

riavviare

-a 21 day dietary program-

"Brad, there's no way I could comply with this program. I am far too busy; working, travelling, socialising, parenting, and feeding a large, hungry family"

Well, this 21-day program is all about you, only you, and selfishly you.

The priority is you.

1. Forward your riavviare interest and inclusion in the next team.

brad.pamp@snowyhydro.com.au OR Ph: 0412 487 034 (please include your name & riavviare interest).

2. Flick through this booklet, making notes.

THIS PROGRAM REQUIRES PLANNING.

3. Create your shopping list and plan your culinary week.

Note – most people will typically need to change some of the meals.

E.g. consider changing the listed protein choice, gluten-free choices, etc.

4. Use the weblink as a daily 'quick look' guide (it should format well on your phone).
5. Click on the YouTube links to take you to the 10-minute core sessions. Simply follow along with the instructions.
6. Fill in the journal, and, ideally, send it to our group or just Brad Pamp each Monday.
7. **Brad Pamp will load regular messages & dialogue via our team forum (google chat, whatapp – whatever we choose).**

riawiare key principles.

- Zero sugar & ultra-processed food.
- Real food.
- Protein & healthy fats.
- Hydration – start and end every day with a small glass of water.
- Systematic.
- Accountability.

riawiare is designed to have you,

- ✓ Find and sustain your ideal healthy weight.
- ✓ Live naturally healthy.
- ✓ Learn a system to use forever (e.g. a yearly riawiare is a good idea).

Although it is impossible to design a scalable dietary program to suit everyone, the riawiare menu offers a "basic and simple-to-prepare option" and a "more detailed version" for each listed meal, while allowing for some personal adjustments.

While you will need to tailor the listed program based on your preferences, accessibility, budget, religious beliefs, family logistics, exercise intensity, and tolerance, ideally, keep it as close to the listed menu as possible.

NOTE: While there are many vegetarian meals, particularly in phase one, practising vegetarian principles the entire riawiare will be difficult. I have chosen to leave complete vegetarian diets to experts in this field.

Based on past riawiare programs, the recommended phases, meal order, and principles are the most beneficial for most individuals.

- Follow the meal-to-meal order.
- Make personal adjustments yet maintain the meal & phase principles.
- Complete your journal and acknowledge your compliance with our team forum.

The listed meal schedule offers;

- ✓ Nutritional sense.
- ✓ Some repeatability.
- ✓ Preparation simplicity.
- ✓ More advanced options.
- ✓ Free from counting calories.

Portioning.

Phase One – consume as much of the listed meals as you like.

Phase Two – serve small portions of the listed meals (see satiating tricks).

Phase Three – serve small portions of the listed meals (see satiating tricks).

How it works!

See the entire 21-day meal plan – via page 6.

Plan your shopping and preparation week.

Use the actual meal details as your shopping list.

Note – there are back-to-day meals, so prepare ahead and contain.

Choose the basic meal or the more detailed option.

Most of the detailed meals are linked on the webpage to video demonstrations.



Prepare the meal as close to the key elements as possible.

Trial the 10 appetite-suppressing tactics in phase three.

Any questions?

Via our private team forum.

riaviare

Phase One	1/21	2/21	3/21
	Riaviare Fasting Riaviare Super Salad Silverbeet & Beef ~ Alkalising Drink	Riaviare Fasting Riaviare Super Salad Mushies & Asparagus ~ Alkalising Drink	Riaviare Fasting Sourdough & Avo Green Chicken Curry ~ Alkalising Drink
4/21	5/21	6/21	7/21
Riaviare Fasting Sourdough & Avo Mediterranean Feel ~ Alkalising Drink	Riaviare Fasting Reboot Crunch Box Cauliflower & Lamb ~ Alkalising Drink	Riaviare Fasting Tabouli Salad Silverbeet & Beef ~ Alkalising Drink	Riaviare Fasting Tabouli & Chicken Veggies & Haloumi ~ Alkalising Drink

Phase Two	8/21	9/21	10/21
	Eggs & Goat's Cheese Bean Salad & Chicken Salmon & Feta ~ Turmeric Drink	Riaviare fasting Bean Salad & Chicken Garlic Chicken ~ Turmeric Drink	Egg & Cheese Cups Riaviare Salad & Chicken Burrito Zucchini Boats ~ Turmeric Drink
11/21	12/21	13/21	14/21
Egg & Cheese Cups Crunch Box & Hummus Meatballs & Zoodles ~ Turmeric Drink	Riaviare Fasting Riaviare Salad & Bacon Chicken Bruschetta ~ Turmeric Drink	Boiled Eggs Veggie Bowl Thai beef Salad ~ Turmeric Drink	Choice Crunch Box & Hummus Cauliflower Bake ~ Turmeric Drink

Phase Three	15/21	16/21	17/21
	Riaviare Fasting Chicken Salad Fish Veggie Bowl ~ Green tea	Riaviare fasting Quinoa & Rice Salad Chicken Wraps ~ Green tea	Riaviare fasting Crunch Box & Hummus Bean Salad & Beef ~ Green tea
18/21	19/21	20/21	14/21
Egg & Goat's Cheese Tuna Salad Bean Salad & Pork ~ Green tea	Riaviare Fasting Bean Salad & Chicken IT Brussels Sprout ~ Green tea	Choice Chicken Wrap Beef Salad ~ Green tea	Riaviare Fasting Chicken Wrap Choice ~ Green tea

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Riaviare Fasting

Days: 1, 3, 5, 7, 9, 12

Fasting or TRE (Time-restricted Eating) is to consume zero calories.

However, the ideal Riaviare Fast consists of the following;

Coffee (or Black Tea, Herbal Tea, like Green Tea).

Considerations; Black, and or with either; added, full milk, coconut oil, butter, or MCT Oil (Brad Pamp favourite @ ½ tsp).

MCT Oil by Melrose (Woolies).

Further, if logistically possible, I recommend 1 tsp of Lions Maine Mushroom powder.

Some likely fasting benefits include;

- ✓ Boosting health fat-burning ketosis.
- ✓ Improving gut health (recovery).
- ✓ Balancing blood glucose.
- ✓ Optimising (lowering) the appetite when appropriate.

Don't like coffee or tea? Try boiling water and fresh lemon/lime.

Riaviare Hydrating

Days: 1 -21

Drink water to thirst throughout the entire program.

Consider including a little salt in your water in phase two.

Start and end every Riaviare day with a small glass of water.

- A maximum of two caffeinated drinks per day.
- Avoid soft drinks, fruit juice, energy drinks, sports drinks and alcohol for phases 1-2 (however, ideally the entire Riaviare program).

Riaviare Super Salad

Days: 1, 2, 10, 12, 15, 20

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Major supermarkets like Woolies offer pre-made salad mixes for your convenience.

Panfry haloumi or enjoy the flavour of goat's cheese.

Add salt & mix through.

Further, check out the riaviare-friendly dressing options on page 25

Riaviare version.

Ingredients to choose from.

Green leaf: All types of green leaf lettuce, although iceberg lettuce is weak and offers little nutrients. Purple cabbage should be included during phase one.

Veg: tomato (including sundried), red onion, capsicum (all three colours), asparagus, cucumber, celery, green beans, & alfa alfa.

Nuts & Seeds: sunflower seeds, roasted pepita and pistachio seeds, macadamia nuts, slivered almonds, walnuts, & cashews.

Cheeses: goat's cheese, halloumi, feta, cottage cheese, burrata, & cheddar cheese.

Dressings: olive oil, lemon & lime, salt & pepper, see reboot dressing choices.

NOTE: Attempt to include at least one type of green leaf, vegetable or fruit, nut or seed, cheese (portion liberally++), and dressing (mainly olive oil).

Your reboot salad should be full of healthy fats like cheeses & nuts (seeds).

Silverbeet & Beef

Days: 1

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Panfry (lots of) silverbeet in butter, garlic and salt, add things like capsicum, red onion, walnuts, pistachios, asparagus and cheese like haloumi, and serve over beef, adding fresh lime & salt.
A homemade aioli would be nice!

Riaviare version.

Ingredients.

- Olive Oil.
- Garlic (freshly chopped or minced) 2-3 cloves.
- Red Onion ½.
- Red Capsicum 2/3 cup
- Turmeric, Salt, Black Pepper 1 tpsn each
- Sesame Seeds ¼ cup
- Walnuts ¼ cup
- Silverbeet (Spinach)- lots
- Basmati rice (brown or white)
- Fresh lemon
- Goat's Cheese



The webpage link shows cooking silverbeet to perfection – by Learn to Cook.

Method

Chop the onion, capsicum & silverbeet.
NOTE – The amazing silverbeet will reduce considerably with cooking - so - chop up the lot.
Panfry the garlic, onion, caps, sesame seeds & walnuts in olive oil on high for 5 minutes.
Add the silverbeet and turmeric, salt & pepper, turning down to med heat and turning regularly.
It typically appears cooked after 5 minutes. Feel free to add additional Olive oil.
Cook your rice, adding fresh lemon to complete.
After adding goat's cheese, consume it as a stand-alone meal – with no limit on the portion.
Throw in the walnuts.
Serve over you beef.

Green Alkalising Drink

Days: 1-7

Volume & portioning: 1 - 2 tsp

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Simple version.

Supergreens.

Riaviare version.

Some options.

- Vital Greens
- Supergreens
- AG1
- Organic Greens Plus
- Australian Greens
- Clean Greens

1-2 tsps in boiling is typically best.
Consume after your evening meal.

Likely health benefits.

- ✓ Improve gut biome balance
- ✓ Lower inflammation
- ✓ Detox
- ✓ Boost immunity
- ✓ Improve digestion
- ✓ Suppress the appetite
- ✓ Decrease sugar cravings

Mushrooms & Asparagus.

Days: 2

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Panfry in butter, garlic & salt; mushrooms & asparagus.
Panfry some haloumi.
Bring them together and add tzatziki or natural yoghurt.

Riaviare version.

Ingredients (volume to your situation)

- Mushrooms
- Shallots
- Butter
- Garlic
- Salt
- Paprika 1 tspn
- Asparagus
- Haloumi
- Natural yoghurt
- Sesame seeds

OPTIONAL: Protein, choose fish, chicken, lamb or beef.

- Dark Chocolate



The webpage link shows cooking tofu properly – by Pinch of Yum.

Method

Panfry the chopped mushrooms & shallots in butter, garlic & salt. On slight browning, add the asparagus and perhaps further butter & salt. Once softened, add the paprika and mix through both the asparagus & mushrooms.
Feel to add nuts, & seeds, further vegetables, cheeses of choice.

OPTIONAL: Cook your protein choice – I enjoy lamb with this combination.
Plate the lamb, covering it with the mushrooms & asparagus, and be sure to add the natural yoghurt (or tzatziki) and a dash of sesame seeds.

Enjoy some after-dinner dark chocolate.

Sourdough & Avo

Days: 3,4

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Authentic sourdough, add avocado, feta, salt, drizzle a little olive oil, and finish with freshly squeezed lime.

Riaviare version.

Ingredients – to your liking.

- Seeds & Grain Sourdough
- Avocado
- Cherry tomato
- Alfa alfa
- Feta (crumbled)
- Olive Oil or Balsamic vinegar
- Fresh mint
- Salt & Black Pepper

Method

Add the avo, feta, tomatoes & alfa alfa to the Sourdough.

Drizzle your choice and add salt & pepper to taste and the freshly chopped mint.

~ toasting the sourdough and scraping fresh garlic is yummy.

Green Chicken Curry

Days: 3

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Panfry chicken breast, add; veggies of choice, green curry paste, coconut milk, and stir until cooked.

Riaviare version.

Ingredients – to your liking.

- Yellow Squash
- Red Capsicum
- Red onion
- Zucchini
- Water chestnuts
- Sesame seed oil
- Garlic
- Thyme – freshly chopped
- Chicken breast
- Corriander
- Peanuts.
- Coconut Milk – full
- Green Curry Paste

Method

Chop the squash, red capsicum, onion & zucchini. Panfry in sesame oil, garlic and salt.

Add the chopped thyme.

Separately, chop and pan-fry the chicken breast in butter, garlic & salt.

Separately, pan-fry the peanuts.

Bring together, including the water chestnuts, adding the coconut milk (full cream) and green curry paste. Mix for a further 2-3 minutes.

Serve, adding the chopped coriander.

Mediterranean Feel

Days: 4

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Oven bake or air fry chopped eggplant in olive oil & salt and add to a (pre-made) chickpea or quinoa salad, finishing with tzatziki.

Riaviare version.

Ingredients – portion to suit.

- Quinoa
- Shallots
- Red capsicum
- Cashews
- Pepita seeds
- Garlic
- Turmeric 1 tsp
- Eggplant
- Cream ¼ cup
- Lemon
- Avocado oil (or olive oil)
- Chickpeas
- 4 bean mix
- Red wine vinegar 1 tbsp
- Soy sauce 1 tbsp
- Tzatziki
- Goats Cheese
- Mint leaves

Method

Chop the eggplant, drizzling with olive oil, adding salt, and air frying or baking for 15 -20 mins @ ~ 180'.

Boil the quinoa for ~ 15-20 minutes.

Panfry the chopped shallots, red capsicum, cashews, chickpeas & pepita seeds in avocado oil, garlic and salt.

Add the bean mix, turmeric, red wine vinegar, soy sauce dash, and fresh lemon to the fry pan.

Bring together & add tzatziki & goat's cheese.

Crunch Box

Days: 5

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Unflavoured hummus (lemon & chilli versions are OK), panfry haloumi & asparagus, chop up carrots, celery. Dig in!

Riaviare version.

Ingredients – portion to suit.

- Hummus – see homemade version link.
- Cottage Cheese
- Haloumi
- Asparagus
- Celery, Carrots, Cucumber
- Green Capsicum
- Garlic Sourdough

Method

Chop em up.
Toast & garlic up your sourdough.
Dip in!

Cauliflower & Lamb

Days: 5

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Chop & blend cauliflower, adding to a pan on med-high. Add olive & salt and cook until brownish. Throw in a few florets of broccoli, zucchini & yellow squash. Panfry lamb and bring together.

Remember: you're welcome to change up the protein. Feel free to include a legume choice.

Simply keep ALL food choices clean, whole & fresh. Buy it, make it!

Riawiare version.

Ingredients – portion to suit.

Cauliflower Rice – see linked video (Kitchen Sanctuary)

- 2 tbsp vegetable oil
- 1 onion peeled and diced
- 1 clove of garlic - peeled and minced
- 1 red bell pepper deseeded and finely chopped
- 2/3 cup (115g) frozen peas
- 1/2 tbsp sesame oil
- 300 g cauliflower - about 1 large head, grated/riced
- 2 eggs
- 2 tbsp dark soy sauce
- 1/4 tsp salt
- 1 tsp lemon juice
- ??? Lamb

Method

Add the oil to a large wok. Add the onion and cook, stirring regularly on medium heat for 5 minutes until the onion starts to turn soft and translucent. Add in the chopped red bell pepper, garlic and peas. Cook for a further 2 minutes, stirring regularly. Now add the sesame oil and the grated/riced cauliflower and turn up the heat to high. Use a spatula to toss everything together and to ensure the cauliflower doesn't stick to the bottom of the pan. Once the cauliflower rice is hot (this will take about 3-4 minutes), push the cauliflower over to the side of the pan and crack the two eggs in the space. Add a little splash of the soy sauce to the eggs. Making sure the part of the wok with the eggs in is over the heat, fry the eggs, giving a mix with the spatula until the egg starts to cook and look scrambled, but is still a little runny. Now mix the egg into the cauliflower rice. Pour in the remaining soy sauce and sprinkle on the salt and mix it all together. Add the lemon juice, stir and taste. Add a little more lemon juice if required. Divide between 2 bowls. Top with spring onions (scallions). Cook lamb to taste.

Sourdough & Goat's Cheese

Days: 6

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Sourdough lightly toasted and scraped with garlic. Liberally spread original hummus and goat's cheese. Throw cracked pepper & sea salt to taste.

Riawiare version.

Ingredients – portion to suit.

- Sourdough

Method

Consider making your hummus. Be sure to use a little garlic and bring it together, portioning to your appetite.

<input type="checkbox"/> Hummus <input type="checkbox"/> Goat's cheese <input type="checkbox"/> Salt & Pepper. <input type="checkbox"/> Garlic	
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Tabouli & Chicken	Days: 6
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Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Pre-made tabouli & BBQ chicken, adding salt & pepper to taste.

<p>Riaviare version.</p> <p>Ingredients – portion to suit.</p> <p>see linked video (Kitchen Sanctuary)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tabouli (see linked video – feelgoodfoodie) <input type="checkbox"/> Chicken breast <input type="checkbox"/> Salt & pepper. 	<p>Method</p> <p>Consider making your own tabouli. Panfry (and perhaps contain) your chicken breast.</p>
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Creamy Garlic Silverbeet & Tofu	Days: 6
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Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Panfry silverbeet in butter, garlic (minced) & salt until cooked.
Panfry chopped tofu (and sunflower seeds) in olive oil in med-heat.
Bring them together, adding natural yoghurt.

<p>Riaviare version (see linked video – Greg's Kitchen)</p> <p>Ingredients – portion to suit.</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 bunch of silverbeet <input type="checkbox"/> A chunk of butter (approx 40gms) <input type="checkbox"/> 1 or 2 garlic cloves, sliced or crushed <input type="checkbox"/> 1/8 teaspoon nutmeg <input type="checkbox"/> 1/4 cup cream <input type="checkbox"/> Tofu <input type="checkbox"/> Olive oil <input type="checkbox"/> Salt 	<p>Method</p> <p>Panfry silverbeet, adding garlic, nutmeg & cream. Panfry the tofu and bring together.</p> <p>Remember to portion to satisfy your appetite.</p>
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Veggies & Lamb

Days: 7

Volume & portioning: to satisfy your enduring appetite – load up!

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Simple version.

Choose & chop your favourite veggies. Lather veggies in olive oil and salt and then airfry (or oven bake).
Panfry your protein choice – lamb would be nice.
Add a dob of natural yoghurt.

Riavviare version.

Ingredients – portion to suit.

- Choose & chop your veggies, ideally including; broccoli, cauliflower, asparagus, snow peas, fennel & red onion.
- Lamb.

Method

Lather veggies in extra virgin olive oil & salt, baking for 15-20 minutes.
Panfry your lamb (or protein choice).

Eggs & Goat's Cheese

Days: 8

Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Boil 1-3 eggs (refrigerate & contain).
Shell eggs, bowl, and add goat's cheese, salt & pepper (or chilli flakes).

Riavviare version.

Ingredients – portion to suit.

- Eggs
- Whole cream
- Salt
- Onion
- Mushrooms
- Avocado
- Basil

Method

Whip eggs, add cream & salt to taste.
Add mushrooms & onion to a buttered pan on high.
Add eggs when the mushrooms are cooked and scramble.
Plate adding avocado & chopped basil
Salt & pepper to taste.

Bean Salad & Chicken

Days: 8

Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Pre-made Bean Salad (e.g. Woolies)
BBQ Chicken.
Salt & pepper to taste.

NOTE – Make a batch and contain for tomorrow's lunch.

Riaviare version.

Ingredients – portion to suit.

- 4 bean mix
- Red onion
- Cucumber
- Chickpeas
- Avocado
- Parsely
- Vinaigrette (Balsamic)



The webpage link provides a simple bean salad mix – by Inspired Taste.

Method

Chop & bring together your bean salad. Add a vinaigrette (balsamic) and mix through. Consider adding crumbled feta. Panfry the chicken breast in butter, garlic & salt.

Bring together!

Lunch? Contain the beans salad & chicken, reheating at lunchtime.

Salmon & Feta

Days: 8

Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Riaviare version.

Frozen salmon, asparagus, salt & pepper, crumbled feta. Panfry the salmon, panfry the asparagus in butter, garlic & salt. Bring together adding the crumbled feta, drizzling olive oil, salt & pepper to taste.

Riaviare version.

Ingredients – portion to suit.

- 1 large salmon fillet (about 1kg.)
- 3/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1/4 c. mayonnaise
- 1 1/2 c. crumbled feta (about 7 oz.)
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh dill
- 1 tsp. finely grated lemon zest
- 1 clove garlic, finely chopped

Lemon wedges, for serving



The webpage link – by Delish.

Method

- Preheat oven to 400°. Line a large baking sheet with foil and grease with cooking spray.
- Arrange salmon flesh side up on prepared sheet; season flesh side with salt and pepper. Spread mayonnaise over flesh side.
- In a medium bowl, toss feta, parsley, dill, lemon zest, and garlic just to combine, leaving feta in crumbles. Sprinkle over mayonnaise.
- Bake salmon until just cooked through and flesh easily flakes with a fork, about 25 minutes. Serve warm with lemon wedges alongside.

Turmeric Drink

Days: 8-14

Volume & portioning: 1 - 2 tsp

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Simple version.

Turmeric Superblend by Melrose.

Make your own tumeric drink – almond milk, turmeric, black pepper, cinnamon and a dash of vanilla into a saucepan and warm it up

Riawiare version.

Some options.

- Turmeric Superblend by Melrose
- Pure Organic Turmeric Blend
- The Ginger People – Tumeric mix
- Original Golden People Tumeric Elixer

1-2 tsps in boiling is typically best.
Consume after your evening meal.

Likely health benefits.

- ✓ Boost digestion
- ✓ Lower inflammation
- ✓ Cognitive sharpness
- ✓ Liver repair
- ✓ Helps ITB
- ✓ Suppress the appetite

Garlic Chicken

Days: 9

Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Panfry chicken breast in butter, garlic & salt.

Whip up the reboot salad (Tick off: green leaf, a vegetable, a cheese, a nut, a seed, a fruit).

Bring together.

Riawiare version.

Ingredients – portion to suit.

- 3 tbsp. extra-virgin olive oil, divided
- Juice of 1 lemon
- cloves garlic, minced
- 1 tsp. dried oregano
- 1 lb. chicken thighs
- kosher salt
- Freshly ground black pepper
- 1/2 lb. asparagus, ends removed
- 1 zucchini, sliced into half moons
- 1 lemon, sliced

 The webpage link – by Delish.

Method

- In a large bowl, combine 2 tablespoons olive oil, lemon juice, garlic, and oregano. Whisk until combined, then add chicken thighs and toss to coat. Cover the bowl with plastic wrap and let marinate in the refrigerator for at least 15 minutes and up to 2 hours.
- When you're ready to cook the chicken, preheat oven to 425°. In a large ovenproof skillet over medium-high heat, heat remaining tablespoon olive oil. Season both sides of marinated chicken with salt and pepper, then add chicken skin-side down and pour in the remaining marinade.
- Sear until the skin becomes golden and crispy, about 10 minutes. Flip the chicken and add asparagus, zucchini and lemons to the skillet.
- Transfer pan to oven and cook until the chicken is cooked through and the vegetables are tender, about 15 minutes.

Eggs & Cheese Cups

Days: 10 - 11

Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Pan fry leg ham & eggs, bring together, adding crumbled feta, salt & pepper.
Optional: Balsamic Vinegar is also tasty.

Riaviare version.

Ingredients – portion to suit.

- Cooking spray, for the pan
- Slices of (leg) ham
- 1 c. shredded cheddar
- Large eggs
- Sea salt
- Freshly ground black pepper
- Chopped fresh parsley, for garnish

 The webpage link – by Delish.

Method

Preheat oven to 400° and grease a 12-cup muffin tin with cooking spray. Line each cup with a slice of ham and sprinkle with cheddar. Crack an egg into each ham cup and season with salt and pepper.
Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).
Garnish with parsley and serve.

Burrito Zucchini Boats

Days: 10

Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Pan fry mince, adding a packet of buritto mix, & 4 bean mix.
Half the zucchini's (microwaving to soften), top with the buritto mix, sprinkle cheddar cheese and oven bake at 130' for 15-20 minutes (checking regularly).


Riaviare version.

Ingredients – portion to suit.

- 3 zucchini, halved lengthwise
- 2 tbsp extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- 1/2 tsp. chilli powder
- 1/2 tsp. ground cumin
- 1/4 tsp. paprika
- 1/2 c. black beans
- 1/2 c. chopped cherry tomatoes
- 1/2 c. corn

Method

Preheat oven to 350°. Score zucchini (like you're dicing an avocado) and scoop out insides, reserving them for later. Place zucchini halves cut side-up into bottom of 9"-x-13" baking dish and drizzle with 1 tablespoon oil; season with salt and pepper. Bake until zucchini turns bright green and is just beginning to soften, 10 minutes.
In a large skillet over medium heat, heat oil. Add onion and reserved zucchini and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef, breaking up the meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes. Drain fat.

<ul style="list-style-type: none"> <input type="checkbox"/> 1 c. shredded cheddar <input type="checkbox"/> 1 c. shredded Monterey jack <input type="checkbox"/> Freshly chopped cilantro, for garnish <p> The webpage link – by Delish.</p>	<p>Stir in chilli powder, cumin, and paprika, then season with salt and pepper. Stir in black beans, cherry tomatoes, and corn.</p> <p>Spoon beef mixture into zucchini then top with cheeses. Bake until zucchini is just tender and cheeses are melted, about 15 minutes. Garnish with cilantro before serving.</p>
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Meatballs (Chicken) & Zoodles	Days: 11
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Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Mixing; ground chicken breast, egg, parmesan, butter, flour, salt to make meatballs. Panfrying in olive oil. Peel zucchini into noodles and panfry in garlic, butter & salt. Plate and add coriander.

<p>Riaviare version.</p> <p>Ingredients – portion to suit.</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lb. ground chicken <input type="checkbox"/> 5 cloves garlic, minced and divided <input type="checkbox"/> 1 large egg, beaten <input type="checkbox"/> 1/2 c. freshly grated parmesan, plus more for garnish <input type="checkbox"/> 2 tbsp. freshly chopped parsley <input type="checkbox"/> 1/4 tsp. crushed red pepper flakes <input type="checkbox"/> Kosher salt <input type="checkbox"/> Freshly ground black pepper <input type="checkbox"/> 2 tbsp. extra-virgin olive oil <input type="checkbox"/> 4 tbsp. butter <input type="checkbox"/> 1 lb. zoodles (zucchini). <input type="checkbox"/> Juice of 1/2 a lemon <p> The webpage link – by Delish.</p>	<p>Method</p> <p>In a large bowl, mix ground chicken, 2 cloves garlic (2 teaspoons minced), egg, Parmesan, parsley, and red pepper flakes. Season with salt and pepper, then form into tablespoon-size meatballs.</p> <p>In a large skillet over medium heat, heat oil and cook meatballs until golden on all sides and cooked through, about 10 minutes. Transfer to a plate and wipe out skillet with a paper towel.</p> <p>Melt butter in skillet and add remaining minced garlic. Cook until fragrant, 1 minute. Add zoodles to skillet, toss with garlic butter, and add lemon juice. Return meatballs to skillet and heat until warmed through.</p> <p>Garnish with Parmesan before serving.</p>
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Chicken Bruschetta	Days: 12
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Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.


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Simple version.


Chop tomatos, onion, parsley and add the balsamic vinegar. Panfry chicken breast in butter, garlic & salt. Bring together

Riaviare version.	Method
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<p>Ingredients – portion to suit.</p> <p>Whip up fresh bruschetta Chicken breast</p> <p> The webpage link – by Recipe30.</p>	<p>Prepare & cook to your liking.</p>
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Veggie Bowl		Days: 13
<p>Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.</p> <p>.....</p>		
<p>Simple version.</p> <p>Broccoli, Cauliflower, Fennel, Eggplant, Capsicum, Asparagus, red onion, red cabbage – chopped & bowl, lathered in olive oil & salt and air fry. Add: make a cheesy sauce – milk, plain flour, butter, cheddar. Bring together and eat up!</p>		
<p>Riaviare version.</p> <p>Ingredients – portion to suit.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose your veggies <input type="checkbox"/> Fattened them up <input type="checkbox"/> Add the cheesy sauce. <p> The webpage link – by bbcgoodfood</p>	<p>Method</p> <p>Prepare & cook to your liking.</p>	

Thai Beef Salad		Days: 13
<p>Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.</p> <p>.....</p>		
<p>Simple version.</p> <p>Panfry your beef. Create and mix a salad: lettuce, cucumber, onion, mint, cherry tomato, peanuts. Bring together & add Thai Dressing like Mae Ploy Salad dressings.</p>		
<p>Riaviare version.</p> <p>Ingredients – portion to suit.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Beef <input type="checkbox"/> Birds Eye chilli <input type="checkbox"/> Lime Juice <input type="checkbox"/> Cucumber <input type="checkbox"/> Lettuce <input type="checkbox"/> Tomato <input type="checkbox"/> Onion <input type="checkbox"/> Mont <input type="checkbox"/> Fish sauce <input type="checkbox"/> Lime 	<p>Method</p> <p>Please watch the 90-second video – see webpage link.</p>	

<ul style="list-style-type: none"> <input type="checkbox"/> Garlic <input type="checkbox"/> Chilli <input type="checkbox"/> Coriander <input type="checkbox"/> Sugar – use half the instructed volume <p> The webpage link – by Recipe Tin Eats</p>	
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Cauliflower Bake	Days: 14
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Volume & portioning: to satisfy your enduring appetite. However, many P2 meal options pack a higher caloric punch, so try a smaller starting portion. Eat more if you are still hungry.

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Simple version.

Chop & blend cauliflower, panfrying in garlic, butter & salt.
 Panfry chopped bacon.
 Add panfried pistachios & chopped onion.
 Bring together & add freshly chopped coriander.

Riawiare version.

Ingredients – portion to suit.

- 1 large head cauliflower
- 8 slices bacon, chopped
- 10 large eggs
- 1 c. whole milk
- 2 cloves garlic, minced
- 2 tsp. paprika
- Kosher salt
- Freshly ground black pepper
- 2 c. shredded cheddar
- 2 green onions, thinly sliced, plus more for garnish
- Hot sauce, for serving

 The webpage link – by Delish

Method

Preheat oven to 350°. Grate cauliflower head on a box grater and transfer to a large baking dish.

In a large skillet over medium heat, cook bacon until crispy, 8 minutes. Transfer to a paper towel-lined plate to drain fat.

In a large bowl, whisk together eggs, milk, garlic, and paprika. Season with salt and pepper.

Top cauliflower with cheddar, cooked bacon, and green onions, and pour over egg mixture.

Bake until eggs are set and top is golden, 35 to 40 minutes.

Garnish with hot sauce and more green onions before serving.

Phase three principles

Continue to follow the listed phase three menu.

Choose the simple 'whip up' version or the more detailed version, often via the weblink.

I want you trialling 2/3 of your typical meal portions.

Eat the listed food, but reduce 'your' typical portions.

To avoid the typical 'hunger', you'll generally need to employ some of the ten appetite suppression tactics listed below.

It's your choice.

#1 PRIORITISE HYDRATION	#2 CAFFEINE
<p>Drink, low-calorie choices before, during and after food consumption.</p> <ul style="list-style-type: none"> ○ Water, and soda water appear to yield the best results. ○ Trial adding the smallest pinch of salt to your water. ○ Rock salt or Pink Himalayan salt are good choices. ○ So small the portion it should barely be tested. 	<p>For those who can tolerate caffeine.</p> <p>Enjoy caffeine just before your breakfast and just before your lunch if this suits you.</p> <ul style="list-style-type: none"> ○ Trial a 'natural' caffeinated drink before and during your meal. ○ Coffee, Black Tea, Yerba Tea and Green Tea are good choices. ○ Taste permitting, adding full cream milk could be better still. <p>Caffeine naturally increases (ever-slightly) the hormones cortisol and adrenaline, which can suppress the appetite. Avoid commercial caffeinated drinks.</p>
# 3 MCT OIL	# 4 GINGER, LEMON, HONEY
<p>Trial ½ tsp MCT oil with your caffeinated drink.</p> <ul style="list-style-type: none"> ○ MCT oil is concentrated Coconut oil – free from the flavour. ○ MCT appears to help fat metabolism, appetite control, and fight inflammation. 	<p>Mix freshly chopped ginger, lemon, and dark honey in boiling water. Trial 1-2 cups during the day.</p> <ul style="list-style-type: none"> ○ Ginger can suppress the appetite. <p>Lemon's cleansing effect can lower hunger.</p>
#5 CHIA SEED DRINK	# 6 ALKALISING DRINK
<ul style="list-style-type: none"> □ 1 tbsp Chia seeds □ 1 tsp honey □ 1 tsp fresh lemon juice 	<p>1 heaped tbsp of SuperGreens into boiling water. Grassy powdered good choices: SuperGreens, AG1, Alkaline Greens, Vital Greens, Ultimate Greens.</p>

<ul style="list-style-type: none"> □ 1 cup water □ Shaking & refrigerating for 1 hour before drinking. ○ Again, perfect for fat-burning and limiting the hunger hormone ghrelin. 	<p>I have been using Supergreens for more than two decades, and it has been very beneficial for me.</p> <ul style="list-style-type: none"> ○ Green drinks can improve and establish a healthy pH. ○ Furthermore, alkalising drinks, consumed directly after meals, typically switch off the hunger hormone ghrelin.
<p># EATING ORDER</p>	<p>#8 DARK CHOCOLATE</p>
<p>Eat protein first, then consume your veggies & healthy fats, and finally eat your chosen carbs. This order can matter.</p> <ul style="list-style-type: none"> ○ Protein is typically chewy and fills the stomach more quickly. ○ Stomach filling – and stretching – slows the appetite. ○ The protein, fibre and dietary fats stabilise the blood glucose before the carbs arrive. ○ The less aggressive the glucose spike, the better for most people. ○ Oh, and eat slowly – combing your mouthful with water. 	<p>If you truly need a 'naughty' sweet hit, please favour dark chocolate. The darker and richer, the better.</p> <ul style="list-style-type: none"> ○ Dark chocolate typically brings less sugar, added flavouring and preservatives than both normal & white chocolate. ○ With this, dark chocolate typically self-regulates volume and limits morish consumption.
<p># 9 BRUSH YOUR TEETH</p>	<p># SALT</p>
<p>When you finish your last mouthful, leave the table, do what you do with your dishes, and give your teeth a good old clean. Trial brushing your teeth with bicarb soda.</p> <ul style="list-style-type: none"> ○ On cleaning your teeth, the ginger drink would complement. ○ The psycho-somatic influence of a clean mouth typically lowers the appetite. 	<p>Don't be afraid to add a little clean salt to your meals.</p> <ul style="list-style-type: none"> ○ Unlike sugar, salt works towards reducing your appetite. ○ Furthermore, salt naturally induces your thirst and the need to drink water.
<p>Addition: ALLULOSE</p> <p>Allulose is a sugar substitute. Stevia, aspartame, saccharin, and sucralose are all sugar substitutes that contain no calories yet taste sweet while producing little to no blood glucose spikes. Commercial brands leverage this data to sell products like diet (zero-sugar) drinks, sports bars, etc. Data shows that most sugar substitutes do not satisfy cravings, causing people to overeat and seek out "real" carbohydrates to make up for the saved calories. The exception appears to be 'allulose'. If you enjoy sweet food, please trial sweetening with allulose.</p>	

Green Tea

Days: 15-21

Volume & portioning: 1 cup.

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Simple version.

Green tea bags.

Riavviare version.

Some options.

- Madura
- ITO EN
- Nerada
- Twinings

Consume after your evening meal.

Likely health benefits.

- ✓ Improve gut biome balance
- ✓ Lower inflammation
- ✓ Detox
- ✓ Boost immunity
- ✓ Improve digestion
- ✓ Suppress the appetite
- ✓ Decrease sugar cravings

Quinoa & Rice Salad

Days: 16

Volume & portioning: Practice appetite-suppressing tactics and portioning to satisfy your appetite. You may feel slightly hungry for the first 2-3 days of P3. This will typically pass.

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Simple version.

Microwave Quinoa & Brown rice.
Add nuts, seeds, sultanas, beans, cheese or tofu.
Throw on a lemon juice or zesty sauce.

Riavviare version.

Ingredients

- Quinoa
- Brown rice
- Mango
- Black beans
- Red Capsicum
- Corn
- Spices

 The weblink version by Plant Based Jess

Method

Follow the 90-second video.
Simply bringing together healthy choices.

Tuna Salad

Days: 18

Volume & portioning: Practice appetite-suppressing tactics and portioning to satisfy your appetite. You may feel slightly hungry for the first 2-3 days of P3. This will typically pass.

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Simple version.

Whip up a reboot salad or buy a pre-made salad (Woolies).
A can of tuna in Olive Oil.
Bring together, fresh lemon (or bottled juice) and perhaps a little aioli.

Riavviare version.

Ingredients

- 2 cans white tuna, packed in water
- 1/2 c. mayonnaise
- 2 tbsp. finely chopped fresh dill
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 tbsp. fresh lemon juice, divided
- 1/2 c. finely chopped dill pickles (from about 2)
- 1/2 c. finely sliced celery (from about 3/4 large stalk)
- 1/4 c. finely chopped red onion (from about 1/4 small)
- 8 slices sourdough (optional)
- 4 large lettuce leaves (optional)

 The weblink version by Delish

Method

Drain tuna well and transfer to a small bowl. Using a fork, flake tuna apart into strands.

In a large bowl, whisk mayonnaise, dill, salt, pepper, and 1 tablespoon lemon juice. Stir in pickles, celery, and onion, then fold in tuna. Taste and add remaining 1 tablespoon lemon juice as desired.

Serve on bread or lettuce (if using).

Make Ahead: Tuna salad can be made 3 days ahead. Store in an airtight container and refrigerate.

Italian Brussels Sprout Dish

Days: 18

Volume & portioning: Practice appetite-suppressing tactics and portioning to satisfy your appetite. You may feel slightly hungry for the first 2-3 days of P3. This will typically pass.

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Simple version.

Panfry diced beef in butter, garlic & salt.
Chop brussels sprout (microwave to soften) and panfry in olive oil, adding organo.
Bring together, adding a homemade tomato sauce (e.g. Olive Oil, Onion, garlic, Tomatoes, basil, cream salt & pepper).

Riavviare version.


Ingredients

Dressing

- 2 cloves garlic, grated or finely chopped (about 1/2 tsp.)

Method

Dressing

<ul style="list-style-type: none"> <input type="checkbox"/> 1/2 c. extra-virgin olive oil <input type="checkbox"/> 2 tbsp. red wine vinegar <input type="checkbox"/> 1 tsp. finely grated lemon zest <input type="checkbox"/> 2 tbsp. fresh lemon juice <input type="checkbox"/> 1 tbsp. honey <input type="checkbox"/> 2 tsp. Dijon mustard <input type="checkbox"/> 1 tsp. dried oregano <input type="checkbox"/> 1/4 tsp. crushed red pepper flakes <input type="checkbox"/> Kosher salt <input type="checkbox"/> Freshly ground black pepper <p>Salad</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lb. Brussels sprouts, finely shredded <input type="checkbox"/> 1 small red onion, thinly sliced (about 3/4 c.) <input type="checkbox"/> 1 pt. cherry tomatoes, halved <input type="checkbox"/> 1 (8-oz.) ball fresh mozzarella, torn into bite-size pieces <input type="checkbox"/> 6 oz. thinly sliced genoa salami, cut into 1/4"-thick strips <input type="checkbox"/> 1 c. roasted red peppers, patted dry, sliced <input type="checkbox"/> 1/2 c. cubed provolone <input type="checkbox"/> 1/2 c. pitted Castelvetrano olives, torn into small pieces <input type="checkbox"/> 1/2 c. sliced peperoncini <input type="checkbox"/> 1/2 c. shaved Parmesan, divided <input type="checkbox"/> 1 c. fresh basil leaves, large leaves torn into smaller pieces, divided <p> The weblink version by Delish</p>	<p>Whisk garlic, oil, vinegar, lemon zest, lemon juice, honey, mustard, oregano, and red pepper; season with salt and black pepper.</p> <p>Make Ahead: Dressing can be made 5 days ahead. Store in an airtight container and refrigerate. Bring to room temperature and whisk to combine before using.</p> <p>Salad</p> <p>Add Brussels sprouts and onion to bowl with dressing and toss well to combine. Let sit at room temperature, tossing occasionally, until sprouts and onions marinate and soften in dressing, at least 20 minutes or up to 1 hour.</p> <p>Add tomatoes, mozzarella, salami, roasted peppers, provolone, olives, peperoncini, half of Parmesan, and three-quarters of basil; season with salt and black pepper. Top with remaining Parmesan and basil.</p>
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<h2 style="margin: 0;">Chicken Wraps</h2>		<p>Days: 20-21</p>
<p>Volume & portioning: Practice appetite-suppressing tactics and portioning to satisfy your appetite. You may feel slightly hungry for the first 2-3 days of P3. This will typically pass.</p> <p style="text-align: center;">.....</p> <p>Simple version.</p> <p>Wholemeal wraps BBQ Chicken Salad choices, as previously favoured in the reboot. Make a homemade aioli sauce - egg yolks, olive oil, garlic, salt, lemon juice)</p>		
<p>Riaviare version.</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken breast <input type="checkbox"/> Sourdough <input type="checkbox"/> Avocado <input type="checkbox"/> Lettuce <input type="checkbox"/> Tomato <input type="checkbox"/> Feta <input type="checkbox"/> Homemade aioli 	<p>Method</p> <p>Youtube homemade aioli.</p>	

Additional flavouring.

Search the flavouring choice in youtube for demonstrations.

<p style="text-align: center;">Lemon Vinaigrette</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> ¼ cup fresh lemon juice <input type="checkbox"/> 1 small garlic clove, grated <input type="checkbox"/> 1 tsp Dijon mustard <input type="checkbox"/> ¼ tsp sea salt <input type="checkbox"/> Ground pepper to taste <input type="checkbox"/> 1/3 tsp honey <input type="checkbox"/> ¼ EV Olive Oil <input type="checkbox"/> ½ tsp fresh thyme <p>Method</p> <p><i>Mix lemon juice, garlic, mustard, salt, pepper, and honey. Whisk in olive oil until emulsified.</i></p> <p><i>Alternatively, combine in a jar and shake. Add more olive oil if it is too tangy. Add thyme (optional) and season to taste.</i></p> <p><i>Store in the fridge for up to 1 week.</i></p> <p><i>Soften it by letting it sit at room temperature and stirring before using.</i></p>	<p style="text-align: center;">Greek Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> ¼ cup extra-virgin olive oil <input type="checkbox"/> 3 tbsp red wine vinegar <input type="checkbox"/> 1 garlic clove, minced <input type="checkbox"/> ½ tsp dried oregano, more for sprinkling <input type="checkbox"/> ¼ tsp Dijon mustard <input type="checkbox"/> ¼ tsp sea salt <input type="checkbox"/> Freshly ground black pepper to taste <p>Method</p> <p><i>Mix the olive oil, vinegar, garlic, oregano, mustard, salt, and a few grinds of pepper in a small bowl using a whisk.</i></p> <p><i>This dressing is perfect for making a Greek Salad.</i></p>	<p style="text-align: center;">Apple Cider Vinegar Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> ¼ cup apple cider vinegar <input type="checkbox"/> 1 tsp honey <input type="checkbox"/> 1 garlic clove, grated <input type="checkbox"/> ¼ tsp Dijon mustard <input type="checkbox"/> ¼ tsp sea salt <input type="checkbox"/> Freshly ground black pepper <input type="checkbox"/> ¼ cup extra-virgin olive oil <p>Method</p> <p><i>To make the dressing, simply whisk together apple cider vinegar, maple syrup, garlic, mustard, salt, and pepper in a small bowl.</i></p> <p><i>Drizzle olive oil into the mixture while whisking, and continue whisking until the dressing becomes emulsified.</i></p> <p><i>Alternatively, you can combine all the ingredients in a jar with a tight-fitting lid and shake everything until well combined.</i></p>
<p style="text-align: center;">Caesar Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> ½ cup whole milk Greek yogurt <input type="checkbox"/> 1 tsp extra-virgin olive oil <input type="checkbox"/> 1 tbpn lemon juice <input type="checkbox"/> 1 tsp Dijon mustard <input type="checkbox"/> ½ garlic clove, minced <input type="checkbox"/> 1 tsp capers, minced <input type="checkbox"/> Freshly ground black pepper <p>Method</p> <p><i>In a small bowl, you can whisk together the yogurt, olive oil, lemon juice, mustard, garlic, capers, and a few grinds of black pepper.</i></p> <p><i>Don't forget to season to taste afterwards.</i></p>	<p style="text-align: center;">Green Goddess Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup whole milk Greek yogurt <input type="checkbox"/> 1 cup parsley <input type="checkbox"/> 1 cup mixed soft leafy herbs, dill, mint, tarragon and/or cilantro <input type="checkbox"/> 2 tbsp chopped chives <input type="checkbox"/> 2 tbsp lemon juice, plus ½ tsp zest <input type="checkbox"/> 1 tbsp extra-virgin olive oil <input type="checkbox"/> 2 tsp capers <input type="checkbox"/> 1 garlic clove <input type="checkbox"/> ¼ tsp sea salt <input type="checkbox"/> Freshly ground black pepper <p><i>To make the dip, you'll need to use a food processor to combine a mixture of yogurt, parsley, mixed herbs, chives, lemon juice, zest, olive oil, capers, garlic, salt, and pepper.</i></p> <p>Method</p>	<p style="text-align: center;">Tahini Dressings</p> <p>Ingredients</p> <ul style="list-style-type: none"> ¼ cup smooth tahini 3 tbsp water, more if needed 2 tbsp fresh lemon juice 2 tbsp extra-virgin olive oil 1 tbsp maple syrup 1 tsp toasted sesame oil 1 small garlic clove, grated ¼ tsp sea salt <p>Method</p> <p><i>To prepare the dressing, take a small bowl and whisk together the tahini, water, lemon juice, olive oil, maple syrup, sesame oil, garlic, and salt until you get a smooth mixture. If the dressing is too thick, add more water, half a tablespoon at a time, until you achieve a drizzleable consistency.</i></p> <p><i>Use smooth & runny tahini for this recipe, not the dry, stiff kind that you might find at the bottom of a jar. Please note that the consistency</i></p>

	<i>In a small bowl, whisk together the yogurt, olive oil, lemon juice, mustard, garlic, capers, and several grinds of black pepper. Season to taste.</i>	<i>of tahini can also vary from brand to brand.</i>
<p align="center">Ranch-like Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup raw cashews <input type="checkbox"/> ½ cup water <input type="checkbox"/> ⅓ cup peeled and diced cucumber <input type="checkbox"/> 2 tbsp lemon juice <input type="checkbox"/> 1 tbsp nutritional yeast <input type="checkbox"/> ½ tsp garlic powder <input type="checkbox"/> ½ tsp onion powder <input type="checkbox"/> ½ tsp sea salt, more to taste <input type="checkbox"/> ¼ tsp dried dill <input type="checkbox"/> Chives, for garnish <p>Method</p> <p><i>In a high-speed blender, blend cashews, water, cucumber, lemon juice, nutritional yeast, garlic powder, onion powder, salt, and dill until smooth and creamy.</i></p> <p><i>Add further salt to taste. Finally, sprinkle some fresh chives on top and serve the dish.</i></p>	<p align="center">Balsamic Vinaigrette</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> ¼ cup balsamic vinegar <input type="checkbox"/> 1 tsp honey <input type="checkbox"/> 1 garlic clove, grated <input type="checkbox"/> 2 tsp Dijon mustard <input type="checkbox"/> ½ tsp sea salt <input type="checkbox"/> Freshly ground black pepper <input type="checkbox"/> ¼ cup plus 2 tbsp extra-virgin olive oil <p>Instructions</p> <p><i>In a small bowl, whisk together the vinegar, honey, garlic, mustard, salt, and several grinds of pepper.</i></p> <p><i>Whisk olive oil into the other ingredients until well combined. Alternatively, shake all ingredients in a jar with a tight-fitting lid.</i></p>	<p align="center">Italian-like Dressing</p> <p>Ingredients</p> <p>¼ cup extra-virgin olive oil 2 tbsp white wine vinegar 2 tbsp lemon juice 1 tbsp finely chopped fresh parsley 1 tsp honey 1 tsp dried oregano 1 garlic clove, grated ½ tsp Dijon mustard ½ tsp thyme ¼ tsp sea salt Freshly ground black pepper 2 tbsp Parmesan cheese, optional</p> <p>Instructions</p> <p>In a small bowl, whisk together the oil, vinegar, lemon juice, parsley, honey, oregano, garlic, mustard, thyme, salt, and pepper.</p> <p>If you would like to add cheese, simply stir it into the mixture.</p>
<p align="center">Avocado Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 ripe avocado, pitted <input type="checkbox"/> ¾ cup water <input type="checkbox"/> ¼ cup extra-virgin olive oil <input type="checkbox"/> 3 tbpn lemon juice <input type="checkbox"/> 1 tbpn fresh dill <input type="checkbox"/> ½ garlic clove <input type="checkbox"/> ½ tsp sea salt <input type="checkbox"/> Freshly ground black pepper <p>Method</p> <p><i>Blend avocado, water, olive oil, lemon juice, dill, garlic, salt, and pepper until creamy. Transfer to jar.</i></p>	<p align="center">Honey Mustard Dressing</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 tbpn Dijon mustard <input type="checkbox"/> 2 tbpn extra-virgin olive oil <input type="checkbox"/> 2 tbpn apple cider vinegar or fresh lemon juice <input type="checkbox"/> 1 tbpn honey <input type="checkbox"/> 1 small garlic clove, grated or minced <input type="checkbox"/> ¼ tsp sea salt, more to taste <input type="checkbox"/> Freshly ground black pepper <p>Instructions</p> <p><i>In a small bowl, whisk together mustard, olive oil, vinegar, honey, garlic, salt, and pepper.</i></p>	<p align="center">Lemon Olive oil</p> <p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh lemon <input type="checkbox"/> EV Olive Oil <input type="checkbox"/> Salt <input type="checkbox"/> Maybe garlic <p>Instructions</p> <p><i>Shake, rattle & roll.</i></p>

<i>If the dressing is too thick, add water until it reaches the desired drizzling consistency.</i>		
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Notes: