

DIETARY GUIDELINES: SUPERHEALTHY

	GF	DF	V	V+	P
Apple & Blueberry Yoghurt Compote p37	●	○	●	○	○
Breakfast Beans w. cheese crumbs p38	●		●		
Gluten Free Porridge p41	●	○	●	○	
Gluten Free Toasted Muesli p42	●	●	●	●	
Paleo Bread p45	●	●	●		●
Spinach & Ricotta Omelette p46	●		●		
Tropical Breakfast Cereal p49	●	●	●	●	
Bananas for Chia p53	●		●		
Green Banana Smoothie p54	●	●	●	○	●
Banana Thickshake p55	●	○	●		●
Blackberry Balance p57	●		●		
Cinnamon Delight p58	●	●	●	●	●
Coconut Aloe Cleanse p59	●	●	●	●	●
Creamy Beets & Greens p60	●	●	●	●	●
Salad Smoothie p62	●	●	●	●	●

○ option **GF** gluten free **DF** dairy free **V** vegetarian **V+** vegan **P** paleo

Creamy Cherry Chocolate p63	●	●	●	○	●
Lime & Pine-Papaya Smoothie p65	●	●	●	●	●
Cherry Berry Bliss p66	●	●	●	●	●
Fennel Citrus Refresher p67	●	●	●	●	●
Pineapple Cashew Cream p68	●	○	●	○	●
Spiced Pears & Ginger p70	●	●	●	●	●
Pine-apple Pollen p71	●		●		
Green & Gold Digestive p73	●	●	●	●	●
Tropical Endive p74	●	●	●	●	●
Strawberry Green Tea p75	●		●		
Asian Mushroom Soup p79	●	●			
Brown Rice Salad p80	●	●	●	○	
Cauliflower CousCous p83	●	○	●	○	●
Chicken & Mango Salad p85	●	●			
Fish Burritos p87	●				
Ginger Chicken Broth p88	●	●			
Lamb Tagine p91	●	●			

○ option

GF gluten free

DF dairy free

V vegetarian

V+ vegan

P paleo

Miso Soup p92	●	●	●	●	●
Moroccan Beef Salad p95	●	●	○		
Pomegranate & Kale Salad w. Haloumi p96	●	○	●	○	
Prawn Salad w. Yoghurt Dressing p99	●				
Slow Cooked Beef Osso Bucco p101	●	○			○
Steamed Corn w. Spicy Lime Salt p102	●		●		
Chicken Brown Rice Risotto p107	●	●			
Chicken Stock p108	●	●			●
Frugal Caesar Salad p111	●				
Chicken, Beetroot & Apple Salad p113	●				
Chicken & Watercress Pesto Pasta p114	●				
Almond Mylk p119	●	●	●	●	●
Beet Kvass p121	●	○	●	○	○
Chia Mylk p122	●	●	●	○	●
Detoxifying Sweet & Spicy Drink p125	●	●	●	○	●
Green Lemonade p126	●	●	●	●	●
Liver Tonic p129	●	○	●	○	○

○ option

GF gluten free

DF dairy free

V vegetarian

V+ vegan

P paleo

Watermelon & Coriander Cleanse p131	●	●	●	●	●
Banana Chia Puddings p135	●	●	●	●	●
Cinnamon Banana Muffins p137	●	●	●		●
Coconut Chews p138	●	●	●		●
Chocolate Coconut Mousse p141	●	●	●	●	●
Date Pecan Truffles p143	●	●	●	●	●
Orange & Fig Chocolate p145	●	●	●	●	●
Strawberry Yoghurt Ice Creams p147	●		●		

○ option

GF gluten free

DF dairy free

V vegetarian

V+ vegan

P paleo