



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



SECRET BONUS #1  
A TASTE OF  
THINGS TO COME...





This Program is about inspiring you into action and supporting you on your Journey. If you don't read, do, try, or participate by taking action, you won't change or achieve anything.

Choose a recipe and go make it right now! All Recipes are designed to be quick and easy to make. Then head over to our awesome Fresh Life Community (FB Group) and share what you made. Take and upload a photo of what you made, so we can share our experiences with each other.

## 7 DELICIOUS SAMPLE RECIPES

**Objectives:** *Sample the menu - by trying a few of these 7 sample recipes (try as many as possible), you will see how quick, easy and delicious the food is on this program.*

### Activities

#### DO THIS:

1. Get motivated by making and trying out at least 1 - 2+ Recipes to give you a yummy taste of whats to come!
2. Take photos and post them in the community, and comment on how you and your family enjoyed what you made. Let the support and community begin!

### About the 'Recipe Structure' throughout this Program...

I always start with 'base recipes'/things that are easy to make, and then try a whole range of ways to use that 'base recipe' to make even more recipes! By using base recipes and sharing additions to or slight variations of those recipes, makes it easy for you to learn what you need to know, so you can quickly and easily whip up delicious, raw, wholesome plant based meals on





the go. And being able to easily switch things up, helps to keep variety and taste, a high priority for you, and your family's enjoyment. Easy Peasy!

### **NOTES ON MEASUREMENTS:**

**tbsp = tablespoon (10ml or ½ fl oz)**

**tsp = teaspoon (5ml or ¼ fl oz)**

**I have made 1 cup = the same for all countries no matter where you live...**

**1 cup = 1 US cup (240ml) = 1 UK cup (250ml)**

There is such a minimal difference in measurements, and the recipes are so flexible (and forgiving), that you can use which ever cup measurement you use in your country. I am never precise with measurements and it never seems to make too much of a difference - it always ends up tasting great!



# 01 JUICE RECIPE:

## Orange 'Taste of Summer' Juice

**Equipment you need:** Juicer

### Ingredients:

3 large Oranges (or Apples)

2 kg / 4.5 lbs Carrots

1 slice Lime (or Lemon)

Ice / Crushed ice

### Steps:

1. Juice everything, add ice last!

### Recipe Notes:

- Serves 1-2
- This makes approx. 1.5 litres/quarts of juice, and takes approx. 15 min to make (high speed juicer). Takes a bit longer if using a cold-press juicer.
- Serving a juice with ice and a straw makes juices taste better and therefore more enjoyable to drink.



## 02 SMOOTHIE RECIPE:

### Basic Healthy Fruit Smoothies

**Equipment you need:** Blender

#### Ingredients:

- ½ cup Cashews or Almonds
- 1 Banana
- ¼ cup Nut Milk or Coconut Cream / Milk
- 1 tbsp Coconut Oil
- 1-2 tbsp Honey / Maple Syrup  
or Coconut Nectar (optional)
- 1 cups+ Spring Water & Ice

#### Steps:

1. Throw in a blender and blend until smooth!
2. Add spring water and ice to desired consistency and temperature.

#### Recipe Notes:

- Serves 1-2
- For other flavours, just add your choice of ½+ cup of fruit: Strawberry; Blueberries; Mango; more Banana; Whatever you like! All above-mentioned fruits are great fruits for freezing - I usually keep a 'stock of these fruits in my freezer, ready to go anytime I want to make a smoothie!





## BONUS: HOW TO MAKE YOUR OWN NUT MILK:

- I like to use cashews, you can also use almonds, hazelnuts, brasil nuts or others.
- The less water you use, the more 'milky'/creamy/thick your nut milk!

1 handful (½ cup) Your choice of nuts

1 - 2 cups Spring/Filtered Water

1. Blend ingredients until smooth.

**Optional:** You can strain your nut milk with a cheese cloth if you like, I usually don't bother - I just put it straight into smoothies as is.



# 03 SMOOTHIE RECIPE (DOUBLING UP AS A QUICK SWEET FIX RECIPE ALSO!):

## Chocolate 'Ice-cream' Smoothie

**Equipment you need:** Blender

### Ingredients:

- ½ cup Cashews
- 1 Banana
- 5-8 Dates (pitted)
- 1 tbsp Honey / Maple Syrup or Coconut Nectar
- ⅓ cup Coconut Milk / Cream
- 1 tbsp Coconut Oil
- 2 tbsp Cacao Powder
- pinch Sea Salt
- 1 cups+ Spring Water & Ice

### Steps:

1. Blend Cashews until finely ground.
2. Add all desired natural sweeteners - Banana, Dates, Honey / Maple syrup or Coconut Nectar and Coconut Cream / Milk and blend until smooth.
3. Add remaining ingredients and blend until smooth again.
4. Add spring water and ice to desired consistency and temperature.



### Recipe Notes:

- Serves 1-2
- To make this into an 'ice-cream-like'

*I know, you've probably already seen this one on [freshlifejourneys.com](http://freshlifejourneys.com) but I had to share it here again because it is one of those smoothies that are so quick and easy to make, and it's one of my favourites, so I make it often!*



## 04 BREAKFAST RECIPE:

### Quick Breakfast Banana Pancakes

**Equipment you will need:** Mixing bowl & whisk; Stainless steel pan & wooden/silicon spatula

#### Ingredients:

- ¼ cup Almonds or Cashews (ground/ blend until ground)
- 1 large Banana (thawed frozen banana)
- ¼ cup Nut Milk or Coconut Cream / Milk
- 2 tbsp Flaxseed Meal (ground flaxseeds)
- 1 tbsp Coconut Oil (for cooking pancakes)

#### Steps:

1. Blend all ingredients together until smooth.
2. Add a little Coconut Oil to med-high heat pan.
3. Spoon mixture onto pan into small pancakes, turn when side is slightly browned.
4. Turn heat down slightly and cook both sides for 2-4 min until cooked to your liking.

#### Recipe Notes:

- Serves 1
- Serve with: Slices of Banana or your choice of Berries and Coconut Cream.
- Also great with Caramel Sauce and/or Vanilla Chia Pudding (both recipes coming up in Week 3!)





## 05 LUNCH IDEA:

### Quick & Easy Lettuce Veggie Wraps /with selection of Thai Sauces

#### Wrap Options / Ideas:

Lettuce wrap (or you can use rice paper rolls)

Cos Lettuce is a good option

Chinese Cabbage is also a great option (no strong flavour and easy to 'roll')

#### Filling Options / Ideas:

Lettuce, shredded

Watercress

Sprouts / Shoots / Micro-greens

Chinese Cabbage, shredded

Sliced Red or Yellow Capsicum / Bell Pepper and Zucchini

Carrot and Cucumber, grated or sliced

Scallions / Spring Onions

Fresh Thai Basil, chopped

Fresh Mint, chopped

Fresh Cilantro / Coriander, chopped

Nuts, Peanuts, Almonds, chopped (toast some for flavour, keep some raw for nutrition - activated are best, but not necessary. The choice is yours!)

Sesame Seeds (toast some for flavour, keep some raw for nutrition)



*I love these because you can literally put anything in a lettuce leaf, and with these choices of sauces, it's always an absolutely delicious option... any time of day!*

*This makes a great packed lunch option if you are on the go. Just keep the ingredients separate and put em' together when you are ready to eat to prevent them from going soggy.*





## Thai-inspired Sauces

The great thing about these sauces is you can make up batches and store them in sealed jars in the fridge. They last ages. Prepping these sauces beforehand gives you an incredibly quick, go-to meal to have, any time of the day (they are yummy!).



### Notes on Ingredients for Thai Sauces:

#### Soy Sauce

It is important to try and get Tamari / Organic Soy Sauce. Soy sauce is of course made from soy beans, which is a GMO crop (Genetically Modified Organism). Numerous studies are now surfacing which indicate that GMO's are detrimental to our health - I prefer to always make the healthiest choices, therefore I always choose to use Certified Organic Soy Sauce.

#### Sea Salt

I always use course, raw, unprocessed sea salt. That way all the minerals and other good stuff contained in Sea Salt is there for our health to benefit from.





## **Ginger & Coriander Sauce** (inspired by Scott Matthias Raw)

### **Ingredients:**

- ½ cup Fresh coriander
- 1 thumb size nob Fresh Ginger
- 1 Fresh Chilli
- 1 Lime, juiced
- ½ Lemon, juiced
- ⅛ cup Tamari / Organic Soy Sauce
- ¼ cup Sesame Seed Oil (or Almond or other neutral flavoured oil)
- 1 tbsp Honey / Maple Syrup or Coconut Nectar
- ½ tsp Sea Salt

### **Steps:**

1. Combine everything and blend.  
Makes approx. ⅔ cup of sauce.

## **Thai Dipping Sauce**

### **Ingredients:**

- ⅓ cup Tamari / Organic Soy Sauce
- ⅓ cup Rice Vinegar (or Apple Cider Vinegar - gives more of a tart flavour)
- ½ Fresh Chilli
- 1 tsp Sesame Seed Oil
- ½ tsp Ginger, fresh minced
- 2 cloves Garlic, minced
- 1-2 tbsp Scallions / Spring Onion, chopped - added last.

### **Steps:**

1. Combine everything except Chopped Scallions / Spring Onion, blend.
2. Add Scallions / Spring Onion last (don't blend).  
Makes approx. 2/3 cup of sauce.



## Thai Crystal / Nahm Jeem Gratiem inspired

### Ingredients:

- ¼ cup Spring Water
- ¼ cup Almond / Sunflower Oil
- 2 tbsp Honey / Maple Syrup or Coconut Nectar
- ½ cup Rice Vinegar (or Apple Cider Vinegar - gives more of a tart flavour)
- 2 tbsp Garlic, minced (2 large cloves = 1 tbsp)
- 2 tbsp Chilli Flakes - added last

### Steps:

1. Combine everything except Red Chilli Flakes, blend.
  2. Add Chilli Flakes last (don't blend).
- Makes approx. 1 cup of sauce.

## Sweet Chilli Sauce

### Ingredients:

- ¼ cup Rice Vinegar (or Apple Cider Vinegar - gives more of a tart flavour)
- 2 tbsp Tamari / Organic Soy Sauce
- 4 tbsp Honey / Maple Syrup or Coconut Nectar
- 2 tbsp Spring Water
- ½ Lime, juiced
- 1 clove Garlic, minced or grated (1 clove = 1 tbsp)
- 1 tsp Red Pepper Flakes, or to taste

### Steps:

1. Combine everything except Red Chilli Flakes, blend.
  2. Add Chilli Flakes last (don't blend).
- Makes approx. ⅔ cup of sauce.





## Peanut Dipping Sauce

### Ingredients:

¼ cup Peanuts, chopped / Peanut Butter

1 tbsp Rice Vinegar (or Apple Cider Vinegar - gives more of a tart flavour)

2 tbsp Tamari / Organic Soy Sauce

2 tbsp Honey / Maple Syrup or Coconut Nectar

2 tbsp Spring Water

½ Lime, juiced

½ - 1 tbsp Garlic, minced (1 clove = 1 tbsp)

### Steps:

1. Combine everything and blend until smooth.

Makes approx.  $\frac{2}{3}$  cup of sauce.



## 06 HEALTHY SNACK IDEA:

### Apple slices with nut butter and chia seeds

#### Ingredients:

- 1 Green or Red Apple, sliced
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds (sprinkled on top)

#### Steps:

1. Spread the Almond Butter on the slices of apple, and sprinkle generously with Chia Seeds on top.

#### Recipe Notes:

1. Apple slices are also great with raw caramel sauce or raw chocolate sauce (recipes coming in Week 3!)
2. These don't really need sweeteners, but you can add a little maple syrup/ honey if you like



## 07 BASIC NUT BUTTER RECIPE:

**PLEASE NOTE:** *Please make sure you only make Nut Butter using a high powered blender - I have burnt out many smaller motors attempting to do so (I did this with 600w-800w motors!). I now use a not-too-expensive blender, but it does have a 2000W motor, and I have to be careful to not use for longer than a couple minutes at a time to prevent the motor from burning out.*

### Ingredients:

1 cup Nuts (Almonds, Macadamia, Cashew)

½ cup Almond Oil or Macadamia oil

### Steps:

1. Blend dry nuts until finely ground.
2. Add a couple tbsp's of Oil at a time (manually mix it in first, to help the blending process).
3. Keep blending until desired consistency and smoothness is reached!



## 08 DINNER:

### Spuds / 'Baked' Potatoes with Choice of Toppings

You will be seeing these kind of recipe ideas a lot throughout the Program - you learn an easy base recipe, and then just add to or alter them slightly from recipe to recipe. This makes shopping for food and food prep so much easier, while keeping the family happy with variety!

#### Steps:

1. Boil and smash a potato on a plate.
2. Add choice of oils (I love using coconut oil), and salt and pepper to taste.
3. Then add your choice of topping!

*You can really get creative with Spuds / 'Baked' Potatoes, here are a couple ways to spruce the humble, potassium filled potato up for you and your family to enjoy!*

#### TOPPING IDEA #1

Avocado slices, hemp seeds and chopped almonds



#### TOPPING IDEA #2

Cashew Garlic Cream, Chives and toasted Cashews.

Serve with a wedge of Lemon / a little Fresh Lemon Squeezed over the top.







## Cashew Garlic Cream

- ½ cup Cashews
- 1 tbsp Lemon juice
- ¼ tsp Garlic powder
- ¼ tsp Onion powder
- ½ - 1 tsp Sea Salt
- ¼ cup Coconut Cream
- ¼ cup Spring Water

### Steps:

1. Blend until smooth (add more cashews if you would like a thicker sauce)



## 09 DINNER SALAD WITH YOUR CHOICE OF TOPPING:

*Again, this is all about learning base recipes, and then just adding to them or altering them slightly, again making food prep easier for you, while keeping your family happy with variety. Easy!*

**Please Note:** *My secret to a great salad is a good vinaigrette, everything getting cut up into small pieces and crispy freshness - therefore, make sure you only toss the salad base with the vinaigrette just before serving, otherwise the acid in the vinegar will cause your salad veg to wilt and soften!*

### Salad Base

Dark green cos lettuce

Cucumber and / or Zucchini, sliced / chopped

Tomatoes, chopped

### Steps:

1. Combine chopped ingredients in a salad bowl.
2. Add 2-3 tbsp of the base vinaigrette (below).
3. Toss the salad veg so that everything is lightly coated with the vinaigrette.
4. Add more vinaigrette as needed - careful not to drown the salad!
5. Now just add your choice of topping (suggestions below).



## Base Vinaigrette (to which I add, and create many varieties!)

### Ingredients:

- 4 tbsp or ¼ cup Almond / Macadamia / Apricot Kernel Oil
- 2 tbsp Apple Cider Vinegar
- ½ tsp Dijon Mustard
- ½ tsp Honey / Maple Syrup or Coconut Nectar
- ¼ tsp Sea Salt

### Steps:

1. Blend everything together (I use handheld blender for all my vinaigrette recipes)

### Recipe Notes:

- This is basically a honey mustard vinaigrette...
- No precise measurements here - I use me taste buds...
- I try and use oils that have a neutral flavour / don't have a strong flavour. You can use Olive Oil if you like, it can just sometimes have it's own, very strong flavour.

### Make more / Make bulk and store...

Double recipe amounts to make ½ cup total vinaigrette. You can double the recipe if you want to make a bulk amount, which is something I do. I just keep it in the fridge in a sealed bottle or jar and it keeps for ages!

### Make this recipe work hard for you!

I use this vinaigrette recipe as a base for many variations of vinaigrettes which is why I usually make a large amount to keep in the fridge, so when I want to use it, or add some ingredients for a variation vinaigrette, my base is already made and ready to work with!





## SALAD TOPPING

### Pumpkin, Caramelised Red Onion and Chopped Almond Salad

#### Ingredients:

- 4-6 slices Pumpkin (can keep skin on)
- 1 small Red Onion, cut into quarters (then halved again / cut thinner)
- small handful ( $\frac{1}{4}$  cup) Almonds, chopped
- 1 tbsp Coconut Oil
- 1 tbsp Balsamic Vinegar

#### Steps:

1. Boil pumpkin until soft (can pop in freezer to cool before serving on salad)
2. Chop red onion into chunks, fry in pan with coconut oil on med heat until softened/slightly browned.
3. Turn heat off and add Balsamic Vinegar to the pan and mix onion together.

#### Dish up...

1. Dish Salad base lightly coated with the base vinaigrette.
2. Add pumpkin slices and Caramelised Onion.
3. Top with chopped almonds.

#### Flavour Tip...

- For extra flavour, you can lightly toast some of the chopped almonds.
- The reason to keep some raw is to keep those nutrients intact (heat destroys nutrients and changes nuts from healthy to not-so-healthy).



#### Note on nuts...

- The most healthful type of nuts to use are activated nuts (better for digestive health).
- If you have the time (remember, it's not necessary), there is an easy, how-to guide on how to activate your own nuts overnight using your oven @ [freshlifejourneys.com](http://freshlifejourneys.com)

Serves 2



# 10 HEALTHY SWEET:

## Raw Chocolate Boat Cookies

### Outer Boat Cookie

#### Ingredients:

½ cup Almonds

½ cup Dates, pitted (always double check for pits before use)

#### Chocolate Filling/Icing

16 (¼ cup firmly packed) Dates, pitted (soaked in 3-4 tbsp warm Spring Water)

⅓ cup Coconut Oil (warmed, so it's liquid)

⅓ cup Cacao Powder

1 tsp Vanilla Extract



#### Steps:

1. Blend Almonds and Dates together until 'crumbly' consistency.
2. Take mixture and press firmly into balls in the palm of your hand.
3. Shape the balls into a 'boat shape' in the palm of your hand - press a finger into the middle of the ball, should look like a boat shape, and just make sure there is a 'mould' space to add the chocolate filling.
4. Blend separately all the **Chocolate Filling/Icing** ingredients together until smooth. Include the water the Dates were soaking in.
5. Add Chocolate Filling to cookies.

#### Recipe Notes:

- Can use **Caramel Filling** instead of **Chocolate Filling/Icing** (Recipe coming in Week 3)
- I use a handheld blender to get the **Chocolate Filling** extra smooth.

