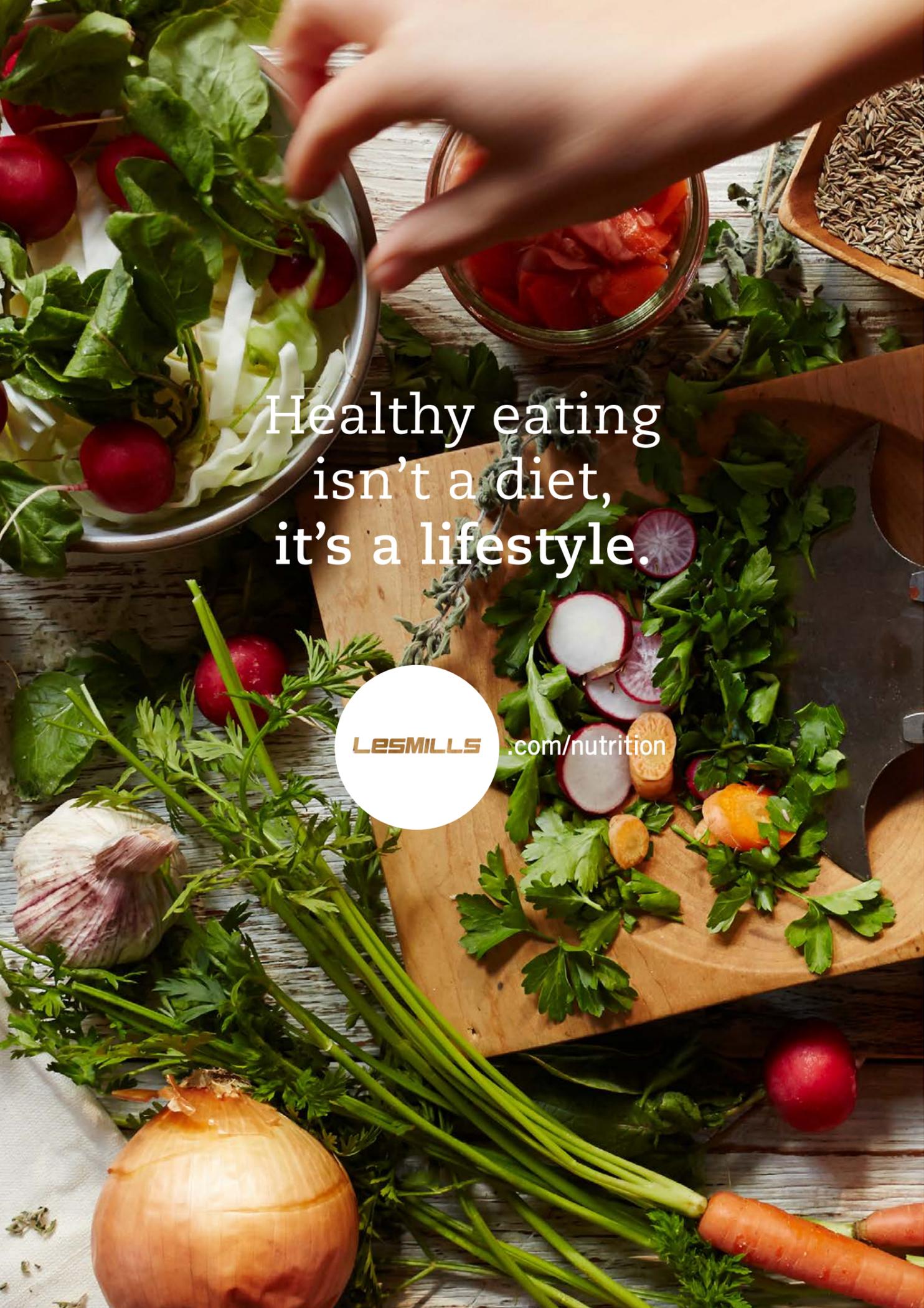


# The 21 Day Challenge.

Recipe Book.





Healthy eating  
isn't a diet,  
it's a lifestyle.

[LESMILLS.com/nutrition](https://www.lesmills.com/nutrition)

For each recipe you will need to apply the suggested portion sizes: 1 palm, 1 thumb, 1-2 handfuls of low starch carbs. Often this will be an estimate especially if fats have been used in cooking.

## Meat.



1 palm full

- Lamb Rack with Cauliflower Mash
- Roast Lamb
- Lamb & Egg Stack with Avocados & Tomatoes
- Spiced Lamb Mince
- Chicken Patties with Guacamole & Salsa
- Chicken & Olives
- Mediterranean Chicken Stack
- Roast Chicken
- Chicken, Chili, Prawn & Kelp Noodles
- Chili
- Roast Pork with Baked Vegetables
- Mince Lettuce Cups
- Spiced Beef Short Ribs
- Surf & Turf
- Basil's Steak



## Seafood.



1 palm full

- Fried Fish with Assorted Flavours
- Prawns & Cabbage
- Poached Prawns
- Salmon & Kelp Noodle Salad



## Vegetables.



1-2 handfuls

- Vegetable Frittata
- Silverbeet Fritters with Mayo
- Oriental Omelette Wraps
- Quick Fried Broccoli
- Cabbage with Sesame & Ginger
- Naked Huevos Rancheros
- Mimosa Egg Salad with Tarragon
- Coleslaw
- Kale Salad
- Gado Gado
- Green Salad
- Carrots with Nutty Dressing
- Broccoli & Green Bean Salad
- Cucumber Salad
- Coconut Aioli



Meat.

## Lamb Rack with Cauliflower Mash

### Ingredients

- Lamb rack
- Salt and pepper
- Fresh rosemary
- 2 Cloves of garlic, minced
- 1/2 Cauliflower head
- Olive oil

### Method

- 1 Rub salt, pepper, rosemary and 1 clove of garlic onto the lamb rack.
- 2 Bake at 180 °c for 20 minutes, or until cooked to your liking.
- 3 While it is cooking, steam the cauliflower until soft, then blend it in the food processor with remaining garlic, olive oil and more salt and pepper.
- 4 Enjoy with a large green salad.



## Roast Lamb

### Ingredients

- 2kg Lamb leg, bone in
- Olive oil
- Rosemary
- Salt and pepper

### Method

- 1 Place lamb leg in large pot with lid, slice small holes in the flesh and push the rosemary in.
- 2 Pour olive oil on the leg, sprinkle salt and pepper over, and place in the oven.
- 3 Bake at 220 °c for 1 hour, then turn the oven down to 80 °c and continue until cooked to your liking.
- 4 The meat should be tender and falling off the bone.

## Lamb & Egg Stack with Avocado & Tomatoes

### Ingredients

- 500g Lamb mince
- 1 Onion, finely chopped
- 2 Cloves of garlic, minced
- Cumin, cinnamon and paprika to taste
- 4 Eggs
- 2 Tomatoes, sliced
- 1 Avocado, sliced
- Salt and pepper

### Method

- 1 Mix together the lamb mince, onion, garlic and spices and roll into discs.
- 2 Fry in an oiled pan until cooked through.
- 3 Remove from the pan and fry the eggs.
- 4 Assemble by stacking first the lamb patties, then the egg, then tomato and finally the avocado.



## Spiced Lamb Mince

### Ingredients

- 500g Lamb mince
- 1 Large onion, diced
- 200g Green beans, diced
- Cumin
- Ginger
- Garlic
- Salt and pepper
- Ground coriander to taste

### Method

- 1 Fry the onion and beans in an oiled pan, add mince and spices and break up with your spatula to avoid clumps.
- 2 When the mixture is cooked through, serve in a bowl with red pepper strips as dippers.

## Chicken Patties with Guacamole & Salsa

### Ingredients

- 500g Chicken mince
- 1 Avocado
- 1/2 Capsicum, finely diced
- 2 Tomatoes, diced
- 4 Mushrooms, finely diced
- 1/4 Onion, finely diced
- 1 Small onion, finely diced
- Juice of 1/2 a lemon
- 1 Clove garlic, minced
- Salt and pepper
- Chili flakes (optional)
- Cumin to taste salsa
- Paprika to taste

### Method

- 1 Mix together the chicken mince, capsicum, mushrooms, onion, garlic, salt, pepper, cumin and paprika and roll them into small, flat discs.
- 2 Fry in an oiled pan until cooked through.
- 3 Mix avocado, tomatoes, onion, lemon and chilli together with a fork, until you reach desired guacamole consistency.
- 4 Stack the guacamole on top of each disc, top some salsa over and enjoy with a green salad.



## Chicken & Olives

### Ingredients

- 2 Chicken breasts
- 1 Onion, diced
- Salt & pepper
- 1 Jar of olives
- 1500ml Jar of basil and tomato pasta sauce (look for a sugar free one)

### Method

- 1 Brown the chicken in an oiled pan with onion, salt and pepper.
- 2 Add the pasta sauce and olives, tip into a baking dish and bake at 180 °c for 30 minutes.



## Mediterranean Chicken Stack

### Ingredients

- 4 Chicken thighs, hammered flat
- Salt and pepper
- 1 Garlic clove, finely chopped
- Baby spinach
- 8 Sundried tomatoes
- Olives
- Fresh basil

### Method

- 1 Fry the chicken thighs in an oiled pan with salt, pepper and garlic until cooked through (about 5 mins per side).
- 2 Stack the chicken on top of the spinach and top with sundried tomatoes, olives and basil.



## Roast Chicken

### Ingredients

- Whole chicken
- 3-4 Slices of preserved lemon (lemons marinated in oil and salt for a few weeks if you want to make it yourself)
- Olive oil
- Salt and pepper

### Method

- 1 Place chicken in a large pot with a lid.
- 2 Drizzle with olive oil, lay the lemon slices on top and sprinkle with salt and pepper.
- 3 Put the lid on and bake at 180 °c 1 hour and 20 minutes.
- 4 Check that the meat is cooked by slicing into the thigh with a knife – if the juices run clear, the meat is cooked. If not, leave it for another 10 minutes.

Note: Delicious paired with coleslaw!

# Chicken, Chili, Prawn & Kelp Noodles

## Ingredients

- 400g Kelp noodles
- 4 Tbsp coconut oil
- 2 Chicken breasts, thinly sliced
- 16 Raw peeled prawns, heads removed
- 150g Choy sum, cut into matchsticks
- 2 Tbsp tamari
- 2 Tbsp rice wine vinegar
- 1 Tbsp honey
- 1 tsp Chili paste
- 1 Handful beansprouts
- 1/2 Cup fresh coriander leaves
- 3 Tbsp crispy shallots

## Method

- 1 Rinse kelp noodles and plate.
- 2 Heat coconut oil in a wok until smoking.
- 3 Add the sliced chicken and cook for 2-3 minutes or until nicely coloured.
- 4 Add the prawns and choy sum matchsticks and cook for 2 more minutes, add sauces, then the chili paste.
- 5 Toss in the beansprouts.
- 6 Fold in the coriander, serve immediately on kelp noodles, and garnish with crispy shallots.



# Chili

## Ingredients

- 500g Mince
- 1 Onion, chopped
- 2 Cloves of garlic
- Green beans, diced
- Capsicum, diced
- 2 Tins tomatoes
- Cinnamon
- Chili flakes
- Cumin
- Paprika
- Salt and pepper

## Method

- 1 Fry the vegetables in olive oil in a large heavy saucepan.
- 2 Add the mince, tomatoes and spices, and simmer for 20 minutes.

# Roast Pork with Baked Vegetables

## Ingredients

- 1 Pork loin (approximately 2kg, bone in)
- 1/2 Cauliflower, chopped
- Salt and pepper
- 1/2 Broccoli, chopped
- Minced garlic
- 1 Onion, chopped
- Paprika
- 2 Cloves of garlic, finely diced
- Cumin
- 2 Slices of preserved lemons
- Oregano
- Olive oil
- 2 Cups of water

## Method

- 1 Place the pork skin side up in a large roasting pan with a lid. Rub the salt, pepper, garlic, spices and olive oil into the fat, add 2 cups of water to the pan, cover and put in the oven at 200 °c for 30 minutes.
- 2 Turn the oven down to 140 °c and continue cooking for another 5 hours at least.
- 3 Check the meat after this, it should be tender and falling off the bone. You may need to leave it for another couple of hours, just keep checking for when the bone slides out easily.
- 4 Cover and leave to rest while vegetables cook.
- 5 Place cauliflower, broccoli and onion on a baking tray, sprinkle with garlic, lemon and oil and bake at 200 °c for 30-40 minutes until cooked through.



# Mince Lettuce Cups

## Ingredients

- 1kg Pork/chicken/beef mince
- 1 Large lettuce, leaves torn off
- Tamari soy sauce
- Tomatoes, sliced (optional)
- Fish sauce
- Olive oil
- 1 Large white onion, diced
- 2 Cloves of garlic, crushed or sliced thinly
- Chili flakes/fresh chili, sliced thinly
- Salt and pepper

## Method

- 1 Combine mince, tamari soy sauce, fish sauce, onion, garlic, chilli, salt and pepper together.
- 2 Heat some olive oil in a large frying pan, add the mince mixture and fry until the meat is cooked all the way through.
- 3 You will need to keep breaking up the mix so that it doesn't clump or cook unevenly and burn.
- 4 Serve with the lettuce leaves by spooning mixture (and tomatoes) into the lettuce cups and eating with your hands, sort of like lettuce tacos.

# Spiced Beef Short Ribs

## Ingredients

- 1.2 - 1.4kg Beef short ribs
- 2 Cups vegetable stock, hot
- 1 Onion, chopped
- 1 Carrot, peeled, chopped
- 1 Leek, white part only, thinly sliced
- 25g Coconut oil, softened
- 1 Tbsp almond/coconut flour
- 4 Cloves of garlic, peeled
- 1 Tbsp bittersweet smoked paprika
- 1/2 Tbsp hot smoked paprika (or use all bittersweet)
- 1/2 Tbsp cumin seeds, toasted, crushed
- 1/2 Tbsp honey
- 1/2 tsp Salt

## Method

- 1 Combine the paprika, cumin, honey and salt in a small bowl and set aside. Preheat a slow cooker for 20 minutes then put in the onion, carrot, leek and whole garlic cloves.
- 2 Using your hands, rub the paprika mix all over the beef short ribs then put them on top of the vegetables. Then pour in the hot stock, cover and cook on Low for 7-8 hours.
- 3 Remove the short ribs from the slow cooker and keep warm. Strain the cooking juices, pushing down on the vegetables, into a wide saucepan or frying pan and bring to the boil.
- 4 Mix the oil and flour to a paste then whisk this paste into the cooking juices, to make a thin sauce.
- 5 When ready to serve, cut the short ribs between each bone and serve with the sauce.



# Surf & Turf

## Ingredients

- Eye fillet
- 6 Prawns
- Coconut aioli

## Method

- 1 Fry eye fillet for 3 minutes each side.
- 2 Add the prawns for the final few minutes of cooking.
- 3 Serve with a green salad or asparagus and drizzle over the coconut aioli.

# Basil's Steak

## Ingredients

- Large whole beef eye fillet
- Worcestershire sauce
- Wholegrain mustard
- Tomato ketchup
- Salt and pepper

## Method

- 1 Place beef and worcestershire sauce in a baking dish.
- 2 Spread wholegrain mustard over the top, then add ketchup over the top of that.
- 3 Sprinkle with salt and pepper and roast at 200 °c for approximately 1 hour.
- 4 Check the meat by slicing into the centre. If it is not cooked to your liking, leave it in the oven for a bit longer.
- 5 Remember to always let meat rest for at least 5 minutes before carving and serving.

Note: Enjoy this delicious steak with the broccoli and green bean salad!





## Seafood.

# Fried Fish with Assorted Flavours

### Ingredients

- 1kg White fleshed fish
- Olive oil

### Flavours:

- Black olive tapenade & lemon juice
- Chilli flakes, lemon juice & parsley
- Salt, pepper, finely chopped garlic & lemon juice

### Method

- 1 Heat oil in a large frying pan, add fish in batches (making sure not to over-crowd the pan) with your choice of flavourings.
- 2 Turn after a few minutes, when fish begins to look opaque, fry on the other side for a few more minutes.
- 3 Remove from the heat and serve with salt, pepper and lemon juice to taste.

Note: This fresh fish recipe matches beautifully with the coleslaw or green salad!



# Prawns & Cabbage

### Ingredients

- 500g Raw prawn meat
- 1 Onion, diced
- 2 Cloves of garlic, crushed
- 1/2 Head of cabbage
- 1/2 Can of coconut milk
- Juice of 1 lemon
- Salt and pepper to taste

### Method

- 1 Fry the onion and garlic in an oiled pan.
- 2 Add the cabbage, let it soften, then add the prawns.
- 3 Pour over the coconut milk, lemon juice, salt and pepper and let it simmer for 5 minutes.

Note: Delicious served with a large green salad!

## Poached Prawns

### Ingredients

- Raw prawn meat
- Fresh orange juice
- Coconut milk
- Garlic, crushed
- Salt and pepper

### Method

- 1 Mix everything together and marinate for 1 hour.
- 2 Remove prawns from liquid and set aside.
- 3 Heat liquid in a pot, and add prawns and poach until cooked through.

Note: Serve with cauliflower rice!



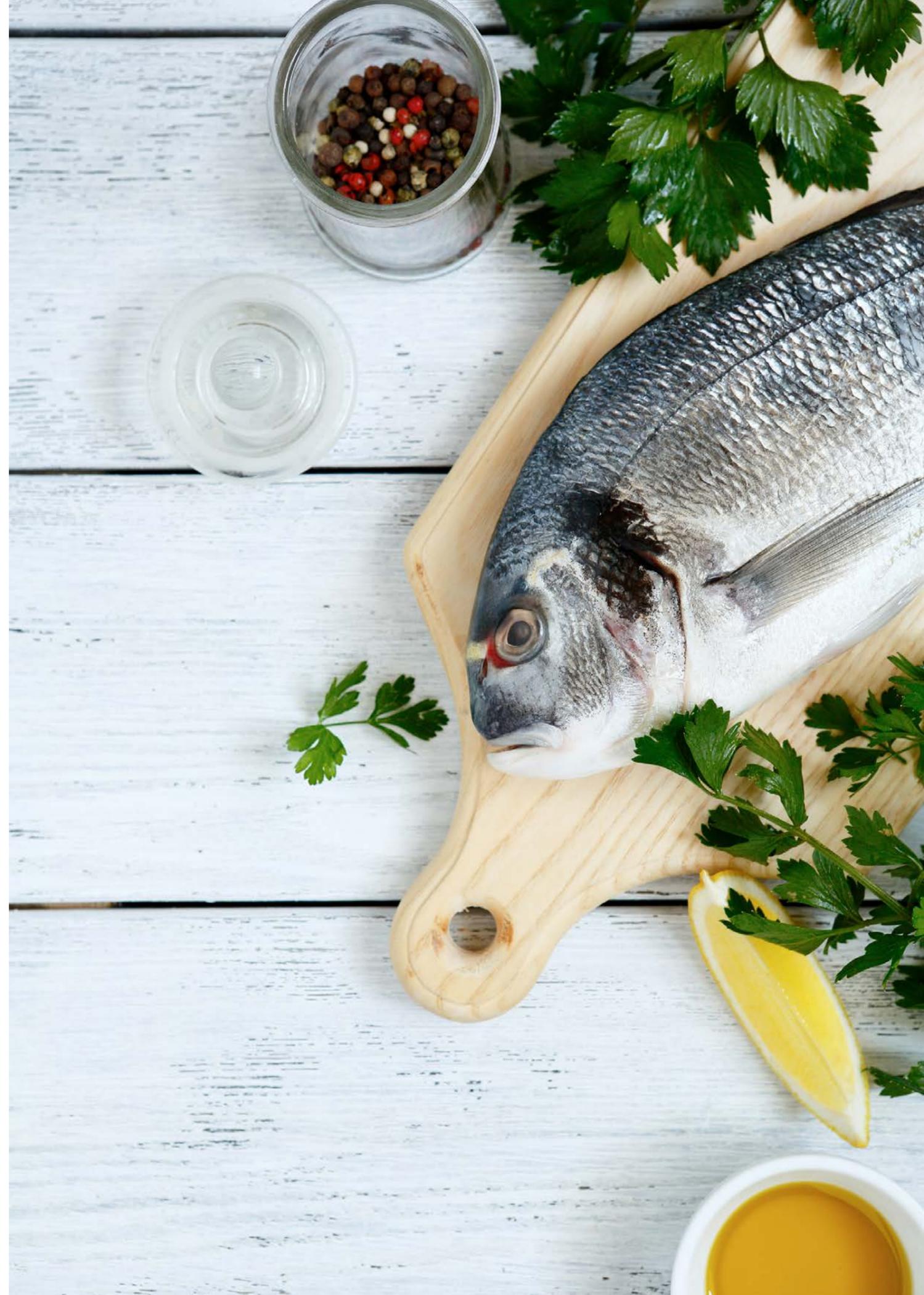
## Salmon & Kelp Noodle Salad

### Ingredients

- 2 Salmon fillets
- 3 Cups of green (silverbeet, broccoli, asparagus, spinach etc.), roughly chopped
- 2 Cloves of garlic, crushed
- 2 Tbsp rice wine vinegar
- 2 Tbsp tamari
- 2 Tbsp sesame oil
- 1 Packet kelp noodles, washed
- Lemon Juice
- Salt and pepper

### Method

- 1 Fry or bake the salmon until cooked to your liking.
- 2 Fry the greens in coconut oil until a little soft.
- 3 Combine the garlic, vinegar, tamari and sesame oil to make a sauce.
- 4 Lay kelp noodles on a large dish, top with greens and sauce.
- 5 Flake salmon over the top, season with salt and pepper and a squeeze of lemon juice.





## Vegetables.

## Vegetable Frittata

### Ingredients

- 12 Eggs
- 1 Capsicum, sliced thinly
- 1 Onion, sliced thinly
- 3 Tomatoes, diced
- 2 Cloves of garlic, diced or crushed
- 2 Zucchini, sliced thinly
- Olive oil
- Salt and pepper

### Method

- 1 Whisk eggs. Set aside.
- 2 In a large oven-proof saucepan, fry the vegetables in a little olive oil until tender.
- 3 Remove from the heat, add the egg mix and salt and pepper to taste.
- 4 Bake in the oven for 20 minutes or until eggs are cooked through.
- 5 Serve with a large green salad.



## Silverbeet Fritters with Mayo

### Ingredients

- 1 Head of silverbeet, finely sliced
- 1 Onion, finely sliced
- Salt and pepper to taste
- 2-3 Eggs
- 2 Tbsp mayonnaise

### Method

- 1 In a large bowl, place silverbeet, onion, salt and pepper, crack the eggs in and stir to coat everything in the egg.
- 2 Fry spoonful's in a frying pan until golden and flat on each side. Enjoy with a small amount of mayonnaise.

## Oriental Omelette Wraps

### Ingredients

- 10cm Piece of cucumber, peeled and cut into 5cm long matchsticks
- 4 Spring onions, cut into 5cm matchsticks
- 1 Tbsp rice vinegar
- 1 Tbsp tamari
- 1 Tbsp mirin
- 4 Eggs
- Sesame oil
- Salt and pepper
- Sesame seeds, toasted

### Method

- 1 Place cucumber and spring onions into a shallow dish, gently mix in the rice vinegar, tamari and mirin, set aside.
- 2 Beat the eggs with some salt and pepper. Coat a frying pan thinly with sesame oil and heat.
- 3 Pour about 1 tablespoon of the beaten egg into the frying pan. Let it run a little, but tilt the pan so that the omelet stays as round as possible.
- 4 When the top has completely set, gently remove from the pan, roll it up lightly, set aside and continue making more omelets in the same way, until all the egg has been used (makes approx. 20 wraps)
- 5 Put a few sticks of cucumber and one spring onion in the center and roll it. Repeat with remaining wraps, sprinkle with sesame seeds to serve.



## Quick Fried Broccoli

### Ingredients

- 1 Tbsp olive oil
- 1 Clove of garlic, crushed
- 1 Broccoli head, cut into thin slices
- 50g Cashews
- Juice of 1 lemon

### Method

- 1 Heat olive oil in a frying pan and add the garlic and broccoli, and fry for 5 minutes.
- 2 Add 1/2 cup water, cover and part steam for a further 4 minutes.
- 3 Drain and toss through cashews and lemon juice.

## Cabbage with Sesame & Ginger

### Ingredients

- 1 Cabbage, shredded
- 1 Tbsp sesame oil
- 1 Tbsp fresh root ginger, grated
- 1 Clove of garlic, crushed
- Salt and pepper

### Method

- 1 Heat 1 inch of water in a saucepan, add the cabbage, cover with a lid and cook for about 5 minutes, or until the cabbage is tender. Drain.
- 2 Add the sesame oil, ginger and garlic and stir well.
- 3 Season with salt and pepper and serve immediately.



## Naked Huevos Rancheros

### Ingredients

- 2 Eggs
- 1 Capsicum, sliced
- 1/4 Red onion, sliced
- 1/2 Avocado, sliced
- 1 Large tomato, sliced
- Salsa, to taste
- Fresh coriander, to taste
- Salt and pepper

### Method

- 1 Whisk eggs and fry in an oiled pan. This is your tortilla.
- 2 Place the veges, salsa and coriander on cooked egg and wrap around.

# Mimosa Egg Salad with Tarragon

## Ingredients

- 8 Eggs, hard boiled
- 4 Tbsp mayonnaise
- 20g Fresh tarragon, chopped
- 8 Crispy, cup shaped lettuce leaves
- Salt and pepper

## Method

- 1 Separate the egg whites from the yolks and chop both finely.
- 2 Mix the egg whites and all but 1 tablespoon of the yolks with the mayonnaise and most of the tarragon. Season with salt and pepper.
- 3 Spoon the egg mixture loosely into each lettuce leaf (it doesn't have to be neat and tidy!).
- 4 Scatter the remaining chopped egg yolk and tarragon over top to serve.



# Coleslaw

## Ingredients

- Grated carrot
- Red cabbage, sliced thinly
- 1 Onion, sliced thinly
- Mayonnaise
- Lemon Juice

## Method

- 1 Mix everything together in a big bowl.
- 2 Enjoy.

# Kale Salad

## Ingredients

- 1 Bag of kale, chopped finely
- 10 Mushrooms, sliced
- 2 Cloves of garlic, minced
- 1/2 Onion, sliced very finely
- Balsamic vinegar
- Olive oil
- Salt and pepper

## Method

- 1 Mix kale, mushrooms, garlic and onion together.
- 2 Dress salad with olive oil, balsamic vinegar, salt and pepper.



## Gado Gado

### Ingredients

- 6 Tbsp peanut butter
- Lemon Juice
- Olive oil
- Sesame oil
- Salt and pepper
- 6 Eggs, hard boiled and sliced
- 2 Cups green beans, chopped into batons
- 2 Cups red cabbage, finely sliced
- 1/2 Red onion, finely sliced

### Method

- 1 Combine the peanut butter, lemon juice, oils and salt and pepper to taste, then make the sauce.
- 2 Combine the eggs, beans, cabbage and onion and pour the sauce over top.

## Carrots with Nutty Dressing

### Ingredients

- 3 Tbsp nut butter (eg. ABC butter)
- 2 tsp Turmeric
- 3 Cloves of garlic, minced
- 1/2 Cup olive oil
- 3 Carrots, grated

### Method

- 1 Combine nut butter, turmeric, garlic and enough olive oil until good dressing consistency and smooth.
- 2 Mix into the carrots.



## Green Salad

### Ingredients

- Lettuce
- Tomatoes
- Cucumber
- Balsamic Vinegar to taste

### Method

- 1 Toss everything together in a big bowl.
- 2 Enjoy.



## Broccoli & Green Bean Salad

### Ingredients

- Broccoli
- Green beans
- Avocado
- Chilli
- Lemon juice
- Balsamic vinegar
- Salt and pepper

### Method

- 1 Steam broccoli florets and green beans until slightly tender, remove from pot and let cool.
- 2 Toss with avocado, chilli, lemon juice, salt and pepper and a dash of balsamic vinegar.

# Cucumber Salad

## Ingredients

- 1 Large cucumber
- Chilli flakes
- Sesame oil
- Lemon juice
- Tamari soy sauce
- Fish sauce
- Fresh coriander, to taste

## Method

- 1 Slice the cucumber into batons (small rectangles).
- 2 Put all ingredients into a large bowl and mix together.
- 3 Cover and leave to marinate overnight, or at least for a few hours.



# Coconut Aioli

## Ingredients

- 250g Coconut yoghurt
- 1 Tbsp garlic, crushed
- 1 tsp Sea salt
- Juice of 1 lemon
- Pepper

## Method

- 1 Combine all the ingredients and mix well.
- 2 Drizzle over salads, chicken or fish, or serve with crudités.

