

Part 2 of the intermittent fasting week with aLoftyLifes healthy & tasty Recipes

How's your intermittent fasting going? Doesn't it get easier & easier? I first thought *no way* will I be able to skip breakfast. However, like our ancestors our bodies were made to go for days without eating (when they had to go hunt, it could take them up to 3 days or more before they'd find food). Anyways, I just believe our bodies are incredible on how fast they can adapt. Let's see what I've got for you for these next four days 😊



If you see this icon  this means I have a video on Instagram a_lofty_life

- ❖ Are you; getting your 8 hours of sleep in?
- ❖ Tea 1st thing in the morning?
- ❖ Meditating, yoga & body movement session?
- ❖ Jotting down into your diary your "to do list" OR "did list"?
- ❖ Reflecting in your journal about your previous day & writing down 3 things you are grateful for today?
- ❖ Have you been out for a little walk, jog?



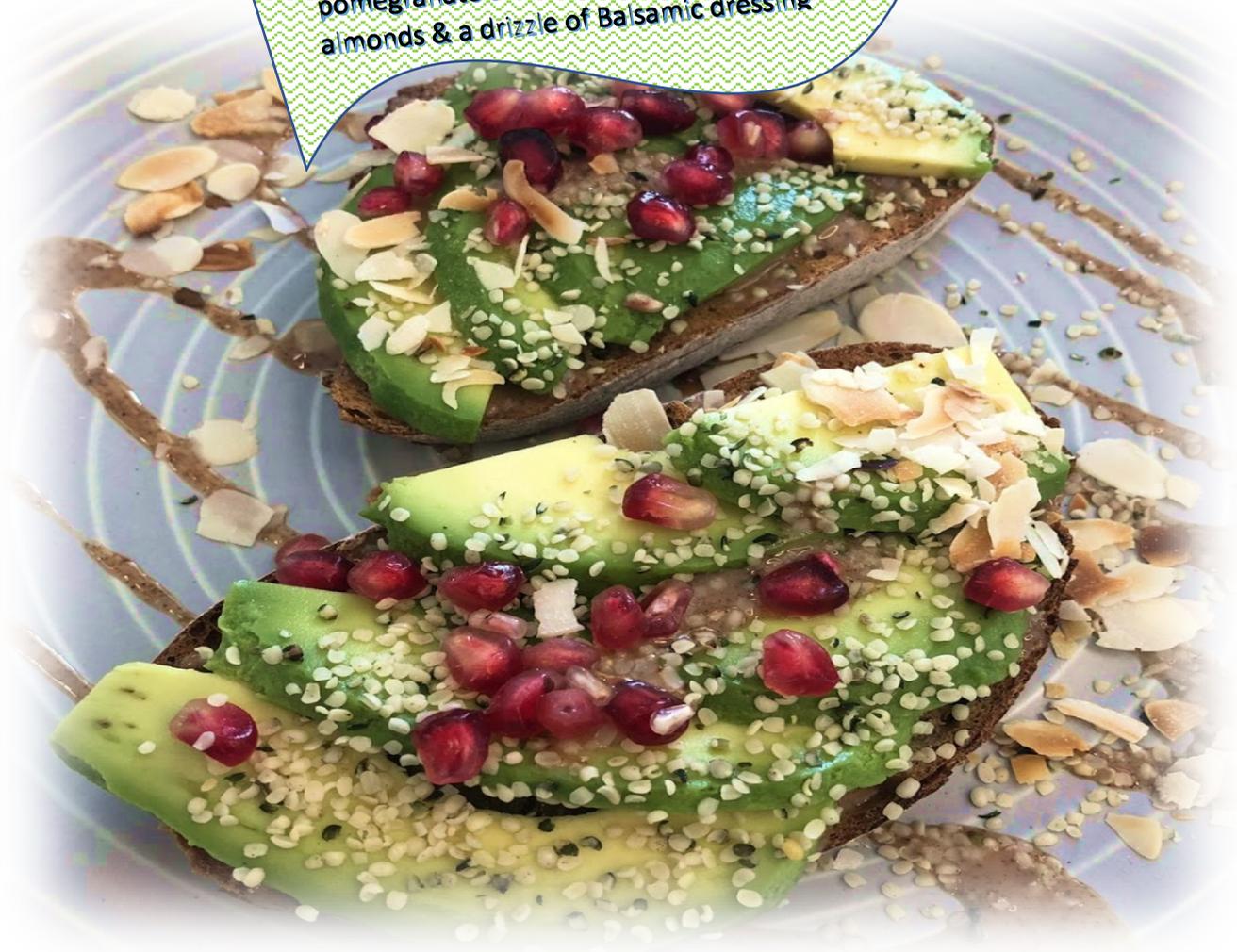
-Day 1-
meal prep @ 10h45 am to Eat @ 11am

Divas Toast ☺

Vegan & Gluten free

- 🕒 1 Avocado (1 person) Cut into small chunks & throw it in a bowl (*with the ingredients below*)
- 🕒 1 small Garlic clove, chopped finely
- 🕒 ½ small Onion-chopped finely
- 🕒 ½ tbsp white wine, malt OR apple cider vinegar
- 🕒 A squeeze of lemon or lime
- 🕒 1 tbsp olive oil
- 🕒 salt & pepper
- 🕒 2 slices of whole grain bread (toasted if possible) *GF-rice crispies or seed crackers

You can sprinkle some chia, hemp or pomegranate seeds on your toast with sliced almonds & a drizzle of Balsamic dressing



-Day 1-

meal prep @ 4pm (to marinate) - Eat @ 7pm

3 hour Marinated Salmon in the Oven with aLoftyLifes Squash

Vegan, GF

IMPORTANT NOTE: Marinate the salmon 2-3 hours before you put it in the oven. This will soak the salmon in the goodies & make it extra tasty (It's not the end of the world if you do not have the time or if you forget to do this)

Recipe for Ashley's Marinated Salmon

- Bro Salmon
- Onions 1 small onion
- Garlic 1 clove
- Lemon ½ lemon squeezed
- Wine A good splash ☺ (3 tbsp)
- Soya Sauce 2 tbsp
- Spices salt & pepper
- Dijon Mustard
- Olive oil
- Balsamic

Procedure

- Soak-marinate Salmon 2-3 hours
- Sauté veggies in pan - abt 10 min

Sauté the ginger, garlic & onions for 10 min. After you cook them turn the temperature down on low heat & gently add some water!

Chop
Ginger
!!!

Add any spices you like & spread 1 tbsp Dijon mustards onto the salmon

- A good amount of good quality Olive oil
- a splash of balsamic vinegar (1tbsp)

- 1) Wash your salmon in cold water, tap it dry & place it in a deep roasting pan. Chop all your ingredients & add **all your ingredients** ABOVE on the salmon. Cover it with bees wax wrap (or aluminum) & place it in the fridge for 2 to 3 hours to marinate.
- 2) Heat the oven on 180 C (356F). Bake for 10-15 mins. The best way to measure how long to cook is to base the initial time on 4 mins per 1cm of thickness in the center. When the salmon is cooked it will look opaque & the flesh will flake if you poke a fork into the center (Great tip from BBC food)

Recipe for Famous aLoftyLifes Squash (for two meals)

Ingredients

- ① 2 onions
- ② 1 garlic clove
- ③ 2 zucchini (yellow or green)
- ④ 1 bell pepper
- ⑤ 1 eggplant
- ⑥ 1 cup sliced mushrooms white
- ⑦ Salt, pepper, Oregano, Italian herbs
- ⑧ Lemon ½ lemon Juice
- ⑨ splash white wine
- ⑩ splash soya sauce.

Procedure

- ① low heat sauté onions & garlic in cooking oil & veg. broth
- ② add bell pepper - cook
- ③ add squash - cook & Add mushrooms
- ④ add eggplant
- ⑤ 10 min - turn up heat
- ⑥ turn veggie

Add the wine when veggies are cooking on high heat

Add the soya sauce & lemon Juice after #4 + 1 tsp balsamic glaze or date syrup

After #6 add all your spices & 2 tbsp of tomato purée with a cup of water. Add the lid & let it cook all together for a good 10 min

Enjoy it with your marinated oven roasted salmon

Important Note* Keep the left-over Squash for your Egg Frittata the next day

-Day 2-
meal prep @ 10h20 am to Eat @ 11am

Egg Frittata with Feta cheese & Vegetable Squash



Preheat your oven
at 200C (390F)

- ❖ Wisk 6 eggs together
 - ❖ Add your squash veggies (separate the sauce. I mean only use the veggies & not the liquid ☺)
 - ❖ Crumble feta cheese in the egg mix
 - ❖ Add salt & Pepper
- Already done! Add into into a roasting pan & throw it in the oven for 30 minutes!

-Day 2-
meal prep @ 6h15 pm to Eat @ 7pm

Beetroot, Feta, Quinoa Mushroom Burger with Garden Salad



Note* for Vegan option: 2 eggs replace with 1 tbsp chickpeas & 2 tbsp chickpea liquid

- 1) Rinse 1 cup of **quinoa** & combine with 2 cups of **water** in a medium saucepan. Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes
- 2) In a frying pan, add **colza oil** & Sautee $\frac{1}{2}$ onions, 1 garlic clove, 4 mushrooms & parsley
 - a. add **white wine** & **lemon** for great flavor
- 3) After your goodies are done cooking add it to your blender, along with;
 - a. 1 Cooked beetroot
 - b. a handful of walnuts
 - c. 2 eggs
 - d. Salt & Pepper & other fun seasonings you find

- Note*** If you still have left over squash throw it into the blender too ☺ (no waste, but taste)
- a. Once you've blended these ingredients, place them into a bowl with your quinoa
 - b. Add your **feta cheese** crumble & a 1 tbsp **olive oil**
- 4) After you've mixed everything, add a little more salt & pepper and you're ready to form patties. Set them on a plate and into the fridge for *15min*
 - 5) While your veggie patties are in the fridge wash your **garden salad** & chop 1 **tomato**, ½ **onion** & place into a salad bowl. Add **olive oil, vinegar, salt, pepper** & top with **Hemp or chia sees**
 - 6) In a frying pan, add **cooking oil (colza)** and place your patties to fry! (make sure your pan in **HOT**)
 - 7) If you have left over frittata, enjoy it with your veggie burger & fresh garden salad



-NEW ROOTS- BEST CASHEW BASED "CHEESE"

-Day 3-
meal prep @ 10h30 am to Eat @ 11am



<https://www.aloftylife.com/2018/11/27/wake-up-to-the-smell-of-blueberry-pancakes/>

CLICK THE LINK FOR FULL RECIPE

-Day 3-
meal prep @ 6h15pm to Eat @ 7pm

Organic Beef Burger with avocado salad (Gluten Free) to be paired with a Pinot Noir ☺

Avocado Lover Salad

- 1) Chop 1 avocado
- 2) 1 large tomato or 5 cherry tomatoes
- 3) ½ onion
- 4) 2 strawberries
- 5) Gruyère cheese chunks
- 6) Roasted & salted Cashews

Use your good quality olive oil & white wine vinegar, salt & pepper

Mix all ingredients in one bowl. Best way is to mix with your hands



Ingredients	Amount (1 person)	Steps
Ground beef		
Onions	½	Chop up thinly
Garlic	1 clove	Chop up thinly
Tomato purée (or ketchup)	1 tbsp	To cook Patties
Eggs	1	Make sure pan is hot with
Salt & Pepper	You have to feel it ;)	cooking oil (colza)
Koko syrup (date syrup)	1	Cook for a good 10 min each side (medium high heat)
Lemon	1 squeeze	It depends how you like your meat
Red wine	1 tbsp	Melt Gruyere cheese

Make 2 burger patties, then set in fridge

If you have Cleriac (Céleri-rave) grade it into a salad bowl
Dressing: Dijon mustard, olive oil, white wine vinegar, mayonnaise, salt & pepper graded garlic

Note: The celeriac vegetable is a nutritional powerhouse, packed with fiber, essential vitamins & full of antioxidants & minerals (phosphorus, potassium & magnesium (source: healthline)



-Day 4-
meal prep @ 10h40 am to Eat @ 11am

Smoked wild salmon, fried eggs & tomato bruschetta on toast

Note: If you have vegetables left in your fridge that are slowly going bad, you can chop them up & make a vegetable omelet ☺ instead of fried eggs

INGREDIENTS

2 eggs

Smoked salmon (wild)

Avocado Slices (if you still have some left)

Tomato 2x

Onions & Garlic

Olive Oil (Good quality)

Wheat Bread Toast or GF Crackers for GF option

PROCEDURE

Add coconut or colza oil in your frying pan (make sure it's hot) & fry those eggs how you like them

I usually put two slices of cheese in the pan first then crack the egg over the cheese ;)

Slice the amount of salmon you feel like, squeeze some lemon & season it with S&P

Tomato Bruschetta –Combine all ingredients in a bowl

Using a cheese grader. Cut the tomato in half & grade it until you only have the outer skin left. You want your tomatoes to become a purée ☺

Cut one 1 garlic clove finely & grade ½ onion (or chop finely)

2 ½ tbsp of olive oil & a squeeze of lemon

Toast your bread either in a toaster or if you really want to go all out ? Drizzle a little olive oil on your bread then throw your *to be* toasts in the oven!





TOASTED GRAIN BREAD TOPPED WITH AVOCADO, SALMON, BRUSCHETTA & MANCHEGO CHEESE



-Day 4-
meal prep @ 6 Pm to Eat @ 7Pm

aLoftyLives Plant Based Dinner

Smoked Tofu in coconut curry sauce on black rice & oven roasted green asparagus

Oven Roasted Asparagus

- ❖ Preheat oven at 190C
- ❖ Wash & cut your green asparagus into slices (cut the ends off)
- ❖ Set in a bowl & sprinkle 1-2 tbsp olive oil
- ❖ Squeeze some lemon over them
- ❖ Season with salt & pepper
- ❖ Mix well & add on a baking tray on parchment paper
- ❖ Set it in the oven for about 35-40 minutes (sprinkle parmesan cheese the last 10 minutes of the baking process)
- ❖ You will see when it is ready to take them out of the oven

Once you've got your green asparaguses in the oven & your rice cook'n on high temperature you can start your Sauce!

Check the ingredients Below to see what your MIS EN PLACE will look like

GARLIC	SALT & PEPPER&
ONIONS	GINGER
RED PEPPER	COCONUT MILK
SMOKED TOFU	WHITE WINE
MUSHROOMS IF YOU HAVE THEM!	SALTED CASHEWS

- 1) Chop all of your ingredients very thinly
 - a. Tofu in *cube like* shapes
- 2) Take a big frying pan out & add your cooking oil
 - a. Throw in the onions, garlic, ginger & vegetable broth (bouillon)
 - b. After a couple minutes add the red peppers & tofu
 - c. Add the splash of white wine & let it cook all together
 - d. Mushrooms can go in now into the; what will become a tasty sauce
cook everything for about 10 minutes on medium heat
 - e. Add a squeeze of lemon & splash of soya sauce
- 3) Add your spices (curry, paprika, salt & pepper)
 - a. Turn down the heat & let ingredients marinate
 - b. Add the carton of coconut milk, mix well & let it cook for 5 minutes

Taste your sauce with a spoon. If it needs more curry, salt or any spices then of course don't hesitate to add what's missing! Trust your palette ☺

Once you serve the sauce on your black rice throw some roasted cashews on! Enjoy this with a glass of Riesling

Black Rice

- Add two cups of water for 1 cup of Black rice (you can always add more water)
- Bring water to a boil
- Add rice
- Cook for 35-40 minutes





YOUR 1 WEEK JOURNEY IN
YOUR KITCHEN HAS COME
TO AN END @
A HUGE CONGRATS TO ALL
OF YOU!

THANK YOU FOR JOINING ME
& I HOPE YOU HAD FUN &
ENJOYED THE ALOFTYLIFE
RECIPES

PLEASE SHARE MY WEBSITE WITH FRIENDS & FAMILY
DON'T HESITATE TO ASK ME ANY QUESTION YOU
HAVE FOR OTHE RECIPES ON MY BLOG

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