

THRIVE
PROTOCOL

Cookbook





THRIVE PROTOCOL COOKBOOK

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www.thr1ve.me

OUR RESTAURANT LOCATIONS

www.thr1ve.me

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GET IN TOUCH

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WE CELEBRATE YOU, THE INDIVIDUAL

Our fresh, seasonal and locally sourced menu is fully customisable. Eat freely from a diverse range of real foods, based on your unique needs and objectives. Or ask us for a recommendation – we would love to help.

WE EMBRACE THE SCIENCE, THE UNIVERSAL

Evolutionary biology designed us to be lean, fit and healthy, providing us with the ultimate lifestyle template. Eat, move, play and rest as nature intended.

Because you deserve to look, feel and perform like the evolutionary victor you are.

A handwritten signature in black ink, appearing to read 'Josh Sparks'.

Josh Sparks, Founder & CEO

Clean, nourishing, delicious.



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LUNCH & DINNER

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I'm thrilled to introduce the inaugural THRIVE Cookbook, developed with the help of my good friend Scott Gooding.

We met Scott through his 'Clean Living' series, following his success on Channel 7's 'My Kitchen Rules'. A very successful personal trainer, with a passion for combining amazingly great food with the best of proven nutrition science, he feels like a brother from another mother to me. So there was no one I trusted more to develop our eat at home guide to divinely tasty good health, and I am delighted with the results.

At THRIVE, we are on a mission to make extraordinary health deliciously simple. We believe that everyone wants and deserves to enjoy exceptional health. And we know that no single change in behaviour is more important in achieving that than what you eat. Indeed, many medical professionals now agree that nutrition can contribute up to 80% to how you look, feel and perform.

Yet despite the universally human desire to make the most of our one short life, a shared conviction that everything in life is better when you're healthy, and wide acknowledgement that our regular diet is the simplest and most powerful lever we can pull to optimise our wellbeing, many of us still struggle to eat well on a day-to-day basis.



Why?

For us to realise our dream of changing the way the world eats, we have to acknowledge and address the primary reasons healthy eating proves so challenging, for so many people.

Most importantly our food needs to be **delicious**. You should want to eat it whether it is healthy or not. It should be “crave-able”.

Secondly we have made it as accessibly priced as possible. Yes, better ingredients can be more expensive. As we all know, processed carbs are cheap, while quality protein and vegetables are not as cheaply priced. But you always get what you pay for, and it's hard to put a price on your own health and wellbeing.

Finally it needs to be simple. For the THRIVE restaurants, simple means conveniently located, offering excellent service and ability to serve a custom order within a few minutes. And for this, our first cookbook, ‘simple’ means utilising widely available ingredients, with quick and easy preparation, and no push back from the rest of the family.

I hope you enjoy these recipes as much as we have, and please get in touch via our restaurants, or digital and social channels, to let us know what you think. We hope this will be the first of many new projects from us, all designed to inspire and empower our community to live their best lives.

Here's to **your** health,

A handwritten signature in black ink, appearing to read 'Josh Sparks', with a stylized, flowing script.

Josh Sparks, Founder & CEO

THRIVE
PROTOCOL
Cookbook

Breakfast

Breakfast. Arguably the best meal of the day, and a must on a leisurely Sunday here in Australia.

In your first two weeks of the Protocol?

This section will help you identify “Keto Friendly” options for your morning meals



Smashed Avocado
page 27



Sweet Potato Waffles
page 25

Four Egg Omelette
(opposite)

THE PERFECT BOILED EGGS *serves one*



- 2 fresh eggs (organic or biodynamic, if possible)
- 1 tsp butter
- Sea salt

1. In a small saucepan, place the eggs with just enough water to cover them
2. Pop the lid on
3. Turn the heat to the highest possible heat
4. Once it begins to boil, remove from the heat but keep the lid on
5. Let the saucepan stand for 6 mins
6. Remove eggs from pan, cut the top off with a sharp knife.
Serve with butter & sea salt

FOUR EGG OMELETTE *serves one*



- 1 tbs butter
- 2 garlic cloves – finely chopped
- 1 long green chilli – deseeded and finely chopped
- ¼ brown onion – finely chopped
- 4 eggs (organic or biodynamic, if possible)
- Handful of baby spinach
- Sea salt
- Black pepper

1. Add the butter to a fry pan on low heat
2. Add garlic, chilli and onion, and cook for 4-5 minutes or until softened
3. In a bowl, gently beat the eggs and set aside
4. Remove the onion, garlic and chilli from the pan and set aside
5. Add more butter if required before popping the eggs into the pan
6. Cook for 60 seconds, add the onion mixture and baby spinach to one half of the omelette
7. Cook for 2 more minutes or until the base is firm enough for you to lift over one side, to close the omelette. Messy is good!
8. Once closed, cook for a further 1-2 minutes
9. Remove from heat and season. Serve with fresh herbs if desired

CRISPY SKIN TROUT *serves one*

1 trout fillet
1 tsp coconut oil / butter
Sea salt
Black pepper
Juice of ½ lemon



Serving suggestion

Serve with our Green Shakshuka (below) or with our Sweet Potato Fritters (p28) and Sautéed Kale (p28).

1. Remove the fish from the fridge 30 mins before cooking
2. Heat the fat in a fry pan on a high heat
3. Season the skin of the fish with salt & pepper
4. Add the fish to the pan (skin-side down)
5. Cook for 3-4 minutes or until skin is crispy
6. Flip over the fish and cook for a further 2-3 mins or until cooked to your liking
7. Cooking times will vary depending on thickness of fillet
8. Remove from the heat and allow to rest for 2 minutes
9. Season and drizzle with lemon

GREEN SHAKSHUKA *serves two*

1 tbs coconut oil, ghee, butter
1 small brown onion – roughly chopped
2 garlic cloves – roughly chopped
1 small red chilli – deseeded and roughly chopped
4-6 cups of greens – roughly chopped (kale, collard greens, leeks, spinach)
½ cup bone broth (optional)
6 eggs (organic or biodynamic, if possible)
Sea salt
Black pepper
½ bunch parsley – roughly chopped



1. In a large fry pan, heat the fat over a medium heat
2. Add the onion, garlic and chilli
3. Sauté for 2-3 minutes before adding the greens
4. Cook the greens for 60 secs before adding the bone broth (optional)
5. Cook for a further 5 minutes or until the greens have softened
6. Make 6 small indentations in the veggies, then crack the eggs in
7. Don't worry if the egg whites run throughout the veggies
– this will help to combine the dish!
8. Cook for several minutes or until the yolks are cooked to your liking
9. Add seasoning and chopped parsley – serve from the pan





ZUCCHINI & BACON FRITTERS

makes twelve

2 rashers of bacon (nitrate-free, if possible)
2 zucchini – trimmed, seeds removed and grated
1 carrot – trimmed and grated
1 shallot – finely chopped
2 eggs (organic or biodynamic, if possible)
2 tbs almond meal
1 tsp ground cumin
1 tsp ground turmeric
¼ tsp baking powder
1 tbs butter / ghee
Sea salt
Black pepper



1. Cook the bacon in a fry pan, cook for several minutes on both sides until crispy
2. Remove from the heat and set aside
3. In a mixing bowl, combine all the remaining ingredients with the exception of the butter / ghee and seasoning
4. Cut the bacon up into small pieces and add to the batter mixture – combine
5. Heat the butter / ghee in fry pan, add 2 heaped tbs of batter to the pan (per fritter)
6. Cook for 3 minutes on each side before removing from the heat and setting aside
7. Season to taste



Tip!

Check the nutritional info of your chosen black pudding to ensure it's low in carbs.

BLACK PUDDING

serves one

1 tsp coconut oil
100g black pudding – sliced into 1cm discs



1. Add the coconut oil to a fry pan on medium heat
2. Heat both sides of the black pudding for 2-3 minutes, or until crispy and hot all the way through
3. Remove from the heat
4. Allow to rest for one minute

BREAKFAST PROTEIN BOWL

serves one

¼ banana
1 tbs tahini
1 tbs sunflower seeds
1 tbs pepitas
1 tbs hemp seeds (optional)
1 tbs shredded coconut
1 tbs cacao
2 tbs coconut oil
Handful mixed berries



1. Begin by mashing the banana together with the tahini (adjust the amount of banana for a post-workout meal)
2. Once mashed together, add the seeds, coconut and cacao and mix
3. Add the coconut oil (or MCT oil) and mix
4. Top with berries

GUILT-FREE BANANA BREAD *serves eight*



- 4 ripe bananas
- 4 eggs (organic or biodynamic, if possible)
- 4 tbs butter
- ½ cup sweet potato flour
- 1 tsp ground cinnamon
- 1 tsp vanilla powder / extract
- 1 tsp baking soda
- 2 tbs nut butter / tahini
- Pinch Himalayan salt

1. Pre-heat oven to 180°C
2. In a large mixing bowl, mash the bananas thoroughly
3. Add all the remaining ingredients and combine
4. Grease a small loaf-tin with coconut oil
5. Pour in the banana bread dough and top with chia seeds
6. Pop into the oven for 45 mins or until golden brown
7. Remove from the oven and insert a knife to make sure its cooked through (knife will come out clean)
8. Pop it out of the tin and allow to cool on a cooling rack for 15 mins

WARMING QUINOA PORRIDGE *serves four*

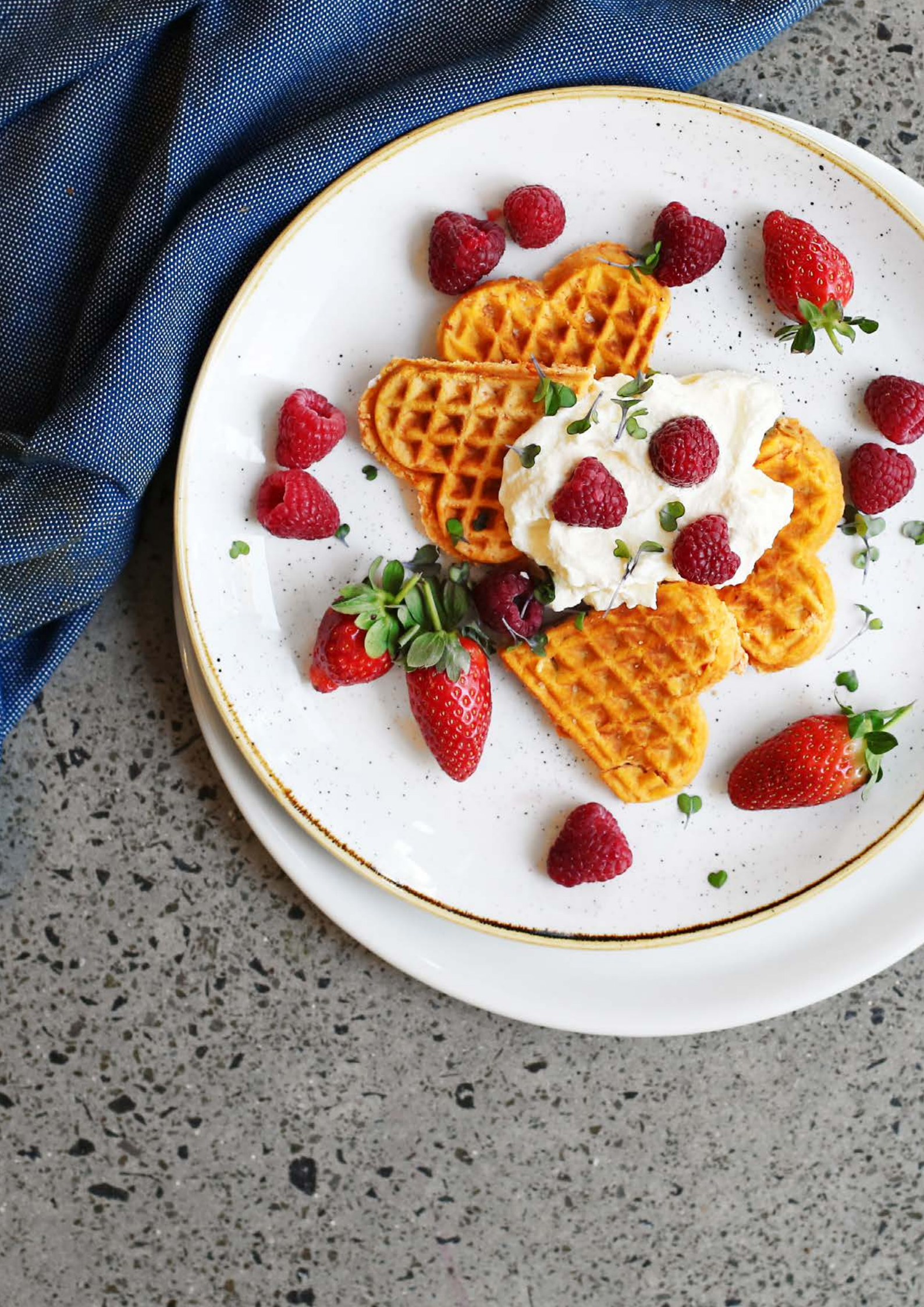


- 500 mls coconut cream (or 1 litre coconut milk / other nut milk)
- 1 cinnamon stick
- 1 star anise
- 1 clove
- 1 tsp vanilla bean powder / extract
- ½ banana – chopped
- 1 cup quinoa flakes
- 1 tbs honey (optional)
- Toasted nuts – for topping

1. In a saucepan, combine coconut cream and 500 mls water and bring to a simmer.
Note: if you're using coconut milk or nut milk, do not add water)
2. Add the cinnamon, star anise, clove and vanilla
3. Add the banana and quinoa
4. Stir continuously and remove from the heat once thickened to your liking
5. Remove the cinnamon stick, star anise and clove
6. Top with toasted nuts



Sprinkle with seeds, if desired.
Try the loaf with nut butter as
the perfect post-workout treat!



SWEET POTATO WAFFLES *serves two*



1½ cups of grated sweet potato
2 tbs coconut flour
1 egg
Sea salt
Black pepper
1 tsp coconut oil

1. Pre-heat waffle press
2. In a bowl, combine the sweet potato, coconut flour and egg, then season with salt & pepper
3. Grease the waffle press with some coconut oil
4. Spoon half the mixture into the waffle press
5. Close the press and cook for 6-8 mins, or until golden brown
6. Remove and repeat with second half of the mixture



Green Shakshuka
page 18

Smashed Avocado
(opposite)



SMASHED AVOCADO *makes small batch*

2 ripe avocados
Juice of 1 lime
Zest of ½ a lime
1 tsp extra virgin olive oil
½ tsp ground cumin
Small handful coriander – roughly chopped
Sea salt
Black pepper



1. In a bowl, combine all the ingredients and mash using a fork
2. Resist mashing excessively, keep some chunky bits

BUTTERED MUSHROOMS *serves one*

2 tbs butter / ghee
2 garlic cloves – roughly chopped
Handful brown mushrooms – roughly chopped
1 tsp dried thyme
Sea salt
Black pepper



1. Add the butter / ghee to a small frypan on medium heat
2. Add the garlic and fry for 60 seconds before throwing in the mushrooms
3. Add the thyme
4. Cook for 4-5 minutes or until mushrooms are beginning to soften
5. Add more butter if required
6. Remove from the heat
7. Season

SWEET POTATO FRITTERS *serves four*

- 2 large sweet potatoes
- 1 egg (organic or biodynamic, if possible)
- 1 bunch coriander – roughly chopped
- Sea salt
- Black pepper
- 1 tbs coconut oil



1. In a large bowl grate the sweet potato
2. Add the egg, coriander and season
3. Heat the coconut oil in a pan over medium heat
4. Add dollops of the mixture to the pan and use a spatula to flatten into fritters
5. Cook for 2-3 minutes on each side or until cooked through and golden
6. Remove from the heat

SAUTÉED KALE *serves two*

- 2 tbs coconut oil / ghee
- 1 bunch kale – stems removed & roughly chopped
- Splash extra virgin olive oil / avocado oil
- Juice of ½ lemon
- Sea salt
- Black pepper



1. In a large fry pan, heat the fat on a medium heat
2. Throw in the chopped kale and lightly toss to ensure the fat coats the leaves
3. Cook for 4-5 mins, or until softened
4. Remove from the heat.
5. Drizzle with olive oil and lemon juice, then season







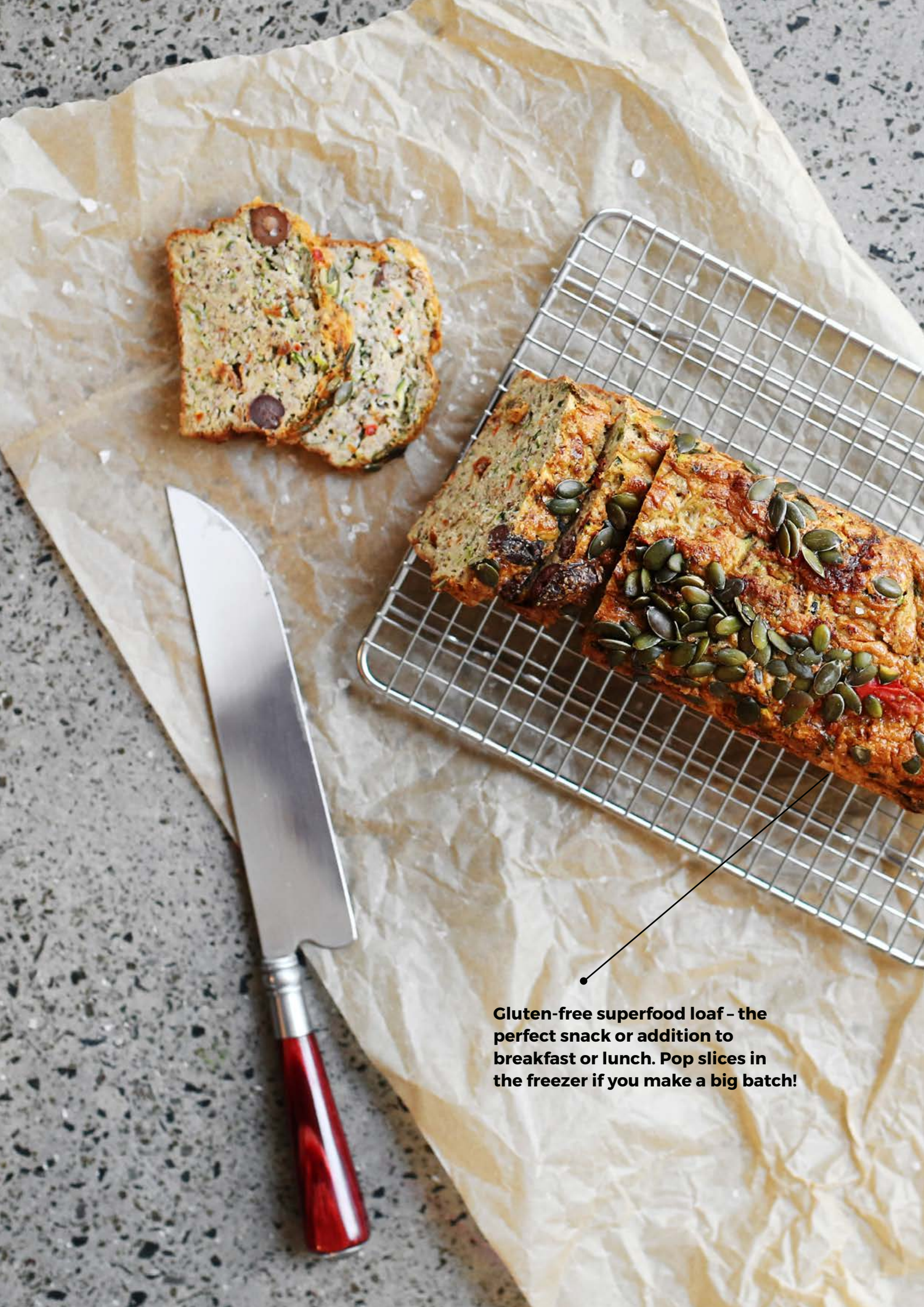
The perfect side
for breakfast or lunch



VEGGIE MEDLEY *serves two*

1 tbs butter / ghee
1 brown onion – roughly chopped
2 garlic cloves – roughly chopped
3 large tomatoes – cored and roughly chopped
2 zucchini – trimmed and cut into 1cm slices
1 red capsicum – deseeded and roughly chopped
1 capsicum (any colour) – deseeded and roughly chopped
1 tsp dried oregano
1 tsp dried thyme
4 tbs extra virgin olive oil
Sea salt
Black pepper

1. In a saucepan, heat the fat on a low heat
2. Add the onion and garlic and sauté for 2-3 minutes, until they begin to soften
3. Add the tomatoes, zucchini and capsicums
4. Add the herbs and olive oil and season
5. Put the lid on and cook for 8-10 minutes over low heat, stirring occasionally
6. Once the veggies have softened, remove from the heat



Gluten-free superfood loaf - the perfect snack or addition to breakfast or lunch. Pop slices in the freezer if you make a big batch!

THRIVE BREAD *makes small loaf*

If you're anything like me, giving up bread, when eating clean, was the hardest thing to do. Fortunately now, there are so many amazing options for grain-free breads and more and more popping up in cafes, which is really exciting. Here's a great recipe for a bread which you can pre-slice and store in the freezer, a very similar bread to what we serve in store.

- 2 cups almond meal
- 1 cup arrowroot
- 1 tsp baking powder
- Handful pepitas (save some for topping)
- Sea salt
- Black pepper
- 6 eggs (biodynamic or organic, if possible)
- ½ cup pitted kalamata olives – roughly chopped
- 2 tsp apple cider vinegar
- 2 cups grated zucchini



1. Pre-heat the oven to 160°C
2. Line a loaf tin with baking paper or grease with coconut oil
3. In one bowl, combine all the dry ingredients – almond meal, arrowroot, baking powder, pepitas and pinch of salt & pepper
4. In a separate bowl, combine the wet ingredients – lightly whisk the eggs, then add the olives, ACV and the zucchini
5. Combine both bowls until you achieve a dough
6. Pop the dough into the lined loaf tin, sprinkle the remaining pepitas on top and put it in the oven
7. Bake for 60 minutes, or until golden on top and cooked through (test by inserting a knife – if it comes out clean you are good to go!)
8. Remove from the loaf tin and sit it on a cooling rack before serving

THRIVE
PROTOCOL
Cookbook

Lunch & Dinner

In the next section, we have split our favourite proteins into '3 ways', so navigate according to your taste, or depending on your stage in the THRIVE Protocol.

Team them with a side of veggies, which start on page 68, and / or a sauce, which start on page 80.







Chicken

THREE WAYS

MEXICAN CHICKEN *serves four*

- ½ tsp ground cumin
- 1 tsp smoky paprika
- 2 tsp sweet paprika
- ½ tsp cayenne pepper
- ½ red onion – finely chopped
- 4 garlic cloves – finely chopped
- 2 tbs fat (melted coconut oil, lard, tallow)
- 1 whole chicken – quartered or halved from your butcher
- Sea salt
- Black pepper
- ½ bunch coriander – roughly chopped



1. Pre-heat oven to 180°C.
2. In a bowl, mix together all the spices until fully combined, then mix in the onion and garlic
3. Add the fat to the spice mixture and mix thoroughly.
4. In a large bowl, rub your spice mixture into the chicken, ensuring you cover the entire chicken
5. Line a baking tray with baking paper
6. Transfer the chicken to the baking tray and season with salt and pepper
7. Cook in the oven for 40-45 mins
(times vary depending on size of chicken)
8. Remove from the oven and allow to rest for 10 minutes
9. Serve with chopped coriander



BUTTER CHICKEN

serves two

2 tbs ghee / coconut oil
2 large ripe tomatoes, chopped
1 tbs garam masala
1 tbs ground coriander
1 tbs ground cumin
1 tsp ground chilli
1 tsp ground turmeric
600g chicken thighs – chopped into large pieces
400 mls coconut cream
4 garlic cloves – finely chopped
5cm fresh ginger – peeled and minced
50g butter
½ bunch coriander – roughly chopped (for garnish)



1. Heat the oil in a fry pan on a high heat
2. Add the tomatoes to the pan and allow to cook for 3-5 minutes or until they begin to soften and break down
3. Add the spices and the chicken and cook for 5 minutes, stirring frequently
4. Reduce the heat to a low heat and add the coconut cream, garlic and ginger
5. Allow to simmer for 20 mins or until chicken is tender
6. Remove from the heat and drop in the butter and stir
7. Top with the coriander leaves



ROAST CHICKEN *serves four*



1 brown onion – halved
1 lemon – halved
1 sprig thyme
1 whole organic chicken
Sea salt
2 tbs butter
½ cup broth

1. Pre-heat oven to 180°C
2. Line a baking tray with baking paper
3. Place the onion, lemon and thyme into the cavity of the chicken
4. In a bowl, combine a pinch of salt and the butter
5. Make a small incision with a sharp knife to separate the skin from the breast
6. Use your fingers to push the salted butter in between the skin and breast and spread evenly
7. Place the chicken into the baking tray and pour in ½ cup of broth – this prevents the chicken from drying out
8. Place in the oven and bake for 50 minutes or until cooked through
9. Remove from the oven and allow to rest for 10 minutes





Serve with roasted veggies
- the perfect family dinner





Salmon

THREE WAYS

**Perfect with ultra low carb
zucchini noodles. You won't
believe this is Keto Friendly!**
page 73



BAKED SALMON WITH NUT CRUST *serves four*

1 whole side of salmon (de-boned)
2 handfuls of pistachios
¼ bunch dill
Zest of 1 lemon
Fronds of 2 fennel bulbs (the delicate leaves)
2-3 tbs extra virgin olive oil
Sea salt
Black pepper



1. Pre-heat the oven to 180°C
2. Lay the side of salmon on some baking paper in a baking tray
3. Add the pistachios, dill, lemon and fennel fronds to a blender or bar mix and process on a low speed
4. Oil should start to leech from the pistachios after 20 seconds or so, add more oil until the mixture holds together
5. Spread the nut mixture over one side of the fish, ensuring it's spread evenly
6. Season and pop in the oven for 20 minutes (times may vary according to size of the salmon)
7. Remove from the oven and allow to rest for 5 minutes

CRISPY-SKIN SALMON *serves one*



1 salmon fillet
1 tsp ghee / butter
Sea salt
Black pepper
Juice of ¼ lemon

1. Remove the fish from the fridge 30 minutes prior to cooking
2. Heat the fat in a fry-pan on a high heat
3. Apply salt and pepper to the skin of the fish
4. When the oil is hot, place the fish in the pan skin-side down
5. Cook for 3-4 minutes before flipping over
(times will vary depending on thickness of fillet)
6. Cook for 3-4 minutes on the skinless side
(times will vary depending on thickness of fillet)
7. Remove from the heat and allow to rest for 1-2 minutes
8. Squeeze the lemon juice over the salmon and season

ASIAN SALMON CAKES *serves two to four*



2 medium fish fillets (salmon or trout, ling, john dory)
½ red onion – finely chopped
½ bunch coriander, stalks & leaves – roughly chopped
Zest of 2 limes
3 eggs (organic or biodynamic, if possible)
2 garlic cloves – minced
2cm ginger – minced
Sea salt
4 Thai chillies / bird's eye chillies
1-2 tbs coconut flour
1 tbs coconut oil

1. Begin by chopping the fish fillets up into small chunks
2. In a bowl, combine the chopped fish, onion, coriander stalks, coriander leaves, lime zest, eggs, garlic, ginger, salt, chillies and coconut flour (add the flour gradually)
3. The mixture should resemble a sticky dough and should hold together
4. Heat the coconut oil in a fry pan and divide the mixture into 4-6 balls
5. Place the mixture into the hot oil and press down with a spatula to form a patty
6. Cook for 2-3 mins on each side depending how thick your patties are



Beef

THREE WAYS





BEEF MADRAS *serves four*



- 1 tbs ghee (or coconut oil, butter)
- 2 small brown onions – roughly chopped
- 4 garlic cloves – roughly chopped
- 2 red chillies – deseeded and roughly chopped
- 2 tbs ground coriander
- 1 tbs ground cumin
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 900g grass-fed chuck steak, cut into 3cm pieces
- 1 cup of passata
- 450 mls bone broth (stock)
- 100 mls coconut cream
- ½ bunch coriander – roughly chopped for garnish

1. Heat the ghee in a deep saucepan on a medium heat
2. Add the onions, garlic and chillies and cook for 2-3 minutes
3. Add the spices and stir for 1 minute
4. Add the chuck steak and stir to coat with spices
5. Once the beef is browned add the liquids
 - passata, stock and coconut cream
6. Pop the lid on and reduce heat to a simmer
7. Cook for 60 minutes or until your beef is tender
 - stirring occasionally
8. To thicken the sauce, remove the lid and increase heat, alternatively add some water if too thick
9. Remove from the heat and garnish with fresh coriander



Serve with a side of
Broccoli & Cauliflower Rice
page 78



Try it with our **THRIVE Bread**
page 33



BEEF BURGER PATTIE *serves four*



500g grass-fed beef mince
½ brown onion – finely chopped
2 garlic cloves – finely chopped
1 tsp ground cumin
1 tsp dried thyme
1 egg yolk (organic or biodynamic, if possible)
¼ bunch parsley – roughly chopped
1 tsp Dijon mustard
1 tbs butter / ghee
Sea salt
Black pepper

1. In a bowl combine the mince, onion, garlic, spices, yolk, parsley, mustard and season
2. Divide the mixture into 4 equal balls
3. Massage the balls into 4 patty-shaped portions
4. Heat the fat in a fry pan on high heat
5. Place the patties into the fry pan
6. Cook for 3-4 minutes on each side or until cooked to your liking
7. Remove from the heat and set aside for 2 minutes
8. Season with salt & pepper to taste





THE PERFECT STEAK *serves two*

2 grass-fed sirloin / rump steaks / scotch

1 tsp butter / ghee

Sea salt

Black pepper

1. Ensure the steak is out of the fridge for 30 minutes prior to cooking
2. Heat the butter / ghee in a fry pan on a high heat
3. Season the steaks
4. Pop the steaks in the pan and cook for 3 minutes on each side (rare steak)
5. Ensure you flip the steak every 90 secs
6. Remove from the heat and allow to rest for 2 minutes
7. Season and serve





Lamb

THREE WAYS



Try it with a side of baked
Brussels Sprouts

page 78



LAMB SHOULDER *serves four*



1 tbs tallow / lard / ghee / butter
1 organic lamb shoulder (grass-fed)
8 garlic cloves – halved
10 sprigs rosemary
10 sprigs thyme
1 bay leaf
2 brown onions – quartered
1½ cups bone broth / stock

1. Pre-heat the oven to 220°C
2. Heat the fat in a large fry pan on a high heat
3. Add the lamb shoulder and brown the entire joint
4. Remove from the heat and place into a baking tray
5. Add any liquid from the fry pan to the baking tray
6. Cover the lamb with garlic and herbs
7. Add the onions and stock to the tray
8. Place in the oven and turn the heat down to 140°C and cook for 4 hours with foil wrapped around tray
9. After 4 hours, remove foil and turn up the temperature to 180°C for 20 mins to crisp the top
10. Remove from the heat and allow to rest for 10 minutes

LAMB LOIN WITH LEMON & SALT *serves two*



4 grass-fed lamb loins or chops
1 tsp butter / ghee
Sea salt
Black pepper
½ lemon – for juicing

1. Bring the loins out of the fridge 30 minutes before cooking
2. Heat the fat in a fry pan on a high heat
3. Season the loins
4. Cook for 2 minutes on each side & cook for 1 min on edge to render the fat of the loin
5. Remove from the heat and allow to rest for 2 minutes
6. Squeeze the lemon and season again



LAMB MEATBALLS IN RAGU *serves two*



400g lamb mince
2 garlic cloves – minced
1 tsp Dijon mustard
1 egg yolk (organic or biodynamic, if possible)
½ brown onion – finely chopped
1 tsp dried rosemary
1 tsp dried thyme
100g pancetta or bacon – rendered and diced
1 tin diced tomatoes
½ cup passata
6 anchovy fillets – chopped
½ cup beef broth (stock)
1 tbs butter / ghee / lard / tallow
Sea salt
Black pepper

1. In a mixing bowl, combine the mince, garlic, mustard, egg yolk, onion, herbs and season
2. Use your hands to ensure it's fully combined. Divide the mince into "meatball size" – depending on your preference
3. Set aside
4. In a fry pan, cook the pancetta for 5-6 minutes until fat is rendered and remove from heat
5. In a saucepan, combine the tomatoes, passata, anchovies, pancetta and broth and season
6. Simmer on a low heat for 10 minutes
7. Heat the butter on a high heat in a fry pan
8. Place the meatballs into the fry pan and cook for several minutes ensuring you rotate to brown all over
9. Once browned all over, place the meatballs in the ragu and finish the cooking process
10. Remove from the heat and serve meatballs with the ragu spooned over the top

Prawns

THREE WAYS



PRAWNS IN COCONUT BROTH

serves two

- 1 tbs coconut oil
- 1 small red onion – finely chopped
- 4 garlic cloves – finely chopped
- 1 long red chilli – deseeded and chopped
- 1 tsp mustard seeds
- 1 tsp ground turmeric
- 450 mls coconut cream
- 100 mls vegetable / fish stock, or water
- 1 tbs fish sauce
- 12 uncooked large banana prawns (peeled with tails left on & deveined)
- ½ bunch coriander – roughly chopped



1. Heat the coconut oil in a fry pan on medium heat
2. Add the onion, garlic and chilli and cook for 2-3 minutes
3. Add the mustard seeds and turmeric and cook for a further 2-3 minutes
4. Add in the coconut cream
5. Add 100mls of water or fish stock
6. Add fish sauce and let simmer for 5 minutes before adding the prawns
7. Cook until the prawns turn from translucent to opaque, approx 5-6 minutes (low-medium heat)
8. Add coriander leaves 30 seconds before removing from heat



BBQ PRAWNS WITH HERB BUTTER

serves two



- 12 large tiger or banana prawns
- 3 garlic cloves – finely chopped
- 3 tbs butter
- Handful of flat-leaf parsley – roughly chopped
- Sea salt
- Black pepper
- 1 lemon – for juicing

1. Remove the head of the prawn, peel and de-vein, but leave the tip of the tail on
2. Rinse the prawns and pat dry using paper towel
3. In a bowl, combine the garlic, butter and parsley
4. Season the butter mixture
5. Use a brush or your hands to coat the prawns with the garlic butter
6. Turn on BBQ or heat a griddle/fry pan on a high heat
7. Once hot, add the prawns to the BBQ/pan
8. Cook for 2-3 minutes or until prawns turn opaque
9. Remove from the heat and set aside
10. Squeeze some lemon juice over the prawns

BAKED PRAWNS

serves two



- ¼ cup extra virgin olive oil
- 1 long red chilli – deseeded and finely chopped
- ½ bunch parsley – leaves roughly chopped and stalks finely chopped
- 6 garlic cloves – finely chopped
- ½ lemon – juiced & zested
- Sea salt
- Black pepper
- 12 large tiger prawns – peeled and de-veined

1. Pre-heat oven to 220°C
2. In a bowl, combine the oil, chilli, parsley stalks, garlic, lemon zest and season
3. Add in the prawns and coat with oil
4. Pop into a small baking tray lined with paper or in a fry pan and place into the oven for 10-12 mins
5. Gently toss after 5 minutes
6. Remove from the heat and add the lemon juice and parsley leaves





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Veggies & Sides

These next few recipes are the perfect addition to any protein – from scrambled eggs to lamb shoulder. These veggies and sides are designed to be the perfect accompaniment to any meal.

For your convenience, they have been marked “Keto Friendly” and “Post Training”, if you’re doing the THRIVE Protocol.



RAW KALE SLAW *serves two*



½ bunch kale – finely chopped
1 bulb fennel – trimmed & cut into matchsticks
1 carrot – cut into matchsticks
Extra virgin olive oil

1. In a bowl combine the kale, fennel and carrot
2. Drizzle with olive oil to taste and toss

SWEET POTATO MASH *serves one*



1 medium sweet potato – roughly chopped
2 tbs butter
1 tbs capers – rinsed & drained
1 tsp Dijon mustard
Sea salt
Black pepper

1. Place the sweet potato in a saucepan and cover with salted water
2. Bring to a boil then reduce to a simmer until the potato softens
3. Drain the water and return the saucepan to the heat
4. Heat for 30 secs to eliminate any excess water
5. Add the butter, capers and mustard
6. Mash until you attain the texture you prefer
7. Season and mash again briefly





ZUCCHINI NOODLES WITH PESTO *serves one*



- 1 bunch basil – leaves only
- ¼ bunch mint – leaves only
- ½ garlic clove
- ½ cup macadamias
- ¼ cup extra virgin olive oil/avocado oil (add more if needed)
- Sea salt
- Black pepper
- 2 large zucchini – trimmed & julienned (or spiralized)
- Extra virgin olive oil – for drizzling
- ½ lemon – for juicing

1. Put the basil, mint, garlic, macadamias and oil in a blender or food processor and season with salt and pepper
2. Blitz for 30 secs or until combined. Set aside
3. Add the zucchini to simmering salted water
4. Blanch for 10 seconds before removing from the heat and draining
5. Once drained, add 1-2 tbs of the pesto and stir through
6. Drizzle with a little olive oil and a squeeze of lemon

CELERIAC CHIPS *serves four*



- 1 tsp dried rosemary
- 1 tbs coconut oil / tallow / lard
- 1 celeriac – trimmed, peeled and cut into chips
- Sea salt
- Black pepper

1. Pre-heat oven to 200°C
2. In a mixing bowl, combine the rosemary, fat and chips
3. Season
4. Transfer to a baking tray lined with baking paper
5. Cook for 40 minutes (toss once or twice) or until golden and crunchy
6. Remove from heat



SIMPLE QUINOA SALAD *serves four*



1 cup of quinoa

½ cup of roasted hazelnuts – roughly chopped

½ a preserved lemon – roughly chopped (substitute for zest of 1 lemon)

¼ bunch mint – leaves picked and roughly chopped

¼ bunch coriander – leaves picked and roughly chopped

Extra virgin olive oil / macadamia oil

Sea salt

Black pepper

1. Ensure your quinoa is rinsed to remove the saponins (soap-like compounds)
2. Bring 1½ cups of salted water to the boil
3. Add the quinoa
4. Return to the boil then reduce the heat to simmer (lowest heat) with the lid on
5. After 15 minutes remove from the heat – set aside for 5 minutes with lid on
6. Lift the lid and gently stir it using a fork to fluff
7. Heat a fry pan on medium heat – add the hazelnuts
8. Toss constantly, remove from the heat after 5 minutes or until they begin to brown
9. Add the nuts, preserved lemon, herbs to the cooked quinoa and drizzle with oil
10. Season

BAKED PUMPKIN WITH CUMIN *serves four*



1 tbs coconut oil / tallow / lard / ghee / butter
2 tsp ground cumin
½ tsp ground cinnamon
½ kent pumpkin – cut into large slices (seeds removed)
Sea salt
Black pepper

1. Pre heat the oven to 180°C
2. In a large bowl, combine the fat with the spices
3. Add the slices of pumpkin and gently toss to ensure the spices coat the pumpkin
4. Put the pumpkin in a baking tray lined with baking paper
5. Season with salt and pepper to taste
6. Cook for 30-40 minutes or until golden on the outside and softened on the inside



BAKED MUSHROOMS *serves two*



2 large field mushrooms
2 garlic cloves – thinly sliced
1 bunch of thyme
Extra virgin olive oil
Sea salt
Black pepper

1. Pre-heat the oven to 180°C
2. Remove the stems from the mushrooms
3. Place the mushrooms on some baking paper on a baking tray
4. Place the sliced garlic and several sprigs of thyme on each mushroom
5. Drizzle a generous amount of olive oil and season
6. Pop in the oven for 20 minutes or until the mushrooms begin to soften
7. Remove from the heat and serve

BAKED BRUSSELS SPROUTS *serves two*



- 1 tbs ground sumac
- 1 tbs ground cumin
- 3 tbs coconut oil
- 2 large handfuls of brussels sprouts – trimmed & halved
- Sea salt
- Black pepper

1. Pre-heat oven to 180°C
2. In a bowl, combine the spices
3. Add the coconut oil and mix thoroughly
4. Mix in the brussels sprouts and ensure the spice mix coats them
5. Line a baking tray with baking paper
6. Tip out the brussels sprouts onto the baking paper and season
7. Pop in the oven for 25-30 minutes
8. Remove from heat once the brussels begin to crisp on the edges

BROCCOLI & CAULIFLOWER RICE *serves two*



- ½ head broccoli (including the stem) – trimmed and cut into small florets
- ½ head cauliflower (including the stem) – trimmed and cut into small florets
- 1 tbs butter / ghee / coconut oil / tallow
- Macadamia / extra virgin olive oil
- Sea salt
- Black pepper

1. Begin by placing the broccoli in a food processor or blender.
*If using a blender ensure the speed is on slow and that you don't over pack the jug as the broccoli will turn to mush
2. Remove from the blender when the broccoli resembles rice
3. Repeat this process with the cauliflower
4. Remove from the food processor
5. Combine both the broccoli and cauliflower in a mixing bowl and gently toss
6. In a large fry pan, heat the fat
7. Add the broccoli/cauliflower and cook for 6 minutes, gently tossing
8. Remove from the heat, dressing with a drizzle of oil and season

BAKED CAULIFLOWER *serves six*



¼ cup of butter, ghee, extra virgin olive oil
1 tsp ground cumin
1 tsp grated lemon zest
2 garlic cloves – roughly chopped
1 head cauliflower – stalk & leaves trimmed
Sea salt
Black pepper

1. Pre heat the oven to 180°C
2. In a bowl, mix the fat with cumin, lemon zest and garlic
3. Place the cauliflower in a baking tray lined with baking paper
4. Pour the oil mixture over the cauliflower and season
5. Cover with foil
6. Pop in the oven for 75 minutes or until cooked through
7. Remove from the heat and baste the cauliflower with the oil in the tray



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Sauces

These sauces are great to make on the weekend. Keep in the fridge as a great addition to any meal.

We also love the sauces with our fresh ready meals, which you can find at **meals.thrive.me**

(in case you want a night off cooking without the compromise!)

**These tasty sauces will
add gourmet flavour to
veggies and proteins!**



Vinaigrette



Tapenade



Avocado Dressing



Salsa Verde





Smoky Mayo



Chimmichurri

Tahini Dressing



Nam Jim



Lemon Coconut Cream

CHIMMICHURRI *makes small batch*



1 bunch of flat leaf parsley
½ bunch coriander
½ cup extra virgin olive oil
3 tbs apple cider vinegar
3 garlic cloves
Pinch chilli flakes
Sea salt
Black pepper

Put all the ingredients into a blender and process until fully combined

AVOCADO DRESSING *makes small batch*



½ avocado
1 tsp seeded mustard
2 tbs lemon juice
6 tbs extra virgin olive oil / avocado oil
Splash apple cider vinegar
Pinch sea salt
Black pepper

Put all the ingredients into a blender and process until fully combined

SALSA VERDE *makes small batch*



1 large handful parsley
1 large handful basil
4 tbs extra virgin olive oil
Splash apple cider vinegar
1 tbs lemon juice
1 tbs capers
1 clove garlic
3 anchovies (optional)
3 cornichons
Black pepper

Put all the ingredients into a blender and process until fully combined

SMOKY MAYO

makes small batch



2 egg yolks (organic or biodynamic, if possible)
1 tsp Dijon mustard
½ garlic clove – finely minced
1 tsp smoky paprika
Splash apple cider vinegar
1 tbs lemon juice
Approx 200ml light olive oil or nut oil

1. Combine the egg yolks, mustard, paprika, garlic, lemon and ACV using a hand whisk
2. Slowly add the oil while gently whisking – continue to add oil until the mixture is fully combined and resembles mayonnaise.

TAPENADE

makes small batch



1 cup kalamata olives – pitted
1 garlic clove
4 anchovies
1 tbs capers – rinsed and drained
¼ cup extra virgin olive oil

1. Put all the ingredients into a blender and process until combined
2. Blitz longer for a smoother texture or keep chunkier if desired

TAHINI DRESSING

makes small batch



3 tbs tahini
Juice of 1 lemon
Splash Apple Cider Vinegar
1 garlic clove – minced
Sea salt
Black pepper

Combine all of the ingredients in a bowl until a smooth consistency is reached



VINAIGRETTE

makes small batch



¼ cup white balsamic vinegar
¼ cup red balsamic vinegar
2 garlic cloves – minced
1 tsp Dijon or seeded mustard
1½ cups extra virgin olive oil
Sea salt
Black pepper

1. In a bowl, combine the vinegars, garlic and mustard and gently whisk.
2. Slowly add the oil as you gently whisk
3. Season to taste

NAM JIM

makes small batch



1 clove garlic – finely chopped
1 small red chilli – finely chopped
1 lemongrass – pale part only (finely chopped)
1 lime – juiced
1 tbs honey
1 tbs fish sauce

1. Add the garlic, chilli and lemongrass to a bowl and mix
2. Add the lime juice, fish sauce and honey (heat the honey quickly if necessary)
3. Combine all ingredients

LEMON COCONUT CREAM

makes small batch



1 x 400 mls can coconut cream
Zest of 1 lemon
Juice of ½ lemon

1. Chill the can in a freezer for 30 minutes
2. Open the can and put the 'fatty' component of the coconut cream in a mixing bowl (leave the watery part)
3. Add the lemon juice and zest to the bowl and combine

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Drinks & Snacks

These are great “in betweeners” or meal replacements if you’re on-the-go. Keep in mind, smoothies are to be avoided in weeks 1-2 of the THRIVE Protocol.





ANTI-INFLAMMATORY SMOOTHIE *serves four*

2 cups water
2 tbs cold-pressed olive oil
1 red capsicum
1 punnet mixed colour cherry tomatoes
2 cm ginger – peeled / roughly chopped
4 cm turmeric – peeled / roughly chopped
3 cups kale
1 small baby beetroot

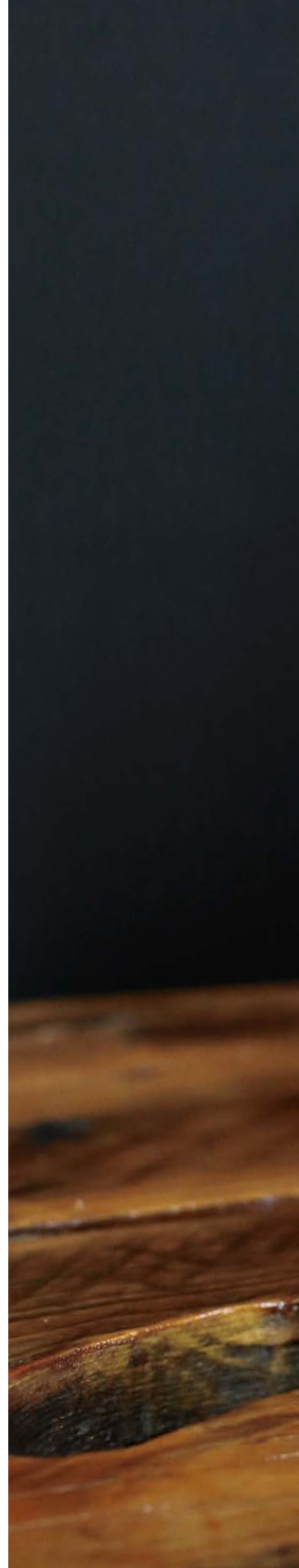
Throw all the ingredients into a blender and blitz for 20 secs or until a smooth consistency is reached

NUTTY CHOCOLATE SMOOTHIE *serves one*

200 mls coconut milk or nut milk
Handful macadamias
2 tbs cacao
1 tsp vanilla bean powder / extract
Pinch sea salt
Handful ice



Throw all the ingredients into a blender and blitz for 20 secs or until a smooth consistency is reached



**Feeling a bit run down?
The Anti-Inflammatory
Smoothie will help fix you up**
(opposite page)



VITALITY SMOOTHIE *serves two*

3 cups coconut / almond milk
1 bunch kale – leaves only
4 rainbow chard leaves
2 cups spinach
1 large tomato
2 carrots
1 apple
1 avocado
1 cup berries (fresh or frozen)
Handful of ice (the more ice, the thicker the smoothie)

Throw all the ingredients into a blender and blitz for 20 secs or until a smooth consistency is reached



PRE-WORKOUT SMOOTHIE *serves one*

200 mls almond milk (sugar-free) or coconut cream
1 tbs tahini or nut butter
1 raw baby beetroot – peeled
1 tsp maca
½ frozen banana
1 tsp LSA
1-2 tbs pea protein
Handful ice

Throw all the ingredients into a blender and blitz for 20 secs or until a smooth consistency is reached



MR MUSCLES SMOOTHIE *serves one*

200 mls coconut cream or any nut milk of your choice
1 tbs tahini
1 tbs MCT oil
2 tbs pea protein (vanilla)
2 tbs cacao
¼ banana
1 tsp vanilla bean powder / extract
Handful ice
1 tsp chia / hemp seeds / nuts or cacao nibs, for topping

Throw all the ingredients into a blender, except the topping, and blitz for 20 secs or until a smooth consistency is reached



Hotties

THE GUT HEALER *serves two*



400 mls chicken broth – pre-made
Pinch of ground cumin
1 tsp turmeric
Sea salt, to taste
Squeeze of lemon juice
Black pepper (optional)

1. Gently heat the broth in a saucepan and add cumin, turmeric, salt and lemon. To unlock the full benefits of the turmeric, add a pinch of black pepper.
2. Simmer for 2 minutes and serve

TURMERIC LATTÉ *serves one*

1 mug of coconut cream or nut milk (200mls)
½ tsp ground turmeric
½ tsp ground cinnamon
½ tsp ground nutmeg
Pinch vanilla bean powder/extract
1 tsp honey



1. Combine all the ingredients in a small pan and bring to a light simmer
2. Simmer for 1 minute and remove from the heat

Treats

GUT-HEALING GUMMIES

makes small batch



- 3½ tbs gelatine
- ⅓ cup water
- 1½ tbs frozen raspberries
- ½ tbs stevia

1. Dissolve the gelatine in the water and let sit for 5 minutes
2. In a small saucepan, combine the raspberries and stevia on a low heat for 2-3 minutes
3. Remove from the heat and blitz with a stick blender until thoroughly processed
4. Add the berries to the gelatine and stir until fully combined
5. Pour into moulds and pop into the fridge or freezer in an airtight container

RAW CHOCOLATE MOUSSE

makes small batch



- 6 prunes – pitted
- 2 avocados
- 2 tbs cacao (more if preferred)
- 1 tsp cinnamon
- 150 mls coconut cream
- 1 tsp vanilla paste / powder / extract
- Sea salt – pinch
- 1 tbs honey
- Handful fresh berries, to serve

1. Pre-soak the prunes for 10 minutes in warm water, then drain and set aside.
2. Throw the prunes into the blender or food processor and blitz for 20 seconds
3. Add the avo and process again
4. Add the cacao, cinnamon, coconut cream, vanilla, salt and honey
5. Blitz for 30 seconds or until fully combined
6. Remove from blender
7. Serve with some fresh berries







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