

Recipe Inspiration

Simple, do-able and delicious! Recipes to inspire your Sugar & flour-Free experiment.



Enjoy this ladies!

Here is over a months worth of recipe inspo for breakfast, lunch, dinner AND snacks that are simple, do-able and delicious!

These recipes are courtesy of Claire Turnbull, owner of Mission Nutrition, NZ's top private nutrition practice with her huge team of Dietitians and Nutritionists, Healthy Food Guide nutritionist, author of two best-selling books, kick-ass speaker, and all over the NZ media spreading the good work on what to put in your mouth to be healthier and happier! She is also my best friend in NZ and the most amazing woman you could ever wish to meet.

I have to tell you ladies that Claire practices what she preaches: this IS what she dishes up at her house, and what her kids eat: she absolutely walks her talk in terms of ***however busy you are*** (and she is the busiest person I know!) ***you can ALWAYS make healthy food happen in a way that is simple and tasty.***

Enjoy and dive in! Share pix of what you make in the Wellbeing Warriors Facebook group.

Smoothies

A smooth, sugar free start to the day...

Summer Smoothie with Veggies

<https://www.claireturnbull.co.nz/recipes-news/summer-smoothies-with-veges>

Good N Green Smoothie Bowl

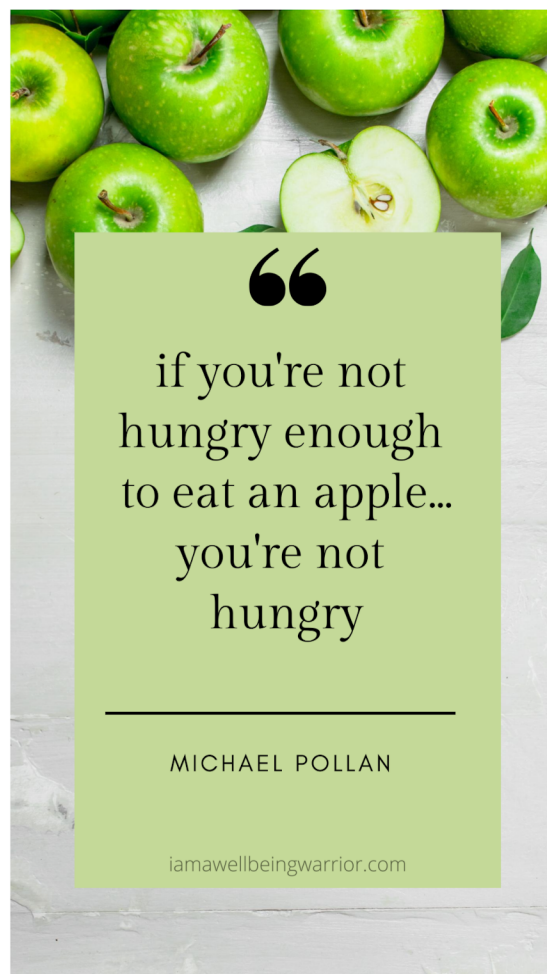
<https://www.claireturnbull.co.nz/recipes-news/good-n-green-smoothie-bowl>

Tropical Green Blitz

<https://www.stepsforlife.co.nz/tropical-green-blitz>

Chocolate Protein Shake

<https://www.claireturnbull.co.nz/recipes-news/chocolate-health-shake>



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if you're not
hungry enough
to eat an apple...
you're not
hungry

MICHAEL POLLAN

iamawellbeingwarrior.com

Breakfast

Start the day as you mean to go on...

Lemony overnight oats

<https://www.claireturnbull.co.nz/recipes-news/lemony-overnight-oats>

Protein Pancakes

<https://www.claireturnbull.co.nz/recipes-news/oaty-banana-pancakes>

Oaty Chia Seed Breakfast Pots

<https://www.claireturnbull.co.nz/recipes-news/oaty-chia-seed-breakfast-pots>

Claire's Health Kick Omelette

<https://www.stepsforlife.co.nz/claures-health-kick-omelette>

Veggie Bites

<https://www.claireturnbull.co.nz/recipes-news/veggie-bites>

Oven Baked Hash Browns

<https://guidetobetterliving.tv/food-drink/recipes/vegetable-hash-browns-by-claire-turnbull-for-kenwood/>

Nutty Apple Crumble

<https://www.claireturnbull.co.nz/recipes-news/nutty-apple-crumble>

*Be curious...you can do
anything for 30 days!*

Lunch

Get prepared for an easy lunch...

Caulie and Broccoli Pizza Base

<https://www.clairreturnbull.co.nz/recipes-news/cauliflower-and-broccoli-pizza-base>

Veggie and Chickpea Curry

<https://www.clairreturnbull.co.nz/recipes-news/veg-and-chickpea-curry>

Healthy Omelette

<https://www.stepsforlife.co.nz/claaires-health-kick-omelette>

Salads

Fresh and fabulous...prep and go...

Red Quinoa and Rainbow Salad

<https://www.stepsforlife.co.nz/red-quinoa-rainbow-salad>

Roasted Beetroot and Feta Salad

<https://www.stepsforlife.co.nz/roasted-beetroot-and-feta-salad>

Carrot and Currant Salad

<https://www.clairreturnbull.co.nz/recipes-news/carrot-and-currant-salad>

Sushi and Avo Salad with Garlic Mayo

<https://www.healthyfood.com/healthy-recipes/sushi-and-avocado-salad-with-garlic-mayonnaise/>



Soups

Pack a nutritious punch...

Veggie and Lentil Soup with Cheese Top

<https://www.clairreturnbull.co.nz/recipes-news/thick-vegetable-and-lentil-soup-with-a-cheesy-topping>

Speedy Green Pea Soup

<https://www.clairreturnbull.co.nz/recipes-news/speedy-green-pea-soup>

Green Pea and Leek Soup

<https://www.clairreturnbull.co.nz/recipes-news/speedy-green-pea-soup>

Dinner

End the day on a sugar-free high

Magic Healthy Pizza

<https://www.stepsforlife.co.nz/magic-healthy-pizza>

Spring Green Salad

<https://www.stepsforlife.co.nz/sensational-spring-green-salad>

Chicken Corn & Chickpea Salad

<https://www.claireturnbull.co.nz/recipes-news/chicken-corn-and-chickpea-salad>

Chicken Pesto Bites

<https://www.claireturnbull.co.nz/recipes-news/chicken-pesto-bites>

Speedy One Pot Chinese Chicken

<https://www.claireturnbull.co.nz/recipes-news/speedy-one-pot-chinese-chicken>

Blended Bolognese Sauce

<https://www.claireturnbull.co.nz/recipes-news/blended-bolognese-sauce>

Spiralized Zucchini Pad Thai

<https://www.guidetobetterliving.tv/food-drink/recipes/zucchini-pad-thai-by-claire-turnbull-for-kenwood/>

Veg Full Chilli

<https://www.claireturnbull.co.nz/recipes-news/veg-full-chilli>

Prawn and Leek Risotto

<https://www.claireturnbull.co.nz/recipes-news/prawn-leek-and-garlic-risotto>



Snacks

Smart snacks to fuel your body

Super Seedy All Goodness Crackers

<http://www.claireturnbull.co.nz/super-seedy-crackers/>

Beetroot Hummus

<https://www.claireturnbull.co.nz/recipes-news/beetroot-hummus>

Pea and Mint Hummus

<https://dish.co.nz/recipes/served-up/pea-and-mint-hummus/>

Life Changing Loaf

<https://missionnutrition.co.nz/blog/posts/life-changing-loaf/>

Mini Pizza Bites

<https://www.claireturnbull.co.nz/recipes-news/mini-eggplant-pizza>

Oaty Energy Balls

<https://www.claireturnbull.co.nz/recipes-news/oaty-energy-bites>

Lemon Bliss Balls

<http://www.claireturnbull.co.nz/lemon-bliss-balls/>