

A woman with long brown hair is shown from the waist up, wearing a white halter-neck crop top and bright yellow high-waisted leggings. She is wearing large, white, over-ear headphones and has her eyes closed with a joyful expression, appearing to be dancing or exercising. Her right arm is raised with a clenched fist. The background is a blurred indoor setting with a dark sofa and a patterned rug. The overall image has a vibrant, energetic feel with a teal and blue graphic overlay on the left side.

RECONNECT LOCKDOWN RETREAT BONUS

RECIPES

Morning Shot

Ideal before Primal Morning Class

Ingredients:

- 1 Tbsp Apple Cider Vinegar
- Juice of half a lemon
- Pinch cayenne pepper
- Pinch of Turmeric
- Option: 1 Tsp of honey or rice malt syrup
- 50ml filtered room temperature water

Method

Mix well and drink on an empty stomach, first thing in the morning and as needed during the day.



Vegan Scramble

Ideal before Booty Camp Class

Ingredients - SERVE 2

- 280g extra firm tofu
- 1 tbsp vegan butter
- 1/2 tsp dried turmeric
- 1/2 tsp paprika
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt
- 80ml unsweetened plant milk
- 1 tsp chopped chives
- 2 tbsp nutritional yeast (optional)



Vegan Scramble

Ideal before Booty Camp Class

Method

- Mash the tofu with a fork and leave some quite big chunks. In a separate bowl, place the nutritional yeast, turmeric, paprika, mustard, garlic, black salt, and onion powder. Mix together, then add the plant milk and whisk until smooth.
- Add the vegan butter to a nonstick frying pan and place on high heat. When the butter is foaming, add the tofu and fry until lightly browned. Fold in the sauce and mix well, allowing the tofu to absorb some of the sauce.
- Serve on one slice of white bread toasted and spread with 1 tsp vegan butter, and sprinkle with chopped chives.



High Protein Bowl

Ideal for lunch

Ingredients - SERVE 2

For the tempeh & marinade

- 125gr tempeh, cubed
- 2 tbsp balsamic vinegar
- 1 tbsp soy sauce (or gluten-free tamari)
- 1 tbsp pure maple syrup
- 1 tsp garlic powder
- pinch of salt and pepper

For the tofu & marinade

- 140g extra firm tofu
- 1 tsp garlic powder
- 2 tbsp soy sauce
- Pinch of salt and pepper

For the salad (SERVE Per Person)

- 1/2 cup chopped and steamed broccoli
- 1 cup or a big handful of fresh rocket (arugula)
- 1/2 cup diced cucumber
- 2 tbsp sesame seeds
- 1/4 of a medium avocado
- 1/3 cup chickpeas
- 1/2 fresh lemon



High Protein Bowl

Method

To make the marinated tempeh, mix the marinade ingredients together in a shallow dish, then add the cubed tempeh. Let sit for 2 hours up to overnight, then bake at 200°C for 20 minutes on a nonstick baking tray lined with baking paper. Once it's baked, you can toss with a bit of the leftover marinade.

To make the baked tofu, toss the cubed tofu with the rest of the ingredients and bake at 200°C for 30 minutes until browned. You can bake it at the same time as the tempeh. To assemble the salad, add all of the salad ingredients along with baked tofu and tempeh to a bowl. Squeeze over the juice of half a fresh lemon juice and grind over some sea salt.

