



Merrymaker CLUB

MEAL PLAN

12

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

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Merrymaker LOVE

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Disclaimer: This is a collection of our own recipes, ideas and opinions. As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This guide aims to create positivity and all kinds of delish! We encourage you to see a medical professional before starting any new lifestyle change.

Merrymaker
CLUB

MEAL PLAN

12

MARCH

CONTENTS

Meal Plan	6
Shopping List	7
Meal Prep Ideas	8

RECIPES

Mars bar smoothie	10
Popcorn chicken and chippies	12
Cheezi egg bowl	14
Slow cooked beef stroganoff	16
Banana cluster granola	18
Satay voodles	20
Carrot and feta muffins	22
Super easy fish curry	24
Apple pie chia pudding	26
Bangers and mash and greens	28
Mini nana bread loaf with yoghurt	30
Pumpkin pesto lasagne	32
Merry mex brekky	34
Portuguese roast chicken	36
Golden blondies	38

“YAY, YAY, YAY, YAY!
IT’S TODAY!”

EMMA AND CARLA

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Mars bar smoothie	Cheezi egg bowl	Banana cluster granola	Carrot and feta muffins	Apple pie chia pudding
LUNCH	← LEFTOVERS →				
DINNER	Popcorn chicken and chippies	Slow cooked beef stroganoff	Satay voodles	Super easy fish curry	Bangers and mash and greens

WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Mini nana bread loaf with yoghurt	Merry mex brekky
LUNCH	← LEFTOVERS →	
DINNER	Pumpkin pesto lasagne	Portuguese roast chicken
SWEET TREAT		Golden blondies

SHOPPING LIST

QUANTITY FOR 2 PEOPLE
WITH LEFTOVERS FOR LUNCH...
multiply/divide as needed!



FRUITS AND VEGGIES

- 1 ½ kg (3 lbs.) sweet potato
- 700 g (1 ½ lbs.) pumpkin
- 450 g (15 oz.) button mushrooms
- 200 g (7 oz.) white potato
- 200 g baby spinach
- 100 g (3 ½ oz.) green beans
- 6 shallots (scallions)
- 6 tomatoes
- 6 zucchinis
- 5 carrots
- 3 onions
- 2 avocados
- 2 bananas
- 2 broccoli heads
- 2 lemons
- 2 red chilli
- 1 lime
- 1 apple
- 1 bunch broccolini
- 1 bunch fresh basil
- 1 bunch fresh coriander
- 1 bunch fresh parsley
- 1 head garlic
- 1 eggplant
- 1 punnet strawberries
- ½ cauliflower
- 4 cm (2 inch) piece ginger

PANTRY ITEMS

- 1 L (½ gallon) coconut milk (carton)
- 320 ml (10 fl. oz.) coconut milk (canned)
- 250 ml (8 fl. oz.) beef stock or bone broth
- 125 ml (4 fl. oz.) white wine (optional)
- 70 ml (2 fl. oz.) coconut cream
- 350 g (12 oz.) peanut butter or nut butter
- 200 g (7 oz.) chia seeds
- 200 g macadamias
- 150 g (5 oz.) blanched almond meal
- 150 g cashews
- 150 g quinoa
- 100 g (3 ½ oz.) coconut sugar
- 100 g desiccated coconut
- 100 g shredded coconut
- 100 g cassava flour (or arrowroot/tapioca flour)
- 100 g peanuts or sesame seeds
- 100 g pumpkin seeds
- 100 g walnuts
- 100 g tomato paste
- Baking powder (gluten free)
- Honey or rice malt syrup
- 100% vanilla extract
- Coconut aminos or tamari sauce
- Coconut oil
- Olive oil
- Macadamia oil
- Savoury nutritional yeast flakes (optional)

MEAT, FISH, POULTRY + EGGS

- 500 g (1 lb.) beef chunks
- 500 g (1 lb.) chicken mince
- 500 g (1 lb.) firm white fish (like snapper or cod)
- 10 eggs
- 8 paleo sausages (your best bet will be a high quality butcher)
- 1 whole chicken (about 1 ½ kg/3 lbs.)

DRIED SPICES + HERBS

- Cinnamon
- Cumin
- Nutmeg
- Oregano
- Paprika
- Salt and pepper
- Turmeric
- Thyme

FRIDGE / FREEZER

- Butter
- 100 g (3 ½ oz.) grated mozzarella (optional)
- 50 g (1 ½ oz.) crumbled feta
- Frozen berries
- Coconut or greek yoghurt

MEAL PREP

How good does it feel to be organised? That's why meal preppin' rocks our Merry socks! It will make you feel excited to eat all the delish good food! Plus, it saves time and keeps you on track. You can prep the weekend prior OR the night before. You choose! Here's our plan of attack...

DAY 1	<ul style="list-style-type: none">○ Too easy! If you wanna get super prepped, place all ingredients (minus ice and milk) into a zip-lock bag and place in the fridge!☾ Get all your veggies prepped and chicken prepped so all you gotta do is cook it all up!
DAY 2	<ul style="list-style-type: none">○ Way too easy! Well, you could chop the shallots but that will take like 30 seconds really.☾ Way too easy! You could whack everything in the slow cooker the night before, leave it in the fridge until you're ready to turn on in the morning.
DAY 3	<ul style="list-style-type: none">○ Make the night before!☾ Spiralise all your voodles!
DAY 4	<ul style="list-style-type: none">○ Make your muffins the night before. So yummy cold or re-heat!☾ Such an easy curry! Cut all your veggies in the morning.
DAY 5	<ul style="list-style-type: none">○ Make your chia pud the night before. Just add some extra milk in the morning.☾ Way too easy! You could cook the sweet potato so it's ready for mashing.
DAY 6	<ul style="list-style-type: none">☾ Make the mini loaves the night before!☾ Make the morning of. Plus this lasagne is super yum cold as well.
DAY 7	<ul style="list-style-type: none">☾ Pre-cook the quinoa and re-heat!☾ Cut everything up and you'll be ready to go!
DESSERT	<ul style="list-style-type: none">☾ Way too easy, no prep required!



RECIPES



MARS BAR SMOOTHIE

Who doesn't wanna start the day with a mars bar smoothie?

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Place all the ingredients into your blender and whiz until you have a smooth smooooovie!

STUFF YOU NEED

- 2 cups coconut milk (carton)
- 2 pitted medjool dates
- 1 cup ice
- ¼ cup cashew nuts
- 2 tbs. raw cacao
- 1 tsp. maca powder
- 1 tsp. 100% vanilla extract



MERRYMAKER TIP...

Feel free to swap the coconut milk to any nut milk or even cow's milk if you drink it!



POPCORN CHICKEN AND CHIPPIES

Because it wouldn't be fun and yum without popcorn chicken and chips. Seriously the goods right here.

SERVES: 4
PREP TIME: 20 mins
COOK TIME: 30 mins

STUFF YOU NEED

FOR THE POPCORN CHICKEN

500 g (1 lb.) chicken mince
¼ cup cassava flour
(or arrowroot/tapioca flour)
1 tsp. oregano
1 tsp. paprika
coconut oil
salt and pepper

FOR THE CHIPPIES

200 g (7 oz.) sweet potato
peeled and cut into wedges
200 g white potato
peeled and cut into wedges
¼ cup coconut oil melted
salt and pepper

NOW WHAT

Start with the chips.

Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper.

Evenly place the chips onto the baking trays, try not to overlap too much.

Drizzle with coconut oil, season with salt and pepper and place into the oven for 20 minutes.

Turn the chippies and place back into the oven for 10 minutes or until cooked to your liking.

Meanwhile, let's get onto the popcorn chicken!

In a small bowl mix the cassava flour, paprika, oregano, salt and pepper.

Roll teaspoon fulls of chicken mince into balls then coat with the cassava flour mix.

Set aside on a plate until you use up all the mince.

In a medium heat frypan, melt a little coconut oil.

Place the popcorn chicken into the frypan and cook for 5 minutes, turn and cook for a further 10 minutes or until cooked through. Continue to turn the chicken pieces. You may need to add a little extra coconut oil as you go.

Serve popcorn chicken with chippies and sauce, hooray for a match made in heaven!

MERRYMAKER TIP...

You can also bake the popcorn chicken in a 180°C (350°F) oven for about 10 minutes or until cooked.



CHEEZI EGG BOWL

Just you wait until you taste this. Prepare for brekky heaven!

SERVES: 2
PREP TIME: 5 mins
COOK TIME: 5 mins

STUFF YOU NEED

50 g (1 ½ oz.) baby spinach
4 eggs whisked
3 shallots (scallions) chopped
1 avocado sliced
2 tsp. savoury nutritional yeast flakes (or 2 tbs. real cheese or nothing)
coconut oil
salt and pepper

NOW WHAT

In a frypan on medium-high heat melt a little coconut oil and fry up the shallots until just soft. It should only take a minute or 2.

Turn the heat down to low and add a little extra oil to the pan if required. Add the eggs to the pan and stir slowly. Scraping the edges to the centre of the pan to begin to scramble the eggs.

Once the eggs are almost cooked, add the nutritional flakes along with the spinach. Stir slowly for another minute or until cooked to your liking.

Serve with avocado and salt and pepper.



MERRYMAKER TIP...

Add bacon if you like because... bacon!



SLOW COOKED BEEF STROGANOFF WITH VEGGIE-RICE

Beef stroganoff was one of our fave meals when we were little! It's about time we made it Merry!

SERVES: 4
 PREP TIME: 10 mins
 COOK TIME: 8 hrs

STUFF YOU NEED

- 500 g (1 lb.) beef chunks
- 250 g (9 oz.) button mushrooms cut in half
- 1 onion diced
- 1 garlic clove crushed
- 1 cup beef stock or bone broth (or water)
- ¼ cup coconut milk (canned)
- ¼ cup white wine (optional, swap to extra coconut milk)
- 1 tbs. paprika
- 1 tbs. tomato paste
- 1 tbs. coconut aminos or tamari sauce
- 1 ½ tbs. coconut cream
- 3 tbs. fresh parsley

FOR THE VEGGIE-RICE

- 3 shallots (scallions) sliced
- 1 broccoli head cut into florets
- ½ cauliflower cut into florets
- 1 clove garlic crushed
- 1 tbs. coconut oil

NOW WHAT

Add all the stroganoff ingredients (except parsley) into the slow cooker, stir super well. Turn on to low and cook for 8 hours.

Just before the slow cooker is ready get your veggie-rice ready!

Grate or food process the cauliflower and broccoli into 'rice'.

In a medium-heat frypan, melt a little coconut oil, add the shallots and garlic and saute for 1 minute.

Add the 'rice' and fry for 3 minutes until just cooked.

Serve stroganoff with veggie-rice and top with some fresh parsley for pretty and delish factor.



MERRYMAKER TIP...

Can't have strog without rice? Boil some rice up! Also sprinkle with your favourite nut, we chose slivered almonds.



BANANA GRANOLA

We know banana is high in fructose but far out it's bloody yum and makes one heck of a granola! But feel free to swap to a cup of berries if you're not feeling the banana.

SERVES: 2
PREP TIME: 10 mins
COOK TIME: 8 mins

STUFF YOU NEED

1 banana mashed
½ cup desiccated coconut
½ cup shredded coconut
¼ cup pumpkin seeds
¼ cup cashews chopped
1 tbs. coconut oil
1 tsp. cinnamon

SERVE WITH

1 cup coconut milk (carton)
Fresh or frozen (thawed) berries

NOW WHAT

Preheat the oven to 180°C (350°F) and line a baking tray with baking paper.

In a bowl add all the granola ingredients and stir super well, you might need to get your hands in there.

Transfer the granola mix to the prepared baking tray, spread out the granola so it's in a thin layer.

Place into the oven and bake for about 8 minutes. Keep an eye on it as it will burn super fast (especially if you have an epic oven!).

Allow to cool then serve out in bowls with milk and berries.



MERRYMAKER TIP...

Make a larger batch of granola if you don't have time to make brekky every morning.



SATAY VOODLES

Yes there are zoodles, spoodles and voodles. Pretty much, they're just veggies cut into noodle like shapes. But you know we're all about the fun in Merrymaker Land!

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 15 mins

STUFF YOU NEED

200 g (7 oz.) button mushrooms sliced
 1 red chilli chopped
 1 lemon juiced
 1 onion diced
 ¼ cup peanut butter or nut butter
 3 tbs. coconut aminos or tamari sauce
 2 tbs. peanuts or sesame seeds
 2 tbs. fresh coriander (cilantro) chopped
 1 tbs. honey or rice malt syrup (optional)
 1 tsp. ground turmeric
 1 cm (½ inch) piece ginger chopped
 coconut oil

FOR THE VOODLES

2 zucchinis spiralised or peeled lengthways
 2 carrots spiralised or peeled lengthways
 1 medium sweet potato (about 300 g/9oz.) spiralised or peeled lengthways

NOW WHAT

In a large frypan over medium heat, melt a little coconut oil and add the chopped onion and ginger, sauté until soft.

Add the peanut butter, lemon juice, turmeric, aminos and honey, the sauce should thicken up a little.

Add the voodles, mushrooms and peanuts into the pan and stir fry for 3 minutes or until just cooked.

Serve with fresh chilli and coriander. Easy as!



MERRYMAKER TIP...

If the sauce is too thick add a little water to the pan.



CARROT AND FETA MUFFINS

Who doesn't love a brekky muffin? Our advice: prep these up the night before so it's a super quick and easy morning!

SERVES: 2
 PREP TIME: 15 mins
 COOK TIME: 20 mins

STUFF YOU NEED

- 50 g (1 ½ oz.) crumbled feta
- 3 eggs
- 1 cup carrot grated (about 1 carrot)
- ¼ cup pumpkin seeds
- 2 tbs. butter or coconut oil melted
- 2 tbs. chia seeds
- 2 tbs. coconut flour
- 1 tsp. oregano
- salt and pepper

NOW WHAT

Preheat the oven to 180°C (350°F) and line 4 x muffin cups, this recipe makes 4 medium muffins.

Using a tea towel squeeze out all the excess juice from the carrots, set aside.

In a food processor or blender mix the eggs and butter on high speed, until smooth (about 1 minute).

Add the pumpkin seeds, chia seeds, coconut flour, oregano and salt and pepper.

Mix again on medium speed until combined.

Stir through the carrot and feta cheese. Don't like cheese? Leave it out!

Quarter the mixture into the 4 muffin cups and top with some extra pumpkin seeds.

Place into the oven for 20 minutes or until golden brown on top.

Allow to cool and enjoy!



MERRYMAKER TIP...

You could double or quadruple the mix so you have muffins all week long! They make yummy as snacks!



SUPER EASY FISH CURRY

Hands up who loves curry? Ok, hands up who loves EASY. HEALTHY. CURRY?!

all hands up

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 35 mins

STUFF YOU NEED

- 500 g (1 lb.) firm white fish (like snapper or cod) cut into 3 cm (1 ½ inch) pieces
- 1 cup coconut milk (canned)
- 3 tomatoes diced
- 2 carrots peeled and chopped
- 2 garlic cloves crushed
- 1 broccoli head cut into florets
- 1 onion chopped
- 3 cm (1 ½ inch) piece ginger peeled and diced
- 2 tbs. macadamia oil or coconut oil
- 2 tbs. fresh coriander (cilantro) chopped
- 1 tbs. tomato paste
- 2 tsp. turmeric
- 1 tsp. cumin

NOW WHAT

Preheat the oven to 180°C (350°F).

In a small bowl add the coconut milk, tomatoes, garlic, ginger, macadamia oil, tomato paste, turmeric and cumin. Stir super well.

In a large casserole dish add the carrots, broccoli and onion, stir well. Then place the fish pieces on top of the veggies.

Pour the tomato, coconutty, curry mixture over the fish and veggies. Turn the fish pieces and veggies to ensure they are all covered in the coconutty mix.

Place into the oven for 20 mins then check and return to the oven for a further 15 minutes or until cooked.

Serve with fresh coriander. YUM!



MERRYMAKER TIP...

Serve with rice or quinoa if you like!



APPLE PIE CHIA PUDDING

Good vibes and apple pie is all you need for a very Merry, delish morning!

SERVES: 2
PREP TIME: 5 mins
FRIDGE TIME: 2 hrs

STUFF YOU NEED

- 1 apple grated
- 1 cup coconut milk (carton)
- ¼ cup chia seeds
- ¼ cup macadamia nuts
chopped
- 1 tsp. 100% vanilla extract
- 1 tsp. cinnamon
- ½ tsp. nutmeg

NOW WHAT

In a bowl or large jar mix all the ingredients.

Place into the fridge for at least 2 hours.

We like to make ours the night before and leave overnight, you just might need to add a little extra liquid in the morning.



MERRYMAKER TIP...

Add a little honey if you like it sweet and of course... top with delicious stuff! Extra nuts and a sprinkle of cinnamon works a treat!



BANGERS AND MASH AND GREENS

Keeping it simple and freaking delish! Who doesn't love a good sausage? BBQ them if it's a warm night!

SERVES: 4
 PREP TIME: 10 mins
 COOK TIME: 20 mins

STUFF YOU NEED

- 8 paleo sausages (your best bet will be a high quality butcher. If you can't find any, then at least go for gluten free!)
- 500 g (1 lb.) sweet potato peeled and chopped
- 100 g (3 ½ oz.) green beans
- 1 bunch broccolini
- 2 tbs. butter or coconut oil
- 1 tbs. macadamia oil

NOW WHAT

Place the sweet potato into a large saucepan and cover with cold water. Place onto a high heat stove and bring to the boil.

Reduce heat to medium and simmer for about 15 minutes. The potato should be soft.

Drain the water out and allow to sit for a couple minutes.

Place a large frypan onto medium heat with a little macadamia oil. Add the sausages and fry until cooked through, turning occasionally. It should take about 8 minutes.

While the sausages cook steam the greens and mash the potato.

Add about 2 cm (1 inch) of water to a saucepan and insert the steamer basket. Make sure the water isn't on top of the steamer basket.

On high heat bring water to boil.

Add the veggies to the steamer basket and reduce heat to medium. Allow to steam for about 5 minutes or cooked to your liking. Take off heat and drain the veggies.

Now to get mashing!

Place the butter into the saucepan with the sweet potato, season with salt and pepper and with a potato masher or a fork mash until smooth. You could blend it if you want super smooth and creamy mash! We did this... and it rocked!

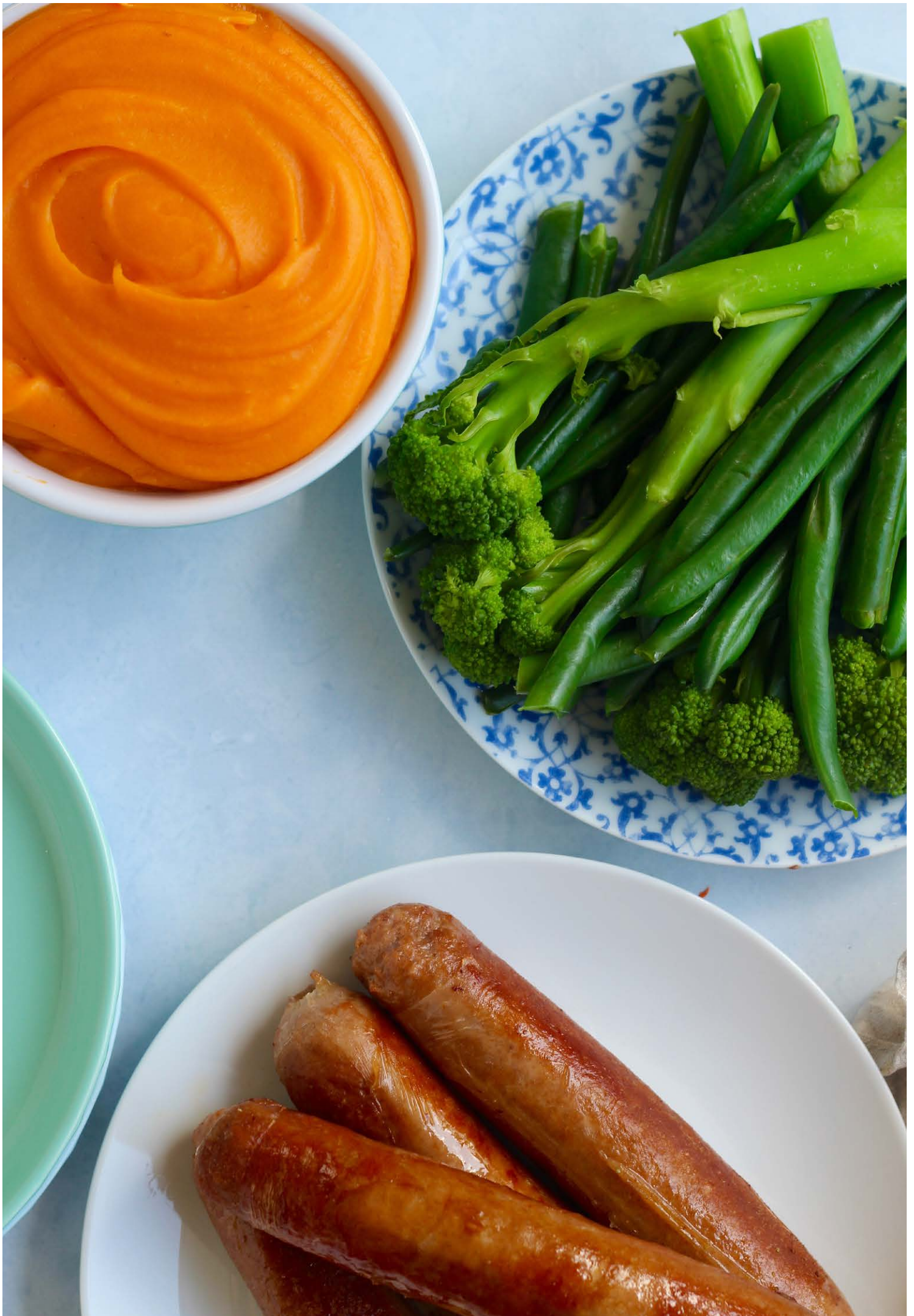
The sausages should be ready by now!

Serve everything onto plates and enjoy!



MERRYMAKER TIP...

Not a fan of mash? Fry up or bake up your potato! Can't find any paleo/clean sausages? Ask your butcher or make burgers instead, here's an [epic burger recipe!](#)



MINI NANA BREAD LOAF WITH YOGHURT

Because EVERYTHING is better when it's mini! Prepare for party in mouth action, this nana bread is our fave ever!

SERVES: 2 (with leftovers)
 PREP TIME: 15 mins
 COOK TIME: 15 mins

STUFF YOU NEED

80 g (3 oz.) butter cubed (or coconut oil)
 1 cup mashed banana (1 medium banana)
 1 egg
 ¾ cup blanched almond meal
 ¼ cup walnuts chopped
 1 tsp. 100% vanilla extract
 ½ tsp. baking powder (gluten free)

SERVE WITH

4 tbs. coconut or greek yoghurt
 fresh strawberries

NOW WHAT

Preheat oven to 180°C (350°F) and grease 4 mini loaf tins 8 ½ cm x 4 ½ cm (3 ½ x 1 ½ inch) with butter (or use a regular loaf tin).

In a mix master or blender whiz the butter, eggs and vanilla until smooth (about 1 minute).

In a large bowl mix the almond meal, walnuts and baking powder.

Add the butter mixture and mashed banana to the bowl and stir until combined.

Transfer the mixture into prepared tins and place into the oven for 15 minutes.

Take out of the oven and allow to cool completely before you turn out.

Serve each loaf with a dollop of yoghurt and fresh strawberries.

Enjoy the other 2 mini loaves as a snack, for brekky the next day or freeze separately.



MERRYMAKER TIP...

Get organised and make the day before!



PUMPKIN PESTO LASAGNE

Because everything is better in lasagne form and also everything is better with pumpkin and pesto. Like seriously. Best veggies and flavours ever!

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 40 mins

STUFF YOU NEED

700 g (1 ½ lbs.) pumpkin
 peeled and cubed

4 zucchinis sliced lengthways

2 tomatoes sliced

1 eggplant sliced thinly

1 clove garlic crushed

½ bunch fresh basil

½ cup cashew nuts

½ cup grated mozzarella
 (optional)

4 tbs. olive oil

salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F) and line a baking tray with baking paper.

Place the pumpkin cubes on the baking tray and drizzle with 1 tbs. of oil and place into the oven for about 15 minutes.

While the pumpkin cooks prepare the zucchinis and eggplant.

Once sliced, lay the zucchini and eggplant out across cooling racks and sprinkle with salt, allow to sit for 5-10 minutes to draw out excess moisture. Use a paper towel or tea towel to pat dry.

By this time you should have zucchini and eggplant all over your kitchen PLUS the pumpkin should almost be cooked.

Once the pumpkin is cooked, allow to cool for about 5 minutes.

While the pumpkin cools, place the basil, cashews, garlic, 3 tbs. oil and a little salt and pepper in a food processor or blender. Blend until crunchy smooth.

Add the pumpkin and whiz again. You decide, make it super smooth or make it crunchy. You could even leave the pumpkin chunky and not even whiz it (is this too many decisions?).

Now it's time to layer!

In a large casserole dish start with a layer of eggplant, then a layer of pumpkin pesto, then a layer of zucchini, then tomato. Keep layering until you've run out of stuff to layer.

Top with cheese, optional but recommended if you can eat it!

Place into the oven for 20 minutes, cover with foil and place back into the oven for a further 20 minutes. Allow to sit for 5 minutes before cutting into squares and nom nom nom-ing!

MERRYMAKER TIP...

Don't feel like going vego tonight? Simply cook up some beef mince with the tomatoes (instead of layering them) in a frypan and add it to the layering fun!



MERRY MEX BREKKY

We <3 Mexican food. So Mexican for brekky is definitely a go-go in Merrymaker Land!

SERVES: 2
 PREP TIME: 10 mins
 COOK TIME: 15 mins

STUFF YOU NEED

- 2 eggs
- 1 avocado
- 1 lime quartered
- 1 tomato diced
- 50 g (1 ½ oz.) baby spinach
- 1 cup water
- ½ cup quinoa
- 2 tbs. fresh coriander (cilantro)
- 1 tbs. coconut oil
- 1 tsp. paprika
- ½ tsp. cumin

NOW WHAT

In a sieve, rinse the quinoa with cold running water until the water runs clear.

Place the quinoa, paprika, cumin and water into a saucepan and cover.

Place the saucepan on high heat and bring to the boil.

Reduce heat, cover and allow to simmer for about 15 minutes or until all water is absorbed.

While you cook the quinoa get ready to cook the eggs.

In a frypan on medium heat melt the coconut oil.

Reduce heat to low and crack the eggs into the pan, fry up slowly until the whites are completely cooked. If you don't like runny yolks (sunny side up), flip and cook so your yolks go hard.

Once the quinoa is ready, drain any remaining water. Add the spinach, tomato and coriander and stir well.

Serve out the quinoa mix into bowls, top each bowl with a fried egg, ½ an avocado and a squeeze of lime juice.



MERRYMAKER TIP...

Don't feel like quinoa? Swap to fried pumpkin or sweet potato! YUM!



PORTUGUESE ROAST CHICKEN

This recipe rocks because delish chicken, oh and one pan = less washing up = winning at life!

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 45 mins

STUFF YOU NEED

FOR THE CHICKEN

- 1 whole chicken
(about 1 ½ kg/3 lbs.),
cut into 6 or 8 portions
- 500 g (1 lb.) sweet potato
peeled and chopped
- 100 g (3 ½ oz.) baby spinach
- 1 onion chopped into chunks

FOR THE MARINADE

- 1 red chilli
deseeded and diced
- 1 lemon juiced
- 1 garlic clove crushed
- 2 tbs. macadamia oil
- 1 tbs. honey
or rice malt syrup (optional)
- 1 tbs. paprika
- 1 tsp. oregano
- 1 tsp. thyme
- salt and pepper

NOW WHAT

Preheat oven to 200°C (390°F).

Place the chicken pieces into a large roasting pan.

In a small bowl add all the marinade ingredients and mix well. Season well with salt and pepper.

Pour the marinade over the chicken, turning the chicken to make sure each piece is completely covered.

Place the sweet potato and onion in the pan, around the chicken, drizzle with a little extra macadamia oil and season everything again with a little salt and pepper.

Place into the oven for about 40 minutes, check, turn if required and place back into the oven for about 5-10 minutes or until cooked to your liking.

Serve with fresh baby spinach and YUM!



MERRYMAKER TIP...

*Don't wanna cut the chicken? Ask your butcher!
 Or cook the chicken whole but it will take longer
 to cook, about 1 to 1 ½ hours. Sprinkle with fresh
 herbs because #yum!*



GOLDEN BLONDIES

Talk about easiest sweet treat ever! You're going to LOVE these golden blondies! Nom!

SERVES:	8
PREP TIME:	10 mins
COOK TIME:	10 mins

STUFF YOU NEED

1 cup peanut butter
or nut butter

¾ cup macadamia nuts
chopped

½ cup coconut sugar

2 tbs. chia seeds

4 tbs. water

2 tsp. 100% vanilla extract

pinch of salt

NOW WHAT

Preheat oven to 180°C (350°F) and line a 20 x 20 cm (8 x 8 inch) slice tin with baking paper.

In a small bowl combine the chia seeds and water, allow to gel.

In another bowl mix the peanut butter, macadamia nuts, coconut sugar and vanilla.

Once the chia has turned into gel, add to the the peanut butter mix and stir well until combined.

Transfer the mixture into the prepared tin and press down evenly.

Place into the oven for 10 minutes or until golden.

Allow to cool completely, before transferring out of the tin and cutting into squares.

YUM! Enjoy!



MERRYMAKER TIP...

Freeze leftover slice in an airtight container so you always have a quick sweet treat to enjoy for dessert o'clock!



"DO MORE OF
THE STUFF YOU LOVE
WITH THE PEOPLE YOU **LOVE.**"

EMMA AND CARLA