

GLUTEN-FREE

Thank you

for picking up our cookbook! Your support means the world to us.

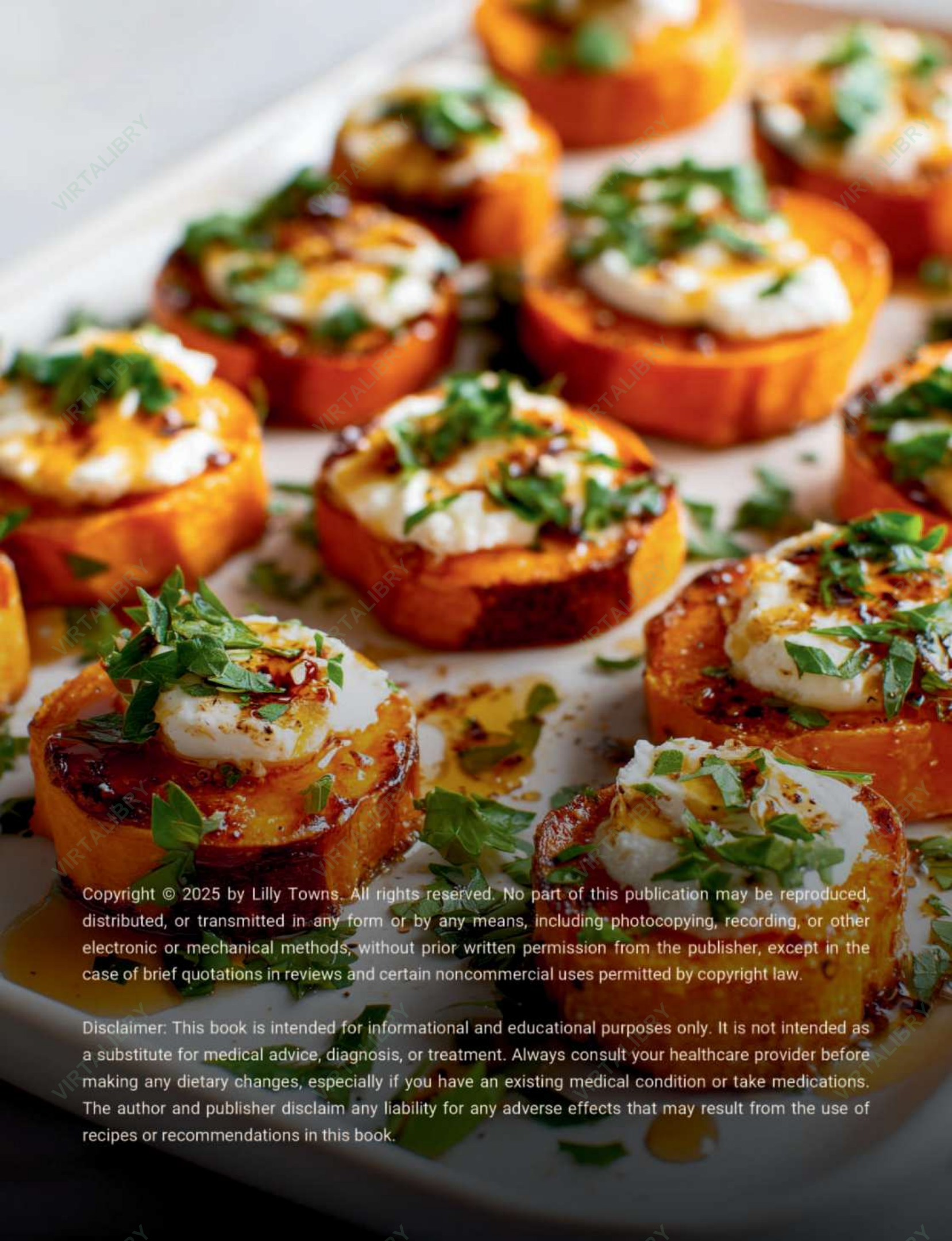
We hope our dishes have brought some extra flavor, inspiration, or joy to your table.

We'd be truly grateful if you took a moment to leave a short review on Amazon. Your feedback helps others discover our recipes and keeps this kitchen going strong.

With appreciation and warm wishes,

Lilly Towns





Copyright © 2025 by Lilly Towns. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without prior written permission from the publisher, except in the case of brief quotations in reviews and certain noncommercial uses permitted by copyright law.

Disclaimer: This book is intended for informational and educational purposes only. It is not intended as a substitute for medical advice, diagnosis, or treatment. Always consult your healthcare provider before making any dietary changes, especially if you have an existing medical condition or take medications. The author and publisher disclaim any liability for any adverse effects that may result from the use of recipes or recommendations in this book.



CONTENTS

Recipes

Breakfast	04
Soup	14
Warm Salad	24
Meat & Poultry	36
Fish & Seafood	46
Sweet Treats	58



Opening pages

Copyright	02
Contents	03

Bonus

120 Acid Reflux-Friendly Recipes	72
	03

Breakfast



Cauliflower Hash Browns with Eggs

Ingredients

200 g grated cauliflower
(about ½ medium head)
2 large eggs
56 g shredded cheddar cheese
50 g finely chopped spring
onions
1.5 g garlic powder
3 g sea salt
14 g olive oil (for frying)

Instructions

1. Grate cauliflower and squeeze out excess moisture using a clean towel.
2. In a bowl, mix cauliflower, eggs, cheese, spring onions, garlic powder, and salt.
3. Heat olive oil in a skillet over medium heat.
4. Drop about 60 g of the mix into the pan, flatten, and cook 3–4 minutes per side until golden.
5. Serve warm, optionally with a fried or poached egg.

per Serving:

268 kcal, 15 g protein, 9 g carbs,
1 g sugars, 21 g fat



20 MIN



2 SERVINGS

Breakfast 5



Sweet Potato Rounds with Goat Cheese

Ingredients

1 large sweet potato (about 200 g), sliced into 1.2 cm rounds

14 g olive oil

1.5 g salt

1.5 g black pepper

60 g goat cheese, crumbled

7 g chopped walnuts or pecans

2 g fresh thyme leaves or chopped parsley (optional)

Instructions

1. Preheat oven to 200°C.
2. Arrange sweet potato slices on a baking sheet lined with parchment paper.
3. Brush both sides with olive oil and season with salt and pepper.
4. Bake for 20 minutes, flip, and bake 10 more minutes until tender and lightly golden.
5. Let cool slightly, then top each round with goat cheese, nuts, and herbs.
6. Serve warm or at room temperature.

per Serving:

190 kcal, 4 g protein, 15 g carb,
5 g sugars, 13 g fat



40 MIN



4 SERVINGS



Quinoa Porridge with Apple and Cinnamon

Ingredients

85 g quinoa
240 ml water
240 ml almond milk
120 g apple, diced
1.5 g ground cinnamon
15 g maple syrup (or
honey/coconut sugar/date
syrup)
Pinch of salt (about 0.5 g)

Instructions

1. Rinse quinoa under cold water for 30 seconds to remove bitterness.
2. In a saucepan, combine quinoa, water, almond milk, and salt.
3. Bring to a boil, then reduce heat to low and cover.
4. Simmer for 15 minutes, stirring occasionally.
5. Add diced apple and cinnamon. Cook uncovered for another 5 minutes until quinoa is soft and apples are tender.
6. Stir in maple syrup just before serving.
7. Let it sit 2–3 minutes to thicken before serving warm.

per Serving:
238 kcal, 6 g protein, 44 g
carbs, 17 g sugars, 4 g fat



28 MIN



2 SERVINGS



Chia Coconut Pudding with Mango

Ingredients

400 ml canned coconut milk

30 g chia seeds

15 g maple syrup (or
honey/coconut sugar/date
syrup)

2.5 ml vanilla extract

200 g ripe mango, peeled and
diced

Pinch of sea salt (about 0.5 g)

Optional: 7 g shredded
coconut

Instructions

1. In a bowl, whisk together the coconut milk, chia seeds, maple syrup, vanilla extract, and sea salt.
2. Let the mixture sit for 5 minutes, then whisk again to prevent clumping.
3. Cover and refrigerate for at least 2 hours, or overnight, until thickened.
4. Before serving, stir the pudding and divide into cups.
5. Top with diced mango and shredded coconut if using.

per Serving:

250 kcal, 3 g protein, 19 g carbs,
13 g sugars, 20 g fat



2 H 5 MIN



4 SERVINGS



Courgette Fritters with Feta

Ingredients

300 g courgettes, grated
3 g sea salt
60 g rice flour
60 g crumbled feta
1 egg (medium)
8 g chopped fresh parsley
28 g olive oil

Instructions

1. Grate the courgettes and place them in a clean towel. Sprinkle with sea salt and let sit for 10 minutes.
2. Squeeze out as much liquid as possible using the towel.
3. In a bowl, combine courgettes, rice flour, feta, egg, and parsley. Mix well.
4. Heat olive oil in a skillet over medium heat.
5. Scoop 30 g of the mixture per fritter into the skillet, flatten, and cook for 3–4 minutes per side until golden and firm.
6. Transfer to a plate lined with paper towels and serve warm.

per Serving:
284 kcal, 8 g protein, 26 g carbs,
3 g sugars, 17 g fat



35 MIN



3 SERVINGS

Soup



Classic Tomato Basil Soup with a Twist

Ingredients

480 g chopped ripe tomatoes
1 small carrot, chopped
1 small onion, chopped
2 garlic cloves, minced
480 ml vegetable stock
15 ml olive oil
6 fresh basil leaves

Instructions

1. Heat olive oil in a pot and sauté onion, garlic, and carrot for 5 minutes.
2. Add tomatoes and cook for 5 more minutes.
3. Pour in the vegetable stock and bring to the boil.
4. Reduce heat and simmer for 15 minutes.
5. Blend until smooth, then stir in chopped basil.
6. Simmer for 1 more minute and serve.

per Serving:
152 kcal, 3 g protein, 16 g carbs, 9
g sugars, 8 g fat



35 MIN



2 SERVINGS



Zesty Lemon Chickpea Soup

Ingredients

1 can (400 g, drained)
chickpeas
1 small onion, chopped
1 garlic clove, minced
480 ml vegetable stock
15 ml olive oil
15 ml lemon juice
Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 3–4 minutes.
2. Add chickpeas and stock. Simmer for 10–15 minutes.
3. Partially blend to thicken while leaving some chickpeas whole.
4. Stir in lemon juice and season with salt and pepper.
5. Heat through and serve warm.

per Serving:
251 kcal, 9 g protein, 26 g carbs,
5 g sugars, 11 g fat



30 MIN



2 SERVINGS



Mexican Black Bean & Sweetcorn Soup

Ingredients

1 can (400 g, drained) black beans

160 g sweetcorn (fresh or frozen)

1 small onion, chopped

1 garlic clove, minced

480 ml vegetable stock

15 ml olive oil

5 ml ground cumin

Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 3–4 minutes.
2. Add black beans, sweetcorn, cumin, and stock.
3. Bring to the boil, then reduce heat and simmer for 15 minutes.
4. Blend partially if desired, or leave chunky.
5. Season with salt and pepper and serve hot.

per Serving:

263 kcal, 10 g protein, 30 g carbs,
5 g sugars, 10 g fat



30 MIN



2 SERVINGS





Creamy Mushroom & Herb Soup

Ingredients

300 g sliced mushrooms
1 small onion, chopped
1 garlic clove, minced
420 ml vegetable stock
80 ml coconut milk
15 ml olive oil
2.5 ml dried thyme
Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 3–4 minutes.
2. Add mushrooms and thyme, cook for 5 minutes.
3. Pour in stock and simmer for 10 minutes.
4. Blend partially for a creamy texture, then stir in coconut milk.
5. Heat through, season with salt and pepper, and serve.

per Serving:
203 kcal, 5 g protein, 10 g carbs,
5 g sugars, 15 g fat



30 MIN



2 SERVINGS





Broccoli & Cheddar Soup with Nutty Topping

Ingredients

200 g broccoli florets
1 small onion, chopped
1 garlic clove, minced
400 ml vegetable stock
60 g grated cheddar cheese
15 ml olive oil
15 g chopped almonds or
walnuts
Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 4 minutes.
2. Add broccoli and stock. Simmer for 10–12 minutes until tender.
3. Blend partially, leaving small broccoli chunks.
4. Stir in cheddar and cook on low until melted.
5. Season with salt and pepper. Top with chopped nuts just before serving.

per Serving:

267 kcal, 11 g protein, 12 g
carbs, 3 g sugars, 19 g fat



30 MIN



2 SERVINGS



Warm Salad



Grilled Zucchini & Tomato Salad

Ingredients

300 g sliced zucchini
150 g cherry tomatoes, halved
15 ml olive oil
1 garlic clove, minced
10 fresh basil leaves, torn
15 ml lemon juice
Salt to taste

Instructions

1. Heat a grill pan over medium heat.
2. Brush zucchini slices with olive oil and grill for 2–3 minutes per side.
3. Sauté cherry tomatoes with garlic in a pan until just softened.
4. In a bowl, combine grilled zucchini, sautéed tomatoes, and basil.
5. Drizzle with lemon juice, season with salt, and serve warm.

per Serving:

177 kcal, 5 g protein, 14 g carbs,
5 g sugars, 9 g fat



20 MIN



2 SERVINGS



Roasted Pumpkin & Goat Cheese Salad

Ingredients

250 g peeled and cubed pumpkin
55 g goat cheese, crumbled
15 ml olive oil
25 g chopped walnuts
5 ml honey
30 g fresh spinach
Pinch of salt

Instructions

1. Preheat oven to 200 °C.
2. Toss pumpkin cubes in olive oil and a pinch of salt.
3. Roast for 25 minutes or until tender and slightly caramelised.
4. In a bowl, combine roasted pumpkin, spinach, and goat cheese.
5. Drizzle with honey and top with walnuts. Serve warm.

per Serving:
342 kcal, 13 g protein, 18 g carbs,
5 g sugars, 12 g fat



35 MIN



2 SERVINGS



Beef & Bell Pepper Bowl

Ingredients

140 g beef strips
120 g red bell pepper, sliced
70 g red onion, sliced
15 ml olive oil
15 ml tamari
5 g sesame seeds
Salt to taste

Instructions

1. Heat olive oil in a pan over medium-high heat.
2. Add beef strips and cook for 5–6 minutes until browned.
3. Add onion and bell pepper; sauté until tender.
4. Stir in tamari and cook for 1 more minute.
5. Sprinkle with sesame seeds and serve warm.

per Serving:

320 kcal, 25 g protein, 12 g
carbs, 5 g sugars, 18 g fat



25 MIN



2 SERVINGS



Garlic Mushroom & Green Bean Salad

Ingredients

300 g sliced mushrooms
150 g green beans, trimmed
70 g red onion, thinly sliced
1 garlic clove, minced
15 ml olive oil
15 ml balsamic vinegar
Salt to taste

Instructions

1. Steam green beans for 5–6 minutes until just tender.
2. In a skillet, heat olive oil and sauté garlic and onions for 2–3 minutes.
3. Add mushrooms and cook until browned and tender.
4. Combine green beans and mushrooms in a bowl.
5. Drizzle with balsamic vinegar, season with salt, and serve warm.

per Serving:

300 kcal, 6 g protein, 22 g carbs,
9 g sugars, 16 g fat



20 MIN



2 SERVINGS



Warm Quinoa & Broccoli Bowl

Ingredients

90 g quinoa
150 g broccoli florets
15 ml olive oil
30 ml lemon juice
20 g chopped almonds
Salt to taste
Black pepper to taste

Instructions

1. Cook quinoa according to package instructions.
2. Steam broccoli until tender but still bright green (about 5 minutes).
3. Toast almonds in a dry pan until lightly browned.
4. In a bowl, mix quinoa, broccoli, and almonds.
5. Drizzle with olive oil and lemon juice, season with salt and pepper. Serve warm.

per Serving:

300 kcal, 24 g protein, 35 g carb,
4 g sugars, 9 g fat



30 MIN



2 SERVINGS



Tandoori Chicken Rice Salad

Ingredients

170 g cooked basmati rice
150 g cooked chicken breast,
shredded
60 g plain yogurt
15 ml lemon juice
5 g tandoori spice mix
100 g cucumber, diced
10 g chopped fresh coriander
Salt to taste

Instructions

1. In a small bowl, mix yogurt, lemon juice, tandoori spice, and a pinch of salt.
2. Add chicken pieces, stir well to coat, and marinate for at least 15 minutes.
3. Heat a skillet or grill pan and cook the chicken until golden brown and slightly charred on the edges.
4. Place rice in serving bowls. Top with grilled chicken, cucumber, and fresh herbs.
5. Add a generous spoonful of yogurt sauce on the side and garnish with extra cilantro and mint.

per Serving:

380 kcal, 33 g protein, 32 g
carbs, 4 g sugars, 12 g fat



30 MIN



2 SERVINGS

Meat & Poultry



Liver Stroganoff with Coconut Cream

Ingredients

280 g chicken liver
1 medium onion, thinly sliced
160 ml coconut cream
15 ml olive oil
3 g sea salt
2 g ground black pepper
5 g Dijon mustard

Instructions

1. Rinse the chicken liver, trim off any connective tissue, and pat dry.
2. Slice the onion thinly.
3. In a large pan, heat olive oil over medium heat.
4. Add onions and sauté for 5–7 minutes until soft and slightly golden.
5. Add the chicken liver and cook for 5–6 minutes, turning occasionally, until no longer pink inside.
6. Reduce heat to low, stir in coconut cream and Dijon mustard.
7. Simmer for 3–5 minutes until the sauce thickens slightly.
8. Season with salt and pepper to taste. Serve warm.

per Serving:

281 kcal, 22 g protein, 5 g carbs,
2 g sugars, 19 g fat



20 MIN



2 SERVINGS



Turkey Zucchini Meatballs

Ingredients

450 g ground turkey
1 small zucchini, grated (about 130 g packed)
1 egg
50 g rolled oats
6 g salt
2 g ground black pepper
15 ml olive oil (for baking or frying)

Instructions

1. Preheat the oven to 175 °C, or heat a non-stick pan on medium heat with olive oil.
2. Place grated zucchini in a clean kitchen towel and squeeze out excess moisture.
3. In a large bowl, combine ground turkey, zucchini, egg, oats, salt, and pepper.
4. Mix until well combined. Do not overwork the meat.
5. Form small meatballs (about 30 g each).
6. Place on a baking sheet lined with parchment paper or add to the hot pan.
7. Bake for 20–25 minutes or cook in the pan, turning occasionally, until golden and fully cooked.

per Serving:
305 kcal, 33 g protein, 10 g carbs,
1 g sugars, 14 g fat



40 MIN



4 SERVINGS



Lemon & Rosemary Roasted Chicken Thighs

Ingredients

6 bone-in, skin-on chicken thighs (about 900 g)
30 ml olive oil
1 medium lemon, sliced
4 g fresh rosemary leaves (or 1 g dried rosemary)
5 g sea salt
2 g ground black pepper
10 g honey

Instructions

1. Preheat oven to 200 °C.
2. Pat chicken thighs dry with paper towels.
3. Place chicken in a baking dish, skin side up.
4. Drizzle with olive oil and honey.
5. Season with salt, pepper, and rosemary.
6. Tuck lemon slices between and under the chicken pieces.
7. Bake uncovered for 40 minutes, or until the skin is golden and crisp.
8. Let rest 5 minutes before serving.

per Serving:

336 kcal, 26 g protein, 5 g carbs, 3 g sugars, 24 g fat



50 MIN



3 SERVINGS



Chicken Drumsticks in Honey Mustard Sauce

Ingredients

6 chicken drumsticks (about 750 g)
30 g honey
15 g Dijon mustard
15 ml olive oil
3 g salt
2 g black pepper
1 g dried thyme

Instructions

1. Preheat oven to 200 °C.
2. In a small bowl, mix honey, Dijon mustard, olive oil, salt, pepper, and thyme.
3. Pat the drumsticks dry with paper towels.
4. Place the drumsticks in a baking dish and coat evenly with the sauce.
5. Bake uncovered for 35–40 minutes, turning once halfway through, until golden and cooked through.
6. Let rest for 5 minutes before serving.

per Serving:

312 kcal, 24 g protein, 10 g carbs, 8 g sugars, 19 g fat



50 MIN



3 SERVINGS



Cheesy Pork and Potato Casserole

Ingredients

450 g thin boneless pork slices

600 g potatoes, peeled and sliced into thin rounds

1 medium onion, sliced into rings

100 g shredded cheddar cheese

15 ml oil or butter (for greasing)

3 g salt

1 g black pepper

Instructions

1. Preheat oven to 190 °C.
2. Grease a medium casserole dish with oil or butter.
3. Lightly pound pork slices with a meat mallet. Season both sides with salt and pepper.
4. Arrange a single, even layer of potato slices on the bottom of the dish.
5. Place pork slices in a single layer over the potatoes.
6. Spread onion rings evenly over the meat.
7. Cover the dish with foil and bake for 40–45 minutes.
8. Remove foil, sprinkle cheese evenly on top, and return to the oven for 5–10 minutes until melted and golden.

per Serving:

410 kcal, 25 g protein, 18 g carbs, 2 g sugars, 27 g fat



60 MIN



4 SERVINGS

Fish & Seafood



Honey Lime Glazed Shrimp Skewers

Ingredients

450 g large shrimp, peeled and deveined

30 g honey

30 ml freshly squeezed lime juice

15 ml olive oil

1 garlic clove, minced

2 g chili flakes (optional)

Salt to taste

Instructions

1. In a bowl, whisk together honey, lime juice, olive oil, garlic, chili flakes, and a pinch of salt.
2. Add shrimp to the marinade and toss to coat well. Cover and refrigerate for 15–20 minutes.
3. While marinating, soak wooden skewers in water to prevent burning.
4. Thread shrimp onto skewers.
5. Heat a grill or grill pan over medium-high heat.
6. Grill shrimp skewers for 2–3 minutes per side until opaque and slightly charred.
7. Brush with remaining marinade during cooking if desired.

per Serving:

230 kcal, 26 g protein, 9 g carbs, 7 g sugars, 10 g fat



21 MIN



2 SERVINGS



Baked Cod with Garlic Herb Crust

Ingredients

4 cod fillets (about 150 g each)

30 ml olive oil

3 garlic cloves, minced

8 g finely chopped fresh parsley

1 g dried thyme

1.5 g salt

50 g almond flour

Instructions

1. Preheat oven to 200 °C.
2. Line a baking dish with parchment paper or lightly grease with olive oil.
3. In a small bowl, mix almond flour, garlic, parsley, thyme, and salt.
4. Brush each cod fillet with olive oil on all sides.
5. Press the herb-almond mixture onto the top of each fillet to form a crust.
6. Place the cod fillets in the baking dish, crust side up.
7. Bake for 18–20 minutes or until fish flakes easily with a fork and crust is golden.
8. Let rest for 2 minutes before serving.

per Serving:

285 kcal, 30 g protein, 4 g carbs,
1 g sugars, 17 g fat



32 MIN



4 SERVINGS



Lemon Garlic Butter Tilapia

Ingredients

4 tilapia fillets (about 150 g each)

28 g unsalted butter

2 garlic cloves, minced

15 ml fresh lemon juice

2 g lemon zest

3 g salt

1 g black pepper

Instructions

1. Pat tilapia fillets dry with paper towels.
2. Season both sides with salt and pepper.
3. In a large skillet, melt butter over medium heat.
4. Add garlic and sauté for 30 seconds until fragrant.
5. Place tilapia fillets in the pan and cook for 3–4 minutes per side, or until opaque and easily flaked with a fork.
6. Drizzle lemon juice and sprinkle lemon zest over the fish during the last minute of cooking.
7. Serve immediately while warm.

per Serving:

210 kcal, 23 g pro, 1 g carb, 0 g sugars, 12 g fat



15 MIN



4 SERVINGS



Tuna Patties

Ingredients

140 g canned tuna in water,
drained

1 large egg

120 g mashed potato (from
cooked potatoes)

12 g finely chopped green
onions

0.5 g chili flakes (optional)

60 g plain yogurt

2 g hot sauce

Instructions

1. In a bowl, combine the drained tuna, mashed potato, egg, green onions, and chili flakes.
2. Mix well until the mixture holds together.
3. Form 4 small patties with your hands.
4. Heat a non-stick skillet over medium heat (add 5 ml olive oil if desired).
5. Cook the patties for 3–4 minutes per side until golden brown.
6. Meanwhile, stir together yogurt and hot sauce in a small bowl to make the dip.
7. Serve patties warm with the spicy yogurt dip.

per Serving:

180 kcal, 17 g protein, 6 g
carbs, 2 g sugars, 9 g fat



20 MIN



2 SERVINGS



Thai Coconut Fish Curry

Ingredients

180 ml canned coconut milk
225 g white fish fillets (e.g.,
cod or tilapia), cut into chunks
15 g red Thai curry paste
15 ml fish sauce
4 g coconut sugar (or maple
syrup)
120 g red bell pepper, sliced
200 g cooked jasmine rice (for
serving)

Instructions

1. In a pan over medium heat, warm the coconut milk until it starts to simmer.
2. Stir in the red Thai curry paste and cook for 2 minutes.
3. Add the fish sauce and coconut sugar. Stir to combine.
4. Add the red bell pepper and fish chunks. Simmer gently for 8–10 minutes, or until the fish is cooked through and flakes easily.
5. Serve hot over cooked jasmine rice.

per Serving:

390 kcal, 28 g protein, 18 g
carbs, 4 g sugars, 24 g fat



20 MIN



2 SERVINGS



Rustic Baked Octopus with Jacket Potatoes

Ingredients

450 g fresh or frozen octopus, cleaned
600 g medium potatoes, whole with skin
30 ml extra virgin olive oil
2 garlic cloves, minced
2 g smoked paprika
3 g sea salt
15 ml lemon juice (freshly squeezed)

per Serving:
370 kcal, 30 g protein, 38 g carbs, 2 g sugars, 13 g fat

Instructions

1. Rinse the octopus under cold water. If frozen, thaw completely.
2. Bring a pot of water to a boil. Add the octopus and cook over low heat for 40 minutes until tender.
3. In a separate pot, boil the potatoes in their skins for about 20–25 minutes until fork-tender.
4. Preheat the oven to 200 °C.
5. Drain the octopus, pat dry, and cut into large pieces.
6. Drain the potatoes and gently press each one with a potato masher or spoon until slightly flattened.
7. Place the octopus and flattened potatoes on a baking tray. Add minced garlic, drizzle with olive oil, sprinkle paprika and salt.
8. Bake for 10–15 minutes until slightly crisped.
9. Drizzle with lemon juice and let cool for 10 minutes before serving.



80 MIN



2 SERVINGS

Sweet Treats



Blueberry Muffins

Ingredients

100 g oat flour
16 g cornstarch
4 g baking powder
30 ml maple syrup
120 ml almond milk
1 large egg
110 g fresh or frozen
blueberries

Instructions

1. Preheat oven to 180 °C. Line a muffin tin with 6 paper liners or lightly grease with oil.
2. In a mixing bowl, whisk together oat flour, cornstarch, and baking powder.
3. In a separate bowl, beat the egg, then mix in almond milk and maple syrup.
4. Combine wet and dry ingredients, stirring just until the batter forms. Do not overmix.
5. Gently fold in the blueberries using a spatula.
6. Divide the batter evenly into the 6 muffin cups.
7. Bake for 22–25 minutes or until the tops are golden and a toothpick inserted in the centre comes out clean.
8. Let muffins cool for 5 minutes in the tin, then transfer to a wire rack.

per Serving:

135 kcal, 3 g protein, 21 g
carbs, 6 g sugars, 4 g fat



35 MIN



6 SERVINGS



Chocolate Almond Cake

Ingredients

3 large eggs
100 g coconut sugar (or maple syrup)
100 g almond flour
50 g cocoa powder
2 g baking powder
1 g salt
60 ml olive oil

Instructions

1. Preheat oven to 180 °C. Line an 20 cm round cake tin with parchment paper and lightly grease.
2. In a mixing bowl, whisk the eggs and coconut sugar until well combined and slightly frothy.
3. Add almond flour, cocoa powder, baking powder, and salt. Mix until a smooth batter forms.
4. Stir in olive oil until fully incorporated.
5. Pour the batter into the prepared tin and smooth the top.
6. Bake for 30 minutes or until a toothpick inserted in the centre comes out with moist crumbs.

per Serving:

210 kcal, 5 g protein, 15 g carbs,
10 g sugars, 15 g fat



75 MIN



8 SERVINGS



Almond Butter Brownies

Ingredients

120 g almond butter
120 ml maple syrup (or honey
or coconut sugar)
1 large egg
50 g unsweetened cocoa
powder
2 g baking soda
2 g vanilla extract
0.5 g salt

Instructions

1. Preheat oven to 180 °C.
2. Line a 20×20 cm baking tin with parchment paper.
3. In a bowl, mix almond butter and maple syrup until smooth.
4. Add the egg and vanilla extract, and stir well.
5. Sprinkle in cocoa powder, baking soda, and salt. Mix until just combined.
6. Pour the batter into the tin and spread evenly.
7. Bake for 18–22 minutes, or until the centre is just set.
8. Cool for at least 15 minutes before slicing.

per Serving:

130 kcal, 3 g protein, 10 g
carbs, 7 g sugars, 9 g fat



45 MIN



9 SERVINGS



Chocolate Chia Pudding

Ingredients

360 ml almond milk
40 g chia seeds
10 g cocoa powder
30 ml maple syrup (or honey
or date syrup)
2 g pure vanilla extract
Pinch of sea salt
Shaved dark chocolate
(optional, for topping)

Instructions

1. In a medium bowl, whisk together almond milk, cocoa powder, maple syrup, vanilla extract, and salt until smooth.
2. Stir in chia seeds and mix thoroughly to avoid clumping.
3. Cover the bowl and refrigerate for at least 4 hours or overnight, until thickened.
4. Stir well before serving.
5. Optionally, top with shaved dark chocolate.

per Serving:

180 kcal, 5 g protein, 18 g carbs,
8 g sugars, 9 g fat



4 H 5 MIN



2 SERVINGS



Blueberry Coconut Crumble

Ingredients

300 g fresh or frozen blueberries
30 ml maple syrup (or honey or coconut sugar)
8 g arrowroot starch (or cornstarch)
40 g rolled oats
40 g unsweetened shredded coconut
60 ml coconut oil, melted
0.5 g ground cinnamon

per Serving:

210 kcal, 3 g protein, 26 g carbs, 10 g sugars, 12 g fat

Instructions

1. Preheat oven to 180 °C.
2. In a bowl, toss blueberries with maple syrup and arrowroot starch until evenly coated.
3. Spread the blueberry mixture into a small baking dish.
4. In another bowl, mix oats, shredded coconut, melted coconut oil, and cinnamon until crumbly.
5. Sprinkle the crumble topping evenly over the blueberries.
6. Bake for 30 minutes, until the top is golden and the blueberries are bubbling.
7. Let cool for at least 10 minutes before serving.



50 MIN



4 SERVINGS



Vanilla Bean Cashew Cheesecake

Ingredients

210 g raw cashews (soaked in water for 4 hours or overnight, then drained)

150 g pitted Medjool dates

100 g almond flour

60 ml coconut oil, melted

60 ml maple syrup (or honey)

5 g vanilla bean paste or pure vanilla extract

0.5 g sea salt

per Serving:

320 kcal, 6 g protein, 24 g carbs, 14 g sugars, 24 g fat

Instructions

1. Line 6 silicone muffin moulds or mini cheesecake rings with parchment paper (bottom only) or use paper liners.
2. In a food processor, blend dates and almond flour until sticky and crumbly.
3. Divide the crust mixture evenly between the 6 moulds and press down firmly. Chill while preparing the filling.
4. Blend soaked cashews, coconut oil, maple syrup, vanilla, and sea salt until smooth and creamy, scraping down sides as needed.
5. Divide the filling evenly over each crust. Smooth the tops.
6. Freeze for at least 4 hours or until firm.
7. Let sit at room temperature for 10–15 minutes before serving.



4 H 15 MIN



6 SERVINGS



Chocolate Peanut Butter Bars

Ingredients

250 g natural peanut butter
(smooth or crunchy)

120 ml maple syrup (or
honey)

60 ml coconut oil

160 g rolled oats

2 g vanilla extract

1 g salt

85 g dark chocolate chips

Instructions

1. In a saucepan over low heat, combine peanut butter, maple syrup, and coconut oil. Stir until smooth and melted.
2. Remove from heat and stir in vanilla extract and salt.
3. Add rolled oats and mix until fully combined.
4. Line a 20×20 cm pan with parchment paper. Press the mixture evenly into the pan.
5. Melt chocolate chips gently (microwave in 20-second bursts or use a double boiler).
6. Pour melted chocolate over the oat layer and spread evenly.
7. Chill in the refrigerator for at least 1 hour, or until firm.
8. Cut into bars and store in the fridge.

per Serving:

226 kcal, 5 g protein, 20 g carbs,
9 g sugars, 15 g fat



1 H 10 MIN



12 SERVINGS

Your Bonus:

120 Acid Reflux–Friendly Recipes Await!

We've prepared a special bonus for you — a cookbook featuring 120 recipes suitable for those with acid reflux.

The book is available in A4 format and ready for download and use.

Simply scan the QR code to access your bonus. Enjoy the new meals and take care of yourself with pleasure!



BONUS