

# *Merrymaker* CLUB

MEAL PLAN

04

BY THE

*Merrymaker Sisters*

EMMA & CARLA PAPAS

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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

04

JULY 2016

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YOU DID NOT WAKE UP  
TODAY TO BE MEDIOCRE.

**LIVE MAGICALLY.**

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# MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Strawberry-Nana Nice-Cream	Sweet Sweet Muffins	Merry Berry Crunch	Apple Berry Parfait	Choc-Ahni Smoothie 2.0
LUNCH	← LEFTOVERS →				
DINNER	Beef and Bacon Burgers	Roast Veggie Soup	Meatballs with Pesto	Thai Salmon Cakes with Crunchy Salad	Chicken Parmies with Zughetti

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Pumpkin Pancakes with Smoked Salmon and Avo	Zucchini Crusted Brekky Pizza
LUNCH	← LEFTOVERS →	
DINNER	Pulled Beef Nachos	Paleo Paella
SWEET TREAT		The Best Raw Carrot Cake Ever

## WEEKEND

# SHOPPING LIST

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



## FRUITS AND VEGGIES

- 8 carrots
- 5 onions
- 5 shallots (scallions)
- 5 tomatoes
- 5 zucchinis
- 3 avocados
- 3 lemons
- 2 bananas
- 1 apple
- 1 bunch fresh basil
- 1 bunch fresh coriander
- 1 bunch fresh parsley
- 1 cauliflower
- 1 cucumber
- 1 head of garlic
- 1 lime
- 1 parsnip
- 1 red capsicum (pepper)
- 1 red chilli
- 1 red onion
- ¼ butter lettuce
- 1 ½ kg (3 lbs.) sweet potato
- 600 g (1 lbs. 3 oz.) pumpkin
- 300 g (10 oz.) strawberries
- 250 g (9 oz.) broccolini
- 250 g (9 oz.) brussel sprouts
- 200 g (7 oz.) snow peas

## PANTRY ITEMS

- 1 L (33 fl. oz.) coconut milk (carton)
- 1 L (33 fl. oz.) vegetable stock
- 350 ml (12 fl. oz.) coconut milk (canned)
- 300 ml chicken stock or bone broth
- 125 ml (4 fl oz.) white wine or stock
- 125 ml 100% tomato passata
- 400 g (14 oz.) wild caught canned salmon
- 300 g (10 ½) raw cashews
- 250 g (9 oz.) almond meal
- 200 g (7 oz.) pitted dates
- 200 g shredded coconut
- 150 g (5 oz.) brazil nuts
- 150 g cassava/tapioca/arrowroot flour
- 150 g chia seeds
- 150 g walnuts
- 100 g (3 ½ oz.) almonds
- 100 g coconut flakes
- 100 g coconut flour
- 100 g desiccated coconut
- 100 g macadamia nuts
- 100 g pine nuts
- 100 g raw cacao powder
- 100 g sesame seeds
- 50 g unhulled tahini
- 100% vanilla extract
- Coconut oil
- Coconut aminos or tamari sauce
- Gelatin powder (optional)
- Maca powder
- Olive oil
- Rice malt syrup or honey
- Sesame oil
- Tomato paste

## MEAT, FISH, POULTRY + EGGS

- 15 eggs
- 12 green prawns
- 1 kg (2 lbs.) sirloin steak (or whatever beef is on sale)
- 500 g (1 lbs.) beef mince
- 500 g (1 lbs.) pork mince
- 6 rashers (slices) bacon
- 4 half chicken breasts
- 2 chicken thighs
- 2 chorizo sausages

## DRIED SPICES + HERBS

- Cinnamon
- Chilli powder
- Cumin
- Nutmeg
- Oregano
- Paprika
- Turmeric
- Saffron threads (optional)
- Salt and pepper

## FRIDGE / FREEZER

- 150 g (5 oz.) pitted black olives
- 150 g preferred cheese (optional)
- 150 g smoked salmon
- 150 g sundried tomatoes
- 100 g (3 ½ oz.) natural or coconut yoghurt
- 100 g parmesan cheese (optional)

# 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...

<b>DAY 1</b>	<ul style="list-style-type: none"><li>○ Make sure you freeze your bananas and strawberries! You could also measure out the ingredients and place in a ziplock bag.</li><li>☾ Make the bread rolls the day before AND you can even pre-make the patties, so all you have to do is fry them!</li></ul>
<b>DAY 2</b>	<ul style="list-style-type: none"><li>○ Bake the muffins on the weekend or the day before. You can also freeze these separately and thaw when required.</li><li>☾ Cut up all the vegetables for the soup so you're ready to go!</li></ul>
<b>DAY 3</b>	<ul style="list-style-type: none"><li>○ Make the cereal the evening before and store in the fridge.</li><li>☾ Pre-make the meatballs and fry up when ready to eat!</li></ul>
<b>DAY 4</b>	<ul style="list-style-type: none"><li>○ Make the parfait the night before and store in the fridge.</li><li>☾ You can pre-make the salmon cakes and fry up when it's dinner time!</li></ul>
<b>DAY 5</b>	<ul style="list-style-type: none"><li>○ This is super yum enjoyed cold if you want to make the night before, or reheat in the oven!</li><li>☾ 'Crumb' the parmies and store in the fridge until ready to fry. Also, spiralise the zucchini prior!</li></ul>
<b>DAY 6</b>	<ul style="list-style-type: none"><li>○ Enjoy your weekend spending a little time whizzing up the pancakes! BUT you can make these the night before and reheat.</li><li>☾ Don't forget to turn on your slow cooker! YUM!</li></ul>
<b>DAY 7</b>	<ul style="list-style-type: none"><li>○ No prep required... too easy!</li><li>☾ Prepare all the vegetables!</li></ul>
<b>DESSERT</b>	<ul style="list-style-type: none"><li>☾ Make and store in the fridge or freeze separate slices and thaw when required!</li></ul>



RECIPES



# STRAWBERRY-NANA NICE-CREAM

Nicecream for breakfast. Say whaaaat? Yes nicecream for breakfast! It's icecream... but it's nice to you and it's tasty and it's pretty and it's FUN!

---

SERVES: 2  
PREP TIME: 5 mins

---

## STUFF YOU NEED FOR THE BREAD

2 frozen bananas  
1 cup frozen strawberries  
½ cup raw cashews  
¼ cup coconut milk (canned)  
1 tsp. 100% vanilla extract

## NOW WHAT

Place the cashews, milk and vanilla into your blender. Whiz until nice and smooth.

Add the banana and strawberries and whiz until nice and smooth (about 5 mins). It will go thick and frozen!

Serve in super cute bowls and top with whatever you like or enjoy as is!



## MERRYMAKER TIP...

*Bananas not your thing? Swap to a cup of any other fruit! It will be the same, same but different and definitely delish!*



# EPIC BEEF AND BACON BURGERS

Have you ever had a 50/50 burger? If you like juicy, tasty things... then you're going to love these burgers. Plus if you make the rolls, well, dinner just got out of this world good.

---

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

---

## STUFF YOU NEED

500 g (1 lbs.) beef mince  
 4 rashers (slices) bacon  
 1 egg  
 coconut oil  
 salt and pepper

## FOR THE ROLLS

1 cup cassava flour or  
 tapioca/arrowroot flour  
 ¼ cup chia seeds  
 ¼ cup olive oil  
 ½ cup sesame seeds  
 ½ cup warm water  
 1 egg whisked  
 salt and pepper

## TOPPINGS

1 avocado sliced  
 1 tomato sliced  
 ¼ butter lettuce

## NOW WHAT

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

In a blender or food processor, whiz the chia seeds until a meal forms.

Transfer to a large mixing bowl, add the cassava flour, sesame seeds, salt, pepper and stir to combine.

Gradually add the water and oil, stirring until it forms a sticky paste.

Add the whisked egg and continue to stir.

With wet hands, roll handfuls of mixture into 8 separate balls and place on to the baking tray and press down slightly.

Place into the oven for 40 minutes.

While the bread rolls cook get onto the burger patties!

Mince the bacon in a food processor (yes, we mean blend the bacon... if this weirds you out, you can chop it into teeny tiny pieces).

In a large bowl combine the bacon mince and beef mince.

Add the egg, season with salt and pepper and stir really well.

Divide the mix into 8 equal parts using a ⅓ cup measurement. Roll into balls then flatten into a pattie shape.

Then, in a large fry pan on medium-high heat, melt a little coconut oil.

Place the patties on to the fry pan and cook for around 8 minutes.

Flip very carefully and cook for a further 7 minutes or until cooked through.

Once the patties and rolls are cooked to perfection get all your toppings and assemble your epic burgers!



*You know we're all about the easy factor so we highly recommend you make the bread rolls the day before or morning of!*



# SWEET SWEET MUFFINS

Oh sweet sweet muffins how we LOVE you. You're so pretty and delicious! We will have you for brekky and we will love you forever.

---

SERVES: 2  
TIME: 10 mins  
COOK TIME: 20 mins

---

## STUFF YOU NEED

1 cup almond meal  
½ cup coconut milk (canned)  
¼ cup strawberries sliced  
¼ cup chopped macadamia nuts  
2 tbs. coconut oil melted  
1 egg whisked  
1 tsp. 100% vanilla extract  
pinch of salt

## NOW WHAT

Preheat oven to 180°C (350°F) and line a muffin tray with 4 muffin cases.

In a large bowl combine the almond meal, macadamia nuts and salt.

Add the coconut milk, coconut oil, egg, vanilla, strawberries and mix well.

Spoon the mixture into the prepared muffin trays and place into the oven for 20 minutes or until the muffins spring back when lightly touched.



## MERRYMAKER TIP...

*Swap to your favourite fruit and nut if strawberries and macadamias aren't your thang! Yes... we did just say THANG!*



# ROAST VEGGIE SOUP

This soup is like a big warm hug in a mug, or bowl. But hug rhymes with mug! Roasting the veg is the big secret to making this soup ridiculously epic!

---

SERVES: 4  
PREP TIME: 25 mins  
COOK TIME: 40 mins

---

## STUFF YOU NEED

500 g (1 lbs.) sweet potato  
peeled and chopped

400 g (14 oz.) pumpkin  
peeled and chopped

3 carrots peeled and chopped

1 parsnip peeled and  
chopped

1 onion cut into wedges

1 tbs. coconut oil

1 tsp. paprika

1 L (33 fl. oz.) vegetable stock

salt and pepper

## SERVE WITH

4 tbs. natural or coconut  
yoghurt (optional)

## NOW WHAT

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

In a large bowl add all the vegetables, coconut oil, paprika, salt and pepper. Mix to coat the veggies in oil and spices.

Place veggies onto baking tray and bake for 40 minutes until soft and a little golden.

Place veggies in a large saucepan, add the vegetable stock and bring to the boil then lower heat to simmer for 5 minutes.

Puree the veggies with a stick blender or whiz in batches using a blender.

Serve with a dollop of yoghurt and some extra paprika.



MERRYMAKER TIP...

*Make extra bread rolls from Monday's dinner to serve with this delish soup!*



# MERRY BERRY CRUNCH

Pre-merry days we were kinda obsessed with cereal. The obsession can continue! Welcome Merry Berry Crunch! A cereal that's actually good for you! Yay!

---

MAKES: 2  
PREP TIME: 10 mins  
COOK TIME: 12 mins

---

## STUFF YOU NEED

½ cup coconut flakes  
½ cup strawberries chopped  
¼ cup desiccated coconut  
¼ cup brazil nuts chopped  
2 tbs. coconut milk (canned)  
1 tsp. cinnamon  
1 tsp. 100% vanilla extract

## SERVE WITH

2 cups coconut milk (carton)

## NOW WHAT

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

Add all the berry crunch ingredients to a bowl and mix well.

Transfer the mix onto the prepared baking tray in a thin layer.

Place into the oven for 10 minutes.

Mix around the cereal on the tray and place back into the oven for 2 minutes.

Serve with milk! YUM! Like SO yum.



## MERRYMAKER TIP...

*The baked strawberries might seem a little weird, but trust us they are yum! If you just can't go there simply add them after!*



# MERRY MEATBALLS WITH PESTO

We LOVE these meatballs, they really do make life merry. Not just your regular tomato sauce. This one goes above and beyond your usual meatball expectations. Promise.

---

SERVES:	4
PREP TIME:	25 mins
COOK TIME:	15 mins

---

## STUFF YOU NEED

- 500 g (1 lbs.) pork mince
- 1 onion chopped super fine
- 1 egg whisked
- 1 garlic clove crushed
- 2 tbs. chopped fresh basil
- 1 tbs. coconut oil
- salt and pepper

## FOR THE PESTO

- ¾ cup sundried tomatoes
- ½ cup olive oil
- ⅓ cup pine nuts
- 1 garlic clove

## EXTRA STUFF

- 250 g (9 oz.) broccolini
- 250 g (9 oz.) brussel sprouts halved
- ⅓ cup grated parmesan cheese (optional)
- olive oil

## NOW WHAT

Start with the pesto! Place all the ingredients into a blender or food processor and whiz until combined.

Do you like your pesto smooth or chunky? Leave this for now.

Time for the merry meatballs! Place all ingredients into a large bowl, season with salt and pepper and mix super well.

Roll mixture into tablespoon sized balls, it should make about 20 something balls.

Heat the coconut oil in a large fry pan on medium heat. Add the meatballs and cook, turning every now and then until nice and brown (about 5 mins).

While you're cooking up the meatballs put the broccolini and brussels on to steam!

Get a saucepan and add about 3-4 cm (2 inches) water, place the steamer basket in the saucepan. Make sure the water doesn't go above the basket.

Bring the water to boil.

Place broccolini and brussel sprouts into the steamer basket, cover and turn heat down. Cook for 3-5 minutes, do you like your veggies crunchy or soggy? So many choices with this meal!

Lift the veggies out and drizzle with olive oil.

Once everything is cooked. Serve meatballs on top of greens, then add dollops of delish pesto and a sprinkle of cheese! Perfection!



## MERRYMAKER TIP...

*Feel free to swap up the veggies you serve with these Merry Meatballs! Zoodles anyone? Roast pumpkin? Ohhh decisions! Decisions!*



# APPLE BERRY PARFAIT

Dessert for breakfast? Well ok, if you say so. Oh yes... we insist! This brekky is all kinds of freaking yum.

---

SERVES: 2  
PREP TIME: 15 mins

---

## STUFF YOU NEED

### APPLE BERRY LAYER

- 1 apple grated
- 1 cup blueberries (fresh or thaw if frozen)
- ½ lemon juiced
- 2 tsp. rice malt syrup
- 1 tsp. cinnamon
- 1 tsp. nutmeg

### CHIA LAYER

- 2 tbs. chia seeds
- ¼ cup coconut milk (canned)

### CRUMBLE LAYER

- ¼ cup almonds
- ¼ cup walnuts
- 1 tsp. rice malt syrup

## SERVE WITH

- ¼ cup natural or coconut yoghurt

## NOW WHAT

Start with the apple berry layer.

Add the grated apple, berries, rice malt syrup, lemon juice and spices into your blender and whiz until smooth.

Place a quarter of the mix into 2 jars or glasses.

For the chia layer, In a bowl, mix together the coconut milk and chia seeds. Pour on top of the apple berry layer.

Then divide the remaining apple berry layer on top of the chia layer. Place into the fridge for 2 hours.

Now add all the crumble ingredients to your blender, whiz until well combined. We like to leave it a little crunchy.

To serve, place dollops of yoghurt, followed by crumble mix and extra berries if you please!



## MERRYMAKER TIP...

*Can't be bothered with all them layers?!  
That's ok! Just mix it all together and have an  
amazing merrymaker bowl of goodness!*



# EASY PEASY THAI SALMON CAKES WITH CRUNCHY SALAD

If salmon cakes have been on your 'to try' list for a while... now is the time to make them! They are SO easy and so yum. The first time we made them minds were blown.

---

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

---

## STUFF YOU NEED

### FOR THE SALMON CAKES

400 g (14 oz.) wild caught canned salmon, drained  
 350 g (12 oz.) sweet potato, peeled, cooked and mashed  
 2 shallots (scallions) sliced  
 2 eggs  
 2 tbs. coconut flour  
 2 tbs. fresh coriander chopped  
 1 tsp. paprika  
 ½ tsp. chilli powder  
 salt and pepper  
 coconut oil

### CRUNCHY SALAD

200 g (7 oz.) snow peas sliced  
 2 carrots cut into match sticks  
 1 cucumber cut into match sticks  
 1 lime juiced  
 2 tbs. fresh coriander chopped  
 1 tbs. coconut aminos or tamari sauce  
 1 tbs. sesame oil  
 1 tbs. sesame seeds  
 salt

## NOW WHAT

In a bowl add all the fish cake ingredients, except the coconut oil and mix well.

Use a ½ measuring cup to scoop, roll and flatten mixture into cakes.

This should make about 8 salmon cakes.

In a medium heat fry pan melt a little coconut oil and fry until golden, flip and fry the other side. Continue to cook all the cakes.

To make the salad simply mix all ingredients in a large bowl.

Serve salmon cakes on top of crunchy salad.

Seriously easy peasy, seriously YUM!



## MERRYMAKER TIP...

*Don't feel like raw salad? Simply stir fry all your veggies! Yay!*



# CHOC-AHNI SMOOTHIE 2.0

This is our all time favourite smoothie... EVER... in the whole wide world. Trust us, it's about to be yours too!

---

SERVES: 2  
PREP TIME: 5 mins

---

## NOW WHAT

Add all ingredients to your blender except the toppings!

Whiz until nice and smooth and top with yummy toppings!

## STUFF YOU NEED

- 2 cups coconut milk (carton)
- 4 brazil nuts
- 1 cup ice
- 3 tbs. raw cacao powder
- 2 tbs. chia seeds
- 2 tbs. unhulled tahini
- 1 tbs. gelatin powder (optional)
- 1 tsp. natural sweetener
- 1 tsp. maca powder
- 1 tsp. 100% vanilla extract



## MERRYMAKER TIP...

*Add a banana to make this smoothie thicker. Smoothie bowl anyone? Oh and we topped ours with cacao nibs for a bitter crunch!*



# CHICKEN PARMIES WITH ZUGHETTI

This is probably one of our all time fave recipes ever! Healthy parmies? Who would have thought? Oh... and 'parmies' is aussie slang for parmigiana! Can we get a heck yeah?! HECK YEAH!

---

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

---

## STUFF YOU NEED

- 3 zucchinis spiralized or peeled lengthways
- 4 half chicken breasts
- 2 eggs
- 1 onion diced
- 1 garlic clove crushed
- ¾ cup grated cheese
- ½ cup almond meal
- ½ cup 100% tomato passata
- 2 tbs. cassava flour or tapioca/arrowroot flour
- 1 tsp. paprika
- 1 tsp. dried oregano
- salt and pepper
- coconut oil

## NOW WHAT

Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper. With a super sharp knife, carefully cut the chicken breasts horizontally into thinner pieces.

2 pieces from each half chicken breast.

Lay a piece of cling wrap on the bench, place chicken pieces on top, place another piece of cling wrap on top of the chicken and pound to about ½ cm (¼ inch) thin.

We used the back of a knife, you could use a meat mallet. Set aside.

In a bowl combine the almond meal, cassava flour, paprika, oregano, salt and pepper.

In another bowl whisk the eggs.

Coat the chicken in the almond meal mixture and then dip into the eggs. Shake off excess and dip back into the almond meal mix.

Continue to do this for all chicken pieces.

In a large fry pan heat a little coconut oil to medium heat.

Place the chicken into the fry pan and cook for 6 minutes, flip and cook for another 6 minutes or until cooked through. Continue this process with all chicken pieces.

Once the chicken is cooked lay each chicken piece on the prepared baking trays.

Top the chicken pieces with a tablespoon of tomato passata and spread to the edges.

Top with cheese and place into the oven for 10 minutes.

While the cheese melts, let's do the zughetti!

Heat a little coconut oil in a fry pan on medium heat, fry the onion and garlic until just soft then add the zucchini and fry for about 2 minutes. Wa-lah!

Serve delish chicken parmies on a bed of zughetti!

## MERRYMAKER TIP...

*Feel free to add extras on top of your parmi! Slices of avocado, fresh basil, prosciutto. Go cray cray! Also, if you're dairy free, how about topping with a paleo cheese?! We have an easy recipe on our site here.*



# PUMPKIN PANCAKES WITH SMOKED SALMON AND AVO

Are you ready to get your fancy pants brekky on? This brekky will take you there. Smoked salmon + avo = pretty much fanciest brekky ever.

---

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

---

## STUFF YOU NEED

200 g (7 oz.) pumpkin cubed and cooked  
4 eggs  
2 shallots (scallions) chopped  
1 tbs. almond meal  
salt and pepper  
coconut oil

## SERVE WITH

150 g (5 oz.) smoked salmon  
1 avocado sliced  
2 tbs. natural or coconut yoghurt (optional)  
1 tbs. fresh chopped parsley

## NOW WHAT

In a blender add all the pancake ingredients and whiz until combined.

In a fry pan on medium heat, melt a little coconut oil.

Pour  $\frac{1}{4}$  cups of batter into the fry pan.

Cook for 6 minutes. Slow and low heat is important so they don't break when you flip them!

Flip VERY carefully to cook the other side until golden, this will be about 2 minutes.

Continue to cook the rest of the pancakes. It should make about 6.

Once cooked serve with smoked salmon, slices of avocado, dollop of yoghurt and fresh parsley.



MERRYMAKER TIP...

*You can serve with bacon instead of salmon.  
You're welcome!*



# PULLED BEEF NACHOS

Hands up if you LOVE nachos? We're pretty sure every Merrymaker's hand just went up. Nachos are the best darn invention ever. #fact

---

MAKES:	4
PREP TIME:	20 mins
COOK TIME:	8 mins

---

## STUFF YOU NEED

### FOR THE BEEF

1 kg (2 lbs.) sirloin steak (or whatever beef is on sale)  
 1 onion diced  
 1 clove garlic crushed  
 ½ cup stock or bone broth  
 1 tsp. paprika  
 1 tsp. cumin  
 ½ tsp. chilli powder  
 salt and pepper

## SERVE WITH

600 g (1.3 lbs.) sweet potato peeled and sliced  
 2 tomatoes diced  
 1 red onion diced  
 1 avocado mashed  
 3 tbs. fresh chopped coriander  
 1 tbs. coconut oil  
 1 tsp. paprika  
 salt and pepper

## CASHEW CHEESE

½ cup raw cashews (soaked overnight then drained)  
 1 clove garlic crushed  
 ½ lemon juiced  
 3 tbs. olive oil  
 3 tbs. water  
 1 tsp. turmeric  
 salt

## NOW WHAT

Place all the beef ingredients into the slow cooker, stir around to combine then cook on low for 8 hours. When you turn on the slow cooker, also start soaking your cashews!

Once the beef is cooked, pull apart with 2 forks to shred. Talk about yum.

About an hour before the beef is ready preheat the oven to 180°C (350°F) and line 2 baking trays with baking paper.

In a large bowl add the sweet potato slices, coconut oil, paprika and a little salt and pepper.

Stir well to coat the potato in spices and oil.

Lay the sweet potato slices onto the baking trays and bake for about 25 minutes, turn and bake for another 10 minutes or until nice and crunchy.

While the chippies cook, place all ingredients for the cashew cheese into a food processor or blender.

Whiz until super dooper smooth (SO YUM!)

Place a layer of chips, top with beef, tomatoes, onion, avo, cashew cheese and fresh coriander.



## MERRYMAKER TIP...

*If you eat corn chips swap the sweet potato for natural corn chips. Oh and cheese is always a good idea if your tum tum likes it!*



# ZUCCHINI CRUSTED BREAKFAST PIZZA

Pizza for breakfast? Oh you KNOW it's gonna be a good day! There's something magical about pizza. It makes life better.

---

SERVES: 2  
PREP TIME: 40 mins  
COOK TIME: 40 mins

---

## STUFF YOU NEED

### FOR THE 'CRUST'

2 zucchinis grated (squeeze out excess liquid)  
2 eggs  
¼ cup coconut flour  
1 tsp. oregano  
coconut oil  
salt and pepper

## TOPPINGS

2 rashers (slices) bacon chopped  
1 egg  
1 shallot (scallion) chopped  
2 tbs. fresh basil chopped  
2 tbs. grated cheese (optional)  
2 tbs. tomato paste

## NOW WHAT

In a medium sized fry pan on high heat place the bacon and shallot and fry until a little crispy. Set aside.

In a large bowl combine the grated zucchini, eggs, coconut flour, oregano, salt and pepper.

Turn the fry pan down to medium and melt a little coconut oil if needed.

Spread the zucchini crust mix evenly into the pan, cover and cook for 15 minutes.

Now top with tomato paste, bacon, shallots and grated cheese and finally crack an egg on top!

Cover again and cook for a further 5 minutes.

Slice and serve with fresh basil... YUM!



## MERRYMAKER TIP...

*If you don't have the time to make the pizza, scramble everything together in a pan! Super easy and still DELISH!*



# PALEO PAELLA

Are you ready for the taste sensation that is Merrymaker paleo paella? This is also the PERFECT meal to serve at a dinner party. Because it's share-style and sharing is caring and fun.

---

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

---

## STUFF YOU NEED

- 12 green prawns, peeled, tails on
- 2 chicken thighs chopped
- 2 chorizo sausages, skin off and chopped\*
- 2 cloves garlic crushed
- 2 tomatoes chopped
- 1 onion chopped
- 1 cauliflower cut into florets
- 1 red capsicum (pepper) chopped
- 1 red chilli sliced
- 1 cup pitted black olives sliced
- 1 cup chicken stock (or bone broth)
- ½ cup white wine (or stock)
- 1 tbs. 100% tomato paste
- 2 tsp. paprika
- 1/2 tsp. saffron threads (optional)
- coconut oil or butter
- salt and pepper

## SERVE WITH

- 1 lemon quartered
- 2 tbs. fresh chopped parsley

\*try for gluten and nitrate free

## NOW WHAT

Grate the cauliflower florets into 'rice'. Or you can use a food processor and quickly whiz!

Heat a little coconut oil in a large fry pan on high heat.

Add the chorizo and quickly fry for 1-2 minutes until just brown. Yum! Set aside for now.

Add the prawns to the fry pan (no need to clean pan!) and fry each side for a minute. Set aside.

If you need, add a little more oil, and add the chicken and cook for 5 minutes until all sides are sealed and a little brown. Set aside!

Turn the heat down to medium add the onion, garlic, chilli, tomatoes, capsicum and olives. Fry for 2 minutes or until the onion just starts to soften.

Add the paprika and saffron and continue to stir fry.

Now add the stock, wine, tomato paste and stir to combine.

Allow the mix to simmer for 10 minutes.

Add the cauli-rice, stir and cook for 5 minutes.

Finally add back the chicken, prawns and chorizo and cook for another 5 minutes or until everything is heated through to your liking.

Serve with fresh parsley and a squeeze of lemon!



## MERRYMAKER TIP...

*Traditionally paella is made with mussels, clams and what not! If you're adventurous... we say go for it!*



# THE BEST RAW CARROT CAKE EVER

We love carrot cake. It's definitely one of our all time fave treats ever. This one is especially delicious because it's made with some serious LOVE (that's our secret ingredient!).

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SERVES: 12  
 TIME: 20 mins  
 COOK TIME: 2 hrs

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## STUFF YOU NEED

### CARROT LAYER

3 large carrots peeled and grated (about 3 ½ cups)  
 1 ½ cups walnuts  
 1 ½ cups pitted dates (soaked in boiling water for 10 minutes then drained)  
 1 ¼ cups shredded coconut  
 2 tsp. cinnamon  
 1 tsp. nutmeg  
 pinch of salt

### FROSTING LAYER

1 ½ cups raw cashews (soaked for at least 2 hours then drained)  
 1 large lemon juice and rind  
 ¼ cup coconut oil  
 ¼ cup coconut milk (canned)  
 2 tbs. natural sweetener  
 pinch of salt  
 water

## NOW WHAT

Line a muffin tray, spring form cake tin or use 6 silicon moulds like we did.

Start with the carrot layer.

Place dates and half the walnuts into your food processor or blender, whiz until smooth.

Add the rest of the walnuts, carrot, coconut, spices and salt, blend until just combined.

Set aside.

Rinse the blender and move onto the frosting.

Place all the ingredients into the blender and whiz until super dooper smooth.

Now it's time to layer it up!

Press ¼ cups of carrot cake mixture into the moulds, followed by a scoop of frosting, spread it evenly.

Place into the freezer for 10 minutes.

Place another ⅓ cup of carrot cake mixture on top of the first layer of frosting.

Place into the freezer for 2 hours.

Carefully turn out then... with the remaining frosting, blend it with ¼ cup water to make it smooth and pour on top when you're ready to serve! LOOKS EPIC!



MERRYMAKER TIP...

*If you want to make this recipe even quicker... just do one layer of carrot cake and one layer of icing! Easy peasey lemon squeezey!*



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THE BEST WAY  
TO GET THINGS DONE...  
**IS TO SIMPLY BEGIN**

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