



30 DAYS TO HEALTHY LIVING



MEAL PLANS & SHOPPING LIST

Recipes provided by Arbonne Independent Consultant, ENVP Molly Geil

WELCOME TO YOUR HEALTHY LIVING JOURNEY!

We've collected some delicious recipes to help you plan your clean eating during the coming weeks, and we've included an easy shopping list to help you get the right ingredients each time. Remember, this is your journey and this information is intended as a guideline to help you stay on track with your 30 Days to Healthy Living programme. You may find you want to add your own flair or substitute non-vegan proteins with a vegan protein of your choice. Choose the recipes you enjoy and be well!



SHAKE RECIPES

BASIC SHAKE

- 2 scoops Vanilla or Chocolate Arbonne Essentials® Protein Shake Powder
- A handful of veggies like spinach, kale, pumpkin, or your favourite greens
- 25g low-glycemic fruits like dark berries or green apple
- 1 tbsp of healthy fat like coconut cream, almond butter, pecans or half an avocado
- 260–475 ml of liquid like water, almond milk, rice milk or coconut milk
- For an extra nutrient boost add flax seeds, chia seeds, and coconut flakes

DIRECTIONS

Combine ingredients in a blender and enjoy.

CARROT CAKE

- 2 scoops Arbonne Essentials Vanilla Protein Shake Powder
- 1 handful spinach
- 75g cooked or raw chopped carrots
- 1 tbsp walnuts
- 1 tsp cinnamon
- 250 ml water
- 250 ml unsweetened almond milk
- Add ice to taste
- 1 scoop Arbonne Essentials Daily Fibre Support if desired

DIRECTIONS

Combine ingredients in a blender and enjoy.

CHOCOLATE SPINACH CRUNCH

- 2 scoops Arbonne Essentials Chocolate Protein Shake Powder
- 265 ml water
- 1½–2 handfuls fresh spinach
- 6–8 hazelnuts
- Add ice to taste
- 1 scoop Arbonne Essentials Daily Fibre Support

DIRECTIONS

Combine ingredients in a blender and enjoy.

DOUBLE CHOCOLATE FIX

- 2 scoops Arbonne Essentials Chocolate Protein Shake Powder
- 1 scoop Arbonne Essentials Greens Balance
- 250 ml unsweetened almond milk
- ¾ tsp flax oil
- 1 pinch of unsweetened cocoa nibs
- 1 tsp unsweetened cocoa powder
- Add ice to taste
- 1 scoop Arbonne Essentials Daily Fibre Support

DIRECTIONS

Combine ingredients in a blender and enjoy.

NUTTY APPLE CINNAMON

- 2 scoops Arbonne Essentials Vanilla Protein Shake Powder
- 1 handful kale or spinach
- 250 ml unsweetened almond milk
- ½ green apple, sliced
- Ground cinnamon, to taste
- 1 tbsp raw pecans; or slivered/sliced raw almonds
- Add ice to taste
- 1 scoop Arbonne Essentials Daily Fibre Support

DIRECTIONS

Combine ingredients in a blender and enjoy.

SWEET VERY BERRY

- 2 scoops Arbonne Essentials Vanilla Protein Shake Powder
- 1 scoop Arbonne Essentials Greens Balance
- 65 ml unsweetened coconut milk
- 125 ml unsweetened almond milk
- 235 ml water
- 1 tbsp almond butter
- 35 g frozen or fresh berries
- Add ice to taste
- 1 scoop Arbonne Essentials Daily Fibre Support

DIRECTIONS

Combine ingredients in a blender and enjoy.

SAMPLE MEAL PLAN ONE



MONDAY

- 7 am** Meal Replacement Shake
- 11 am** Kale Salad Bowl with Tahini
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Turkey Burgers with Sautéed Mushrooms and Spinach or Black Bean Butternut Squash Chilli

TUESDAY

- 7 am** Power Protein Breakfast Bowl
- 11 am** Collard Wraps
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Grilled Chicken & Veg Fajitas with Black Beans or Toasted Coconut Quinoa Salad

WEDNESDAY

- 7 am** Breakfast Meal Replacement Shake
- 11 am** Mediterranean Quinoa Salad
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Kale Salad Bowl w/ Tahini & Grilled Salmon or Chicken

THURSDAY

- 7 am** Veggie Scramble
- 11 am** Kale Pad Thai
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Clean Eating Coconut Chicken with Almonds & Big Green Salad or Spaghetti Squash Italiano

FRIDAY

- 7 am** Meal Replacement Shake
- 11 am** Curried Chicken Salad
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Turkey and Veggie Meatloaf Minis or Toasted Coconut Quinoa Salad

SATURDAY

- 7 am** Meal Replacement Shake
- 11 am** Asian Lettuce Wraps
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Kale and Quinoa Burrito Bowls

SUNDAY

- 7 am** Sunday Quiche
- 11 am** Meal Replacement Shake
- 3 pm** Buddha Bowl
- 7 pm** Hummus Crusted Chicken or Black Bean Butternut Squash Chilli

GROCERY SHOPPING LIST



Organic Produce

- 3 green apples
- 6 avocados
- fresh basil
- bean sprouts
- berries
- 2 red peppers
- 2 orange peppers
- 3 yellow peppers
- 2 heads of broccoli
- 1 butternut squash
- 1 head of cabbage
- 3 carrots
- 2 bunches of celery
- cherry tomatoes
- chives
- coriander
- collard greens
- 2 packs of mushrooms
- 2 cucumbers
- dill
- 1 aubergine
- 8 garlic bulbs
- fresh ginger
- 1 jalapeno
- 2 bags of kale
- 3 lemons
- 4 limes
- mint leaves

- mixed greens
- 2 red onions
- 7 onions
- 22 spring onions
- parsley
- fresh pico de gallo/salsa
- 4 heads romaine lettuce
- 2 butternut squash spaghetti
- 1 bag of spinach
- 2 sweet potatoes
- 6 tomatoes
- 1 butternut squash
- 2 courgettes



Organic Dry Goods

- almond butter
- almonds
- raw apple cider vinegar
- 3 tins black beans
- brown rice
- capers
- unsweetened cacao nibs
- unsweetened cacao powder
- cashews
- cayenne pepper
- chilli powder
- chipotle chilli paste
- chipotle powder
- cinnamon
- unsweetened coconut flakes
- 2 tins coconut milk
- coconut oil
- sweetcorn
- cumin
- curry powder
- dijon mustard
- ground flax
- flax oil
- 4 tins chickpeas
- garlic powder
- hazelnuts
- hemp seeds
- kalamata olives
- liquid aminos
- Italian tomato sauce
- powdered mustard
- no-salt seasoning
- nutritional yeast
- extra virgin olive oil
- oregano
- onion powder
- paprika
- pecans
- pepper
- pine nuts
- quinoa
- red pepper flakes
- sea salt
- sesame oil
- sesame seeds
- sun-dried tomatoes
- sunflower seeds

- tahini paste
- tomato paste
- turmeric powder
- walnuts
- vegan worcestershire sauce



Organic Frozen Produce

- frozen berries
- frozen spinach and/or kale



Organic Refrigerated Items & Proteins

- free range boneless, skinless chicken breasts
- free range eggs
- coconut milk
- salmon fillets
- extra lean turkey mince
- unsweetened almond milk
- hummus



RECIPES

KALE SALAD BOWL WITH TAHINI

INGREDIENTS

- 2 sweet potatoes
- 4 handfuls chopped kale, stems removed
- 275 g cooked quinoa
- 1 tin (400 g) chickpeas, drained
- Sesame seeds
- Salt & fresh pepper
- Olive oil

For the tahini:

- 2 garlic cloves
- 1 tsp salt
- 185 g tahini paste
- 2 tbsp lemon juice
- 2–3 tbsp warm water
- 2 tsp chopped parsley

For the lemon dressing:

- ¼ cup lemon juice
- 1 tsp salt
- ½ tsp fresh pepper
- ⅔ cup olive oil

DIRECTIONS

Roasted sweet potatoes: Preheat oven to 205°C. Prepare a baking sheet with foil and spray with nonstick cooking oil. Peel the potatoes and cut them into small cubes (1.5–2.5 cm). Toss in a bowl with enough olive oil to coat all the pieces. Season GENEROUSLY with salt and fresh pepper. Lay the cubes out on the baking sheet in one layer. Bake for 20–25 minutes flipping the potatoes halfway through. To brown and crisp them a bit more, broil on high for 2–4 minutes.

Tahini: In a pestle & mortar, crush the garlic and coarse salt until it is completely ground. There should be no chunks. Add the tahini paste and lemon and mix until combined. Add water, parsley and mix again. It should be fairly loose. If the tahini is too thick, add another tablespoon of water until you've achieved desired consistency. You can also do this in a food processor if you either don't own a pestle & mortar, or if yours isn't big enough to hold all the ingredients.

Lemon dressing: Whisk all the ingredients together.

Bowls: Toss the chickpeas with about 2 tablespoons of lemon dressing in a small bowl. Set aside.

In a large bowl, toss and massage the kale with the remaining lemon dressing, some salt, and fresh pepper. Massaging the kale will break down some of those tough fibres and make the kale a bit softer.

Top with the roasted potatoes, quinoa, and chickpeas. Drizzle with tahini. Use as much or as little as you like. You can serve the rest of the tahini on the side as well. Garnish with sesame seeds and season with salt and fresh pepper. Enjoy!

TURKEY BURGERS WITH SAUTÉED MUSHROOMS & SPINACH

INGREDIENTS

- 225 g extra lean ground organic turkey mince
- 1½ tsp no-salt seasoning
- A pinch of salt and pepper
- 1 tomato, sliced
- 90 g fresh spinach
- 375 g fresh, raw mushroom slices
- 1 tsp minced garlic
- 1 tbsp olive oil

DIRECTIONS

Shape the mince into two round, flat patties and season as well. Set aside. Grab a sauté pan and a medium sized saucepan. Drizzle some olive oil in the sauté pan and cook the burgers for 3–4 minutes on each side until they are cooked through. Simultaneously, drizzle olive oil in the medium sized saucepan and heat over medium heat. Toss in minced garlic, spinach and mushrooms. Add a pinch of salt and pepper and cook, stirring occasionally for 3–5 minutes until spinach is wilted and mushrooms are tender. Turn off heat under both pans.

Top each turkey burger with several tomato slices and a heaping spoonful of the sautéed spinach and mushrooms.

BLACK BEAN BUTTERNUT PUMPKIN CHILLI

INGREDIENTS

- 2 tbsp olive oil
- 1 small butternut squash, peeled and cubed
- Salt and pepper
- 1 large onion, chopped
- 1 yellow pepper, chopped
- 1 orange pepper, chopped
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 2 medium cloves garlic, minced or grated
- 90 g chipotle chillies/chipotle chilli paste
- 475 ml vegetable stock
- 400 g cooked black beans
- 4 spring onions
- 1 avocado, diced

DIRECTIONS

Heat the olive oil over medium heat in a large soup pot. Season butternut squash with salt and pepper and cook in olive oil, stirring occasionally, until lightly browned. Add the onion and peppers, cooking until softened. Add the cumin, oregano, and garlic and cook until aromatic. Add the chipotle chillies/paste, stock, and beans and cook until the squash is tender. Mash the beans gently with a wooden spoon against the side of the pan to thicken, then season with salt and pepper. Ladle into bowls and serve with spring onions and avocado.

LEMONY BROCCOLI

INGREDIENTS

- 1 bunch or head of broccoli; rinsed and cut into florets
- 1 tsp olive oil
- 1–2 garlic cloves, minced
- ½ tsp lemon juice
- Sea salt and pepper

DIRECTIONS

Preheat the oven to 205°C. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet lined with parchment paper. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15–20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

POWER PROTEIN BREAKFAST BOWL

INGREDIENTS

- 135 g cooked quinoa or cooked brown rice
- ½ green apple
- 2 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon and nutmeg
- Almond milk, unsweetened
- ¼–1 scoop Arbonne Essentials® Vanilla Protein Shake Powder

DIRECTIONS

Mix all ingredients in bowl and serve immediately!

CREATIVE COLLARD WRAPS

INGREDIENTS

- Avocado
- Spring onion
- Mushrooms
- Yellow peppers
- Shredded carrots
- Bean sprouts
- Collard greens or hearty lettuce for wrap
- Brown rice
- Sesame seeds
- Red pepper flakes
- Liquid aminos

Optional: grilled chicken, ground turkey or chicken breast

DIRECTIONS

Slice your favourite veggies and put in a wrap! Place in collard wrap (or other hearty lettuce wrap) and drizzle with liquid aminos and dash of red pepper flakes.

TOASTED COCONUT QUINOA SALAD

INGREDIENTS

- 130 g quinoa
- 235 ml coconut milk
- 1 small bunch of kale, stems removed and leaves chopped
- ½ red onion, chopped
- 43 g unsweetened coconut flakes

DIRECTIONS

Toss all ingredients together in a bowl and enjoy.

CHICKEN & VEG FAJITAS WITH BLACK BEANS

INGREDIENTS

- 1 large red pepper, sliced thin lengthwise
- 1 large yellow pepper, sliced thin lengthwise
- 1 large orange pepper, sliced thin lengthwise
- 5 raw, boneless, skinless chicken breasts, sliced thin lengthwise
- Mixed greens
- Pico de gallo or salsa
- Tin of black beans
- ¼ avocado
- 1 large red onion, sliced thin
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp chilli powder
- 1 tbsp ground cumin
- 1 tbsp olive oil

DIRECTIONS

Sauté everything in a large pan, adding the spices about halfway through. Top on a bed of fresh greens with salsa and avocado. Serve with a side of black beans.

MEDITERRANEAN QUINOA SALAD

INGREDIENTS

- 96 g quinoa
- 295 ml water
- 1 small cucumber cut in half, sliced or ½ cup diced celery from inner hearts
- 60 g kalamata olives
- 1 ripe avocado, diced
- 1 tsp fresh mint leaves
- 3 tbsp chopped fresh parsley
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- ¼ tsp dried mustard
- 1 small clove garlic, chopped fine
- 2 tbsp extra virgin olive oil
- Sea salt to taste
- Freshly ground pepper
- 170 g organic mixed greens
- Grilled chicken or salmon

DIRECTIONS

Place quinoa in a strainer and rinse with cold water if from a packet, boxed quinoa typically does not need to be rinsed. Place in saucepan with water and a small amount of sea salt. Bring to a boil, cover and simmer for 15 minutes or until grains show a thread like spiral and water is absorbed. Remove from heat, remove the lid, and place a dish towel over the pan. Return the lid to the pan and let sit for 10 minutes or longer, undisturbed. Transfer to a salad bowl and fluff with fork. Allow to cool. Add cucumbers, olives avocado, mint, parsley to the bowl. Whisk together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Just before serving, toss greens with 3 tablespoons dressing. Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix. Also good topped with grilled chicken or salmon.

VEGGIE EGG SCRAMBLE

INGREDIENTS

- 2 eggs
- ½ an onion
- 115 g spinach
- 57 g mushrooms
- 1 clove garlic
- 1 tbsp nutritional yeast
- 2 tsp olive oil or coconut oil
- Salt and pepper
- Avocado slices
- Fresh pico de gallo or salsa

DIRECTIONS

Sauté veggies in olive oil or coconut oil. Add two beaten eggs, nutritional yeast, no-salt seasoning or salt, and pepper. Scramble and top with avocado slices and fresh pico de gallo or salsa.

KALE PAD THAI

INGREDIENTS

- 1 bunch of kale, shredded or chopped
- ½ shredded cabbage
- 1 tin (400g) chickpeas
- 128 g cashews, roasted or plain
- 1 bunch of celery, chopped
- 32 g sunflower seeds
- 4 spring onions, chopped fine
- 100 g mung bean sprouts
- 100 g shredded carrot
- Handful of corriander
- 1 lime
- Chopped garlic
- Sesame oil
- Red pepper flakes
- Minced garlic
- 1 tbsp your favourite nut butter

DIRECTIONS

Add oil to a wok on high heat. Toss in all veggies. Add garlic, spring onions, sprouts, and red pepper to taste. Toss in wok and sauté for 3 minutes. Add nut butter, chickpeas, nut and seeds. Serve with corriander on top.

CLEAN EATING COCONUT CHICKEN WITH ALMONDS

INGREDIENTS

- 50 g almonds, chopped
- 1 (400 ml) tin light coconut milk
- 900 g raw spinach leaves
- 3 chicken breasts (about 200 g each), chopped into bite-sized pieces
- ½ tsp finely grated fresh ginger
- ½ tsp cinnamon

DIRECTIONS

Combine all ingredients in a large pan and cook until the chicken is fully cooked through. Serve by itself or over brown rice, spaghetti squash, or fresh spinach.

BIG GREEN SALAD

INGREDIENTS

- Quinoa
- Shredded kale
- Shredded carrots
- Shredded broccoli
- Cherry tomatoes
- Chopped spring onion
- Crushed pecans
- Avocado

DIRECTIONS

Toss together. Top with Easy Salad Dressing.

EASY SALAD DRESSING

INGREDIENTS

- 118 ml good quality olive oil
- Few dashes liquid aminos
- Juice from 1 lemon or raw apple cider vinegar
- 1 tbsp dijon mustard
- No-salt seasoning
- Fresh sea salt and pepper

DIRECTIONS

Mix all ingredients in glass jar. Makes enough for several salads. Keep jar on counter for up to a week.k.

SPAGHETTI SQUASH ITALIANO

INGREDIENTS

- 2 small spaghetti squash
- 600 g courgette, aubergine and mushroom slices
- 30 g spinach
- 4 medium spring onions, sliced
- ¼ cup fresh basil and parsley
- 1 tbsp olive oil
- 2 cloves garlic
- 1 jar italian or tomato sauce
- 3 medium tomatoes, seeded and chopped
- 64 g pine nuts or walnuts, toasted
- 2 tbsp nutritional yeast

DIRECTIONS

Halve squash lengthwise and remove the seeds. Prick skin all over. Place halves, cut side down, in a rectangular baking dish. Cover and bake in a 175°C oven for 60–70 minutes or until tender. Using a fork, separate the squash pulp into strands, leaving strands in shell.

Meanwhile, sauté veggies, garlic, and herbs in oil, then add Italian/tomato sauce and tomatoes. Spoon ¼ of mixture into each shell. Sprinkle with nuts and nutritional yeast. Return to oven and bake, uncovered, for 10 minutes.

CURRIED CHICKEN SALAD

INGREDIENTS

- 1 tsp tahini
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 garlic clove, minced
- ½ tsp salt
- 1 (400 g) tincooked chickpeas
- 1½ tsp black pepper
- 675 g cooked brown rice, short grain
- 2 chicken breasts cooked and chopped
- 40 g nutritional yeast (or to taste)
- ¼–1 tsp turmeric powder (optional)
- Pinch of dried or fresh dill, and smoked paprika

DIRECTIONS

Mix tahini with spices and garlic. Add the rest of ingredients to big bowl, mix together, and add the already mixed tahini and spices.

TURKEY & VEGGIE MEATLOAF MINIS

INGREDIENTS

- 1 small grated onion
- 1¼ lbs raw lean organic turkey mince
- 185 g chopped, dry broccoli
- 100 g cup cooked brown rice
- 3 cloves garlic, minced
- ½ tsp liquid aminos
- 1 egg
- 32 g plus 3 tbsp of a tomato puree

DIRECTIONS

Add all the ingredients, except for the turkey, and 32 g of the tomato puree into a large bowl and mix well. Add the turkey. Line a 12 cup muffin tray with baking cases or nonstick spray. With a teaspoon, evenly distribute turkey veggie mixture among the muffin cups, and top each with 1 teaspoon of tomato paste. Bake in the oven at 175°C for 30 minutes. Let stand for five minutes before serving.

ASIAN LETTUCE WRAPS

INGREDIENTS

- 1 tbsp sesame oil
- 260 g cooked quinoa
- 1 red pepper, seeded and cut into strips
- 4 spring onions, trimmed and sliced
- 4 cloves garlic, minced
- 1 tsp liquid aminos
- 2 tbsp lime juice
- 2 tbsp apple cider vinegar
- ¼ tsp chilli flakes
- 1 shredded carrot
- 1–2 heads lettuce, trimmed and separated
- 25 g toasted almonds, chopped

DIRECTIONS

Heat oil to medium in a large skillet. Add quinoa, red pepper and spring onions and cook for 6 minutes. Add aminos, lime juice, vinegar, and chilli flakes. Cook for two minutes. Add garlic and cook for 30 seconds more. Stir in carrots and scoop into lettuce leaves. Top with almonds and roll up.

KALE & QUINOA BURRITO BOWL

INGREDIENTS

Quinoa

- 65 g quinoa
- 175 ml water + 2 tbsp
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp chilli flakes

Kale

- ½ bunch kale
- 1–2 limes

Chipotle Sauce

- 3 tbsp tahini
- 5 tbsp water, plus more as needed
- Juice from ½ a lime
- ⅛–¼ tsp chipotle powder
- Dash garlic & onion powder
- Pinch of salt

Pico de gallo

- 1 small yellow onion, diced
- 2 tomatoes, seeds removed and diced
- 1 jalapeno, seeds removed and diced (some seeds ok for heat)

To serve

- 1 tin (400 g) black beans
- 1 avocado
- Chopped corriander
- Sliced lime wedges

DIRECTIONS

Quinoa: In a medium pot, add quinoa, water, garlic and onion powder and salt, bring to a boil, cover, reduce heat to low and simmer for 15 minutes. Remove cover and let set 10 minutes, fluff with fork.

Kale: Rinse kale, remove the hard center stem and cut into strips. Either right on the cutting board or in a large bowl, squeeze the juice of 1–2 limes over top and mix to coat, set aside to let the kale marinate.

Chipotle sauce: Place all ingredients in a small bowl and mix well. Taste for flavour adjusting as needed. To thicken, add a tad more tahini, to thin add more water. Set aside, the flavours will develop over a few minutes.

Pico de gallo: Dice vegetables, place in medium size bowl, add juice of 1 lime over top and mix well. Keep covered in the refrigerator for up to a week.

Beans: Place beans with juices in small pan and heat over medium until warm. If not heating, drain and rinse beans well.

To serve: Toss all ingredients together in a bowl and enjoy!

SUNDAY QUICHE

INGREDIENTS

Crust

- 1 tbsp ground flax + 3 tbsp water, mixed together
- 100 g ground almonds
- 1 tsp dried parsley
- 1 tsp dried oregano
- ½ tsp kosher salt
- 1 tbsp coconut oil or olive oil
- 1–2½ tbsp water, as needed

Filling

- 6 eggs beaten
- 1 tbsp coconut oil or olive oil
- 1 onion, thinly sliced
- 3 large garlic cloves, minced
- 225 g sliced mushrooms
- 25 g fresh chives, finely chopped
- 25 g fresh basil leaves, finely chopped
- 20 g oil-packed sun-dried tomatoes, finely chopped
- 225 g spinach
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- ¾–1 tsp fine grain sea salt black pepper, to taste chilli flakes, to taste

DIRECTIONS

Mix dry ingredients in food processor for crust. Add oil and water, press into cake tin. Use a little almond milk to help form crust if ingredients seem too dry. Bake the crust on 175°C for 15 minutes. Sauté onion, garlic, mushrooms, add spinach just to wilt. Add chives, basil, nutritional yeast and other ingredients and place in precooked crust. Pour eggs over and bake on 175°C for 30–40 min until top is browned and bubbling.

BUDDHA BOWLS

INGREDIENTS

- Kale
- 455 g cooked organic chicken breast mince with cumin
- 2 diced and roasted sweet potatoes
- 195 g cooked brown rice
- 1 tin organic sweetcorn
- Corriander
- Avocado slices
- Almond butter
- Liquid aminos
- Chilli flakes
- Olive oil
- Sesame oil
- Lime

DIRECTIONS

Line plates with kale, top with chicken, one scoop sweet potatoes, one scoop brown rice, and sweetcorn. Top with corriander, avocado, almond butter, liquid aminos, and then add chilli flakes, olive oil, sesame oil, fresh lime juice to taste.

HUMMUS CRUSTED CHICKEN

INGREDIENTS

- 4 boneless, skinless chicken breasts
- Sea salt and pepper
- 1 courgette, chopped
- 1 butternut squash, chopped
- 1 medium onion, chopped
- 245 g hummus
- 1 tbsp olive oil
- 2 lemons
- 1 tsp smoked paprika

DIRECTIONS

Preheat oven to 230°C. Prepare one large baking dish or two smaller baking dishes with olive oil spray. Pat the chicken dry. Season the chicken breasts with generous pinches of sea salt and pepper. In a large bowl, toss the courgette, butternut squash and onion with olive oil until evenly coated. Season with sea salt and pepper. If using one baking dish, place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top, then spread each chicken breast with the hummus so that the entire breast is covered. Squeeze the juice of one lemon over the chicken and vegetables. Sprinkle the entire dish with smoked paprika. If desired, thinly slice one lemon and place the slices in between the chicken and vegetables. If using two pans, use one for the chicken and one for the vegetables.

Bake for about 25–30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

SAMPLE MEAL PLAN TWO



MONDAY

- 7 am Meal Replacement Shake
- 11 am Crunchy Thai Quinoa Salad
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Seared Salmon Salad or Pumpkin Quinoa Stew

TUESDAY

- 7 am Power Protein Breakfast Bowl
- 11 am Extra Veg Fried Rice
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Slow Cooker Curried Veg Stew

WEDNESDAY

- 7 am Meal Replacement Shake
- 11 am Asian Collard Wraps with Creamy Almond Butter Sauce
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Lemon Chicken, Hasselback Sweet Potatoes & Steamed Broccoli or Butternut Pumpkin & Kale Soup

THURSDAY

- 7 am Veggie Scramble
- 11 am Kale, Strawberry and Avocado Salad with Poppy Seed Dressing
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm DIY Burrito Bowls with Avocado Lime Sauce

FRIDAY

- 7 am Meal Replacement Shake
- 11 am Glass Jar Taco Salad or Crunchy Thai Quinoa Salad
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Vegetable Paella

SATURDAY

- 7 am Meal Replacement Shake
- 11 am Healing Chicken Herb Soup
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Salmon and Cauliflower Rice Bowls or DIY Burrito Bowl

SUNDAY

- 7 am Protein Boosted Blueberry Pecan Quinoa Breakfast Bowl
- 11 am Meal Replacement Shake
- 3 pm Classic Vegan Caesar with Avocado and Chickpeas
- 7 pm Hippie Bowls with Secret Sauce

GROCERY SHOPPING LIST



Organic Produce

- rocket
- 6 avocados
- blueberries
- 4 carrots
- 2 heads of cauliflower
- basil
- bean sprouts
- 2 heads of broccoli
- butternut squash
- 1 celery bunch
- cherry tomatoes
- 1 bunch of fresh corriander
- 2 cucumbers
- 3 bulbs of garlic
- collard green leaves
- fresh ginger
- 1 green apple
- 1 green pepper
- green cabbage
- spring onions
- 3 bunches of kale
- 2 lemons
- 3 limes
- 1 onion
- parsley
- pumpkin
- 1 red cabbage
- 5 red peppers

- radishes
- romaine lettuce
- 3 plum tomatoes
- strawberries
- mangetout
- 7 sweet potatoes
- sweet onion
- 2 bags of baby spinach
- 2 white onions
- onion
- 2 courgettes
- Optional veggies: asparagus and fresh or frozen peas
- brussels sprouts



Organic Dry Goods

- 1 bag of quinoa
- almonds
- almond butter
- almond milk
- apple cider vinegar
- apple cider vinegar mustard
- 1 tin (240 g) artichoke hearts
- avocado oil
- 2 tins black beans
- chicken stock
- 2 bags brown rice
- cayenne pepper
- 5 cans of chickpeas
- chilli garlic sauce

- chilli powder
- cinnamon
- 1 tin light coconut milk
- coconut aminos
- coconut oil
- shredded coconut
- cumin powder
- cumin seeds
- curry powder
- dijon mustard
- garlic powder
- hemp seeds
- kalamata olives
- low sodium vegetable stock
- dried marjoram
- mint
- nutmeg
- nutritional yeast
- olive oil
- onion powder
- dried oregano
- paprika
- pecans
- pepper
- poppy seeds
- raw coconut flakes
- thin rice noodles
- red pepper flakes
- rosemary
- dried sage
- salsa
- salt

- sesame seeds
- sesame oil
- tahini
- tamari sauce
- thyme
- 3 tins of chopped tomatoes
- tomato purée
- toasted sesame oil
- turmeric
- vegetable stock



Organic Refrigerated Items & Proteins

- 4 salmon fillets
- 170 g extra-firm organic tofu
- free range eggs
- 6 chicken breasts



RECIPES

CRUNCHY THAI QUINOA SALAD

INGREDIENTS

Salad

- 96 g uncooked quinoa
- 355 ml water
- 180 g shredded red cabbage
- 50 g grated carrot
- 150 g thinly sliced mangetout
- Chopped handful of corriander
- 3 thinly sliced spring onions
- 25 g toasted slivered almonds

Sauce

- 65 g smooth almond butter
- 3 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1 tsp toasted sesame oil
- 1 tsp grated fresh ginger
- ½ lime, juiced
- Pinch of chilli flakes

DIRECTIONS

Rinse the quinoa in a fine mesh colander under running water. In a medium sized pan, combine the rinsed quinoa and 355 ml water. Bring the mixture to a gentle boil over medium heat, and then reduce the heat to medium low and gently simmer the quinoa until it has absorbed all of the water. Remove the quinoa from heat, cover the pot and let it rest for 5 minutes. Uncover the pot and fluff the quinoa with a fork. Set it aside to cool.

Sauce: Whisk together the almond butter and coconut aminos until smooth. Add the remaining ingredients and whisk until smooth. If the mixture seems too thick to toss into the salad, whisk in a bit of water to loosen it up.

In a large serving bowl, combine the cooked quinoa, shredded cabbage, carrot, mangetout, corriander and spring onions. Toss to combine, then pour in the sauce. Toss again until everything is lightly coated in sauce. Salt to taste. Divide into individual bowls and garnish with slivered almonds.

TIP: This salad keeps well, covered and refrigerated, for about 4 days. If you don't want your toasted almonds to get soggy, store them separately from the rest and garnish just before serving.

SEARED SALMON SALAD

INGREDIENTS

- Two salmon fillets (grilled or pan seared)
- Chopped romaine lettuce
- Peeled carrots
- Mangetout
- Radishes
- 1 avocado

Dressing

- 60 ml olive oil
- Juice from ½ lemon
- Salt and pepper to taste
- 1 tbsp Organic Apple Cider Vinegar Mustard

DIRECTIONS

Arrange on platter or in bowls and drizzle with dressing.

PUMPKIN QUINOA STEW

INGREDIENTS

- Olive oil
- 1 onion
- 1 Garlic clove
- Fresh sage
- Cumin
- 1 tin chopped tomatoes
- 450 g cooked pumpkin or squash
- 700 ml veggie stock
- 185 g cooked quinoa
- 2 tins black beans

DIRECTIONS

Heat oven to 200°C. Cut pumpkin in half, rub with olive oil and place on roasting pan cut side down and pierce with a fork. Cook for 40 minutes or until a fork easily pokes through the pumpkin.

Sauté the onion, garlic, and sage in olive oil. Add spices, tomatoes, pumpkin, and stock. Bring to a boil. Add the quinoa and black beans to the pot, reduce heat and simmer uncovered for 1 minute.

POWER PROTEIN BREAKFAST BOWL

INGREDIENTS

- 135 g cooked quinoa or cooked brown rice
- ½ green apple
- 1 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon to taste
- Nutmeg to taste
- Almond milk, unsweetened
- ¼-1 scoop Arbonne Essentials® Vanilla Protein Shake Powder

DIRECTIONS

Mix all ingredients in bowl and serve immediately.

EXTRA VEGGIE FRIED RICE

INGREDIENTS

- 1½ tsp + 2 tbsp avocado oil
- 2 eggs, scrambled
- 1 small white onion, finely chopped
- 2 medium carrots, finely chopped
- 300 g additional veggies, cut into very small pieces for quick cooking (options include mangetout, asparagus, broccoli, cabbage, peppers, and/or fresh or frozen peas)
- ¼ tsp salt, more to taste
- 1 tbsp grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of chilli flakes
- 400 g cooked brown rice
- 225 g greens, such as spinach or kale
- 3 spring onions, chopped
- 1 tbsp coconut aminos
- 1 tsp toasted sesame oil

DIRECTIONS

Before getting started, make sure that all of your ingredients are prepped, and also have an empty bowl nearby for holding the cooked eggs and veggies.

Warm a large cast iron or stainless steel skillet over medium-high heat. Add 1½ teaspoons of oil and swirl the pan to coat the bottom. Add the eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat proof spatula.

Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent, and the carrots are tender.

Add the remaining veggies and salt. Continue cooking, stirring occasionally, until the veggies are cooked through and turning golden. In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.

Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and chilli flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the cooked rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges.

Add the greens and spring onions and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the coconut amino and sesame oil. Divide into bowls and serve immediately.

SLOW COOKER CURRIED VEGETABLE AND CHICKPEA STEW

INGREDIENTS

- 1 tsp olive oil
- 1 large onion, diced
- 1 tbsp kosher salt, divided
- 2 medium sweet potatoes
- 1 tbsp curry powder
- 1 tbsp coconut aminos
- 1 tbsp grated fresh ginger
- 3 cloves garlic, minced
- ⅛ tsp cayenne pepper
- 475 ml low-sodium vegetable stock, divided
- 2 tins chickpeas, drained and rinsed
- 1 medium green pepper, diced
- 1 medium red pepper, diced
- 1 medium head cauliflower, cut into bite sized florets
- 1 tin chopped tomatoes
- ¼ tsp freshly ground black pepper
- 285 g baby spinach
- 250 ml coconut milk

DIRECTIONS

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent. Add the potatoes or squash and 1 teaspoon of the salt, and sauté until just translucent around the edges.

Stir in the curry, coconut amino, ginger, garlic, and cayenne and cook until fragrant. Pour in 60 ml of the stock and scrape up any browned bits from the bottom of the pan. Transfer this onion potato mixture into the bowl of a slow cooker.

Add the remaining 415 ml stock, chickpeas, peppers, cauliflower, chopped tomatoes, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more stock as needed. Cover and cook for on the HIGH setting for 4 hours.

Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over brown rice or quinoa.

TIP: Halve this recipe for a smaller slow cooker.

ASIAN COLLARD WRAPS WITH CREAMY ALMOND BUTTER SAUCE

INGREDIENTS

- 170 g extra-firm organic tofu, drained
- 1 tbsp coconut oil
- 70 g thin rice noodles
- 6 large collard green leaves
- 1 medium carrot, peeled
- ½ cucumber
- 75 g red cabbage, shredded
- 12 basil leaves
- 12 mint leaves
- 100 g bean sprouts

Sauce

- 4 tbsp almond butter
- 2 tsp apple cider vinegar
- 1 tbsp lime juice
- 1 tsp chilli garlic sauce
- 1–2 tsp water
- ½ tsp tamari sauce

DIRECTIONS

Press tofu between a few layers of paper towels to remove as much moisture as possible. Cut tofu into 1–2 cm thick strips, about 8–10 cm long. Begin cooking your rice noodles according to package directions.

Heat coconut oil in a large skillet over medium heat and fry the tofu until lightly golden, 3–4 minutes on each side. Check on your rice noodles and when tender, drain and set aside. Once tofu is done cooking, set on a layer of paper towels to cool.

Wipe clean the same skillet you used to cook the tofu and fill it with a few inches of salted water. Bring the water to a boil over medium heat. At this time, fill a separate pot or bowl with ice water and set aside.

While you wait for your water to boil, prepare your collard greens by trimming the long stem so it's flush with the leaf. Then, with the leaf upside down, gently shave down the thick stem that runs up the centre of the leaf with a sharp paring knife. Doing so will make the leaf more flexible to fold and wrap.

Once the water is boiling, carefully drop in the collard greens. Cook for 30 seconds, then immediately transfer them to the bowl of ice water.

While your collard greens chill in the ice bath, prepare your veggies. For the carrot, use a vegetable peeler to create long, thin strips. Slice the cucumber in half lengthwise and then cut each half lengthwise into thin pieces. Trim the fleshy, seedy part of each piece to avoid a soggy wrap. Set chopped veggies aside.

Sauce: Combine the almond butter, tamari, apple cider vinegar, lime juice and chilli garlic sauce in a small bowl. Add a teaspoon or two of water to thin the sauce if it's really sticky.

Assemble: Dry each collard green leaf between two paper towels. Lay one of the leaves on a flat surface, like your cutting board, with the stem side facing up.

Spread a spoonful of almond butter sauce across the bottom center of the leaf, followed by the tofu, rice noodles, carrot, cucumber, bean sprouts, mint and basil. Fold the sides of the leaf in towards the center, followed by the bottom, so your fillings are cradled.

Finally, using your hands to keep the sides of the leaf tucked in, roll the wrap from the bottom like you're folding a burrito. Add a dab of almond butter sauce to the edge of the leaf to help the wrap stick to itself. Repeat this process with the remaining three wraps.

With a serrated knife, carefully slice each wrap in half to serve. Or, if you're going to travel with your wrap, leave it whole and cut it on arrival. Use any extra almond butter sauce for dipping.

LEMON CHICKEN WITH SWEET POTATOES AND BROCCOLI

INGREDIENTS

- 2–3 chicken breasts
- Olive oil
- Lemon juice
- Turmeric
- Salt
- Pepper
- Cayenne pepper
- Rosemary
- Thyme
- Steamed broccoli
- 2 large sweet potatoes
- 2 tsp fresh thyme leaves, plus extra for serving
- ¼ tsp kosher salt
- ¼ tsp fresh ground black pepper
- 3 tbsp olive oil

DIRECTIONS

Marinate chicken in olive oil, lemon juice, turmeric, sea salt, black and cayenne pepper, fresh rosemary and thyme. Bake or grill the chicken breasts. Arrange a rack in the middle of the oven and heat to 190°C.

Wash the sweet potatoes and cut the sweet potato into rough ½ cm slices, leaving ¼ cm intact at the bottom.

Place in a roasting dish. Carefully tuck the thyme leaves in between the fans of the sweet potatoes. Sprinkle with salt and pepper, then drizzle the olive oil on top, using a brush to spread evenly and into the fans as well.

Roast in the oven until the sweet potatoes are soft in the middle and easily pierced with a paring knife, 45–55 minutes depending on the size of your sweet potatoes. Serve immediately while hot.

BUTTERNUT PUMPKIN & KALE SOUP

INGREDIENTS

- 1 kg butternut squash, peeled and cubed
- 2 tbsp olive oil
- Salt
- Pepper
- 2 tbsp coconut oil
- 1 onion, diced
- 3 garlic cloves, diced
- 950 ml vegetable stock
- 1 tbsp cinnamon
- 1 tbsp smoked paprika
- ¼ cup unsweetened almond milk
- 1 bunch kale

DIRECTIONS

Heat oven to 205°C. Combine olive oil, squash, and sprinkle with salt and pepper. Place on a roasting dish and roast for about 40 minutes or until a fork easily pokes through the squash.

Add coconut oil and onion to large pan. Sauté until onion is translucent, about 5 minutes. Add garlic and sauté another 2–3 minutes.

Add squash, stock, cinnamon and paprika to pan. Bring to a boil, then simmer another 10–15 minutes. Add almond milk, then blend until smooth.

Add kale and re-blend or stir. Add salt and pepper to taste, then serve warm.

VEGGIE EGG SCRAMBLE

INGREDIENTS

- 6–8 eggs
- 2 sweet potatoes, peeled, diced, roasted
- 2 medium courgettes, sliced
- 2 handfuls spinach
- 1 red pepper, diced
- 10 cherry tomatoes, halved
- 3 garlic cloves, minced
- 1 tsp chilli powder
- ½ tsp ground cumin
- ½ tsp paprika
- 3 tbsp olive oil
- Fresh parsley (for garnish)
- ½ avocado
- Salsa
- Sea salt and freshly ground black pepper

DIRECTIONS

Sauté courgette, peppers and garlic, then add cherry tomatoes and sweet potato, add spinach. Scramble eggs with spices, pour over veggies, stir until cooked, top with fresh parsley, avocado and salsa.

KALE SALAD

INGREDIENTS

Salad

- 260 g chopped kale, stems removed
- Pinch of sea salt
- 165 g sliced strawberries
- 1 avocado, chopped
- 37 g sliced almonds

Lemon Poppy Seed Dressing

- 1 tbsp olive oil
- 2 tbsp fresh lemon juice
- ½ tsp poppy seeds
- 1 tsp honey
- ⅛ tsp salt
- ⅛ tsp freshly ground black pepper

DIRECTIONS

Put the kale in a large bowl. Sprinkle a pinch of sea salt over the kale and massage the leaves with your hands until the leaves are darker in colour and tender. Add the strawberries, avocado, and almonds. Toss gently.

Lemon Poppy Seed Dressing: In a small jar, combine the olive oil, lemon juice, honey, poppy seeds, salt, and pepper. Shake until mixed well. Pour the dressing over the salad and toss to coat. Serve.

BURRITO BOWLS WITH AVOCADO LIME SAUCE

INGREDIENTS

- 85 g dry brown rice
- 1 tbsp coconut oil
- Salsa
- Sliced spring onions, for garnish
- Sliced cherry tomatoes, for garnish

Spicy Black Beans

- 2 tbsp coconut oil or olive oil
- 150 g diced sweet onion
- 4 medium garlic cloves, minced
- 225 g chopped fresh tomatoes
- 1 tsp chilli powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- Salt
- 2½ tbsp tomato purée
- 1 tin black beans, drained and rinsed
- a handful coriander, large stems removed and finely chopped

Avocado-Lime Sauce

- 1 large garlic clove
- 1 large avocado, pitted
- 3 tbsp fresh lime juice
- 1 tbsp water
- ¼ tsp fine sea salt, or to taste

DIRECTIONS

Add the rice and 1 tablespoon of oil into a medium pan along with 500 ml of water. Increase heat to medium high and bring to a simmer. Immediately reduce the heat to low medium and cover with a lid. Cook the rice until it's tender and the water is absorbed.

Spicy Black Beans: In a large wok or skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 5–6 minutes, until softened. Stir in the chopped tomatoes, chilli powder, garlic powder, dried oregano, cayenne, and ½ teaspoon of salt. Continue sautéing for another 3–5 minutes until the tomato softens.

Stir in the tomato purée and drained and rinsed black beans. Cook for a few more minutes until heated throughout. Taste and add more salt if desired. Stir in the coriander.

Avocado Lime Sauce: Mince the garlic clove in a food processor. Add the avocado, lime juice, water, and salt. Process until smooth. Taste and adjust lime juice if desired.

Divide the rice between 2–3 bowls. Top each with a couple scoops of the hot black bean mixture, and a large spoonful of both the salsa and the avocado lime sauce. Garnish with sliced spring onions and optional sliced cherry tomatoes. Serve over a bed of greens.

GLASS JAR TACO SALAD

INGREDIENTS

- 1 tbsp olive oil
- 225 g chicken breast cut into bite sized pieces
- 100 g carrots, sliced
- 1 large red pepper, sliced
- 1 onion, roughly chopped
- 2 garlic cloves minced
- 2 tsp cumin seed
- Salt
- 1 large avocado
- 1 large lime, juiced
- 230 g salsa
- 1 tin chopped plum tomatoes
- 50 g cucumber, chopped
- 25 g coriander, roughly chopped
- Fresh spinach
- 500 ml glass jars

DIRECTIONS

Heat ½ tbsp of olive oil in a large skillet over medium heat. Cook the chicken breast until golden brown, and no longer pink on the inside. Set aside in a small bowl.

Add the remaining ½ tbsp of olive oil into the pan and turn to medium/high heat. Cook the carrots until they begin to just soften. Turn the heat down to medium and add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred.

While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2 minutes. Transfer them to a cutting board and crush. Add the crushed seeds into the pan with the veggies and season with salt. Mix well and turn off the heat.

Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. Place ½ of the salsa in the bottom of each jar, spreading evenly. Divide the avocado/lime mixture on top, gently spreading out. Then, divide the cumin roasted veggies, followed by the chicken. You may need to lightly pack everything in to get it all to fit. After the chicken, place the chopped tomatoes, and then the cucumbers. Finish off by dividing the coriander and then as much spinach as you can fit. Seal and refrigerate.

VEGETABLE PAELLA

INGREDIENTS

- 3 tbsp extra virgin olive oil, divided
- 1 medium onion, chopped fine
- 1½ tsp fine sea salt, divided
- 6 garlic cloves, pressed or minced
- 2 tsp smoked paprika
- 1 tin (400 g) chopped tomatoes, drained
- 370 g brown rice
- 1 tin (400 g) chickpeas, rinsed and drained
- 710 ml vegetable stock
- 1 tin (240 g) artichoke hearts, drained
- 2 red peppers, sliced into long, 1 cm-wide strips
- 90 g kalamata olives
- 60 g spinach
- Freshly ground black pepper
- A handful chopped fresh parsley
- 2 tbsp lemon juice, plus additional lemon wedges for garnish
- 75 g frozen peas
- 28-30 cm large casserole dish

DIRECTIONS

Arrange your oven racks in the upper and lower thirds of the oven, making sure that you have ample space between the two racks for your casserole dish. Preheat the oven to 175°C. Heat 2 tablespoons of the oil in your casserole dish or skillet over medium heat until shimmering. Add the onion and a pinch of salt. Cook until the onions are tender and translucent.

Stir in the garlic and paprika and cook until fragrant. Stir in the tomatoes and cook until the mixture begins to darken and thicken slightly, about 2 minutes. Stir in the rice and cook until the grains are well coated with tomato mixture, about 1 minute. Stir in the chickpeas, stock, and 1 teaspoon salt.

Increase the heat to medium high and bring the mixture to a boil, stirring occasionally. Cover the pot and transfer it to the lower rack in the oven. Bake, undisturbed, until the liquid is absorbed, and the rice is tender, 50–55 minutes.

Meanwhile, line a large, baking tray with parchment paper. On the baking sheet, combine the artichoke, peppers, chopped olives, 1 tablespoon of the olive oil, ½ teaspoon of the salt, and ground black pepper. Toss to combine, then spread the contents evenly across the pan.

Roast the vegetables on the upper rack until the artichokes and peppers are tender and browned around the edges, about 40–45 minutes. Remove from the oven and let the vegetables cool for a few minutes. Add the spinach and parsley (reserve some for garnish) to the pan and the lemon juice and toss to combine. Season with salt and pepper, to taste. Set aside.

Sprinkle the peas and roasted vegetables over the baked rice, cover, and let the paella sit for 5 minutes. Garnish with a sprinkle of chopped parsley and serve in individual bowls, with lemon wedges on the side.

CHICKEN HERB SOUP

INGREDIENTS

- 225 g diced chicken breast
- 2 tbsp olive oil or coconut oil
- 2 garlic cloves
- 3 celery stalks, sliced
- ½ diced onion
- 1 carrot, peeled and diced
- 235 ml water
- 1.25 L chicken stock
- 1 tsp onion powder
- ½ tsp dried marjoram
- ½ tsp dried sage
- 225 g shredded green cabbage
- Salt and pepper to taste
- 2 tbsp chopped fresh parsley

DIRECTIONS

In a large pot, heat oil over medium high heat. Add garlic, celery, onion, and carrots and sauté for 2–3 minutes. Stirring frequently. Add chicken and cook for 4 more minutes. Stir in water, stock, onion powder, marjoram, and sage. Bring to a boil, then reduce heat to simmer for 15–20 min. Add cabbage and simmer for another 5 minutes. Season with salt and pepper to your desired taste. Ladle into bowls and top with parsley.

SALMON & CAULIFLOWER RICE BOWLS

INGREDIENTS

- 1 salmon fillet
- 10–12 brussels sprouts, chopped in half
- 1 bunch kale, washed and shredded
- ½ head cauliflower, pulsed or chopped into cauliflower rice
- 3 tbsp olive or coconut oil
- 1 tsp curry powder
- Salt

Marinade

- 60 ml tamari sauce
- 1 tsp dijon mustard
- 1 tsp sesame oil
- 1 tbsp sesame seeds

DIRECTIONS

Preheat oven to 175°C. Line a baking tray and add chopped brussels sprouts. Coat with 1 tablespoon oil and season with salt. Add to oven and roast for 20 minutes. Meanwhile, make marinade by combining all ingredients in a bowl and whisking until combined.

Remove brussels sprouts after 20 minutes and add salmon fillets to the baking tray. Spoon marinade over salmon fillets and return to oven for a further 13–15 minutes.

While salmon is cooking, heat a pan over medium high heat and add 1 tablespoon oil. Add kale and sauté until wilted. Remove from pan and set aside.

Heat remaining oil in pan and add cauliflower rice. Season with 1 teaspoon curry powder and salt and sauté until cooked. Remove salmon and brussels sprouts from oven and divide into two bowls. Add sautéed kale and cauliflower rice to bowls.

CLASSIC VEGAN CAESAR WITH AVOCADO & CHICKPEAS

INGREDIENTS

Dressing

- 50 g tahini paste
- 235 ml water
- 2 garlic cloves, grated
- 2 tbsp nutritional yeast flakes
- 2 tsp whole grain dijon mustard
- ¼ tsp salt

Salad

- 3 chopped romaine lettuce hearts, chopped
- Handful of rocket
- 1 tin (400 g) chickpeas, rinsed and drained
- 1 avocado, diced
- Fresh black pepper to taste

DIRECTIONS

Stir together the dressing ingredients in a small bowl. Use a fork to blend smooth. Add additional tablespoons of water to thin, as needed. Taste for salt and seasoning.

In a large mixing bowl, toss the greens with the dressing. Add the avocado and chickpeas. Serve with fresh black pepper sprinkled on top

HIPPIE BOWLS WITH SECRET SAUCE

INGREDIENTS

- 170 g dry quinoa
- 1 small sweet potato, scrubbed clean and cut into 1 cm chunks
- 1 small head of broccoli, cut into small florets
- 1 tin chickpeas, rinsed and drained
- 90 g shredded red cabbage
- 75 g shredded carrots
- 25 g almonds, roughly chopped
- 1 small avocado, diced

Sauce

- 50 g tahini
- 118 ml water
- 1 tbsp apple cider vinegar
- 2 tsp dijon mustard
- Pinch of cayenne pepper
- 3 tbsp nutritional yeast
- Salt to taste

DIRECTIONS

Preheat the oven to 220°C. In a large bowl combine the sweet potato, broccoli and chickpeas. Toss with a little olive oil, salt and pepper. Place on a prepared baking tray and roast in the oven until lightly browned on all sides. Toss veggies halfway through cooking time.

While veggies roast, cook the quinoa. Prepare the “hippie sauce” by combining all ingredients and processing until smooth with an immersion blender or regular blender.

Once veggies are done roasting toss them with the cooked quinoa. Add the shredded cabbage, carrots, avocado, and almonds. Drizzle with creamy sauce and serve warm.

PROTEIN BOOSTED BLUEBERRY PECAN QUINOA BREAKFAST BOWL

INGREDIENTS

- 96 g cooked quinoa
- 125 ml coconut milk
- 2 scoops Arbonne Essentials® Protein Shake Powder (or 1 scoop shake powder and 1 scoop Daily Protein Boost)
- Sprinkle of cinnamon
- 2–3 tbsp pecan pieces
- 2–3 tbsp shredded coconut
- 75 g blueberries

DIRECTIONS

Mix ingredients together in a bowl and enjoy!

