

Chelsea Mae Cullen



So you want to lose weight? So did I, for nearly a decade even as healthy vegan!!!

Check out some before and after pictures below!

It shouldn't be so hard right!? Well with all the misinformation out there it's no wonder that even healthy vegan's struggle to get it right!

Ok so before we get into the recipes, let's get the science of weight loss out of the way, it basically comes down to two simple principles:

**1. To burn stored fat you must be in a calorie deficit.** What that means is that you consume LESS calories than your body needs so it is forced to dip into your fat stores for energy. This is how ANY diet works. Keto, intermittent fasting, raw till four, counting macros or calories, whatever new trend there is this week, if they're successful they all work because they get you into a calorie deficit!! Nothing magical there.

To learn more about a calorie deficit check out <u>this</u> podcast episode where I explain it better!

**2. You must be consistent.** You can't just eat 1200 calories all week and then do a 10,000 calorie weekend and still hope to lose fat. Consistency with that deficit over time is vital for long term weight loss.

Why I struggled for so long as a vegan was because I never understood this fact, it wasn't WHAT I was eating that was the issue, it wasn't whether the food was raw or cooked or the timing window I ate in, it was that I couldn't be consistently in a deficit because every diet I tried was difficult to stick to and left me hungry and miserable.

In 2018 after the birth of my second daughter everything changed. I learnt about something called 'calorie density' which changed my life. I started eating WAY more vegetables, learnt how to be consistent, shifted my mindset and with trial and error learnt the tools needed for HEALTHY long term weight loss.

The food I was now eating was low in calories, but bulky and filling. I was able to successfully lose 40 pounds over the next two years and have been able to keep them off with ease... something that seemed impossible most of my life.

### **Before I learnt about calorie density**



## Easily lean after two kids:



Why these recipes will help you!!

They're naturally low in calories. They've got a ton of veggies and are optimised to reduce your calories without sacrificing flavour or fullness!!

Here's something I want you to know though. These recipes are a START, but they're not the full picture!

Weight loss isn't just theory or delicious recipes, its also:

- Understanding WHAT to eat and limit and how to make food choices that get you to your dream bod.
- Learning how to be consistent, stop self sabotaging, reduce binging and create new sustainable habits.
- W How to deal with social situations, overcome a plateau, stop all an 'all in or all out' mentality, and MUCH MUCH MORE.

I wanted to teach other vegan women how to lose weight and keep it off so I started sharing on social media.

I had thought this was just MY struggle but through sharing my story I have now heard from THOUSANDS of women who have had the same issue.

Through my podcast, YouTube channel, instagram and monthly membership I've been able to help 100s of women lose weight, gain food freedom, stop dieting and find a sustainable way of eating that WILL get them to their goals.

Weight loss is HARD, but it need not be a life long struggle.

To learn more about how calorie density could help, let's connect!

You can find me at:

www.chelseamae.com

Youtube:

www.youtube.com/chelseamae

Podcast:

https://www.buzzsprout.com/920563

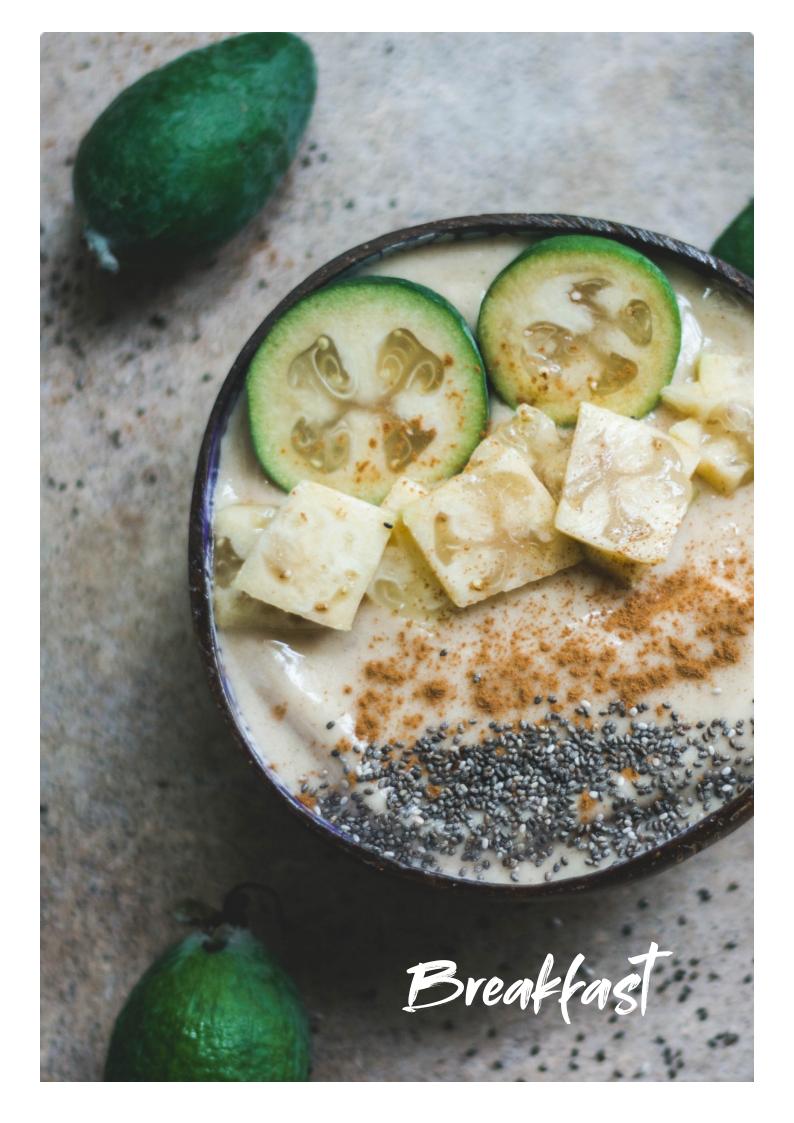
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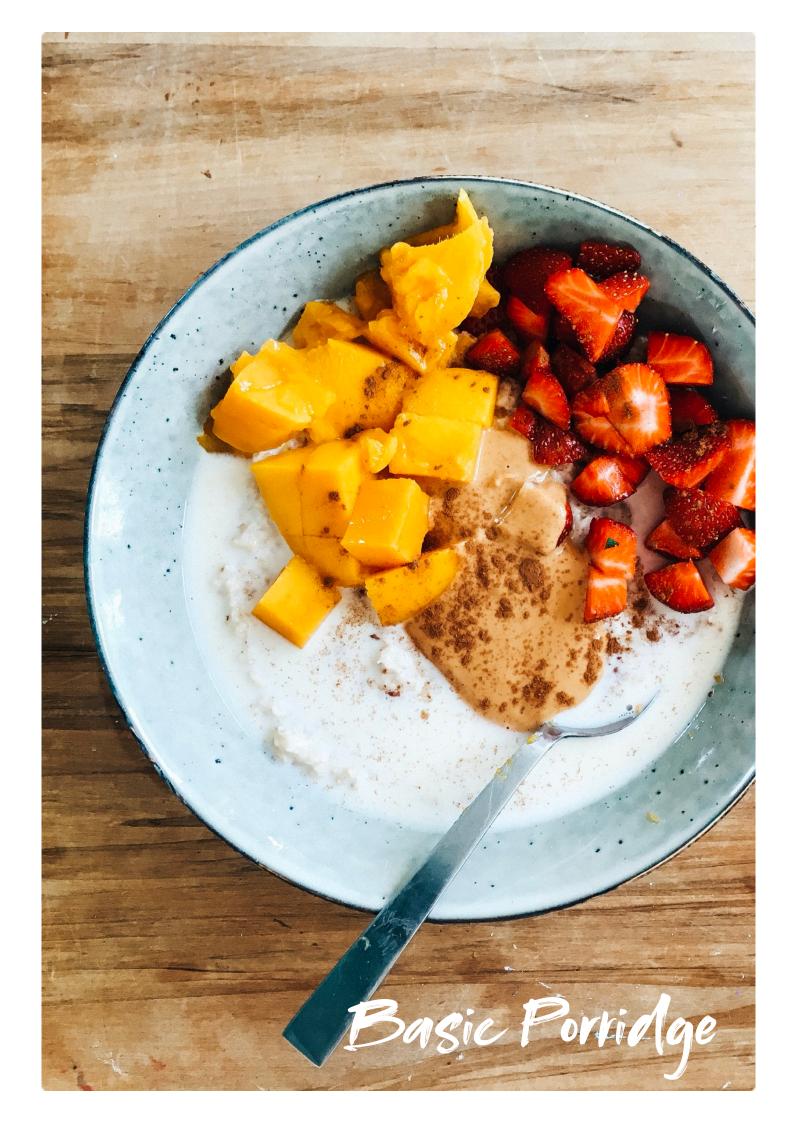
https://www.instagram.com/chelseamaecullen/

Thank's so much for downloading this ebook, I hope it helps you in your journey, even if that's NOT weight loss these recipes are still delicious and will be loved by the whole family.

Blessings and hope to hear from you soon!!

## Chelsea





## Basic Porridge

## Serves 2

Porridge is better for weight loss than overnight oats because it contains more bulk and water.

It will keep you fuller for longer plus cooked oats are easier to digest than raw. You can cook in either the microwave or the stove.

If you can get steel cut oats they are even better, (healthier and more bulky, they use MORE water) but they do take longer to cook.

Ingredients	
1 cup oats (I use rolled but the more intact th better.) 2 cups of water	е
Optional: Cinnamon, Vanilla essence Cocoa powder.	
Top with:	
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Fresh fruit, peanut butter powder if using, any plant milk (except coconut) cinnamon, 1 TBS of flax seeds, banana nice cream, frozen fruit, a tiny amount of chopped almonds. (1 TBS worth)

#### Steps

Microwave version:

- 1. Add oats and water to a microwave safe dish.
- 2. Cook for 4 minutes and stir.
- 3. Cook again for 1 minute and stir.

#### For stove top:

1. Add ingredients to pot and cook on medium heat until bubbling, reduce heat and cook until porridge reaches the desired consistency, stirring often.



## Oat Banana Pancafes

## Serves 2

These pancakes are great to have as a treat!!

I wouldn't eat them every day because they are very dense and much less filling than eating overnight oats or porridge. They are also more calorie dense because they contain less water.

As an occasional treat they are delicious though and sometimes Nick and I will munch on these once our kids have gone to bed.

These are also great to put in kids lunch boxes.

#### **Ingredients**

- 1 cup oats
- 1 cup of soy milk (or almond)
- 1 Banana
- 1 tsp of vanilla extract.

#### Toppings:

Fresh fruit, cinnamon, PB powder, banana 'nice cream.'

If you miss the taste of jam, try mashing some frozen raspberries with ripe banana and use as a topping!

- 1. Add all ingredients to a high speed blender and blend until smooth.
- 2. Heat a non stick frying pan on to medium heat and cook pancakes in small batches.
- 3. Because you are not using oil you will need to make sure you wait until the pancake looks quite cooked before attempting to flip it.
- 4. If you find that your pancakes are sticking what you can do is add a tiny spray of oil to the frying pan and then wipe out with a paper towel.
- 5. Cook the first few pancakes and leave aside for someone who is not trying to lose weight.



## Refried Potato Breakfast

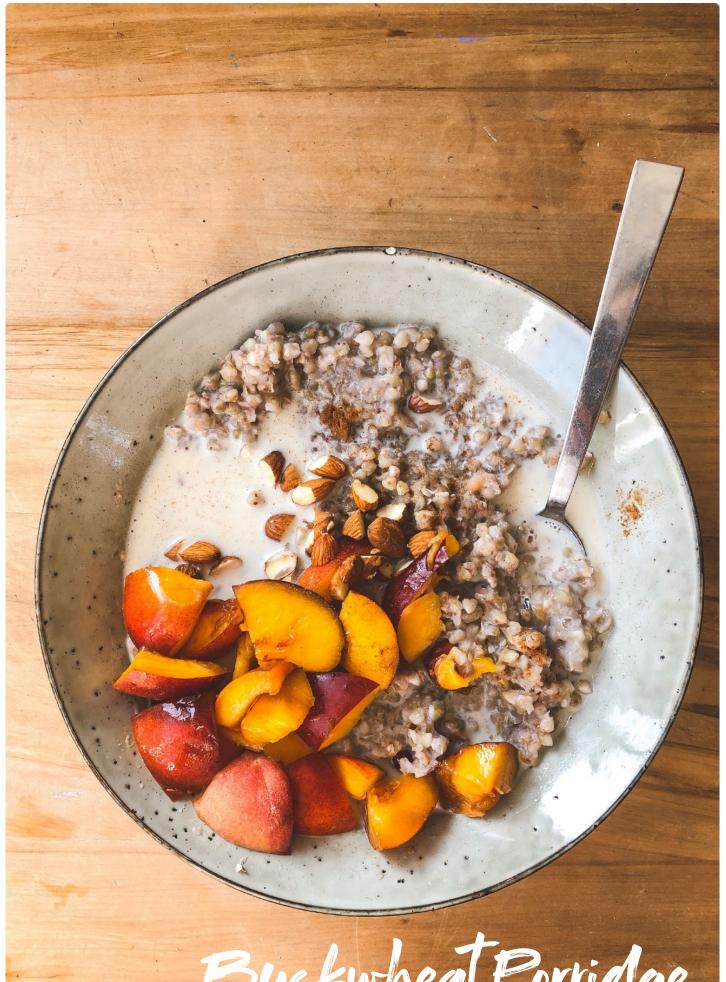
## Serves 1

This meal is less about a recipe and more about about highlighting how you can have a savoury vegetable breakfast! You will need precooked (preferably boiled) potatoes for this breakfast. Recently I've been enjoying baked sweet potato and broccoli for breakfast. I even have soup sometimes. 'Breakfast food' is just a social construct.

#### Ingredients

5 small, day old, cooked potatoes (or however many you want.)
5 tomatoes cut in half
120g of baby spinach
5 mushrooms sliced
Worcestershire sauce (vegan)
Dried mixed herbs
salt and pepper to taste.

- 1. Chop potatoes into rounds.
- Heat a non stick frying pan and try fry the potatoes with mixed herbs and a small amount of salt and pepper.
   They will start to go slightly crunchy and browned.
- 3. Keep frying until they reach your desired texture and are fully warm and remove from the heat.
- 4. To the now clear pan add your mushrooms, and tomatoes with a splash of Worcestershire sauce. Sauté until soft and then remove from heat and add the baby spinach.
- 5. Mix in the spinach until it starts to wilt and season with salt and pepper to taste.
- Add the potatoes to a bowl and top with the tomato mushroom mix. Enjoy as is or top with oil free hummus for a delicious savoury breakfast.



BuckwheatPorridge

## BuckwheatPorridge

## Serves 2

Buckwheat porridge is great for people who can't have gluten. The taste is unusual to me but I definitely don't hate it!! Buckwheat grouts are minimally processed and are super filling and satisfying with a ton of fibre.

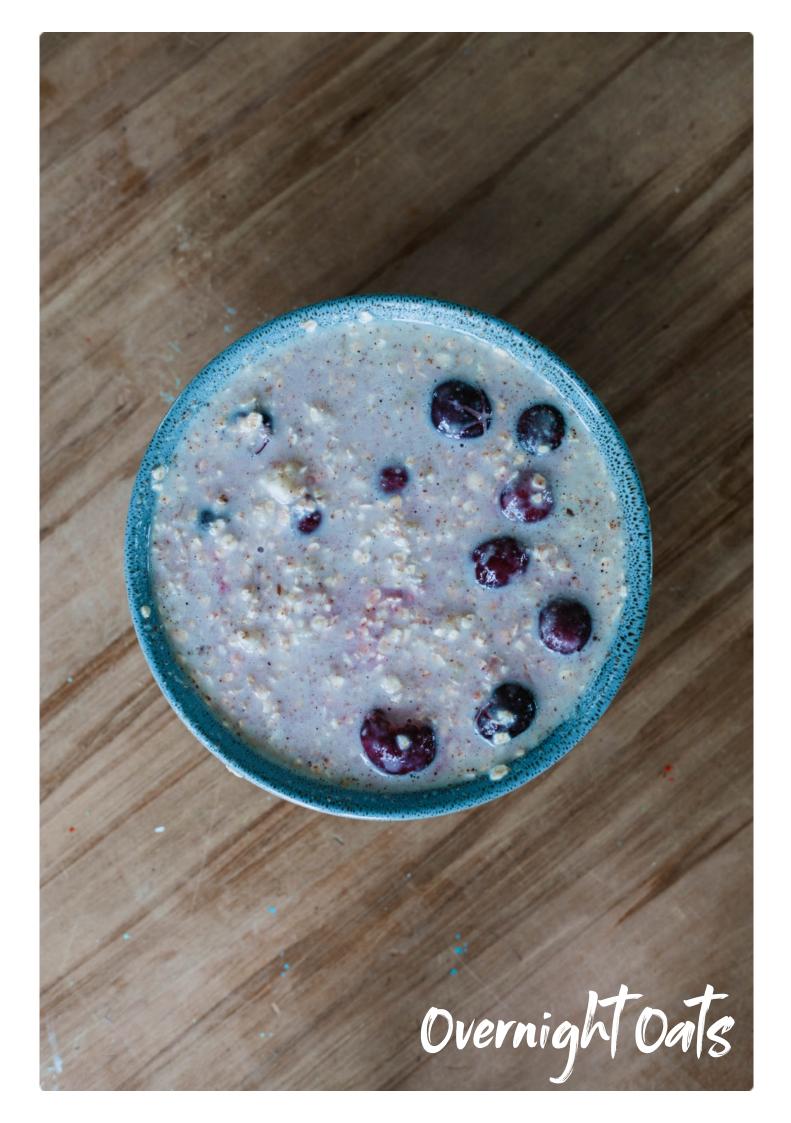
#### Ingredients

1 cup of buckwheat grouts 2 cups of water

#### Topping ideas:

Seasonal fruit, frozen fruit, 1 TBS flax seeds, a couple of chopped almonds. (Kept to the minimum), cinnamon, peanut butter powder, soy milk etc.

- 1. Rinse the buckwheat and add water in a small pot.
- 2. Heat on the stove with the lid off until the water boils then put the lid on and reduce the heat to simmer.
- 3. Put the time on for 15 minutes and when it goes off turn off the heat but leave the lid on for another 5 minutes.
- 4. Fluff with a fork and serve with fruit, plant milk, cinnamon and any other toppings you desire!!



# Overnight Oats

## Serves 1

These oats are great to make the night before for work or a quick breakfasts. You can double or triple the recipe to have with your kids to make mornings easier.

You can also add more water the next day and warm them up in the microwave or stove top to make more filling. I love to do this on cold winter mornings at my work.

#### Ingredients

½ cup oats (I use rolled)

1 cups of soy milk (or almond)

1 mashed banana

1 TBS of ground flax.

1 cup of fruit (I love frozen cherries, blueberries or raspberries.)

Variations:

Chocolate oats:

Add 1 TBS of cocoa powder

Carrot cake oats:

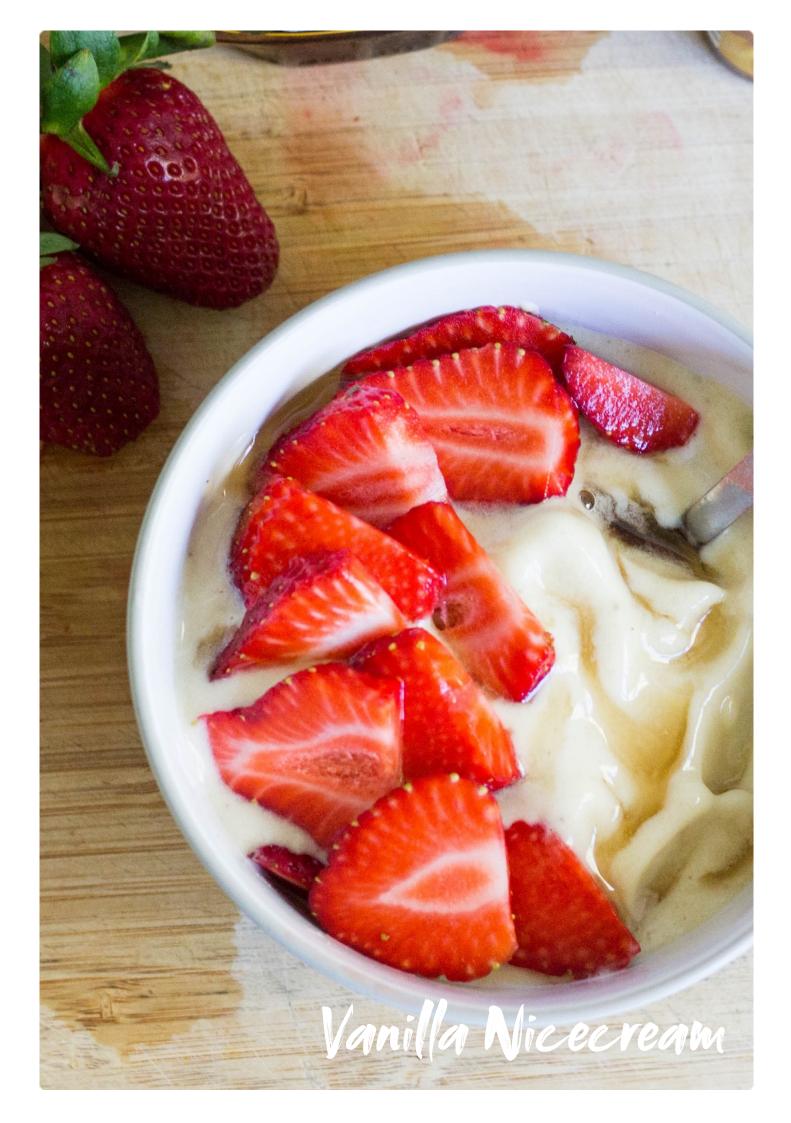
Add 1 finely grated carrot ½ a tsp of cinnamon Pinch of nutmeg

1 apple finely chopped

#### Steps

- 1. Add all ingredients to a jar or container, mix and place in the fridge overnight.
- 2. Eat as is the next day or warm in the microwave. (You can also add a splash of extra water.)

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## Vanilla Nicecream

## Serves 2

On hot days I like to have a smoothie bowl for breakfast. Sometimes when we have had a really busy day and nothing prepared for dinner we do these for dinner too!!

You can top with any fresh fruit or any low calorie toppings.

My favourite is to break up one of Nick's oat muffins on top with some fresh strawberries or mango. This is also amazing as a dessert.

#### **Ingredients**

6 ripe frozen bananas 1 tsp of vanilla extract

**Variations** 

Chocolate raspberry:
Add 1 TBS of cocoa powder
1 cup of frozen raspberries

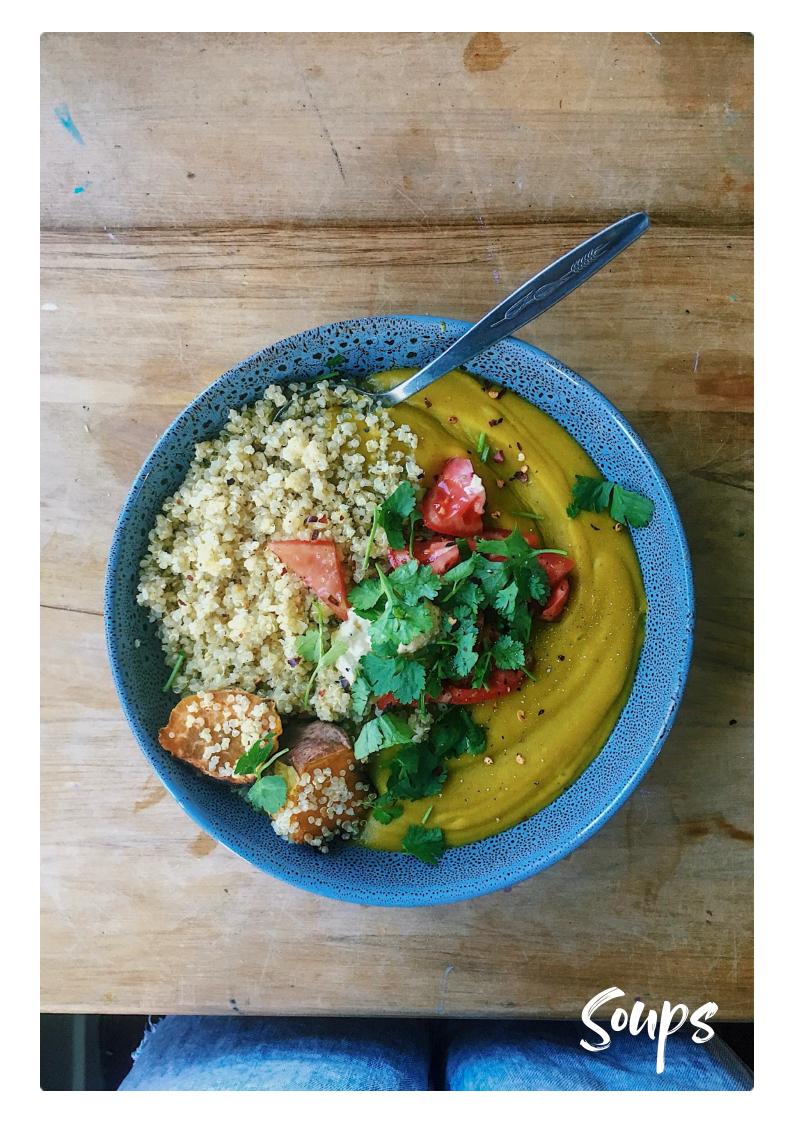
Blueberry Dream:
1 cup of frozen blueberries
1 tsp of cinnamon

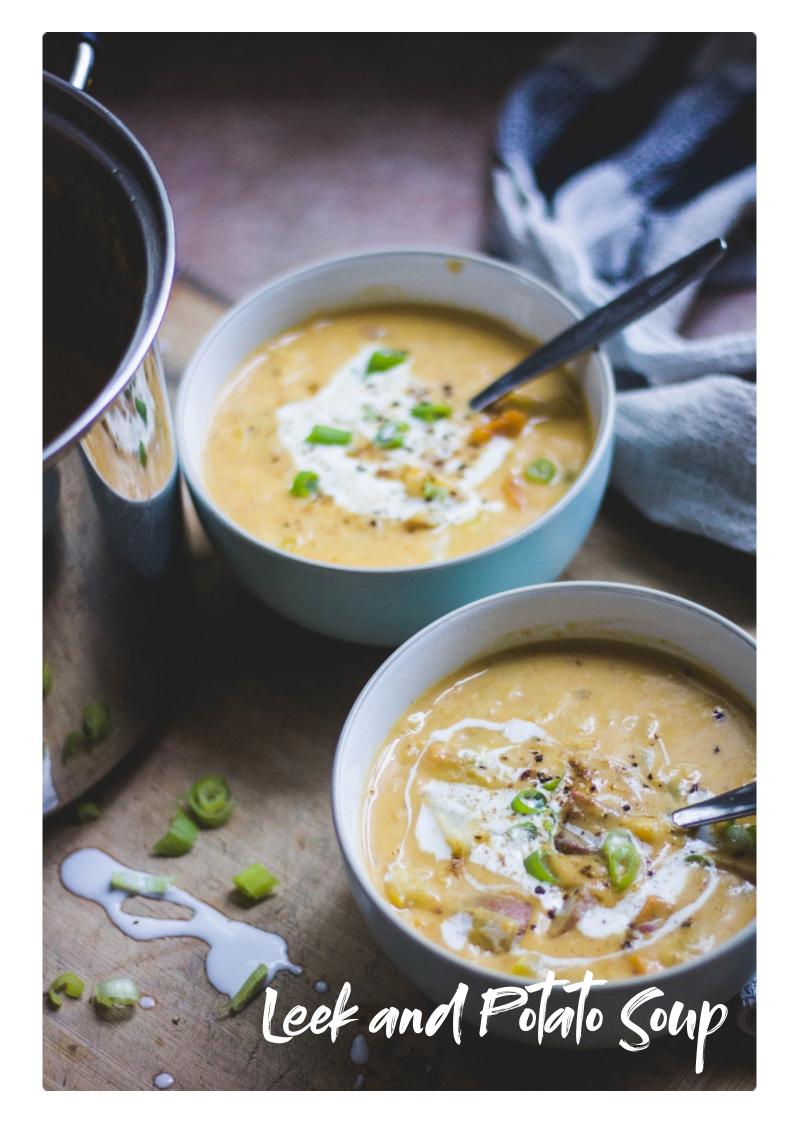
Tropical Mango:
1 cup of frozen mango
1 passionfruit

#### Steps

- 1. Add ingredients to a food processor or high speed blender and WAIT!! This part is KEY! If you want really soft serve texture, creamy nice cream, the trick is to let the bananas defrost slightly but don't add any liquid.
- 2. While you are waiting, prep the toppings. Chop fresh fruit, get bowls etc.
- 3. After 5 minutes start blending or processing the banana and other ingredients until you get a rich soft-serve texture.
- 4. Top with your desired toppings and enjoy. B

By having this as a regular dessert you can easily add 300+ calories to your day. It's awesome as break- fast or occasional treat dessert but if it's an addition to the rest of your meals rather than a replacement for one of them I recommend keeping it to a minimum for weight loss. That being said this is so much better than any processed dessert so don't feel guilty for eating it!!





# Leek and Potato Soup

#### Serves 4-6

## This meal is my secret weapon for dealing with potlucks.

For anyone wanting to lose weight, one of the hardest things is social gatherings.

There never seems to be anything there that is not packed with meat and dairy, and all the vegan options are so high in calories even eating a tiny amount is going to send your daily intake sky high!! Enter Leak and Potato soup.

This soup has been my secret weapon at pot lucks for years!!

Its hearty, creamy, and so easy to make a ton of without it costing the earth.

This recipe calls for two leaks, but if i was going to make this for a big group, I'd just double the other ingredients and it still works fine! You could add another leak if you were going to make massive pot, and just triple the other ingredients.

A lot of people consider leak and potato soup an old family favourite, its the kind of thing that makes winter actually bearable!! I definitely have my fair share of fond memories.

As much as I love traditional leak and potato soup, I can almost guarantee that this recipe is so much better.

The basic difference between this soup and every other leak and potato soup I've had is that it has a combination of creamy texture and vegetable chunks.

The other difference is I also add sweet potato and carrots, not just leak and potatoes.

While these differences may sound strange, I highly recommend giving it a go, its surprisingly good and a lot of people who have tried this soup say its the best leak and potato soup they've ever tried.

You can actually make this in a slow cooker as well, just add all the ingredients except soy milk and add that at the end.

For kids who need higher calorie meals, just add some coconut cream to their bowls at the end. I also add hemp seeds for them.

So easy!

## Weight loss hack:

If you want to make this meal lower in calories, add in chopped cauliflower and celery as well!!

Add the celery when you add the potatoes, but cook for 5 minutes before adding the cauliflower.

#### Ingredients

- 2 leaks chopped.
- 2 cloves of garlic crushed
- 7 small potatoes
- 2 large orange kumara (sweet potato)
- 2 carrots
- 2 vegan chicken stock cubes
- 2 teaspoons of cumin
- 2 tablespoons of sugar free tomato ketchup
- 2 teaspoons of wholegrain mustard
- 3 teaspoons vegetable stock stock (or any vegetable stock, although I highly recommend this one)
- 2 litres of water
- 1 tablespoon soy sauce
- 1 cup of soy milk, (don't use a light variety but check that it doesn't contain oil. You can also sub almond milk but it will be less creamy.



#### Steps

- 1. Chop and wash the leaks.
- Wash the potatoes and kumara and cut into small pieces.
   Cut the kumara slightly larger than the potatoes
  - Cut the kumara slightly larger than the potatoes because they cook quicker.
- 3. Wash and cut the carrots in half and then slice thinly. This part is actually important because carrots are the slowest to cook in this recipe and if they are too thick they wont cook at the same rate as the other vegetables.
- 4. Add the crushed garlic and remaining ingredients except soy milk and pepper to a big pot. It will look like there isn't enough water, BUT DO NOT ADD MORE! The water will cover the vegetables once they cook down a little bit.
- 5. Bring to a boil stirring every so often and then simmer on a low heat until everything is cooked. It should take about 30-40 minutes. Cooking on a low heat over a longer period of time preserves flavour and nutrients and makes things taste so much better than just boiling for 15 minutes!
- 6. Once the vegetables are cooked turn off the heat and add the soy milk.
- 7. Blend half of the soup until creamy and then add it back to the pot. I try to leave as many of the leak strands unblended as I can because the taste and texture is so nice.
- 8. Season with pepper and if you think it needs more flavour add some more vegetable stock and soy sauce.

Serve with cracked black pepper and and fresh parsley.

You could also top with chopped tomato, chilli flakes, hummus and quinoa.

Toppings on soup make them next level!!



# Fridge Soup Serves 4

The name of this is not super appealing, but you can make a variety of this soup with ANYTHING you have in your fridge or freezer, just use a combination of starchy higher calorie whole foods like potato, parsnip and lentils, and then lower calorie vegetables like carrots, celery, beetroot, etc.

I want to show you how easy it is to put a combination of vegetables into a slow cooker or pressure cooker with some legumes and herbs to make delicious stews and soups.

## Weight loss hack

Soup is probably the best 'meal' you can eat for weight loss. It's super filling and full of water which lowers the overall calorie density. You can also bulk it up with lots of non starchy vegetables. When I lost the majority of my weight I ate a TON of soup everyday and would eat 2 even 3 massive bowls when hungry!!

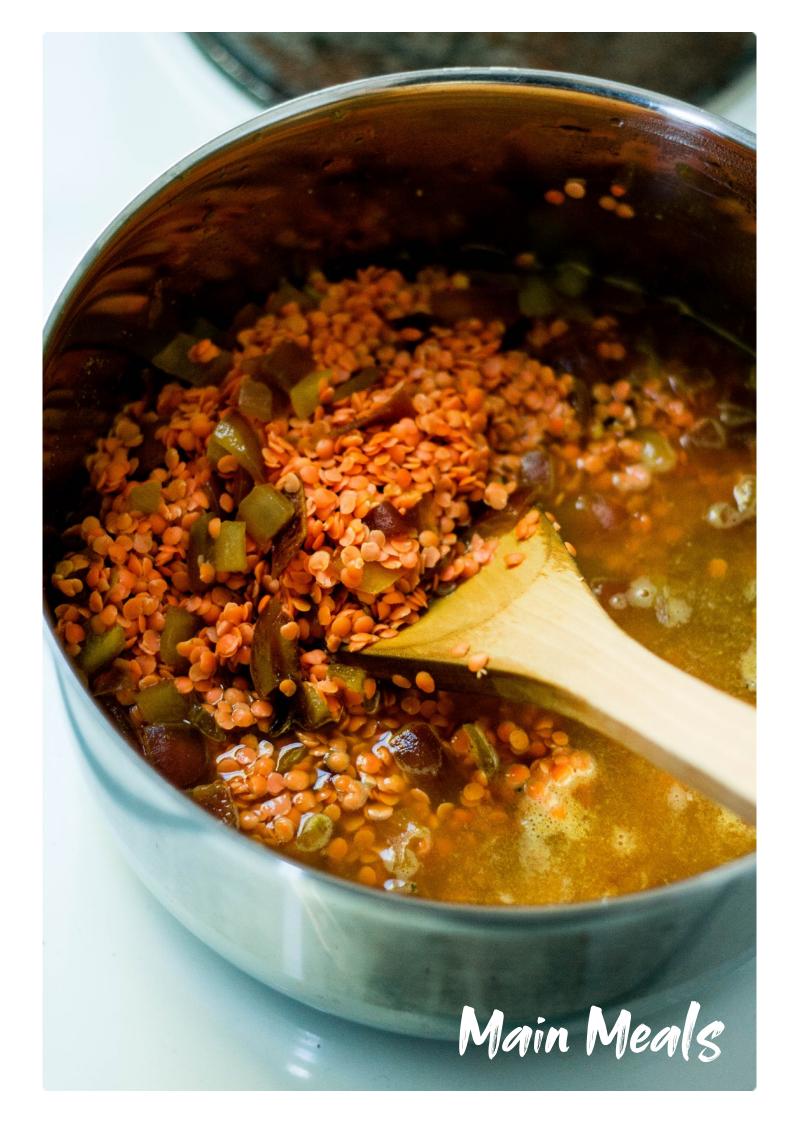
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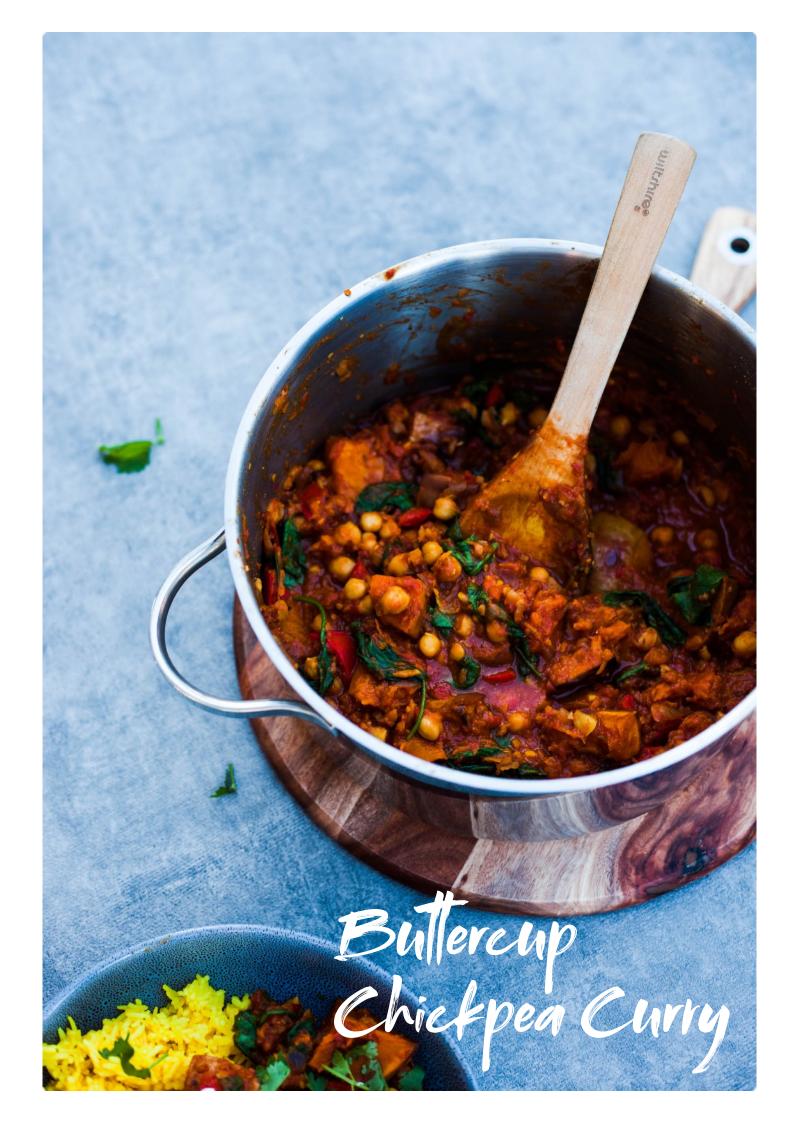
- 1 fennel bulb
- 1 beetroot peeled
- 2 white potatoes
- 3 orange sweet potatoes
- 1 onion
- 2 stalks of celery
- 3 peeled parsnip
- 1 carrot
- 250g of red lentils
- 1 tsp of turmeric
- 1 tsp of mixed herbs
- 2 vegan chicken stock cubes
- 1 Tbs of vegetable stock powder
- 1.5 litres of water

#### Steps

- 1. Chop vegetables add all the ingredients into a slow cooker.
- 2. Cook on high heat for 4 hours.
- 3. Season to taste.
- 4. To cook on the stove top fry the onions with water first then add the other ingredients.
- 5. Bring to a boil and then simmer until everything has softened, about ½ an hour.

Serve with fresh parsley, chopped tomatoes, hummus, chilli flakes and cracked pepper.





# Buttercup chickpea curry

#### Serves 4

This is a really delicious and healthy curry recipe that the whole family will love. It's packed with vegetables and chickpeas which are so good for you and really filling. If you have any leftover it freezes really well!!

## Meal prep hack:

Make a large batch of turmeric rice and freeze single portions in zip lock bags or small containers to heat in the microwave when you need them. They reheat perfectly from frozen.

#### Ingredients

1 buttercup (Can sub any pumpkin/winter squash)

Tray spices:1 tsp each coriander, curry powder, cumin

2 red onions

1 thumb of grated ginger

Coriander stalks

1 minced clove of garlic

1 stock cube

7 ripe chopped tomatoes

1 red capsicum

1 stock cube

1 tin of chickpeas (rinsed)

120g baby spinach

Serve with 2 cups of cooked rice (add 1tsp of turmeric for a beautiful yellow colour.)

#### Steps

- 1. Cut buttercup into small cubes (leave on the skin) and roast on a baking tray with the tray spices at 180 C for 30 minutes or until soft.
- 2. Meanwhile chop the onion and water sauté with the ginger, garlic and coriander stalks until soft and translucent.
- 3. Add the chopped tomato and capsicum. Add curry powder and a stock cube and leave to simmer on a low heat for 20 minutes. By this time the buttercup should be nearly ready.
- 4. To the tomato base add the drained chickpeas and your roasted buttercup.
- 5. Remove from the heat and add spinach and a splash of water if it looks too dry. Season to taste and serve with yellow turmeric rice, coriander on top and some non starchy vegetables on the side.

Pumpkin and tomatoes are already very low in calories, so don't feel like you have to add more non starchy vegetables if you don't want to. I like to eat a lot of food so I will add more non starchy vegetables like broccoli and use less rice (higher calories) and more curry.



## Yellow Thai Curry

### Serves 4-6

This yellow curry is adapted from a very fatty coconut milk curry I used to make. This one still tastes great but is way lower in calories and fat.

This version uses yellow curry paste and a ton of veggies that are readily available in New Zealand at the moment, but you can really use any vegetables you want! (Eggplant, broccoli, sweet potato, spring onions and cabbage would be amazing.)

I do recommend using a lot less curry paste if you decide to substitute green or red curry. Yellow curry is the mildest of the Thai curries so you can put a lot more paste in without creating a burning fire pit on your stove!

The squash that I use is definitely the best one for this recipe, (you can also substitute sweet potato) its just called 'supermarket squash' at most supermarkets, I have no idea what the real name is sorry!

This squash is a very deep orange and has a lot of flavour.

I always leave the skin on vegetables when I cook them, even squash or sweet potato. It adds a bit of fibre and makes life way easier. The squash I use would be especially hard to peel so I don't bother! The squash skin also helps to keep it intact when it is added to the curry.

The reason I cook the squash in the oven and don't simply add it to the curry is it's quite difficult to determine when to add it so that everything is cooked but not overcooked.

I find it easier to just cook it on its own, but if I was using sweet potato I would just wait 5-7 minutes after adding the potato and cook it all together.

Because this meal contains pumpkin, potato, and peas, all of which are higher calorie, higher starch ingredients, you don't need to serve it with rice.

I love this with a massive lettuce and cucumber salad and topped with chopped tomato and coriander. If you love rice, feel free to serve with it, just increase your curry to rice ratio and don't forget to either eat non starchy vegetables before your meal or fill half your plate with them. (1:1 ratio of curry/rice to broccoli for example.)

If you are cooking for people who are not trying to lose weight or you want to impress a crowd, remove enough of the curry for yourself BEFORE adding in the soy milk and add it separately.

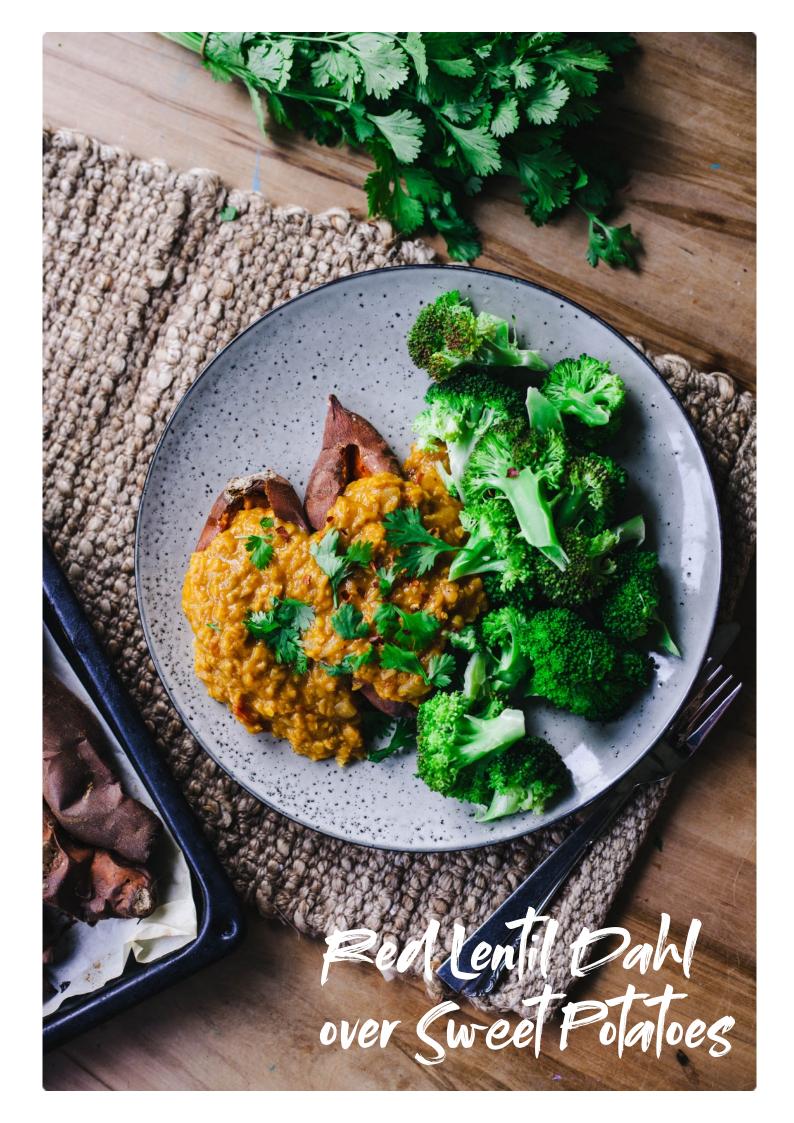
To the remainder of the curry add 2 cups of full fat coconut cream.

This makes a really delicious and decedent curry which is SURE to impress anyone, but be warned. The coconut milk version is exceptionally high in fat and calories!!

#### Ingredients

- 1 purple onion finely chopped5-6 thinly sliced pieces of ginger
- 2 chicken stock cubes (vegan and gluten free) 2 tablespoons of yellow curry paste (look for a brand that is vegan and oil free.)
- 1 tablespoon of turmeric
- Optional: 2 stalks of lemongrass, very finely chopped
- 1 small pumpkin or squash chopped into small cubes
- 9-12 small/medium potatoes chopped into small cubes
- 2 big carrots or 4 small ones, cut length ways then chop finely
- 2 cups of soy milk or coconut milk from a carton (not canned coconut milk which is exceptionally high in fat and calories.)3 courgettes, I cut them the same as I do carrots
- 1 red capsicum, chopped
- 1 cup of frozen green peas
- 1 tablespoon of vegetable stock
- Juice of 1-2 limes.

- 1. Chop up the squash into small pieces and bake in the oven at 200°C until cooked but not too soft, about 15 minutes.
- 2. While the squash is cooking, water sauté the first 6 ingredients on medium high heat until onions have softened, adding more water as needed, about half a cup at most. Make sure you use a big pot or wok because this makes a lot of curry!!
- 3. After 5 minutes, add the potatoes and carrots and and enough water to cover about half of the vegetables, approximately 2 cups. They will cook by a combination of boiling and steaming.
- 4. Put the lid on and let cook on a medium/low heat until potatoes are half way done, stirring every couple of minutes. Add more water if needed.
  (Don't forget about the squash! It will probably be done by now.)
  This normally takes 10-15 minutes depending how hot the stove is and how small the vegetables have been cut.
- 5. Next add the courgettes and capsicum and simmer until everything is cooked, (don't forget to stir every couple of minutes) you may need to add a little more water, but add it in small increments, its a lot harder to take it away!! Plus you will be adding more liquid at the end with the soy milk.
- 6. Turn off the stove, as nothing else needs to cook.
- 7. Add in the cooked squash, (as much as it as you want, i normally leave out some for leftovers the next day plus my wok doesn't fit all that food!)
- 8. Add in the frozen peas, soy milk, stock powder, and the lime juice.
- 9. Garnish with chopped coriander!!
- 10. Stir it all around and do a taste test, add some more stock or soy sauce if it needs it.
- 11. See notes in description for how to serve this.



## Red Lentil Dahl over Sweet Potatoes

#### Serves 4

Here's a recipe to get even the fussiest family member on board.

I used to HATE lentils, but this Dahl recipe converted me from a hater to an avid fan.

Even kids like this meal and it is super nutritious.

I would normally eat two sweet potato with some Dahl and a massive serving of broccoli.

You can add coconut cream for family members who need more fat in their diet. I also love to add a bit of my oil free hummus. You can also have this over rice but I love sweet potato because they are more filling and have less calories.

## Meal prep hack:

Make extra Dahl and freeze in little zip lock bags or cup sized containers/jars for a delicious flavour booster to salads. Just grab out of the freezer and add to your salads instead of a salad dressing. You can also freeze big containers for an easy meal in a hurry.

#### Ingredients

1 tray of orange sweet potato (about 2 per person)

2 cups of red lentils

2 cloves of garlic

1 onion

½ cup of soy milk (or almond milk)

4 large chopped ripe tomatoes, or 1 can chopped.

3 ¼ cups of water

2 tablespoons of tomato sauce

1 tablespoons of vegetable stock

2 teaspoons of soy sauce or tamari

2 teaspoons of cumin

1 tablespoon of mild curry powder

Salt and Pepper to taste

- 1. Prick and bake a tray of orange sweet potato for 30 minutes at 180°C (360°F) or until soft. Leave the skins on!
- 2. While the sweet potatoes are cooking, heat a large pot and water sauté the onion and garlic. (Check out my instagram story highlights if you don't know how to do this.)
- 3. To the pot add all the remaining ingredients except soy milk.
- 4. Bring the water to a gentle boil, and then simmer on low/medium heat with the lid on for about 20 minutes, or until the lentils are very soft. (If you want this meal to cook very quick just keep the heat on!!)
- 5. Stir occasionally and add more water (½ a cup at a time) if the mix is getting too dry and sticking.
- 6. Add the soy milk and serve over the soft roasted sweet potato!!
- 7. For weight loss and also to pack in the nutrients, fill half of your plate with non starchy vegetables like broccoli (you can also add massive salad) and top with chopped tomato and coriander.



# Mulligrain Sushi Bowl

## Serves 4

This fab dinner is easy as and tastes just like sushi without the time and sticky rice everywhere. Honestly what mum has time to make sushi!!??

Start with rice, (Coloured rices are better for weight loss because they have more FIBRE (Fibre = 0 calories and filling.)

I love multigrain rice because it has a really pretty colour and lovely chewy flavour!! The brown sweet rice and black rice are easy to find at your local asian grocery store, but you can also use medium grain brown rice and black rice should be available at any supermarket.

This recipe requires soaking the rice for 3 hours before you cook it... unless you are using a pressure cooker which is what I recommend.

#### Ingredients

1 cup of short grain white rice ½ cup of brown sweet rice ½ cup of polished barley (sub half millet half quinoa for gluten free) 2 tablespoons of black rice 2 ½ cups of water

#### To assemble:

To assemble.

Dry sautéed courgette (cook with a splash of veggie stock)
Cucumber
Tofu mayo (page 20)
Pickled ginger
¼ of an avocado
Soy sauce
Toasted seaweed (asian supermarket)
Mung bean sprouts (blanch quickly or have raw)

Other options:

Alfalfa Broccoli Kimchi

Literally whatever you want as long as it is compliant!!

- 1. Scrub the rice mix with water and rinse until water runs clear (approximately 3 times)
- 2. Do a final drain of the water leaving the grains fairly wet.
- 3. Add water and leave to soak for 3 hours. (Skip for pressure cooker)
- 4. Cook on high for 20 minutes with natural release, or add all ingredients to your rice cooker and cook on the brown rice setting.
- 5. Fill half your plate with the non starchy vegetables, for this recipe even up to 2/3rds of your plate because cucumber and mung bean sprouts are not very filling!!





# Lettuce cup burritos

### Serves 4

This burrito recipe is packed It is packed full of vegetables and one of those recipes you can feed to fussy kids and they will never know they are eating things like kale and courgette!!

This is such a versatile recipe, it can be used for burrito's, taco's, or nacho's. Most of the ingredients easy to find, and you can easily substitute for what is in season at the time. (Think grated broccoli instead of courgette or potato instead of sweet potato, spinach instead of kale etc.) You can also add whatever you have handy and need to use up like frozen corn, leftover vegetables, really anything you want!!)

## Meal prep hack:

Because this recipe has cooked rice in I would recommend planning a rice dish for the night before and just cooking an extra cup of dry rice to save for this recipe. (Or use an oil free precooked rice packet.)

You can also use cooked quinoa in place of the rice.

This meal also freezes well so make extra and freeze for a quick easy meal with sweet potato and salad or as a topping for your salad to add some flavour and bulk.

## Weight loss hack:

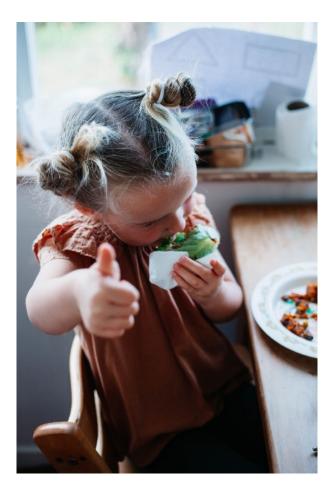
Serve with lettuce cups, over potatoes or with a massive salad.

If you are feeding family members who aren't trying to lose weight, this mixture is perfect with flour or wheat tortillas or corn chips.

On average most wraps are about 200 calories per wrap and take up VERY little space in your stomach... lettuce cups are fantastic because they hold all the components and you get that delicious crunch without adding calories to your meal. I would HONESTLY rather eat lettuce cups over regular wraps now and your tastebuds do adjust over time.

## Kids tip:

Wrap the tacos or lettuce cups in a paper towel with a little bit sticking out so it is easier for them to eat.



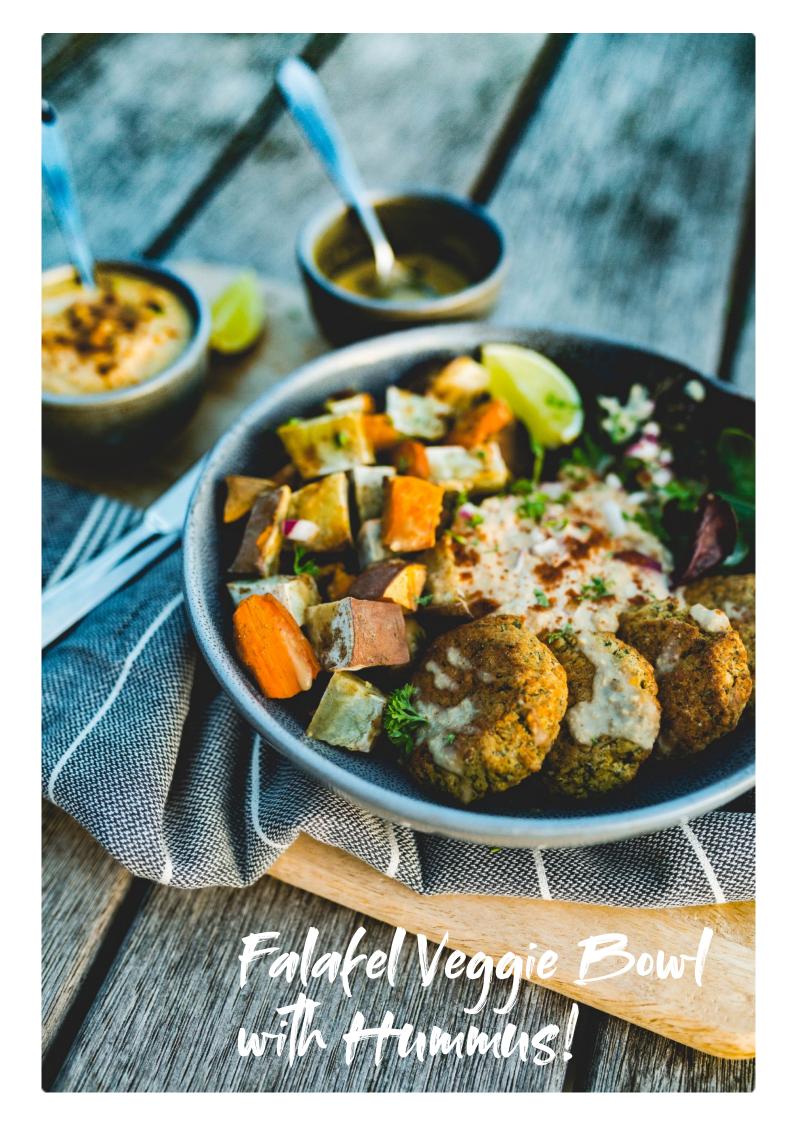
#### **Ingredients**

- 1 purple onion finely chopped
- 2 cloves of garlic finely chopped
- 1 bunch of kale finely shredded
- 2 large orange sweet potato grated
- 8 zucchini
- 1 red capsicum chopped
- 6 ripe tomato's chopped or one can of chopped tomato's
- 1/2 to 1 packet of burrito seasoning mix (check for no oil or sugar)
- Or mix 2 Tbs of, cumin, smoked paprika, onion powder.
- 1 tbs of dried coriander and mixed herbs.
- 1 tablespoon of vegetable stock
- 3 tablespoons of sugar free tomato ketchup (You could also use tomato paste and adjust the seasonings to taste.)
- 1 can of kidney beans
- 1 can of pinto beans
- 1 can of black beans
- 1 cup of cooked rice or quinoa.

#### Steps

- Sauté the onion, garlic and kale together until the onion is soft and the kale is wilted.
   Use a little bit of water and keep adding more if needed. You will find a video about cooking without oil on my IG.
- 2. Next add in the grated sweet potato, courgette, capsicum and tomato. Place the lid on top and sauté on a medium heat until the vegetables have softened. You will need to stir frequently.
  Normally there is enough water in the vegetables to stop them sticking, but if you find the bottom is starting to burn reduce the heat slightly and add a little water.
- While the vegetables are cooking add in the spices, vegetable stock and ketchup.
   You can also add in chilli powder if you like it hot.
- 4. Once the mixture is cooked add in the beans and rice.
- 5. Simmer for about 10-15 minutes with the lid on until mixture has reduced a little and flavours have developed. Test and season to taste.

To serve I like adding chopped tomato, (or tomato salsa if I'm not in a hurry), hummus, a tiny bit of avocado and lots of lime and coriander.



## Falafel Vegetable Bowl!

#### Serves 4

Falafel is so YUM!! You can easily make it without oil and have a relatively low calorie meal by upping your veggie intake with the falafel. I like to serve this with my oil free hummus and a tiny bit of tahini dressing with a big salad.

#### Meal prep hack:

These falafels cook from frozen really well so make a huge batch and freeze it on a tray until hard. When they have frozen add to a container to conserve space and bake whenever you need a quick and easy dinner!

#### **Ingredients**

#### Falafel:

2 tins of chickpeas, drained

1 huge handful (a cup or so) fresh coriander leaves and stems

1 huge handful (a cup or so) fresh parsley leaves and stems

4 pieces of pickled jalapeños

1 1/2 tablespoons water

1-2 cloves garlic

a squeeze of lemon juice

1 teaspoon salt

1 teaspoon of ground cumin

1-2 tablespoons of cornflour (I don't normally use flour but such a small amount is not a problem.)

#### Vegetables:

Any vegetables you want! A mixture of starchy like sweet potato and non starchy like carrot and cauliflower is ideal!

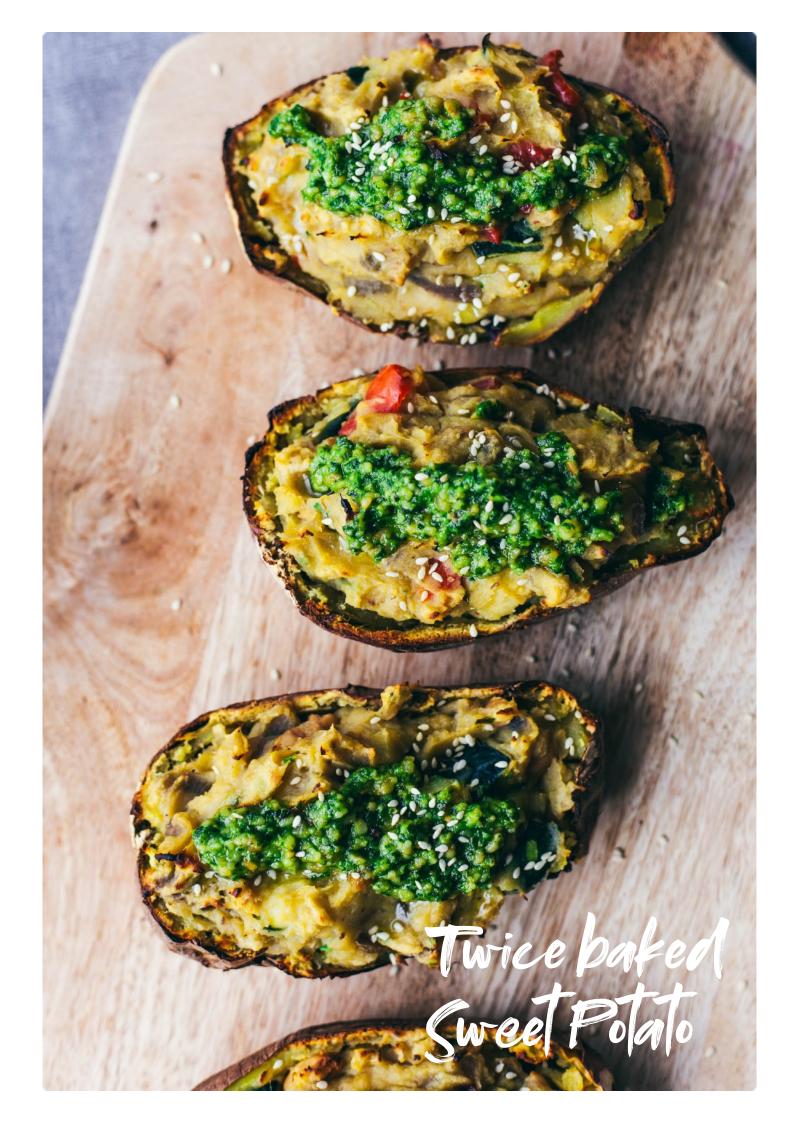
Salad to serve.

#### Steps

- 1. Preheat the oven to 180°C.
- 2. Cut up your vegetables and bake in the oven for approximately 30 minutes. Non starchy vegetables will need less time.
- 3. In the meantime, pulse all ingredients for falafel except flour in a food processor until combined. The mixture should form semi-dry crumbles that stick together when you press them.
- 4. Stir in the flour just one tablespoon at a time, until it's just dry enough to handle. Form into 9 patties and bake for 18 minutes.
- 5. To assemble:

Get a large bowl and add salad mix. Next add 3-5 falafel depending on how hungry you are. Add your cooked vegetables and top with oil free hummus, lemon juice, pepper and chopped coriander.

You can also add a small amount of lemon tahini dressing!



### Twice baked Sweet Potatoes

#### Serves 4

I love this meal so much.

To the point where we had it on Christmas Day with corn on the cob and a massive salad. The best part is they are SO filling and satisfying and kids love them too.

I use Japanese sweet potato for the recipe, they are firmer and creamier than orange sweet potato. In New Zealand we call them red kumara and they are easy to find but if you have trouble I'm told that asian super markets are a good place to try!! Orange sweet potato won't hold together well for this recipe but you can replace with white sweet potato varieties. In the picture I put basil pesto on because we made these for our vegan food business. They are just as good without though and my favourite is to serve with oil free hummus on top!

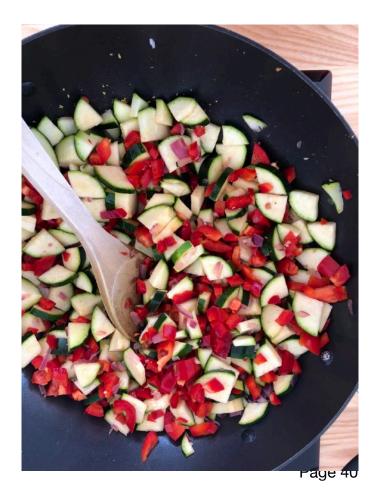
#### Meal prep hack:

1 Make a lot of these and freeze them. They reheat from frozen really well and are perfect for quick grab and go lunches or dinners. Freeze on a tray and then when they are hard put into a container and they won't stick together.

They are great for picnics or finger food.

2 Bake extra sweet potato for use in lunches and dinners to save you prepping them later!





#### Ingredients

4 large Japanese sweet potato (red kumara)
2 red capsicum
1 red onion
5 small courgettes
½ a cup of soy milk
2 tablespoons of stock powder
Handful of fresh chopped parsley
Salt and pepper to taste
Optional:
Chilli flakes to taste

#### Steps

- 1. Prick and bake the sweet potatoes whole in the oven at 190°C for approximately 1 hour or until soft but not mushy.
- 2. While the sweet potatoes are baking, chop your vegetables into small pieces.
- 3. Heat a large wok and dry fry the onion with smash splashes of water until soft. (I have a tutorial on my instagram stories if you don't know how to do this.)
- 4. Add in the capsicum and courgette and cook on medium heat until cooked. Add splashes of water occasionally if it starts to stick.
- 5. When sweet potatoes are done, cut in half and scoop out the flesh leaving a small amount around the skins so that they stay intact.
- 6. Add the scooped out flesh to wok with the vegetables and add in ½ a cup of soy milk and the other ingredients and season to taste.
- 7. Stir with a wooden spoon until the mixture is mashed. If you cook the sweet potatoes enough they don't need mashing, mixing with a spoon will do the trick.
- 8. Scoop the mixture back into the skins and put in the oven for 10-15 minutes on grill to make them crispy and caramelised on the outside.

  Just make sure you check every five minutes that they aren't burning and pull them out when they are starting to brown on top.

Serve with a large salad and side of non starchy vegetables. I love topping mine with hummus!!



### Loaded Mexican Fries

#### Serves 4

This meal is just a ton of components thrown together to make something super yum. For the individual recipes see the 'sides' section.

If I don't have much time I'll make something like this with simpler ingredients like just chopping tomatoes and salad ingredients instead of making a tomato salsa.

Refried beans are also great to have on salads, and take only a short while to prepare.

#### Ingredients

Baked sweet potato fries Tomato salsa (page 50) Corn salsa (page 54) Refried beans (page 52)

#### To serves:

You can make a simple guacamole by mashing avocado and lemon juice with some salt and pepper, just remember to keep your avo intake to a minimum!!

I like this bowl with lots of lettuce, coriander, cucumber, red cabbage if I have it and lemon on top.

- 1. Chop sweet potato into wedges and bake in the oven at 180°C for 20-30 minutes or until soft. Use 1-2 sweet potato per person, you can always save the leftovers for tomorrow.
- 2. Cook the other ingredients per recipe or assemble.
- 3. Assemble all the ingredients in a bowl and serve!! Easily customisable for kids who don't like a ton of greens.



# Pineapple Fried Rice

#### Serves 4

This is a meal you can whip together in 15 minutes if you have cooked rice on hand. In reality you can use whatever vegetables you like but these are what I enjoy!! In the picture you can see peanuts sprinkled on top which is great for kids and people who need higher calorie meals, but for weight loss skip them.

This meal is hearty and delicious and freezes well too.

#### Weight loss hack:

Increase the vegetable to rice ratio to lower the overall calories of this meal, or choose vegetables that are lower in calories like courgette, capsicum, green beans etc.

This will keep you full and satisfied but eating less calories to get your body burning fat.

#### Meal prep hack:

This meal contains cooked rice so plan to make it when you know you have cooked rice in the fridge.

If I'm in a hurry something that I like to do is buy plain cooked white rice at my local Thai restaurant. It costs about \$4 for a big container of rice!!

You don't have to wait around for it to cook because they always have rice ready in their rice cookers.

#### **Ingredients**

½ a very ripe fresh pineapple (or use canned without added sugar)

1 red onion

1 small piece of fresh grated ginger

1 capsicum

1 head of broccoli

1 stalk of celery

500g of mixed frozen vegetables (carrot, peas, corn etc) This is about ½ a bag

6 cups of cooked rice

¼ of a tsp of turmeric

1 Tbs of soy sauce

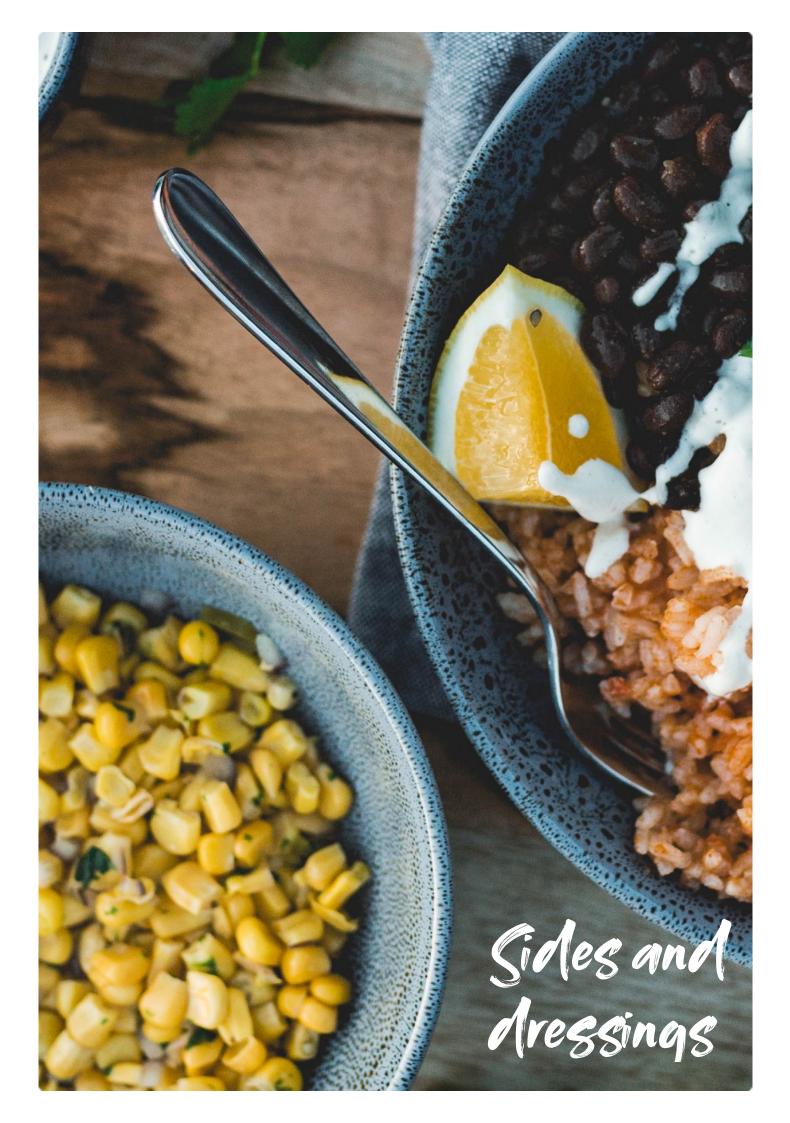
1 tsp of vegetable stock

1 Tbs of mild curry powder

- 1 handful of chopped coriander
- 2 limes or 1 lemon
- 2 chopped scallions

Salt and pepper to taste

- 1. Chop the vegetables into small bite sized pieces.
- 2. In a large non stick wok, water fry the onions, celery and ginger with the turmeric and curry powder with a dash of water until soft.
- 3. Add the capsicum and broccoli.
- 4. Add a small dash of water and put the lid on for the broccoli and capsicum to cook for approximately five minutes or until el dente.
- 5. Add the cooked rice, mixed vegetables, drained pineapple and other condiments and dry fry until everything is heated and cooked.
- 6. Add in fresh lime juice to taste and fresh chopped coriander.
- 7. Season to taste and serve with chopped scallions on top and a massive salad.





### Oil Free Hummus

#### Makes approximately 2 cups

Homemade hummus takes barely any time and tastes delicious. It's easy to get hummus creamy without oil by using some of the chickpea brine!

#### Meal prep hack:

Freeze extra hummus. It defrosts well!! You can double or triple this recipe and then freeze in small containers for when you want it!

#### Ingredients

2 tins of drained chickpeas, save ½ a cup of the chickpea water
½ a cup of the saved chickpea water
2 level Tbs of hulled Tahini
½ a cup of water
1 tsp of ground cumin
Juice from 1 lemon

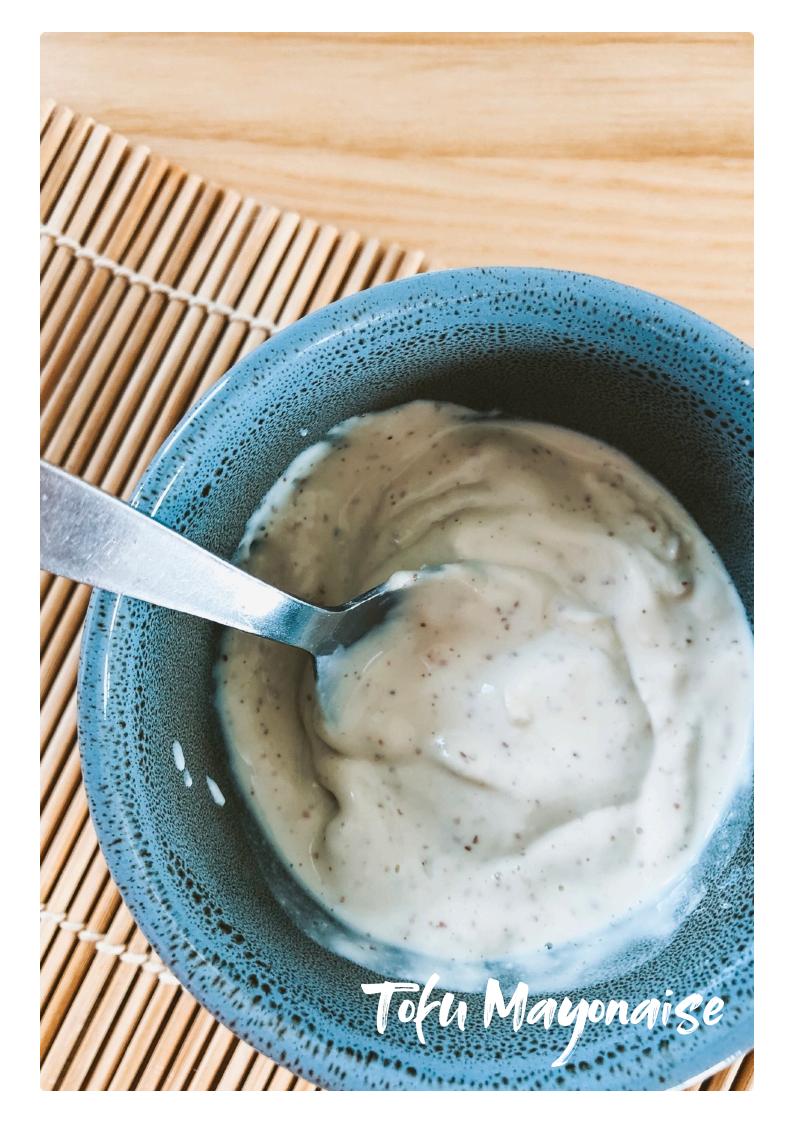
A small handful of chopped parsley

1 tsp of liquid smoke (or sub smoked paprika)

1 clove of crushed garlic (add more if you don't have kids that will complain about things being 'spicy.'

Salt and pepper to taste

- 1. Drain the cans of chickpeas making sure to reserve ½ a cup of chickpea brine.
- 2. Into a food processor add the drained chickpeas, and all the other ingredients.
- 3. Blend until smooth and add more water slowly if you want a slightly different texture.
- 4. Season to taste and serve sprinkled with smoked paprika.



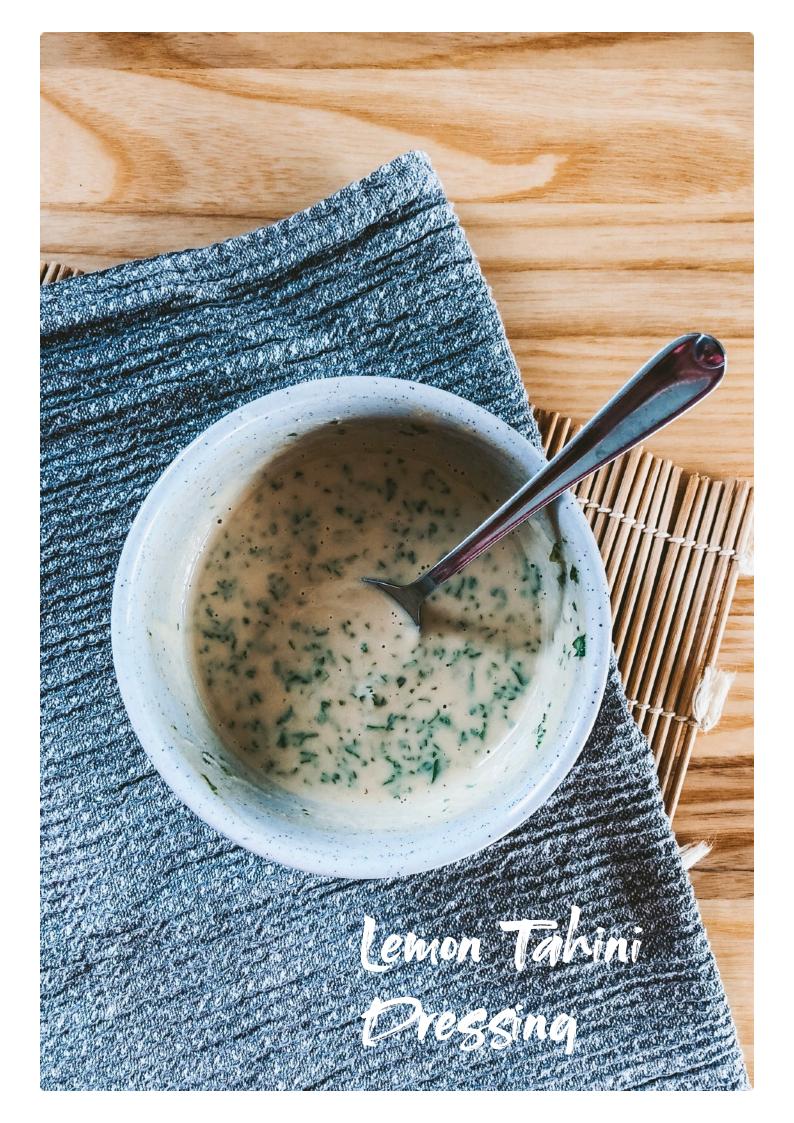
# Tofu Mayonaige Makes about 1 cup

This tofu mayo is super creamy and great on component meals. The taste will be as good as the best tofu you can find! It has that slight tofu taste still with benefit of being way lower in calories or fat than any other mayo I'll take it.

#### Ingredients

300g of firm tofu
1 clove of garlic crushed
¼ of a tsp of salt
1 Tbs of apple cider vinegar
1 tsp of liquid smoke (or you could use smoked paprika)
1 ½ Tbs of whole grain mustard
½ cup of water

- 1. Crumble the tofu and add all the ingredients to a high speed blender.
- 2. Blend until very smooth.
- 3. Taste and add more salt and pepper if you want.



### Lemon Tahini Dressing

#### Serves 2

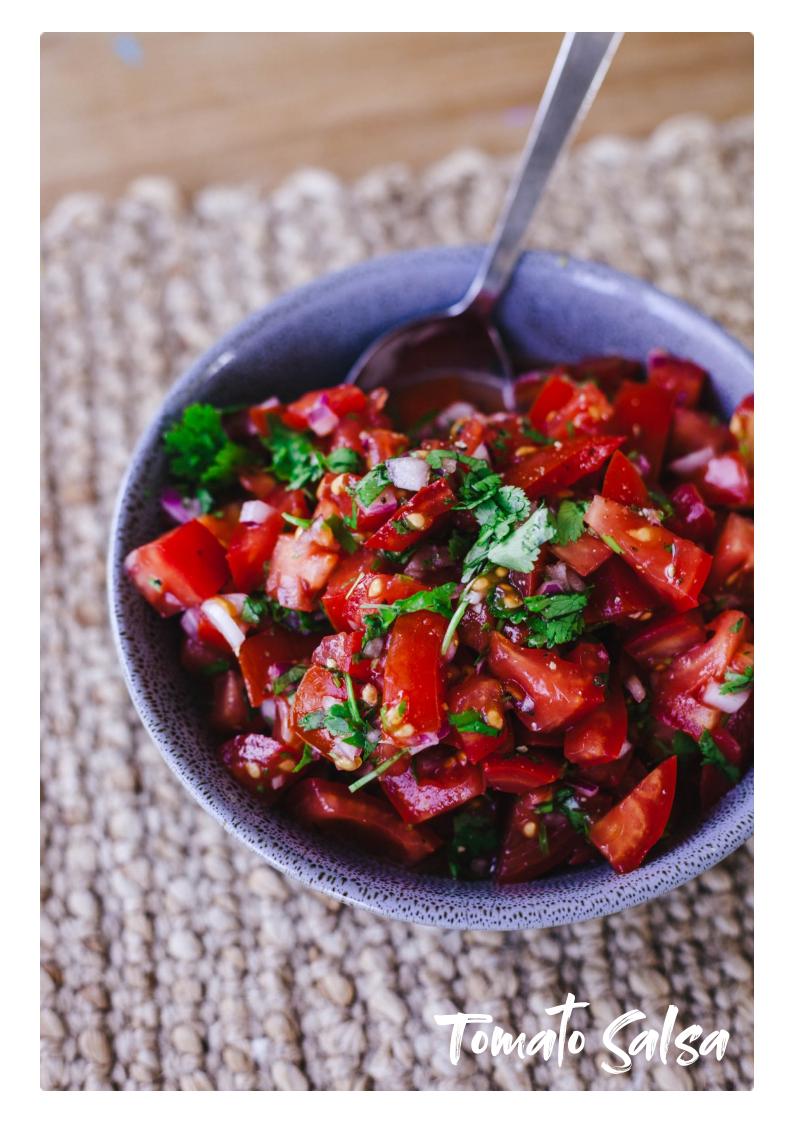
Tahini is pretty high in calories, like all nuts and seeds! You don't need to be scared of them but it's important to remember that even a small amount will up your calories quite a lot. I like to make thin dressings like this and spread them over 2 days or share them, that way I'm still having something creamy but not having massive amounts of tahini.

#### Ingredients

2 level Tbs of hulled tahini
½ a Tbs of soy sauce or Tamara
Small handful of parsley finely chopped
2 Tbs of water
Juice of ½ a lemon

#### Steps

 Mix all the ingredients together in a bowl and serve. Great for salads or over cooked vegetables.



### Tomato Salsa

#### Serves 2

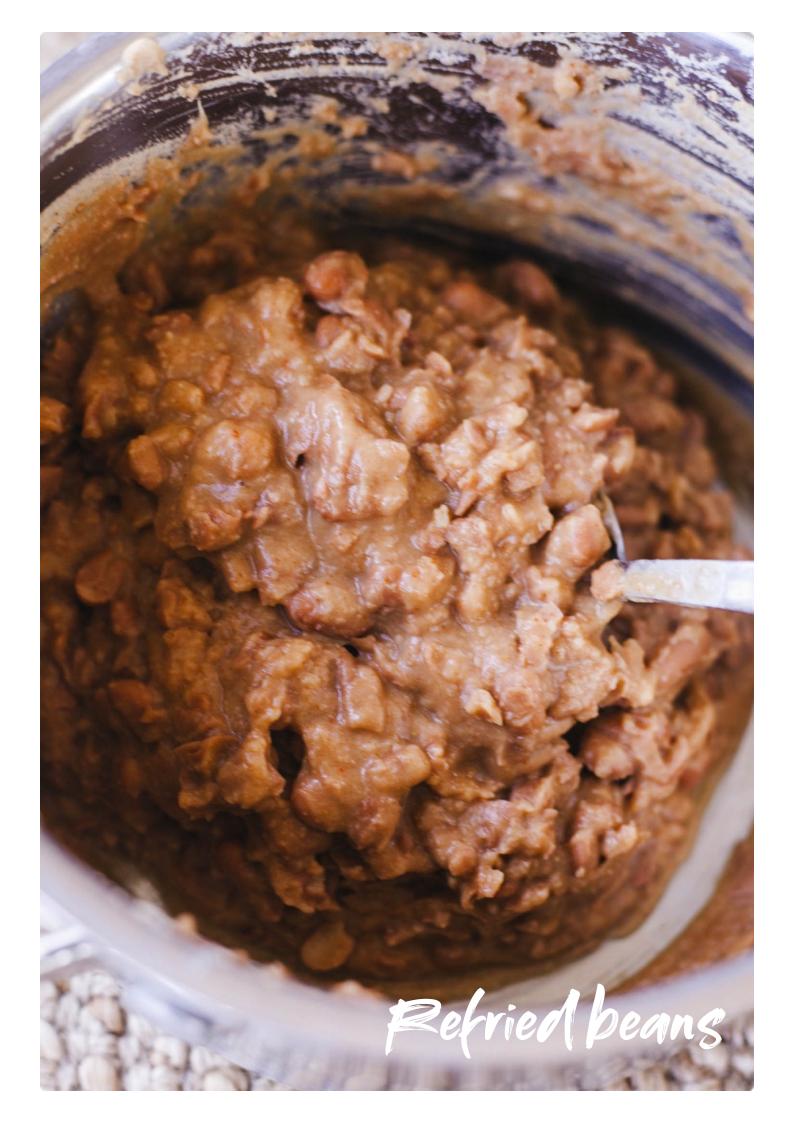
Salsa is fantastic to have with anything Mexican themed. Tomatoes are really low in calories but super delicious in season.

#### Ingredients

10 tomatoes chopped ½ a red onion chopped finely Small handful of finely chopped coriander Juice of 1 lime Salt and Pepper to taste

#### Steps

1. Mix all the ingredients together in a bowl and serve. Great for salads or over cooked vegetables.



### Refried beans

#### Serves 2 as a side

Refried beans are so easy to make. You can use them on salads or as a side for anything. You can also use any kind of bean want, kidney and black beans work great too.

#### Meal prep hack:

Cook up a lot of this and then use the leftovers for salads. It will keep for 3 - 4 days.

#### Ingredients

1 tin of cooked pinto beans, drained and rinsed.
½ a vegan chicken stock cube
1 tsp each of smoked paprika and cumin.
1 clove of crushed garlic
½ a cup of water (and more if need be.)
Salt and pepper to taste

- 1. In a small pot add all of the ingredients and bring to the boil. Once it is boiling reduce to low and mash with a spoon or potato masher.
- 2. Keep simmering and mashing adding small splashes of water until desired creaminess and softness is reached.
- 3. Remove from the heat and serve!



### Corn Salsa

#### Serves 4 as a side

This corn salsa is super delicious with LOTS of coriander and lime. Up the jalapeños if you like heat.

Corn is a starchy vegetable, so higher in calories than non starchy vegetables like broccoli, but it is still much lower than any whole grains. Just remember when fill half your plate with vegetables that corn counts as a starch.

#### **Ingredients**

500g bag of frozen corn kernels
1 red onion finely chopped
1 big handful of coriander finely chopped
4 pieces of pickled jalapeños very finely chopped
Juice of 1-2 limes
Salt and pepper to taste.

- 1. Put your oven on grill at 180°C.
- 2. Pour the frozen corn into a tray so it is spread in a single layer and grill for 5- 10 minutes or until corn has started to brown. I like some blackened bits. Keep a timer going for every 5 minutes so it doesn't get too burnt.
- 3. In the mean time prepare the other ingredients.
- 4. Once the corn is charred, remove from the oven and mix with the other ingredients.
- 5. Season to taste (add more of everything if you want!!) and serve with any Mexican dish or on top of sweet potatoes with a big salad!! This salsa is delicious hot or cold and I love it on it's own.



## Oven Baked Vegetables

#### Serves however many people you want!!

This doesn't require a recipe but I thought I'd add it.

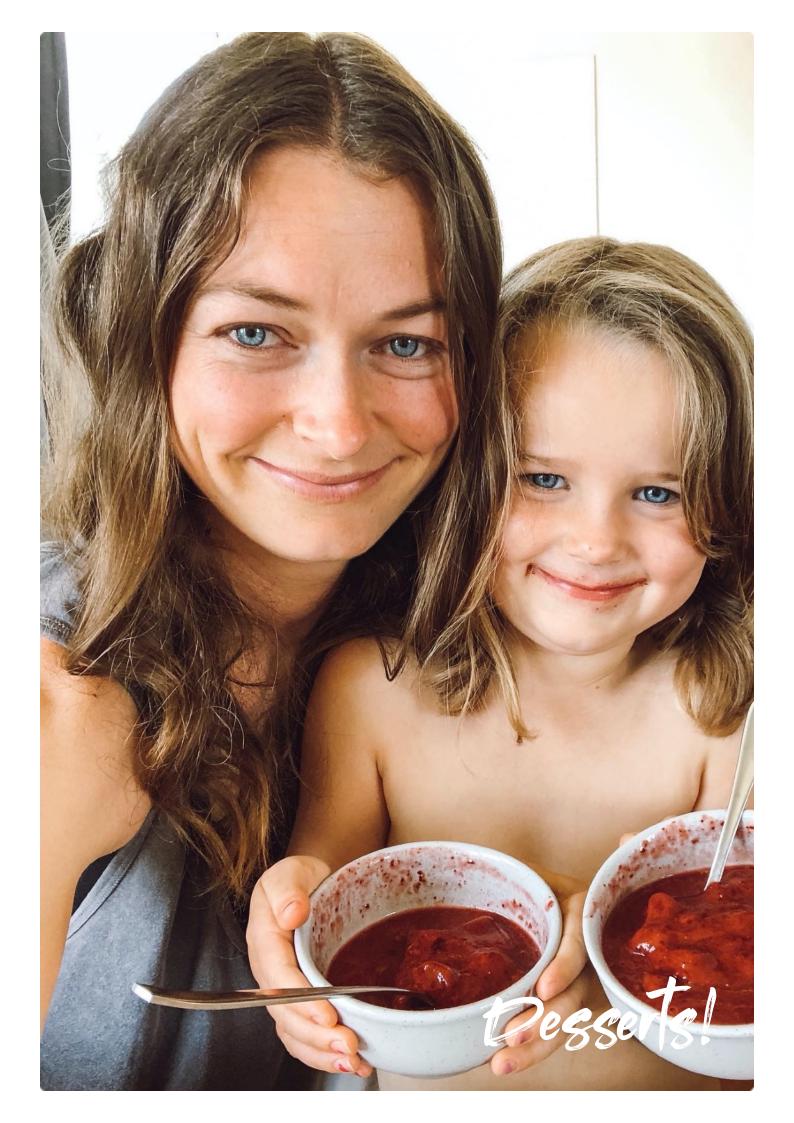
Just chop up ANY vegetable and roast it in the oven without oil. Add whatever seasonings you like!! Normally I roast my vegetables plain so I am not adding extra salt, and then season them with whatever else I am eating afterwards.

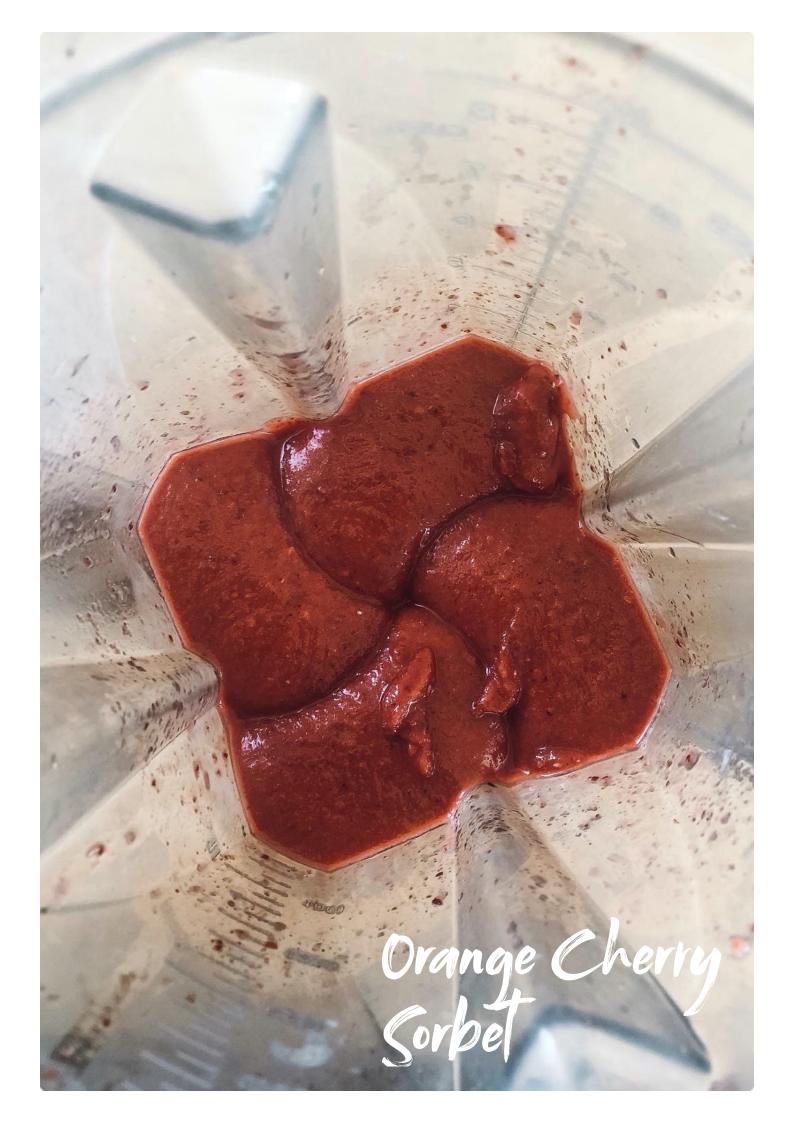
The tip to getting them crispy is:

A. Accept that they will never be AS crispy and delicious as oily vegetables, but that's ok. B. Cook on a high temperature (200°C) on a hot fan forced oven and if you REALLY want to help the process turn the vegetables half way and spread evenly on a single layer.

You can bake potatoes whole, in wedges or in cubes.

I do it differently every time depending on what I am serving it with!!





# Orange Cherry Sorbet

#### Serves 2

Perfect for summer but I'm honestly eating cold stuff year long just bundled in blankets! You can use any kind of frozen fruit combination you want for this!! I've blended up everything under the sun and it all tastes pretty good!!

Blend up fruit in a high speed blender until you get a sorbet texture and it's smooth.

Pour into a cute little bowl (it helps the taste) and share some with your kids.

Ingredients
3 cups of frozen cherries. (Make sure they're pitted.) 2 peeled oranges.

- 1. Blend up fruit in a high speed blender until you get a sorbet texture and it's smooth.
- 2. Pour into a cute little bowl (it helps the taste) and share some with your kids.



# Chocolate Raspberry Muffins

#### Makes 12 muffins

Sometimes you just need a bit of a sweet fluffy muffin and bananas don't cut it!!

These muffins aren't super fluffy, I'll be honest, haha, but they ARE sweet and delicious and the more you simply you eat the more you will appreciate food like this. If you give it time, you're tastebuds DO adjust and you can get as much enjoyment out of something simple like this as a cake you would have loved in the past. Being able to eat something cake like while knowing that it is not sabotaging your weightless goals means it's even MORE enjoyable!!

I personally wouldn't eat this everyday, because it is still HIGHER in calories than fruit or veg, in place of a cake or when on the go I think it's fantastic.

If I am feeling like a dessert at night, sometimes I will warm up a muffin with soy milk, and frozen cherries.

It's like a cherry cobbler in minutes.

#### **Ingredients**

- 3 cups oats
- 2 bananas (use very ripe as they're the only sweetener.)
- 1 tsp vanilla essence
- 1 ½ tsp baking soda
- 2 cups water.

#### Chocolate Raspberry option:

2 Tbsp of cocoa powder

1 cup of frozen raspberries. (Either blend together or add raspberries to the smooth mixture for chunks... this way does create air pockets in the muffins.

#### Other varieties:

#### Mocha flavour

2 Tbsp of cocoa powder with 1 Tbsp of Instant coffee to make a dark chocolate muffin.

#### Lemon:

Replace 1/2 cup of water with lemon juice plus 2 Tbsp of lemon rind/zest.

#### Chocolate orange:

Replace 1/2 cup of water with orange juice and rind plus 2 Tbsp of cocoa powder.

- 1. Put all the ingredients into a high speed blender and blend until smooth. (You can also add the raspberries after for some texture but they tend to create some air pockets which I have no issue with!!)
- 2. Pour mixture into non stick muffin trays.
- 3. Bake in the oven at 180°C (360°F) for 25 minutes.