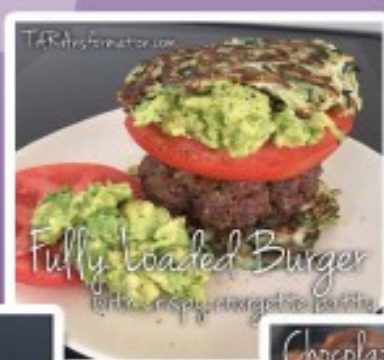


# Tara Hammett's *Clean & Creative* Recipe Book No 5



TARANSFORMER  
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# INTRO

Thank you so much for purchasing my Clean & Creative Kitchen recipe eBook.

This book really can TARAnsform the way you eat and how you live your life forever.

I've helped thousands of people improve their lifestyle, get fitter than ever and feel more confident and positive through exercise and eating great food. Following a cleaner eating plan with these recipe's has proven results with so many success stories—including myself!

Unfortunately today branded, packaged food is perceived to be 'normal' food and clean, single ingredient foods are 'weird' (especially if you eat them at breakfast). But these 'normal' food-like products we are all so used to eating are making us sick, tired, overweight and toxic.

So many are eating processed foods thinking they are good for them, yet still wondering why they aren't feeling energised and reaching their health goals.

We are constantly bombarded with adverts for shakes, bars, pills, skinny 'this', low fat 'that' and empty promises that these foods will make us healthy and gorgeous.

These have never been so many 'diets' and 'healthy' foods on the market—yet people are getting more unhealthy, sick and obese.

This book is filled with awesome meal ideas that can transform the way you look at eating forever.

This isn't a 'diet'; this isn't a quick fix or a restrictive plan that is impossible to maintain (and wouldn't work anyway). This is a lifestyle.



All these meals are real foods that are quick and easy to make, they will help fill you with nutrition and leave you feeling energized and satisfied.

All the meals you'll find in my book are balanced with protein, healthy fats, good carbohydrates, fibre and fruit and veg that can be enjoyed by you and the whole family.

Many of the recipes are for 1 serving, unless specified so you may need to increase the quantities as necessary.

I hope you love this new way of eating and I'd love to know about how you reach your goals and change your lifestyle. Send me your stories and show me your meal pics.

Keep fit and fab

Tara x

# Breakfast

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## Breakfast:

It's time to break away from the processed cereal and toast habit and fill yourself with good, balanced, nutritious food from the start of the day. Reduce the rollercoaster highs and lows and feel great all morning.

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- 1: Cajun Baked Eggs
- 2: Chocolate Blueberry Crunch
- 3: Coconut, Cucumber and Lime Smoothie
- 4: Cookie Dough Granola
- 5: Mango, Raspberry and Tomato Foothie
- 6: Mushroom and Avocado Protein Snack
- 7: Mushroom Muffins
- 8: Pumpkin Smoothie
- 9: Tomato and Feta Muffins
- 10: Vita Boost Smoothie 10



# Cajun Baked Eggs

Serves 2

## Instructions

- 1:  
Fry the mushrooms and red pepper in a little coconut oil
- 2:  
When softened add the tomatoes and Cajun spice
- 3:  
Stir through well and make 4 wells and crack eggs
- 4:  
Place in a hot oven for approx. 8-10 minutes or until the eggs are cooked.

## Ingredients

1 TIN  
Chopped Tomatoes

200G

Button Mushrooms (sliced)

4  
Whole Eggs

1  
Red Pepper (Sliced)

Cajun Seasoning



# Chocolate Blueberry Crunch

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## Instructions

- 1:  
Add the granola ingredients together
- 2:  
Form into little clusters and bake in a pre-heated oven at 180 degrees for 12-15 minutes
- 3:  
Once cooked add all smoothie ingredients to a blender and blitz
- 4:  
Should be nice and thick due to the ice
- 5:  
Add your granola to the top and enjoy with a spoon!



## Ingredients

- 1/2 Cup  
Frozen Blueberries
- 1 Cup  
Frozen Spinach Leaves
- 1/2 Scoop  
Chocolate Whey Protein
- 1 TBSP  
Cocoa
- Big Handful  
Ice Cubes
- 25g  
Oats
- 1/2 Schoop  
Chocolate Whey Protein
- 2 TBSP  
Water

# Coconut, Cucumber & Lime Smoothie

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## Instructions

1:

Add All your ingredients to your smoothie maker and blitz. You may want a thicker or thinner consistency, so just add water as required.

## Notes

This is the easiest recipe of the whole book. And it's so amazing!



## Ingredients

1 Cup

Coconut Milk

1/2 Cup

Water

Handful

Ice

Half

Cucumber

4-5

Coconut Chunks

Juice of

Half a Lime

# Cookie Dough Protein Granola

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## Instructions

- 1:  
Mix all your granola ingredients together. If you need more water add a tiny bit at a time. The mixture should crumble like Granola
- 2:  
Spread onto a tray and place in a pre-heated oven at 180-200 degrees for 12-15 minutes
- 3:  
Shake it all about and pop it back in the oven for another 4-6 minutes to crunch them up a bit
- 4:  
Mix your coco and milk together and pour over the top

## Notes

This recipe makes 2 servings of Granola!

## Ingredients

100g  
Oats

2 Scoop  
Vanilla Protein

1 Tbspn

Cacao Nibs

1/4 Cup  
Water

5-8 drops  
Toffee FlavDrops

For the Milk

Coconut Milk

1 tbsp  
100% Organic Cocoa





# Mango, Raspberry and Tomato Froothie

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## Instructions

- 1:  
Blitz your mango until smooth and add your glass/jar
- 2:  
Blitz your raspberries and tomatoes for the top layer
3.  
Make pretty and use a colourful straw like me if you want!

## Ingredients

1/2 cup

Frozen Mango

1/2 Cup

Frozen Raspberries

5-6

Cherry Tomatoes

Coconut water

250ml (more or less to your liking)



# Mushroom and Avocado Protein Stack

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## Instructions

- 1:  
Add your pancake ingredients to a blender and blitz to thick batter
- 2:  
Add coconut oil to a hot pan and make 2 pancakes from the mixture
- 3:  
Cook on one side until little bubbles come through and flip to cook the other side
- 4:  
Whilst they're cooking also add mushrooms to a pan to cook through and mash your avocado in a bowl
- 5:  
Once all done (hopefully timed perfectly together) later them up

## Notes

Totally Delish. Enjoy!



## Ingredients

1 scoop  
Unflavoured Whey Protein

1  
Egg

1  
Egg White

1/2 TSP.  
Sodium Bicarb

Salt and Pepper

For the filling

8-10  
Chopped Mushrooms

1/2  
Avocado

# Mushroom Muffins

Serves 3

## Instructions

- 1:  
Beat the eggs and add salt & pepper
- 2:  
Divide the mixture into 6 silicone moulds, and then add in the mushrooms between them
- 3:  
Cook in a preheated oven at 180 for 20-22 minutes or until firm and cooked through
- 4:  
Enjoy immediately nice and hot or store in the fridge for an easy lunch or snack

## Notes

These can be eaten at any time! Breakfast, lunch, or a snack!



## Ingredients

4 Whole  
Eggs

2  
Egg whites

10-12  
Chopped Mushrooms

Pinch of  
cracked black pepper

Pinch of  
Salt

# Pumpkin Smoothie

## Instructions

1:

Place all the ingredients into a blender/smoothie maker and blitz until smooth!

## Ingredients

150-200ml

Coconut or almond milk

1/4 cup

Pumpkin

1/4 Cup

Frozen Banana

1/4 TSP

Cinnamon



# Tomato and Feta Muffins

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Serves 3

## Instructions

- 1:  
Beat the eggs and add cayenne pepper
- 2:  
Divide the mixture into 6 silicone moulds, then add the feta and tomatoes between the 6
- 3:  
Cook in a preheated oven at 180 for 20-22 minutes, or until firm and cooked through.

## Ingredients

4 Whole  
Eggs

2  
Egg Whites

6 halved  
Cherry Tomatoes

60g Crumbled  
Feta

1 TSP  
Cayenne Pepper





# Vita-Berry Boost

## Instructions

**1:**  
Add all your ingredients to your smoothie maker, blitz to your desired consistency and enjoy immediately

## Notes

If you want to make it more of a meal, add a scoop of unflavoured whey protein xx

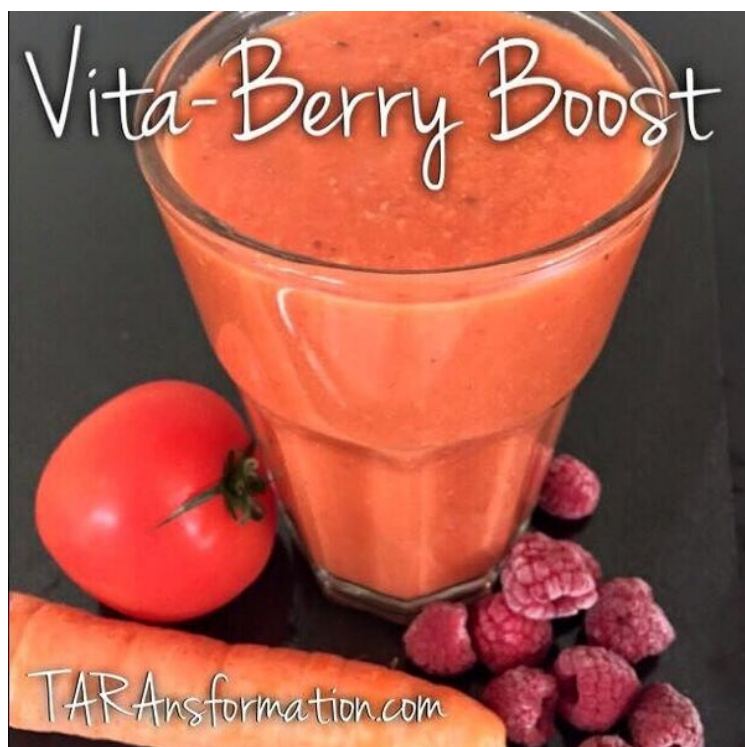
## Ingredients

1 large/2 medium peeled  
Carrots

2  
Tomatoes

1 Cup  
Frozen Raspberries

1 Cup  
Water



# Lunch

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Lunch: Forget sandwiches, crisps and chocolate for lunch, or a plain old salad

Here are some amazing ideas to make lunchtime exciting again

Save your money and your waistline and get prepping your own lunch

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- 1: Avocado Noodles
- 2: Grilled Halloumi & Peach Salad
- 3: Indian infused fillet burger with tomato salad
- 4: Low CARBonara
- 5: Melting Middle Thai Turkey Burgers
- 6: Nutty Avocado Fries
- 7: Salmon Fajitas
- 8: Savoury Scones
- 9: Spanish Chorizo and Bean Stew
- 10: Sweet Chilli Chicken Wrap
- 11: Tuna & Cucumber Cauli Rolls
- 12: Vegan Sweet Potato and Chickpea Burgers
- 13: Warm Beetroot salad
- 14: Watermelon and Feta Salad

# Avocado Noodles

Serves 2

## Instructions

- 1:  
Mash your Avocado. Add all the other ingredients and mash together
- 2:  
Add your red pepper to a hot pan for 2-3 minutes, add the courgette and heat through.
3.  
In the meantime, add your almonds to a hot dry pan to toast them up.
4.  
Add the creamy avocado sauce to the courgette, stirring for 1-2 minutes. Add to a bowl and top with your toasted almonds.

## Ingredients

- 1  
Avocado
- Juice of 1/4  
Lemon
- 1 TBSP  
Basil Puree
- 1 TSP  
Olive oil
- 2 Packs  
Fresh Courgette
- 1  
Red Pepper
- 16-20  
Almonds
- Salt and Pepper



# Halloumi & Peach Salad

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## Instructions

- 1:  
Slice the halloumi and place under a hot grill for a few minutes each side
- 2:  
Mix the rest of the ingredients
- 3:  
Add the Halloumi on top and serve

## Ingredients

60g  
Halloumi

1 Small  
Peach

2 large Handfuls  
Spinach

6  
Cherry Tomatoes

7-8 Slices  
Cucumber

Drizzle of  
Balsamic Vinegar

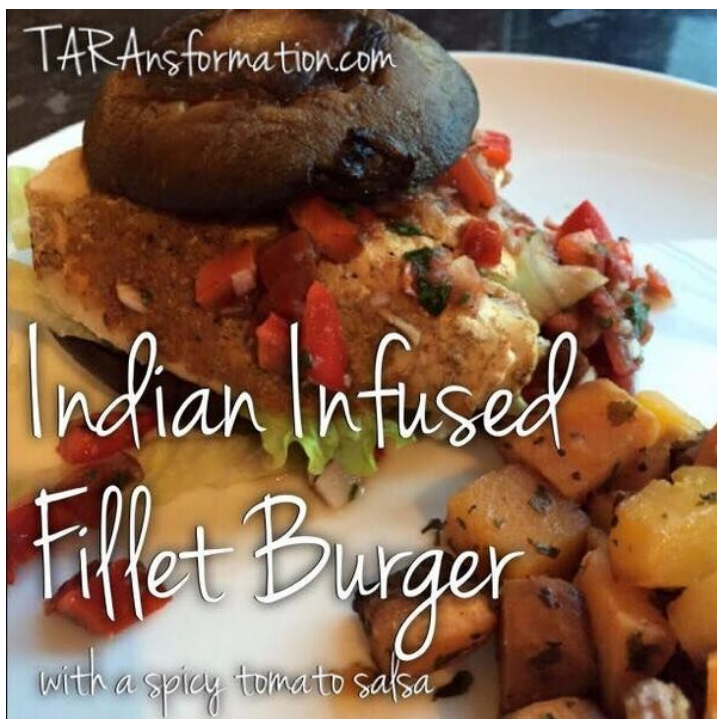


# Indian infused Fillet Burger

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## Instructions

- 1:  
Place all ingredients in a bowl and mix well
- 2:  
Fry all your mushrooms in the coconut oil, allowing the top of the mushroom to get a little crispy
- 3:  
Place your chicken on top of one mushroom, top with salsa and place the other mushroom on top for a mushroom bun.



## Ingredients

2 Large  
Mushrooms

1 Cooked  
Chicken breast (cook the chicken with a mixture of spices)

1 TSP  
Coconut oil

### FOR THE SALSA

2  
Tomatoes

1/4  
Sweet pointed red pepper

1 TSP  
Grated Ginger

1 TSP  
Stevia

2 Finely Diced  
Shallots



# Low CARBonara

Serves 2

## Instructions

1:

Heat a non stick frying pan, add a little coconut oil. Add your shallots and fry for 2-3 minutes until softened and add the bacon. Fry until golden

2:

Turn down the heat and add in the soured cream, nutmeg and seasoning. Simmer for 2 minutes then add in the parmesan and stir in, keep stirring as it thickens.

3:

Add in the courgette. Do not cook the courgette! Stir the sauce so it coats all of the courgette, dish up and sprinkle with a little parmesan and serve immediately.

## Ingredients

500g

Spiralised courgette

2 Thinly Sliced

Shallots

300ML

Soured Cream

5 Slices of chopped

Medallion bacon

30g

Grated Parmesan

1/4 tsp

Ground Nutmeg

Salt & Pepper



# Melting Middle Thai Turkey Burgers

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## Instructions

- 1:  
Mix all your burger ingredients together apart from the mozzarella. Separate into 4
- 2:  
Add the mozzarella to the middle of each burger. Shape into burgers and pop onto a tray with foil, sprinkle with sesame seeds and add to a preheated oven at approx. 160 degrees for 20-25 minutes
- 3:  
In the meantime, finely chop your salad ingredients (I popped mine in a food processor), add salt, pepper, chilli, ginger and the lime juice.
- 4:  
Split your salad into 4 and add a burger on top.
- 5:  
Cut in half and watch that melted cheese go all gorgeous and gooey. OMG



## Ingredients

- 500g  
Turkey Mince
- 1 Chopped  
Onion
- 2 Stalks Finely Chopped  
Lemongrass
- 1 TSP  
Soy Sauce
- 1 tsp  
Fresh Coriander Puree
- 1/2 TSP  
Chilli flakes
- 1 TSP  
Fresh Ginger Puree
- Juice of  
Half a lime
- 1  
Egg
- Sesame Seeds
- Salt & Pepper
- Cubes of Mozzarella

### FOR THE SALAD

- 1/2  
White cabbage
- 1 Very Large  
Carrot
- 1  
Red Pepper
- 2 TBSP  
Natural Yoghurt

# Nutty Avocado Fries

## Instructions

- 1:  
Mix the sea salt, chilli flakes and ground almonds together and add onto a plate.
- 2:  
Remove the stone and skin from the avocado, cut into slices and dip them into the egg and then into the dry mixture.
- 3:  
Cook in a hot pan for 2-3 minutes either side or until your desired crunchiness
- 4:  
I cook mine in an air fryer for 5 minutes.

## Notes

This serves one as the main part of your meal or 2 as a side dish.

## Ingredients

- 1  
Avocado
- 1/4 Cup  
Ground Almonds
- 1 TBS  
Chilli flakes
- Sea Salt
- 1 Beaten  
Egg



# Salmon Fajitas

## Instructions

1:

Place the salmon fillets on foil and dust the top with Cajun spice, make a parcel from the foil and cook for about 20 minutes on about 170 degrees

2:

To make the pancake with whey, blitz a scoop of protein and 1-2 egg whites with some sweet or savory flavorings.

3:

TMelt coconut oil in a pan and cook the blitzed ingredients like a pancake—Hey Presto!

4:

To make the pancake without whey use one whole egg and one egg white and cook the same as before.

5:

Once the salmon is cooked through, place all your goodies on separate plates and build your wraps at the table

## Notes

You can also use fromage fraise or greek yoghurt as your cool dip. Delish!

## Ingredients

Salmon Fillet

1/4

Red Pepper

1/2 Sliced

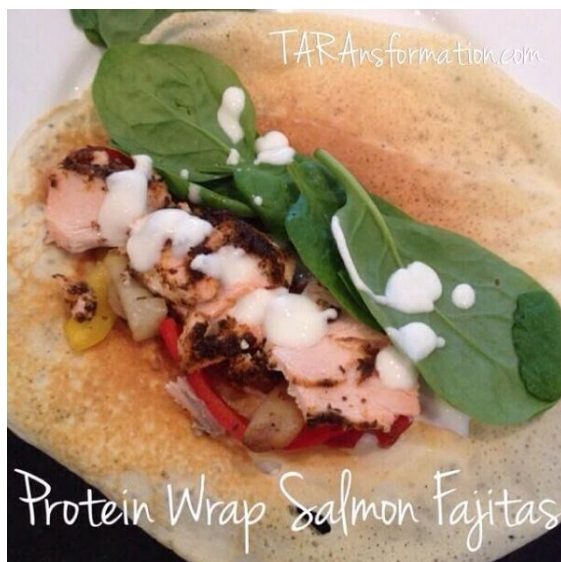
Avocado

Handful

Spinach

Few Slices

Cucumber



# Savoury Scones

Serves 2-3

## Instructions

- 1:  
Mix all the ingredients together except the coconut oil, you're going to use this to fry the mixture.
- 2:  
Make about 5 small moulds, these will be sticky. Flour your hands to roll into balls.
- 3:  
Flatten and fry gently for 3-4 minutes each side



## Ingredients

3 TBSP  
Coconut flour

1 Scoop  
Whey protein

2 Small  
Eggs

1/4 tsp  
Chilli Flakes (optional)

Fresh ground Black pepper

Himalayan sea salt

2 TBSP  
Coconut Oil



# Spanish Chorizo & Bean Stew

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## Instructions

- 1:  
Fry the sliced chorizo for a few minutes then drain off oil and pat with kitchen roll.
- 2:  
Add a knob of butter to the pan and slowly cook the leek, once softened add your chilli flakes, paprika and red pepper, cook for a further 3-4 minutes stirring occasionally.
- 3:  
Then dissolve your stock cubes in the water and add to your leek mixture along with the butterbeans
- 4:  
Partially cover and simmer for 20 minutes
- 5:  
Finally add spinach and chorizo and cook until spinach is wilted.



## Ingredients

2 Organic Kallo  
Stock Cubes

1 Litre  
Boiling Water

1 Diced  
Red pepper

1 Thinly Sliced  
Red pepper

50g Sliced  
Chorizo

1TSP  
Smoked paprika

1 Crushed  
Garlic Clove

1 Pinch  
Chilli Flakes

1 Tin Rinsed  
Butter Beans

2 Handfuls  
Spinach

# Shredded Chicken Wrap

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## Instructions

- 1:  
Mix the eggs, husk and milk and cook like a pancake on a hot pan
- 2:  
Shred your chicken breast (this is incredible if you cook in the slow cooker and they go extra soft)
- 3:  
Add together on a medium heat on a pan with the tomatoes. Chilli and stevia.
- 4:  
Heat through for 5-7 minutes and serve hot with your wrap.
- 5:  
You can allow to cool and take on the go.

## Notes

The recipe makes one serving but increase as necessary for batch cooking.



## Ingredients

### For the wrap

1  
Egg

1  
Egg white

1 TBSP  
Psyllium Husk / Milled Flaxseed

1/4 Cup  
Coconut/almond milk

### For the chicken

1 Shredded  
Chicken Breast

1/2 Cup  
Chopped Tomatoes

1/2 TSP  
Chilli Flakes

1/2 TSP  
Stevia

# Tuna and Cucumber Cauli Rolls

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## Instructions

- 1:  
Preheat the oven to 210. Beat the eggs and add all the other ingredients
- 2  
Place all ingredients into a sieve and let the excess fluid drain out
- 3:  
Divide the mixture into 6 rolls, place seeds on top of rolls and push in slightly
- 4:  
Place onto baking paper on a baking tray and cook for 20 minutes, then place under the grill for a further 3
- 5:  
Fill your rolls with tuna, cucumber and yoghurt mixture and perfect sandwich



## Ingredients

- 3/4 Large  
Cauliflower head (diced or blitzed in food processor)
- Handful of chopped  
Coriander
- 2 Large  
Eggs
- 1/2 juice of a  
Lime
- 5-6 TBSP  
Ground Almonds
- Pink Himalayan Salt
- 1 Tin  
Drained Tuna
- Cucumber
- Hemp seeds
- Natural yoghurt

# Sweet Potato and chickpea Burgers

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Serves 4

## Instructions

- 1:  
Cook the sweet potatoes either in the oven or microwave until soft. Scoop out the flesh and mash with a fork. Leave to cool
- 2:  
Drain the chickpeas and pat dry, blitz with a blender til smooth, add into the cool potato along with the rest of the ingredients
- 3:  
Mould into burgers and chill for 15 minutes. (Recipe makes 4). Place on baking paper on an oven proof tray.
- 4:  
Cook in a preheated oven at 190 for 20-25 minutes (until bottom is starting to harden) Turn with a metal spatula to save breaking and cook for a further 15 minutes

## Ingredients

400g  
Chickpeas

260g  
Sweet Potato

1TSP  
Worcestershire Sauce

1 TSP  
Smoked Paprika

1/4 TSP  
Cider Vinegar

1/4 TSP  
Chilli Flakes





# Warm Beetroot Salad

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Serves 1

## Instructions

- 1:  
Mix all the dry ingredients together, drizzle over some balsamic vinegar.
- 2:  
Enjoy!

## Ingredients

1 Sprig  
Thyme

50g  
Spinach

1 roast  
Beetroot

1 Spring Onion  
Spring Onion

2 TBSP  
Sunflower Seeds

Splash of  
Balsamic vinegar





# Watermelon and Feta Salad

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## Instructions

1:

Mix all the ingredients together and drizzle a little balsamic vinegar for your dressing

## Ingredients

2 Large Handfuls

Lambs lettuce or salad leaves of your choice

1/2 cup of chopped

Watermelon

50g Cubed

Feta

1/4

Beetroot

2 Chopped

Celery Stalks



# Evening Meal

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Dinner: Having a delicious and satisfying meal with the family at the end of the day is something we all look forward to.

There is no need to feel like you have to eat tasteless boring food to have a balanced healthy meal  
These recipes are perfect for everyone to enjoy together

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- 1: Beefy Burgers
- 2: Burrito Stuffed Peppers
- 3: Cheesy vegetable crumble
- 4: Comforting Chicken Casserole
- 5: Lamb & Mint curry
- 6: Mellow Saucy Cod
- 7: Pan fried fish on minted pea puree
- 8: Protein cups
- 9: Salmon and pesto noodles
- 10: Spicy lean chicken burgers
- 11: Spicy turkey meatballs
- 12: Sweet and spicy beef
- 13: Vegetarian chickpea chilli
- 14: Wrapped chicken with cauli cheesecakes

# Beefy Burgers

## Instructions

- 1:  
Mix all the ingredients together well, place on a wire rack under a hot grill (so any fat does run out)
- 2:  
Cook for 12-15 minutes or until cooked through
3.  
Squeeze all the water out of the courgette, this will take 2 or 3 times. Then mix all the ingredients together and season. Place in the fridge for 30 minutes
4.  
Heat a little coconut oil in a pan and add the patties and fry until crispy on each side. Now tower up your burger and add some mashed avocado and a slice of beef tomato

## Notes

This makes 4 burgers



## Ingredients

400g  
Extra Lean Mince

2TBS  
Ground Almonds

1 Whole  
Egg

BBQ Seasoning

### CRISPY COURGETTE PATTIES

250G  
Spiralised Courgette

1 Whole  
Egg

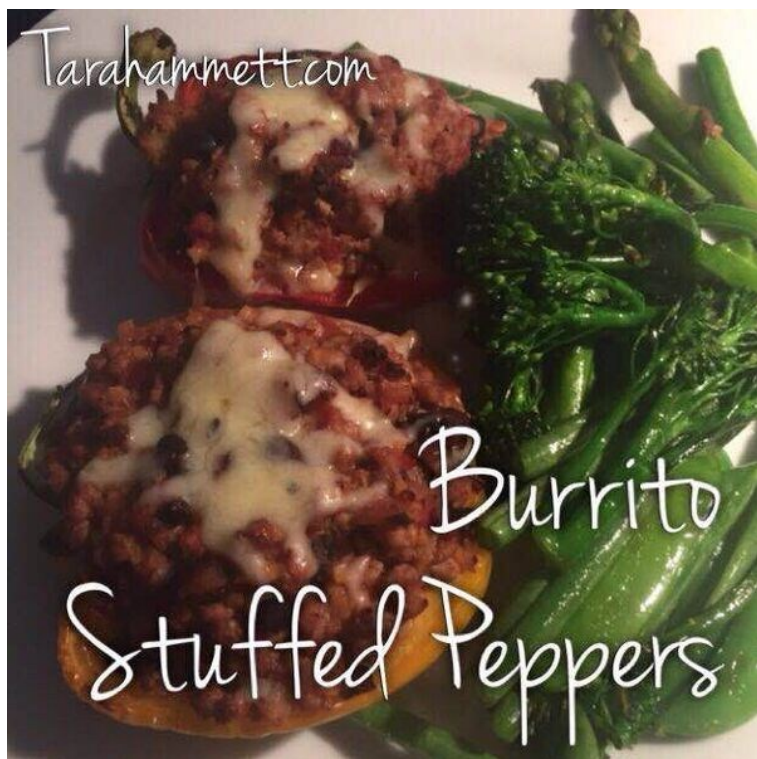
1TBS  
Flaxseed

# Burrito Stuffed Peppers

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## Instructions

- 1:**  
Melt some coconut oil in a hot pan. Add your turkey mince and onion and cook through, add your chilli, tomato, black beans and seasoning.
- 2:**  
Cook for 4-5 mins. Add your rice and half of the grated cheese, give it a stir and simmer for another 2-3
- 3.**  
In the meantime, slice your peppers in half and de-seed. Fill your peppers with the burrito mixture, sprinkle each one with a little cheese and pop in the oven on 160-180 degrees for 15-20 mins.
- 4.**  
Whilst cooking, cook a load of your fave green veggies in a hot pan, stir fry style. Enjoy 2 of the stuffed pepper halves with your veggies. Yum



## Ingredients

- 500g**  
Turkey Mince
- 1 Chopped**  
Onion
- 1 Carton**  
Chopped tomatoes
- 1 Tin**  
Black Beans
- 1 pack**  
Cauli Rice
- 1/2 Cup**  
Grated Cheese
- 1TSP**  
Crushed Chilli
- Peppers**
- Salt and Pepper**

# Cheesy Veg Crumble

Serves 2

## Instructions

1:

Place all the filling ingredients except for the cherry tomatoes in a baking tray and place in a preheated oven at 200, cook for approx. 18-20 minutes.

2:

Remove from oven and place in an oven proof dish and leave to cool

3.

To make the topping, place the ingredients into a food processor and blitz together, add your cherry tomatoes to your veggies and then tip the topping over your veggies and place back in the oven at 180 for 15-18 minutes



## Ingredients

1 sliced and quartered  
Courgette

1 chopped  
Red Pepper

4 Medium sliced and quartered  
Mushrooms

6  
Cherry Tomatoes

2 chopped  
Celery Stalks

3  
Stalks of thyme

1TBS  
Coconut oil

### FOR TOPPING

3-4 slices  
Quinoa loaf

50g  
Feta Cheese

Handful of  
Mixed Nuts



# Comforting Chicken Casserole

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Serves 2

## Instructions

1:

Place all of your ingredients into a slow cooker on a low heat and leave for 3-4 hours, or until your veg is soft and your meat is tender.



## Ingredients

3 Each of

Mixed Chicken drumsticks and thighs

3 Chopped

Carrots

1/2 Diced

Small sweded

1 Diced

White Onion

1 Large

Sweet Potato

A few sprigs

Thyme

1/2 TSP

Dried Oregano

Salt and Pepper

Chicken Stock Cube

400-500ML

Water

# Lamb and Mint Curry

## Instructions

- 1:  
Chop the Chilli, ginger, onions and coriander roughly, then place in a mini food processor and blitz
- 2:  
Place a knob of butter in a hot pan then fry the paste till butter goes golden, keep stirring.
3.  
Add tomatoes and water, bring to the boil, then cover with foil and leave to simmer for 15-20 minutes
4.  
Fry the lamb, drain any excess fat and add into curry sauce, simmer again for a further 15-20 minutes. Stir in the yoghurt and sprinkle with mint and coriander

This recipe serves 3



## Ingredients

400g

Diced Lamb

1 Tin

Chopped Tomatoes

1 Tin

Chery Tomatoes

1/2 Pint

Water

Handful

Chopped Mint

Handful

Chopped Coriander

285ml

Natural Yoghurt

### FOR THE CURRY PASTE

2 inch piece of ginger peeled

2 red onions

3 cloves of garlic

2 fresh chillies

2 handfuls of coriander

# Mellow Saucy Cod

Serves 2

## Instructions

- 1:  
Soften the onion for 3-4 minutes in a little coconut oil, then add turmeric and ground coriander.
- 2:  
Fry for a further 2 minutes then place cod loins on top of the onion mixture and add 2-3 TBS of water and turn the heat down.
3.  
Cook for 5 minutes, then add in the chopped tomatoes and stevia.
4.  
Simmer until cod is cooked through, roughly 10 minutes.

## Notes

Serve on a bed of greens of your choice

## Ingredients

80g  
Onion

2 120-140g  
Cod Loins

1 Tin  
Chopped Tomatoes

2 TSP  
Ground Coriander

2 TSP  
Turmeric

1 TSP  
Stevia



# Ostrich and mozzarella Pizza

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Serves 2

## Instructions

- 1:  
Mould the base ingredients together and shape into a pizza shape.
- 2:  
Bake on greaseproof paper at 160 degrees for approx. 15-20 minutes. Flip it over and cook the other side for approx. 5 minutes.
3.  
In the meantime, quickly cook the ostrich fillet.. Just sear it on each side.
4.  
Remove the base from the oven and spread the puree over the base. Layer the ostrich and sliced mozzarella. Cook for a further 10-12 minutes in the oven. Slice into 4 and serve a maximum of 2 slices with a side salad



## Ingredients

1 Pot  
Fresh Cauli Cous Cous

3 TBSP  
Parmesan Cheese

1  
Egg

1  
Egg White

Tomato puree

1/4 tin  
Chopped tomatoes

### TOPPING

1  
Ostrich Fillet

Low Fat Mozzarella Cheese



# Pan fried fish on Minted Pea Puree

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Serves 2

## Instructions

- 1:  
Soften onion and celery in a pan for approx. 10-12 minutes. Add the peas water and seasoning and bring to the boil then simmer for 25-30 minutes. Add the mint leaves and blitz
- 2:  
Steam the cauliflower for 10-12 minutes. Once cooked through and the juice and pepper
3.  
Blitz to desired mash consistency.
4.  
Pan fry the fish in a little butter or coconut oil, and serve on top of the puree and add a serving of mash



## Ingredients

175g  
Fresh Peas

1 Stalk  
Celery

1/2 Diced  
Onion

100ml  
Water

1 Sprig  
Fresh Mint Leaves

Pinch Salt and Pepper

White Fish of your choice

LEMON PEPPER MASH

150g  
Cauliflower

Cracked Black Pepper

Juice of Half a Lemon

Salt and Pepper



# Salmon and Pesto Noodles

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## Instructions

- 1:  
Add your carrot noodles to a hot pan, add the basil, salt and pepper & fromage frais.
- 2:  
Stir through until heated thoroughly
3.  
In the meantime, add your Pine nuts to a hot, dry pain and toast them.
4.  
Once done, add to your plate, place your salmon fillet on top and sprinkle with the pine nuts. Simple, fast and delish

## Ingredients

1  
Hot smoked salmon fillet

Juice of 1/4  
Lemon

Carrot Noodles

1 TBSP  
Pine Nuts

2 TBSP  
Basil Puree

1 TBSP  
Fromage Frai

Salt and Pepper



# Lean Chicken Burgers

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Serves 4

## Instructions

- 1:  
Mix all the ingredients together apart from 1/4 cup of ground almonds for rolling.
2. Split into 4 burgers, roll into ground almonds and place under a hot grill for 6-8 minutes on each side

## Ingredients

300g

Lean Minced Chicken Breast

1/2 cup

Ground Almonds

1/4 cup

To roll burgers in

Spices of your choice

Salt and Pepper



# Tandori chicken & Veggies

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.COM

Serves 2

## Instructions

- 1:  
Place your chicken breast strips in a plastic bag and cover with some of your tandoori spice, and place in the fridge for at least 3 hours, the longer you leave, the more the meat will absorb the flavours.
- 2:  
When ready to use, fry your chicken strips in a little coconut oil, when the chicken is nearly cooked, throw in the veggies and cook for a further 3-6 minutes
3.  
Mix the sea salt, chilli flakes and ground almonds together and add onto a plate, then dip your avocado slices into the egg and then into your dry mixture. Cook in a hot pan for 2-3 minutes either side or until your desired crunchiness. I cooked mine in an air fryer for 5 minutes.

## Notes

This can be kept in an airtight container for 4-6 weeks..



## Ingredients

- 1/2 TBS  
Cumin Seeds
- 1 TBS  
Coriander Seeds
- 1/2 TBS  
Ground Ginger
- 1/2 TBS  
Ground Garlic
- 1 TBS  
Paprika
- 1/4 TBS  
Ground Nutmeg
- 1 TBS  
Garam Masala
- 300g  
Chicken Breast Strips

## AVOCADO FRIES

- 1 avocado
- 1/4 Cup Ground Almonds
- 1TBS Chilli Flakes
- Sea Salt
- 1 Beaten Egg

# Spicy Turkey Meatballs

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Serves 6

## Instructions

- 1: Mix all ingredients together
2. Roll into balls (I made 18),
3. Place on tray in pre-heated oven at 180 degrees for 20-25 mins, turn them all over and pop back in the oven for a further 5-8 mins

## Ingredients

800g  
Turkey Mince

100g  
Oats

1 Finely Chopped  
Onion

3  
Eggs

1/2 TSP  
Turmeric

1/2 TSP  
Chilli flakes

Salt and Pepper



# Sweet And Spicy Beef

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Serves 2

## Instructions

- 1:  
Place the beef in a plastic bag and add in the coconut flour, tie bag and shake until all beef is coated
- 2:  
Place the water, soy sauce, ginger, chillie flakes, stevia and garlic in the slow cooker,
3.  
Then add the beef, cook on high for one hour, add the carrot, turn to low and do not replace the lid and cook for 30 minutes
4.  
Serve with a large helping of green veggies or cauli rice.

## Ingredients

- 300g  
Lean Diced beef
- 1/2 Cup  
soy sauce
- 1/2 Cup  
Water
- 1 TBSP  
Stevia
- 2 Minced  
Garlic cloves
- 1 inch piece of grated  
Ginger
- 1/4 TSP  
Chilli Flakes
- 200g Grated  
Carrot
- 1TBS  
Coconut Flower





# Vegetarian Chickpea Chilli

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Serves 2-3

## Instructions

- 1:  
Place all of the ingredients into a slow cooker and leave to cook for 2-3 hours.
- 2:  
Serve with some cauliflower rice and a sprinkling of fresh coriander.

## Ingredients

- 400g  
Chickpeas
- 400g  
Tinned Chopped tomatoes
- 200g  
Black beans
- 400g  
Red Kidney Beans
- 1 Pack  
Vegetable cous cous
- 1/2 TBS  
Chilli Powder
- 1 TSP  
Smoked Paprika
- 1/2 TBS  
Cumin
- 1/2 TBS  
Ground Coriander
- 2 crushed  
Garlic Cloves



# Wrapped Chicken With Cauli Cakes

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## Instructions

- 1: Place all the ingredients together and blitz.
2. Then mould into patties and coat with the extra flour.
3. Place in the fridge for 10-15 minutes, then fry in a little coconut oil for 5 minutes on each side

## Ingredients

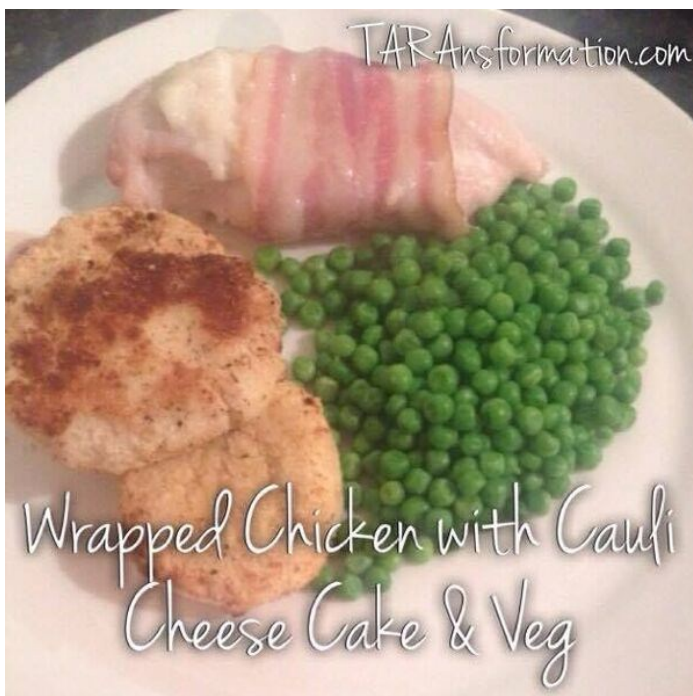
1 Large  
Cauliflower Head

2 Whole  
Eggs

100g  
Mozzarella

Cup of  
Coconut Flower

1/2 TSP  
Cayenne Pepper



# Snacks

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Snacks: You may feel like you just can't wait for your next meal, or have a little craving for something to tickle your tastebuds.

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- 1: Chocolate Ice Cream
- 2: Chocolate Peanut Butter Brownies
- 3: Cookie Dough Cups
- 4: Fruit & Nut Choco Bark
- 5: Goji Berry Protein Bread
- 6: Chocolate Chip Protein Cookie
- 7: Mushroom Pate
- 8: Peanut Butter Low carb Protein Bars
- 9: Quinoa Loaf
- 10: Refuel Raspberry Flapjacks
- 11: Salmon Pate
- 12: Sweet Super Seeded Muffins

# Chocolate Ice Cream

Serves 2

## Instructions

1:

Blitz your frozen bananas, cocoa and a splash of milk with a hand blender or food processor, then serve immediately with some chopped strawberries.

## Ingredients

2 Sliced

Frozen Bananas

1.5TBS

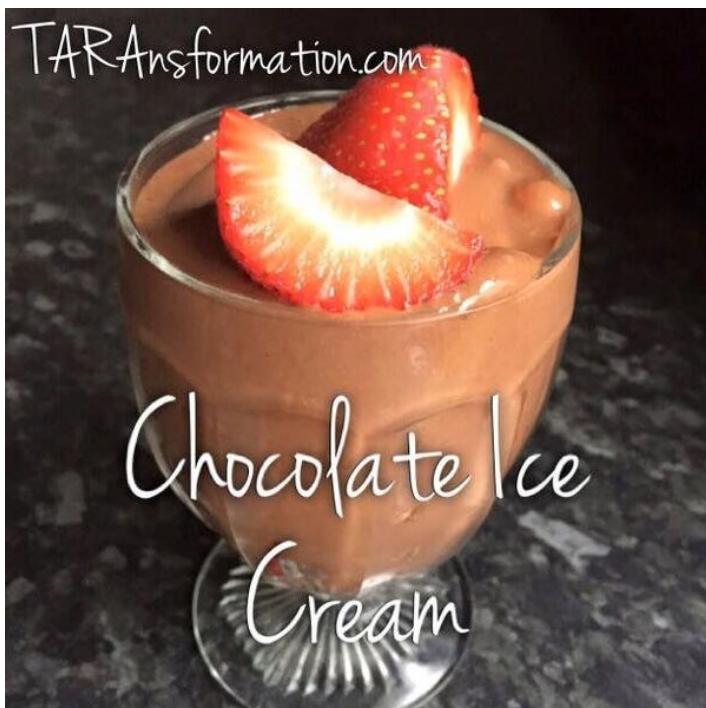
100% Cocoa

Splash Of

Coconut Milk

4

Strawberries



# Chocolate Peanut Butter Brownies

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## Instructions

- 1:**  
Mash the bananas well, then add the peanut butter and cocoa powder. Mix thoroughly til combined well.
- 2:**  
Pour the batter into a lined brownie tin and cook in a preheated oven at 180 for 20-25 minutes. As soon as knife comes out clean they are ready.
- 3.**  
While they are cooking make your topping. Mix together well til thick and creamy.
- 4.**  
Top your brownie once it has cooled and place in the fridge for 30 minutes before slicing (makes 8 servings) and serving.

## Ingredients

**3 Over ripe**  
Bananas

**1/2 Cup**  
Smooth Peanut Butter

**1/4 Cup**  
Cocoa Powder

### FOR THE TOPPING

**2TBS**  
Quark

**2TBS**  
Peanut Butter

**2 Scoops**  
Chocolate Whey





# Cookie Dough Cups

Serves 2

## Instructions

- 1:  
Melt the chocolate and line the Silicone cups with a thin layer of chocolate. Pop in the freezer to Get firm then do it again to thicken the cup up.
- 2:  
Mix the cacao nibs and whey protein with 1 tbspn of water (or until you get a thick dough – depend on your brand of whey and how much water you need)
3.  
Split the dough and place into the chocolate cups.
4.  
Pop in the fridge to firm for at least 20 mins.



## Ingredients

1 Scoop  
Vanilla Whey Protein

1TBSP  
Cacao Nibs

1/2 Large bar  
80-90% Chocolate

2 Scilicone  
Cases

# Fruit and nut Chocolate Bark

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Serves 2-3

## Instructions

- 1:  
heat the coconut oil and mix in the cocoa, place fruit and nuts on greaseproof paper
- 2:  
then cover with the cocoa mix, place in freezer for ten-fifteen minutes.

## Ingredients

5 Chopped  
Apricots

40g  
Pistachios

1.5 TBS  
Coconut Oil

3TBS  
Cocoa

1/2 Scoop  
Whey Protein



# Goji Berry Bread

Serves 5 (2 slices per serving)

## Instructions

- 1:  
Mix together the ingredients into a batter
2. Pace into a loaf tin and bake in the oven at 160 for roughly 30 minutes.

## Ingredients

1/4 cup  
Vanilla Whey

1/4 Cup  
Pea Protein

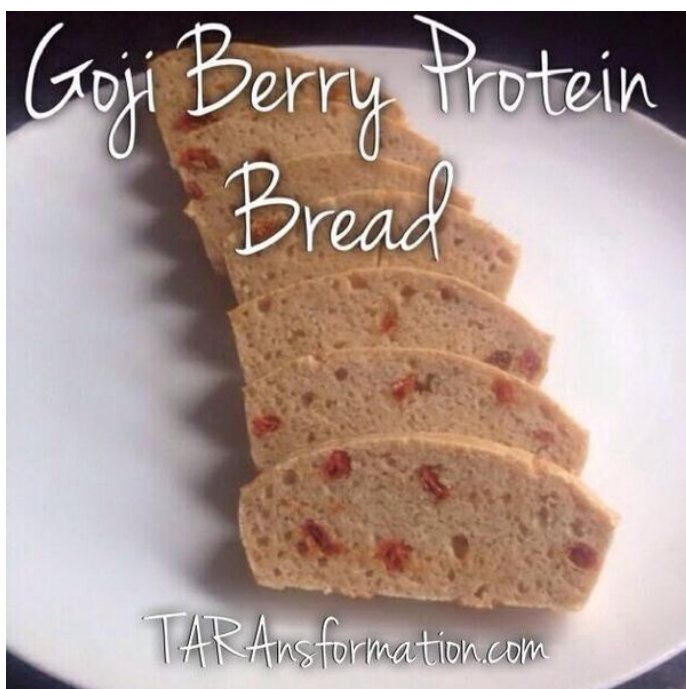
1/2 Cup  
millet Flakes

1 TSP  
Baking Powder

1 TBS  
Goji Berries

1TSP  
Mixed Spice

4 Large  
Egg Whites



# Choco Chip Protein Cookie

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## Instructions

1:

Mix all the ingredients together and pop in a pre-heated oven at 160 degrees for approx. 12-15 mins. Flip it over then cook for a further 3-5 mins.

## Ingredients

25g  
Oats

1/2 Scoop Protein  
Any FLavour

6-8 80% Cocoa  
Dark Chocolate Drops

1/4 TSP  
Stevia

2TBSP  
Water



# Mushroom Pate

Serves 4

## Instructions

- 1:  
Gently roast the cashews in a hot dry pan, then set aside to cool.  
Blitz in food processor.
- 2:  
Fry the onions in coconut oil until translucent and set aside, then fry the mushrooms and we want to fry them not cook them slowly in the pan.
3.  
Add the onions, mushrooms, parsley, salt and pepper to the cashews and then blitz til smooth or the consistency you prefer.
4.  
Set in jar/container and place in the fridge.

## Ingredients

200g Sliced  
Mushrooms

Handful  
Parsley

Small Diced  
Red Onion

50g  
Cashews

Coconut Oil

Salt and Pepper





# Peanut Butter Protein Bars

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## Instructions

- 1:**  
Mix the whey protein and peanut together well.
- 2:**  
Heat the vita fibre in a saucepan til starts to bubble.
- 3.**  
Add to whey protein mix and stir really well, then place in a lined brownie tray (small) and flatten out and push down to form a flat surface.
- 4.**  
Place in the freezer for 15 minutes. Then remove and cut into 9 equal bars.

## Notes

Makes 9 Bars. Store in fridge

## Ingredients

**225g**  
Vita fibre

**5 Scoops**  
Vanilla Whey Protein

**5TBS**  
Crunchy Peanut Butter



# Quinoa Loaf

Serves 5

## Instructions

- 1:  
Cook the quinoa in some water, and leave to cool.
- 2:  
Then add the coconut and eggs (beaten), and mix thoroughly, then place in a silicone loaf mould and cook in a pre heated oven at 180.
3.  
Leave to cook for 20 minutes, cool and slice.

## Ingredients

1/3 cup Uncooked  
Quinoa

1/3 Cup  
Coconut Flower

1 Whole  
Egg

1 TBS  
Coriander

1TBS  
Chilli Flakes



# Raspberry Flapjacks (Post workout Meal)

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Serves 4

## Instructions

- 1:  
Mix all of the ingredients together, you want a sticky mixture, so add water slowly and add a little more if needed.
- 2:  
Lay out in a brownie tray or silicone mould, not too thickly spread (roughly 1/2 inch-3/4)
- 3:  
Bake in oven at 200 for 18-20 minutes

## Notes

\*These flapjacks are a post workout snack only if after fat loss, as will be high in carbohydrates and sugars, also this is to be consumed as a meal not a snack\*

## Ingredients

200g  
Oats

150g  
Frozen Raspberries

30g  
Honey

2 Scoops  
Vanilla Whey Protein

2-3 TBS  
Water

1TBS  
Cinnamon (Optional)



# Salmon Pate

## Instructions

- 1:  
Drain the salmon well
- 2:  
Then add to food processor with the cottage cheese & lemon juice and coconut oil and blitz til all combined and creamy
- 3:  
add the herb of your choice and place in an airtight container, or eat straight away.

## Notes

This will serve two as a snack with some vegetable crudites or rice cakes.

## Ingredients

- 1  
Avocado
- Juice of 1/4  
Lemon
- 1 TBSP  
Basil Puree
- 1 TSP  
Olive oil
- 2 Packs  
Fresh Courgette
- 1  
Red Pepper
- 16-20  
Almonds
- Salt and Pepper



# Super-Seeded Muffins

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## Instructions

- 1:  
Mix all of the ingredients together, tip into a loaf tin or place into muffin trays (4) to cook.
- 2:  
Place in a hot oven (190), and cook for approx. 25-30 minutes. Or until you can stab with a knife and it come out clean.

## Notes

This makes four portions. Either use 2 for a meal with 100g Greek yogurt and a handful of berries. Or use one as a snack

## Ingredients

- 15g  
Chia Seeds
- 15g  
Ground FLaxseed
- 35g  
Dessicated Coconut
- 1/2 TPS  
Ground Cinnamon
- 15g  
Oats
- 1  
Whole Egg
- 1 Scoop  
Vanilla Protein
- Drop of Almond Milk

