



ChiroFamilyPractice

YOU'VE GOT
TO NOURISH
TO FLOURISH.



HEALTHY LIFESTYLE

Plant-Based Recipes

Quick and tasty meals every one should know



ChiroFamilyPractice



**YOU
CAN!**



ChiroFamilyPractice

Vegetables

All Summer Squashes (Zucchini, etc.), All Winter Squashes (Acorn, Butternut, etc.), Artichoke Hearts, Artichokes Arugula, Asparagus, Avocado, Beets, Bok Choy, Broccoli, Brussels Sprouts Cabbage, Carrots, Cassava. Cauliflower, Celery, Chinese Cabbage, Chicory, Chives, Collard Greens, Courgettes, Cucumber, Dandelion, Endive, Fennel, Fiddleheads Garlic, Green Onions, Jerusalem Artichokes, Jicama, Kale, Kohlrabi, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions Parsley, Parsnips, Pumpkin, Radicchio, Radish, Rapini, Romaine, Rutabaga, Scallions, Seaweed, Shallots, Spaghetti Squash, Spinach, Spring Onions, Sweet Potato, Swiss Chard. Taro, Turnips, Turnip Greens, Watercress, Yams, Yuca, Zucchini.

Fruits

All Berries (except Goji, Goose, and Huckle), All Melons, Apples, Apricot, Bananas, Coconut, Cherries, Dates, Figs, Grapefruit, Grapes, Guava, Kiwi, Lemon, Lime, Lychee, Mango, Nectarines, Olives, Oranges, Papaya, Passion Fruit, Peaches, Pears, Persimmon, Pineapple, Plums, Pomegranates, Rhubarb, Star Fruit, Strawberry, Tangerine.



ChiroFamilyPractice

Herbs & Spices

Basil, Bay Leaves, Chamomile, Chervil, Chives, Cilantro, Cinnamon, Cloves, Dill, Garlic, Ginger, Horseradish, Juniper, Lavender, Lemon Balm, Marjoram, Onion powder, Oregano, Parsley, Peppermint, Rosemary, Saffron, Sage, Salt, Savoury, Spearmint, Sumac, Tarragon, Thyme, Turmeric, Vanilla, Lemongrass, Lime Leaves, Wasabi

Sweeteners

Coconut Sugar, Maple Syrup, Molasses, Monk fruit Sweetener, Dates

Flours & Thickeners

Agar, Arrowroot, Banana Flour, Cassava Flour, Coconut Flour, Green Banana Flour, Plantain Flour, Pumpkin Flour, Tapioca (flour and starch), Gingernut Flour, Sweet Potato Flour, Water Chestnut

Beverages

Tea, Coconut Water, Coconut Milk, Green Juices, Kombucha

Miscellaneous

Capers, Vinegar, Olives

Oils

Avocado, Coconut, Olive

Breakfast - Lunch - dinner options

The options below can be served as a starter plus main or just one big main. Here are ideas for you to mix and match. For meat eaters please add only organic meat or fish where ever you may require it. All the meals are AIP AND VEGAN.



ChiroFamilyPractice



ChiroFamilyPractice

Ingredients:

- Berries
- Mixed fruits
- Banana
- Honey

BREAKFAST SALAD

1. Clean fruits and place them in the bowl
2. Add 1-2 spoons of honey
3. Mixed it
4. Voila!





ChiroFamilyPractice

Ingredients:

- fried medium onion,
- 2 garlic cloves
- fresh broccoli 350g,
- 1 home made stock cube
- 500ml of water
- Salt, pepper
- you may add coconut milk for creamy texture.

BROCCOLI SOUP

1. Fry onion and garlic
2. In the pot put water, stock cubes and fried onion-garlic, broccoli
3. Cook till Broccoli become soft
4. Add coconut milk
5. Blend if desired
6. Add salt or pepper to your taste



ChiroFamilyPractice

Ingredients:

- 1/2 cup of peas,
- 1 Leek,
- 1/2 cup of Spring greens,
- 2 Carrots
- 1 medium Onion
- 1/2 Cauliflower
- 1 home made stock cubes
- 7500 ml water
- salt, pepper

VEGETABLE SOUP

1. Peel and dice all vegetables
2. In pot fry onion with all vegetables for 5 min.
3. Add water and stock cube
4. Cook for 25 minutes
5. Blend if desired for smooth texture
6. Add salt or pepper to your taste
7. You may also add fresh parsley or dill.



ChiroFamilyPractice

Ingredients:

- quartered onions 110g,
- 2 garlic cloves
- 3 cm fresh root ginger, cut in rounded slices
- 2 tbs coconut oil
- 750g butternut squash (peeled and cubed)
- 1 can of coconut milk
- 100ml of water
- 1-2 home made stock cubes
- sea salt, black pepper to taste, fresh coriander

BUTTERNUT SQUASH SOUP

1. Butternut squash soup - makes 6 starter portion or 3 mains
2. Fry all ingredient except for butternut squash. Then add coconut milk, chopped butternut squash and boil for 20minutes
3. Blend if desired
4. Season with juice from half of lime, chopped fresh coriander
5. Do not add seeds as they are not allowed in AIP diet.



ChiroFamilyPractice

MIXED LUNCH BOWL

1. Here you can be as inventive as you like. Place in a bowl minimum **of 5 ingredients** and eat it up.
2. You can add olive oil, coconut oil or homemade guacamole salsa.
3. With the same ingredients, a salad bowl can be made. Here make sure a dominant ingredient is lettuce.

Ingredients:

- Olives
- Gherkins
- Pickled sliced beetroot
- Garden peas
- Spring onions
- Half Avocado
- Cauliflower rice
- Oven baked vegetables
- Salad leaves
- Shredded carrot
- Fresh cabbage
- Sour Kraut (fermented polish cabbage)
- Cucumber
- Red onion slices
- Fresh chinese cabbage
- Radishes
- Olive oil
- Guacamole salsa (see recipe below)
- Salt
- Pepper

The background of the entire page is a photograph of a dish of sweet potato chips. In the top left, there is a white bowl containing a thick, white dipping sauce, garnished with several green herbs. To the right and in the foreground, there are wooden bowls filled with golden-brown, thick-cut sweet potato chips. Some chips are scattered on the dark surface around the bowls. The lighting is warm, highlighting the texture of the chips and the creaminess of the sauce.

Ingredients:

- 1kg of sweet potato
- salt
- pepper
- 2 tsp coconut flour
- 1 tsp onion powder
- 1 tsp garlic powder or granules

SWEET POTATO CHIPS

1. Slice it up like chips
2. Dust with coconut flour and onion and garlic powder/ granules. Add salt and bake.
3. Make sure the chips are not touching each other as they will go soggy.
4. Bake at 220 degrees. After 25min turn over and bake for another 25min.
5. Can be served as a side with cabbage salad.



ChiroFamilyPractice

Ingredients:

- 250g white cabbage
- 150g red cabbage
- 1/2 lemon juice
- chopped parsley
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1 tsp coconut sugar
- 40g olive oil

CABBAGE SALAD

1. Grate white cabbage and red cabbage and mix it in the bowl together.
2. Mix with half a lemon juice, 40g of olive oil, a handful of chopped parsley leaves, 1/4 teaspoon of salt, 1/2 teaspoon of black pepper, 1 teaspoon of coconut sugar.
3. This recipe makes 4 small side dishes or 2 mains.



ChiroFamilyPractice



Ingredients:

- 4 Courgettes (500g)
- 2 diced spring onions
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp Italian seasoning
- 3/4 cup coconut flour
- 4 tbsp olive oil
- avocado salsa dip

COURGETTES PATTIES

1. Blend courgettes in a food processor into tiny pieces.
2. Put in a muslin cloth and squeeze out all moisture. You may need to do it twice.
3. Combine all ingredients below except for avocados.
4. Form patties really hard as they will be falling apart.
5. Fry for two minutes on each side and then add it to a tray and bake for 15 min at 175 degrees.
6. Serve with guacamole salsa.



ChiroFamilyPractice



Ingredients:

- ¼ white onion , very finely chopped
- 1 tbsp white wine vinegar
- 2 garlic cloves , crushed
- small pack coriander , finely chopped
- 2 large, ripe avocados
- 1 lime , juiced
- 2-3 tbsp olive oil

GUACAMOLE SALSA

1. Put the onion and vinegar in a bowl and leave to sit for 15 mins.
2. Add the garlic, coriander and some seasoning.
3. Chop the avocados into the bowl, then roughly mash with a fork, mixing as you mash.
4. Add the lime juice and more salt to taste, then stir through 2-3 tbsp olive oil until you have a salsa consistency.



ChiroFamilyPractice



Ingredients:

- 1/2 white onion , very finely chopped
- 2 garlic cloves , crushed
- 2 tbsp grated ginger
- 200g mushrooms
- 1 carrot
- 1 courgette
- pack of baby corn
- 200g fresh spinach
- 3tbsp olive oil
- salt, pepper
- 1 big cauliflower

VEGETABLE STIR FRY

1. Fry half onion and 2 garlic cloves and half a knuckle of grated fresh ginger.
2. Add a handful of chopped mushrooms, finely sliced 1 carrot, sliced 1 courgette, pack of baby corn and a handful of fresh spinach in olive oil on high heat for no more than 8 minutes. Keep stirring constantly, add 1/4 of salt and a pinch of pepper.
3. Meanwhile, boil the cauliflower. Make sure is crunchy. Blend it once cooked.
4. Serve with stir fry vegetables.



ChiroFamilyPractice

Ingredients:

- 1 cup OF peas
- 2 grated carrots
- 1 tbsp turmeric
- salt, pepper
- 1 big cauliflower
- Decoration:
gherkins or beetroot

CAULIFLOWER FRIED RICE

1. Boil the cauliflower. Make sure is crunchy.
Blend it once cooked.
2. Cauliflower rice fry with peas and carrots.
Season with turmeric, salt and pepper.
3. Serve with pickled gherkins and/or
beetroot.



ChiroFamilyPractice

Ingredients:

- 1 onion
- 4 beetroots cut into quarters
- 3 carrots
- 3 whole garlic
- 3 parsnips
- 4 sweet potato
- salt, pepper, garlic powder

ROASTED ROOT VEGATABLES

1. Parsnips, carrots, beetroot, sweet potato, onion - cut and bake together 220 degrees between 30-40 minutes
2. No white potato or peppers or aubergines allowed!