



BALANCE 2020 Vegetarian option

Great and more indepth recipes

<https://www.ambitiouskitchen.com/52-healthy-vegetarian-recipes/>

VEGETARIAN

As with any eating programme you must make sure you are not hungry or you will cave.

Eating enough protein and fat makes sure you are satiated.

Your main sources on a vegetarian diet will be pulses, legumes, seeds, nuts and cheese.

If weight loss is an issue it is simple.

Eat as many vegetables as possible.

Keep grains of all kinds out for 2 weeks and see how you feel, how much weight you drop,

Eat as much soup and salad as you need.

Use crackers that are low in carbs, made out of non wheat flour.

Wheat and oats contain gluten which is damaging on a compromised gut.

Use a pressure cooker if you can to break down the proteins in the legumes to help your digestion.

Lectins found in some veggies, nuts and legumes can be difficult to digest for a leaky gut but a pressure cooker solves that problem.

Breakfasts

Make your own granola or buy a sugar free brand. Make sure yogurts are good quality and sugar free.

Make your own?

Healthy Granola Ingredients

Oats

Heart-healthy, hearty, whole-grain **old-fashioned oats** keep their shape during baking. Be sure to use certified gluten-free oats if you need gluten-free granola.

Nuts and/or Seeds

I used **pecans** and **pepitas (green pumpkin seeds)** to make this batch. Other options include walnuts, which are rich in Omega-3s, whole or slivered almonds, cashews, peanuts, pistachios, macadamia nuts and sunflower seeds.

Unrefined Oil

Oil helps make this granola crisp and irresistible. I prefer unrefined [coconut oil](#), which is delicious (you can barely taste the coconut, if at all) and produces the perfect texture.

You can use **extra-virgin olive oil** instead, if you'd like your granola to be a little more on the savory side. If you're watching your saturated fat intake, olive oil is a better choice!

Natural Sweetener

Real maple syrup, stevia or high quality honey

Salt and Spice

For flavorful granola, don't skip the **salt**! Too little and your flavors won't sing. I added **cinnamon** to this batch for some subtle warming spice. Ground ginger (use half as much) and pumpkin spice blends are other options.

Dried Fruit

Dried fruit lends some extra sweetness, chewy texture and irresistible fruity flavor. I used **dried cranberries** for this batch. I also love tart dried cherries, raisins and chopped dried apricots.

Optional Mix-Ins

For fresh citrus flavor, stir **fresh citrus zest** (up to 2 teaspoons) into the mixture before baking. I love adding orange zest, in particular.

If you'd like to add **unsweetened coconut flakes**, you can add it halfway through baking for perfectly toasted results (see recipe note).

Granola/ yoghurt and berries
Sugar free or homemade granola

2-3 egg omelette with spinach, tomatoes and mushrooms and some cheese if desired

A smoothie

Yogurt, an apple, 1/2 carrot handful of spinach and some berries, top it up with water to your preferred consistency. Add in avocado, nut butter or 1/2 banana to make it more filling or to last over lunch.

Lunch

Make a big pot of soup that you can keep in the fridge, snack on when you need and will be filling and nutritious.

It is essential to make this as easy and doable as possible, you can even freeze for the following week.

Simplicity for adherence is key.

Soups and snacks for lunch.

Can also be used as a starter for dinner

Please use any soup you know, like and can make easily.

Stock either from you veggies with herbs and sea salt or use a vegetarian powder or cube

Potato and leek soup

Low carb, seeded or homemade cracker with hummus and tomato

A piece of fruit

Lentil

1/2 Bag of lentils, carrots, onion, leek, turnip, blend or have chunky to taste

Season with black pepper, salt and fresh herbs or dried mixed herbs or curry.

Black eyed beans and tomato

Tinned or soaked beans, make sure they have been soaked overnight if you are using dry.

Some tinned tomatoes or fresh if desired and a squeeze of tomato puree

Seasonal veggies of your choice, chopped up or liquidised to taste

Dinner

Again feel free to eat your fave food as long as it does not include any of the ones we are eliminating for 2 weeks.

Omlette

2-3 egg omelette with as many veggies and as much salad as you want.

Softly soften the veg in some butter then add in the eggs.

Again you can make enough that will last for lunch or breakfast tomorrow

Thai veggie chick pea curry

Tin of chick peas, seasonal veggies, tin of coconut milk and some thai curry paste cooked together and enjoyed with basmati rice, the best rice for blood sugar balance.

Dahl and veggies

1 bag of lentils soaked and cooked

Fry off some garlic and onion with coconut oil and add in 1 tsp turmeric, cumin, coriander seeds, ginger, fenugreek and chillies to taste. Salt and pepper to taste. Add in some peppers, mushrooms, peas or any other veggies you fancy.

If you want to lose weight, cut the rice and double the amount of veggies.

Farro and Kale Salad with Goat Cheese

Salad

- 1 cup uncooked farro, rinsed
- ¼ teaspoon fine sea salt
- 1 big bunch curly green kale, ribs removed and chopped into small, bite-sized pieces
- ½ cup raw sliced almonds
- ⅓ cup roughly chopped dried cherries or cranberries
- 4 ounces goat cheese, crumbled

Vinaigrette

- ⅓ cup extra-virgin olive oil
- 1 tablespoon + 1 teaspoon sherry vinegar or red wine vinegar
- 1 tablespoon Dijon mustard
- 2 cloves garlic, pressed or minced
- ¼ teaspoon fine sea salt
- ¼ teaspoon fine sea salt

Instructions

1. To cook the farro, in a medium saucepan, combine the rinsed farro with at least three cups water (enough water to cover the farro by a couple of

inches). Add the salt, bring the water to a boil, then reduce the heat to maintain a gentle simmer. Cook until the farro is tender to the bite but still pleasantly chewy. (Pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes.) Drain off the excess water and set aside.

2. Meanwhile, place the chopped kale in a large serving bowl. Sprinkle it with a few dashes of salt and massage it with your hands by scrunching up large handfuls at a time until it's darker and more fragrant (this makes the kale taste less bitter and makes it easier to eat). Set aside.
3. To toast the almonds, pour them into a small or medium skillet. Cook over medium heat, stirring frequently (careful, they can burn), until the almonds are fragrant and starting to turn golden on the edges. Pour the almonds into the bowl of massaged kale.
4. To prepare the vinaigrette, simply whisk the ingredients together in a liquid measuring cup or small bowl. Set aside.
5. Once the farro has been cooked and drained, stir in the chopped dried cherries (so they have a chance to plump up a bit) and vinaigrette (the heat will temper the garlic a bit).
6. Once the farro has cooled down to room temperature or close to it, stir it into the kale mixture. Gently crumble most of the goat cheese into the salad and lightly stir. Taste, and if the salad doesn't taste amazing yet, stir in more vinegar by the teaspoon until it does.
7. Crumble the remaining goat cheese on top of the salad. Serve promptly, or refrigerate for later. This salad keeps well for four to five days in the refrigerator, covered.