




TRIBAL
Wellness
MOVEMENT

Disclaimer

Please remember to consult your health practitioner before starting any new health, exercise or meal plan.

All information and recipes provided in this booklet is for information purposes only. The publishers, leaders (and their related companies) of our Tribal Wellness Movement do not take any responsibility for the information and opinions supplied by the contributors shared on our website, in our booklet, or shared in our facebook forum. Readers should obtain their own independent advice before making any changes to their health, exercise or nutrition regime.

© 2016 Tribal Wellness Movement. All rights reserved.

A large teal circle containing the text "EPIC HEALTH & LIFESTYLE ON A GLOBAL SCALE" in white, uppercase, sans-serif font.

EPIC HEALTH
& LIFESTYLE
ON A
GLOBAL
SCALE



Welcome To Tribal Wellness

WELCOME TO THE BEGINNING OF A WHOLE NEW YOU! WE ARE EXCITED FOR YOU TO JOIN OUR TRIBAL WELLNESS MOVEMENT AND KNOW THAT YOUR LIFE WILL BECOME SO MUCH RICHER IN SO MANY WAYS.

Not just in your health, but your relationships, your connection to others, especially those you care about, your wealth and following your passion.

This way of living is for everyone, from the elite athlete, to the new mama, the couch potato, a growing family and everyone in between looking for more health, vibrancy, vitality, balance and joy. We don't see this as a program or a

challenge with a start and an end date. We see it as a way of living that is sustainable and achievable for everyone who is committed to living their best life!

With the thousands of people we have already been able to reach with this important message, one thing we know is true - everyone is unique and different and we all have different styles and ways we like going about things. For some of us, we love guidance, rules and a system to follow, for others they see rules and run for the hills! With this in mind we have created something that caters for every unique soul, meeting them wherever they are in their health and life journey.

Our Guiding Principles

Rather than having lots of rules (that most people will end up breaking anyway) we have a list of guiding principles for you to follow on your journey of Tribal Wellness.

1. COMPARED TO WHAT

Instead of making drastic changes in your life, we want you to make gradual and sustainable ones. So we love this question "compared to what?".

Look at what you are doing currently and see what you can upgrade to the next level. So for example; if you currently have white rice, upgrade to brown rice or quinoa. If you currently have dairy milk, upgrade to soy or nut milk. If you love ice cream, upgrade to a frozen fruit sorbet. You don't have to go without, you just need to upgrade.

2. EAT MORE FOODS CLOSER TO THE SUN

This is a super simple concept, yet so many of us don't practice it as much as we should. Basically the less processed something is, the better it is for you. Say yes to more live foods and no to foods from a packet, or that have been processed further away from its original state. Taking your Juice Plus each day will certainly help in this process, as you flood the body with more whole foods, you will naturally begin to crave them more too.

3. DRINK WATER WHEN YOU FEEL HUNGRY

Many of us are walking around dehydrated. We should ideally be drinking a litre of water for every 22kg of body weight a day. Do yourself a favor, get an awesome drink bottle and have it on you all the time. When you feel like something to eat, have a drink, when you wake in the morning, have a drink, sip water throughout your day and watch your body sing :) A good rule of thumb is that if your urine is not clear, you need to drink more water!

4. COUNT VITALITY NOT CALORIES

Society has been taught that calories are our enemy, so much so that some people count calories in hope to lose weight and then get frustrated when they don't. Well we have some exciting news for you!! In our Tribal Wellness Program we are NOT about counting calories, it is all about counting vitality! Our body needs whole, live foods -

and you can have as much of them as you want!

Here is a common sense question for you. If you had a handful of raw almonds or a chocolate biscuit with the same amount of calories, which would be better for you?

The almonds right!! Whole foods, unprocessed and in mother natures packet. Yet following a calorie counting diet, people would opt for the chocolate biscuit and then still be hungry and frustrated when they didn't reach their goals.

5. THE 80/20 RULE

Our program is all about balance!! If we were to tell you that you couldn't have pizza, chocolate, beer, cheesecake, chips or whatever your vice was, you might be able to do it for a while, but it wouldn't be sustainable. You would have a moment of stress or a night out with friends and cave and then most likely rebound. This approach simply doesn't work. What we know is that if you do the right thing for your body 80% of the time you can have a cheat meal or a few drinks and not beat yourself up about it and still stay on track with your health and vitality goals. Plus, our program is full of so many AMAZING recipes and meal options that you will find you starting craving more whole foods and less of the things that used to float your boat anyway.

6. MOVE SMARTER NOT HARDER

Busting your guts on a treadmill or training 6 days a week might be motivating for some people, but for many it isn't and it isn't sustainable either. There are proven ways of exercising that we will share with you that will build strength, flexibility and fitness in your body that you can do in 10 minutes a day or less and from home. Combine these amazing exercises with a brisk walk, run, ride, yoga or a swim a few times a week and you will be well on your way to building a physical fitness in your body. For those of you who are training hard for competitions or sport, we also have some special sessions for you too.

7. STAY CONNECTED

Our private facebook group has been created to support you. If you are having wins, share them. If you are having a tough day, share it. Ask questions, post pics of your meals & recipe ideas, & your before & after photos. We are here to cheer you on!!

Say Yes to:

DRINKING MORE WATER - Water is essential for a healthy, clean and functioning body. Drink enough so that your urine is clear. A rule of thumb is drink 1 litre/33 ounces to 22 kg/10 pounds of body weight.

EAT MORE LIVE FOODS - Such salads, fresh veggies, green smoothies.

WHOLESOME GRAINS - Such wild rice, brown rice, buckwheat and quinoa.

SMART EXERCISE - Commit to just 10 minutes a day several times a week and walks, runs or bike rides and watch what happens

DEEP BREATHING - your body thrives on oxygen rich blood. Check out our deep breathing video and start practicing it each day.

QUALITY SLEEP - Go to bed ideally before 10pm and remove any electronic devices out of your room.

JUICE PLUS - Flood your body every day with your capsules and/or whole food shakes to fuel your body and transformation.

Avoid or Say No to:

DAIRY - despite what many of us have been lead to believe dairy is not the best source of calcium for our body and can be a catalyst for many different health challenges. Cheese, milk, ice cream and yoghurt should be avoided.

WHEAT - wheat is incredible inflammatory to the body and holds little nutritional value for us. It is more of a filler than anything

THE SWEET STUFF - Artificial sweeteners, preservatives, colors, sweeteners and chemicals, soda, juices in a bottle

PROCESSED FOODS - anything in a packet that has been processed

SATURATED OR HYDROGENATED FATS & OILS - fried & fatty foods

CAFFEINE - coffee is not our friend when we become addicted to it, and need it to start our day. To begin with, just trust us and either cut back or say no to coffee for 2-4 weeks and see what happens

ALCOHOL - this one is pretty obvious. :)

Know Your Outcomes

It is important at the beginning of your program to sit down and think about the results you would love to see over the next 60 to 120 days. Is it to gain more energy, lose 10 pounds, improve your digestion, make some healthy and sustainable changes for your entire family, reduce fluid retention, stop the pain medications you are on, help your family ditch the sugar cravings, quit smoking, feel fit and energetic enough to run a marathon? Whatever it is, it has to be your goal.

BEFORE YOU GET STARTED

1. Take a photo of your fridge and pantry before you get started on your program.
2. Take a front and side profile photo of yourself in your swimmers.
3. Take body measurements of your waist, hips, thighs and arms.
4. Take a photo of any other areas of your body that you would like to see improvements - it could be your skin, brittle nails, acne, eczema, psoriasis, a bottle of the medications you would like to say goodbye to, or that one food that you are hooked on.
5. Write down your goals. What would you like to be thinking and feeling in 60 to 120 days from now? How would you like to look? What clothes would you like to fit into? How would you like your shopping cart to look like?
6. Write down what are the consequences to you and your family if these changes aren't to occur.
7. Write down any potential speed bumps that you see could get in your way over the next 60 to 120 days.
8. What is a reward you have set out for yourself for when you do reach your goals?



My Ultimate Goal For Myself



My Ultimate Goal For My Life & Health Is:

I am committed to achieving this because:

My initial 4 month goal in the Tribal Wellness Program is:

What are the long term consequences if I don't achieve this goal or start taking care of my health?

What are some things that could side track me from reaching this goal? And what will I do to combat them?

How will I celebrate when I reach this goal?



Measurement Tracker

Remember that the scales are not a true reflection of what is going on inside. It is very possible for you to loose fat and gain muscle, have your body shape change, yet still weigh the same on the sales. So don't judge your progress just from this!!

Although you may be tempted sooner, we encourage you not to jump on the scales besides on the days listed below.

Take measurements on Day 1, Day 30 and day 120.

	Day 1	Day 30	Day 120
Weight			
Right Arm			
Left Arm			
Waist			
Chest			
Hips			
Right Thigh			
Left Thigh			

FOCUS ON
YOUR GOAL.
DON'T LOOK
IN ANY
DIRECTION
BUT AHEAD!



CLEANSE



Optional Cleanse

During the time that it takes for your nutritional products to reach you it is the perfect time to consider a small detox before you really get started on your journey to a better you. This is completely optional, however it will definitely help in your healing and cleansing process. Some of you may be keen to get started and begin your detox straight away, others may like to get a few weeks or months into your program before doing it, there is no right or wrong, just what is right for you.

Whenever you choose to do your cleanse, we recommend that NOW is the perfect time to start cleansing your cupboards. Remember, if it isn't in the house, you won't eat it so get rid of it!! And don't forget to take a before photo of your fridge and pantry so you can see just how far you have come! Why not post your pictures in our private facebook group and inspire others too!

To give your body 3-5 days of a cleanse is truly amazing! It can reset taste buds, help lose weight, reduce toxicity in the body and it helps give your body a spring clean that it needs, but that we rarely give.

For some of you who are experienced in cleansing before you may like to juice for the entire duration of your reboot. For those of you who have never done a cleanse before, you may choose to start your morning with a green juice or smoothie and then keep to salads or veggie soups for the rest of the day. It is completely up to you.

Whenever you are cleansing and you feel like you are hungry, drink a glass of water first. As often it is not that we are hungry but that the body is thirsty but we think we are hungry and end up over eating.

During the cleanse you want to be drinking at least 3 litres of water a day. This can include herbal tea, but not coffee.

Here are some awesome, delicious and cleansing juice recipes you can try to start each day of your cleanse or to have through the entire duration. This cleanse can be visited and re-visited at any time to give your body a reboot!

Cleanse Recipes

The more liquid our diet can be when we are cleansing, the easier it is for our body to take out the trash. Sometimes as the toxins are leaving the body we can experience cleansing symptoms such as headaches, fatigue, extra trips to the bathroom - all of these signs are positive and are showing that our body is taking out the trash and is doing what it needs to do!

JUICES

Juices are an incredible way to cleanse the body because they don't activate the digestive processes, it leaves more energy for the body to use on healing and cleansing. The deeper you cleanse, the less fruit you will find you need to put in your juice. Bottled juices are not ideal, unless they have been freshly juiced from a cold pressed juicer.

The Green Machine Juice

Apple
Cucumber
Spinach
Celery
Mint

Cabala Juice

Apple
Carrot
Lemon
Ginger
Beetroot

Kickstarter Juice

Apple
Kale
Parsley
Lemon
Ginger

Ginger Snap

Apple
Ginger
Lemon



SMOOTHIES

We love green smoothies, they are full of liquid gold - chlorophyll. They improve digestion, your skin, help detox your body, promote weight loss, are an easy and yummy way of getting nutrient rich green leafy vegetables into your lifestyle and are a great way to start your day.

It is important that you have a good quality blender, or else your greens wont blend smoothly and you will be chewing instead of drinking :) You can also soak any nuts and dates in water for a few hours before which will help them breakdown in the blender, soaking also helps activate enzymes in nuts, which make them better for you!

The Hulk Green Smoothie

1 cup of water, coconut water or nut milk
1-2 handfuls of greens - kale, spinach etc
1 handful of frozen mango or banana
1-2 tablespoons of chia seeds or pepitas
1/2 cup ice

Blend until smooth and enjoy!

The Zing Smoothie

This makes 4 cups
1 peeled lemon
1 peeled orange
2 cups kale or spinach
1-2 frozen bananas
2 cups water
Half a cucumber
Chunk of peeled ginger

Blend until smooth and enjoy!

Cleanse Recipes

Vegetable Soup

1 onion
3 cloves garlic
2 cups cauliflower
2 cups broccoli
1 zucchini
2 tablespoons veggie stock
680 ml water

Chop onion & garlic finely and then sauté. Then add all other ingredients chopped into a pot and bring to the boil. Reduce temperature and cook for 20 minutes. Then blend until smooth. You may like to add a little more water for desired consistency.

Raw Broccoli Salad

Salad
3 heads of raw broccoli
1/2 red onion
1 carrot
1 apple
Handful sunflower seeds
Handful cranberries (optional)

Chop all ingredients finely and mix through with salad dressing. Or, for a quick and easy way, add all ingredients roughly chopped in a food processor and wizz away.

Dressing

1 avocado
1 clove fresh garlic
1/2 tablespoon of lime or lemon juice
1/4 teaspoon himalayan or celtic salt
Ground black pepper to taste
1/4-1/2 cup water depending on your desired consistency.



Detox Tea

Fresh Ginger
Fresh Lemon
Hot Water

Vitamin Water

Fresh Grated Ginger
Fresh Lemon sliced
Handful mint leaves
1 sliced cucumber
6 cups water



This vitamin water is great to have throughout your day, it assists in cleansing the body and also adds a nice flavor to your water!

Other foods you can enjoy during your reboot are; Quinoa, raw nuts and seeds, avocado, coconuts (water/flesh & oil), himalayan or celtic salt, salads, steamed veggies and herbal teas.

Foods you want to avoid during this time are; pasta, bread, dairy, coffee, alcohol, bottled juice, soda, packaged or processed foods, chocolate,

An example of a Cleanse Day

This is an example of a full cleanse. Depending on where you are at in your health journey, you may choose to eat more during this process and that is totally fine. This is about your journey, not someone else. Some people will stay on liquid the entire 3-5 days, while others will introduce the salads, soups, raw nuts, half an avocado, veggie sticks and hummus as snacks. Or, some of you might like to start the day with a smoothie or juice and then eat as normal throughout the day. It is all about 'compared to what'. What has your life been like prior to beginning your Tribal Wellness Program? As you move through your program, you may like to come back and revisit a 3-5 day cleanse. Often when you do, you will find it is easier to do more juices and smoothies than it was before. If you aren't sure, why not post a question in our private facebook group and our wellness warriors can help you with your plan :)

UPON WAKING

Have a glass of water with a squeeze of lemon or apple cider vinegar with warm water
 Go for a 20-30 minute walk or do some stretching or yoga
 Have 1 glass of a fresh juice or green smoothie

MID MORNING

Drink a glass of your vitamin water or have a herbal tea or detox tea
 Have a complete shake or a glass of your green smoothie

LUNCH

Enjoy a salad, such as the Raw Broccoli Salad or have some vegetable soup
 Have a glass of vitamin water

MID AFTERNOON

Have a glass of fresh juice or green smoothie
 Have a glass of vitamin water

DINNER

Have a vegetable stir fry, vegetable soup or a green smoothie
 Finish your day with a herbal or detox tea

CLEANSING RESPONSES

Remember that it is a healing response as your body detoxes to perhaps feel a little sluggish, tired, emotional or achey. These are all positive signs that your body is taking out the trash!!

Your Eating Guide

Because everyone a part of this tribe is unique and has different health goals and outcomes they are wanting to achieve, this program has been designed for flexibility throughout. The meals we recommend are designed to be family friendly. We don't want you having to cook yourself one thing and the kids another. Some of you want to lose weight, others want to gain it. Some want to ditch the sugar cravings, while others want to find a way that their entire family will happily eat a meal that is wholesome and isn't out of a box .Any of the main meals you will find are primarily vegetarian. You have the freedom to add any lean sources of protein that you would like to these meals. Just keep in mind, that many of us have ended up at a point where we are eating too many processed foods, too much dairy and too much animal protein, so to cut down the amount of protein you have each week might not be such a bad idea.

This program also caters for vegans and vegetarians and everyone else in between.

Most of you will be incorporating one or two whole food Complete Shakes into your program. Although they have not been designed as a meal replacement, for many people they are a brilliant option to start their day, rather than a piece of toast and coffee, or some processed cereal or even worse nothing! Keep a few sachets in your car, at work or in your bag. You never know where you might get stuck with some crappy food options and a whole food smoothie will save the day. The kids will love them too!

*Let food be thy
medicine &
medicine be
thy food.*

Also, this program has been created to fit in with your lifestyle! Some of you have shift work and find it hard to get into an eating routine. If this is the case, we recommend not eating heavy meals at night or late at night. It makes it hard for the body to digest as well as heal and repair at the same time. A complete whole food smoothie is a great option to have in the evening as a light meal instead of something hard to digest.

The smoothies are also great for kids who are fussy eaters!! You get to give them whole foods without them even knowing. Winning!! We even had one mum who made a chocolate smoothie for her son who loved chocolate milk. She kept the old chocolate milk bottle and puts the smoothie in it now and he knows no difference and loves them and has started asked for carrots and cucumbers as snacks!

Sometimes we have to do whatever it takes, so just be creative to begin with. What we know is that when we start flooding the body with more whole foods and nutrients that our body recognizes and needs, it will crave more of them. So don't give up!

The Protein Myth

No, don't freak out!! We aren't going to make you become a vegetarian during this program. But, what you may find that over time you actually find yourself wanting less meat and that you are sourcing better quality animal protein. We have many of our Wellness Warriors who choose not to eat meat, are vegan or have it very reduced in their diets. So wherever you are in your health journey, you will be supported all the way.

Most of us have been lead to believe that we need to eat large amounts of animal protein in order to 'get' enough protein in our diets. However, this just isn't true. Our body uses and absorbs plant protein best, as it is recognizable to the body. Excess animal protein is hard for our body to digest and absorb and is acidic to the body.

Many of the recipes in this program are vegetarian and have been designed this way, so that if you choose, you can add additional sources of protein to it. But, don't feel that if you don't, you aren't getting everything your body needs to thrive!

If you are going to have animal protein, it is important that it is lean and is also free from hormones, is free range or wild caught, and ideally grass (not grain) fed.

Some examples of lean protein sources that you can add to your dishes are:

Salmon, Tuna, Lean Beef, Kangaroo, Chicken, Lamb & Eggs

Here are some other great examples of plant based proteins that you might not have been aware of:

- Green Peas
- Raw Almonds, Cashews and Brazil Nuts
- Quinoa
- Beans such as black beans, pinto beans, kidney beans
- Chickpeas
- Tempeh & Tofu
- Edamame (soy beans)
- Leafy green vegetables such as raw spinach and broccoli
- Hemp
- Chia Seeds
- Sesame, sunflower and poppy seeds

The Skinny On Fats

We are told that fat is bad, when actually it is essential for optimal health. However, the majority of people steer clear of fat, because they don't want to 'get' fat! The thing is that it isn't so much the fats that make us fat, it is excess energy from foods that are processed and refined that make us fat.

When we consume healthy fats such as the examples below, it allows our body to function optimally, feeds and nourishes our cells and actually helps you reduce cravings of bad fatty foods.

Some examples of healthy fats that are an absolute must in our Tribal Wellness Program are;

- Avocados
- Raw Nuts & Seeds
- Coconut flesh & oil
- Olive Oil
- Chia Seeds

The Dairy Tale

We are the only species on the planet that drinks milk from another animal. We have been taught that dairy is essential for our calcium requirements, however research has shown that the countries that consume the highest amounts of dairy have the highest amounts of osteoporosis. Milk is the number one food allergy in the United States.

The meals outlined in our eating guide are high in plant based sources of calcium, which our body is able to recognize and use.

If you currently have dairy, we strongly encourage you to try at least the first 30 days of your program without it. Then after that, assess how you feel and then make a decision to have it in the future or not. A cheat meal here or there is different to it being a daily habit. So give it a try and see what your body tells you.

Some examples of foods high in calcium that are an absolute must in our Tribal Wellness Program are;

- White beans such as chickpeas
 - Dried figs
 - Greens such as bok choy, kale, collard greens & spinach
 - Blackstrap molasses
 - Seaweed
 - Black eyed peas
 - Almonds & Sesame Seeds
 - Oranges
-

Goodbye To Gluten

Gluten is in many of the processed foods we consume. It is found in grains such as wheat, barley, rye. Look at most cereals, breads, pastas, biscuits and you will find that they have gluten in them.

Gluten causes gut inflammation, which can effect digestion, absorption, but also your immune system, allergies, behavior, cravings, energy levels and much more.

Most of the way we consume gluten is in fillers. Bread and pasta for example might fill our bellies, but there is little to none nourishment value in them. Our Tribal Wellness program has been designed to have your body singing with good health from a flood of whole foods every day - not dead processed foods.

Say goodbye to gluten for your first 30 days of your program and watch what happens, you will be surprised at just how easy it can be to live without it.

Here are some great alternatives to using gluten in the kitchen:

- Use flours such as coconut flour, besan flour (chickpea), amaranth flour,
- Brown rice flour and buckwheat flour
- Use nuts as a flour such as almond meal
- Use nori sheets (seaweed) or lettuce cups instead of bread for a wholesome sandwich or wrap.
- Make a wholesome and yum gluten free cereal instead of out of a box

Live A Little

Now, with all this being said and done - we are all about balance and enjoying life. We believe that you can have this while eating the foods detailed in our Tribal Wellness Program, however we also know that birthdays, celebrations and nights out will happen. So.....get ready for the good news. You can have one cheat meal (or a zag meal as we like to call it) a week. In the first 30 days of your program, it is best to keep these at a minimum, but its up to you. If you are consistent with the program, have your Juice Plus each day, drink plenty of water and move your body, you can totally enjoy a favorite meal and not feel guilty for it. A glass of wine, a pizza, some sweet potato wedges, nachos, cheesecake - whatever your vice is, enjoy it!

The feedback we have received from many of our transformers is that they end up upgrading their cheat meals to the recipes in this program. Your cravings and palette will change as your cells begin to be fed what they are truly craving.



SAY YES



Cooking Alternatives

There are many other healthier alternatives to a microwave that will allow you to cook and prepare delicious, quick and nutritious meals for you and your entire family.

Heating destroys beneficial and essential enzymes needed for proper digestion of our food. If you choose to eat a cooked meal, always try and have a 'live' food with it, such as a salad. This will improve your digestion and place less stress on your digestive system.

Steaming

By lightly steaming your vegetables, you are able to maintain high levels of nutrients and antioxidants within the food. If you over steam and the vegetables are left soggy and floppy, often, you are better off drinking the water the food has been steamed in, as it will contain many of the nutrients leached from the food.

Stir Frying

Stir frying your foods is another great way to cook. When you stir fry, you want to ensure that the vegetables remain fresh and crisp, but hot, ready to eat. Remember, to always use an oil such as Coconut Oil, to cook with, as most of the oils on the supermarket shelves cannot withstand the high temperatures and become carcinogenic.

Dehydration

Using a dehydrator is a fantastic way to make many types of crackers, deserts and snacks for you and your family, using whole foods. It works by warming the foods at very low temperatures for long periods of time. As an example, the Flax Crackers take approximately 10 hours to dehydrate fully at 110 degrees Fahrenheit.. By using low temperatures the enzymes and nutrients in the foods are not destroyed and so you are receiving much higher amounts of nutrition, compared to baking or toasting or cooking. What is also great about having your own dehydrator is that you do not need to use any preservatives that are found in the same types of foods, such as dried fruit, on the shelves.

Blending

There is so much you can do with a great blender or food processor. Soups, fruit sorbets, salads, smoothies, dips, nut butters, salad dressings, sauces and lots more. It is a worthwhile investment in your kitchen and health as you will find you will end up using it most days.

Blending ensures you are receiving all nutrients from the whole food.



*The Breakfast Of
Champions*

TRIBAL
Wellness
MOVEMENT



Breakfast Options To Choose From

HERE ARE SOME DELICIOUS BREAKFAST OPTIONS TO KICK START YOUR DAY WITH! THE PURPOSE OF BREAKFAST IS TO BREAK - THE - FAST, SO THIS IS ONE OF YOUR MOST IMPORTANT MEALS OF THE DAY THAT MANY PEOPLE SKIP OVER!

It's 7.30am and you are running out the door, late again. You might grab a crust off someones plate or get a drive through coffee on the way to work, eat a muesli bar or have nothing at all. Your body and mind are ready to give you the best for the day, but they have nothing to work with! Here are some great yum, quick and easy ways to show your body some love in the mornings :)

- Quinoa Cereal
 - Quinoa Porridge
 - Tofu & Egg Scramble
 - Green Machine Smoothie
 - Chocolate Mango Complete Smoothie
 - The Zing Juice
 - Vanilla & Passionfruit Complete Smoothie
 - Avocado & Egg Scramble
 - Complete Banana Pancakes
 - Avocado & Tomato with home made Sweet Potato Bread
 - Zucchini Fritters
 - Steamed broccoli & avocado
 - CADA Cereal
 - Quinoa Cereal
 - Sweet potato hash browns with avocado salsa
 - Besan flour omelette
 - Buckwheat pancakes
-



BREAKFAST



Quinoa Cereal

Ingredients

1 cup quinoa
2 cups boiling water
2 cups almond milk
1 chopped banana
1 cup berries
A handful of sultanas
A handful of shredded coconut
A handful of almonds
A handful of pepitas

Optional

A handful of cranberries
A handful of pistachios

SERVES 4

In a pot add in quinoa and water and bring to the boil. Cover and simmer on a low heat for around 12 minutes or until the water has been absorbed and the quinoa is soft and fluffy.

Add the milk and remaining ingredients and enjoy!!

SUGGESTION : we like to have cooked quinoa already in the fridge, so this makes for a faster breakfast option. Use it in a stir fry, over a salad or to make a porridge too. It wont go to waste.

Quinoa Porridge



INGREDIENTS

1 cup of quinoa
2 cups of water
Handful of raw almonds
1/2 cup chopped apple or pear
1 teaspoon of raw honey
Cinnamon
Handful of chopped dates or sultanas
Handful of shredded coconut
Rice or nut milk to taste

METHOD: Put water and quinoa in a pot and bring to the boil then reduce to a simmer. Add in apple, dates, almonds, honey and cinnamon. Continue to mix for approximately 15 minutes until the grains expand and are nice and soft. Serve warm with some fresh fruit on top, or even mix in half a sachet of a vanilla complete shake for a yummy creaminess!

CADACereal

INGREDIENTS

A handful of shredded coconut
1 apple chopped
1 handful of dates
1 handful of raw almonds

Optional extras - try added some cinnamon or fresh ginger for a nice twist

METHOD: Put all ingredients in a high quality food processor and blitz away for 5-10 seconds until your desired consistency is reached. Serve with nut or rice milk.



Veggie Omelette

INGREDIENTS

3 eggs beaten
1/4 cup mushroom sliced
1/4 cup green/red capsicum
1/4 purple onion
1 handful fresh spinach

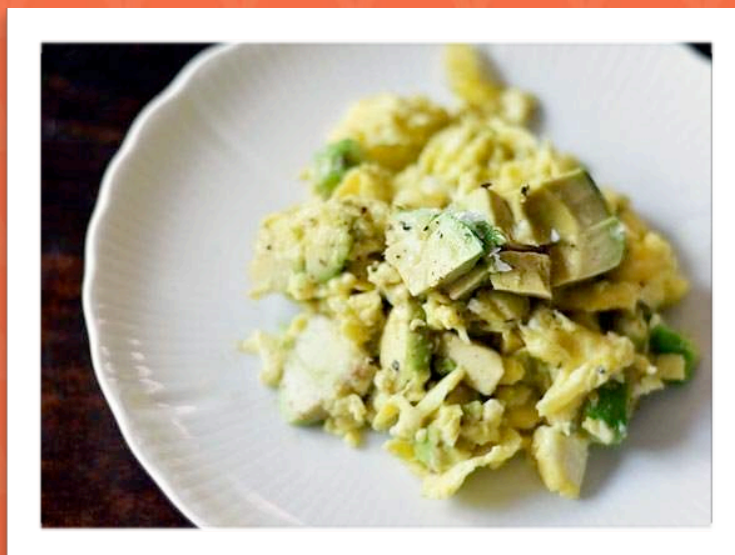
METHOD: Heat a pan and add some coconut or rice bran oil. Saute onions gently, beat eggs and mix remaining ingredients in a bowl. Cook until almost set, until you can flip it without it falling apart.
Serve with some fresh herbs, cracked pepper and sliced avocado on t

Avocado & Egg Scramble

INGREDIENTS

2 eggs beaten
1/2 avocado

METHOD: Heat a pan and add some coconut or rice bran oil. Whisk eggs well and cook on a low heat, mixing as they start to curdle in the pan.
When they are almost cooked, add in half an avocado diced, mix well.
Serve with some fresh herbs, cracked pepper and an optional piece of gluten free toast, such as our sweet potato bread.



Besan Flour Omelette



INGREDIENTS

1 cup besan flour
2/12 cups water
1 pinch celtic salt
1 teaspoon cumin
2 teaspoon coconut or rice bran oil
2 tomatoes sliced
2 spring onions finely sliced
1 tablespoon lemon juice
1 small head broccoli cut into florets

METHOD: Whisk flour, water, salt, oil, cumin and lemon in a bowl and set aside. Heat a pan, add some oil and lightly sauté tomatoes and onion. Pour in mixture and stir constantly while its thickening. reduce heat, add broccoli and keep stirring for a few more minutes. Allow it to cool to serve like a quiche, or flip straight onto a plate and serve with sliced avocado and our home made tomato sauce.

Sweet Potato Hash Browns

INGREDIENTS

1 large sweet potato
Egg Whites
Celtic Salt

METHOD: Shred or grate the sweet potato. In a bowl add 1 large handful of sweet potato with 1 egg white and a pinch of salt. Mix well, but not so the mixture is too wet. If it is, add a little more of the sweet potato. Heat a pan, put in some coconut oil and drop tablespoons of the mixture into the pan. Cook on each side for around 4 minutes and enjoy. Great to serve with some eggs, our home made tomato sauce or avocado.





BREAKFAST



Zucchini Fritters

Ingredients

1/3 cup of rice milk
1 large zucchini
1/4 head of broccoli
3 eggs or egg substitute
1 pinch celtic or himalayan salt
1 1/2 cups of gluten free flour
2 teaspoons baking powder

OPTIONAL

1/2 red capsicum
1/2 block tofu
corn from 1 cob

Place milk, zucchini, broccoli, eggs, and salt into a blender or food processor until smooth.

In a bowl, mix flour and baking powder together and then add the blended mixture. Then fold in any extra chopped veggies or tofu. Mix well. Cook in a hot pan and serve with fresh avocado or home made tomato sauce.

These are great for breakfast, served with eggs. Great as a lunch box option. Or to have with lunch alongside a salad too.

Sweet Potato Bread



Say goodbye to gluten free filled breads. Give this a try and have with your breakfast, lunch or dinner. Yum!!

INGREDIENTS

300 grams cooked sweet potato
1/2 cup coconut flour
3 eggs
2 tablespoons coconut milk
1 teaspoon bicarb soda
Juice of half a lemon
Pinch of salt

METHOD: Steam sweet potato and put in a food processor along with other ingredients. Mix until well combined. Pour mixture into a greased mini loaf tin with baking paper. Sprinkle some sunflower or sesame seeds on top. Bake for 40 minutes in a preheated oven at 180C/350F. Cover the loaf with foil and bake for another 20 minutes. Allow to cool before slicing.

Great to serve with eggs, guacamole, a side salad or some cashew cream and tomato.





Drink Options To Choose From

HERE ARE SOME YUM, DAIRY FREE AND DELICIOUS DRINK OPTIONS FOR YOU AND YOUR FAMILY. FIRSTLY, WATER IS ALWAYS YOUR BEST OPTION!! SO DRINK UP! BUT STARTING YOUR DAY WITH A WHOLE FOOD SMOOTHIE IS ABSOLUTE GOLD FOR YOUR BODY!

A smoothie or juice with liquid gold is such a handy and fast way to ensure that your body is getting everything that it needs each day. These can be a great breakfast option, a mid morning snack, a post workout shake or for those of you who work shift work, even as a late dinner so that you aren't eating something heavy just before you go to sleep. Perfect for all ages, it's always an idea to make a bit extra or freeze any left overs into ice blocks for a yummy treat later on.

- Green Machine Smoothie
 - Chocolate Mango Complete Smoothie
 - Vanilla & Passionfruit Complete Smoothie
 - Vitamin Water
 - CABALA Juice
 - Kick starter Juice
 - Zing Smoothie
 - Detox Water
 - Herbal Tea
 - Berry Sparkle
-

The Green Machine



This is a smoothie that everyone will LOVE the taste of, but perhaps balk at the color. Trust us, it is so amazing, yum and incredibly good for you. If you have little ones, we suggest you giving it a cool name, like a Shrek or a Hulk smoothie, they will be more likely to give it a go then! You will find the more that you have these, the greener you can make them.

INGREDIENTS

1 frozen banana (freezing them makes it nice & creamy)
1 handful of raw cashews or almonds
4-5 dates without seeds
3-4 kale or large spinach or silverbeet leaves
1-2 cups of cold water or coconut water
Ice

METHOD: In a good quality blender, add in all the ingredients and blend away till smooth and creamy. Add in some extra water until you get the consistency you like.



Choc Mango Smoothie

This is one of our favorite combinations to make in the blender if we are home and having a smoothie. Otherwise, using a chocolate complete sachet with cold water, coconut water or nut milk and ice while on the go is a great wholesome meal on the run!

INGREDIENTS

1 frozen banana
1 handful spinach
1 handful frozen mango
1 handful pepitas
1 sachet chocolate complete powder
1-2 cups rice milk/coconut water/nut milk/water
Ice

Blend all ingredients together and serve chilled. If you have any left overs, freeze it in ice blocks or ice cubes to use later.



BREAKFAST



Cabala Juice

INGREDIENTS

1-2 Carrots
1-2 Apples
Knob of ginger
1 large fresh beetroot
1-2 Lemons

METHOD: Juice all ingredients, skin and all. Ideally in a slow speed, cold pressed juicer.

Vanilla Passion Smoothie

INGREDIENTS

1-2 fresh passionfruit
1 frozen banana
1 sachet of vanilla complete powder
1-2 cups rice milk/coconut water/nut milk/water
Ice

METHOD: Put all ingredients into a blender and blend until smooth & creamy

Berry Sparkle

INGREDIENTS

4-6 raspberry or berry tea bags
1 bottle of soda or mineral water
Ice

METHOD: Pour 1 cup of boiled water over the top of the tea bags and let them steep for 5-10 minutes. Take bags out and in a large jug add soda water, ice, fresh mint and enjoy. To add a little sweetness you can add a dash of honey or stevia with the hot water.

This is great for parties, nice and refreshing but minus all the sugar of normal carbonated sweet drinks

Fruit Infused Vitamin Water



Adding yummy and wholesome flavors to your water can definitely help you drink more throughout the day. It is a great idea to find a large glass water bottle so that you can have it with you on the go.

TRY ADDING ANY OF THESE TO FILTERED WATER

We would love you to post in our group some pictures of your favorite combination!

- Sliced cucumber
- Mint
- Ginger
- Lemon
- Lime
- Strawberries
- Raspberries
- Orange
- Kiwi Fruit
- Berries
- Grapefruit
- Pineapple
- Apple
- Ice



Detox Tea

This is great to enjoy in cooler weather, or if you are feeling a little run down, or as though a cold is coming on.

INGREDIENTS

- Knob of ginger thinly sliced
- 4-5 slices of fresh lemon
- Hot water

Simple, yet amazing at cleansing and detoxing the body.



*Snack Your Day
Away*





Snack Your Day Away

OFTEN AS WE HAVE A SLUMP IN OUR ENERGY, WE FIND OURSELVES REACHING FOR SOMETHING NOT THAT WHOLESOME AS A PICK ME UP. GIVE THESE AWESOME SNACKS A TRY AND SAY GOODBYE TO THE VISIT TO THE BISCUIT BARREL.

It's 3pm and you are hitting the mid afternoon slump, or you are about to pick up 3 hungry kids from school and they want food now! Don't reach for something out of a packet, set yourself up to win by having these snacks made in bulk and easy to grab and go! Stock your fridge and freezer up with some of these goodies and you will know that snack time can equal healthy and wholesome too!

- Green Machine Smoothie
 - Chocolate Mango Complete Smoothie
 - Vanilla & Passionfruit Complete Smoothie
 - Complete Banana Pancakes
 - Hummus & Veggie Sticks
 - Basil Pesto
 - Buckwheat Pancakes
 - Body Brilliant Bliss Balls
 - Zucchini Fritters
 - Sun Dried Tomato Nut Cheese
-



Sun-Dried Tomato Nut Cheese

Ingredients

2 cloves garlic
1 teaspoon celtic or
himalayan salt
2 cups brazil nuts
Juice of 2 lemons
1/2 cup filtered water
1 cup chopped sun
dried tomatoes

Using a food processor add in all dry ingredients and process to a fine consistency. Then add in water, sun dried tomatoes and lemon juice.

Blend enough to make a heavy cream. You may need to add a little extra water to do this.

This is one of our favorite dips and spreads because it is so versatile. It can be used as a dip with veggie sticks or as a spread on a breakfast or gluten free bread. Have on top of a salad, or even put over a gluten free pasta or spiraled zucchini for a wholesome fresh pasta. A great dip to take to a BBQ or to friends.





Bliss Balls

These are perfect as a lunchbox snack. Always a good idea to make a big batch and keep them in the freezer for something easy to grab when you are looking for something sweet to enjoy.

INGREDIENTS:

2 cups of raw almonds
2 cups of raw cashews
1 cup of chopped dried apricots
1 grated fresh apple
Juice of an orange
Grated coconut

METHOD: Put all of the ingredients (except the coconut) into a food processor and blend until it is a dough like consistency. Roll into balls and then roll in coconut and store in the freezer. You can also add a vanilla or a chocolate complete powder sachet for some extra goodness and flavor.

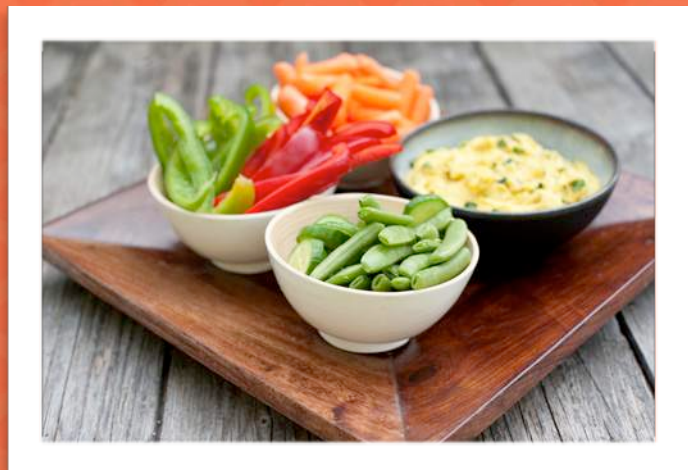
Home Made Hummus

This is such a handy dip to keep in your fridge at all times. Perfect with some chopped up veggie sticks or over a salad or roast veggies. No nasties, no preservatives and you can whip it up in a few minutes.

INGREDIENTS:

2 cans of organic chick peas (one drained, one undrained)
4 tablespoons of tahini
1 tablespoon of olive oil
1/4 cup of lemon juice
1/2 - 1 cloves of garlic (depending on personal taste)
1 teaspoon of cumin

METHOD: Put all of the ingredients into a food processor or blender and blend away until smooth. Keep in an airtight container in the fridge. For a slightly different taste you can also add in 1/2 a cup of roast pumpkin or sweet potato.



Cashew Sour Cream



INGREDIENTS

Juice of 1 lemon
1/4 cup filtered water
1 cup soaked raw cashews (soaked for a minimum of 2 hours)
1-2 teaspoons of raw apple cider vinegar
1/4 teaspoon of salt

METHOD: In a good quality food processor, blend all ingredients until smooth. We like to make a double batch and keep extra in the fridge because it never lasts long

Home Made Tomato Sauce

INGREDIENTS

1 cup fresh tomatoes
1 cup semi sun-dried tomatoes
1 clove garlic
6-8 dates
1/4 cup olive oil
1 teaspoon of himalayan or celtic salt

METHOD: In a good quality food processor, blend all ingredients until smooth. To begin with, if you family have been used to sugary sauces, you may like to add a dash of maple syrup or honey also. But try first without. Great on top of a salad, omelet, as a dip, over grilled fish, or anything you would typically put sauce on.

Guacamole

INGREDIENTS

1-2 avocados
1 small diced tomato
1/4 red onion diced
1 clove garlic chopped
2 tablespoons freshly squeezed lemon juice
1/4 teaspoon salt
Optional - 2 tablespoons of home made chili sauce

METHOD: Mash avocado with a fork, then mix in other remaining ingredients. Great as a dip, on top of a salad, or with eggs.



Sweet Potato Brownies



INGREDIENTS

1 medium sweet potato (2-3 cups when grated)
2 eggs
1/2 cup melted coconut oil
1/4 cup honey
2 teaspoons real vanilla extract
1/2 cup raw cacao powder
1 teaspoon baking powder
1 teaspoon baking soda
2 1/2 tablespoons coconut flour

METHOD: Preheat oven to 185C or 365F. Combine grated sweet potato, eggs, vanilla, honey and coconut oil in a large bowl and mix well. Then add cacao powder, baking powder, baking soda and stir. Finally add coconut flour. Once combined pour into a lined 9 inch/23cm square tin. Cook for 25-30 minutes. Remove from the oven and cool for 5-10 minutes before removing from tin. Serve with fresh strawberries or raspberries and enjoy.



Other Great Snack Ideas

- Fresh fruit and berries
- Handful of raw nuts
- Rice cake with avocado, tomato and salt
- Air popped pop corn with tamari sprayed on it
- Guacamole
- Fresh Juice
- Slice of gluten free bread and avocado and salt
- Fruit Smoothie

.....And don't forget, often when we feel hungry we are actually thirsty, so have a drink of water first!



The Main Event





The Main Event

HERE ARE SOME DELICIOUS LUNCH OR DINNER OPTIONS THAT WILL TICKLE EVERYONES TASTEBUDS!

Feel free to add lean protein such as salmon, chicken, beef, lamb (hormone and antibiotic free of course) if you choose. But remember that it isn't necessary to have lots. A good rule of thumb is a portion size no larger than the palm of your hand. Fill up on veggies and whole foods, not animal protein. These are great lunch or dinner options. Remember, try to have lighter and smaller meals at the end of the day rather than carbs. This allows your body to heal and repair while you sleep, not digest your food.

- Moroccan Chickpeas
 - Seedy Slaw
 - Thai Pumpkin Soup
 - Not Butter Chicken
 - Vegetable Frittata
 - Buckwheat & Mushroom Risotto
 - Raw Zucchini Pasta with Pesto
 - Pumpkin & Tofu Curry
 - Asian Quinoa Salad
 - Sweet Potato Fries
 - Mexi Bowl
 - Stir fried veggies
 - Cauliflower Rice
-



Moroccan Chickpea Salad

Ingredients

1 large carrot
1 cup fresh green beans
2 x 400gm organic chickpeas
1/4 cup sultanas
1/4 cup diced dates
1/4 cup cashew cream
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 cup fresh parsley
2 tablespoons sweet chili sauce

Grate carrot and cut beans into 5cm lengths. Bring a pot of water to the boil and cook for 2 minutes. Add in all other ingredients into a bowl and mix well.

To make the Sweet Chili Sauce - Makes 1 1/2 cups

1/2 cup dates
3/4 cup hot water
3 cloves garlic
2 red chili with seeds
4 tablespoons lemon juice
1 teaspoon salt
1 tablespoon arrowroot
1/4 cup cold water

Put dates and hot water into a blender and let sit for 5 minutes to soften. Add garlic, chili, lemon juice and salt and blend until smooth. Pour the sauce into a pot until bubbling and simmer for another 5 minutes. In a cup mix the arrowroot and 1/4 cup cold water and then stir into the sauce. It should thicken quickly. Let cool for 30 minutes and then refrigerate in a glass jar.





Seedy Slaw

A great dish to accompany grilled fish or chicken or to be enjoyed as a meal in itself.

INGREDIENTS:

2 cups finely sliced red cabbage
 2 cups finely sliced white cabbage
 2 cups grated carrot
 3/4 cup mixed seeds
 - sunflower
 - pepitas
 - poppy
 - sesame
 1/4 cup chopped parsley

METHOD: Grate or use a food processor to prepare the vegetables. Mix all ingredients together and pour lemon dressing over the top when ready to serve.

Lemon Dressing

INGREDIENTS:

1/4 cup rice bran oil
 1 clove garlic crushed
 1/2 teaspoon ground cumin
 1/2 teaspoon salt
 2 tablespoons lemon juice

METHOD: Blend all ingredients together until smooth.

Cauliflower Rice

INGREDIENTS:

1 medium cauliflower
 A good handful of chopped corriander
 Chopped cummin seeds (optional)

METHOD: Cut the hard stalks from the cauliflower and pulse the rest in a food processor to make the grains as small as rice. Add in herbs. You can serve raw. Or to cook. Add a little oil into a pan with a pinch of salt. Cover and cook for 5-8 minutes until it is as tender as you like.

Pumpkin & Spinach Curry



INGREDIENTS

1 large onion chopped
1 tablespoon finely sliced ginger
2 cloves crushed garlic
2 tablespoons coconut or rice bran oil
1 tablespoon ground cumin
1 tablespoon ground turmeric
1 tablespoon ground coriander
2 tablespoons honey
1 cup water
2 x 400gm tins chopped tomatoes
1 medium sized zucchini
200ml coconut cream
2 teaspoons himalayan or celtic salt
2 cups diced pumpkin
2 cups fresh/frozen spinach
600gm firm tofu

METHOD: Sauté the onions, ginger zucchini and oil until well cooked. Steam the pumpkin until soft. Add spices and salt and mix well. Blend tomatoes and then add with water into the pot and bring back to the boil. Add coconut cream, steamed pumpkin and honey and stir. Mix in remaining ingredients and serve on brown rice, quinoa or cauliflower rice.



Not Butter Chicken



INGREDIENTS

600gm tofu or your preferred protein
3 large carrots
1 large onion diced
2 cloves crushed garlic
2 tablespoons oil
1 tablespoon chopped ginger
1 teaspoon ground cumin
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon garam masala powder
1/8 teaspoon chili powder
1 teaspoon salt
2 x 400gm tinned tomatoes
200ml coconut cream

METHOD: Slice tofu or protein of choice into nice thin strips. Slice carrots thinly, brush with a little oil and roast in the oven for 15 minutes on 150C/300F. Sauté onions, ginger, garlic and oil in a pan until clear. Add spices and mix well. Add blended tomatoes and cook for around 5 minutes or until bubbling. Gently mix in the remaining ingredients. Cook for another 10 minutes, ensuring that if you are using a protein besides tofu, that it is cooked through. Serve on brown rice, quinoa or cauliflower rice with a side of steamed greens.

Vegetable Stir Fry

INGREDIENTS

1 red or green pepper
1 medium zucchini sliced
1 handful raw cashews
1 clove garlic chopped
1 small head broccoli chopped
1 handful mushrooms diced
1 onion diced
2 sticks celery chopped
1 spring onion chopped
Tamari
Sesame Seeds

METHOD: Slice and dice all ingredients. Heat a pan with coconut or rice bran oil and cook onion and garlic. Then add in broccoli, zucchini and carrot until tender. Add in remaining ingredients. Add a splash of tamari, some sesame seeds and serve on brown rice, quinoa or cauliflower rice.





MAIN



Raw Zucchini Pasta

Ingredients

4 small zucchinis
2 cups fresh basil
2 cloves garlic
1/3 cup olive oil
2 teaspoons fresh
lemon juice
1/4 cup raw cashews
salt and pepper to taste

This is an incredibly simple but versatile dish that you can mix with pretty much anything. To get the zucchini into noodles a spiralizer is best. But if you don't have one, you can use a veggie peeler or cut them finely yourself.

Slice, peel or spiralize the zucchini into noodles and set aside.

Then combine the garlic, cashews and basil until coarsely chopped. Slowly add in olive oil. Stop the machine and scrape down the sides and then add in lemon juice and pulse until blended.

Mix the noodles and pesto together and serve with fresh cherry tomatoes on top.

Some variations:

Make the zucchini noodles and add cashew cream and home made tomato sauce on top. Or add the sun dried tomato nut cheese and cashew cream. So yum and fresh!!

Vegetable Frittata



INGREDIENTS

1 tablespoon coconut or rice bran oil
500 grams of chopped vegetables such as broccoli, carrot, capsicum, snow peas, green beans, mushrooms, spinach leaves
6 eggs
1/2 cup rice or soy milk

METHOD: Preheat oven to 180C. Line a baking tray with baking paper and grease with coconut oil. In a pan, stir fry the veggies for 3-5 minutes until soft. Then transfer into the baking tray. Whisk eggs and milk together along with salt and pepper to taste and pour over vegetables. Bake for 25-30 minutes or until set and golden. Allow to cool for 10 minutes and serve with your favorite salad.

Mexi Bowl

INGREDIENTS

3 cups cauliflower rice or brown rice
2 1/2 cups Salsa
1 grated carrot
400gm black beans (can substitute for a lean mince)
3 cups shredded cos lettuce
400gm whole kernel non gmo corn
1 cup guacamole

METHOD: Make the rice and salsa. Heat the beans in a pot on the stove. Prepare the vegetables and guacamole. Put all the ingredients in bowls and allow everyone to make their own mexi bowl starting with rice and beans and then salads on top.

Mexican Salsa

INGREDIENTS

2 cups finely chopped tomatoes
2 cloves crushed garlic
1/4 cup lemon or lime juice
1/4 cup chopped red onion
1 red chili (optional)
1/2 teaspoon salt
1/2 cup chopped coriander

METHOD: Combine ingredients in bowl and serve straight away.

Mushroom & Buckwheat Risotto



Firstly, buckwheat does not have gluten or wheat in it. It is actually related to the rhubarb plant, so you can give buckwheat the thumbs up!

INGREDIENTS

- 3/4 cup buckwheat
- 1 1/2 cups boiling water
- 3 cloves crushed garlic
- 2 cups slice leek
- 4 large mushrooms sliced thinly
- 1 tablespoon coconut oil
- 1 1/2 cups water
- 1 teaspoon salt
- 1 tablespoon soy sauce
- 4 tablespoons lemon juice
- Lemon Zest to garnish

METHOD: In a pot combine buckwheat and boiling water and bring back to the boil. Turn down to simmer with the lid on for 15 minutes or until the water has gone and buckwheat is soft. In a pan sauté the onions, garlic, leek and mushrooms in oil for around 10 minutes and add the cooked buckwheat. In a blender blend the cashews and water until smooth, add to the risotto. Add the salt and soy sauce until bubbling and stir. Grate the lemon zest before squeezing the lemon juice. Before serving, stir in the lemon juice and garnish with parsley and lemon zest.





Sweet Potato Fries

Yum is all we can say!!

INGREDIENTS:

3 large sweet potatoes
2 tablespoons coconut or rice bran oil
1 teaspoon salt
parsley

METHOD: Slice the sweet potato into 1 cm round discs and then slice into chip slices. There is no need to peel off the skin. In a mixing bowl, carefully mix the chips and the oil so that they are all covered. On an oven tray, put down some baking paper and spread the chips out so they are evenly spaced. You may need to use 2 trays. Sprinkle the salt over the fries and put them in a preheated oven at 180C/350F for 20-30 minutes or until just golden. Mix gently every 10 minutes to ensure even cooking.

Serve with home made tomato sauce, cashew cream or home made sweet chili sauce and a sprinkle of fresh parsley.

Asian Quinoa Salad

INGREDIENTS:

1 cup quinoa
2 cups boiling water
1 onion finely diced
1 carrot julienne
1 tablespoon finely chopped ginger
1 cup frozen edamame beans
4 cloves crushed garlic
2 cups red cabbage shredded
1 chopped red capsicum
1 teaspoon salt
1 teaspoon black sesame seeds
1 teaspoon white sesame seeds

METHOD: In a pot add the quinoa and water and bring to the boil. Cover and simmer for around 12 minutes or until water is absorbed and quinoa is soft and fluffy. In a pan sauté the oil, ginger, onion and garlic until soft. Add in edamame, cabbage and capsicum and cook for another 4-5 minutes, or until cabbage has softened. Add in quinoa and mix. Garnish with sesame seeds. Can be enjoyed warm or cold.



Desserts To Die For





Desserts To Die For

WE ALL LOVE DESSERT. HERE ARE SOME WHOLESOME AND TRIBAL WELLNESS APPROVED DESSERTS WHAT WILL KEEP YOU SMILING. REMEMBER, JUST LIKE ANYTHING, EAT IN MODERATION.

Say goodbye to desserts filled with dairy, processed sugary and addictive ingredients. These desserts are nothing but whole foods! Enjoy!

- Raw Chocolate Chip Cookies
 - Chia Seed Pudding
 - Avocado Chocolate Mouse
 - Fruit Ice cream
 - Key Lime Bars
 - Fruit Salad
 - Sweet Potato Brownies
 - Body Brilliant Bliss Balls
-



DESSERT



Key Lime Bars

Ingredients

4 cups raw cashews
1 cup lime juice
1/2 cup honey or maple
syrup
1/2 cup coconut oil
1 cup filtered water as
needed

This is a super yum treat or dessert to be kept in the freezer. Have it sliced in small pieces for when you are looking for something sweet to have.

In a good quality blender combine all ingredients and blend until smooth. Adding extra water if needed. Pour the mixture into a tray lined with baking paper and freeze for 2-3 hours. Cut into bars and keep in an air tight container in the freezer.

Raw Chocolate Chip Cookies



These wont last very long :) Definitely make a double batch!

INGREDIENTS

Cookies

3 cups of raw cashews
1 vanilla bean
1/2 cup of coconut oil
1/4 cup of maple syrup or honey

Dairy Free Choc Chips

1/2 cup raw cacao powder
1/4 cup coconut oil



METHOD: Blend cookie mixture in a food processor until fine. Start by just blending the cashews into a fine powder, then remove 1/4 cup of the mixture to use later, then add in the rest of the cookie ingredients and blend away. To make the choc chips add all items into a food processor and blend until smooth. Spread out onto a baking tray and place in the freezer until hard. Then cut or break into tiny pieces.

Mix the choc chips into the cookie mixture and roll into small balls and flatten with a fork. Then press the cookie into the cashew powder to finish and keep either in the fridge or the freezer.

Chocolate Chia Seed Pudding

This is so delicious and awesome for you with the good fats from the Chia Seeds.

INGREDIENTS

1 1/2 cups almond milk
1/3 cup chia seeds
1/4 raw cacao powder or 2 sachets of chocolate complete powder
2 tablespoons honey or maple syrup
1/2 teaspoon ground cinnamon
1/2 teaspoon sea salt
1/2 teaspoon real vanilla extra

METHOD: Add all ingredients except sweetener into a mixing bowl and whisk well. Once combined, add in sweetener. Cover the mixture and leave in the fridge overnight, or at least for 4-5 hours. Serve chilled with fresh fruit or berries and enjoy!

Spiced Berry Cobbler



A great quick and easy dessert to whip up that is delicious!

INGREDIENTS

Crust

1 cup raw almonds
1 teaspoon nutmeg
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 cup dates

Filling

4 cups blueberries - but you can substitute any fruit such as mixed berries or mango instead.

METHOD: To make the crust, put all ingredients into a food processor and pulse until mixed well. Mix crust and fruit together and serve.

Banana Mango Ice Cream

INGREDIENTS

2-3 frozen bananas
1-2 cups frozen mango

METHOD: In a food processor mix until smooth and creamy.

Chocolate Avocado Mousse

INGREDIENTS

1-2 ripe avocados
1/4 cup raw cacao powder
1/4 cup coconut or almond milk
2 teaspoons honey or maple syrup
1 teaspoon real vanilla extract

METHOD: In a food processor puree avocado until smooth and creamy. Then add remaining ingredients and mix well. Transfer to individual bowls and put in fridge until ready to serve. Top with berries, mango, banana, slithered almonds or chia seeds.





Stay Connected

Our Tribal Wellness Program has been designed to not only meet you where you are at and help you take your health and life to the next level. But to also create a support network to help you in your journey towards a better life.

We really encourage you to stay connected in our private facebook group that you have been invited into. Ask questions, share your wins and challenges. Take pictures of your fridge makeover or healthy meals. Not only will you be cheered on by other like minded people all around the globe, but you will inspire them, and be inspired.

Congratulations on taking a step forward for your health and life! We cannot wait to see what unfolds for you!!

With love and gratitude,

The Tribal Wellness Team