

Ashy's  
**Clean Eating**  
Favourite Recipes

BREAKFAST

LUNCH

DINNER

DESSERT

SNACKS



Stop Dreaming  
Start Achieving...



Hi Guys,

Here is a sample of some of the delicious recipes available to you when you purchase my Clean Eating Diet plan.

I had a hard time choosing my favourite recipes to share with you, because there are so many yummy ones to choose from.

## I have finally decided on the following -



### Breakfast

- Ashys Protein Smoothie
- Chicken Omelette
- Sweet protein pancakes



### Lunch

- Turkey Balls
- Chicken and prawn salad



### Dinner

- Fish Cakes – Barra, Salmon, Tuna
- Shepherds Pie



### Dessert

- Cheesecake
- Clean Chocolate Ice Cream



### Snacks

- Ryvitas with delicious topping
- Protein Biscuits

I hope you enjoy these recipes and I look forward sharing more with you in the future.

Love Ashy xx

# BREAKFAST OPTIONS

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## Ashys Protein Smoothie

I love mixing together a smoothie as it keeps me fuller for longer, and is great on the run. Include just the right mix of good carbohydrates and protein to give you longer lasting energy. Try this recipe:

1/2 cup of oats

1 cup of water (or more water if you like a runnier consistency)

Half a cup of berries (fresh or frozen)

2 scoops of protein powder of choice

Dollop of full fat Organic natural or Organic Greek yoghurt (Optional)

1 Tbsp. of Chia seeds (Large amounts of calcium/fibre/omega 3s/iron)

1 Tbsp. of coconut oil (good fats)

Add ice and blend all ingredients together



## Chicken Omelette

1 whole egg  
3-4 egg whites (depending on how hungry you are)  
1oz/30g chopped meat  
Capsicum  
Onion  
Mushroom

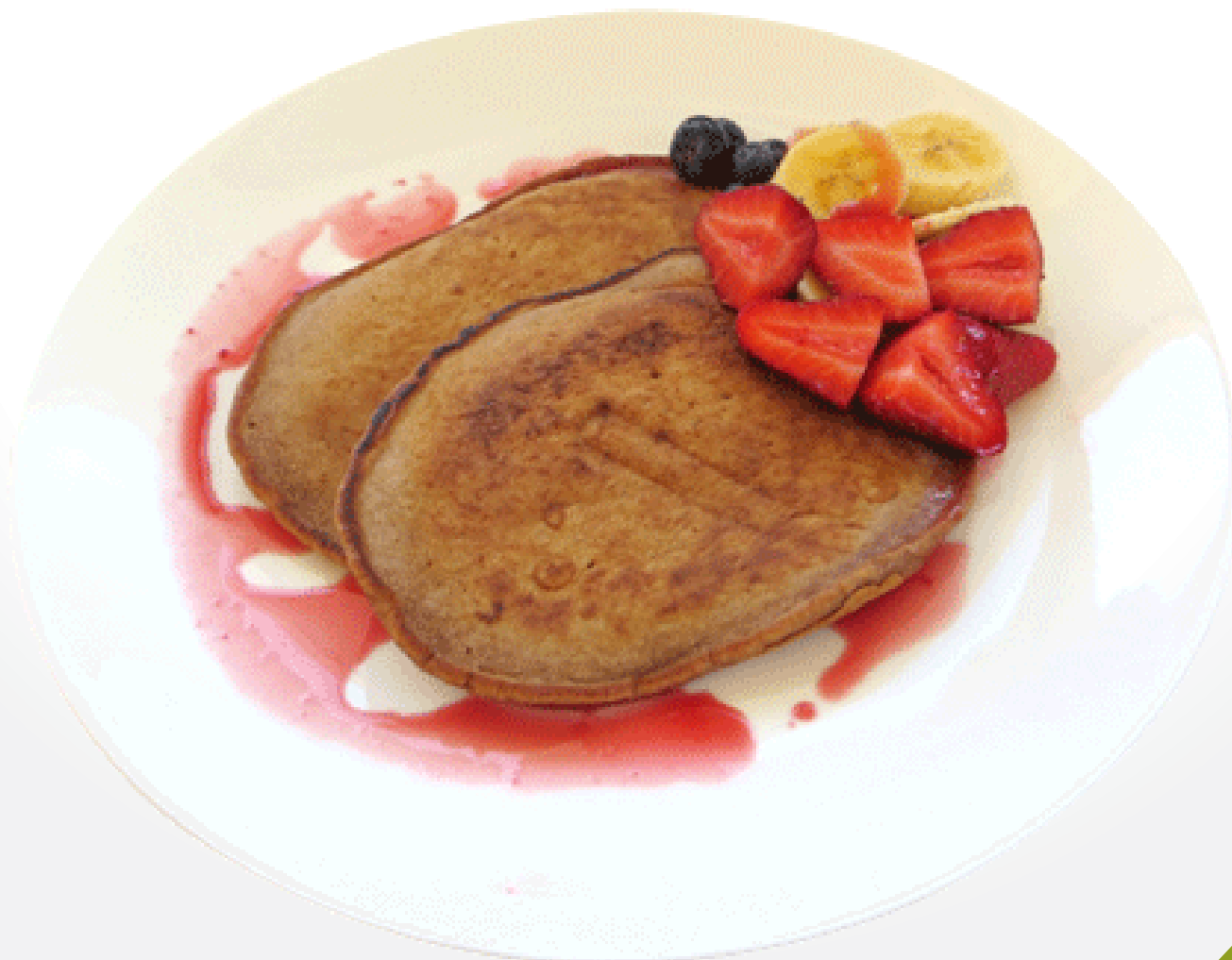
1. Whisk egg and egg whites together
2. Mix in additional chopped ingredients
3. Cook to preference



## Sweet Protein Pancakes

6 egg whites  
3oz/80g rolled oats (can also substitute with almond meal)  
2 scoops vanilla protein powder  
1 tsp. baking powder  
4fl oz. /60g low fat cottage cheese  
1 tsp. vanilla essence  
½ tsp. cinnamon

1. Combine egg whites, protein powder and cottage cheese in blender
2. Blend until smooth and combined
3. Add remaining ingredients and blend again until creamy
4. Cook in non-stick pan over medium heat for 2-3 minutes each side or until golden brown
5. Serve with fresh berries and Greek yoghurt



# LUNCH OPTIONS

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## Turkey Balls

4fl oz. /110g cottage cheese  
1 tbsp. seeded mustard  
½ tsp. dried oregano, parsley and sage  
1 egg  
4 tbsp. oat bran  
1 onion  
25oz/700g turkey mince  
Pepper, to taste (if desired)

1. Preheat oven to 180°/355°F and lightly spray baking dish with olive oil spray
2. Wipe away excess with paper towel
3. Finely dice garlic and grate onion
4. Place garlic and onion (juice also) into small frying pan and cook for 5 minutes
5. Place all ingredients into a small bowl
6. Mix well with hands to blend
7. Roll ingredients into balls and place in baking dish
8. Bake in oven for 40 minutes, turning after 20
9. Serve with steamed vegetables



## Chicken and Prawn Salad (for 2)

2 large handfuls spinach leaves  
1 small handful mint, chopped  
1 handful coriander leaves, chopped  
7oz/200g chicken breast poached and sliced (see following recipe for poached chicken)  
7oz/200g king prawns, cooked and peeled  
½ avocado, sliced  
½ mango, sliced  
4 tbsp. lime juice

1. Combine spinach, mint and coriander and divide between 2 serving bowls
2. Arrange chicken, prawns, avocado and mango on top
3. Sprinkle lime juice over the top



# DINNERS OPTIONS

## Fish Cakes – Barra, Salmon, Tuna

1 medium sweet potato, mashed  
3.5oz/100g desired fish  
1 spring onion  
Parsley  
Chives  
Chilli (flakes if desired)  
Garlic  
Ginger  
Preferred spices  
Cracked pepper  
Pine nuts or pepitas, chopped  
Preferred vegetables, steamed  
Add small amount brown rice if desired

1. Mash sweet potato. Let cool
2. Mix together with fish
3. Add potato, onion, parsley, chives, chilli, garlic, ginger, spice, cracked pepper, pine nuts and pepitas to add crunch
4. Spoon patties together and cook in a non-stick pan for a few minutes on each side
5. Cook until brown
6. Serve with preferred vegetables, steamed
8. Bake in oven for 40 minutes, turning after 20
9. Serve with steamed vegetables





## Shepherds Pie

Steamed greens of choice  
Medium sweet potato  
3.5oz/100g preferred mince  
1 medium onion, browned  
Shallots  
Chilli (flakes if preferred)  
Ginger  
1 lemon, juiced (lime if preferred)  
Preferred spices  
2 tbsp. cottage cheese  
Tomato if desired

1. Steam greens and place in dish
2. Cook and mash sweet potato/kumara
3. Brown onion in non-stick pan and add shallots, chilli, ginger, garlic, fresh lemon juice and mince
4. Cook through or until browned
5. Add tomato and additional seasoning if desired
6. Spoon onto greens and spread mash and cottage cheese on top
7. Grill in over for approximately 10 minutes or until all is cooked



# SNACKS OPTIONS

## Ryvitas with delicious topping

¼ avocado  
1oz/30g tuna in springwater  
1 tsp. low fat cottage cheese (optional)  
3 Ryvitas

1. Combine all ingredients
2. Spread on Ryvita crackers
3. Include lemon juice and/or garlic for extra flavour if desired



## Protein Biscuits

4 tbsp. vanilla Protein  
4 tbsp. chia seeds  
4 tbsp. chopped dates  
4 tbsp. almond flakes  
4 tbsp. almond meal  
1 peeled apple, sliced or diced

1. Blend all ingredients together and add water until consistency resembles dough
2. Bake at 180°C/355°F until brown and fork-ready



# DESSERTS OPTIONS

## Cheesecake

15oz/40g almond meal  
2-3 tsp. almond milk  
1 tub fat free cottage cheese  
165g/5.25oz frozen berries  
125g/4fl oz. Greek yoghurt  
½ Natvia  
2 large egg whites  
1 tsp. vanilla extract  
Tiny pinch salt

1. To make crust, blend almond meal and almond milk to consistency and bake for 10 minutes on 180°C/355°F
2. Set aside
3. Add remaining ingredients together and blend until smooth
4. Pour over almond base
5. Bake for 20 minutes until centre sets.
6. Allow frozen berries to defrost then place on top of cake and place in



## Clean Chocolate Ice Cream

½ tub cottage cheese  
1 tbsp. cocoa powder  
1½ scoops choc protein powder  
2 sachets stevia  
1 tbsp. coconut oil  
1-2 tbsp. natural peanut butter  
2 tbsp. desiccated coconut  
Dash almond milk  
4 dates

1. Blend cottage cheese, cocoa powder, protein powder, stevia, coconut oil, coconut, peanutbutter and almond milk until smooth
2. Add dates
3. Place mixture in bowl and freeze for 1½ hours, stirring every 20 minutes



Hey there!

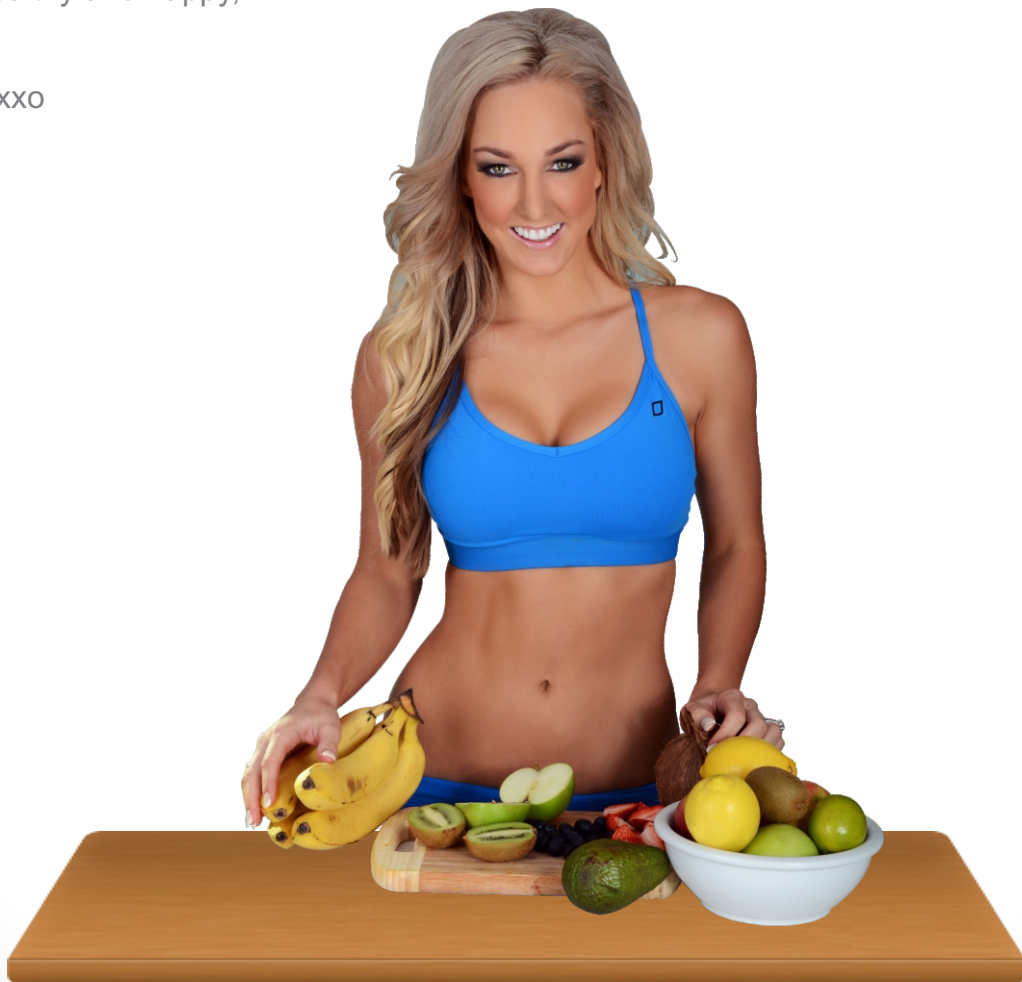
Why don't you go ahead and try out one of the recipes; cook up something yummy for yourself.

The best part of clean eating is you can enjoy that 'full feeling' without feeling heavy and sick inside.

If you decide you want some more recipes, then all you have to do is sign up and I'll send you my full recipe book so you can enjoy a different meal all month long! You'll also be able to hop on over to the private forum. Every day we all swap recipes and share new and tasty meal ideas!

Variety is the spice of life after all!  
Eat healthy and happy,

Ashy xxo



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