



# The Hungry Human The Biggest Secrets

Over 100 delicious recipes and all the secrets you need to change your life forever!

**Kellie-Marie Bryan**







# The Nude Way

Hello!

Welcome to The Nude Food Company's latest eBook – the one with all the secrets.

My name is Kellie-Marie and I am the founder and owner of The Nude Food Company and Kellie-Marie Fitness.

I have been doing meal prep through the company for 3 years and the time has come to move the business in a different direction so, I have decided to give away all my secrets. Why? Because as you will soon learn, there are no secrets to success when it comes to reaching your goals. It's all about honesty, understanding of the basics and perseverance. I hope that this book is set out in a way to show you how simple it can be and how you can make it into your lifestyle.

The Nude Food Company has 2 clear goals:

- To make healthy eating easy
- To make healthy eating exciting

I come from a Personal Training background and I would say 80% of my clients would have the same issues with reaching their goals. Their training would be spot on and they would absolutely smash every single session but their food would let them down massively. I totally understand why, it is the hardest part to get your head around. But it is also the most important. It has taken me a long time to take on the simplistic understand that I have, which works for me.

It takes a long time to get your head around this way of thinking, but in order to get the most out of your body, you should view food as FUEL. That is exactly what its main purpose is – to fuel our bodies. Later, I will give a brief breakdown of how food works but everyday you should be looking at what you're eating and questioning what good is it doing you. Of course, occasionally we will look down at a donut and say "What good are you doing me? You are good for my soul" And that is totally fine, so long as the "soul food" is in the minority of food decisions.

But through this book we will take it step by step and hopefully by the end of it you will have a good understanding and be in control of your new healthy lifestyle. No secrets, no fads. Just the best version of you – forever!

Massive amounts of good luck on your journey to reach your goals and remember only YOU can be the one to make the difference. Focus on your goals and get the job done. You CAN do it.

If you have an event coming up and would like some fabulously healthy and fresh food with a festival favourite twist, get in touch.

Kellie-Marie  
X



# a Nude You

## The Fundamentals to a NUDE you!

Right, let's go back to basics and have some real talk.

There is A LOT of contradictory information out there when it comes to reaching your goals. There is also a lot of nonsense and lies. I have three pieces of advice for you to stick to. If you stick to these you will have such a smoother journey.

### KISS.

### KEEP IT SIMPLE STUPID.

There are so many different techniques out there for losing weight, building muscle, getting stronger, getting faster. Look at what your goals are and where you are currently at in your journey. If you would like to lose a stone, right now you just need to be in a calorie deficit. KISS. If you have lost your stone and you realise you are enjoying looking leaner and decide you want to compete in a body building competition – then its time to add more detail because you are training for something very specific and to get the best results you will need to have a slightly more in depth understanding of food and the effects it has on your body. But with a generic goal of losing a stone, you don't need anything other than a calorie deficit. Which is what your main focus should be.

### BE REAL

What are your goals and what are you willing to sacrifice to get there? For example, one of the biggest goals I hear is “I want a 6 pack” That's a great goal and what a sense of achievement when you have got there. But are you ready for the sacrifices that come with that? (See Blog – Three simple steps to getting and keeping a six pack) You have to be very strict with your diet for a long time. With that level of definition comes a certain level of discipline. And if you don't have a lifestyle that allows for that, it is going to be an unrealistic goal to set.

### INSTINCT

If your gut instinct tells you something is too good to be true – IT IS. For example. The Coffee companies who tell you that all you need to do is drink their coffee everyday and you will lose weight, no other changes need to be made to your lifestyle. I'm not even going to start voicing my opinion on these fad diets.

But yes hun, it is too good to be true because it simply isn't true.

To reach your goals takes hard work, commitment, dedication and perseverance. If you want a secret potion – there it is. Anything less than that is not going to work for a sustainable period of time.

Understanding and focusing on those 3 fundamental points will put you in a good mindset to start your journey. You need to be prepared for a level of commitment dependent on what your goals are.

The next stages of the book take you through the basic science bits which I believe everyone should be aware of that will help you create a healthy lifestyle. If you want to go in to it further then please do using good factual sources.

We will then go on to speak about goals and habits and general tips on meal prepping.



# The Sciencey Bit

It is good to have a basic understanding of how food works and the importance of different foods. I think the following information is the basic knowledge base, but if it interests you and you want to look more into it, please do so from good, reliable sources.

## Definitions:

A **CALORIE**: used to measure the energy value of food. Everything we consume contains calories.

**CALORIE DEFICIT**: This is where you would eat less calories than you burn. A calorie deficit is needed to lose weight.

**ENERGY BALANCE**: This is the measure of the **CALORIES** you intake to the **CALORIES** you burn. Where your **ENERGY BALANCE** is, determines how your body is going to respond with regards to maintaining, losing or gaining weight.

**MACRONUTRIENT (Macros)**: every food has a macronutrient split which is how much Carbohydrate, Fat and Protein it has in it. Our bodies need all 3 macronutrients to function and each one has its own use.

**MACRONUTRIENT GOALS**: If you have a specific goal, for example – I want to look lean for a photoshoot. So I will put myself in a **CALORIE DEFICIT** to 1750 calories. But that's not enough for me to look as lean as I want to so then I also need to set a **MACRONUTRIENT GOAL** within that which would be much lower carbs and higher protein. So I may, for the first week be trying to hit less than 20% of my calories to come from Carbs, 45% from protein and 35% from fat. That would be my **MACRONUTRIENT GOAL** to hit that everyday. (When I say the goal is to "look lean" this essentially means losing weight, so being in a calorie deficit)

**MICRONUTRIENTS**: These are vitamins and minerals. Our body still needs these but in much smaller amounts. For the purpose of this, they have no real effect on fat loss or muscle growth directly, but we still need them in our diets.

**TRACKING**: The term used when we use an app to help us know if we are getting the right amount of calories and if we are hitting out Macronutrient Goals. Going back to my **MACRONUTRIENT GOAL** setting. I could put all the food I am eating with the measurements and know exactly how many calories I am eating and the **MACRONUTRIENT** split on each of those. I would be **TRACKING** my calories and macros.

**NUTRITIONAL TIMING**: For the purpose of this book, it is unnecessary to go through this in detail. However, this refers to planning your **MACRONUTRIENT** intake for specific times in the day. For example: pre/post workout, the way your calories are distributed, calorie/carb cycling. If you want to read more into this, go ahead – it is a whole other world! But for general fat loss/healthy lifestyle, the only thing you need to concentrate on is **CALORIE** intake and possibly **MACROS**.

**FAD DIET**: A diet which may encourage you to lose large amounts of weight in a short amount of time, but is not sustainable, terrible for your mental health and anyone who is promoting them should be made to suck the oil out of Cod Liver tablets.

**BASAL METABOLIC RATE (BMR)**: The amount of energy expended while in rest. It includes calories consumed by breathing, pumping blood, growing and repairing cells and all other biological processes. So note, we need calories just to keep our bodies working on the inside.

**THERMIC EFFECT OF ACTIVITY (TEA)**: The amount of energy expended through all voluntary and involuntary movements. Voluntary is obviously all the movements we mean to do. Involuntary includes things we do without thinking – moving in a chair, tapping our foot, bumping our leg.

**THERMIC EFFECT OF FOOD (TEF)**: The amount of energy expended through the digestion of food



## Putting it all Together

In order to achieve your goals, the correct calorie and macronutrient count is very important. This is specific to both physique and performance goals. Tracking our food take is the easiest and most reliable way of losing body fat or gaining leaning mass. (Although, as I have already touched on in this book, it certainly isn't the only way and it is not for everyone – including me!)

There is a huge correlation between how much we eat, the foods we consume and the way our bodies look. There is no getting away from that. We have all heard the sayings:

- You are what you eat
- Abs are made in the kitchen
- You can't out train a bad diet

It really is about what we are putting in your mouth.

Having an understanding of this, accepting it and putting it into action will forever give you the key to being in control of your own bodyweight and how you look.

There is a hierarchy of importance when it comes to any goal. As you can see from the illustration the amount of calories you eat in the foundation of any goal. Then you can look at Macros – the split between your protein, fat and carbohydrates and so on. You need to make sure you get the basics right before you move up the pyramid.

Everything we eat and drink (except tap water!) contains calories.

Everything we DO burns calories. This includes movement, exercise, sleeping and the functioning of our bodily organs burns calories. Look back at the definitions as TEF, TEE and BMR. Everything we do burns calories.

Depending on our diet and lifestyle there are 3 things that can happen.

- Eat as many calories as we burn – maintain bodyweight
- Eat more calories than we burn – gain bodyweight
- Eat less calories than we burn – lose bodyweight

With that in mind, I would like you to think about any fad diet you have previously done. For example, Atkins, Cambridge Diet, Intermittent Fasting, 5:2, Slimfast, Paleo, Keto, all of these coffees etc (and so many more for me to get myself wound up about!) What do all of these have in common?

They all put you in a calorie deficit. And that is quite simply the only reason. There is certainly no science relating to eating cabbage soup every day and losing weight, other than the fact that you are putting yourself in a great big fat calorie deficit and in some instances, verging on the point of starvation. It is giving someone a certain set of rules and something to believe in and follow, but ultimately you are just not eating as many calories as you are burning and that is why you are losing weight.

It really is that simple.

If there is one message you take away from this book, I want it to be exactly that. To lose weight you need to be in a calorie deficit. Regardless of what name you need to call it to get there – if you are in a calorie deficit, you will lose weight. The best way of losing weight and keeping it off is to just look after your calorie intake. I can say it a thousand ways but it means the same thing.

To work out your calorie intake, simply type into Google Calorie calculator, click on a website, put in your details and it will give you a guide. NOTE – this is just a guide, you may find you need to play around with it to see what works for you.

If you would like to read more about calorie deficits, I would strongly recommend “Stasser et al” and the studies on fat loss. It is an interesting read.



## More about those Macronutrients

If you are following this so far and want to know more, here is just a little bit more information to make you more knowledgeable about what is contained in food.

As I have already said, all foods contain a split of 3 macronutrients; Protein, Fat and Carbohydrates. Here is the most basic of explanations as to what each one is good for. Please read more in depth into this if you would like to. But for the purpose of this book, this is as far as we go.

**PROTEIN:** Needed to build and repair muscle. There are 4 calories for every 1 gram of protein

**FAT:** Needed for the absorption of vitamins and is a good source of energy . There are 9 calories for every 1 gram of fat

**CARBOHYDRATE:** The main source of energy for our bodies and brain. There are 4 calories for every 1 gram of carbohydrate

How you decide to split your macros depends on your goals really and I would say play around with it. The most common split is 40% Carbs, 40% Protein 20% Fat. But test it out, change it up. I often change my main focus with my macros depending on what I am training for, the intensity of my training and my goals.

I will briefly mention IIFYM because if you start googling macros, this will come up. It stands for IF IT FITS YOUR MACROS. The idea behind this is that you can eat what you want basically – if it fits your macros. Which makes sense in a way but for me personally I dislike the concept a lot. It feels like it is a way of “cheating” because you can eat a cookie when you want or a McDonalds.

But, as I hope is clear in this book, I believe in eating the right foods for more than just the way you look. MIND, BODY AND SOUL. Why trick your diet and eat foods which aren't good for you or will make you feel rubbish? If you go to the trouble of tracking your macros, surely you would want to feel the best possible version of yourself as well.

But that is just my opinion, you need to do whatever works for you.

Hopefully that makes sense with the very basics of knowledge. Sometimes people over complicate things for the sake of it. I don't think we need to for the purpose of this book. But if you do want to know more, its always good to learn new things.

## Supplements – What should you take?

My personal opinion on this is that we should be able to get everything we need from our diet so we should not need to use supplements. I understand that some people may need supplements due to health reasons and that is fine. I am speaking about the general human being who is on a weight loss journey. Personally, I use Protein Powder to ensure I am getting enough protein. I take Cod Liver Oil Capsules because they massively help with recovery. And I also take magnesium.

All of the supplements I take, I am unable to get the amount I need through just diet alone so I supplement. I have seen the difference taking them has on my body and I will continue to use them because of that.

When people ask me about specific supplements, my answer is always the same – we are all different, so the only way to know if it has an effect on you is to take it yourself for a few weeks and see if you feel a difference.

But it is pointless taking supplements when your diet is bad. Remember the hierarchy of importance in “The Sciencey Bit” section. Supplements is the tiny bit at the very top. And that is because if you get your food and water intake right, your supplementation should be minimal, if required at all. If everything else is good, you should feel full of energy and awesome anyway.

Take the time to get it right and your body will thank you, I promise.



# Check Yourself

Goals - The starting point of success.

The mistake a lot of people make is they have an ideal body image in mind and set that as a goal, without thinking about what it will take to get there and the impact that will have on your daily life. This has to be realistic in order to achieve success.

We have all heard the term SMART Goal. It must be: Specific, Measurable, Achievable, Realistic and Timely.

Say for example, you want to lose one stone in 8 weeks. This is a smart goal:

**Specific** – The amount of weight and by the time you want to lose it

**Measurable** – you will be measuring how much weight you have lost by the scales

**Achievable** – absolutely. It's a long enough period of time to lose that much weight.

**Realistic** – This is a realistic goal.

**Timely** – You have stated that this will be achieved in 8 weeks.

So the goal is certainly achievable.

Now let us add into the mix that you have already decided you haven't got time to exercise and you still want to eat takeaways every weekend. And you don't want to give up your latte from Costa every day because you HAVE to have it. Oh and you just can't get through the evening without that bar of chocolate.

Suddenly that very realistic goal becomes not so realistic because the level of commitment to the goal has dropped significantly. This is all on you. Nobody else can make those decisions to change for you. You have to do it yourself. Make yourself accountable and make the sacrifices you need to make.

So the point here is anyone can make a specific, measurable, achievable, realistic and timely goal which in theory you should be able to achieve. But the magic happens when you then take that goal and use it to determine the realistic level of achievement you wish to commit to and you make the changes.

Good goal setting really is the secret to success. Without a goal we don't have any accountability or any way to measure it, so what motivation are we giving ourselves to start with. I am such a goal orientated person and I always have goals, split into mini goals so I know I can achieve them! Every month I take a few hours to assess my achievements over the previous month and decide the goals I want to achieve, make plans to put them into action and consider any changes I want to make to my current lifestyle.

It may seem a bit prescribed for some people, and sometimes I don't achieve everything. But every month I move forward in some way which makes me happy.

Take time out and set some goals for yourself. Specific, measurable, achievable, realistic and timely goals and make the steps in the right direction to get there. Sound it out with someone who knows you well and see if they believe it's achievable. This will help getting someone to keep your motivation going as well.

You've got this.



# Habit Whore

## Be a habit whore like me

What do I believe the key to success in reaching your goals is?

Creating new and healthy habits.

Sounds super easy. All we need to do is create a habit and we can achieve anything we want. So why is it so difficult?

Its actually to do with how our brains work. To create a habit, we just need to keep doing the same thing over and over again. For example, having that bottle of wine on a Friday night after work, it's a habit. And that's usually one we are good at sticking to. Our brains know it is Friday and you start craving the wine. If you wanted to stop that habit, it then becomes quite difficult because our enjoyment factor that the bottle of wine brings, outweighs the reasons to stop doing it.

Flip that over. I used to run a HIIT class at 6.30am every Wednesday at The Umbrella. If every person came to that class that said they were going to, I would probably have to swap venues. But it is my quietest class, especially with the dark mornings. Why? Because the enjoyment factor of staying snuggled in bed outweighs the perceived enjoyment they will get by actually stepping out of bed at that moment. So habits can't be created. However, when someone does start coming to the class and they realise the sense of pride and good feelings they get once it has finished then outweighs that 2 second decision to stay in bed longer, healthy habits can be formed again because we know it feels good.

## What to do?

Go through the pain!! I can guarantee if you made yourself do something at the same time and place every week for 3 weeks, it will become easier and easier to continue doing that. But that takes commitment from you. And only you. You ultimately control what you do.

Another example – that chocolate bar you HAVE to have at 8pm every night because you just cannot live without it. What if tomorrow at 8pm you go upstairs and have a bath. Because I promise you, you don't need it. Cavemen coped pretty well without their 8pm Dairy Milk fix. But because the enjoyment factor of eating that chocolate bar outweighs not eating it – we have created a habit which we will have to do something about to change.

Sometimes if we understand why our bodies are responding in a certain way we can then go ahead and make those changes to fix it and move forward.

Think about what are your unhealthy habits? What habits would you like to create instead? What changes can you make to give yourself a greater enjoyment factor so the healthy habit wins?

Why don't you spend 20 minutes thinking about your routine throughout the day and write down any *unhealthy habits* you think you may have picked up.

Don't believe you can do it? YOU CAN, you've already taken the first step by purchasing this book. Go ahead, give it a try and I guarantee you will love the results.



# Preppin Like a Boss

## Becoming a Meal Prep God/Goddess

Probably the most obvious sentence but so very true – The preparation is in the planning. Simple. So far, we have spoken about setting goals which fit in with your lifestyle and the same goes for meal prepping. You don't have to prep 3 meals a day for 7 days in one go in order to be a meal prep champ. There are different levels of preparation and you need to do what is right for you.

## Prep your menu

If you enjoy cooking and you have time in the day to cook fresh or the idea of prepped food puts you off then this might be for you. Set yourself an hour at some point before the week starts to write down your meals, get new recipes, write your shopping list and plan when you need to go to the shops. It's a simple way of getting organized, knowing what you are going to eat everyday and ensuring the food is in the house and ready to be cooked. You will be surprised how much time you save in the week and also how much easier this becomes to stick to the menu.

## Semi-Prepping

This is where you identify where your weaknesses are and you prep for those. A big weakness for some people is snacking so one way of helping that is to just prep your snacks. Decide healthier snacks at the beginning of the week, make them and portion them so rather than having an entire tray of flapjack in front of you when you want something sweet, you know you have it portioned out ready to go in a good portion size. Evening meals are another one where people don't feel like they have enough time in the evenings to cook fresh. So prep it. The great thing about evening meals is that you can prep to freeze as well so you can always have a good supply of quick and easy healthy ready meals ready to go.

## Full on Prep God/Goddess

And then you can go all out. Personally, this is for me. I love nothing more than being able to pull out my meal from the fridge or freezer and heat it up. If I am peckish, my snacks are already there. If I have a really busy day, I don't have to think about meals, it's all just ready to go. Healthy, nutritious meals which will help my busy lifestyle and keep me reaching my goals. All for the sacrifice of a 90 mins – 2 hours to get it all sorted. I am a true Prep Goddess.

Another decision to make Pre-Prep is the level of commitment. Are you following specific macros in order to achieve your goals or are you just going for general healthy meals and generally portioned? My advice here would be if your goal is general, for example – lose one stone in 8 weeks, use an app such as my fitness pal to learn about calories and how much certain foods are. When you have a good idea, use that knowledge to make good choices from there without necessarily having to track every single pea. But that is very much my opinion when it comes to tracking I believe unless you have a very specific goal which requires a constant track in your macros, why put yourself through the trouble of weighing and counting everything. There comes a point where common sense has to come into it and through experience I have found people are much more likely to stick to meal prepping if it is slightly more laid back.

However, saying that if counting your calories works for you, then absolutely go for it, stay on track and stay accountable. It is totally up to you and what you feel comfortable with. Goals can be met either way and in this book you will find a portion guide with rough portion sizes to stick to.



# 10 Steps to Success

## 10 Top Tips to be a Meal Prep Guru

**GROW UP!** So many times I hear people say they don't want to meal prep because they don't want to pre plan what they are eating. That's great, but again this is about the sacrifices you are willing to make. If you have goals you want to achieve, there is no reason why you can't have more spontaneous days sometimes but you really need to be committing to 89% to 100% of the time to eating healthy in order to reach your goals and so there is no reason why you cannot prep. If you want the goal, make the sacrifice!

**KNOW YOUR WEAKNESSES:** You will know the moments in the day where you struggle the most or you want that sweet treat, so use that to your advantage. Habits can change and prepping helps it! If you are a newbie to the prep world, start small by just prepping the bits you find hard during the day and then as time goes on you will have more confidence to prep more meals as it starts making more sense to you.

**MAKE IT FUN:** As the recipes in this book will show you, you do not need to eat chicken and broccoli 3 times a day every day to reach your goals. Remember as long as your goals don't insist on strict macros then have fun with it.

**SPICE UP YOUR LIFE:** Stock up on herbs and spices. They can make sure a difference to a basic prepped meal!

**INVEST IN QUALITY CONTAINERS:** Good containers which are the right portion sizes will be so beneficial for you to get your prep right. Not only because Tupperware is cool (Anyone else think that too?) But also because good containers will keep the food fresher for longer which is obviously what we want to achieve

**MAKE TIME:** This one is what it is – set aside 2 hours on a Sunday morning and just get the job done. Set it as an appointment in the calendar you are unable to cancel. You know its going to benefit you so just put the tunes on and get on with it.

**PREP SMART:** A Nude Food trick is to cut your vegetables fine and put them in the containers raw. For example if I am making a Cajun Chicken with broccoli, the broccoli would be raw because when you heat the meal to eat, the veg will be steamed in the container, keeping its freshness, goodness and taste AND it saves you a job in the time. There is an added cost to it, but if you don't want to chop all your veg – buy it pre chopped from the supermarket. Or even frozen. Don't overlook frozen veg, a lot of the time it is fresher than the fresh veg in the supermarket.

**MAKE A COOKBOOK:** Find a way of collecting all your favorite recipes so you can keep track of what you like and what you want to try again. There are so many recipes out there and once you start getting a feel for it, you will be able to adapt certain recipes with healthier ingredients to make better choices. But keeping a track of your favs is a great way of making meal prep a lifestyle. You can get in to a rut of cooking the same meals so its great to have a reference point.

**MIX IT UP:** Don't feel like you need to have the same meals day in day out. The beauty of meal prep is that you are prepping a few meals at the same time so you can mix it up. I am a pretty basic meal prepper when it comes to my own food. I will make a chicken dish, a turkey mince dish and a beef dish, rice and a mixture of veg and I will just mix it all up over different days. Its what works for me.

**A DAY IS ONLY A DAY:** If for some reason you are unable to prep your meals when you usually do, don't write that whole week off. If you have to miss a day of meal prep, make good decisions and then find the time to correct it. We have the tendency to write entire weeks off just because of one meal or one day. Just get back on it the next meal or the next day, its not a problem.



FUEL FOR A GOOD MORNING

# Breakfast

TOP TIP: GRAB A PEN AND  
A PIECE OF PAPER AND  
PLAN YOUR MEALS FOR  
THE WEEK







The Nude Food Company strongly believes that you should start the day with a breakfast with meaning. It should be nutritious, filling and full of slow releasing energy to keep you going throughout the day. We need carbohydrates in our lives as it is our bodies main energy source.

This is why if we cut carbs out completely, which a lot of “diets” do, then we feel lethargic and energyless because we are literally taking out the main energy source from our diets. Carbs are the fuel we need to keep going. That is only one reason we need Carbs. There are so many positives of having good carbohydrates in our lives.

Each recipe is specially designed to give you a good amount of carbohydrates to keep you powered. A lot of these can be made the day before, so if you struggle with time in the morning, spend 10 minutes at the beginning of the week prepping some breakfasts for the morning. We believe it really is the most important meal of the day so make it count.

### Are you a Brekkie Skipper?

As a Personal Trainer, I recognized that a lot of people would skip breakfast because they “couldn’t eat that early” If this is the case with you, my advice would be to try harder. If you physically don’t feel like you are able to eat, then start small. Could you manage a smoothie? Or half a banana even. Just anything to get it started and then as you get used to it, you will find that you are starting to feel hungry in the morning.

Another reason I know people don’t eat breakfast is they say that they feel more hungry sooner when they have eaten breakfast. This is not a bad thing. The reason you feel like you need to eat again a few hours after eating breakfast is because you have kick started your metabolism by having breakfast in the first place and now you’re burning more so your body needs more fuel. Fuelling our bodies just means that we are giving it what it needs to run correctly and efficiently.

### Intermittent Fasting

And lastly I am going to touch on Intermittent Fasting. This is where you cycle periods of eating and fasting throughout the day. It does not focus on what foods you should eat, but rather when you eat them. There are several different methods of intermittent fasting but the most popular over recent years is the 16/8 method which sees people fasting for 14 to 16 hours (usually over night to the next lunchtime) and then having an 8 hour window to eat your meals.

This essentially means skipping breakfast. Everybody has different opinions on this and I have my personal opinions but I am going to stick to facts so you can make your own judgement. Some people get a great response from this, others don’t or can’t fast for that long (which is totally fine – I totally cannot go without food!) There is science that would support this method, however essentially what you are doing is restricted your calorie intake in the day and this means you will lose weight because you are in a calorie deficit.

I get asked so many times about Intermittent Fasting and my advice every time is – TRY IT. If it works for you then great, but if, like me you NEED your morning meal, just focus on eating 3 meals a day still and being in a calorie deficit. We are all different and different things work for different people.



MAKE AHEAD  
HIGH IN PROTEIN

Prep time: 10 mins

To make 1 portion

Calories: 428

Protein: 30g

Fat: 9.5g

Carbs: 49.8g

# Berry Cheesecake Oats

This was my fave brekkie for a long time. It is so delicious and the macros speak for themselves. A Nude Food winner

## INGREDIENTS

½ cup frozen berries  
1 tsp honey  
½ tsp vanilla extract  
½ cup rolled oats  
½ cup cottage cheese  
½ cup oat milk  
1/3 cup vanilla Protein powder  
70g Fage yoghurt

## METHOD

- In a food processor, put the frozen berries and blend for 30 seconds.
- In a bowl, add all the ingredients and mix well
- Portion in containers and refrigerate overnight





MAKE AHEAD  
DAIRY FREE  
VEGAN FRIENDLY  
PALEO FRIENDLY

Prep time: 10 mins

To make 1 portion

Calories: 376

Protein: 11.5g

Carbs: 45.1g

Fat: 7.5g

# Bircher Muesli

A Nude Food best seller. Its creamy and full of flavour. Best of all you can make it days ahead and keep it in the fridge. This recipe uses ingredients to make it Free from Dairy but you can use milk if you would prefer.

## INGREDIENTS

50g oats

5g Chia seeds

100g Alpro Oat milk

5g desiccated coconut

4g Maple Syrup

1 drop Vanilla Extract

## METHOD

- Put all ingredients in a bowl
- Mix well
- Keep refrigerated overnight.





GLUTEN FREE  
PALEO FRIENDLY  
DAIRY FREE  
KETO FRIENDLY  
MAKE AHEAD

Prep time: 15 mins  
Cook time: 20 mins

To make 6 portions  
Calories: 305  
Protein: 21.3g  
Carbs: 14.1g  
Fat: 16.9g

## INGREDIENTS

1 tbsp coconut oil  
1 ½ cup diced sweet  
potato  
6 Heck Sausages  
½ onion  
6 eggs  
2 egg whites  
2 handfuls fresh spinach,  
chopped  
200g light coconut milk  
1 tsp salt  
½ tsp ground garlic  
1 tsp hot sauce (optional)  
1 cup mushrooms – sliced

# Breakfast Frittata

We had many Frittata options on the menu over the years, but this was certainly the best seller. Its so full of flavour and filling. It's a great way to start the day, as a snack or even for lunch or dinner. It is a very versatile dish and its GF and suitable for Paleo! Enjoy.

## METHOD

- Pre heat oven to 180C / 370F
- Cook Sausages per instructions on packet and cut into chunks.
- In a skillet pan, add the coconut oil and put on a medium heat
- Add diced Sweet Potato to skillet and keep stirring
- In a bowl, add the eggs, milk, salt, pepper, garlic and hot sauce and whisk well. Set aside.
- When sweet potato is tender, add onion, mushroom and cook until tender.
- Stir in chopped spinach and add sausage
- Evenly pour egg mixture over veggies and sausage
- Bake for 15 – 20 mins until egg is cooked.



HIGH PROTEIN  
VEGETARIAN

Prep time: 15 mins

To make 4 portions

Calories: 440

Protein: 25g

Carbs: 63.5g

Fat: 11.9g

# Protein Brekkie Sarnie

Healthy doesn't mean boring! Start your day with this delicious sarnie that will keep you going until lunch.

## INGREDIENTS

2 cups Cottage Cheese  
1 ripe avocado  
1 large tomato  
Salt and pepper  
8 slices wholegrain bread  
(GF if preferred)

## METHOD

- Lay slices of bread out
- Add ½ cup Cottage cheese to each piece of bread
- Sprinkle with salt and pepper
- Add Avocado and a slice of tomato
- Add salt and pepper to taste
- Slice bread in half and enjoy!





MAKE AHEAD  
HIGH PROTEIN  
VEGETARIAN

Prep time: 10 mins

To make: 1 portion

Calories: 334

Protein: 19.7g

Carbs: 45g

Fat: 8.6g

# Chia Latte Overnight Protein Oats

All the flavours of winter and everything cosy.  
A great way to set you up for the day.

## INGREDIENTS

40g oats

½ scoop vanilla whey/pea  
protein

½ cup oat milk

½ cup Greek yoghurt/  
Alpro plain yoghurt

1 tsp chia seeds

1 tsp honey

½ tsp vanilla extract

¼ teaspoon cinnamon

pinch nutmeg

pinch allspice

## METHOD

- Add all ingredients to a bowl and mix well together.
- Portion into container and chill for 8 hours before eating.
- Keep covered in the fridge to last for 5 days.





MAKE AHEAD  
DAIRY FREE  
VEGETARIAN  
FREEZABLE

Prep time: 15 mins  
Cook time: 35 mins

To make: 4 portions  
Per Portion:  
Calories: 384  
Protein: 7.6g  
Carbs: 73.7g  
Fat: 8.4g

## INGREDIENTS

1.5 cups grated carrot  
1 egg  
2.5 cups rolled oats  
½ cup honey  
2 tsp cinnamon  
2 tsp vanilla extract  
1 cup oat milk  
Pinch salt  
1 cup raisins  
½ cup crushed walnuts  
1 tsp ground ginger

# Carrot Cake Oat Bake

All the warm and comforting flavours mixed together. Over night oats are great to make at the beginning of the week and will last for 5 days. So no excuses for not having time to eat breakfast! Basically just great carrot cake!

## METHOD

- Preheat oven to 190C / 375F . Use an 8x8 inch pan and spray with coconut oil
- Put all oats, spices, salt, carrot, walnuts and raisins in a bowl and mix
- Add vanilla, honey, milk and eggs in a bowl and mix together well.
- Put mixture into the baking dish evenly and into the oven for 35 minutes. Make sure its not wobbly in the middle. If it is give it a few extra minutes. It should be nice and brown around the edges.
- This can be eaten warm or cooled.



MAKE AHEAD  
GLUTEN FREE  
VEGETARIAN  
FREEZABLE

Prep time: 15 mins  
Cook time: 10 mins

To make 5 pancakes  
Each pancake:  
Calories: 110.6  
Protein: 6.8g  
Carbs: 13.7g  
Fat: 3.6g

## INGREDIENTS

½ cup oats  
1 tbsp coconut flour  
1 scoop Vanilla protein powder  
¼ cup Greek yoghurt  
1 egg white  
¼ cup milk  
1 tsp baking powder  
1 tsp honey

### Topping:

1 tbsp coconut sugar  
1 tsp coconut oil  
¼ teaspoon cinnamon  
2 tbsp powdered sweetener  
1 tsp water

# Cinnamon Roll Pancakes

If you love a sweet breakfast then you are going to love my cinnamon pancakes. They are quick, easy and taste delicious.

## METHOD

- In a bowl mix the powdered sweetener and water together until smooth and set bowl aside (This is the icing sugar mix)
- In another bowl, mix the remainder topping ingredients well
- In a food processor, blend the oats until they are fine
- Add flour, protein powder, yoghurt, egg white, milk, baking powder and honey. Blend well.
- Heat a pan with coconut oil on a medium heat. Each pancake should use 1.5 tbsp mixture. Cook on each side for 2-3 mins until golden brown.
- Brush with the icing sugar mix and add cinnamon mix on top







HIGH PROTEIN  
DAIRY FREE  
VEGETARIAN

Prep time: 5 mins  
Cook time: 2.5 mins

To make: 1 portion  
Calories: 424  
Protein: 25g  
Carbs: 41.5g  
Fat: 18.9g

## INGREDIENTS

3 x medium free range  
eggs  
20g Spinach  
1 wholemeal wrap

# Green Scrambled Egg Wrap

This is such a simple but delicious meal for breakfast or lunch. It has always been a best seller on the Nude Food meal prep and it's one of my easy go to meals at home.

## METHOD

- Mix spinach and raw eggs together and heat for 2.5 minutes in microwave stirring occasionally. Season as desired
- Add mixture to wholemeal wrap and wrap together.

Depending on your calorie needs you can increase or decrease the eggs. If you are counting macros and require more protein in few calories, add an extra egg white.



MAKE AHEAD  
DAIRY FREE  
PALEO FRIENDLY  
VEGAN FRIENDLY  
KETO FRIENDLY  
GLUTEN FREE

To make: 4 portions  
Per Portion:  
Calories: 138  
Protein: 2.2g  
Carbs: 24g  
Fat: 4.1g

## INGREDIENTS

2 large tbsp chia seeds  
5 tsp maple syrup  
2 cups of coconut milk  
2 cups of mango (frozen  
is fine)

# Mango Chia Pudding

Chia Seeds are a great source of fibre and goodness. This feels like a light breakfast but will keep you going throughout the morning. I have often used this recipe for snacks as well.

## METHOD

- Add all ingredients to bowl and mix together well ensuring the chia seeds aren't clumped together.
- Portion into containers
- Leave overnight to set





NUDE FOOD, NEW YOU

# Meat and Fish



TOP TIP: INVEST IN SOME  
TUPERWARE TO STORE  
PREPPED MEALS. DON'T  
FORGET TO LABEL THEM  
SO YOU KNOW WHAT EACH  
DISH IS



MAKE AHEAD  
DAIRY FREE  
HIGH IN PROTEIN  
FREEZABLE  
GLUTEN FREE

Prep time: 5 mins  
Cook time: 20 mins

To make: 1 portion  
Calories: 394  
Protein: 24.6g  
Fat: 6.4g  
Carbs: 54.6g

## INGREDIENTS

90g Stir fry beef  
5g Light soy sauce  
2.5g Honey  
2g Ginger  
7g Red Chilli  
1g Garlic granules  
1g Paprika  
60g Broccoli  
20g Spring onion  
5g Sesame seeds  
2g Veg stock (GF)  
25g water  
Pinch of salt and pepper  
100g Cooked wholegrain rice

# Beef with Broccoli and Wholemeal Rice

A delicious quick and easy meal that feels like a takeout without the extra calories and bad stuff.

## METHOD

- Finely dice ginger and chilli, place in a bowl with the beef, soy sauce, honey, garlic and paprika. Marinate for an hour.
- Chop spring onion and broccoli into small chunks, fry beef on a medium in a coconut spray oiled pan, mix in all other ingredients and cooks on medium heat until dish thickens
- Serve with wholegrain rice





MAKE AHEAD  
DAIRY FREE  
HIGH IN PROTEIN  
FREEZABLE  
KETO FRIENDLY  
PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 20 mins

To make: 1 portion  
Calories: 253  
Protein: 29.7g  
Fat: 7g  
Carbs: 29.7g

## INGREDIENTS

120g beef mince  
40g kidney beans  
80g tinned tomatoes  
2.4g tomato puree  
0.4g garlic  
0.2g cayenne pepper  
0.6g cocoa powder  
20g water  
4g GF beef stock  
0.4g hot sauce  
5.2g honey  
35g grated carrot  
0.2g cumin  
0.4g curry powder  
Splash GF soy sauce  
0.2g paprika

# Beef Chilli

Yes! We developed our Beef Chilli from the beginning of Nude Food. It was with us in the trailer, its been in the meal prep for a long time and now its with me at the events. And just look at the macros. A great, wholesome, healthy dish. A family favourite stripped back to make it super healthy and nutritious, without taking away the flavour we want. The true definition of The Nude Food Company.

## METHOD

- Cook mince on a medium heat with 50ml of water until brown
- Drain all fat
- Add all other ingredients and simmer
- Serve with rice, veggies or nachos.





MAKE AHEAD  
DAIRY FREE  
HIGH IN PROTEIN  
FREEZABLE  
PALEO FRIENDLY  
GLUTEN FREE

Prep time: 15 mins

Cook time: 5 hours

To make: 1 portion

Calories: 374

Protein: 43.8g

Fat: 19.8g

Carbs: 39.7g

## INGREDIENTS

100g swede

100g carrot

40g parsnip

100g sweet potato

40g brown onion

4g veg stock (GF)

320g water

10g beef gravy granules  
(GF)

90g beef

1g mixed herbs

2g garlic granules

Salt and pepper

# Slow Cooked Beef Stew

The slow cooker is an amazing tool, especially when cooking a beef stew as you can create such tender beef, full of flavour. Pick what you would like to serve with this with. Personally I love it with cauliflower mash. Over-steam cauliflower until really soft, add salt and pepper and mash.

## METHOD

- Turn Slow cooker on low
- Marinate beef in mixed herbs and garlic
- Slice onion and fry on a high heat in coconut oil, add beef to seal in flavour
- Dice all veg and put in slow cooker with stock, water, salt and pepper
- Cook for 5 hours, stirring occasionally.
- Add beef granules and continue to cook for 1 hour, stirring occasionally.
- Serve with mash/cauliflower or veg



MAKE AHEAD  
HIGH PROTEIN  
GLUTEN FREE

Prep time: 20 mins  
Cook time: 35 mins

To make: 1 portion  
Calories: 349  
Protein: 27.2g  
Fat: 11.1g  
Carbs: 34.9g

## INGREDIENTS

### Ingredients – Chicken

175g Chicken diced  
breast  
1.5g Cayenne pepper  
1.5g Smoked Paprika  
1.5g Garlic granules  
1.5g Onion granules  
Pinch of salt and pepper

### Ingredients – Sweet

Potato Wedges  
1 medium sweet potato  
Salt  
Pepper

### Ingredients – Coleslaw

85g Cabbage  
38g Grated Carrot  
21g Sliced red onion  
3g Lime juice  
20g plain yoghurt  
Salt and pepper

# Cajun Chicken

Freshly spiced Cajun Chicken with Sweet  
Potato Wedges and a refreshing coleslaw.

## METHOD

### Method – Chicken

- Place all herbs and spices in a pot and mix together.
- Place diced chicken in a bowl, spray with coconut oil and sprinkle pot of herbs and spices on it and mix together.
- Fry in a pan with some coconut oil until cooked through.

### Method – Sweet Potato Wedges

- Wedge the sweet potato and add to boiling water
- Boil for 10 minutes
- Add to baking tray with salt and pepper and put in the oven for 25 minutes until brown

### Method – Coleslaw

- Chop all ingredients up as shown
- Mix in a bowl with lime juice, yoghurt and salt and pepper



MAKE AHEAD  
DAIRY FREE  
HIGH PROTEIN  
FREEZABLE

Prep time: 20 mins  
Cook time: 10 mins

To make: 1 portion  
Calories: 344  
Protein: 41.6g  
Fat: 4.8g  
Carbs: 38.8g

# Chicken Quesadilla

It's so tasty and filling. Eat it cold or warm it up. You can even make them in advance and pop them in the freezer.

## INGREDIENTS

100g Chicken breast  
2g Garlic granules  
2g Smoked Paprika  
2g Chilli Powder  
Pinch salt and pepper  
24g Sweetcorn  
24g Red kidney beans  
24g Red onion  
24g Pepper  
50g Chopped tomatoes

15g Spinach  
10g feta  
1 Wholemeal wrap

## METHOD

- Dice chicken breast and place in a bowl
- Marinate chicken in smoked paprika, garlic granules, chilli, salt and pepper.
- Cook chicken in coconut oil and add diced red onion, diced pepper and all other ingredients.
- Place wrap flat in a hot pan
- Add chicken, spinach and feta and fold in half
- Turn over after 3 minutes so both sides are brown and serve.





MAKE AHEAD  
HIGH PROTEIN  
GLUTEN FREE  
FREEZABLE

Prep time: 10 mins  
Cook time: 15 mins

To make: 1 portion  
Calories: 442  
Protein: 2.7g  
Fat: 3.5g  
Carbs: 53g

# Teriyaki Chicken

This has always been a best seller and just look at how easy it is to make!

## INGREDIENTS

180g chicken  
28g water  
20g Light Soy Sauce  
2g grated ginger  
15g Honey  
4g lime juice  
60g red pepper sliced  
100g cooked rice

## METHOD

- Cook chicken in water, on a medium heat, until cooked through.
- Cook rice as instructed on packet
- Add soy, ginger, honey, lime and pepper to the chicken.
- Simmer for a few minutes and mix well.
- Serve rice and chicken together





MAKE AHEAD  
DAIRY FREE  
HIGH IN PROTEIN

Prep time: 15 mins  
Cook time: 25 mins

To make: 1 portion  
Calories: 438  
Protein: 36.5g  
Fat: 13.3g  
Carbs: 45.5g

# Chilli Wrapchos

You guys couldn't get enough of the Chilli Wrapchos in the trailer and here is how you can make your very own! A fun favorite!

## INGREDIENTS

120g beef mince  
40g kidney beans  
80g tinned tomatoes  
2.4g tomato puree  
0.4g garlic  
0.2g cayenne pepper  
0.6g cocoa powder  
20g water  
4g GF beef stock  
0.4g hot sauce  
5.2g honey  
35g grated carrot  
0.2g cumin  
0.4g curry powder  
Splash GF soy sauce  
0.2g paprika

1 wholemeal wrap  
1 tbsp guac (see snacks pages)

## METHOD

- Cook mince on a medium heat until brown
- Drain all fat
- Add all other ingredients and simmer
- Cut wrap into triangles
- On a medium grill, grill the wrapchos until slightly brown and crispy. Remember to turn them over for even cooking
- Serve with chill and guac on top





MAKE AHEAD  
DAIRY FREE  
HIGH IN PROTEIN  
FREEZABLE  
GLUTEN FREE

Prep time: 10 mins  
Cook time: 20 mins

To make: 1 portion  
Calories: 453  
Protein: 36g  
Fat: 9.7g  
Carbs: 56.6g

## INGREDIENTS

1 cup water  
½ cup chopped brown  
onion  
200g Chicken  
½ cup diced red pepper  
½ cup pineapple chunks  
1 cup pineapple juice  
½ cup frozen peas  
1/2 stock cube (GF)  
½ teaspoon paprika  
¼ teaspoon garlic

# Hawaiian Chicken

All the tastes of Hawaii at home. This one is  
not not to be missed

## METHOD

- Boil water and cook chicken and onions
- Add seasoning
- Add pineapple chunks and juice
- Add peas and peppers.
- Stir together and bring to the boil
- Serve with wholegrain rice or green vegetables



DAIRY FREE  
HIGH IN PROTEIN

Prep time: 10 mins  
Cook time: 2-6 hours

To make: 1 portion  
Calories: 399  
Protein: 32.6g  
Fat: 8.8g  
Carbs: 46g

## INGREDIENTS

Slow Cooker  
100g beef  
15g water  
5g light soy  
5g honey  
1g Thai Seasoning

Hummus  
75g chickpeas  
7g light soy  
1.4g thai spice  
11g honey  
2g lemon juice  
9g water

To put it together:  
1 wholemeal wrap  
15g cucumber – cut into  
batons  
10g spring onion  
10g grated carrot

# Nude Moooo Beef Wrap

Every time we have taken this to an event we have sold out so quickly. You guys cannot get enough of it. And here you go. Slow cook the beef to ensure it is extra tender.

## METHOD

- Add all beef ingredients to slow cooker and cook for 2 – 6 hours (depending on how many portions you are making)
- Once cooked, shred beef
- Add hummus ingredients to food processor and blend until smooth
- On a wrap, spread the hummus over, add the carrot, spring onion and cucumber and the beef to the top.



MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN

Prep time: 15 mins  
Cook time: 45 mins

To make: 6 portions  
Per portion:  
Calories: 434  
Protein: 56.9g  
Fat: 11.6g  
Carbs: 12.5g

## INGREDIENTS

50g Onion  
800g Lean Mince  
Wholemeal Lasagne  
Sheets  
100g grated carrot  
2g paprika  
2g garlic  
2g mixed herbs  
22g (2) stock cubes in  
200ml water  
70g chopped plum  
tomatoes  
100g uncooked spinach  
400g tinned tomatoes  
500g 100% passata  
600g Cottage cheese  
100g Feta Cheese

# Protein Lasange

Macro wise, this Lasagne is an absolute winner and it tastes so good as well. This is definitely one of the best sellers and I totally understand why.

## METHOD

- Preheat oven to 180C / 370F
- Add onions to a pan with a small amount of water and cook until softened.
- Add Turkey mince and cook until brown.
- Drain excess liquid
- In a separate bowl, place lasagne sheets out in boiling water to soften
- Add carrot, paprika, garlic, mixed herbs, carrots, tinned tomatoes, spinach, stock, passata and salt and pepper to mince
- Simmer until cooked through
- Add a layer of mince, layer of lasagne sheet, 300g Cottage cheese and repeat again.
- Add Feta Cheese and chopped plum tomatoes to the top
- Cook in the oven for 30 mins on 180C / 370F



MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN  
DAIRY FREE

Prep time: 10 mins  
Cook time: 20 mins

To make: 4 portions  
Calories 461  
Carbs: 23.9g  
Fat: 25.5g  
Protein: 30.3g  
Lower Carb Option: Swap the rice out for veggies or cauliflower rice.

## INGREDIENTS

400g chicken  
175g broccoli  
100g grated carrot  
50g light soy (Gluten free if needed)  
50g Honey/maple syrup  
85g of Meridian Peanut Butter (are you crunchy or smooth?)  
200ml Coconut milk  
100ml water  
5g Curry Powder  
4g garlic powder  
5g chilli powder (more if you like it spicy)  
Wholemeal rice

Optional: Crushed Peanuts

# Satay Chicken with Wholemeal Rice

The Nude Food Company's ultimate best seller! Week in, week out this was always the most popular order. And it's my favourite too! So here you are. Enjoy every last creamy, beautiful peanutty goodness!

## METHOD

- Dice the chicken into small chunks and add to a saucepan with the 100ml water. Heat until cooked through. Add more water if needed.
- Add all other ingredients and simmer. As the chicken cooks use a fork to shred it.
- Cook rice as per instructions on the packet
- Serve on a plate together with the rice



MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 30 mins

To make: 3 portions  
Each portion:  
Calories: 459  
Protein: 32g  
Fat: 20g  
Carbs: 34g

# Sausage Casserole

Full of goodness. Very hearty. A Nude Food winner!

## INGREDIENTS

1 onion, sliced  
1 garlic clove, grated  
1 yellow pepper, chopped  
Flat leaf parsley, chopped  
30g tomato puree  
250g baby plum tomatoes  
2 tins cannellini beans, drained  
Thyme sprigs  
1 bay leaf  
1 ½ chicken stock pot  
150ml water  
6 Heck Sausages

## METHOD

- Prep all the veggies as stated above and cook them with a splash of water over a medium heat, until soft.
- Add garlic and tomato puree and cook for 1-2 mins
- Preheat grill to high
- Cut baby tomatoes in half and add to the veggie mix in the pan
- Add beans along with thyme, bay leaf and stock pot and water. Add salt to taste
- Let it cook for 20 mins
- Meanwhile, stab red chilli with knife and add to the pan (the more you stab, the more spice you will get!)
- Grill the sausage as instructed on packet
- Remove thyme, bay leaf and red chilli
- Add mixture to the plate and sausages on top. Sprinkle with parsley.



MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN  
KETO/PALEO FRIENDLY  
DAIRY FREE  
GLUTEN FREE

Prep time: 10 mins  
Cook time: 20 mins

To make: 1 portion  
Calories: 288  
Protein: 48.3g  
Fat: 4g  
Carbs: 16.2g

## INGREDIENTS

50g Brown onion  
180g Turkey mince  
70g Mushroom  
5g Garlic granules  
5g Mixed herbs  
2.5g Stock (GF)  
100g Tinned chopped  
tomatoes  
50g Passata  
25g Spinach  
Salt and pepper

# Turkey Bolognese

A delicious version of a family classic. Nude food would recommend serving this with either a brown spaghetti, a soy bean spaghetti or even courgetti. This will certainly go down well with the family.

## METHOD

- Dice onion and fry in coconut oil, add turkey mince and cook on a medium heat until brown.
- Add all other ingredients except spinach and stir in. Make sure all ingredients are stirred in well.
- Add spinach and stir.
- Serve with desired option. See above for suggestions.



MAKE AHEAD  
HIGH IN PROTEIN  
DAIRY FREE

Prep time: 10 mins  
Cook time: 20 mins

To make: 1 portion  
Calories: 377  
Protein: 27.3g  
Fat: 11.8g  
Carbs: 44g

# Spicy Beef Noodles with Cashews

This has to be the perfect fakeaway!

## INGREDIENTS

50g wholemeal noodles  
90g tender beef strips  
Teaspoon grated ginger  
½ clove garlic crushed  
50g broccoli  
¼ red pepper diced  
½ lime juice  
10g water  
30ml light soy  
1 tbsp honey  
¼ teaspoon crushed chilli  
1 spring onion finely chopped  
20g crushed cashews

## METHOD

- Place the noodles in a boiling pan and follow instructions on packet
- Add beef in a pan with a cup of water, and cook on a low heat.
- When beef is cooked to how you like it, drain water and add all other ingredients on a low heat and mix well
- Mix beef with noodles and sprinkle with cashews





MAKE AHEAD  
HIGH IN PROTEIN  
DAIRY FREE  
FREEZABLE  
GLUTEN FREE

Prep time: 15 mins  
Cook time: 25 mins

To make 2 portions  
Each portion:  
Calories: 577  
Protein: 40g  
Fat: 17g  
Carbs: 65g

## INGREDIENTS

150g brown rice  
2 spring onions, sliced  
150g green bean,  
chopped  
1 red pepper, chopped  
¼ red chilli, finely  
chopped  
2 grated garlic cloves  
½ lemongrass, chopped  
very finely (important that  
it is chopped finely)  
280g Rump Steak in  
strips  
1 tbsp cornflour  
3 tbsp soy sauce  
1 tbsp white wine  
vinegar  
10g honey

# Steak Stirfry

An intruder into the cook book. This was going to be in the March 2020 menu release but due to the Global Pandemic, I decided not to launch the menu. But I am certain this would have made it on the best seller list.

Fun Fact: This contains Lemon grass. Did you know that, when in liquid form, lemon grass can be used as an insect repellent.

## METHOD

- Cook the rice in a pan as instructed on packaging.
- Prep the veggies as stated
- In a bowl, put the steak, salt, pepper and cornflour.
- In a pan, add 50ml olive oil and cook the steak on a high heat for 2 mins.
- In the same frying pan, add a little more water and all the veggies.
- Cook for 5 mins, stirring occasionally and then add the soy sauce, white wine vinegar, honey.
- Take off the heat and add the steak, stirring together
- Drain the rice and put in bowls, add stir fry on top



MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN  
GLUTEN FREE

Prep time: 15 mins  
Cook time: 25 mins

To make: 1 portion  
Calories: 487  
Protein: 34.1g  
Fat: 18.8g  
Carbs: 45.1g

## INGREDIENTS

Paste:

10g Chilli  
50g Brown onion  
2g Parsley  
2g Basil  
5g Garlic granules  
5g Fresh ginger  
20g Soy sauce  
5g Fish sauce  
5g Lemon juice

150g Chicken breast  
50g Mangetout  
100g Coconut milk  
1 cup of spinach

Serve with 100g cooked  
wholegrain rice

# Thai Green Curry

The great thing about dishes like this is that you can adapt them to how you want to. If you would like to eat less carbs, swap out the rice for cauliflower rice or veggies and you will have a lower carb alternative.

## METHOD

- Put all paste ingredients in the blender and blend into a paste.
- Meanwhile fry the chicken in coconut oil and then add paste to pan.
- Once chicken cooked add coconut milk, mangetout and spinach and cook for a few minutes.
- Serve with brown rice



HIGH IN PROTEIN

Prep time: 10 mins

To make: 1 portion

Calories: 508

Protein: 52.8g

Fat: 9.8g

Carbs: 54.2g

# The Nude Protein Bagel

This is so simple, so good and look at the macros. 53g of protein...helllooo!!!

## INGREDIENTS

1 Wholemeal Bagel

0.5 cup cottage cheese

4 slices of chicken/turkey ham

1 Boiled Egg

## METHOD

- Slice bagel in half and toast
- Spread the cottage cheese over one side, add the sliced egg and ham
- Place bagel top on and enjoy!





MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN

Prep time: 15 mins

Cook time: 10 mins

To make 5 portions

Calories: 251

Protein: 37.5g

Fat: 4.2g

Carbs: 15.7g

## INGREDIENTS

750g Turkey Mince

100g white onion

Good pinch of salt and  
pepper

Tsp Garlic Powder

Tsp Paprika

Tsp Mixed Herbs

Tsp Coconut Oil

To serve:

Sourdough roll

Turkey Burger Relish

(Page )

20g Feta Cheese

# The Nude Turkey Burger

Oh it's so good. You couldn't get enough of these when we had the trailer. It tastes so naughty but just look at the macros. The perfect addition to a BBQ!

## METHOD

- Add all ingredients in a bowl and mix really well.
- Using burger cutter, make each pattie and refridgerate
- To cook use coconut spray oil in a pan/ or use a BBQ and cook each pattie
- Turn over after 3 mins
- To serve slice a roll in half, add pattie, relish, feta, hummus and spinach



MAKE AHEAD  
HIGH IN PROTEIN  
FREEZABLE

Prep time: 15 mins  
Cook time: 20 mins

To make: 8 portions  
Calories: 329  
Protein: 26.4g  
Fat: 6.1g  
Carbs: 44.2g

## INGREDIENTS

1 large red onion,  
chopped  
1 teaspoon coconut oil  
1 red pepper, chopped  
500g 2% fat Lean Turkey  
Mince  
2 tbsp cumin  
2 tbsp tomato paste  
1 teaspoon paprika  
1 small courgette, grated  
1 medium carrot, grated  
420g sweetcorn, drained  
400g tinned tomatoes  
400g kidney beans,  
drained  
8 Wholemeal wraps  
Feta Cheese  
3 tomatoes, diced  
Guac (see recipe)

# Tasty Turkey Burrito

Its like its bad for you but its good for you...its  
confusing but delicious. Make ahead and just freeze  
them to get out as required.

## METHOD

- Add coconut oil to a hot pan and add onion, pepper, mince.
- Cook mince until white
- Add cumin, tomato paste, paprika, courgette, sweetcorn, tinned tomatoes, beans and mix well.
- Open the wraps and add tbsp of guacamole
- Add turkey mixture
- Finish with tomatoes and feta

TIP: If you are making them ahead and freezing, let the mince cool down completely before putting in the wraps.



MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN  
DAIRY FREE

Prep time: 15 mins  
Cook time: 20 mins

To make: 1 portion  
Calories: 479  
Protein: 35.1g  
Fat: 19g  
Carbs: 37.7g

# Turkey Curry with Coconut Quinoa

This yummy curry is filling and easy to make and its a fakeaway fave!

## INGREDIENTS

30g water  
120g Turkey Breast  
Pinch garlic  
0.7g Curry powder  
Pinch Chilli powder  
Pinch cumin  
57g tinned tomatoes  
57g coconut milk  
0.2 stock cube  
2g honey  
14g desiccated coconut  
45g grated carrot  
30g spinach  
Pinch salt

Quinoa – 1 portion  
½ cup quinoa  
1 cup coconut milk  
Squeeze Lime Juice  
Salt

## METHOD

- Cook Turkey in water, adding garlic, curry powder, chilli, stock cube
- When cooked add tinned tomatoes, carrot, spinach and coconut milk and simmer
- Cook Quinoa with coconut milk and lime juice
- To serve place quinoa on plate and add the delicious curry on top.





MAKE AHEAD  
FREEZABLE  
HIGH IN PROTEIN  
DAIRY FREE  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 20 mins

To make: 4 portion  
Calories: 467  
Protein: 41.6g  
Fat: 7.4g  
Carbs: 52.5g

## INGREDIENTS

1 large brown onion,  
diced  
500g turkey mince  
1 tbsp  
1 tsp garlic granules  
1 veg stock cube  
Pinch of salt and pepper  
200g Frozen Veg  
400g Sweet Potato

# Turkey Mince Hot Pot

On a chilly day this hearty dish is sure to warm you up. Full of flavour and a good hearty meal, this is a definite winner.

## METHOD

- Peel sweet potato, slice in 0.5cm slices and place to one side
- Pre heat oven to 200C / 400F
- Dice onion and place in a pan with coconut oil, cook for 5 minutes and then add mince and cook until brown.
- Put all the herbs and stock in a cup and mix together, then pour over mince and onion. Ensure you keep stirring and mixing through.
- Add frozen veg and cook for a further 5 minutes
- In an oven dish, add turkey mixture and place sweet potato on top.
- Cook in oven for 20 minutes until sweet potato top is brown



# Burrito Bowls

To make: 4 portion

Calories: 467

Protein: 41.6g

Fat: 7.4g

Carbs: 52.5g

What is your favourite combo?

Make your own Burrito Salad by working your way through the stages

## METHOD

### Stage 1: Choose 1 from the following

100g Cauliflower Rice

100g Sweet Potato rice

100g cooked brown rice

120g cooked Quinoa

100g cooked lentils (brown/red or green)

### Stage 2: Choose 2/3 of the following

Black beans or kidney beans

Mediterranean Veg – (see page

Cooked Chicken

Turkey mince chilli (see page)

### Stage 3: Choose your sauce

Guac (see page)

Crème Fraiche

Sour Cream

Greek Yoghurt

Cottage Cheese

Soy Yoghurt

Hummus (See pages

### Stage 4: Any extras?

Feta cheese

Jalapenos

½ avocado

Finely chopped red onion

Olives

Chillis

Sweetcorn

Grilled cherry tomatoes



HIGH IN PROTEIN  
DAIRY FREE  
ESSENTIAL FATTY  
ACIDS

Prep time: 15 mins  
Cook time: 15 mins

To make: 1 portion  
Calories: 347  
Protein: 25.5g  
Fat: 17.5g  
Carbs: 29g

# Medmack Salad

There is something really special about this salad. The beautiful combination of Mediterranean vegetables with delicious Mackerel. Perfect.

## INGREDIENTS

60g Red pepper, sliced  
60g Tomatoes, quartered  
20g spinach  
60g butter beans  
15g red onion, sliced  
80g mackerel  
12g olives  
10g feta  
10g coconut oil  
Lemon Wedge

## METHOD

- Heat oven to 180C / 370F
- In an oven dish, cook peppers, tomatoes and red onion with coconut oil, turning occasionally until soft
- In a bowl, add all other ingredients together and toss well
- On a plate, put the med veg and then the mackerel mix on top.





HIGH IN PROTEIN  
DAIRY FREE  
ESSENTIAL FATTY  
ACIDS  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 15 mins

To make 4 People.  
Per portion:  
Calories: 410  
Protein: 30.1g  
Fat: 29g  
Carbs: 9.8g

## INGREDIENTS

2 tbsp water  
500g boneless salmon  
2 Avocado – cut into  
chunks  
240g Radish – topped  
and quartered  
Bunch spring onion,  
sliced  
85g watercress  
2 tsp sesame seeds –  
toasted

Dressing  
25g Fresh ginger – grated  
finely  
5 tbsp lemon juice  
1 ½ tbsp soy sauce  
1 ½ tbsp sesame oil

# Crunchy Salmon and Avo Salad

This Japanese style salad is perfect for a Summers  
day. And the macros are great!

## METHOD

- Heat water in a frying pan. And the salmon, skin  
side down and cook for 4 – 5 minutes.
- Turn and cook for a further 3 minutes, or until  
cooked through
- Transfer to plate and remove skin. Flake the fish  
into large chunks and let cool
- Combine dressing ingredient in a jug and set  
aside.
- In a large bowl, toss the avocado, radish, spring  
onion and watercress.
- Divide salad mixture and salmon between 4  
bowls.
- Drizzle with dressing
- Top with sesame seeds.



MAKE AHEAD  
GLUTEN FREE  
HIGH PROTEIN

Prep time: 5 mins  
Cook time: 1 hour

To make: 1 portion  
Calories: 482  
Protein: 52.4g  
Fat: 8.8g  
Carbs: 57.1g

## INGREDIENTS

225g Tin Tuna  
½ red chilli, finely  
chopped  
1 spring onion, sliced  
5 cherry tomatoes, halved  
½ bunch coriander, finely  
chopped  
1 medium jacket potato  
150g cottage cheese

# Spicy Tuna Protein Jacket Potato

Personally, I think this is the king of jacket potatoes! Also good on a sweet potato if you fancy something different.

## METHOD

- Preheat oven to 165C / 325F
- Prick the potato several times with a fork and put in hottest part of the oven
- Bake for 1 hour or until soft
- Mix tuna with chilli, spring onion, cherry tomatoes and coriander.
- Add to the jacket potato along with the cottage cheese.
- Season as needed.



MAKE AHEAD  
HIGH IN PROTEIN  
DAIRY FREE  
ESSENTIAL FATTY  
ACIDS  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 20 mins

To make: 4 portions  
Calories: 347  
Protein: 39g  
Fat: 15.3g  
Carbs: 14.6g

## INGREDIENTS

2 tbsp light soy sauce  
1 tbsp honey  
1 garlic clove finely  
chopped  
4 x 100g salmon fillet  
Teaspoon grated ginger  
300g broccoli  
Coconut oil

To serve  
Sliced spring onions,  
sesame seeds and 100g  
cooked brown rice

# Teriyaki Salmon Packages

Very simple and yet incredibly tasty.

## METHOD

- Pre heat oven to 180C
- In a bowl whisk together the soy, honey and garlic and put to one side.
- Cut 4 squares of tin foil about 30cm each. Brush each one with some melted coconut oil
- Put salmon fillets in each one and add broccoli and ginger
- Spoon the sauce over the salmon
- Close the parcels and place on a baking sheet
- Place in oven for 15-20 minutes
- Serve with spring onion and sesame seeds, brown rice or vegetables.



# LET'S GET NUDE WITH OUR FOOD

# Veggie Meals



TOP TIP: COOK YOUR MEALS AHEAD, COOL AND KEEP THEM IN THE FRIDGE OR FREEZER. USE WHEN YOU'RE READY. THIS IS A GREAT WAY TO ENSURE YOU ALWAYS HAVE A HEALTHY MEAL TO HAND WHEN YOU'RE SHORT ON TIME



VEGETARIAN  
HIGH PROTEIN

Prep time: 10 mins

To make 1 portion

Calories: 431

Protein: 18.1g

Fat: 17.8g

Carbs: 60.1g

# Avocado Bagel

The perfect summertime meal or snack! Full of flavour and freshness. For a lower Carb option, try on Wholemeal Thins or crackers.

## INGREDIENTS

1 Wholemeal Bagel

20g Feta

½ ripe Avocado

Squeeze Lemon juice

Fresh mint to taste

## METHOD

- Toast the bagel
- In a bowl, crumble the feta and mash in with the avocado.
- Add the lemon juice, mint and season to taste
- Add Avo mixture to the bagel and enjoy





MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
DAIRY FREE

Prep time: 20 mins  
Cook time: 30 mins

To make: 4 portions  
Calories: 509  
Protein: 16.1g  
Fat: 12.5g  
Carbs: 80.1g

## INGREDIENTS

2 tbsp olive oil  
2 onions  
2 crushed garlic cloves  
1 tsp ground ginger  
1 tsp turmeric  
½ tsp saffron threads  
2 fennel bulbs –  
quartered  
1 Courgette – cut into  
batons  
1 Aubergine – diced  
400g tinned tomatoes  
410g tinned chickpeas,  
drained  
200g green pitted olives  
1 preserved lemon, rinsed  
and finely sliced as  
whole.  
300ml vegetable stock  
Salt and Pepper  
Tbsp toughly chipped  
coriander (garnish)

### Ingredients – Couscous

200g couscous  
1 tbsp olive oil  
400ml water  
50g sultanas  
50g dried apricots –  
chopped

# Chickpea Tagine with Nude Fruity Couscous

This recipe was actually developed for a Nude Food event and sold out every time. It is full of flavour and very wholesome. It's a great meal prep recipe too as the flavours jut get more intense over a few days.

## METHOD

- Heat olive oil in a large saucepan and cook the onions, stirring occasionally
- Add garlic and cook for 2 more minutes
- Add ginger, turmeric and stir well
- Add fennel, courgette and aubergine and cook for 3 mins
- Add tomatoes, chickpeas, olives, lemon and veg stock. Bring to the boil then cover and leave to simmer for about 15 mins
- Season with salt and pepper
- Whilst Tagine is cooking, put couscous in a saucepan with the olive oil, water, sultanas, apricots and bring to the boil
- Cover and simmer for 5 mins, take off the heat and leave to sit until required.
- Fluff couscous with a fork
- Serve with tagine, garnish with coriander.



MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE

Prep time: 20 mins  
Cook time: 10 mins

To make: 2 portions  
Calories: 307  
Protein: 10.1g  
Fat: 6.6g  
Carbs: 49.7g

## INGREDIENTS

120g drained and  
mashed kidney beans  
130g grated carrot  
5g ground cumin  
5g chilli flakes  
5g garlic powder  
8g tomato puree  
8g coconut oil  
5g paprika  
8g light soy sauce  
Pinch of salt and pepper

To serve:  
Sourdough Bread  
Burger Relish  
20g Feta  
1/2 Tomato

# Spicy Bean Burger

This burger allows you to enjoy all those delicious  
flavours in a yummy sourdough roll

## METHOD

- Add all ingredients in a bowl and mix really well.
- Using burger press, make each pattie and fridge
- To cook use spray oil on hot plate and cook each  
pattie
- Turn over after 3 mins
- To serve cut the bun in half, add pattie, relish,  
feta and tomato.





MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
KETO/PALEO FRIENDLY

Prep time: 20 mins  
Cook time: 10 mins

To make: 4 portions  
Each portion:  
Calories: 175  
Protein: 11.8g  
Fat: 4g  
Carbs: 19.9g

## INGREDIENTS

1 large courgette,  
trimmed and grated  
2 x 400g tins chickpeas,  
drained and rinsed  
3 tbsp plain flour  
2 tsp harissa  
Handful Coriander  
2 garlic cloves  
1 lemon, zested and  
juiced  
2 tbsp olive oil

Ingredients – Tzatziki  
1 tsp extra-virgin olive oil  
6 tbsp Greek yoghurt  
Handful mint leaves,  
sliced.

# Courgette Falafel with Tzatziki

A top Nude Food tip – the smaller the courgette, the more flavour it has. They are in season from mid June to mid September which is the best time to buy them.

## METHOD

- Wrap courgette in a clean teatowel or kitchen roll and squeeze all the water out and put to one side
- In a food processor add chickpeas, flour, harissa, coriander, 1 garlic clove, lemon zest and a little seasoning .Whizz until smooth.
- Add half the courgette and pulse briefly to combine.
- Divide mixture into 12 balls and flatten into patties
- Heat olive oil in a pan and cook the patties over a medium heat for 2-3 mins each side.
- Meanwhile, mix remaining courgette with lemon juice, olive oil, yoghurt, mint and remaining crushed garlic. Season to taste and serve with falafel.



VEGETARIAN  
HIGH PROTEIN  
KETO/PALEO FRIENDLY

Prep time: 5 mins  
Cook time: 10 mins

To make: 1 portion  
Calories: 315  
Protein: 21.2g  
Fat: 21.6g  
Carbs: 9g

## INGREDIENTS

20g Red onion sliced  
15g chopped mushroom  
20g grated sweet potato  
20g chopped peppers  
30g Spinach  
3 eggs  
Salt and pepper  
½ tbsp coconut oil.

# Deconstructed Omelette

This is personally one of my favourite quick and easy meals to make. It requires minimal effort but is so tasty.

## METHOD

- Add mushroom, pepper, onion and sweet potato to coconut oil in a small hot pan and cook
- Turn grill on medium heat
- Crack 3 eggs into the vegetables so yoke is unbroken.
- Season as required
- Keep on hob until you can see the eggs almost completely white
- Place pan under grill for a few minutes until egg whites are completely cooked.



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 25 mins

To make: 4 portions  
Calories: 291  
Protein: 16.7g  
Fat: 5.8g  
Carbs: 42.6g

## INGREDIENTS

2 aubergines, thinly sliced  
1 tbsp coconut oil  
300g lentils  
180g onions finely  
chopped  
1 garlic clove finely  
chopped  
400g sweet potato cubed  
400g chopped tomatoes  
1 tablespoon mixed herbs  
1 cup Feta  
200g spinach  
30g stock cube

# Lentil and Aubergine Bake

This is a tasty bake full of nutrients and flavour.  
Another good recipe to make in advance and freeze

## METHOD

- Boil sweet potato until soft on a medium heat
- Pre heat oven to 180 C / 360F
- Cook lentils according to instructions on packet
- In a pan, cook onion and garlic in 1 tbsp coconut oil
- Add herbs, tomatoes and stock cube and continue to cook
- In a separate pan melt 1 tbsp coconut oil
- Put aubergine slices in and cook until softened and slightly brown
- In a baking dish add one layer of lentil mixture
- Layer with aubergine
- Add another layer of lentil mixture and aubergine
- Add Feta to top and layer put in oven for 20 mins until brown



MAKE AHEAD  
VEGETARIAN

Prep time: 10 mins

Cook time: 20 mins

To make: 5 portions.

Per portion:

Calories: 368

Protein: 12g

Fat: 19.4g

Carbs: 35g

## INGREDIENTS

200g quinoa

3 tbsp olive oil

1 red onion – 1cm cubes

2 red/yellow peppers –  
deseeded and cut into  
chunky long wedges

200g baby courgetti –  
halved lengthways

3 garlic cloves – leave  
whole for now

Zest and juice 1 lemon

10g honey

Flat leaf parsley, roughly  
chopped

200g feta cheese

# Med Inspired Quinoa Salad

This beautiful salad is so tasty and filling and easy to make.

## METHOD

- Cook the quinoa following the instructions on the packet, drain well and set aside
- Heat oven to 180C / 300F. Toss the onion and peppers with 1 tbsp olive oil and seasoning on a roasting tray and roast for 15 mins
- Toss the courgetti and garlic with the rest of the veg and roast for another 15 mins
- Squeeze the roasted garlic out of their skins and mash with some seasoning.
- Stir in remaining oil, lemon juice and zest and season with sugar to taste.
- Drizzle the quinoa and to together with roasted veg and parsley
- Sprinkle feta over.
- Toss gently and serve



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
GLUTEN FREE  
PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 35 mins

To make: 1 portion  
Calories: 201  
Protein: 7.4g  
Fat: 13.1g  
Carbs: 17.6g

## INGREDIENTS

½ cup red onion chunks  
½ cup Mixed Peppers -  
chopped  
½ cup courgette – diced  
½ cup plum tomatoes –  
halved  
Pinch Mixed Herbs  
Pinch Garlic Granules  
Pinch Salt and pepper  
40g Feta cheese  
10g Olives

# Mediterranean Veg Bake

Another great recipe to make in advance and keep in the fridge for the week to add to different recipes. Having it with tuna for a lunch is really lovely. Serve it with chicken or turkey mince for an evening meal. Or just enjoy it by itself.

## METHOD

- Preheat the oven to 180C / 360F
- Prepare all veg and spray coconut oil in. Add herbs and garlic.
- Cook in oven for around 30 minutes.
- Add all into a large mixing bowl and add feta cheese cubes.
- Garnish with olives



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
GLUTEN FREE

Prep time: 15 mins  
Cook time: 15 mins

To make: 1 portion  
Calories: 411  
Protein: 15.8g  
Fat: 10.7g  
Carbs: 61.3g

## INGREDIENTS

150g Mushroom  
½ cup red onion  
½ tsp mixed herbs  
½ tsp Garlic granules  
½ tsp Parsley  
5g Veg stock cube  
½ tsp tomato paste  
100g water  
1 tsp light soy sauce  
1 cup spinach  
Salt and pepper  
1 cup Greek yoghurt

# Mushroom Stroganoff with Rice

A Nude Food Trailer favourite. You guys couldn't get enough of this recipe. It's an easy swap of the Greek Yoghurt to Dairy Free Yoghurt to make this meal Vegan.

## METHOD

- Slice red onion and place in a pan with coconut oil, slice mushrooms and put in with onion. Salt and Pepper.
- Mix in herbs, spices, and tomato paste.
- Blend stock with water in separate pot and then put in pan with soy.
- Reduce and add spinach, cook for 1 minute.
- Take off the heat and leave for 5 minutes, add yoghurt and stir in.
- Serve with 100g cooker wholemeal rice



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
GLUTEN FREE  
KETO/PALEO FRIENDLY

Prep time: 10 mins  
Cook time: 1 hour

To make: 4 portions  
Each portion:  
Calories: 316  
Protein: 14.6g  
Fat: 16.4g  
Carbs: 24.2g

## INGREDIENTS

900g aubergine cut into  
¼ inch slices  
Olive oil  
2 large onion, finely  
chopped  
2 garlic cloves  
400g tinned tomatoes  
225g mozzarella, sliced  
25g grated parmesan  
cheese  
Salt and pepper to taste

# Parmigiana

Parmi is an Italian dish made up of sliced aubergine, layered with cheese and tomato sauce. It is so simple to make and so delicious!

## METHOD

- Preheat oven to 200C / 400F
- Brush Aubergine slices with olive oil and grill on both sides until brown
- Fry the onions with a tbsp of olive oil until tender but not brown
- Add garlic and tomatoes and simmer
- Cover for 10 to 15 min, until thick. Season with salt and pepper to taste
- Layer the aubergine, mozzarella and tomato mixture into a shallow casserole dish
- Sprinkle with the parmesan cheese
- Bake in oven for 40 mins or until brown and bubbling



MAKE AHEAD  
VEGAN FRIENDLY  
DAIRY FREE

Prep time: 15 mins

To make: 6 portions

Per Portion

Calories: 258

Protein: 8.6g

Fat: 8g

Carbs: 40.8g

# Moroccan Chickpea Power Salad

This has been on the menu for a long time and it even made it to our Summer events menu in 2019 and went down a storm.

## INGREDIENTS

½ cup uncooked quinoa

1 cup carrots

1 can chickpeas

1/3 cup chopped dates

1/3 cup raisins

¼ cup pistachios

Flat leaf parsley

### Dressing

½ tsp cumin

1/3 olive oil

1 tbsp maple syrup

½ tsp salt

1/8 tsp chilli

2 tbsp lemon juice

## METHOD

- Cook the quinoa following instructions on the packet and let it cool
- Mix all other ingredients together.
- Add quinoa to bowl
- Mix dressing ingredients together and stir into salad





MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
GLUTEN FREE  
DAIRY FREE  
KETO/PALEO FRIENDLY

Prep time: 20 mins  
Cook time: 25 mins

To make: 1 Portion  
Calories: 274  
Protein: 13.5g  
Fat: 2g  
Carbs: 48.5g

## INGREDIENTS

60g Quorn mince  
41g red pepper diced  
0.4g chilli  
0.4 garlic powder  
0.5g smoked paprika  
0.5g cumin  
0.5g coriander  
0.3g curry powder  
80g tinned chopped tomatoes  
40g water  
¼ tsp tomato pure  
1/5 stock cube crumbled  
48g kidney beans  
4g honey  
33g grated carrot  
Salt

80g raw Sweet Potato cubed.

# Quorn Chilli and Sweet Potato Rice

This has been on the menu for a long time and it even made it to our Summer events menu in 2019 and went down a storm.

## METHOD

- Add quorn mince to a pan with 40g water, all seasoning and cook until heated through
- Add tinned tomatoes, tomato puree, peppers, kidney beans and carrot and stir well
- Add pinch of salt and simmer
- In a blender, add the sweet potato with a sprinkle of salt and blend until rice like.
- Serve chilli with sweet potato rice.



MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
DAIRY FREE

Prep time: 15 mins  
Cook time: 40 mins

To make 1 portion  
Calories: 135  
Protein: 4g  
Fat: 3.6g  
Carbs: 31.4g

# Roasted Red Pepper Soup

This has been on the menu for a long time and it even made it to our Summer events menu in 2019 and went down a storm.

## INGREDIENTS

62.5g Butternut Squash  
62.5g Sweet potato  
40.6g Roasted Red Pepper  
62.5g tinned chopped tomatoes  
2.5g Vegetable stock  
1.25g garlic powder  
0.62g mixed herbs  
125g water  
0.62g smoked paprika  
0.62g chilli powder  
Salt and pepper

## METHOD

- Roast red peppers on 180C / 350F for 30 minutes
- Cook sweet potato and butternut squash in boiling water until soft
- Transfer potato, squash and red pepper to another pan
- Add all remaining ingredients and bring to the boil
- Put in blender and blend until smooth
- Season as required.





MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
DAIRY FREE  
PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 30 mins

To make: 1 Portion  
Calories: 314  
Protein: 12g  
Fat: 8.3g  
Carbs: 55.7g

## INGREDIENTS

116g sweet potato  
80g Chickpeas  
90g tinned tomatoes  
45g water  
0.22g x veg stock cube  
crumbled  
0.6g garlic powder  
0.8g curry powder  
0.3g chilli powder  
1g lime juice  
27g spinach  
Salt & pepper  
45g coconut milk

1 cup raw cauliflower  
Pinch of salt  
Squeeze of lemon juice

# Sweet Potato and Chickpea Curry with Cauliflower Rice

This is another total Fave! It has been on the menu since day 1 and it is always so popular. I have always served this as a mild curry, but feel free to add more spice for a bit more heat.

## METHOD

- Cook the sweet potato until soft and drain most of the water
- Add all ingredients and simmer on a medium heat
- In a blender, add the cauliflower, salt and lemon juice and blend until rice like.
- Serve curry with cauliflower rice.



MAKE AHEAD  
VEGETARIAN  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 15 mins

To make: 1 portion  
Calories: 262  
Protein: 10.1g  
Fat: 9.3g  
Carbs: 35.7g

## INGREDIENTS

30g rocket  
30g feta  
150g raw cubed sweet  
potato  
20g pine nuts  
90g beetroot  
Lemon juice  
Salt

# Sweet Potato, Feta and Beet Salad

This is another total Fave! It has been on the menu since day 1 and it is always so popular. I have always served this as a mild curry, but feel free to add more spice for a bit more heat.

## METHOD

- Pre heat oven to 200C / 400F
- Cube the sweet potato and place in an oven tray with a small amount of extra virgin olive oil and salt. Cook until soft and brown.
- In a pan, toast the pine nuts slightly.
- Plate the rocket and put lemon juice on top with salt.
- Cut beetroot and feta into small chunks and place on top of rocket
- Add sweet potato and finish off with pine nuts.



MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
GLUTEN FREE  
DAIRY FREE  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 15 mins

To make: 4 portions  
Per serving:  
Calories: 189  
Protein: 10g  
Fat: 12.9g  
Carbs: 11.2g

## INGREDIENTS

1 pack Tofu (396g)  
1 tbsp Coconut Oil  
400g light coconut milk  
1-2 tbsp red curry paste  
1 tbsp soy  
1 tbsp maple syrup  
½ lime  
1 tsp paprika

# Thai Coconut Tofu

Serve with green vegetables, quinoa or brown rice. Simply delicious.

## METHOD

- Drain water from tofu and cut into squares
- Add tofu to hot oil for 3-4 minutes each side until golden brown
- In another pan add curry paste, soy sauce, maple syrup, lime and paprika and mix well
- Add cooked tofu to the pan with sauce and stir on medium heat until cooked through





MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
GLUTEN FREE  
DAIRY FREE  
PALEO FRIENDLY

Prep time: 20 mins  
Cook time: 30 mins

To make: 6 portions  
Per serving:  
Calories: 298  
Protein: 10.4g  
Fat: 1.1g  
Carbs: 63g

## INGREDIENTS

1 medium brown onion -  
diced  
0.5 tsp lazy garlic  
160g sweet potato  
2 medium carrots –  
grated  
100g Broad Beans  
100g Peas  
400g Tinned Tomatoes  
400g Kidney Beans  
¼ tsp Chilli powder  
Heaped tsp paprika  
Heaped tsp mixed herbs  
2 Vegetable stock cubes  
100ml hot water  
Salt and pepper

Ingredients - Sweet  
Potato Rice  
2 Medium Sweet Potato  
Salt to taste  
Squeeze lemon

# Vegetable and Bean Chilli

Very filling and full of flavour.

## METHOD

- Cook onions in a pan with water. Add garlic, chilli, paprika and mixed herbs
- Add Sweet potato and carrot and cook until soft
- Add broad beans, kidney beans and tinned tomatoes
- Put stock cubes in a measuring jug and cover with hot water. Stir well and add to pot
- Season to taste
- Whizz the raw sweet potato in the blender with salt and lemon juice to make sweet potato rice
- Serve together



MAKE AHEAD  
HIGH PROTEIN  
VEGETARIAN  
FREEZABLE  
DAIRY FREE  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 35 mins

To make 8 portions  
Calories: 305  
Protein: 21.3g  
Fat: 16.3g  
Carbs: 14.1g

## INGREDIENTS

1 red onion - diced  
1 carrot – grated  
2 red pepper – roughly  
chopped  
300g sweet potato –  
cubed  
1 bag of spinach  
10 medium eggs  
Pinch salt and pepper  
2g paprika  
5g mixed herbs

# Vegetable Frittata

A definite Nude Food favourite. Make this in advance and enjoy it for breakfasts, lunches, dinners and snacks. However you fancy it.

## METHOD

- Turn oven to 180C / 360F
- Put sweet potato in a pan with boiling water and cook until soft
- Whisk eggs in a bowl
- Add all veg to egg mix and add seasoning
- Put in an oven dish and cook for 30 mins until golden brown and cooked through. Check its cooked by piercing it with a knife, if it comes out clean, its cooked.





SNACK THE NUDE WAY

# Snacks and Smoothies



TOP TIP: PREP YOUR SNACKS AND STORE THEM SO THEY'RE EASY TO GRAB WHEN YOU FANCY A QUITE BITE



# Nude Snacking

We all do it. It is just one of those things. Sometimes we want a little munch. But, a packet of crisps and a big chocolate bar later, you may of just eaten almost 1000 “empty calories.” (No nutritional value.)

One trick is to recognise when you are thirsty rather than peckish and secondly it is to make better choices. It is just having a little bit of thought behind it and being more disciplined.

Habit will come into it a lot as well. If you have developed the habit of having a chocolate bar in the evenings then you might feel like you NEED the chocolate bar every day. Rest assured – you do not need it. But you do need to discipline yourself and work hard to stop that habit.

Be imaginative. Healthy snacks don't have to be boring. You don't just have 6 almonds or an apple – I would be bored of that too. You can eat healthily and still eat delicious food - use your imagination and eat within reason.

Here are some ideas of healthier snack ideas to get you started.

**Roasted Chickpeas (My Fave!)** - Drain a tin of chickpeas, put in a roasting dish, sprinkle with whatever flavour you like (chilli and garlic is nice, or even Cinnamon for a sweeter snack) Drizzle in extra virgin olive oil and roast until crunchy. A delicious alternative to crisps.

**Veg Sticks and homemade hummus** - Chickpeas, garlic, olive oil, lime (chilli/herbs - optional) all in the blender - blend it all until thick and creamy. Try with Mange Tout!

**Roasted Veg Chips** - Thinly slice veg (Sweet potato, beetroot, carrots, swede - try anything!) Drizzle with Olive Oil, roast until crispy.

## Mix it up with yoghurt

Low fat greek yoghurt, small berries/tiny blob of jam

Low fat greek yoghurt, chia seeds, raisins

Low fat greek yoghurt, linseeds, nuts and seeds

## Oak cakes, biscuits and breads

Oat cakes/rye bread with peanut butter/almond butter

Oat cakes/rye bread, hummous and grated carrot

Riveta - Spread almond butter/peanut butter and thin slices of apple or banana.

Riveta - Cottage Cheese

Half a bagel, ricotta cheese and fresh strawberries

Rice cakes, peanut butter, coconut and cherries

**Ham and Celery Wraps** - wrap ham round a piece of celery and dip it in wholegrain mustard.

**Cherry Tomatoes & Goats Cheese** - Cut tomatoes in half, put a small lump of goats cheese/feta cheese on top and eat.

**Frozen Yoghurt** - Making your own frozen yoghurt is so simple and much better for you than shop brought. Use Greek yoghurt, natural yoghurt or even a low fat flavoured yoghurt, add fruit as needed or have plain, add stevia/agave or sugar (Only to taste - you may not put too much in at all) Blend it all and freeze.

**Dark Chocolate and Nut Clusters** - Melt high quality dark chocolate and mix with unsalted nuts. Set in fridge.



# Nude Snacking

**Spicy Watermelon and Pistachios** - Cut chunks of watermelon, add lime juice and lime zest and a sprinkle of cayenne pepper, and 2 teaspoons of unsalted pistachios.

**Spiced Apple Crisps** - thinly slice apple, dust with cinnamon and cook for 45 mins - 1 hour.

**Nut Butter Boat** - Long chunks of celery or apple, spread with a nut butter (almond/peanut/hazelnut) and add raisins or nuts to the top.

**Curried Pumpkin seeds** – Don't throw away left over pumpkin seeds - rinse them, sprinkle with curry powder and bake them for 20 minutes.

The list could be endless, think about the foods you like eating and see if you can think of an alternative snack. Remember quantity is everything as well. For example – nutty things are great to snack on but they are calorific so you do need to stick to portion sizes.

Always remember that if you're eating healthily and training well, you can afford to treat yourself to the things you like occasionally. And if you are really craving something, have it. One tip to prolonging a healthy nutritious lifestyle is to treat yourself occasionally.

Remember, this is a lifestyle not a diet. As discussed earlier in this book about the goals we set and the sacrifices we are willing to make to reach them. This is where it comes in to play because you have to WANT to make better choices in order for them to become something positive.

## Smoothies

All the smoothies featured are made with fruits and vegetables and containing loads of great vitamins and minerals. Don't be scared to use frozen ingredients for smoothies. You have less chance of wastage and also it makes the smoothie really cold and thick and delicious! Add a smoothie to your day as a snack or tasty addition to one of your meals or even pre or post workout.

Protein Powder can be added to all smoothies to give them a boost. (Highly recommended in the coffee smoothie!)





VEGETARIAN  
KETO/PALEO FRIENDLY

Prep time: 5 mins

To make: 4 portions

Each portion:

Calories: 168

Protein: 3.7g

Fat: 11.3g

Carbs: 15.2g

# Apple Cookies

Another Nude Food intruder. This has next been on the meal prep or event catering menu, however I love them and I just had to share them with you!! You are welcome.

## INGREDIENTS

1 Apple

¼ cup peanut butter

¼ cup sliced almonds

¼ cup walnuts, chopped

¼ cup shredded coconut

¼ cup dark chocolate chips

## METHOD

- Remove the apple core and slice into thin rings
- Spread peanut butter over one side of the apple
- Top with remaining ingredients.





MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
GLUTEN FREE  
DAIRY FREE  
PALEO FRIENDLY

Prep time: 15 mins  
Cook time: 40 mins

To make: 16 portions  
Calories: 113  
Protein: 3.1g  
Fat: 1.8g  
Carbs: 20.2g

## INGREDIENTS

2 cups all purpose flour –  
gluten free  
¾ cup coconut sugar  
½ cup Erythritol  
¾ cup unsweetened  
cocoa  
1 tsp baking powder  
1 mashed avocado  
½ cup oat milk  
1/3 cup water  
Vanilla

# Chocolate Avocado Brownies

Need I say more, these are delicious. I'm sure you will love them.

## METHOD

- Pre heat oven to 180C / 360F
- Combine dry ingredients – flour, sugar, cocoa, baking powder and salt
- In another bowl, beat avocado, milk, water and vanilla.
- Add to dry ingredients
- Grease 9 x 13 baking tray
- Bake for 30 – 40 mins until knife comes out clean
- Let it cool and slice into portions.
- Can be frozen



MAKE AHEAD  
VEGAN FRIENDLY  
GLUTEN FREE  
DAIRY FREE  
KETO/PALEO FRIENDLY

# Avocado Mousse

Prep time: 15 mins

To make: 4 portions

Calories: 343

Protein: 4.8g

Fat: 34.1g

Carbs: 12.5g

Don't be put off by the fact its Avo. The reason that Avo is used in sweet treats is because of its creamy element. It is an easy way to make mousses and brownies taste very indulgent without adding the bad stuff!

## INGREDIENTS

1 Ripe Avocado  
¼ cup unsweetened  
cocoa powder  
6 Medjool dates  
1 ¼ cup coconut cream  
Tsp Vanilla essence

## METHOD

- In a food processor, blend the avocado, cocoa powder, dates, coconut cream, vanilla extract until smooth. (about 1 minute on the highest speed)
- Transfer to individual pots and put in fridge for at least 1 hour (the longer they are left in the fridge, the creamier they will be)
- Add desiccated coconut and dark chocolate sprinkles to the top before serving.





MAKE AHEAD  
VEGAN FRIENDLY  
GLUTEN FREE  
DAIRY FREE  
PALEO FRIENDLY

Prep time: 30 mins

To make: 4 portions  
Calories: 344  
Protein: 7.6g  
Fat: 23g  
Carbs: 29.6g

## INGREDIENTS

### Ingredients – Base

1 cup pecans  
1 cup almonds  
10 pitted medjool dates  
4 tbsp unsweetened  
coconut flakes  
Small pinch sea salt

### Ingredients – the good bit!

3 cups cashews, soaked  
overnight  
¼ cup coconut oil  
¼ cup fresh lemon juice  
½ cup honey  
1 tsp vanilla extract  
1.5 cups fresh blueberries  
1 cup blueberries to  
garnish

# Blueberry Cheesecake Pots

If I have friends and family over this will always be my go-to dessert and nobody knows how good it is for you. I love cheesecake and this ticks all the right boxes. It doesn't have to be blueberries – try it with your favourite fruit.

## METHOD

### Base

- Soak dates for 10 mins to soften. Drain and set aside
- Wipe a baking tray with coconut oil
- Blend pecans and almonds until ground
- Add the dates and coconut flakes and blend until smooth
- Press mixture into an even layer in individual bowls and set aside

### The Good Bit

- Drain cashews and place in blender with coconut oil, lemon juice, honey and vanilla. Blend until smooth
- Add in blueberries and blend until totally smooth
- Add filling to the base and smooth over.
- Place in fridge for at least 12 hours
- Add blueberries to the top before serving



MAKE AHEAD  
VEGAN FRIENDLY  
KETO/PALEO FRIENDLY

Prep time: 30 mins  
+ 2 hours setting time.

To make: 20 portions  
Calories: 212  
Protein: 5g  
Fat: 10.1g  
Carbs: 24.9g

## INGREDIENTS

300g grated carrot  
225g dates (soaked overnight)  
70g raisins  
180g cashews (soaked overnight)  
100g walnuts  
150g oats  
90g coconut flour  
200g full fat coconut milk  
20g lemon juice  
25g maple syrup  
5g vanilla essence  
2g ginger  
3g cinnamon  
Sprinkle mixed spice  
2g salt  
35g water

# Raw Carrot Cupcakes

These vegan friendly cupcakes are sure to impress and they are full of goodness

## METHOD

- In a food processor, blend dates, 250g carrot, raisins, oats, walnuts, ginger, cinnamon, mixed spice and salt.
- Add to bowl with flour, vanilla, remaining carrot and mix well
- Portion into cupcake holders
- In a food processor, blend cashews, milk, lemon and maple syrup until smooth
- Place on top of mixture.
- Set in fridge for 2 hours before enjoying



MAKE AHEAD  
VEGETARIAN  
HIGH PROTEIN  
KETO/PALEO FRIENDLY

Prep time: 15 mins  
+ 2 hours setting

To make: 1 portion  
Calories: 275  
Protein: 15.9g  
Fat: 9.5g  
Carbs: 14g

# Chocolate Protein Pudding

This is a great pre/post workout fuel or something to just keep you going in the day.

## INGREDIENTS

130g 0% total yoghurt  
12g dark chocolate (85%)  
14g honey  
20g Chia seeds  
Vanilla essence  
8g ground almonds

## METHOD

- Melt chocolate in the microwave for 20 seconds at a time
- Add chocolate, honey, chia and vanilla to the yoghurt and mix well.
- Add ground almonds and put in fridge to set for 2 hours.





GLUTEN FREE  
VEGETARIAN

Prep time: 10 mins

To make: 8 portions

Calories: 81

Protein: 1.5g

Fat: 3.8g

Carbs: 12.1g

## INGREDIENTS

3 ripe bananas

1/3 cup peanut butter  
(Meridian)

1/2 cup dark chocolate chips

2 tsp coconut oil

# Choco Nut Nude Narna Bites

Don't even try and say that 10 times, just make these beauties and enjoy!

## METHOD

- In a microwavable bowl, add chocolate and coconut oil.
- Microwave for 15 seconds at a time, stirring each time until melted
- Slice bananas
- Add peanut butter to a banana slice and sandwich together with another banana piece
- Dip each banana sandwich in the chocolate
- Chill in fridge until chocolate has set



MAKE AHEAD  
FREEZABLE  
VEGETARIAN  
KETO FRIENDLY

Prep time: 20 mins

To make: 12 balls

Calories: 104

Protein: 4.5g

Fat: 2.9g

Carbs: 15.4g

# Cookie Dough Protein Balls

These ultimate treat! These are always a firm favourite and taste delicious

## INGREDIENTS

2 cups oat flour

1/3 cup protein powder

½ cup melted nut butter

4 tbsp maple syrup

2 tsp vanilla

½ cup oat milk

Optional: Choc Chips

## METHOD

- Line baking tray with parchment paper
- In a large bowl, whisk together oat flour and protein powder
- Stir in nut butter, maple syrup, vanilla and milk
- It should now be like cookie dough, if try add 1 tbsp milk
- Stir in choc chips (optional)
- Take 1.5 tbsp mixture and roll into ball
- Store in air tight container.
- Can be frozen.



HIGH PROTEIN  
KETO/PALEO FRIENDLY

# Tuna and Cottage Cheese Snack Pot

Prep time: 5 mins

To make: 1 portion

Calories: 163

Protein: 28.5g

Fat: 3.6g

Carbs: 5g

## INGREDIENTS

120g Cottage Cheese

100g Tuna

2g Lime juice

Pinch of salt and pepper.

## METHOD

If you are trying to increase your protein intake, this is a fabulous snack to have. With almost 30g protein in it, it's a great option

- Give cottage cheese a stir, add salt and pepper to taste and place in bowl.
- Flake the tuna and add lime and pepper and add to bowl



# Guacamole

MAKE AHEAD

VEGAN FRIENDLY

KETO/PALEO FRIENDLY

Prep time: 10 mins

To make: 4 portions

Calories: 49

Protein: 0.6g

Fat: 4g

Carbs: 3.6g

Guac is the perfect dip or dish addition. Its full of flavour and good fats, its filling and its so fresh. I've found that every body has a different preference when it comes to their guac consistency so the vague method below is deliberate. I love my guac to have chunks of avo still in there and lots of bits in it so I will only blend mine for a few seconds. Where as you may enjoy a very smooth guacamole in which case – blend away!!

## INGREDIENTS

100g Ripe Avocado

50g thinly diced red onion

10g lime juice

Salt and pepper to taste

## METHOD

- Put all the ingredients in a blender and blend until blended
- Enjoy!





MAKE AHEAD  
VEGAN FRIENDLY  
FREEZABLE  
HIGH PROTEIN

Prep time: 10 mins  
+ 24 hours to freeze

To make: 1 portion  
Calories: 282  
Carbs: 19.2g  
Fat: 13.5g  
Protein: 11.4g

# Peanut Butter and Banana Frozen Yoghurt

Rich, delicious goodness to enjoy whenever it takes your fancy.

## INGREDIENTS

125g Soy Yoghurt  
25g Banana  
25g Peanut Butter  
12g honey

## METHOD

- Add all ingredients to blender and blend until smooth
- Place in containers and freeze for 24 hours.





MAKE AHEAD  
VEGAN FRIENDLY  
HIGH PROTEIN

Prep time: 10 mins  
+ 2 hours setting time.

To make: 2 portions  
Calories: 389  
Protein: 14g  
Fat: 21g  
Carbs: 36g

# Peanut Butter Pudding

This is an absolute best seller on the Pop up events!

## INGREDIENTS

1 cup soya milk  
3 tbsp maple syrup  
3 tbsp peanut butter  
1 ½ tbsp cocoa powder  
1 tsp vanilla  
¼ cup chia seeds

## METHOD

- Add all ingredients to a bowl
- Mix well until all chia seeds are mixed well
- Chill for 2 hours before enjoying





MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
HIGH PROTEIN

Prep time: 45 mins  
+ 12 hours to chill

To make 18 portions  
Calories: 280  
Protein: 9.6g  
Fat: 16.7g  
Carbs: 20.8g

## INGREDIENTS

400g Crunchy Peanut Butter  
150g Honey  
200g Oats  
10g water  
100g Protein Powder (Vanilla or unflavoured)  
3g salt  
Vanilla essence.

Ingredients – Topping  
100g 85% Dark Chocolate  
20g honey  
6g coconut oil

# The Power Nut Bar

Here it is, the most sought after snack recipe that Nude Food have created. Its developed over the years and it is soooo good. If you are a peanut butter fan this is an absolute winner for you.

## METHOD

- In a food processor put the oats and protein powder and blend until fine
- In a bowl, add peanut butter, honey, oats, water, salt and vanilla and mix well.
- Put mixture into trays and pat down to make smooth
- In a microwavable bowl, add all the topping ingredients and microwave for 15 second intervals, stirring between each one
- Pour over the base smoothly.
- Chill for 12 hours or pop in freezer for 2 hours until set and then cut into portions.



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
HIGH PROTEIN  
DAIRY FREE  
KETO/PALEO FRIENDLY

# Protein Balls

Prep time: 15 mins  
+ 2 hours to chill

To make: 18 portions  
Each Ball:  
Calories: 110  
Protein: 10.5g  
Fat: 3.6g  
Carbs: 6.5g

The Nude Food best seller for a long long time! And now the recipe is all yours. Make in advance and freeze if needed. This is the original Nude Food Protein Ball recipe. It has since developed into The Chia Latte Protein Ball, Choco-Nut, lemon drizzle and cookie dough. But this is the original one. And my fav.

## INGREDIENTS

450g Raisins and  
Peanuts Mix  
50g Raisins  
150g Oats  
75g Honey  
60g Coconut Oil - melted  
35g Protein Powder (1  
scoop)  
5g Desiccated Coconut  
1/8 Cup water  
75g Chai Seeds  
125g Peanut Butter

## METHOD

- Grind peanuts and raisin mix and extra raisins in blender until fine
- Grind oats and add to peanuts and raisins
- Add all other ingredients
- Mix well with a wooden spoon
- Roll into balls roughly 3cm wide.
- Pop in the fridge for at least 2 hours





MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
HIGH PROTEIN

Prep time: 15 mins  
Cook time: 20 mins

To make: 25 portions  
Calories: 127  
Protein: 8.4g  
Fat: 2.1g  
Carbs: 16.5g

# Protein Banana Bread

This is perfect served hot or cold (or with a dollop of peanut butter!) Can be frozen so make in advance and have a good freezer stash of those sweet treats.

## INGREDIENTS

550g mashed banana  
230g 0% yoghurt  
5 eggs  
8g vanilla essence  
140g honey  
175g oats  
1.5 tsp baking powder  
150g Diet Whey protein powder  
4g cinnamon  
Teaspoon coconut oil

## METHOD

- Pre heat oven to 200C / 400F
- In a blender, blend the oats into a fine texture.
- Add to a bowl along with all other ingredients and mix really well
- Use coconut oil to oil the baking tray
- Add mixture and smooth over
- Add to oven for 20 mins. Make sure cooked in the middle
- Take out and slice into portions and let cool





MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
HIGH PROTEIN

Prep time: 20 mins  
Cook time: 20 mins

To make: 8 portions  
Calories: 246  
Protein: 21.5g  
Fat: 5.5g  
Carbs: 29.7g

## INGREDIENTS

120g oats  
130g vanilla protein  
powder  
370g 0% yoghurt  
2g bicarb soda  
30g flaxseed  
60g coconut sugar  
80g honey  
3 eggs  
3 egg whites

Decoration as desired.

# Protein Celebration Cake

This recipe has developed over the years to always try and increase the protein and lower the fat, whilst still making a delicious celebration cake.

## METHOD

- Preheat Oven to 180C / 360F
- Rub coconut oil into a baking tray
- Use a blender to make the oats fine
- In a bowl, add all the oats and eggs together and mix well
- Add all ingredients to the oats and mix well
- Add to the baking tray and cook for 18 – 20 mins until golden brown.
- Let it cool
- Decorate as desired.



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
HIGH PROTEIN  
DAIRY FREE

Prep time: 10 mins  
Cook time: 20 mins

To make: 12 portions  
Calories: 225  
Protein: 7.2g  
Fat: 5.1g  
Carbs: 32.8g

# Quinoa Bars

Great for breakfast and for snacks. These tasty bars will keep you going whatever time of the day

## INGREDIENTS

1 cup wholemeal flour  
1.5 cup cooked quinoa  
2 cup oats  
½ cup chopped nuts  
1 tsp cinnamon  
1 tsp baking powder  
2 tbsp chia seeds  
2/3 cup peanut butter  
½ cup honey  
2 eggs  
1 mashed banana  
1 tsp vanilla  
1/3 cup raisins

## METHOD

- Pre heat oven to 180C / 360F
- Combine mashed banana, quinoa, vanilla, eggs, peanut butter and honey in a small bowl and mix well.
- Add remaining ingredients and stir well
- Spoon into a greased 9 x 13 pan and bake for 20 mins until golden brown.
- Let it cool and cut into bars
- Store in fridge



MAKE AHEAD  
VEGETARIAN  
FREEZABLE  
DAIRY FREE  
KETO/PALEO FRIENDLY

Prep time: 10 mins  
Cook time: 25 mins

To make: 12 portions  
Calories per muffin: 99  
Protein: 6.1g  
Fat: 3.3g  
Carbs: 7.6g

# Quinoa Protein Muffins

These are so good to pre make and keep in your fridge as little snacks or even batch cook and freeze them until you need them.

## INGREDIENTS

1 cup cooked quinoa  
¼ teaspoon pepper  
¼ teaspoon salt  
½ cup feta crumbled  
1 cup sliced mushrooms  
½ onion  
1 cup cherry tomatoes,  
chopped in quarters  
6 eggs  
2 egg whites

## METHOD

- Preheat the oven to 350F
- In a bowl, whisk the eggs together and add salt and pepper.
- Add in the rest of the ingredients.
- Use silicon muffin cases and spoon mixture in.
- Make for 20-25 mins, until you can insert a knife into the muffin and it is clean.





MAKE AHEAD  
VEGAN FRIENDLY  
DAIRY FREE  
KETO FRIENDLY

Prep time: 10 mins

To make: 10 portions  
Calories: 35  
Protein: 1.5g  
Fat: 1.6g  
Carbs: 4.2g

## INGREDIENTS

220g Chickpeas, drained  
200g red pepper, roughly  
chopped  
10g lime juice  
½ clove garlic  
4g smoked paprika  
Salt and pepper to taste

# Red Pepper Hummus

The Red Pepper Hummus has travelled with Nude Food from day 1 and its so lovely. I love having this in the fridge and having it with chicken or in a pita or just as an addition to a cracker. So easy to make and so full of flavour.

## METHOD

- Heat oven to 200C / 400F
- Add red peppers to an oven tray with salt and pepper
- Heat until pepper are soft, take out of oven and let them cool slightly
- Peel the skins off.
- In a blender, but chickpeas, peppers, lime juice, garlic and paprika.
- Add salt and pepper to taste
- Blend until it is the consistency you like your hummus to be
- Keep chilled in the fridge.



VEGAN FRIENDLY  
DAIRY FREE  
GLUTEN FREE

# Pink Protein Punch One

Cals: 489  
Protein: 9.6g  
Fat: 9.9g  
Carbs: 60.5g

This smoothie is full of all the holiday tastes. It has lots of fibre, high in protein, antioxidants and will keep you fuller for longer.

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

½ cup frozen strawberries  
½ cup frozen pineapple  
½ banana  
2 tbsp rinsed raw quinoa  
1 tbsp coconut flakes  
1 cup coconut milk  
¼ cup coconut yoghurt  
1 tbsp maple syrup  
½ scoop strawberry protein powder (optional)

# The Immune Boosting One

VEGETARIAN  
DAIRY FREE  
GLUTEN FREE

If you are feeling run down, this is the smoothie for you. It is absolutely rammed with Vitamin C and all the nutrients you need to get you back to feeling like yourself.

Cals: 299  
Protein: 6.8g  
Fat: 5.8g  
Carbs: 50.6g

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

½ cup Frozen Mango  
½ banana  
½ cup tinned peaches (no juice)  
¼ cup greek yoghurt  
1 tbsp chia seeds  
1 tbsp honey  
½ cup Alpro Almond Milk  
½ cup 100% pure orange juice



VEGETARIAN  
GLUTEN FREE

# The Orange Healing One

Turmeric – the magic spice. Turmeric has been incredibly popular in the fitness world in the last few years because of its proven health benefits. And ginger is proven to help reduce muscle pain and is an anti-inflammatory as well. This is my secret favourite. I absolutely LOVE the zing of ginger and it really does make you feel good afterwards.

Cals: 248  
Protein: 5.0g  
Fat: 4.3g  
Carbs: 45.5g

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

100g chopped carrot  
1 cup frozen mango  
½ cup banana  
1cm ginger  
1 tbsp pumpkin seeds  
¼ cup greek yoghurt  
½ tsp turmeric  
280g 100% orange juice  
10g lime juice





VEGAN FRIENDLY  
DAIRY FREE  
GLUTEN FREE

# The Green Energising One

Cals: 294  
Protein: 5.4g  
Fat: 13.6g  
Carbs: 32.1g

Kale. Love it or hate it but it contains large amounts of fibre, antioxidants, calcium, vitamin C and vitamin K which are all really good for us. And if you put it in a smoothie, you can't really taste it anyway!

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

2 cups Kale  
½ cup banana  
½ apple  
½ avocado  
½ cup frozen pineapple  
2g fresh parsley  
1 tbsp walnuts  
1 cup coconut water  
10g Squeeze lemon juice





VEGETARIAN  
GLUTEN FREE

# The Fat Burner

Cals: 209  
Protein: 6.2g  
Fat: 4.8g  
Carbs: 30.9g

Green Tea is full of antioxidants and nutrients that have a powerful effect on the body, one of which is fat burning and helping to speed up your metabolism. Pomegranate is another amazing food and promotes a healthy digestive system and is full of vitamins and minerals.

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

1 cup frozen blueberries  
½ cup frozen strawberry  
½ cup banana  
¼ cup greek yoghurt  
1 tbsp chia seeds  
¼ cup pomegranate juice  
½ cup cold green tea

# The Morning Glory

Oh its good.  
It's so so good.

VEGETARIAN  
HIGH PROTEIN  
GLUTEN FREE

Cals: 584  
Protein: 20g  
Fat: 31.4g  
Carbs: 51.3g

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

30g 85% dark chocolate  
1/2 banana  
¼ cup oats  
½ cup Greek Yoghurt  
1 tbsp peanut butter  
1 tbsp maple syrup  
½ cup strong black coffee cold



VEGAN FRIENDLY  
DAIRY FREE  
GLUTEN FREE

# The Ultimate Hangover One

Cals: 184  
Protein: 2.6g  
Fat: 1.3g  
Carbs: 36.1g

Because it happens to the best of us...

## INGREDIENTS AND METHOD

Blend all ingredients with ice if desired using a blender and serve.

10g Ginger  
½ cup chopped carrot  
½ cup chopped apple  
1/2 100% Orange Juice  
10g Lime Juice  
Half cup coconut water  
Ice Cubes





# Six Pack Here I come

The Three Simple steps to a 6 pack that everyone is missing.

Ok so here we go. I've been asked about writing this for a while.

I get asked a lot what my secret is to my six pack. "Go on Kellie, what's your secret"

I sometimes make things up. My favourite was "All you need to do is 100 burpees everyday for 14 days and you will get a six pack' It somehow resulted in me doing 100 burpees every day for 14 days to prove a point which definitely did not need proving.

But, today is the day I tell you my secret for my year-round 6 pack.

## You will need:

- 250ml ice cold water
- 15 lemons
- 1 tsp turmeric
- 1 bay leaf
- 3 hair strands from the lesser seen Namdapha Flying Squirrel.

I would love to know how many people started writing their shopping list before getting to the last ingredient. And just incase you aren't clear, it is a joke. And the Namdapha Flying Squirrel is endangered so leave its super fluffy tail alone!

So, the truth. If people want to know what the secret is, here you are.

## The 3 "Simple" steps to a 6 pack.

**1. Cut the Crap.** And I mean ALL the crap. (Even that "oh its just one biscuit though...")

My diet consists of meat, fish, vegetables, fruit, grains and natural sugars. I cut out dairy after finding out I had a slight intolerance. I cut out everything refined.

- No chocolate
- No Sweets
- No biscuits
- No Crisps
- No fizzy drinks
- No fast food
- No takeaways
- No sugary yoghurts
- No white carbs
- Absolutely nothing processed or manufactured

And that is 90% of the time. Simple. Consistently. Persistently. No weeks off. No fancy carb cycling. No crazy supplements. No fasted cardio. Just eating the right food, at the right times to fuel my body the way I need it to.







And that is the key. Food is our FUEL and as soon as you see it as a fuel, the way it was intended, all of this will seem a lot more simple.

The other point to your eating is that you need to make sure you are eating the right amount of food. Eating enough is a big thing as a lot of people who are searching for their abs dramatically cut down calories and carbs which may be hindering your results more than you think. You need to be in a calorie deficit, but the calorie deficit that is right for you. It is not the same for everyone. But we can certainly support you with that through our consultation process at The Nude Food Company.

**2. Water.** Drink a minimum of 2.2 litres of water a day. And I mean EVERY day. It is what your body needs to function as a basic requirement. And that doesn't include tea or coffee, that's just water. And that is outside of any training you do as well. Your body needs a minimum of 2.2 litres a day just to function and work properly.

Every day I drink between 3-5 litres of water (I have got used to drinking that much over a few years. I wouldn't recommend starting off with that because you will live on the toilet!) I speak to so many people who stay away from water because they think its bloating them and stopping them from losing weight on their stomach but they are wrong. If you don't drink enough water, your body holds on to everything it can because it doesn't know when it is going to get enough water again.

Drinking more water will not only help you reach your goals but you will also feel a big increase in your energy levels if you increase your water intake and remove high caffeine/high sugar drinks. I will do another blog at some point about water because it is something I have a lot to say on. The benefits of drinking water are crazy, and its available so readily from the tap.

Yet we would prefer to believe in magic instead.

**3. Training.** Note the deliberate order of these. Yes, training is last. You can do 1000 sit ups a day for a year, but you need to get your diet and water intake sorted before you will see any real results. You CANNOT TONE FAT. You need to lose the fat and build the muscle. It is 2 separate things. This is exactly the same concept for losing your "bingo wings" or "back fat" or "hip fat" You cannot tone the fat. You have to get rid of fat which exercise will help because its burning calories, but ultimately it is being in a calorie deficit that will do that. It is 100% true that **ABS ARE MADE IN THE KITCHEN.**

With your training, instead of only isolating specific abdominal muscles, incorporate compound movements such as squats, deadlifts, cleans, snatches, overhead presses. This will help as well. And that is it. So simple right?

**No it's not.**

It's hard work, it takes dedication and perseverance and will power and a desire to want to live a healthy lifestyle

There are no magic diets or secret pills. It's a way of life that you have to maintain 90% of the time in order to maintain the body that you want. The 90% allows you to have 10% of freedom. And that's really all we need surely? If I eat out, I still eat what I want. If I want to drink, I'll have a drink. (you only have to see my insta-story to see that!) We don't NEED to eat 3 course meals every single day. We don't NEED chocolate everyday. We don't NEED that can of cola at lunch time. They are all habits which we have created. And just the same way as you created that habit, you can stop it as well, you just have to have the will power and motivation to want to. **MINDSET!**



Let's be honest, I've not told you anything you don't know already. We want to believe there is a secret out there which is why so many fall for the lies and fakeness and get sucked in to expensive and pointless bullshit on the market. Even the photos that I have used for this blog are technically a lie. Yea, I maintain a 6 pack throughout the year but for the professional photos, I had 3 weeks of manipulating my carbs and water intake so that I looked super lean. Right now, my focus is training and getting stronger, so they just aren't as lean as that currently. I would be the most miserable person in the world if I was to try and maintain that level of lean all the time.

BUT I do have one secret and it's the secret that keeps me going. I don't give a shit about my 6 pack. I've had many a debate about that with people, but I don't. For me, it is a side effect of the lifestyle I have chosen which actually brings me more insecurity than its worth. Yea I think its pretty cool sometimes but I don't live my life the way I do just to maintain that. The reason I have chosen to live my life the way I have is because I want to be healthy, I know how amazing you can feel when 90% of the time you:

1. Cut the crap
2. Drink the water
3. Train hard

The problem when we have such a specific goal is that when we don't see a result as quickly as we think we should, it turns us off and makes us want to give up because we tell ourselves its impossible or we aren't getting there quick enough. That's when you have the tendency to "cheat" because you've already set it up in your head as a short term thing. There is a difference between "cheating" and creating balance in your lifestyle. This is the key.

So I keep focused on the bigger picture rather than staring at my stomach in the mirror endlessly waiting for them to pop or looking at my diet and seeing what else I can remove from it. Take the focus off that goal, enjoy your training, enjoy eating healthy, enjoy feeling great and having all the energy. And do you know what, one day you'll look in the mirror and you'll see progress like you've never seen before. Also, and this is such an important point that people miss all the time. We have goals and images of what we want to look like in our heads. I've just put in black and white the truth about maintaining a 6 pack. If you aren't realistically able to maintain that lifestyle right now, change your goal.

It absolutely is NOT worth damaging your mental health. Every time you think you "fail" or you "cheat" or you don't hit your goal as quickly as you think you should – you could end up feeling really shitty about yourself. When actually its really fucking hard to create that lifestyle to begin with and sometimes in certain situations, it isn't realistic for you to be able to maintain that right now. AND THATS OK!

Sometimes, we can do all the right things, but its our mindset that will make the biggest differences. So, my advice for all those 6pack hunters out there, if it is getting you down – change your goal. Focus on something different for a while. Focus on creating a lifestyle that you can maintain for the majority of the time, train hard, eat well and you never know, it may just happen when you least expect it! Learn to love the lifestyle you lead.

Keep going guys









# Are you ok?

This may seem like a strange section to have in a Cook Book. But, when you are looking at creating a lifestyle, making a change or reaching a goal, you should be looking at it as a holistic approach to everything you have going on in your life at the moment.

An example of this is someone who may recognize themselves as an “emotional eater” If you decide that you want to lose weight but you haven’t dealt with that yet, are you going to succeed? Or should you try and deal with what is causing the emotional eating?

And the same if you are a stress eater. Should you try and sort out the things causing you stress or managing the way you deal with that first?

Also, another question to ask yourself is do you have a healthy relationship with the way you view food? This is quite a big question. Do you view food in a negative way? Do you feel like you avoid meals or certain foods? Or do you find yourself over eating for any reason? Are you happy with the way you see food?

One way of dealing with this is seeking professional help and someone to speak with if you feel that is what will benefit you. Alternatively, for a self-esteem boost or a way of managing negative thoughts, a Positive Affirmation Board helps.

Research positive quotes on the internet and pick ones that you feel would benefit you, write them down and either create a board or put them on post it notes in front of your mirror or somewhere you look as soon as you wake up. Read them out loud to yourself in a mirror and do it for at least 21 days. (It takes 21 days to form a habit!) Even if you don’t believe it that day – read it out loud and force yourself to say it! Creating a positive headspace when you wake up can do wonders for your self esteem and reaching your goals. It is all about believing in yourself.

You WANT to do it.

You CAN do it.

You WILL do it

Stay Strong and reach your goals.

Kellie x



# Fear Is Irrelevant

Hands down the most terrifying few moments of my life was in New Zealand in 2014 at Auckland Bridge. For anyone that hasn't experienced a Bungee Jump before, as much as I am probably going to put you off it right now. Ignore me – 100% do it.

So you make the decision to bungee

.

You make the booking

.

You make sure that date and time seem like they aren't too unlucky and you confirm. (Friday 13th at 3.30pm – urmmm...no thanks hun. I'm more of an even number kinda girl)

You carry on with your life.

The day came round for my bungee jump and I was excited. Woo Bungee!!

We got to Auckland Bridge and the fear started to set in instantly. We got to the reception area to check in and everyone is in high spirits around me.

I am not. Ok so let me just clarify the situation here. I am not happy in the slightest and I am not even willing to pretend that I am happy. In all honesty I knew I would be frightened, but not upon just walking in to the reception area.

This was premature petrification at its finest.

They strap me in and pull me tight into my harness and sent me on my way up the stairs to the jumping platform

As we climbed and climbed the stairs I remember turning round in all seriousness and questioning...

“Are they fucking serious????!!!!” We were really fucking high up! And this was not what I had in fucking mind!

(Yes I know... in order to jump off something I have to be of some sort of elevation. At the time it was utterly outrageous that I was so high up)

The walk was never ending and we were just getting higher and higher! And I was getting angry. We reached the top and waited while a few other people jumped. By this point I was not in a good way.

I was utterly petrified.

I am one of those people who feel any emotion and cry...

Extremely happy – cry

Angry – cry

Frustrated – cry

Scared – cry

But this was different. I had never felt fear like it. (But I still cried)



My time had come to go to platform. I will forever giggle at the official photos. Look at that smile in the photos later on, Total lies.

I was sobbing my little heart out and the guys said “and look at the camera, they will take your photo in THREE, TWO, ONE.....” People have commented on these photos in the past telling me how brave I am.

Oh hun, if only you knew...

The FAKEST smile you will ever see. Straight back to sobbing face afterwards. And at that point I remember saying to them “Is this a bad time to tell you I need a wee” From the look on his face, it definitely was.

I have never felt like that in my entire life. The fear in my stomach. The anxiety in my chest. The numbing feeling in my arms and legs. The fear had literally consumed my entire body. The saying “Paralyzed with fear” Yea I get that now. My fear was currently taking over my body.

But not my mind.

Obviously they do this everyday and what he said next, he probably didn’t even think twice about and probably says 100 times a day, but it has stuck with me to this day and I think it will do forever. I was quite obviously very distressed and scared and I looked at him desperate for some kind of reassurance that I was going to be ok and he just looked directly at me and said....

“Sometimes, you just need to trust someone for 1 instant. And right now, trust ME – you are safe”

That sentence coupled with my phrase to live by “You only ever need 20 seconds of courage” is what allowed me to launch myself/fall in an undignified manner off the bridge head first.

So was it worth it? ABSOLUTELY NOT.

Jokes. Of course it was. The adrenaline rush is cool and its an amazing feeling knowing you’ve done it. I wouldn’t do it again I don’t think. I found you get more out of a skydive. And with a fear of flying as well.. that was still scary. But the difference with that is you don’t have to make the decision to jump; you are attached to a man who decides that for you! So it is a totally different experience really

The level of fear I experienced on the bungee jump is utterly ridiculous and this is what has stuck with me and probably will for the rest of my life. There wasn’t one point in which I thought that I wasn’t going to jump. I knew all the way through that if I backed out I would regret it massively. And anyone that knows me will know that I live by NO REGRETS.

So why am I writing about this now. (#braggingrights)

Because this experience has contributed to me building my business so far.

I have had some really scary moments in Nude Food. I’ve felt alone, I’ve failed at things, I’ve almost given it all up a few times. Every time, it’s that fear and anxiety.

I am currently going through one of my scariest business decisions – to take a break from Personal Training. It fills me with dread and fear. But I have to take that leap because if I don’t I will never know if the harness is in fact harnessy enough.

I have some of these photos printed on the wall in my office and it is a reminder that if I can still jump off that bridge, despite the level of fear at that point, then I can do anything. Stood on the edge of that platform – if it went wrong, it would REALLY go wrong. And I still jumped.

Any decision I make now for my business can never be as scary as that. The worst thing that can happen is that the business fails and I start again.

And I’m ok with that.

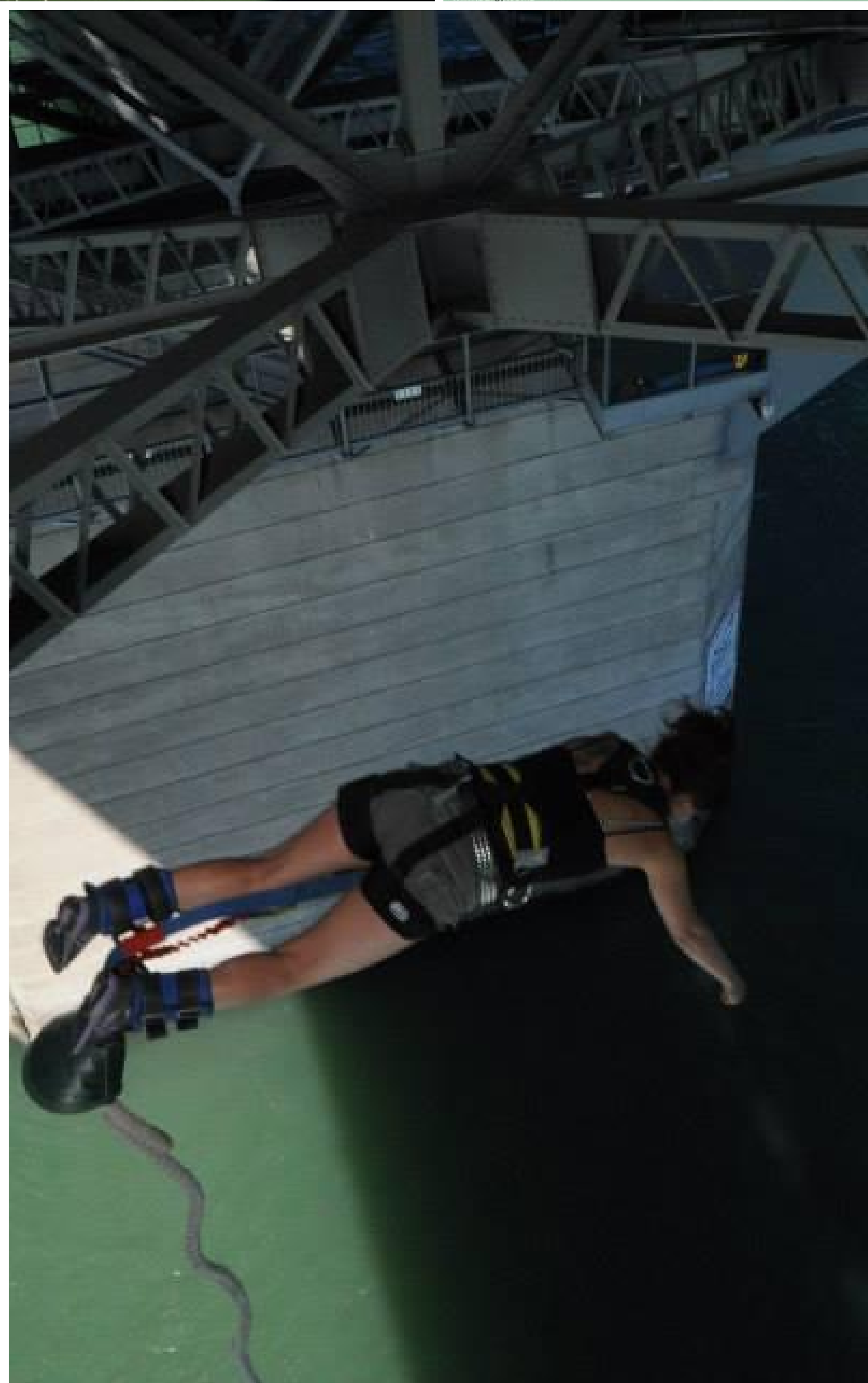
So, if there is something that you want to do but it scares you – don’t let the fear overcome you. If you want it badly enough, do it. In that one instant – trust yourself and allow yourself 20 seconds of courage. The only thing we should be scared of is the fear of regret.

Kellie x











# Next for Nude Food

So this book marks the end of the Meal Prep. But it is only the beginning of the event catering. 2019 was the first year of event catering and it was a success. 2020 was looking to be an epic 2nd season, however Covid-19 had a different plan for everyone. But 2021 is the year. (Keeps everything crossed!!)

If you like what you have read, please follow my journey on the socials. I am mostly on Instagram and Facebook and would love to hear what you thought of the EBook and if you are at any of the events we will be going to, please come and say hello!

I will always be the one the runs the social media pages, so if you have any questions just send a message and it will be me you speak to.

If you have an event in mind that you would like to book us for, please email [info@nudefooduk.co.uk](mailto:info@nudefooduk.co.uk)









# Thank You

I would just like to say a MASSIVE THANK YOU to anyone who bought and got to the end of this book. It has been really tough trying to write down everything that I want to say in a way that is easy to understand and doesn't waffle on. (I do have the tendency to waffle a lot!) I have LOVED my journey with The Nude Food Company so far and to have the opportunity to put it in to words has been really special and it feels like a really nice way to stop the meal prep side of the business. I hope you have got something from it.

I would also like to say a HUGE THANK YOU to every single one of my meal prep customers over the last 3 years. It has been so much fun working with you all and the results have been incredible. But it has always been about the increase in confidence and understanding which has always made the hard work worth while.

A big shoutout has to go to my friends and family who have been my rocks when things have got really tough. In particular my parents who have given so much time to talk things through with me and help with the event catering. From the outside it looks like I've created the business all by myself, but I certainly wouldn't be here right now if it wasn't for some very special people in my life.

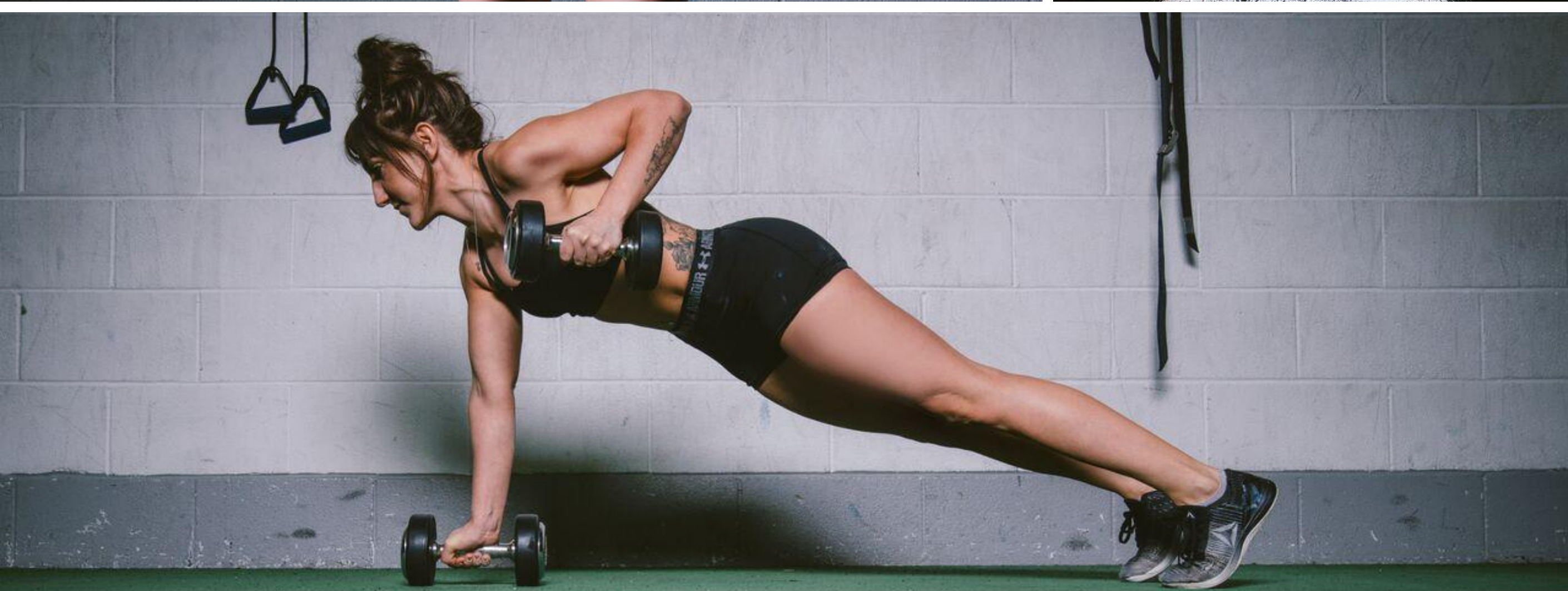
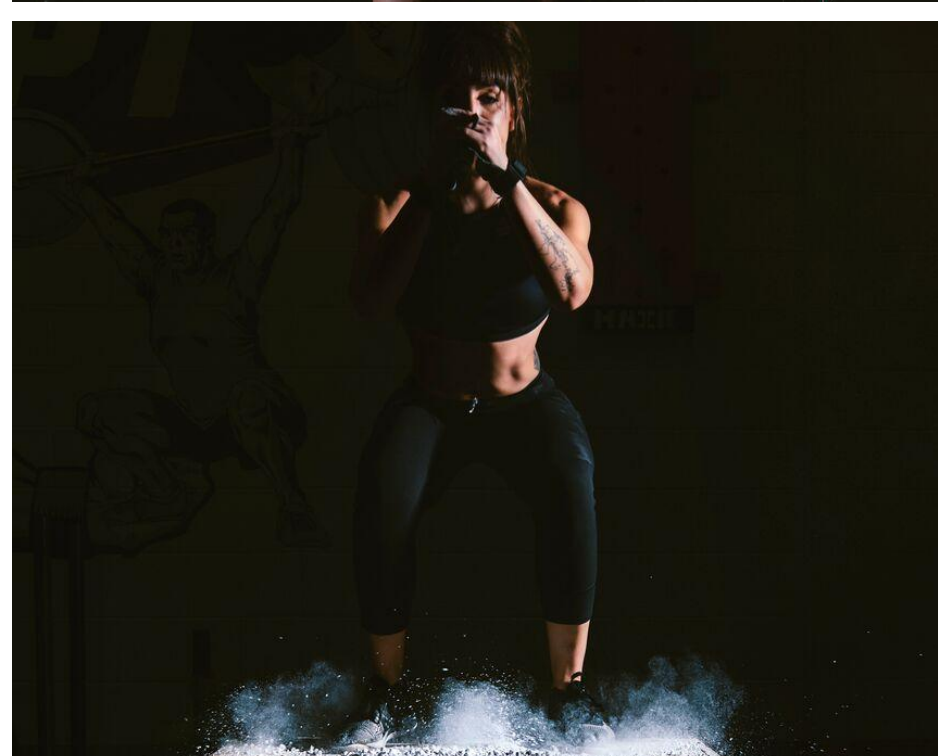
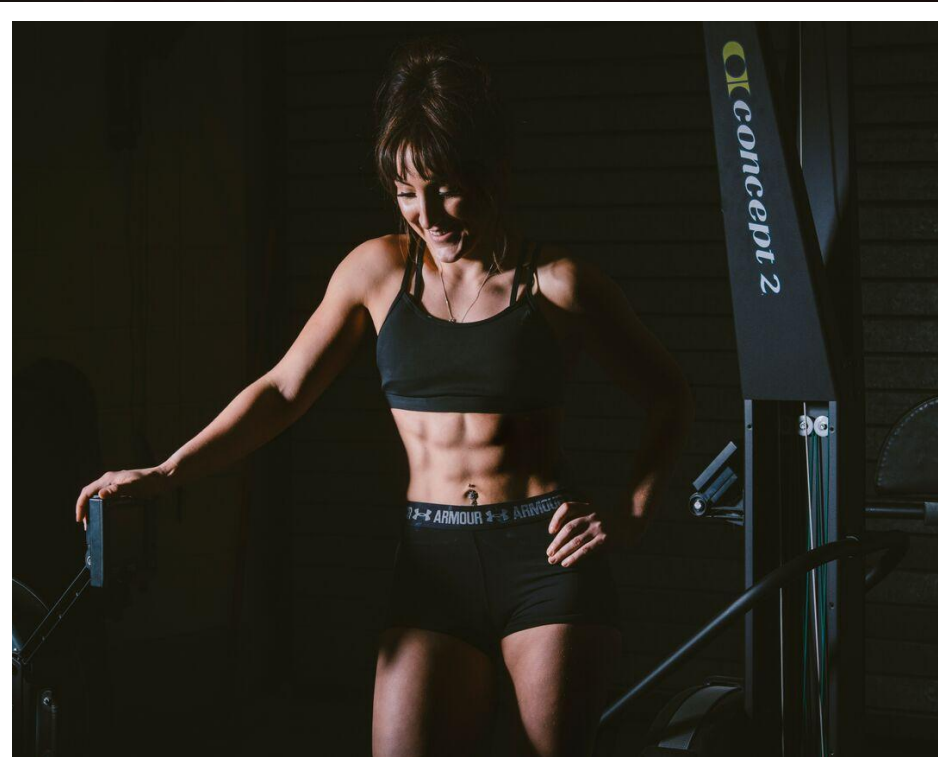
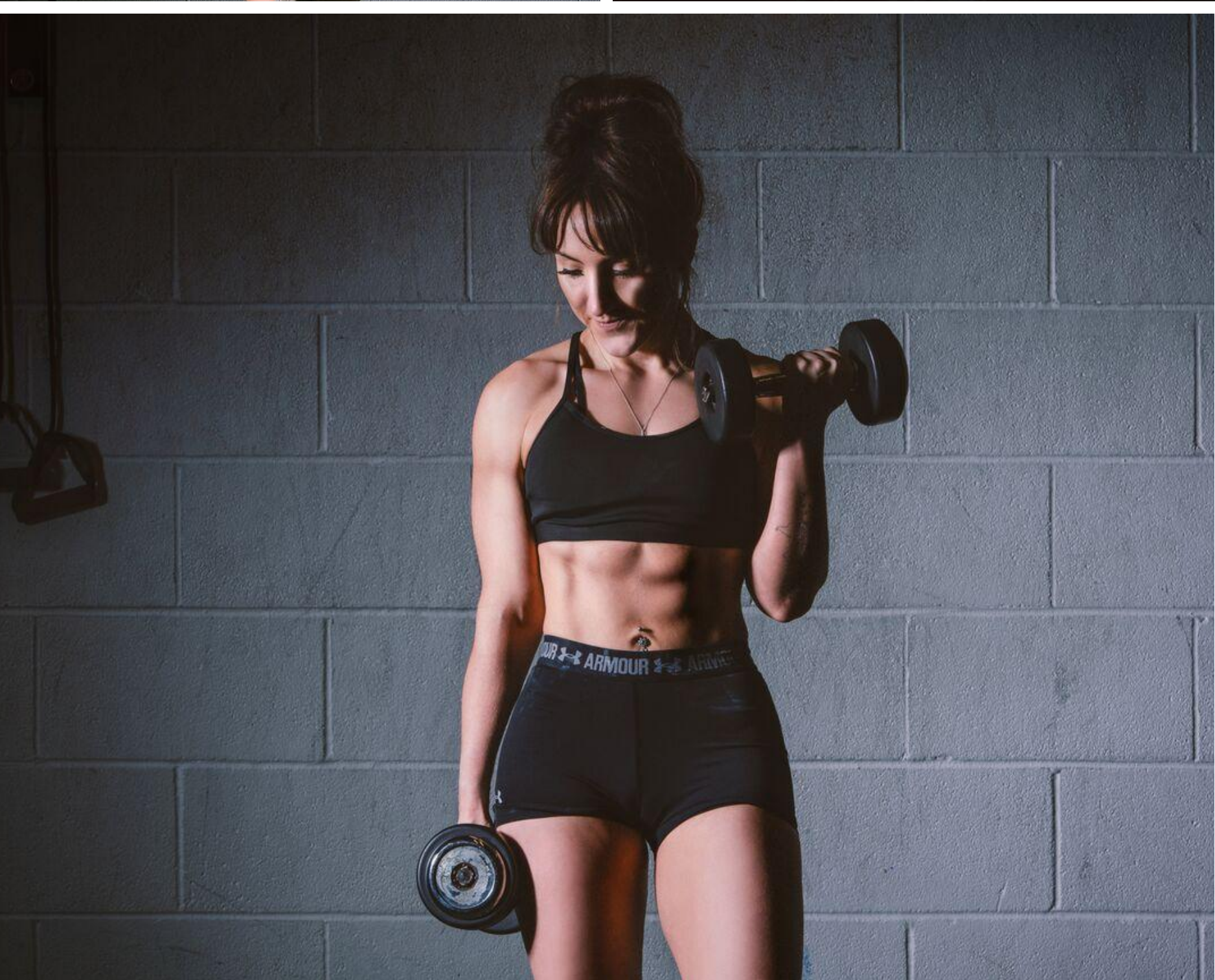
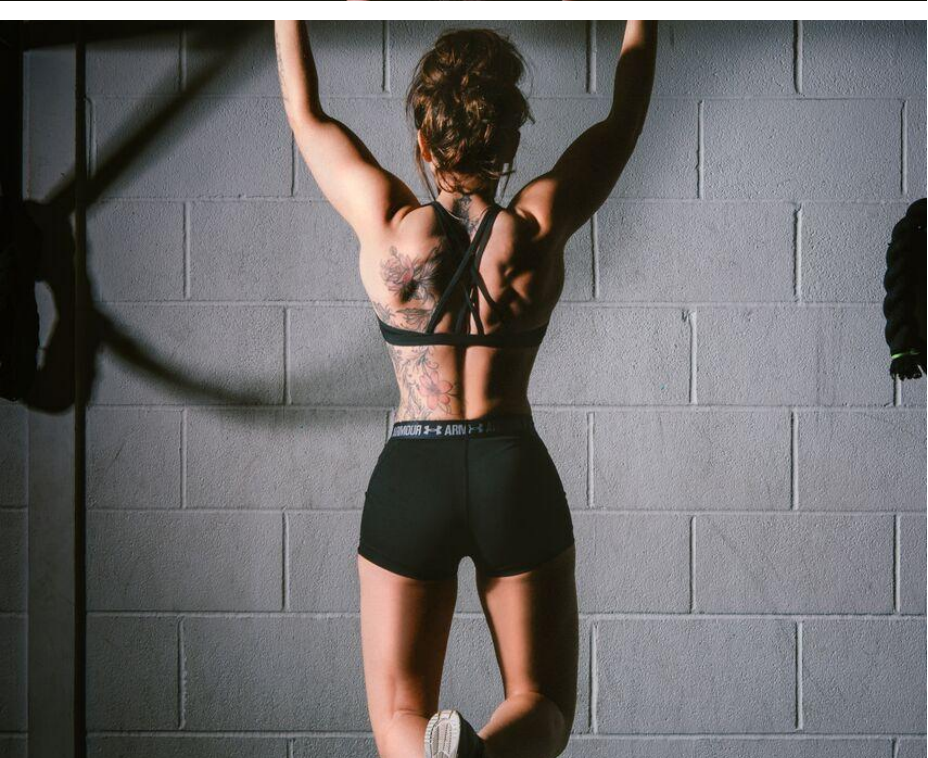
I am so excited for the future of The Nude Food Company and really want big things to happen for my little business.

Here is to the future. May it be full of happiness, laughter and good fortune for all of us.

Kellie x









# all The Secrets

Hows Nude Food going Kellie.

Yeah great thanks.

**\*\*End conversation as quickly as possible and hides in the freezer\*\***

The truth was I didn't have a clue what I was doing. The truth was I was continuing a business out of pure stubbornness. And the truth was I hated it. And I don't say that lightly. I HATED Nude Food. I felt like my whole life had turned upside down because of a business I thought was a great idea.

But now it's all I had left. No boyfriend, no job, banned from the gym I spent my life, lost a lot of friends ... all because of one stupid idea. And that was in the space of 30 days. January 2018. All gone.

And you're thinking...what the fuck did you do Kellie??? 🤔

I had ambition and drive. That was my mistake. The people who want more from life can find themselves suddenly not fitting in where they once slotted in perfectly. It's a tough lesson and I think when you reach that point, you have 2 options. You run away from your dreams or you run away from the world that is holding you back.

So the 1st of October 2019 is Nude Foods 2nd birthday (Feels like it should be the 10th birthday!!) And the last few weeks have a time of reflection for me. What's gone well? What's not worked so well? Where am I going with it? Am I continuing with it? Why the hell am I continuing with it?

Setting up Nude Food has been hard work and it's not been without its set backs. It started as a beautiful trailer outside a gym. But no one can have nice things apparently and that was totally ransacked 4 weeks after we opened. Maybe that was a sign to give it up there and then? Didn't catch on did it! It was such a financial loss, the trailer didn't really survive after that so it all went back to the drawing board. I mean talk about a slingshot into the harsh world of being a business owner.

I'm going to fast forward through the next really shit bit. It was the biggest learning curve of my life and if I hadn't of been through it all, I wouldn't be where I am now. So as awful as it felt at the time, it was the process I had to go through and it's made stronger, more resilient and more determined to never give up. It made me who I am today.

So a few months later, I'm doing meal prep from my kitchen and basically continuing a business out of stubbornness. I had no idea where I was going with it or what I was doing but the orders kept coming and I wasn't prepared to give it up. I was selling the house because of the break up so my focus was now looking for a commercial kitchen. I just carried on doing what I needed to do to keep it going, ignoring everyone who told me to give it up or ask me if it's worth it.

So, if it was really that hard and I hated it so much, why didn't I just give it up?

I did.  
Twice.

The first time was when I'd just got the commercial kitchen. I was totally by myself doing everything and one Tuesday, not long after I'd moved out of my house. I went out to do deliveries and I put the wrong postcode in and ended up driving 20 mins in the wrong direction (I do acknowledge I probably should of realised much sooner!)



When I realised I've never felt stress, anxiety, frustration or loneliness like it. And I just screamed. Like you've never heard before. I screamed and screamed and screamed and I pulled over to the side of the road and I sobbed. And in my sobby moment I said to myself, that's it I can't do it anymore, it's too hard.

But then I put on Nathaniel Rateliff – Hey Mama (my go to motivational song at the time) and I carried on as if nothing had happened. If anyone had seen this moment in my life, I would 100% of been admitted!

The next day I got delivery drivers.

The second time was when I encountered my first bit of local competition. Princess Kellie couldn't handle a bit of competition...get over it hun! It wasn't that at all. The people that had started meal prep now, were the same people I had started Nude Food with. I took it as a personal attack. It wasn't, of course it wasn't. I probably wasn't even given a second thought. But I'm not ashamed to admit that it temporarily broke me. It hurt and I felt defeated.

A lot of people rang me that day to say they are "sorry to hear what's happened" which naturally will make you worry. But there was something inside me that just gave up. I was done with it all. There was nothing anyone could of said to me – I wanted nothing to do with it.

My dad had just started helping me in the kitchen on a Saturday morning and I remember texting him and saying that I didn't want to discuss it now but I've decided to stop Nude Food, this will be the last week. I put myself under the duvet and I silently sobbed my little heart out. I've honestly never felt heartache like it. I'd just given up everything I'd been working towards. All those goals and plans I had, I'd admitted I couldn't do it and I had given it up.

The loss felt unbearable.

I woke up that morning and went to the kitchen, tears rolling down my face all the way. Dad arrived and I said nothing. Eventually he asked me what it is that I wanted exactly and I said I want my business to work, but....

and he interrupted and simply said..

"Then stop worrying about what other people are doing and just carry on because it's working Kellie! It's just your first bit of competition and you're stronger than to let that beat you."

No sympathy.

No bullshit.

Just a harsh pep talk about the realities of starting a business and within 10 mins I had turned it round to totally FIRE my passion again. And I've never given it a second thought. I know how difficult it can be and I can genuinely say now that I hope they make a success out of it because it's an awesome idea. And that is a really good place to be. ♥

It's so true that you don't realise what you've got until it's gone because that was the moment that I totally fell in love Nude Food and wanted to give it 200% of my everything to make it work and there was suddenly nothing in this world that would come between me and my business. I'd never been more determined or focused.

Everything really does happen for a reason!

So 2 years in and the meal prep is still going well. It's hard work and relentless but it just gets busier and busier. Every single order I receive week in week out I am grateful for and I never take anything for granted. I understand it isn't for everyone and I understand it's a luxury item so every order I am very thankful for. I've had to work my ass off for everything that Nude Food has so I will never take anything for granted. ♥



The Sacrifices. The hardest part and the part I really struggle with sometimes. I can't say no to any opportunity right now. But you have to change your mindset to be able to get past it. I had to bail on a family holiday because of an event in the Summer and still to this day I will say that there is nothing in this world that is worth missing family time. But I had to swallow that because I'd worked too hard to miss out on that particular opportunity.

Some people ask me how I work so many hours and stay so focused but its totally mindset. When I got the kitchen I remember thinking how proud I would be the first time I have to sleep at the office because it means I will be that busy, I wont be able to go home. And when that day came, I was really happy, curling up in my sleeping bag on a very hard floor, I remember giggling to myself thinking "Kellie, you are the only person in the world who would be happy about this situation right now!"

You will never hear me moan about working 18 hour days because I'm so grateful that I have the opportunity to work that many hours. Not only because it means my little business is so busy, but also because I'm fit and healthy and I can work relentlessly like that for weeks at a time. Surely that's something we shouldn't take for granted? Many people out there can't work and want to.

The event catering has always been something I wanted to do with Nude Food and obviously this year it's happened! I won't lie. With everything that happened in the beginning and with how difficult everything has felt, a tiny part of me did think this is it now. The Nude Food Company will finally get its name out there and it'll be a huge success. This is the break I need. I laugh at that thought now. Oh, I laugh hard. It couldn't be further than the truth. Event catering is a whole other world and I'm starting from total scratch again.

And its fucking hard work!

Don't get me wrong I LOVE IT and there's not a chance that I am going to give up with this one... I'm all over the festival life ♥

But fuck me. It's been a roller coaster. The feedback I've had has been overwhelming and a lot of people have been so accepting and enthusiastic about Nude Food. People are so grateful that we are out there offering healthier alternatives and gluten free and vegan options. People are THANKING me for taking my little business to the event so that they don't just have to eat chips. But this is the minority. I have to remember that what I am trying to do is different and I'm taking my business into places that people don't know or understand what it is.

I don't think I will ever forget this moment...Two women walked past the tent and one pointed at the menu, scrunched her face up and said..."Urgh that's that vegan shit isn't it." I was heartbroken! That's my baby, my entire life and you've just dismissed it in a second! Also, NO! If you read the menu, it clearly isn't vegan and secondly what is "Vegan shit?" You do know if you eat vegetables and fruit as a minimum then you are already eating "Vegan shit" ☐

Later that day, I had another little breakdown at the realisation of how much busier the fish and chip bus next door was than me. And I thought what's the point, why am I bothering. People just want burgers and fish and chips. But I kept going, I kept smiling and I kept selling my "vegan shit" That evening I had the most inspirational conversation of my life. Devon who owned the Jamaican stall next door came over for a beer and he must of sensed my frustration because he gave me such a great talking to and I will never forget that conversation or that man ever. He is the reason that I have kept going with the events. But now I know, as with the meal prep, this isn't going to be an easy ride. I am not going to have a "lucky break" I will be offered opportunities which I will squeeze everything I can from. But essentially I am going to have to work my ass off to get anywhere with it. I will take anything for granted and I will be so thankful for every opportunity Nude Food is given.



Success at this stage for me, is not monetary. Its staying alive in a world that will happily pull you apart and swallow you up in a second. And I'm celebrating 2 years of staying alive when many people would of given up a long time ago. And 2 years in, this is the first time I will sit here very proudly and honestly respond to that initial question with...

"YES, Nude Food is going really well thank you!!"

So,why am I putting myself out there like this? Why not let everyone believe that its as easy as people tell me I make it look? Because at the times I've wanted to give everything up, there has always been someone there to tell me to keep going in some way and I realise now how lucky I am for that because I have such an amazing support network around me. If I didn't I would have given up a long time ago. So if one person reads this and realizes that if they want something enough, they can keep going then it's worth putting myself out there. Everyone starts somewhere, everyone struggles but the one thing a lot of people don't do is keep going. And that's the one thing that you HAVE to keep doing to make the difference.

I truly believe I will know when or if the right time to give up is.

When other people are telling you to give it up, ignore them.

When your body is telling you to give up, ignore it.

When your brain is telling you to give it up, ignore it.

When your heart is telling you to give up. If you lose your passion for it, that's when you may need to reconsider.

I'm not saying it will be easy. I'm not even saying it's going to be worth it. Nobody knows what's going to happen in future. But if you are passionate about something and want it to work, don't give up when things get hard. Sometimes we are so focused on what we are supposed to be doing in life that we forget we need to live. If my business fails then, I will look back and say, Yea it failed. But I gave it everything I had in me to make it work and despite the stress, tears and sleepless nights – I had a bloody good adventure trying to make it work. Isn't that what life is all about?

I'm going to leave you with the lyrics from Nathaniel Rateliffe – Hey Mama. This song gives me the little bit of tough love I need at times.

You ain't gone far enough to say, at least I tried.

You ain't worked hard enough to say, well I've done mine

You ain't ran far enough to say, my legs have failed

You ain't gone far enough

You ain't worked hard enough

You ain't ran for enough to say, it ain't gonna get any better.

Keep Going. Whatever it is, wherever you want it to take you, let it ignite the passion in your soul and...

JUST KEEP FUCKING GOING.

Happy Birthday Nude Food.

Kellie

x