

Coconut Chicken curry

Ingredients

- 1 onion, diced
- 1 red pepper, diced
- 3 garlic cloves, finely chopped
- 2 tbsp olive oil
- 3 boneless skinless chicken breasts, cut into cubes
- 2 tbsp curry powder
- 1 tsp ginger powder
- coconut milk, (1 can)
- ½ cup Blue Diamond Almond Breeze Unsweetened
- 1 lime, juiced
- salt and pepper
- 4 cups cooked cauliflower rice
- fresh cilantro, roughly chopped



Instructions

Heat the oil in a large pan on medium heat. Add the onion, red pepper and garlic cloves and cook for 3-4 minutes.

Add the cubed chicken and sprinkle the spices on top. Cook for 5-7 minutes or until the chicken is cooked through, stirring frequently.

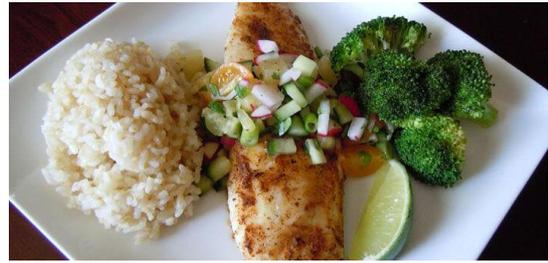
Add the coconut milk, almond milk and lime juice and simmer for an additional 5 minutes.

Serve and garnish with fresh cilantro.

Grilled hake and brown rice with white sauce

Ingredients

- 2-4 hake fillets
- 1 whole lemon
- Dash of salt
- Dash of pepper
- Herbs of choice
- Cooked brown rice



Low carb Sauce:

1/4 tub cream cheese

1 TB coconut oil

1/2 cup Blue Diamond Almond Breeze Unsweetened

1/2 cups mozzarella cheese shredded

Water about 2tb to thin sauce. Use as much or as little as you want for the consistency you want the sauce to be.

Instructions

Grill the fish on a baking pan with lots of lemon, herbs and salt. In a saucepan on medium-low melt coconut oil and cream cheese. Whisk until smooth. Add milk and cheese and whisk until smooth. Whisk in water if needed. Add fillets on top of the brown rice, pour sauce over and add some fresh or steamed veggies on the side

Beef and broccoli stir-fry

Ingredients

- 200g lean steak strips.
- Salt
- Freshly ground black pepper
- 1 tbsp. Crede coconut oil
- 1/4 cup low-sodium soy sauce
- 1 clove garlic, grated
- 1 piece ginger, grated
- 1 tsp. apple cider vinegar
- 2 cups broccoli florets
- 1 tsp. toasted sesame oil



Instructions

- Freeze steak for 15 minutes, and then very thinly slice against the grain and season with salt and pepper.
- In a large non-stick skillet over high heat, heat oil.
- Sear steak until seared and golden, about 3 minutes. Transfer to a plate.
- Reduce heat to medium and add soy sauce, garlic, ginger, and apple cider vinegar.
- Add broccoli and let simmer until broccoli is cooked though and sauce is reduced by half, about 5 minutes.
- Return beef to pan, along with any juices, and heat until just cooked through, about 1 minute.
- Drizzle with sesame oil before serving

Steak/ Chicken wrap

Ingredients

- 1 small whole-wheat or slimmer's wrap
- 2 TB fat free cottage cheese
- 2 TB Blue Diamond Almond Breeze Unsweetened
- Lettuce shredded
- Diced tomato
- Cooked and grilled steak or chicken strips
- 2 tb trim mayonnaise
- ½ block feta or handful shredded mozzarella



Instructions

- Warm your wraps up for 30 seconds in the microwave or on a pan.
- Add the fat free cottage cheese, mayo and almond milk in a small bowl and stir.
- Use as the sauce base for the wrap.
- Then layer all ingredients
- Fold and enjoy

Egg white on low GI toast

Ingredients

- 4 egg whites
- 1 tb chopped chives
- Dash of salt
- Dash of pepper
- 1 tb Blue diamond almond milk



Instructions

- Separate your yolk and egg whites in a bowl.
- Add fresh chives to egg whites.
- Beat egg whites until frothy. Add almond milk and beat again.
- Heat a pan with coconut oil greased and heat over medium. Pour egg whites into the pan. Proceed to scramble egg whites until desired texture is reached.
- Toast a slice of low GI bread and simply put your cooked egg whites on top. Enjoy!

Peach Oat Protein Smoothie

Ingredients

- 1 cup frozen peach chunks
- 1 cup Blue diamond almond milk
- 1 small container low fat yogurt
- 1 scoop SSA whey protein
- 1/2 cup oats
- 1/2 cup cold water/ ice



Instructions

- Add all ingredients to a blender and process until well pureed. Serve immediately.