

30 DOP Lunches

Chicken Avocado Wraps

Serves: 4 at quantities given

Steps:

1. Combine the chicken, avocado, alfalfa sprouts, green onions, walnuts and basil leaves in a mixing bowl. Season with freshly ground black pepper.
2. In a smaller bowl, whisk the lemon juice, dill, and honey together. Slowly add the olive oil, whisking until it emulsifies and becomes thick and creamy.
3. Pour the lemon-dill dressing over the chicken mixture and toss to mix. Scoop the chicken mixture into the lettuce leaves to serve.

- 2 cups cooked chicken, shredded
- ½ cup avocado, cubed
- ½ cup alfalfa sprouts
- ½ cup green onions, chopped
- ½ cup green walnuts, chopped
- ½ cup basil leaves, chopped
- Freshly ground black pepper, to taste
- 2 tbsp lemon juice
- ½ tsp dill
- 1 tsp honey
- 4 tbsp olive oil
- Bibb lettuce leaves, intact and un-torn

Quick Seafood Stir Fry

Serves: 4 at quantities given

Steps:

1. Heat the coconut oil in a large frying pan over a medium heat. Add the pepper, French beans, tomatoes and garlic, and stir fry.
2. Stir in the paprika and chili powder, and cook for a further 6-8 minutes.
3. Add the scallops and squid rings and coat in the spices. Cook for a further 4-5 minutes, stirring occasionally.
4. Finally, add the julienned courgette, combine all the ingredients and cook for around 3 minutes of until cooked to your liking.

- 1 tbsp coconut oil
- 1 red pepper, deseeded and sliced
- 1 handful French beans, halved
- 10 cherry tomatoes, peeled and finely chopped
- 1 heaped tsp smoked paprika
- ½ tsp chili powder
- 200g raw scallops
- 300g raw squid rings

FIND YOUR PRIMAL SELF

- Celtic Sea or Himalayan Pink salt and freshly ground pepper
- 2 large courgette, julienned

Last Resort Meal Replacement

Serves: 1 with listed quantity

Steps:

1. Use a blending mixer to shake the water or milk with UCAN and Puori protein.
- 1 x Scoop of plain super starch powder from Generation UCAN
 - 1 x 30g serving of Puori flavoured organic whey protein

Super Fast Salad

Serves: 1 or 2 in a hurry

Steps:

1. Throw all your ingredients into a glass tupperware and get to work
2. Save your dressing until your ready to eat, don't forget your fork

- Handful of baby leaf spinach
- Handful of wild rocket
- 2 x chopped beetroot
- 1 x medium avocado
- Sprinkle of your favourite nuts and seed blend
- The leftover protein from your previous evenings meal
- A glug of EVOO and dash of balsamic vinegar