



 **Homemade Method™**

RESET RESPONSE RECIPES TO HELP YOU FEEL
SATISFIED FOR LONGER

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Month 36: Reset Response Recipes To Help You Feel Satisfied For Longer

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GF	Gluten Free
DF	Dairy Free
MP	Meal Prep/Freezer Friendly
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



High Protein Breakfast Pizza

Who doesn't love pizza for breakfast? Now you can enjoy your favorite classic pizza flavors with this quick and easy protein-packed breakfast recipe.

Eating a good source of protein in the morning can help **stabilize your blood sugar** throughout the day and helps with **weight loss** too. Delicious warm or cold, this pizza is a great way to get your veggies in at breakfast! Antioxidant-rich zucchini bumps up the fibre content making this meal extra satisfying and **heart-healthy**.

Go ahead and get creative with this one - pizza is the perfect vehicle for any veggie toppings you enjoy. What a fun way to start the day!

HIGH PROTEIN BREAKFAST PIZZA

Serves 1

½ tsp. coconut oil
1 egg
5 egg whites
1 tbsp. coconut flour
¼ cup (30g) zucchini (courgette),
grated
Herbs de provence (mixed
herbs), to taste
Salt and pepper
⅓ cup (80ml) tomato sauce
(passata)
2 tsp. Parmesan cheese, grated

Directions:

1. Heat the oil in a 9-inch non-stick skillet over a medium heat.
2. In a bowl, whisk together the egg, egg whites, grated zucchini, coconut flour, herbs and season to taste with salt and pepper. Pour the egg mixture into the skillet, cover with a lid and cook gently until the eggs are set.
3. Serve immediately, topped with the tomato sauce and Parmesan cheese.

DF MP V

Prep	Cook
5 mins	30 mins



Savory Pancakes with Sautéed Sweet Peppers and Chickpeas

Pancakes aren't *just* for breakfast, you know? These gluten-free savoury buckwheat pancakes are **perfect for *any meal*** of the day.

Buckwheat is an incredibly nutritious grain with many health benefits for your body. Buckwheat may **improve heart health**, and **promote weight loss** - not to mention, help **balance your blood sugars**. Not bad for a flapjack!

These special pancakes are served with a generous topping of sautéed sweet peppers and chickpeas and a creamy tahini sauce. The combination of **healthy fats, fibre and protein** in this recipe will keep you feeling **full and satisfied** for hours!

SAVORY PANCAKES WITH SAUTEED SWEET PEPPERS AND CHICKPEAS

Serves 4

For the pancakes:

1 ¼ cup (150g) buckwheat flour
1 tsp. chili powder
1 tsp. paprika powder
salt & pepper
1 cup (240ml) water
4 tsp. olive oil

For the vegetables:

3 bell peppers, seeded and sliced
1x 14 oz. (400g) can chickpeas, drained
salt & pepper
1 tsp. paprika
1 tbsp. olive oil
1 tbsp. tahini
1 lemon, juiced
2 tbsp. fresh parsley, chopped

Directions:

1. Preheat the oven to 375°F (190°C). Place the eggplant, zucchini and chickpeas in a roasting dish. Season with salt and pepper, paprika; drizzle over the olive oil and mix well to combine. Place the dish in the oven and bake for 25 minutes. Remove from the oven, add in the tomatoes and return the dish to the oven to cook for a further 10 minutes.
2. In the meantime, prepare the pancakes. Place the flour, chili powder and paprika in a bowl, season with salt and pepper and mix together. Add in the water and mix well to form a thick batter
3. Heat 1 tablespoon of olive oil to a pan over medium heat, and sautee peppers and chickpeas for 7 minutes, or until peppers are soft. Move the skillet from side to side to spread the batter around. Cook for about 4 minutes then flip the pancake over and cook for a further 2-3 minutes on the second side until the pancake is cooked through. Transfer the pancake onto a plate and cover it with tin foil to keep warm. Repeat this process a further 3 times with remaining olive oil and batter mix.
4. Once the vegetables have cooked, remove the dish from the oven and transfer it into a large bowl. Add in the harissa paste, tahini, lemon juice, and parsley. Season to taste with salt and pepper and mix well.
5. Place a pancake on each plate and top each pancake with an equal portion of the roasted vegetable mix. Garnish with additional chopped parsley and serve immediately.

GF DF V MP

Prep	Cook
15 mins	45 mins



Maple Nut Baked Oatmeal

This customizable make-ahead recipe will **keep you full and satisfied** all morning. The best part is, it's not just for breakfast! Maple Nut Baked Oatmeal is a perfect afternoon snack or even dessert, too.

Oats are an incredible source of fibre and are celebrated for their ability to help **lower cholesterol** - not to mention they are so comforting to eat. The protein in this recipe from the chia seeds and butter is crucial to helping you **stabilize your blood sugars**, and lose weight naturally.

This recipe is one you can get really creative with! Garnish your baked oatmeal with any fruit, yogurt, nuts, or other nourishing toppings you love.

MAPLE NUT BAKED OATMEAL

Serves 1

½ cup (40g) rolled oats
½ banana
½ cup (120ml) almond milk,
unsweetened
1 tbsp. maple syrup
1 tbsp. chia seeds
1 tbsp. nut butter.
½ tsp. baking powder

Toppings:

¼ cup (30g) raspberries
1 tbsp. vegan chocolate
chips
1 tbsp. peanut butter,
natural

Directions:

1. Preheat the oven to 350°F (180°C).
2. Place all the ingredients, except for the toppings, into a high-speed blender or food processor and blend until smooth.
3. Transfer the batter into an ovenproof dish and top with fresh raspberries and chocolate chips.
4. Place the dish in the oven and bake for 25-30 minutes, until golden on top. Once out of the oven drizzle over some peanut butter and serve.

DF MP V

Prep	Cook
5 mins	30 mins



Smoky Tomato and Bean Stew

This hearty stew is the ***perfect weeknight dinner***. It's packed with smoky garlicky flavor and ready in a flash. This is one of those recipes that freezes perfectly and tastes even better the next day - so make a big batch!

White beans are the star of the show in this dish. Cannellini have thinner skin than red kidney beans, a creamy texture and buttery flavour - they are absolutely decadent! Not to mention they are chock-full of fibre to help **lower cholesterol**, boost digestive health, and help **lower your A1C**.

Served with fluffy rice and fresh greens, this gorgeous meal is perfectly balanced and will **keep you satisfied** for hours.

SMOKY TOMATO AND BEAN STEW

Serves 4

2 cloves garlic, minced
½ cup (55g) sundried tomatoes, drained
1 tsp. smoked paprika
Salt and pepper
1x 14.oz. (400g) can cannellini beans, drained
1x 14oz. (400g) can chopped tomatoes
1 tbsp. maple syrup

To serve:

3 cups (480g) rice, cooked
4 handfuls lambs lettuce, or other greens of choice
4 tbsp. natural soy yogurt
Black pepper

Directions:

1. Cook the rice according to the instructions on packaging.
2. Heat a large pot over medium high heat and sauté the sundried tomatoes and garlic for 2-3 minutes. Add in the smoked paprika, season to taste with salt and pepper and mix well to combine. If necessary, add a splash of water to prevent the tomatoes from burning.
3. Now add the drained cannellini beans, chopped tomatoes, maple syrup and simmer for a further 10 minutes.
4. To serve, divide the rice, lambs lettuce and bean stew between 4 plates and top with a tablespoon of yogurt. Finish with some black pepper and serve immediately.

GF MP DF V Q

Prep	Cook
5 mins	15 mins



Creamy Sundried Tomato Pasta

If you're **looking for a nutritious and filling dinner the whole family will love**, this creamy dreamy pasta dish is *it*. The clever use of cashew nuts, almond milk and nutritional yeast creates a unique plant-based sauce that is a much lighter (but equally flavorful) version of Alfredo sauce.

Cashews are **rich in healthy fats and fibre**, making them incredibly satisfying. Paired with their high antioxidant profile, cashews are **anti-inflammatory** and can help **lower HDL cholesterol**.

The concentrated flavor of sundried tomatoes makes this sauce pop! Full of fibre and minerals, these meaty little morsels provide your body with nourishment while helping you to **control your blood sugars**.

CREAMY SUNDRIED TOMATO PASTA

Serves 4

For the pasta:

10.5 oz. (300g) pasta of choice
½ cup (55g) sundried tomatoes, chopped
2 cloves garlic, minced
4 tbsp. fresh basil, chopped
¼ tsp. chili flakes

For the sauce:

1 cup (140g) cashew nuts
1 ½ cups (350ml) almond milk, unsweetened
2 tbsp nutritional yeast
2 tsp. salt

Directions:

1. Cook the pasta according to the instructions on the packaging.
2. Place the cashew nuts in a pot of water, place over medium-high heat and boil for 5 minutes. Drain the water from the nuts and transfer it to a high-speed blender. Add in the remaining sauce ingredients and blend until smooth, set aside.
3. Heat a large pot over medium heat and sauté the sundried tomatoes and garlic for 1-2 minutes, using some of the oil from the tomatoes. Reduce the heat to low and add the earlier made cashew nut sauce, fresh basil, and chili flakes. Bring to a gentle simmer.
4. Now add in the cooked pasta and mix well to combine. Take the pan off the heat and divide the pasta between 4 bowls. Serve immediately garnished with additional fresh basil and more chili flakes.

GF DF V Q MP

Prep	Cook
5 mins	15 mins



Super Green Soup

This vibrant soup is probably **the easiest way ever to get your daily greens in!** Broccoli, spinach and cilantro give this soup its gorgeous green hue, while tender cannellini beans provide a creamy and satisfying texture.

High-fibre broccoli helps stabilize blood sugars and **curb over-eating**, while spinach has been shown to **lower blood pressure**. Both of these green veggies are a great source of calcium for **strong healthy bones**, too!

The creamy white beans add protein, rounding out this simple recipe into a balanced meal. Lemon juice and cilantro give this rich soup a refreshingly light flavor.

SUPER GREEN SOUP

Serves 4

1 tbsp. olive oil
2 cloves garlic, minced
2 tsp. ground cumin
Salt and pepper
2 ½ cups (600ml)
vegetable broth (stock)
1 large broccoli head, cut
into florets
7 oz. (200g) spinach
1x 14 oz. (400g) can
cannellini beans, drained
4 tbsp. fresh cilantro
(coriander), chopped
½ lemon, juiced
5 tbsp. oat cream, to
serve

Directions:

1. Heat the olive oil in a large pot over a medium heat. Add the garlic and cumin to the pot and season with salt and pepper, cook for 1-2 minutes. Now add in the vegetable broth and the broccoli and bring to the boil. Reduce the heat and simmer gently for 10 minutes.
2. Add in the remaining ingredients (excluding the oat cream) and cook for a further 10 minutes. Once the soup has cooked, use a hand blender to blend until smooth and creamy.
3. Divide the soup into bowls and serve topped with a tablespoon of oat cream.

GF DF V Q MP

Prep	Cook
5 mins	22 mins



Watermelon Poke Bowl

Poke bowls are such a **fresh, fun and delicious** way to enjoy the flavours of sushi! A traditional Poke Bowl is best described as “deconstructed sushi,” and usually features marinated raw fish, rice, and an assortment of crisp veggies.

In this fresh plant-based take on a classic, sweet marinated watermelon acts as the fish. It’s cooling, juicy and crisp - and it looks exactly like raw tuna! **Anti-inflammatory** watermelon is **bursting with vitamin C**, making it an excellent choice for **healthy glowing skin** and immune support.

And don’t worry about missing out on protein because edamame beans have got you covered. Edamame (or soybeans) are among the best plant-based protein sources. These little beans can also help **lower cholesterol** and reduce the risk of many chronic diseases.

WATERMELON POKE BOWL

Serves 4

For the watermelon:

2 cups (300g) watermelon, cubed
6 tbsp. tamari sauce
2 tsp. rice vinegar
1 tbsp. sesame oil
1 lime, juiced
1 tbsp. maple syrup
2 green onions (spring onion), finely sliced
2 tbsp. root ginger, grated
2 tbsp. sesame seeds, toasted
1 tsp. red chili flakes

For the sauce:

3 tbsp. natural soy yogurt
1 tbsp. sriracha sauce

For the poke:

9 oz. (250g) cooked rice
½ cucumber, sliced
1 avocado, sliced
½ cup (60g) edamame beans
1 tbsp. nori, chopped
1 tbsp. black sesame seeds

Directions:

1. Place the tamari sauce, rice vinegar, sesame oil, lime juice, maple syrup, green onions, ginger, sesame seeds, and chili flakes into a bowl and mix well to form a marinade. Pour the marinade over the chopped watermelon and set it aside to marinate for 1 hour in the refrigerator.
2. In a small bowl, combine the yogurt and sriracha sauce and place in the refrigerator until ready to assemble.
3. Once the watermelon has marinated, assemble your poke bowl. Divide the cooked rice between 2 bowls. Top with the watermelon, cucumber, avocado, edamame beans, nori, and sriracha yogurt sauce. Garnish with black sesame seeds and serve immediately.

GF DF V MP

Prep	Cook
20 mins	1 hour



Easy Vegan Fried Rice

This easy Vegan fried rice will **satisfy your most stubborn cravings for take-out**. This one is especially perfect for when you find yourself with leftover rice from the day before. You can have a balanced and satisfying meal on the table in 15 minutes!

This crowd-pleasing recipe features the aromatic flavors of **anti-viral** garlic and **anti-inflammatory** ginger. Tofu is a fantastic inexpensive source of protein, iron and calcium - making it a must-have for good bone health. Tofu also contains compounds with the potential to improve and **reduce menopausal symptoms** like hot flashes and night sweats.

Brown rice, pak choy and carrots bring fibre to the party, keeping us full and satisfied while helping to **control blood sugars**.

EASY VEGAN FRIED RICE

Serves 4

2 cups (400g) brown rice, cooked
1 tbsp. coconut oil
1 onion, chopped
2 cloves garlic, chopped
 $\frac{3}{4}$ inch (2cm) root ginger, grated
1 small pak choy, sliced
2 carrots, finely chopped
10.5 oz. (300g) silken tofu, crumbled
4 tbsp. tamari sauce
2 tbsp. rice vinegar

To serve:

$\frac{1}{4}$ cup (36g) peanuts, chopped
3 green onions (spring onions), sliced
 $\frac{1}{2}$ cucumber, sliced
1 tomato, sliced

Directions:

1. Cook the rice according to instructions on packaging.
2. Heat the coconut oil in a large skillet over a medium heat and fry the onion, garlic and ginger for 2-3 minutes. Add in pak choy and carrots and cook for a further 5 minutes.
3. Now add in the cooked rice, tofu, tamari sauce and rice vinegar. Sauté together for another 5 minutes, stirring constantly.
4. To serve, divide the rice between 4 serving bowls and top each bowl with sliced green onions and chopped peanuts. Serve immediately with sliced cucumber and tomato.

GF DF V Q MP

Prep	Cook
10 mins	13 mins



Healthier Cob Salad

Classic American Cobb Salad makes the perfect **easy, wholesome and filling** meal. The variety of colors and textures makes this one a real feast for the eyes, too! **Creamy avocado, crispy bacon, and a simple sweet vinaigrette** tie this craveable recipe together.

A perfect lunch or light dinner, Cobb salad is packed with **healthy fats** and protein to keep you satisfied for hours, helping you feel full and **lose weight**. Romaine lettuce, tomatoes and avocado are packed with fiber, which can contribute to **lowering your A1C** and regulating digestion.

Feel free to **get creative** and add any extra vegetable you like, or make this salad plant-based by using white beans in place of the chicken, bacon and egg!

HEALTHIER COB SALAD

Serves 2

1 small head of Romaine lettuce, chopped
1 cup of cooked chicken breast, diced (or substitute chickpeas)
2 slices of crispy bacon, crumbled
2 Tablespoons feta cheese or goat's cheese, crumbled
½ an avocado, sliced
2 eggs, hardboiled
8 Cherry tomatoes, halved

For the dressing:

3 Tablespoons Apple Cider Vinegar
1 Tablespoon Olive Oil
1 Tablespoon Dijon Mustard
2 teaspoons Honey
Salt and Pepper to taste

Directions:

1. Boil the eggs, peel them, and slice them.
2. Combine dressing ingredients in a small bowl, and whisk them together.
3. Slice, chop and crumble your remaining salad ingredients.
4. Assemble your salad by arranging the ingredients nicely over a bed of lettuce, or simply combining everything together. Drizzle with dressing and serve.

GF Q MP

Prep	Cook
10 mins	15 mins



Vanilla Peach Muffins

These simple gluten-free muffins are the perfect way to add some variety to your breakfast or **change up your snack routine**. The batter is laced with vanilla and honey, and lightly spiced with warm cinnamon - and let's not forget about the juicy chunks of peach. Can you say YUM?!

Everyone loves a tender muffin, and these ones are made with incredibly nourishing ingredients. Almond and coconut flour are both high in healthy fats and fibre, which means these muffins provide your body with **sustained energy** and help **keep your blood sugars under control**.

Almond flour has also been shown to help **lower cholesterol and blood pressure**, too. Vanilla Peach Muffins are the ultimate portable and freezer-friendly snack.

VANILLA PEACH MUFFINS

Makes 12

1 medium peach, chopped

Dry ingredients:

1 ½ cups (140g) ground almonds

2 ½ tbsp. coconut flour

1 tsp. ground cinnamon

½ tsp. baking soda

¼ tsp. salt

Wet ingredients:

2 eggs, beaten

4 tbsp. honey

2 tbsp. coconut oil, melted

2 tsp. vanilla extract

Directions:

1. Preheat the oven to 350°F (180°C). Line a muffin tin with paper muffin liners or use silicone muffin cases.
2. In a large bowl, mix together the dry ingredients, and in a separate bowl, mix together the wet ingredients.
3. Fold the wet ingredients into the dry ingredients and mix with a spatula until well combined. Add in the chopped peach and mix again.
4. Evenly distribute the mixture between the 12 muffin cases. Place in the oven and bake for 20-25 minutes until golden and an inserted toothpick comes out clean.
5. Remove the muffins from the oven and place on a wire cooling rack for 10 minutes before removing from the liner.

GF DF MP V

Prep	Cook
10 mins	25 mins