

RECIPES FOR CLEAN EATING

PEOPLE I FOLLOW FOR RECIPES

Organic Life Tip

<https://organiclifetip.com/>

Stella Drivas

<https://hungryhappens.net/>

<https://www.tiktok.com/@hungryhappens>

<https://www.youtube.com/channel/UCaLs2Nr6kra2R0fhZ6GfDGw>

<https://www.instagram.com/hungry.happens>

<https://www.facebook.com/HungryHappens/>

<https://x.com/hungryhappens>

Low Carb <https://hungryhappens.net/diet/low-carb/>

Keto <https://hungryhappens.net/diet/keto/>

"B"

Banana Chocolate Bark

<https://www.instagram.com/reel/C7Umztzvy32/?igsh=MTc4MmM1Yml2Ng%3D%3D>

Instructions:

1. 2 ripe bananas
2. 2 scoops of chocolate protein powder mixed with 1/2 cup almond milk (I used unsweetened vanilla)
3. Melt dark chocolate, 75g (I used unsweetened, 100% cacao dark chocolate) with 1 teaspoon of coconut oil
4. Chop up walnuts and drizzle on top
5. Layer the melted chocolate and add some more walnuts (if you prefer)

Place in freezer till it sets. This won't need to thaw.

You'll be able to eat right away

Super Easy Protein Packed Breakfast Frittata -

<https://www.instagram.com/reel/C7CoDsVv5-8/?igsh=MTc4MmM1Yml2Ng%3D%3D>

Instructions:

- line a pan with parchment paper
- 6 eggs (or utilize egg whites. In that case I'd use 8-10 eggs)
- add fave toppings: I did spinach, peppers, feta
- season to preference and mix well. I did salt, pepper and red chili flakes
- Bake at 375° F till firm, about 45 mins

HIGH PROTEIN BREAD

<https://www.instagram.com/reel/C7Vkm65JzV7/?igsh=MTc4MmM1Yml2Ng%3D%3D>

BROCCOLI PIZZA Broccoli Crust Pizza by @hungryhappens

<https://www.instagram.com/reel/C8b8SWDopPI/?igsh=MTc4MmM1Yml2Ng%3D%3D>

"C"

Easy to Make No Bake Protein Packed Carrot Cake

<https://www.instagram.com/reel/C5EbdsjPaVo/>

Instructions:

- 1 cup of finely shredded Carrots
- 1/2 cup of finely shredded Coconut
- 100gr in weight of Vanilla Protein Powder
- 1/2 tsp of Cinnamon (more or less to preference)
- 1/2 cup Almond Butter
- 1 tbsp of Honey
- 1/4 cup Water

*adjust water and protein powder to get the shown consistency. Start with a couple of scoops of protein powder at first then keep adding.

Icing, blend:

- 1/2 cup Cottage Cheese
- 1/2 tbsp Coconut Oil
- 1/2 tbsp of Vanilla Extract

Option to refrigerate the icing to get a thicker consistency

You can eat this all out of the bowl or layer as I did. You will be amazed 😊

CABBAGE (MADE TASTY)

https://www.facebook.com/story.php?story_fbid=pfbid02y9UfM5VgDdMnSoGhRDTLvsXCEiCgzgTctoPHsV8KjhptxXAJ1HgAZgCcRAVGCaVyl&id=61555796482833&mibextid=cr9u03

CHEESECAKE (PROTEIN)

Delicious, super easy to make, healthy, protein cheesecake

https://www.instagram.com/reel/C8Foouli_d6/?igsh=MTc4MmM1Yml2Ng%3D%3D

Chia Pudding (Protein)

<https://www.instagram.com/reel/C8sFUleScGc/?igsh=MTc4MmM1Yml2Ng%3D%3D>

Cooking Oil (which ones for specific temperatures and which ones not to use)

<https://x.com/Thekeksociety/status/1796695153455026321>

E

Oven Baked Eggplant

<https://www.youtube.com/watch?v=52FzxAfnrTc>

“M”

“P”

Pizza Healthy

Avocado Bread Crust Protein Pizza

<https://www.instagram.com/reel/C6eYq5Ax0cC/>

Instructions:

- 3 ripe avocados, mashed well
 - 3 whole eggs
 - 2 cups of shredded Parmesan cheese
- Bake at 400° for 30 mins or till light golden

- add you choice of toppings. I added (tomatoes, garlic, basil) red sauce, shredded Parmesan, turkey pepperoni, cottage cheese
- bake for another 10-15 mins till cheese is melted

Protein Balls

<https://www.instagram.com/reel/C6McL7SvSIC/?igsh=MTc4MmM1Yml2Ng%3D%3D>

Ingredients:

- 2oz (50g) peanut butter
- 2oz (50g) greek yogurt
- 1 tbsp honey
- pinch of salt
- 1/4 cup (30g) almond flour
- 20g of chocolate chips

Mix everything together and shape the dough into 9 small balls

Pizza

<https://www.instagram.com/reel/C8dDdzavIOK/?igsh=MTc4MmM1Yml2Ng%3D%3D>

Stuffed Potato Cakes

<https://www.instagram.com/reel/C5y72MlvyEg/?igsh=MTc4MmM1Yml2Ng%3D%3D>

“Q”

Q

CAULI-QUINOA SALAD

Serves 6-8

- 1 cup cooked quinoa, rinsed & drained
- 1 cup cauliflower florets, roasted
- 1/2 cup cooked chickpeas, roasted
- 1/2 cup cherry tomatoes, halved

1 spring onion, sliced, for garnish

DRESSING: 1 tsp Moroccan seasoning (see link)

1/2 tsp dried dill

2 tbsp olive oil

1 tbsp honey or maple syrup

Celtic salt to taste

METHOD: In large bowl, place all the salad ingredients except for the spring onions. Mix in the dressing. Mix until we'll combine. Transfer to a serving bowl and garnish with the spring onion.

For the dressing: mix well in a small bowl.

TIP: I roasted the cauliflower and chickpeas together with a little olive oil and Celtic salt in the airfryer for 20 minutes.

Moroccan Seasoning recipe link:

<https://www.facebook.com/groups/barbaraoneillfoodonly/permalink/3628997867367579/?mibextid=2JQ9oc>

“S”

Protein Stuffed Chocolate Covered Strawberries

<https://www.instagram.com/reel/C4Od5dDysOV/>

Instructions:

- 2 handful of Strawberries (about 16) - remove core/ center
- 1/2 Almond Milk (I used unsweetened vanilla)
- 3 scoops or about 90g of Vanilla protein powder (adjust Protein powder or Almond milk to create a thick consistency)
- Stuff the strawberries
- In a bowl place 30g Dark Chocolate and 1/2 tsp Coconut Oil and microwave till melted (about 45 secs)
- drizzle on top of stuffed strawberries
- Enjoy right away or refrigerate and save for later

“T”

Tortilla Quiche Bake

<https://www.instagram.com/p/C6jCLxkyrr-/?igsh=MTc4MmM1Yml2Ng%3D%3D>

“V”

VEGGIE FRITTERS

RAINBOW 🌈 LUNCH

My mum always used to say, that your plate should resemble a rainbow.

For years I 'disregarded' her words, but I've learned that she was absolutely right.

Thanks mum for all the recipes you left me and for allowing me to stand on a chair at the kitchen countered from very young age, and being instrumental at getting me to be interested in food.

I know you are looking down on me, and guiding me every single day 🥰❤

Here is her VEGGIE FRITTERS recipe which I made today.

1/8 small purple cabbage (finely grated)

1/8 small regular cabbage (finely grated)

3 zucchini grated (and water juices removed)

Mixed herbs

Celtic salt

A bunch of coriander and parley finely chopped.

Mix altogether and


Add

Use as much as you need of Indian gram flour (chickpea flour) to bind the mixture together to get the correct fritter consistency

Shallow fry with very very little EVOO

boil up the sweet potatoes, broccoli and french beans to make up the other veggies

And a cabbage salad with lemon juice poured over it, as a side dish.

Eat to your hearts  desire

super creamy protein veggie curry!

<https://www.instagram.com/reel/C8xWv6uSyGF/?igsh=MTc4MmM1Yml2Ng%3D%3D>