

### Tuna, quinoa and ginger veggies

#### Ingredients:

- ½ inch Ginger
- 1 garlic clove
- 1 carrot
- 1 beetroot
- Handful of spinach
- 1 avocado
- Olive oil
- 1 can tuna
- Some quinoa

1. Cook quinoa with chicken stock\*
2. Grate the ginger
3. Chop the garlic into little wee small pieces
4. Grate the carrot
5. Grate the beetroot
6. Cube the avocado
7. Mix it all together with olive oil and tuna

### Ribboned zucchini with tuna and olives

#### Ingredients:

- 1 zucchini
- 1 can tuna
- 1 avocado
- Some olives

1. Ribbon the zucchini
2. Cubed the avocado
3. Mix it all together
4. If you're hungry add quinoa or some extra veggies like mushrooms

### Mexican chicken and rice

#### Ingredients:

- Rice
- Olive oil
- Onion
- Garlic
- Chicken fillet
- Cumin
- Chilli powder
- Avocado
- Mango

- Bell pepper
1. Cook the rice
  2. Chop onion and garlic up nice and small
  3. Chop chicken into cubes
  4. Heat olive oil in pan over medium heat and add onion and garlic. Fry for a couple minutes
  5. Add chicken, cumin and chilli powder. Cook until chicken is done the whole way through.
  6. Cube avocado, mango and pepper. Mix them together
  7. Eat it

### Quinoa and garlic mushrooms

- Quinoa
  - Chicken stock cube
  - Olive oil
  - Mushrooms
  - 1 clove garlic
  - Albahaca
1. Cook quinoa with chicken stock cube\*
  2. Heat olive oil in pan over medium heat. Add garlic and mushrooms. Cook for 3-4 minutes.
  3. Mix that shit all together
  4. Enjoy

### Cod with roast veggies

- Cod fillet
  - 1 Sweet potato/butternut squash if you can't find sweet potato
  - Asparagus
  - Mushrooms
1. Preheat oven at medium to high heat
  2. Drizzle cod with olive oil, salt and pepper. Wrap in foil and put in oven.
  3. Drizzle sweet potato in olive oil, oregano, salt and pepper. Put in the oven same time as fish.
  4. Drizzle asparagus and mushrooms in olive oil, oregano, salt and pepper. Put in oven at the end for five minutes.
  5. Say yummy

### Roasted salmon with veggies

- Salmon fillet
- 1 zuchhinni

- Handful of spinach
- 1 bell pepper
- Olive oil
- Oregano

1. Preheat oven to medium high.
2. Drizzle salmon in olive, salt and pepper. Wrap in foil. Put in oven for 20 minutes.
3. Ribbon zucchini
4. Chop pepper
5. Heat olive oil in pan over medium heat. Fry zucchini for a couple minutes.
6. Add pepper to pan and fry for a couple more minutes.
7. Add spinach last and fry til it goes all floppy.
8. Combine it all on a plate.

### Chicken with veggies and cinamon apple

- Chicken fillet
- 1 sweet potato
- 1 onion
- Asparagus
- 1 apple
- 1 clove garlic
- Oregano
- Cinamon
- 1 cup of Chicken stock

1. Cube chicken.
2. Heat olive oil in pan over medium heat.
3. Cook chicken until done the whole way through. Season with salt and pepper.
4. Chop asparagus, cube sweet potato, chop onion. Fry all that shit in the pan over medium heat for ten minutes.
5. Chop the apple and the garlic. Add them to the pan with oregano and cinnamon. Cook for 30 seconditos.
6. Add half the cup of chicken stock. Bring to the boil and cook for two minutos.
7. Add the chicken and the rest of the stock. Cook until heated through.
8. Eat that bitchacho.

### Chicken curry

- Coconut oil
- 1 onion
- 1 clove garlic
- ½ inch ginger
- Cumin
- Turmeric
- Chicken fillet

- Coconut milk
  - Curry powder and my thai curry paste if you want to be a spicy boy
  - Garam Masala
  - 2 chopped veggies, choose from broccoli, bell pepper, cauliflower, asparagus, mushrooms etc
  - Rice
1. Cook rice
  2. Chop onion, garlic and ginger.
  3. Chop chicken fillet
  4. Heat coconut oil in medium heat in pan and fry the onion, garlic and ginger for a couple minutes.
  5. Add cumin and turmeric, have a guess at how much, two tspns more or less of each.
  6. Fry chicken for fiveio minutioes.
  7. Add coconut milk with curry paste or powder depending on how spicy you feel, garam masala, 2 tspns
  8. Add chopped veggies. Cook for ten minutes.
  9. Eat with hands like the indians do.

#### Beetroot and veggie yum yum

- Beetroot
  - Oregano
  - Quinoa
  - Chicken stock
  - 1 leek
  - 1 clove garlic
  - Mushrooms
  - Spniach
1. Chop beetroot, season with oregano, salt and pepper and olive oil.
  2. Cook quinoa with chicken stock\*
  3. Slice leek, chop garlic and slice mushrooms
  4. Fry leek in olive oil over medium heat for a minute. Add garlic and fry for another minute, add mushrooms are fry for two more flippin minutes.
  5. Add spinach and cook til floppy
  6. Mix it alllll up.

#### \*Quinoa and chicken stock

When making quinoa, put in desired amount of quinoa and fill water up until its about an inch over the amount of quinoa you have. Add in a half block of chicken stock and boil the water until the water is gone. Stir occasionally to make sure the chicken stock has dissolved.