein & Crunch

- Add 1/4 cup sunflower seeds.

### Don't Like Avocados

- Use halved capsicums or carved out tomatoes instead.  
Roast first for some extra yum.

### Don't Eat Fish

- Use a can of white beans instead.



## Method:

01

Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.

02

Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.

03

Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

- Calories – 261
- Fat – 17g
- Carbs – 10g
- Fibre – 7g
- Protein – 18g



NATUROWAY

# Roasted Sweet Potato & Brussels Sprouts Salad



30 Minutes



11 Ingredients



4 Servings

## Ingredients:

- 2 Sweet Potato  
(medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts  
(washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper  
(less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils  
(cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

### No Brussels Sprouts

- Use broccoli instead.

### No Lentils

- Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

- Calories - 355
- Fat - 12g
- Carbs - 50g
- Fibre - 16g
- Protein - 17g



## Method:

01

Preheat the oven to 220°C (425°F). Line a large baking tray with baking paper.

02

Combine the diced sweet potato and Brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking tray. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.

03

While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.

04

Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.

05

Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!



# Buckwheat

## Sweet Potato Bowl



2 Servings



30 Minutes



8 Ingredients

### Ingredients:

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Coriander (chopped)

### Method:

01

In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.

02

In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.

03

Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and coriander. Enjoy!

### Leftovers

- Refrigerate in an airtight container for up to three days.

### Serving Size

- One serving is equal to approximately 2 cups.

### More Flavour

- Add diced onions or minced garlic.

- Calories - 464
- Fat - 16g
- Carbs - 75g
- Fibre - 11g
- Protein - 11g





# Roasted Winter Vegetables

## With Tzatziki Drizzle



4 Servings



45 Minutes



12 Ingredients

### Ingredients:

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

### Method:

01

Preheat oven to 190°C (375°F). Line two baking trays with baking paper.

02

Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.

03

Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.

04

Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.

05

Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

#### More Protein

- Add lentils, chickpeas or diced chicken.

#### Leftovers

- Store covered in the fridge up to two to three days.

- Calories - 30
- Fat - 0g
- Carbs - 7g
- Fibre - 2g
- Protein - 1g



NATUROWAY



# Roasted Brussels Sprout



## Caesar Salad

### Ingredients:

- 455 grams Extra Lean Ground Chicken (cooked)
- 5 cups Brussels Sprouts (halved)
- 1/2 cup Radishes (sliced)
- 1/2 cup Pumpkin Seeds
- 1/3 cup Extra Virgin Olive Oil
- 1 Garlic (whole head)
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper

### Method:

01

Preheat oven to 200°C (400°F). In a large bowl, toss Brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking tray lined with baking paper or foil.

02

Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.

03

Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.

04

Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

### Leftovers

- Store in the fridge in an airtight container up to three days.

### Save Time

- Cook the ground chicken and make the roasted garlic dressing in advance.

### No Extra Lean Ground Chicken

- Use any other type of ground meat instead.

### Vegan & Vegetarian

- Use cooked lentils instead of ground meat.

- Calories - 446
- Fat - 33g
- Carbs - 14g
- Fibre - 6g
- Protein - 27g



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# Citrusy Kale & Carrot Salad



10 Minutes



7 Ingredients



4 Servings

## Ingredients:

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled, and finely grated)
- 1/3 cup Walnuts (chopped)



## Method:

01

Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.

02

In a small bowl combine the oil, lemon juice, and Dijon mustard

03

Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.

04

Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

- Calories - 169
- Fat - 14g
- Carbs - 10g
- Fibre - 4g
- Protein - 3g

### Leftovers

- Refrigerate in an airtight container for up to three days.

### Nut-Free

- Omit the walnuts or use pumpkin seeds instead.

### More Flavor

- Use roasted walnuts and add fresh parsley. Season with salt and pepper.

### More Protein

- Add chickpeas, cooked chicken, shrimp, or salmon.



# Herbal Teas



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Herbal medicine has been used for thousands of years to treat many different healthy concerns. I find herbs to be extremely powerful when balancing hormones.

I often prescribe herbal tinctures, which contain herbs like Rosemary, St Mary's Thistle and Schisandra, which can assist with liver insufficiency and help the liver to detoxify excess oestrogen from the body.

Turmeric also has the same affect, so I hope you enjoy this recipe!

# Turmeric Latte

## Ingredients:

- 1 tsp ground turmeric
- 1 tsp manuka honey
- 1 cup milk of your choice  
(e.g. almond, rice, soy\*, oat milk)
- Cracked black pepper
- Ground cinnamon

## Method:

- 01** Heat the milk for 2 minutes.
- 02** Add the honey, turmeric, and black pepper and combine.
- 03** Sprinkle with cinnamon. Enjoy!



\* The use of soy milk is controversial, but according to Lara Briden, the best-selling author of the Period Repair and Hormone Repair Manuals, it is safe to use organic non-genetically modified (GMO) soy milk, as it contains high concentrations of isoflavones, which are phytoestrogens that act similarly to oestrogen, but with much weaker effects. In fact, they bind to oestrogen receptors (blocking harmful oestrogen) and cause either weak oestrogenic or even anti-oestrogenic activity.

Unfortunately, there are no guaranteed organic or non-GMO soybeans left in Australia, so I haven't been able to find anywhere to purchase them from here in Australia. However, I have found some powder alternatives that you can use instead. Please don't hesitate to contact me for more information.

When drinking herbal tea, it's important for you to use good quality sources, which are often sourced from Naturopaths, Herbalists, health food stores or the like. Often you will find that the loose tea versions are better quality than the tea bags that you can source from the supermarket.

Just add 1 heaped teaspoon of the herb to a mug or tea dispenser and add boiling water. Let it steep for at least 5-10 minutes to ensure you are getting a strong enough dose of the herb for the desired therapeutic effect.



## Chaste-Tree (Vitex) Tea

This amazing herb indirectly increases progesterone and balances hormones.

It is great for PMS and skin conditions. It reduces the hormone called prolactin, which causes breast tenderness; whilst increasing dopamine, the neurotransmitter – brain chemical – that is involved in the reward pathway and a precursor to your stress hormones, adrenaline, and noradrenaline.

These are important for focus, energy, motivation, and cognition function.



## Dandelion Root Tea

This wonderful herb has a bitter taste and supports your liver and gallbladder to assist with your digestion.

It is also a mild diuretic and a mild laxative which will help to keep you regular.





# Green Tea

People with oestrogen dominance – seen in premenstrual syndrome (PMS), endometriosis, fibroids, breast cancer, uterine cancer and cervical cancer – can add some green tea into their diet, as long as they tolerate caffeine properly.

I am sensitive to caffeine. If I have a green tea at six o'clock in the morning, I will be grinding my teeth and clenching my jaw throughout the day, super anxious and then wired at midnight, unable to fall asleep.

If you are already a coffee or black tea drinker, then switching across to green tea is a great idea, because not only does it contain less caffeine than coffee, but green tea is processed differently to black tea.

Unlike black tea, the green tea leaves are steamed immediately after they're picked, before being rolled and dried. This stops the EGCG compound from being oxidised and lost.

Here are some of the many benefits of green tea...

- Helps to detoxify the body.
- Helps to stabilise diabetes.
- Can assist in weight loss.
- Slows the ageing process.
- Eliminates free radicals within the body.
- Helps to fight bacteria and viruses and strengthen the immune system.
- Improves the flora in the intestines by blocking bad bacteria and increasing good bacteria.
- Helps prevent heart related conditions within the body.
- Works to normalise blood pressure levels.
- Absorbs and blocks cholesterol.
- Decreases the levels of cholesterol in the blood and prevents the process of oxidation creating bad cholesterol.



## Red Clover Tea

Is high in isoflavone phytoestrogens, which produce oestrogen like effects, without the nasty effects of Oestradiol, your nasty oestrogen.

It may prevent oestrogen dominant cancer, assist with PMS and painful menstruation or reduce some of the uncomfortable symptoms of menopause..



## Black Cohosh

The benefits of this herb have been utilised for a very long time.

It has similar properties to Red Clover, as well as reducing inflammation and being a mild sedative.

# Enjoy!



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