



EAT WELL, EAT HEALTHY!

RECIPE BOOK





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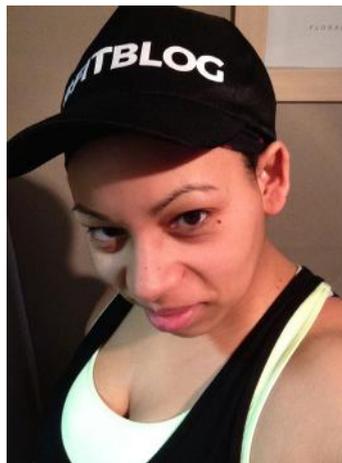
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Supercharged iced tea



3 tea bags of choice e.g. green tea, mint tea, milk thistle, dandelion, liquorice, tulsi brahmi
20g fresh ginger, chopped finely
sprig of chopped mint leaves
juice of 1 lemon or lime
agave (or natural sweetener of your choice)

SERVES 1



Pour 200ml freshly boiled water into a glass jug. Add the tea bags.

Add the fresh ginger and mint leaves.

Top up with freshly boiled water to bring the total volume up to 800ml.

Add the natural sweetener (just start with a small amount and add more to taste)

Add the lemon or lime juice and stir well.

Allow to cool then transfer contents to a sterilised glass bottle and refrigerate.

Drink throughout the day.



PER SERVING:

36 Calories

8g Carbs

1g Protein

0g Fat

Blueberry crunch



125g plain or Greek yoghurt (use dairy free yoghurt if preferred)
60g fresh blueberries
10g chopped hazelnuts
5g mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)
pinch of saffron (optional)

Spoon the yoghurt into a bowl and top with the remaining ingredients.

Store in an airtight container and refrigerate for up to 2 days.

SERVES 1



PER SERVING:
205 Calories
15g Carbs
16g Protein
9g Fat

Mediterranean meatloaf



small amount of organic butter to grease loaf tin

750g extra lean minced beef (use vegetarian mince if preferred*)

250g tinned chopped tomatoes

1 large white onion, diced

1 handful fresh parsley, chopped finely

2 tsp dried oregano

2 large eggs, beaten

3 cloves garlic, chopped finely

1 tsp chilli flakes

½ tsp sea salt flakes

1 tbsp olive oil plus a drizzle extra salt and pepper to season

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 150°C/300°F.

Grease a loaf tin with butter.

In a large bowl, mash up the mince, using a masher or your hands. Add all the other ingredients and mix until thoroughly combined.

Cook in the oven for 1 hour.

Drain away any excess juice, then allow to rest for 5-10 minutes before slicing.

Store in an airtight container and refrigerate for up to 2 days.

SERVES 6



PER SERVING:
208 Calories
5g Carbs
29g Protein
8g Fat

Protein heaven bars



- 3 medium sized bananas
- 50g crunchy peanut butter (no added sugar)
- 2 medium sized eggs
- 1 egg white
- 40g porridge oats (use gluten free oats if preferred)
- 20g ground almonds
- 30g flaxseed, whole or ground
- 50g chocolate flavour protein powder
- 30g organic raisins
- 20g dark chocolate (minimum 70% cocoa), finely chopped

Preheat oven to 190°C.

Line a baking tray with parchment paper.

In a large bowl, mash the bananas. Add all of the other ingredients and mix thoroughly. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes.

Allow to cool on a rack, then chop into nine pieces.

Store in an airtight container for up to four days.

MAKES 9 BARS



Top Tip:

200g blueberries will work as an alternative to the banana. It also reduces the carbs.



PER SERVING: with banana / blueberries
169 Calories / 160 Calories
13g Carbs / 11g Carbs
11g Protein / 11g Protein
8g Fat / 8g Fat

Protein jelly



1 sachet/pack sugar free strawberry or raspberry jelly* (use a vegetarian jelly if preferred)

½ pint of boiling water

40g strawberry flavour protein powder

½ pint of cold water

50g berries

SERVES 3



* If possible, use jelly which is free from artificial sweeteners, flavours, and colourings

Add the jelly to the boiling water. Stir well until the jelly has dissolved.

Stir in the protein powder. Top up with cold water.

Pour into dessert bowls or glasses and add the berries.

Refrigerate until set.

Store in the refrigerator for up to 3 days.



PER SERVING:

60 Calories

2g Carbs

13g Protein

0g Fat

Strawberry protein balls



- 40g fresh coconut, grated
- 50g strawberry flavour protein powder
- 10g mixed seeds
- 15g Lucy Bee coconut oil, softened
- 1 tsp ground cinnamon

SERVES 2



Place all of the ingredients except the cinnamon into a bowl and using your hands, combine thoroughly into a thick paste. Divide into two, and roll into ball shapes.

Sprinkle the cinnamon onto a plate. Roll the balls on the plate, to get an even coverage of cinnamon.

Consume immediately or refrigerate in an airtight container until ready to serve.



PER SERVING:
258 Calories
5g Carbs
22g Protein
10g Fat

Aromatic cauliflower rice



- 1 tsp Lucy Bee coconut oil
- 15 curry leaves
- 2-3 small pieces of cinnamon bark
- 4-5 cloves
- 5 cardamom pods
- 1 tsp turmeric
- 1 tsp sea salt
- 1 tsp mustard seeds
- 200g cauliflower, grated
- 200ml fresh chicken stock (or use one organic stock cube)

SERVES 2

Heat the oil in a large saucepan and add all of the spices, except for the turmeric. Cook gently over a medium heat for 30 seconds, stirring.

Add the grated cauliflower and stir. Cook for one minute.

Add enough stock, so that the mixture is not too watery or too dry. Cook for one minute.

Add the turmeric. Stir and sauté for 2-3 minutes, until the stock is absorbed and the cauliflower is tender. Remove the cinnamon bark before serving.

Once cooled, store in an airtight container and refrigerate for up to 3 days.



PER SERVING:

83 Calories
11g Carbs
3g Protein
3g Fat

Crunchy protein quinoa



- 30g uncooked quinoa
- 40g plain yoghurt (use dairy free yoghurt if preferred)
- 30g dried pitted prunes
- 25g protein powder (any flavour)
- 15g flaked almonds
- drizzle of honey (optional)
- 10g sunflower seeds or flaxseed
- ¾ tsp ground cinnamon

Cook the quinoa according to packet instructions, then cool with cold water. Drain well and transfer to a bowl. Mix in the remaining ingredients.

Store in an airtight container and refrigerate for up to 2 days.

SERVES 1



PER SERVING:
419 Calories
39g Carbs
32g Protein
15g Fat

Thai coconut bake



10g Lucy Bee coconut oil,
for greasing
handful of broccoli, chopped
into medium sized pieces
4 medium sized eggs
3 egg whites
2 salad tomatoes, chopped
3 shallots, chopped
2 closed cup mushrooms, sliced
1 garlic clove, chopped
1 stick lemongrass, minced
200ml light unsweetened
coconut milk
½ tsp chilli flakes
small handful coriander, chopped
1 tsp fish sauce (nam pla)

Preheat oven to 200°C/400°F.

Grease a 10-inch round or 13x9 inch
square baking dish.

Steam the broccoli for around 4 minutes
until tender. Drain well, patting with
kitchen paper to remove any excess water.

In a blender, mix together the remaining
ingredients. Pour the mixture into the
baking dish and stir in the broccoli.

Bake in the oven for around 20 minutes
until cooked throughout.

*Once cooled, store any leftovers in an
airtight container and refrigerate for up to
2 days.*

SERVES 4



PER SERVING:
196 Calories
10g Carbs
12g Protein
12g Fat

Allowable English breakfast



10g organic butter or Lucy Bee coconut oil

2 rashers unsmoked bacon (use vegetarian bacon if preferred*)

large handful kale

2 closed cup mushrooms, sliced

2 small tomatoes, halved

2 medium sized eggs, whisked

salt and pepper to season

SERVES 1

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

In a frying pan, melt the butter or coconut oil over a medium heat. Fry the bacon rashers on both sides until crispy.

Add the kale, mushrooms and tomatoes and fry for 3-4 minutes, turning the tomatoes halfway. When the vegetables are soft, remove pan from heat.

Pour the eggs into a non stick frying pan, over a medium heat and season with salt and pepper. Cook for around 3 minutes, stirring constantly. When the eggs are cooked, remove from heat, and transfer to a plate with the other cooked ingredients.

Consume immediately.



PER SERVING:
417 Calories
6g Carbs
33g Protein
29g Fat

Avocado baked eggs



2 large avocados, halved
lengthways
4 small eggs
salt and pepper to season
1 tsp paprika

SERVES 2



Preheat oven to 160°C/325°F.

Scoop out a hole in each avocado half
(enough to hold an egg).

Shape four pieces of foil into rings and
place on a baking tray. Place an avocado
half (flat side up) on each ring so that the
top lies flat.

Crack an egg yolk into each avocado hole
plus some of the white (just enough to fill
the hole). Season with salt and pepper and
sprinkle on the paprika.

Cook for around 20 minutes until the yolk
is cooked to your liking.

Consume immediately.



PER SERVING:
373 Calories
13g Carbs
15g Protein
29g Fat

B.C.T.A.

(Bacon, Chicken, Tomato, Avocado)



- 5g organic butter/Lucy Bee coconut oil
- 1 rasher unsmoked bacon (use vegetarian bacon if preferred*)
- 2 spring onions, chopped
- 1 chicken breast or vegetarian chicken*, sliced in half
- 1 beef tomato, cut into slices
- quarter of an avocado, sliced

SERVES 1

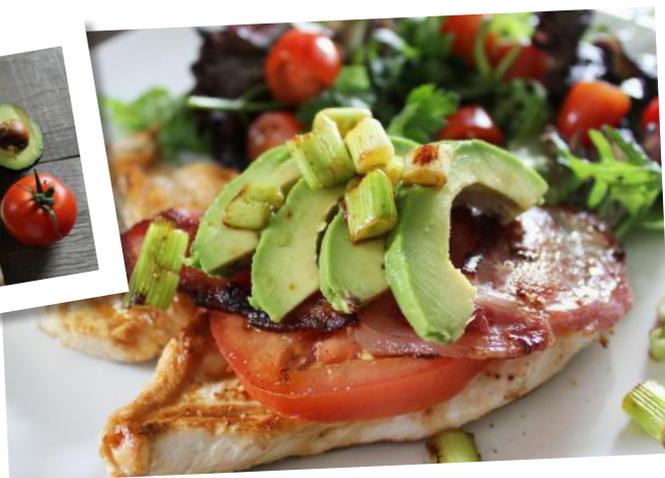
Melt the butter or oil in a frying pan over a medium heat. Fry the bacon rasher on both sides until crispy. Remove from pan and set aside.

Add the chicken to the pan and fry for around four minutes each side, until cooked through. Add the spring onions and fry for one minute. Remove pan from heat.

Arrange the items on a plate in a stack, starting with a piece of chicken as a base, and finishing with another piece of chicken as a 'lid'. Serve with a salad.

Consume immediately.

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



PER SERVING:
476 Calories
9g Carbs
47g Protein
28g Fat

Lentil, sweet potato & coriander stew



- 2 tbsps Lucy Bee coconut oil
- 1 small red onion, finely chopped
- 1 large carrot, finely chopped
- 1 garlic clove, finely chopped
- 1 tsp ground coriander
- 1 tsp celery salt
- ½ tsp ground cumin
- 350g red lentils, soaked overnight
- 1 bay leaf
- 1 litre cold fresh water
- 2 medium sized sweet potatoes, peeled and diced
- 1 x 400g tin chopped tomatoes
- juice of half a lemon
- handful coriander, finely chopped
- ½ tsp sea salt flakes
- ½ tsp black pepper
- 4 tbsps plain yoghurt for serving (use dairy free yoghurt if preferred)

SERVES 4

In a large saucepan, melt the oil over a medium heat. Add the onion and carrots. Sauté, stirring occasionally, until softened. Add the garlic, ground coriander, celery salt and cumin and cook for 30 seconds. Add the lentils, water and the bay leaf.

Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes. Add the potatoes and cook for a further 10-15 minutes or until the potatoes are just tender.

Stir in the tomatoes and cook for several minutes until warmed through. Remove the bay leaf. Stir in the lemon juice, coriander, salt and pepper. Spoon into a bowl and top with a spoonful of yoghurt.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
348 Calories
47g Carbs
13g Protein
12g Fat

Coconut stew



4 small shallots, roughly chopped
75g fresh coconut, grated
2 garlic cloves, finely chopped
1 tbsp Lucy Bee coconut oil
300g fresh chicken breast/vegetarian chicken*, diced
175g cucumber, peeled and sliced
1 small cauliflower head, cut into florets
2 spring onions, finely chopped
1 tsp turmeric
½ tsp ground cumin
250ml light coconut milk
salt to taste
150g plain yoghurt (use dairy free yoghurt if preferred)

SERVES 3



PER SERVING:
426 Calories
19g Carbs
38g Protein
22g Fat

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Mix the shallots, fresh coconut and garlic in a bowl. Melt the coconut oil in a large saucepan over a medium heat and add the coconut mixture. Sauté for two minutes.

Add the chicken, cucumber, cauliflower, spring onions, turmeric and cumin. Sauté for one minute then add the coconut milk and bring to a rapid simmer.

Reduce heat and cover and cook for around 12-15 minutes or until cauliflower is cooked.

Add salt to taste, stir well and remove from heat. Stir in the yoghurt and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



Dill & caper salmon burgers



350g salmon fillets, skin removed
1 tsp mustard seeds, ground
1 tbsp fresh dill, finely chopped
1 tsp capers, drained and chopped
half a small red onion, very finely chopped
¼ tsp sea salt flakes
2 tps Lucy Bee coconut oil
4 tps coconut flour
lemon wedge to garnish

SERVES 2

Cut the salmon very finely and place in a bowl. Add the mustard seeds, dill, capers, onion and salt and mix thoroughly. Use your hands to gently squeeze out any excess moisture. Shape the mixture into two patties.

Sprinkle the flour onto a plate and place the patties onto the flour, covering lightly on both sides.

Heat a skillet or frying pan over a medium heat. Add the coconut oil and fry the burgers gently for 4-5 minutes each side until golden and cooked thoroughly.

Serve with wedges of lemon and steamed vegetables.

Consume immediately.



PER SERVING:
362 Calories
9g Carbs
41g Protein
18g Fat

Protein stir fry



400g peeled tiger prawns or white fish
1 green chilli, finely chopped
3 garlic cloves, finely chopped
30g coriander, finely chopped
juice of 1 lime
2 tbsps fish sauce
2 tps Lucy Bee coconut oil
20g fresh ginger, grated
4 spring onions, sliced finely
1 red bell pepper, sliced finely
30g mushrooms (any variety), sliced
100g beansprouts
1 tbsp light soy sauce
75g rice noodles per person (uncooked weight)
wedge of lime to serve

SERVES 2



PER SERVING:
380 Calories
39g Carbs
38g Protein
8g Fat

Put the prawns or white fish in a bowl.

In a separate bowl, mix together the chilli, garlic and half of the coriander. Add the fish sauce and half of the lime juice, then pour the contents over the prawns / white fish.

Heat half of the oil in a wok. Add the ginger and spring onions and fry for one minute. Add the red pepper and mushrooms and fry for 1 minute. Add the beansprouts and mix together until they start to wilt. Add the soy sauce, season with black pepper, then transfer everything to a serving dish.

Heat the remaining oil in the wok and add the prawns / white fish, lifting them out of the marinade. Cook, stirring for 3 minutes until the prawns turn pink, or until the white fish is cooked thoroughly.

Add the marinade, stirring continuously, and cook for 45 seconds. Add the noodles and cook according to pack instructions. Pour the contents of the wok over the vegetables. Sprinkle over the remaining cilantro leaves and add the lime juice. Serve with a wedge of lime.

Consume immediately.



Sensational stew



2 tsps organic butter or Lucy Bee coconut oil
2 white onions, chopped
8 green finger chillis, sliced
1 scotch bonnet, sliced
6 cloves garlic, finely chopped
30g fresh ginger, finely chopped
600g diced beef
2 tsps garam masala
2 tsps turmeric
1 tsp fenugreek seeds
5 cardamom pods
2 tsps chilli powder
1 tsp sea salt flakes
1 tsp ground black pepper
½ pint fresh chicken stock (or use one organic beef stock cube)
200g tinned chopped tomatoes

SERVES 5

Melt the butter or oil in a large saucepan. Add the onions and sauté gently for 5 minutes, stirring occasionally.

Add the green chillis, scotch bonnet, ginger and garlic, stir and cook for 2 minutes.

Add the beef, spices, salt and pepper, and stir well to coat the beef.

Add the tomatoes and stir well. Cook for 1-2 minutes. Add the stock, bring to a boil, then reduce to a simmer. Cover and cook for 2-3 hours (or until beef is tender), stirring every 30 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice or cauliflower rice if you're watching your carbs and some leafy green vegetables



PER SERVING:
291 Calories
13g Carbs
35g Protein
11g Fat



Chicken, rice & pepper pot



- 1 tbsp Lucy Bee coconut oil
- 1kg chicken legs
- 1 large white onion, chopped
- 1 large stick celery, finely chopped
- 1 red pepper, diced
- 3 garlic cloves, crushed
- 1 tbsp tomato purée
- 1 tbsp dried thyme
- 1¼ pts fresh chicken stock (or use one organic stock cube)
- 150g long grain rice (dry weight)
- 150g cauliflower, finely chopped
- salt and pepper

SERVES 4



Melt the oil over a medium/high heat in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

PER SERVING:
418 Calories
48g Carbs
27g Protein
6g Fat

Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover and reduce the heat to medium / low. Cook for 30 minutes.

Add the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours or freeze on same day.

Hot Thai pie



1 tbsp organic butter/Lucy Bee coconut oil
2 large white onions, finely chopped
500g turkey mince/low fat vegetarian mince*
2 garlic cloves, finely chopped
2 shallots, finely chopped
1 stick fresh lemongrass, minced
1 tbsp galangal, minced (optional)
10 cherry tomatoes, chopped
3 green finger chillis
5 lime leaves
1 tsp chilli flakes
1 x 400ml tin light unsweetened coconut milk
1 large all-purpose potato, cut into 1 inch thick cubes
1 cauliflower head, grated
salt and pepper

SERVES 4



PER SERVING:
436 Calories
28g Carbs
36g Protein
20g Fat

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Melt the butter or oil in a large saucepan and sauté the onion until soft. Add the mince and cook gently until browned. Season well.

Add the garlic, shallots, lemongrass and galangal and cook for one minute. Add the tomatoes, chillis, lime leaves, chilli flakes and most of the coconut milk (reserving a few tablespoons for the mash). Season well and simmer for 10-15 minutes.

Preheat oven to 160°C/325°F.

Bring a saucepan of salted water to the boil and cook the potato for 10 minutes. Add the cauliflower and cook for a further 2 minutes. Drain well, return to the saucepan and mash with a fork. You may want to add a small amount of butter to soften up the mash. When all of the lumps have gone, add the remaining coconut milk and season well. Spoon the mince into a medium sized oven dish. Top with the mash. Cook for 45 minutes and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on the same day.



Spicy salmon parcels



2 x salmon fillets (approximately 125g each)
small bunch fresh coriander, roughly chopped
1 garlic clove, finely chopped
1 red chilli pepper, finely chopped
pinch sea salt
1 lemon, cut into quarters

SERVES 2



Preheat oven to 170°C/350°F.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon on the tray.

Sprinkle on the coriander, garlic, chilli, and salt.

Squeeze the juice of 2 lemon wedges over the salmon. Place the other 2 wedges on the tray.

Gently wrap the foil around the salmon and seal into a parcel.

Cook for 20 minutes or until the salmon cooked thoroughly (the flesh should be a pale pink colour).

Store any leftover salmon in an airtight container and refrigerate for up to 2 days.



PER SERVING:
273 Calories
5g Carbs
25g Protein
17g Fat

Fragrant spiced chicken



- 1 tsp organic butter or Lucy Bee coconut oil
- 1 large white onion, diced
- 1 tsp fresh ginger, finely chopped
- 6 garlic cloves, finely chopped
- 1 red bell pepper, diced
- 275g fresh chicken breast (or use vegetarian chicken*), diced
- ½ tsp cayenne pepper
- ½ tsp ground cinnamon
- 1 tsp curry powder
- 1 tsp turmeric
- 1 tsp Himalayan pink salt

**Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Melt the butter or oil in a large pan over a gentle heat. Add the onion and sauté for around 5 minutes until soft.

Add the ginger, garlic and pepper and cook for 5 minutes, stirring occasionally.

Add the chicken, spices and salt and cook for 10 minutes, stirring frequently.

Serve on a bed of finely chopped, mashed kohlrabi and garden peas.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 2



PER SERVING:
143 Calories
15g Carbs
19g Protein
3g Fat