

One-week intermittent fasting with aLoftyLifes healthy & tasty Recipes



When you wake up, try to start your day with a big pot of **loose-leaf tea**. In the morning start your day with either **meditating, stretching, yoga, a short walk or a jog!** This gives your mind, body & spirit a positive start to your day. Try to stay busy so your mind is distracted & not thinking about that breakfast you are used to have .i.e. write in your journal your to do list or “did list”. Write down three things you are grateful for. If you get that thought of “I’m hungry” Then make yourself a big cup of coffee with whole milk from the farm (or veggie milk).

If you see this icon  this means I have a video on Instagram a __lofty__life



-Day 1-
meal prep @ 10h45 am to Eat @ 11am

Wholesome, Fast & Easy to make aLoftyLife Müesli

Vegan & Gluten free

- 1) Add $\frac{3}{4}$ to 1 cup rolled oats in your favorite cereal bowl ***Note** when I say cup I use a **Mason Jar**
- 2) 1 handful of blueberries & 5 strawberries (wash them). Cut the strawberries in small pieces then add them to your bowl
- 3) 1 handful of your favorite nuts (cashews, almonds, walnuts etc.)
- 4) $\frac{1}{2}$ of a banana cut in thin slices—add them to your mélange of goodies
- 5) Chia, Flax & Sesame seeds- sprinkle 1 table spoon (tbsp) of each into the bowl
- 6) To sweeten, you can add 1 tbsp of your date or coconut syrup
- 7) Add your vegetable milk OR yogurt and stir your ingredients

**If you like cinnamon, don't hesitate to sprinkle some of that healthy spice onto your Hearty 1st meal of the day*



8 hours later from the 1st meal you can eat! Start preparing your dinner 45 minutes to an hour beforehand. You ate at 11 am so let's meet the Kitchen tonight at 6pm.

It will be a little more complex meal but worth the effort. **Time** is what we all have now, which is so precious, especially for cooking. You can relax & enjoy your cooking without any time pressure!
Your hunger is the best chef, don't worry you'll make it through that hour of food prepping. I believe in you!

-Day 1-
meal prep @ 6pm to Eat @ 7pm

Swiss Chard, Wild Rice topped with glazed Walnuts & sautéed Oyster Mushrooms

Vegetarian, Vegan, GF

- 1) Turn your oven **ON** to 190C or 375F
- 2) While your oven is preheating, take your **walnuts** place them in a bowl
 - a. Add **salt, 2 tbsp** melted **butter (coconut butter for Vegans)**
 - b. **1 to 2 tbsp** **maple syrup** depending on how many walnuts you are roasting
 - c. Spread the marinated walnuts on a baking sheet and throw them in the oven for a good *10 minutes* or until you see they are caramelized They take a little less than *30 minutes to cool down*
- 3) Rinse your **wild rice** & add **1 cup** of it into a pan with **3 cups** of **water**.
 - a. Sprinkle a little **salt** in the pan
 - b. Cook for about *40-45 minutes* (You will know that it is cooked when some of the kernels are burst open)
- 4) Ok now while your rice is cooking throw a frying pan on the stove & add some **Colza oil** (coconut oil or any cooking oil you've got) do not use olive oil for high heat cooking, it is unhealthy!
 - a. Cut **1 onion, 1 garlic clove** into small pieces throw them into the pan. Simmer on low heat & add **vegetable stock**
 - b. Wash and cut up the **Swiss Chard** into small 1 cm pieces, throw that in the same pan
 - c. Splash some **white wine, lemon juice** & season it with **salt & pepper**
 - d. Add *mas o menos* **a cup** of **water** & cook the chard for about *20 minutes (like my Spanglish?) lol*

*During this time you can wash your **oyster mushrooms, thyme & parsley***

- 5) Cut the **thyme, parsley & 1 small garlic clove** finely & cut your mushrooms to your desired size (set aside for later use)
- 6) Take a small frying pan out; add a thick layer of cooking oil (it should cover the surface area of the pan) **ONLY start cooking the mushrooms 5 minutes** before your rice & chard is ready! Make sure the pan is very hot & sauté them for only a couple of minutes. In order to keep their natural flavor and nutrients you do not want to over cook them 📷
- 7) **Preheat** your oven to *200C (390F)*
- 8) Now that your chard is cooked, add the chard to a deep roasting pan
 - a. Add a little more **water** & season it with a little more **salt, pepper & your favorite spices**
 - b. Add **½ cup** of your **cream** (for vegans, add coconut or vegan cream)
- 9) Grade your **parmesan** cheese over the chard (Vegan Option is to sprinkle **nutritional yeast** once you take it out of the oven)
- 10) Throw your chard into the oven for about *25 minutes* or until your cheese has a slight crisp, golden color
- 11) (Back to **Number 6**) Heat that frying pan with the colza oil, add the garlic
 - a. add the thyme & parsley for the last 30 seconds of your shroom sautéing 📷
- 12) Now rinse the water out of the rice & serve it onto your plate, along with your baked chard & freshly sautéed oyster mushrooms. Don't forget to top your maple glazed walnuts onto the rice

** Add some good quality olive oil onto your chard & rice

Wow! You did it! Great Job! Enjoy this veggie, seasonal, healthy & nutritious meal!

Wait there is one last thing you need to do before you start cleaning your kitchen!

Check the **Heart on the Next Page**

INTERESTING FACT Chard or Swiss chard is in SEASON and it fights cancer, enhances sport performance and is a member of the beet family. It can be eaten raw and it contains 3 times the recommended daily intake of **vitamin K** and 44 % of the recommended amount of **vitamin A**

Megan Ware, RDN. "Swiss Chard: Possible Health Benefits, Uses, and Risks." *Medical News Today*, MediLexicon International, 19 May 2017. www.medicalnewstoday.com/articles/284103#nutritional_content

Instagram Overnight Chia Seed Pudding

- ❖ 1 mason jar (or anything you can close with a lid)
- ❖ Add the amount of **coconut yogurt** you think you'd like to have for breakfast
- ❖ Add 2-3 tbsp chia seeds
- ❖ 1 tbsp of **Nocciolata** (vegan Nutella, palm oil free)
- ❖ 1 tsp of your **date or koko blossom syrup**
- ❖ Mix it very well & close your jar.
- ❖ place it in the fridge.
- ❖ A great 1st meal or perfect snack



-Day 2-
meal prep @ 10:30 am to Eat @ 11am

📷 Cheese Omelet with spring onions & overnight Chia pudding with fresh fruit
Chia pudding -Vegan & GF



- 1) Cut your **Gruyere cheese** (or favorite cheese) into cubes. The more cheese? the tastier 😊
- 2) Cut your **spring onions/ Ciboulette** thinly
- 3) In a bowl crack **2-3 eggs**. Whisk them well. Add **salt & pepper**
 - a. A tip from the dear Mother: Add the smallest, I mean **SMALLEST** splash of **white wine** into your egg mix
- 4) Heat your frying pan with a good amount of **colza oil** so that the egg does not stick to the pan
 - a. Of course you can add any ingredients you like into your omelet like mushrooms, ham, peppers, cilantro etc.
- 5) To make your omelet, fluffy, airy & **NOT** dry but rather **Juicy** there is a special technique 📷
- 6) When your pan is hot, add the egg mix, throw in the cheese cubes & the spring onions
- 7) Take two spatulas & start your rolling process. Take each end of one side of the omelet and start picking it up to bend it forward. You roll it, letting the uncooked liquid part flow beneath the spatula. You will pick up the liquid part that is cooking fast again and keep rolling it forward (easiest recipe but hardest to explain lol)
- 8) Cut up thin slices of avocado to top your omelet along with some balsamic glaze. Lastly crack **black pepper** or sprinkle chia seeds onto your cheesy beast

For your overnight Chia Seeds

- 1) Cut up any of your favorite fruit could be **half** a kiwi, **half** a banana & **half** an apple, **couple** strawberries, blueberries etc. Add to your overnight chia seed yogurt jar
- 2) Add some date syrup or coconut blossom syrup if it's not sweet enough
- 3) Add some coconut shreds if your heart is missing the beachy vibe 😊

-Day 2-
meal prep @ 6pm to Eat @ 7pm

Curry Chicken with oven roasted fennel, sautéed spinach enjoyed with couscous

GF & Vegan Option available

- 1) Turn the oven on 220C (428F) while the oven is preheating;
 - a. Cut & wash the **fennel, spinach** & set aside (do not mix them)
Note: Spinach shrinks SO MUCH when cooked so don't hesitate to add 2 handfuls!
 - b. Put your washed fennel chunks into a bowl & make sure they're dry. You can use a towel to dry them
 - c. Add about **2 tbsp olive oil** (trust your gut feeling if it needs more because it depends on how much fennel you are making) I am thinking for **1 fennel** but if you are multiple people and are roasting two fennels well then you'd add more olive oil
 - d. Sprinkle **salt & black pepper** & mix well
 - e. Keep it to the side until the oven is ready, then place the fennel on parchment paper on a baking tray --cook for *40 minutes*.
 - f. *After 20 minutes*, turn the fennel if you see one side cooking more than the other & sprinkle the **sliced almonds** on the fennel
- 2) Chop **2 garlic cloves, 1 onion & 1 finger** (1 cm) of fresh **ginger** thinly then put it aside for later use (what you are doing now is called *mis en place*) You are a true chef ;)
- 3) Take the **chicken** out of the fridge. Wash the raw chicken with cold water & cut it into small perfect bite size pieces. Wash your hands well. Put the chicken in a Tupperware bowl. **VEGAN OPTION:** Replace the Chicken with smoked Tofu
 - a. Marinate the chicken by adding **curry powder**, red paprika (if you like spicy), **turmeric, salt, pepper** & any other **Indian spice** you have in your cupboard. The amount depends on how much chicken you have & how spicy you like it. I would say about 2 tbsp of curry but you have to feel it. Eye ball it & trust your gut
 - b. Add the **fresh garlic** you shopped (leave a little for the spinach)
 - c. Add a splash of **soya sauce**, Mix well so that every part of the chicken piece gets your marinade flavor



Ok you got your chicken/or tofu marinated now close the Tupperware and keep it in the fridge

- 4) Take out two **pans**, one bigger one for the chicken & one smaller pan for the spinach.
- 5) Add **Colza oil** in the chicken pan
 - a. Once the pan is hot add **half** of your **chopped onions, vegetable broth (bouillon) & ginger** let it simmer (turn the fire down if it cooks too fast and starts burning the onions).
- 6) Now to the spinAAAAATCH ☺ (aka spinach) I had a glass of red wine so please excuse me lol
 - a. Add **1 tbsp coconut oil** or **2 tbsp butter** in your frying pan (make sure it's hot) then add the rest **onions** you had left aside. let it simmer
- 7) In both pans add a **splash** of **white wine**. It will steam & make a loud noise, this is normal, you want the alcohol taste to cook away (or not)? haha

- 8) It's time for the **marinated curry chicken** to get cook'n! add it to the pan & turn up the heat
- 9) While the **raw chicken** is getting its color, throw your spinach into the other frying pan & turn up the heat
 - a. Squeeze some **lemon juice** into the chicken & the spinach (cover the pans) add some water
 - b. Turn the chicken so it can cook both sides (8-10 minutes) add some water & season with salt and pepper again. Let all the flavors cook together on medium low heat.
- 10) Taste your light curry sauce & add anything you might think is missing
 - a. olive oil is good to pour in your sauce or if it needs more paprika or curry don't hesitate to add whatever you think is missing.
 - b. Add more salt if needed (never put too much, because you can always add salt but can never take it away if you put too much)
 - c. If you want to make it extra tasty, add a splash of cream (vegan option=coconut milk)
- 11) Check on your spinach, mix it around, season it with salt & pepper & you can tell when its ready ☺ turn the stove off & keep it warm with the lid on

ALMOST DONE!

- 12) Boil hot water in your kettle
- 13) Put 1 ½ cup of **couscous** in a bowl (you will have left overs but that is perfect for your superfood salad for the next day)
 - a. Add the boiling water. Do not drain it in water however it has to be enough to "cook" all of your couscous 📷 check out the video on Instagram for what I mean ☺
 - b. Sprinkle salt & pepper after a couple minutes & mix the couscous with a fork

Your fennel is ready out of the oven, your spinach is ready & the curry chicken is ready to be put over your couscous

Great job on making this complex meal!

If you have left over chicken?

Add it to your superfood salad I've got for you the next day!



-Day 3-
meal prep @ 10h30 am to Eat @ 11am

GF & Keto pancakes (Zero sugar)

WHAT IS KETO? Your body goes into ketosis, where you turn your fats into fuel. It is a low carb & high fat diet. Really interesting books are written about it, I do believe in this diet for someone who want to lose weight fast.

I use a **MASON JAR** when I say **CUP** (you can use any cup that is relatively the same size)

Ingredients	Procedure
1 cup almond meal	1) Mix all together using a mixer
½ cup chestnut flour	2) When your pan is hot, grease it with butter or coconut butter
¾ cup coconut flour	3) Once your pancakes are ready, add your blueberries, slices of strawberries on your keto pancakes with some maple syrup or even some whipped cream if you want to go all out ;) (coconut yogurt works really well too)
1 carton (250 ml) of coconut milk (I use the Thai Kitchen brand)	Note * Your mix might seem to be not liquid enough, this is normal. However, if you feel like it needs more vegetable milk do not hesitate to add more
Crack in two eggs	Frying Note **Scoop about 1 tbsp of the mix to the hot greased pan & flatten it with a spatula so it becomes to your desired width
1 tbsp cocoa powder	

NO COCONUT OR CHESTNUT FLOUR?

KEEP CALM & CHECK OUT

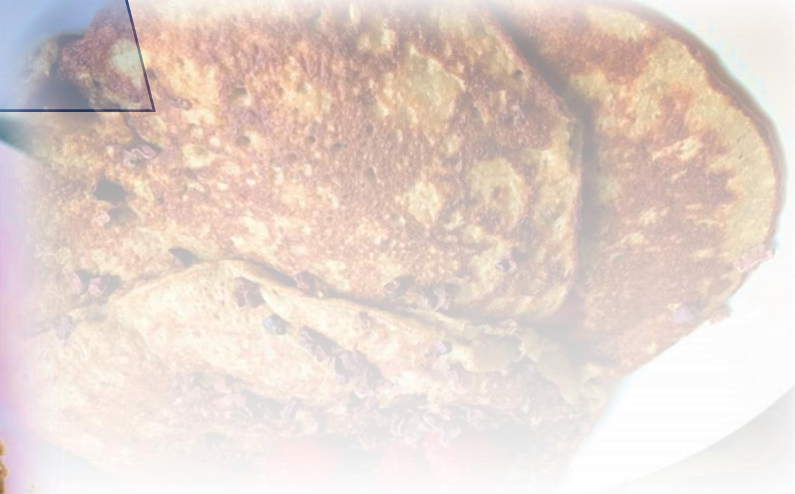
<https://www.aloftylife.com/2018/11/27/wake-up-to-the-smell-of-blueberry-pancakes/>

There is another **aLoftyLife** recipe for GF pancakes!

If you are NOT Gluten intolerant & can't find any buckwheat flour in your cupboard, any flour is ok to use

Refined flour

<https://www.aloftylife.com/2020/03/18/the-smell-of-homemade-bread-gets-you-out-of-bed/>



-Day 3-
meal prep @ 6H15 Pm to Eat @ 7Pm

Tomato Ricotta Mushroom in the Oven & SUPERFOOD SALAD 

GF & Vegan Option available

1) Wash your mushrooms **2-3 per person**

- a. cut & scrap out the inside “flesh” of the mushroom to be able to stuff your **ricotta cheese** mix in (vegan option is to use nut based cream cheese)

***note:** To not waste your insides of the mushroom you can use the scraps for your superfood salad. Sautee them in a hot pan; add colza oil, salt, pepper and a squeeze of lemon!

- b. Chop up some fresh **thyme & parsley** thinly set aside

2) Preheat the oven to **190 C (375F)**

3) Take your **ricotta cheese** out of the fridge

- a. In a bowl mix the following ingredients with your cheese
- b. **1 squeeze** of lemon juice
- c. **1 tbsp** tomato paste/purée
- d. **Salt & pepper**
- e. **1 tsp** of your **Date or Koko** syrup

***note:** if you don't have fresh herbs, use any Italian dry herbs you find in your cupboard

4) **1 chopped** up **garlic clove** (set it into another small bowl)

- a. add **3 tbsp** of **olive oil** in that same small bowl & add your chopped **thyme & parsley** or the fresh Italian herbs

5) NOW it's time to fill up those Shrooms 😊 Stuff your Ricotta cheese mix into the mushroom using a coffee spoon. If you have **rosemary** in your garden? So great! add some onto your mushroom

- a. Take a brush & brush the olive oil, garlic, Italian herb mix onto the mushrooms
- b. If you want to grade some parmesan cheese on top of the mushrooms before they go into the oven, go ahead no one is stopping you! More cheese the tastier ;)
- c. Put your tray of stuffed mushrooms into the oven for about 20-25 minutes

***note:** If they are tender when pierced with a knife & slightly browed then they are ready for ya!



WHILE YOUR MUSHROOMS ARE IN THE OVEN---PREPARE YOUR SALAD ☺

aLoftyLife's SUPER DUPER easy to make Salad

Before you head to bed

For Day 4's rainbow Bowl

- ❖ Take 1 banana
- ❖ peel it
- ❖ cut it into 4 small pieces
- ❖ Put it in bees wax wrap
- ❖ throw it in your freezer



<https://www.aloftylife.com/2019/01/04/superfood-salads-you-ll-understand-why-that-s-what-we-call-them-that/>

Check the link for the **full recipe**


You can cut your cilantro or parsley instead of mint if you prefer

If you have **left over curry chicken** or tofu throw that in your Salad



-Day 4-
meal prep @ 10H45 am to Eat @ 11am

GF & Vegan Rainbow Smoothie Bowl

If you do not have Granola & want to make aLoftyLife Granola then start prepping at 9h45am
The Keto Granola will be on live on  the evening before (in case you want to make it then)

Do you have a blender?

- 1) Take your **frozen banana** out of the freezer & throw it into the blender
- 2) Add **1 cup** of frozen **red berries** into the blender (can be raspberries, blueberries, mixed berries)
- 3) **2 tbsp** of **Acai powder** (optional)
- 4) **1 cup** of your favorite **vegetable milk**
- 5) **3 tbsp** of **coconut or soy yogurt**
- 6) **2 tbsp** **sweetener** (date syrup, maple or koko blossom syrup)
- 7) Blend everything until smooth & slightly thick

***note:** it should not be too liquid—it is not a Juice but more of a thick smoothie

8) Get creative, personalize your bowl by adding any topping you like! Brighten up your rainbow breakfast bowl!

IDEAS FOR TOPPINGS

a. Kiwi, Strawberries & Blueberries	b. Chia seeds
c. Flax seeds	d. Sesame seeds
e. Hemp seeds (a plus but optional)	f. Shredded coconut
g. Cacao powder	h. Almond shreds
i. Cashews	j. Walnuts

Enjoy your fruit melody bowl with a big jug of freshly brewed black coffee



-Day 4-
meal prep @ 6h30 pm to Eat @ 7pm

Healthy; Super Tasty & Easy to make Protein Salad (for two people)

GF & Vegan option is available 📷

Note: To make the salad vegan, use tofu instead of tuna and salted cashews instead of the eggs

1) Take **2 eggs room temperature** so they don't explode when you put them into boiling water

Note: did you know that boiling water temperature is 100 C? 😊

- a. Once the water is boiling, add your eggs gently into the pan using a spoon
- b. Cook for *10 minutes*
- c. Drain the water out (don't burn yourself) & add cold water to cool the eggs
- d. Bottoms up & shells off! LOL check 📷 for a fun trick on how to get the egg shells off easily
- e. Cut the boiled eggs into small pieces & throw them into a bowl big enough to mix all the other ingredients

2) **1 can** of chickpeas (400g)

- a. Wash the chickpeas through a strainer & Add them to your salad bowl

3) Drain the oil from **1 can** of Tuna & add it into your salad bowl

4) Finely chop **½ onion** (red onion preferably) & **parsley** thinly -add it to your salad bowl

5) If you love corn, then add some **canned corn** (optional)

A secret? To make it extra delicious chop up some **sushi ginger** into fine pieces & mix it well into your healthy, super filling salad-it will give it a magical flavor ;)

6) Once everything is in one bowl, add olive oil, white wine vinegar salt & pepper

Enjoy this Healthy meal with a glass of Chardonnay

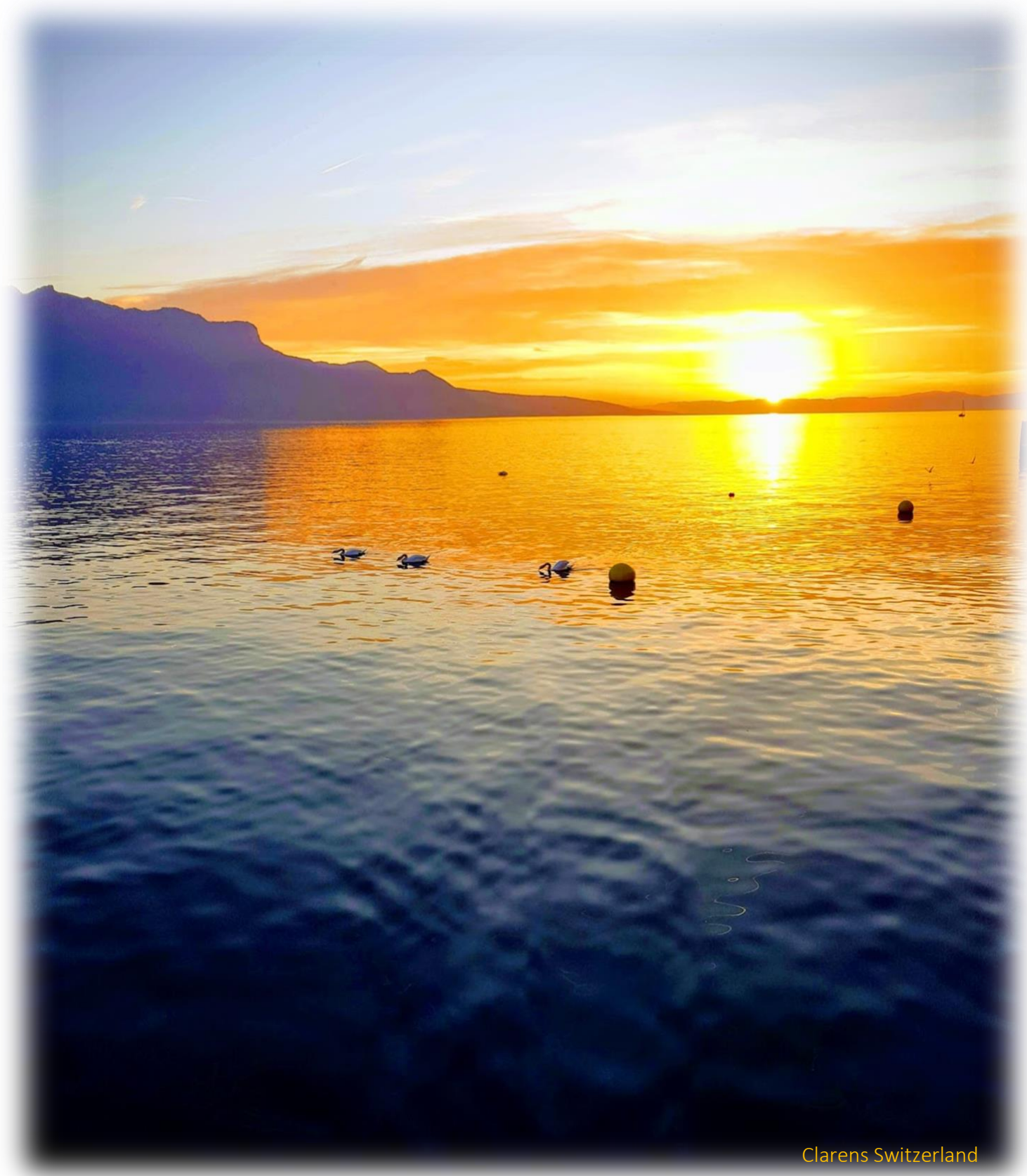
If you think this meal won't be enough?

Wash some green lettuce, chop up some tomatoes & sprinkle some hemp seeds on!

Same dressing as above using balsamic instead of white wine vinegar



GREAT JOB YOU MADE IT HALF WAY!
KEEP UP THE GOOD COOK'N GOOD LOOK'N 😊



Clarens Switzerland