

# REJUVINATION

## HEALTHY EATING GUIDE

PLANT BASED WELLNESS PROTEIN POWDER





# CONTENT

**04**      **WHAT IS REJUVIN8TION?**

**05**      **ABOUT RICK**

**06**      **INSTRUCTIONS**

**12**      **DIRECTIONS**

**18**      **BREAKFAST**

**25**      **LUNCH**

**32**      **DINNER**

**43**      **SMOOTHIES**

"IF THE BODY IS  
FUNCTIONING CORRECTLY  
AS A WHOLE THE PERSON  
TENDS TO BE HAPPIER."





## WHAT IS REJUVIN8TION?

Rejuvin8tion has been designed with plant based proteins and superfoods to support nutritional intake.

Research has shown that even small increases in plant based protein and fibre can lead to numerous health benefits especially for the cardiovascular and digestive systems.

The product has been formulated with added superfoods to further vary nutritional intake - ingredients like shiitake mushroom, astagalus and coconut MCTs have been added to help make your regular smoothie a more nutrient dense one. It is a wellness protein powder that has been formulated to support wholistic health.

Many protein powders on the market contain dairy or dairy products together with artificial sweeteners - Rejuvin8tion contains neither.

Rejuvin8tion is vegan friendly and is also free from added soy. It contains organic pea, brown rice and hemp protein.

The pea and rice proteins have been produced using sprouting and fermentation processes which naturally release the protein without the need for solvent extraction.

The combination of these three plant based proteins delivers 14 -15g of quality protein per serve.



## ABOUT RICK

Rick is an anti ageing and fitness nutritionist with many years clinical experience in nutrition, naturopathy, botanical medicine and iridology.

His specialisms include obesity treatment, weight management, anti-ageing nutraceuticals and natural sports medicine options.

Rick lectures in Sustainable Weight Management and Detox at The College of Naturopathic Medicine in London and is a regular Health and Fitness Expert on Ideal World TV.

He is the Nutritional Director and Formulator at Healthista.

Rick's vast experience in nutrition, botanical medicine and nutraceutical formulation has led to him being regularly sought after by the media.

His approach is to debunk the myths and misinformation surrounding fad diets, healthy eating and weight management.

He is passionate about the science behind nutrition and aims to provide easy, yet effective nutritional solutions. Rick also has released five Vibrapower Fitness DVD's in conjunction with Ideal World TV.

As an advocate of plant based eating he follows a plant based diet himself.

# INTRODUCTION

Rick Hay

An integral part of the Rejuvin8tion Weight Loss Program is for you to include more plant based meals into your diet.

Research has shown that even a small increase in plant based protein can lead to better cardiovascular health and to overall lower mortality rates.

Almost all of the recipes in this guide are plant based. If a recipe suggests using organic eggs you can replace this with a store bought egg replacement. Egg replacement products are now readily available in supermarkets or health food stores.

Remember also that the more colourful your plate is, the more



## RESEARCH HAS SHOWN THAT EVEN A SMALL INCREASE IN PLANT BASED PROTEIN CAN LEAD TO BETTER CARDIO VASCULAR HEALTH

Plant based meals also tend to be higher in fibre which means that you help the body to cleanse naturally.

More fibre also helps to regulate blood sugar levels which means less cravings and steadier mood. You may well find that your energy levels increase too.

It's not difficult to increase your daily fibre intake. This is something that you can do simply by having more vegan and vegetarian meals.

natural support you are delivering to your immune system.

Colourful foods are packed with phytonutrients. These phytonutrients are potent antioxidants which help fight damaging free radicals in the body.

Basically, anything that stains your fingers or chopping board is a good thing - those greens, reds, blues, yellows and purples also have anti ageing properties which is an added bonus.

Consuming protein in the morning is an effective way to support healthy weight loss - the reason for this is that protein keeps you fuller for longer and this means less cravings and snacks throughout the day.

If you are having cereal or toast or crumpets for breakfast you will most likely be hungrier mid morning.

Protein also takes longer to digest than carbohydrates which further helps with satiety.

Cinnamon can help with blood sugar regulation, sage may help with mood, rosemary with memory, garlic boosts immune function, cayenne boosts metabolism, whilst ginger can calm and helps with better circulation.

Hot spices like chilli, black pepper and cayenne are classed as being thermogenic.

These spices may help with fat burning and to give your metabolism a kick start.



## **PROTEIN TAKES LONGER TO DIGEST THAN CARBOHYDRATES WHICH FURTHER HELPS WITH SATIETY.**

The Rejuvin8tion sample recipes have been designed to help decrease cravings and to guide you towards healthier food choices.

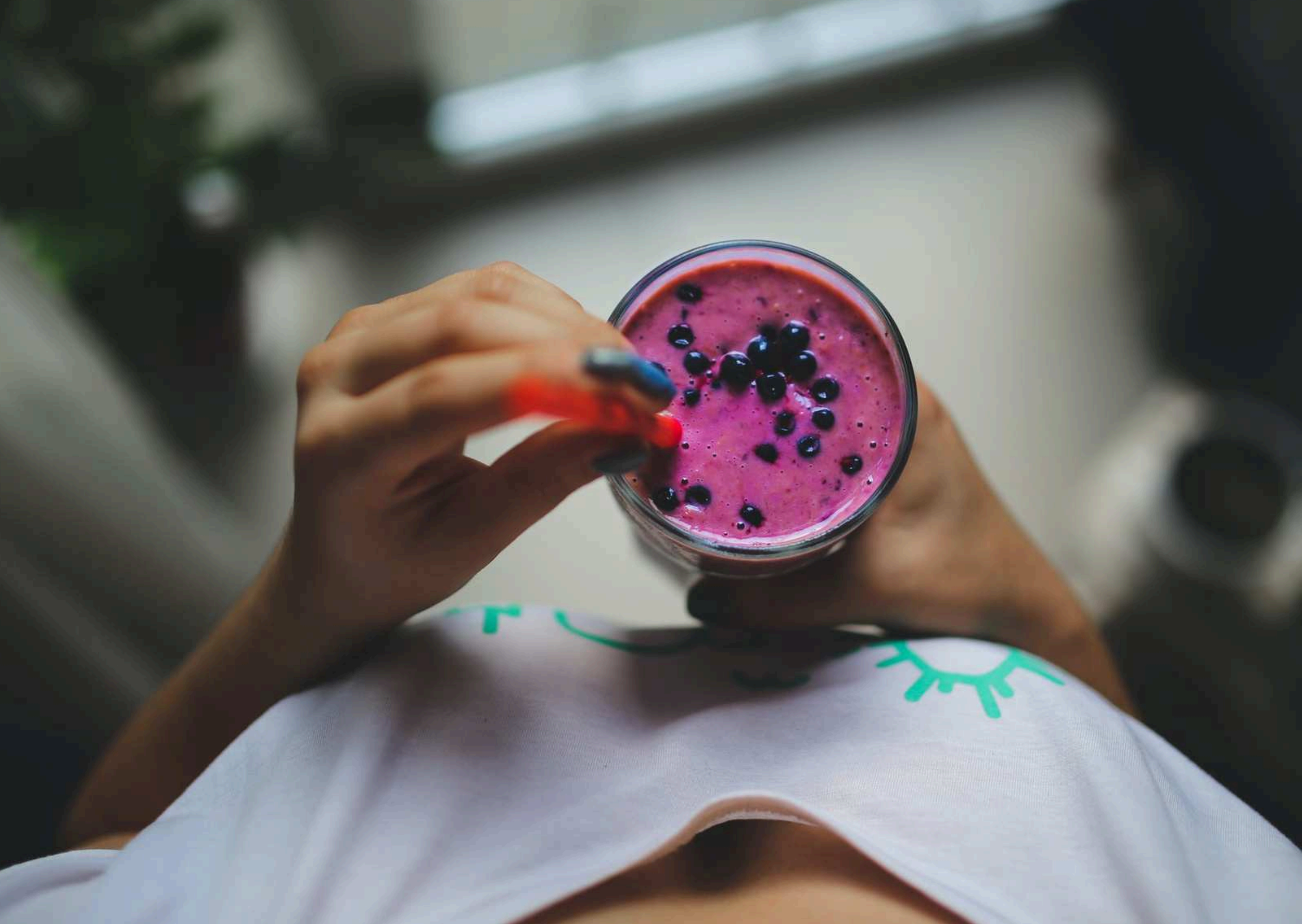
Follow these types of recipes and you should find that you feel more satisfied and therefore, will be less likely to snack on junk food.

The herbs and spices in your kitchen cupboard make meals taste better and also have therapeutic benefits.

Thermogenic means heat-creating and certain herbs and spices and protein foods such as lentils and pulses can have a thermogenic effect on the body.

Thermogenic foods help to burn calories and boost metabolism by increasing thermogenesis in the body.

When cooking your meals whilst on the Rejuvin8tion plan be liberal with your herbs and spices.



## **GREEN TEA OR MATCHA GREEN TEA HAS FAT BURNING PROPERTIES AND MAY HELP TO BOOST METABOLISM.**

Herbal teas are a good hydration option. They also have many properties that may help with good digestion - teas like ginger, peppermint, chamomile or licorice may help. Tulsi, lemon balm and lavender can be used to help with relaxation and sleep.

Green tea or matcha green tea have protective and fat burning properties - studies have shown that green tea can boost metabolism.


Dandelion tea is another of my favourites as it has bitter properties and works as a liver tonic.

Healthy plant-based fats like avocado, nuts, seeds and coconut can be included in your diet as these fats may enhance your weight loss efforts. They also supply vitamins and minerals that help with skin health, stress and cognition.

It is important not to constantly worry about food and weight. I would like you to relax a little and not calorie count every meal, every day.

Food should be enjoyed and should not be seen as your enemy but seen a friend that helps you live your best life.





# Make Smart Food Choices

Healthy eating is about making smart food choices the majority of the time - your Rejuvin8tion healthy eating plan allows for a day off - and you can have the occasional cheat meal on that day off.

It is important to watch portion sizes when trying to manage weight so be mindful of the amount on your plate. You can have an occasional treat but don't go overboard on these.

Eating should have a mindful element to it - don't always eat on the go or in front of the TV. Good digestion starts with the eyes and with the sense of smell. You can't digest food optimally if you are eating on the run, eating standing up or eating in the car.

Take the time to see, smell and taste your food and you will be rewarded with better digestive function.

With regards to juicing, I recommend fruit and vegetable combinations like beetroot, watermelon and berries or carrot, ginger and apple. Combining vegetables with fruit delivers more variety and contributes to your five a day target - fruit and vegetable combos also help to keep blood sugar levels steady. Straight fruit juices can create a spike in blood sugar levels.

Fruit and vegetable smoothies are a great way to get extra nutrients into your diet. They also contribute to sustainable weight management.



## **A HEALTHY MICROBIOME**

You need good digestive function - good gut health. If your digestive function is below par you will not be firing on all cylinders and you may suffer from bloating or other digestive discomfort.

To get a healthy microbiome you should eat more fermented foods - things like kefir, miso soup, sauerkraut, sourdough, pickled vegetables, yoghurt, kombucha and tempeh will help boost beneficial probiotics.

Excess sugar and some artificial sweeteners may negatively impact the gut microbiome. Cutting down on sweets and soft drinks will have a beneficial effect on digestive health - as will a reduction in alcohol consumption.

It is also important to manage stress levels as increased stress will negatively impact your digestive system. If you have poor digestion it is always a good idea to check for food intolerances and to see a health care practitioner.

# Exercise

Current research is revealing just how beneficial even simple exercise can be. On this program you should aim for some movement at least every other day - even if you start on ten minutes. Try to build up to twenty or thirty minutes depending on the type of workout you are doing.

You can do exercise in two different ways and I encourage you to incorporate both into your regime - you can exercise in a HIIT or LISS style.

HIIT training ( High Intensity Interval Training ) is where you speed up the exercise for thirty seconds or so and then do it slower for thirty seconds to a minute depending on your exercise level. These sessions may last from 5 to 15 minutes in duration.

LISS (Low Intense Steady State) is where you exercise for longer periods at a pace where you can still speak without being completely out of breath. You could do a longer walk for a thirty to forty minute period for example.

Yoga and Pilates are good movement choices as is regular stretching, swimming, circuit classes or gentle jogging.

Good health and sustainable weight management is a combination of healthier eating, adequate hydration, exercise, relaxation, mindfulness, mindset and sufficient deep sleep.





## DIRECTIONS

Rejuvin8tion plant based protein has been designed to be taken in conjunction with a healthy diet - it is not intended as a sole source of nutrition. Have a Rejuvin8tion smoothie six days a week.

If you add some fruit like a handful of berries or half a banana and snack on a handful of almonds or seeds, Rejuvin8tion makes a good breakfast smoothie option.

It works well in superfood bowls and you can even add it to porridge or make some protein balls. You can also add in a handful of spinach to further increase the nutrient profile of your smoothie.

You can also have your Rejuvin8tion shake mid morning or mid afternoon as a healthy snack option - it is ok to have up to two servings per day of Rejuvin8tion if desired.

If you have your Rejuvin8tion smoothie for breakfast, have it 14 hours after the time you had dinner the night before as this will deliver better weight loss results.

So, if you had dinner at 7pm you wouldn't have your breakfast smoothie until 9am. This style of eating is called intermittent fasting and should deliver better weight loss and fat burning outcomes.



You can get most of the nutrients you need from eating a varied and balanced plant based diet. For a healthy plant based diet, the key is to consume a variety of foods in the right amounts to meet your nutrient needs.

Those who follow a plant based diet tend to have lower rates of high blood pressure, lower risk of type-2 diabetes, lower rates of obesity and lower cholesterol levels.

If you to decide to follow a plant based diet whilst on the Rejuvin8tion plan and beyond there are some nutritional tips that you can follow for best results:

**Make sure that you get sufficient vitamin B12**

As vitamin B12 is only found in animal products those following a vegan diet are encouraged to look out for foods that are fortified with B12 or to take a vitamin B12 supplement in order to avoid deficiency.

**Consume enough quality protein**

It is easy to meet your protein needs by eating a variety of plant foods. Sources of protein for vegans include nuts, beans and peas, tofu or tempeh. Vegetarians can also get protein from eggs or dairy foods.

Rejuvin8tion is vegan friendly and has been designed with plant-based proteins and superfoods to support nutritional intake.



The key proteins are organic pea, organic brown rice and hemp. You can further boost the protein content of your Rejuvin8tion smoothie by adding nuts and seeds.

### **Assist iron absorption**

Vegan sources of iron include tofu, dark leafy greens, seeds, nuts, chickpeas, beans, lentils, spirulina, figs and pumpkin. By eating a wide variety of these foods you should be able to meet your daily value for iron.

Keep in mind that non-heme iron, which includes all the iron in plant foods, is less well absorbed. If you work out a lot doing intense workouts you should get your iron levels checked to see if your iron intake is adequate.

### **Omega-3-Fatty-Acids**

Omega-3-fatty acids are an essential type of good fat that has many health benefits. These good fats help with both heart and brain health.

Seaweed, spirulina or chlorella are different forms of algae that can be eaten for their health benefits. Seaweed and algae are important sources of omega-3 for those who are on a plant based diet as they contain the healthy omega-3 fatty acids DHA and EPA.

Alternatively, you can opt for a vegan Omega-3 supplement with sufficient amounts of DHA and EPA. Thankfully, there are some very good Algal oils out in the market now so you can humanely by pass the fish.



### **Avoid too many processed vegan meat substitutes**

Some meat alternatives can be highly processed and full of sodium. They appear to be healthier because marketing pros have been doing their job very well.

Some processed vegan meat substitutes once in a while isn't a problem, but try to opt for whole plant foods to meet your day-to-day protein needs. Too much vegan fast food can negatively impact overall health and slow down weight loss.

Where possible go for wholefood or minimally processed foods as these have more health benefits and can assist with weight management goals.

## **Disclaimer**

By using this Ebook you accept this disclaimer in full.

The information contained in this E-Book is not intended in any way as a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your doctor or health care practitioner before undertaking a new diet or health care regimen.

The E-Book is a guide only and we do not guarantee particular outcome or result.

**Not suitable in pregnancy or when breast feeding.**

## 10 HEALTHY FOODS TO INCLUDE IN YOUR DIET

**Avocados** - contain essential fatty acids and tyrosine to help improve dopamine levels.

**Beetroots** - help with nitric oxide production which may enhance exercise performance and improve circulation.

**Beans** - are a great source of fiber and B vitamins. They are also a great replacement for meat as a source of vegetarian protein.

**Bananas** - contain the amino acid tryptophan which is a precursor to serotonin.

**Oats** - are rich in B vitamins and stabilise blood sugar to help with a steadier mood and with more energy.

**Nuts** - contain healthy fats and B vitamins. Brazil nuts are rich in selenium which may help support immune function.



## DINE WELL AND YOU'LL BE ABLE TO THINK WELL, SLEEP WELL, AND LIVE WELL.

**Tea** - this beverage contains L-theanine which helps produce alpha waves to improve and relax mood.

**Algae** - contains essential fatty acids and also B vitamins for mood and iron to help with circulation. Help with memory and energy and digestive function (Things like Algal Oil or Spirulina or Chlorella).

**Lentils** - provide complex carbs to boost serotonin.

**Berries** - are a good source of antioxidants and vitamin C to help with cognitive function and stress levels. They also support the immune system and the cardiovascular system.

**Leafy Greens** like spinach contain magnesium and B vitamins. Eating a diet rich in leafy greens may offer numerous health benefits including reduced risk of obesity, heart disease and high blood pressure.



A photograph of two glass jars filled with a pinkish-purple berry smoothie. The smoothie is topped with fresh raspberries, blueberries, and a sprig of green mint. A light green straw is inserted into the front jar. The jars are placed on a rustic wooden surface. The background is softly blurred, showing more berries and a white surface.

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# BREAKFAST INSPIRATION



All recipes serve one person unless otherwise specified.

## BREAKFAST



## STRAWBERRY SMOOTHIE BOWL

### Ingredients

- A handful of frozen strawberries
- 1 teaspoon of coconut yoghurt
- 2 tablespoons of Rejuvin8tion
- 50ml almond milk

### Directions

Blend frozen strawberries, coconut yoghurt and 2 tablespoons of Rejuvin8tion plant based protein powder. Add the almond milk. Done!

Serve in a small bowl. Add toppings of choice.

## BLUEBERRY CHOC SMOOTHIE

### Ingredients

- 1 small cup of blueberries
- 1 cup of spinach
- 2 tablespoons of Chocolate Rejuvin8tion
- 250ml hemp milk

### Directions

Blend blueberries, spinach, Rejuvin8tion plant based chocolate protein powder and hemp milk until smooth.

Serve in a large glass.

## BREAKFAST



# PORRIDGE WITH BERRIES

## Ingredients

- 1 cup porridge oats
- 1 cup of water
- 1 cup of almond milk
- 2 teaspoons of berries
- 1 teaspoon of coconut yoghurt
- 1 teaspoon of sunflower seeds

## Directions

In a milk pan, add porridge oats, water and almond milk. Bring to the boil, then reduce to a simmer, mix and cover with a lid. Simmer for 7 minutes. Turn off heat. Fluff and spoon into bowls.

Top with berries and sunflower seeds.

# BUCKWHEAT BREAKFAST BOWL

## Ingredients

- 1 cup buckwheat
- 1 cup of water
- 1 cup of oat milk
- 1/4 teaspoon of turmeric
- 1 teaspoon of pumpkin seeds
- Fruits of choice for topping

## Directions

In a milk pan, add buckwheat, water, and oat milk. Bring to the boil, then reduce to a simmer, add turmeric, mix and cover with a lid. Simmer for 8 minutes. Turn off heat. Fluff and spoon into bowls.

Top with fruits and pumpkin seeds.



BREAKFAST

## SPICY BEANS ON TOAST

### Ingredients

- Half a tin of organic low salt baked beans
- 1 slice of rye toast
- Chilli to taste
- Handful of spinach

### Directions

Heat baked beans in small pot and stir in the spinach. Put beans on toast.

Add some chilli or tabasco to the beans for a thermogenic boost.

## EASY BREAKFAST BURRITO

### Ingredients

- 1 tablespoon olive oil
- 125g tofu (firm)
- 2 tablespoons black beans
- 1 burrito wrap
- 1/2 small avocado
- Salt/Pepper/tabasco

### Directions

Gently fry crumbled tofu in olive oil, add black beans. Add salt and pepper to taste.

Place tofu/bean mix on burrito wrap. Add sliced avocado. Add tabasco if desired.

## BREAKFAST



# OVERNIGHT BUCKWHEAT PORRIDGE

## Ingredients

- ¼ cup buckwheat
- 1 tbsp chia seeds
- 1 cup unsweetened rice milk
- ½ cup water and a pinch of cinnamon

## Directions

Mix buckwheat, chia seeds, rice milk, water and cinnamon in a bowl or glass container. Cover and let it sit overnight in the fridge.

In the morning place it in a pot, and cook. Stir occasionally for 15 minutes or until it reaches your desired thickness. Serve with fruit and nut toppings.

# AÇAÍ BOWL

## Ingredients

- 1 pack açai berry pulp
- ¼ cup frozen blueberries
- ½ banana
- ½ cup rice milk
- Toppings of choice

## Directions

Mix the açai pulp, blueberries, banana and milk in blender until the desired consistency is reached.

Pour the açai puree into a bowl and arrange the fruit and nut toppings. You can use açai powder with water as a pulp alternative.



## ORGANIC EGGS WITH AVOCADO

### Ingredients

- 2 organic eggs
- 1/2 mashed avocado
- 1/2 sweet potato
- 2 tablespoons of quinoa
- 1 tablespoon olive oil
- Salt/pepper

### Directions

Crack the eggs into a bowl. Place skillet on the stove over medium heat. Cook and stir the eggs until they have the desired consistency.

Place eggs in a bowl, add mashed avocado, cooked quinoa and sweet potato. Place eggs in a bowl, add mashed avocado, cooked quinoa and sweet potato. Use egg replacement or soft tofu in place of eggs if desired.

## AVOCADO TOAST

### Ingredients

- 1/2 avocado
- 1 slice of whole wheat toast
- Extra virgin olive oil
- Salt/pepper

### Directions

Place avocado slices onto toast. Drizzle olive oil. Add salt and pepper to taste.



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# LUNCH IDEAS



All recipes serve one person unless otherwise specified.



# Sweet Potato Bowl

## Ingredients

- 1 handful spinach
- 50g butter beans
- 1 small sweet potato
- 1 handful of cauliflower florets
- Vegan feta
- Olive Oil
- Salt/pepper
- 1 tablespoon of nutritional yeast

## Directions

Cut a small amount of vegan feta into cubes.

Lightly steam sweet potato and a few cauliflower florets for 5 minutes.

Place spinach into a bowl and top with butter beans. Add the sweet potato, cauliflower, a drizzle of olive oil and the vegan cheese.

Season with black pepper and sea salt - then add nutritional yeast.

## LUNCH



### BEETROOT + SPINACH + QUINOA

#### Ingredients

- 1 cooked beetroot
- Shallots + fresh parsley
- 2 handfuls of fresh spinach
- 1/2 cup of cooked quinoa
- Salt/pepper/olive oil/vinegar

#### Directions

Peel and slice beetroot. Whisk together 1 tablespoon chopped shallots with ½ tablespoon chopped fresh parsley and 1 tablespoon olive oil + ½ tablespoon balsamic vinegar. Season with salt and pepper. Place spinach together with the beetroot onto a serving dish, pour over the vinaigrette. Add cooked quinoa.

### CARROT AND COCONUT SOUP

#### Ingredients

- 3 peeled and chopped carrots
- ½ medium chopped onion
- 2 cups vegetable stock
- ½ can coconut milk
- 2 tablespoons chilli sauce
- Salt/pepper/olive oil/turmeric

#### Directions

Blend ingredients & add to a saucepan. Add a tablespoon of cold pressed olive oil. Cook for approx 20 minutes and top with a teaspoon of turmeric and a few slivers of almonds or some pine nuts.



LUNCH

## AVOCADO & KALE PROTEIN BOWL

### Ingredients

- 1 handful of kale
- 200ml cashew milk
- 1/2 frozen banana
- 1/2 avocado
- Rejuvin8tion Vanilla Protein

### Directions

Blend kale leaves with cashew milk, frozen banana, avocado and 1 serve of Rejuvin8tion vanilla protein powder, then transfer to a bowl. Top with fruits, nuts, seeds of choice.

## TOFU OR TEMPEH STIR FRY

### Ingredients

- 100g of tempeh or tofu
- Steamed vegetable medley
- 1 tablespoon soy sauce
- Minced garlic
- Ginger/salt/pepper
- 50g brown rice + cashews

### Directions

Add tempeh or tofu to a steamed vegetable medley of your choice. Season with soy sauce, ginger, salt, pepper and garlic. Add 1 handful unsalted cashews and serve with 50g brown rice.

LUNCH



## CAULIFLOWER RICE WITH TOFU & CHICKPEAS

### Ingredients

- ¼ cauliflower
- 50g tofu
- ¼ can of chickpeas
- Salt/pepper/soy sauce
- 1 carrot

### Directions

Blend cauliflower for 30 seconds, then lightly steam for a few minutes, season with sea salt and place into a bowl. Grill tofu and brush with olive or coconut oil, then slice and add to the rice when ready. Mix chickpeas with some grated carrot, and flavour with 2 teaspoons of soy sauce.

## MISO MUSHROOM SOUP

### Ingredients

- Miso (or vegan miso) stock
- 200g sliced mushrooms
- 6 pieces of baby corn
- 100g broccoli florets
- Fresh red chilli
- 2 tablespoons coriander

### Directions

Heat miso stock in a saucepan until simmering, then add sliced mushrooms, baby corn, spring onions, sliced broccoli florets and a few slices of fresh red chilli. Simmer for 10-15 minutes, then add 2 tablespoons chopped coriander. Season to taste with soy sauce.

A woman with dark hair tied back, wearing a red top, is shown in profile, looking down at a large metal bowl filled with a salad. She is holding a small blue object, possibly a piece of food or a garnish, over the bowl. The background is a bright, modern kitchen with white cabinets and a blurred countertop.

# Spinach, Quinoa and Roasted Chickpea Salad

## Ingredients

- 1 ½ cups quinoa
- 1 can organic chickpeas
- 1 can organic corn
- 3 tablespoons extra-virgin olive oil
- ¾ teaspoon salt + black pepper
- 2 thyme sprigs
- ½ teaspoons chilli powder
- 1 clove garlic, minced
- 1 teaspoon fresh lemon juice
- 4 cups fresh spinach
- 1 tablespoon of sliced shallot
- 1 tablespoon of cranberries

## Directions

Add quinoa to 3 cups of water. Boil in a medium saucepan. Reduce heat to low – cover and simmer until tender and until most of the liquid has been absorbed for 15 to 20 minutes. Heat oven to 200 degrees.

Toss the corn and chickpeas with oil and season with ½ teaspoon of salt and a dash of pepper. Spread on a medium rimmed baking sheet and top with thyme sprigs. Roast, tossing occasionally until golden-brown for 25- 30 minutes.

Using a mortar and pestle, mash the garlic with a large pinch of salt until it forms a paste.

Add this to a small bowl and whisk in lemon juice and the remaining oil – season with salt and pepper.

In a large bowl combine the spinach, shallots, roasted corn & chickpeas and quinoa. Top with dressing.



LUNCH

## ROASTED SWEET POTATO & HUMMUS WRAP

### Ingredients

- ½ cubed sweet potato
- 2 tablespoons kidney beans
- Cumin, turmeric, pepper, salt
- Spinach leaves
- Hummus
- 1 wrap

### Directions

Preheat the oven to 180°C. Mix 1 tsp cumin with 1 tsp turmeric, ¼ tsp black pepper and ¼ tsp salt and use it to season cubed sweet potato and kidney beans. Add 1 tbsp oil and toss until they are fully coated. Roast the mix for about 20-25 minutes until tender, then add spinach leaves. Spread 2 tablespoons hummus on a wrap and add the roasted mixture.

## TERIYAKI TOFU ROLL

### Ingredients

- 1 tablespoon sesame oil
- 4 sliced mushrooms
- 1 small baguette or 1 wholegrain bun
- 2-3 teaspoons teriyaki sauce
- 5 thin slices of tofu

### Directions

In a frying pan, heat oil over medium heat until hot. Add mushrooms, salt and pepper, stir and cook/fry for about five-six minutes. Add tofu slices and simmer for 5 minutes. Cut small piece of roll in two halves. Place tofu and mushrooms on one of the baguette halves and add teriyaki sauce on top.

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# DINNER OPTIONS



All recipes serve one person unless otherwise specified.





# Tempeh in Peanut Sauce with Brown Rice

## Ingredients

- ½ pack of tempeh chopped into small squares
- ½ cup brown rice
- 1 tbsp olive oil
- ¼ cup chopped white onion
- ¼ cup chopped green capscium
- 1 tbsp peanut butter
- 0.75 cup of water
- Sea or rock salt as per taste
- 1/8 cup crushed unsalted peanuts

## Directions

Fill your saucepan up to half and boil it. Add tempeh pieces to it and let it cook for 5 minutes.

In the meantime heat olive oil in a nonstick pan and add the garlic, basil and oregano, sauté chopped onion and toss in chopped green capscium. Let it cook for a few minutes.

In another small bowl combine peanut butter and soy sauce. Whisk it smooth and then pour it in the nonstick pan when onion and bell pepper is properly cooked.

Sauté it for 2 minutes and add in the boiled and drained tempeh. Immediately add 0.75 cup of water to it and salt as per your taste.

Mix it gently without crushing tempeh and let it cook on a low flame for 10-15 minutes.

Garnish with crushed peanuts.

DINNER

Serves 4

## BROCCOLI AND CHICKPEA PATTIES

### Ingredients

- 1 head of broccoli
- 1 diced onion
- 1 garlic clove
- 1 yellow capsicum
- 1 carrot
- 1 can of chickpeas
- 50g breadcrumbs
- 1 teaspoon turmeric
- 1 teaspoon cumin
- Salt & pepper
- Salad leaves

### Directions

Preheat the oven to 180°C.

Steam broccoli until soft, then sauté diced onion and diced yellow capsicum.

Add 1 garlic clove and sauté for another minute. Mash 1 can of chickpeas and the broccoli with a fork, then mix in 50g breadcrumbs, turmeric, cumin, the garlic and capsicum, and a pinch of salt and pepper.

Make a ball in your hands and press it to make a patty. Place it on an oiled baking dish and continue with the rest.

Bake for 20 minutes, flip the patties and bake for another 15 minutes.

Serve on a whole wheat bun with salad.

## DINNER



Serves 3-4

# SWEET POTATO FALAFEL

## Ingredients

- 1 medium to large sweet potato (or 2 small ones!)
- 1 can of cooked chickpeas
- 1/2 a medium onion finely chopped
- 1 garlic clove crushed
- 1/4 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 tablespoons plain flour
- Juice of half a lemon

## Directions

Peel the sweet potatoes and cook in a microwave for about 10 minutes or until soft (you can roast them if you prefer for about 45 minutes or so or until soft). In the meantime, pulse the chickpeas a few times in a food processor - keep them a little bit chunky.

Mash the pulsed chickpeas and sweet potato together with all of the other ingredients apart from the sesame seeds. Cover the mixture and chill in the fridge for at least half an hour.

Take spoonfuls of mixture about the size of a walnut and form into balls. Flatten the balls into a patty and press a few sesame seeds into them on both sides. Heat up a layer of oil in a frying pan until quite hot, then fill the pan with patties. Let them cook for about 5 minutes on each side or until golden and crispy.

Remove from the pan and serve immediately with accompaniments of your choice to make a healthy sweet potato falafel bowl.

# Spinach, Kale & Lentil Stew

## Ingredients

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 stalks of celery, diced
- 2 large carrots, diced
- 1 cup of dry lentils, rinsed
- 4 cups vegetables broth + ½ cup water
- 1 tsp salt
- ½ tsp garlic powder
- ¼ tsp cumin
- ¼ tsp coriander
- 1 large potato, diced (about 1½ cups)
- ½ bunch kale & spinach
- Salt and pepper, to taste

## Directions

Heat olive oil in a heavy-bottomed pot over medium heat.

Add onion, celery and carrots and sauté until softened, about ten minutes.

Add lentils, broth, water, salt, garlic, cumin and coriander. Stir together and bring to a boil.

Once soup has reached the boil, reduce heat to low and simmer, covered for 20 minutes.

Add chopped potatoes and simmer, covered for 15 more minutes or until potatoes are fork tender. Add kale and simmer, covered for 5 more minutes, or until kale is wilted.

Remove from heat and stir in red wine vinegar. Season to taste with salt and pepper.



**SERVES 2-3**

DINNER

Serves 3-4

## SWEET POTATO BURGERS

### Ingredients

- 1/2 medium pumpkin, chopped into 5cm pieces
- 2 large sweet potatoes, chopped into 5cm pieces
- 2-3 tbsp coconut oil
- 1 can of chickpeas
- 1 small onion, diced
- 1 clove garlic, finely chopped
- 1 tsp ginger, finely grated
- ½ tsp cumin
- ¼ tsp ground coriander
- ¼ tsp smoked paprika
- ¼ cup coconut flour
- 2 tbsp sesame seeds

### Directions

Place sweet potato and pumpkin on baking tray and drizzle with a little coconut oil. Bake for 15-20 mins, or until cooked through.

Add a little coconut oil to frypan and sauté onion for 3 mins, until soft. Add garlic and ginger and cook for 1 min. Add cumin, coriander and smoked paprika and cook for a few secs.

In large mixing bowl, combine onion mix with chickpeas, sweet potatoes and pumpkin cubes. Mix together well, mashing or using hands if preferred. Combine coconut flour and sesame seeds on plate. Shape mixture into patties and roll in flour and sesame mix.

Place in fridge for half an hour to help stick together better. Add coconut oil to coat bottom of frypan and place over medium heat. Add patties in batches and cook for 5 mins each side, or until golden. Continue with the rest of the mix. Bake for 15 minutes, flip the patties, and bake for another 15 minutes, or until browned. Serve with salad on wholegrain bun.



**DINNER**

**Serves 3-4**

## LENTIL CURRY

### Ingredients

- 4 cups butternut squash - cubed
- 3 small cups dried lentils (rinsed)
- 1 eggplant - cubed
- 2 large cups of water
- 1,5 cup coconut milk
- 3 tbsp garam masala salt + pepper
- 1 tbsp coconut oil
- 1 onion - sliced
- 1 garlic clove - minced
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp cinnamon
- 1/2 tsp chilli
- 1 handful coriander - chopped

### Directions

Heat a little coconut oil and add the onion and garlic.

Fry gently for 4-6 minutes.

Add the squash, lentils and eggplant to the onions and stir through.

Add coconut milk, water, garam masala and spices & simmer on low heat for 30 minutes. Add more liquid if required.

Add the chopped coriander and cook for 5 more minutes on a low heat.

A photograph of pumpkins and gourds on straw, with a bowl of soup in the foreground. The title 'Turmeric, Pumpkin & Coconut Soup' is overlaid on a grey box in the upper right.

# Turmeric, Pumpkin & Coconut Soup

## Ingredients

- 1 pound pumpkin, cubed
- 1 medium onion, chopped
- Sea Salt and freshly ground black pepper
- 2 cups vegetable broth
- 1 can unsweetened coconut milk
- 2 tablespoons Thai-style chilli sauce plus more for serving

## Directions

Add olive oil, carrots and onion to a pot. Season with salt and pepper. Cook, stirring often, until carrots are softened for about 15-20 minutes.

Stir in broth, coconut milk, and 2 tablespoons of chilli sauce. Bring to the boil, reduce heat, and simmer, stirring occasionally, until vegetables are very soft and liquid is slightly reduced.

Let soup cool slightly, then purée in a blender until smooth.

Reheat in a clean saucepan, thinning with water to desired consistency; season with salt and pepper.

Divide soup among bowls, drizzle with chilli sauce.

## DINNER



**Serves 3-4**

# BAKED SWEET POTATO WITH RICE

## Ingredients

- 4 medium organic sweet potatoes
- 1 cup of basmati rice
- 2 cup water
- 2 tbsp sesame oil
- 200g firm tofu - cubed
- 1 can chickpeas
- 1/4 tsp sea salt
- 1/4 tsp cumin
- 1/2 lime, juiced
- 1 onion
- 1 small cup of salsa

## Directions

Preheat oven to 200 degrees C.

Put sweet potatoes in foil and bake for around 30 minutes. Rinse and drain rice.

Place in a saucepan; add double the amount of water and a pinch of salt. Bring to the boil.

Lower the heat and cook on lowest heat for 15 min.

Remove the rice from heat and add the rinsed chickpeas and tofu.

Season as desired. Add 1 tbsp of sesame oil and the chopped onion to a stir fry pan - transfer the rice mix to pan and heat for 5-10 minutes.

To serve split open baked potatoes and fill with the stir fry mix.





DINNER

Serves 3-4

## PESTO WITH CHICKPEA PASTA

### Ingredients

- 2 cups fresh basil leaves (can substitute half the basil leaves with baby spinach)
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts
- 3 garlic cloves, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 500g chickpea pasta

### Directions

Combine the basil, pine nuts, live oil, lemon juice, garlic and salt in a food processor or blender.

Process until the mixture is well blended but still has some texture.

Taste, and adjust if necessary. Add vegan parmesan if you'd like a creamier/cheesier pesto.

Cook pasta for 7-9 minutes.

Drain pasta and serve with pesto.

# Spicy Rice & Black Beans

## Ingredients

- 1/2 onion, finely chopped
- 1 tablespoon olive oil
- 1 garlic clove
- 1/4 teaspoon ground cumin
- 1/2 teaspoon chilli powder
- 1/2 cup cooked brown rice
- 1 cup veggie stock
- 1/2 can black beans (or cook from scratch)
- 1 tablespoon lime juice (optional)
- Parsley
- Salt & pepper

## Directions

Heat oil in a saucepan over medium heat. Add the chopped onion and sauté.

Add the minced or chopped garlic and sauté for a further minute.

Add cumin, chilli powder and rice, mix and sauté for 2- 3 minutes

Pour in veggie stock and beans, bring to a boil for 2-3 minutes. Reduce heat, cover and simmer for 20 minutes (don't forget to stir).

Remove from heat and drizzle with extra virgin olive oil, lime juice and parsley.

Season with a little salt and pepper, if needed.



Rejuvin8tion

# SMOOTHIE RECIPES





## SMOOTHIES

### BERRY DREAM

#### Ingredients

- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 serve Berry Rejuvin8tion
- 250ml cashew milk

#### Directions

Wash and chop berries.

Add everything to blender.

Serve immediately.

### GREEN GLOW

#### Ingredients

- 1 cup kale
- 1 cup spinach leaves
- 1 ripe pear
- 1 serve Vanilla Rejuvin8tion
- 250ml oat milk

#### Directions

Wash and chop produce.

Add everything to blender.

Serve immediately.

## SMOOTHIES



### CHOCOLATE BEET

#### Ingredients

- 1 cup beetroot
- 1/2 cup coconut yoghurt
- 1 tablespoon chia seeds
- 1 serve Chocolate Rejuvin8tion
- 250ml oat milk

#### Directions

Wash and chop produce.

Add everything to blender.

Serve immediately.

### GREEN DREAM

#### Ingredients

- 1 cup spinach
- 1/2 pear
- 1/2 inch ginger
- 1 serve Vanilla Rejuvin8tion
- 250ml almond milk

#### Directions

Wash and chop produce.

Add everything to blender.

Serve immediately.

## SMOOTHIES



### SWEET DETOX

#### Ingredients

- 1 beetroot
- 1 carrot
- 1 inch ginger
- 1 serve Berry Rejuvin8tion
- 250ml hemp milk

#### Directions

- Wash and chop produce.
- Add everything to blender.
- Serve immediately.

### CHOCOLATE HEAVEN

#### Ingredients

- 1/2 cup blueberries
- 1 cup spinach
- 1 serve Chocolate Rejuvin8tion
- 250ml cashew milk

#### Directions

- Wash and chop produce.
- Add everything to blender.
- Serve immediately.

## SMOOTHIES



### GREEN GODDESS

#### Ingredients

- 1 cup mango (fresh or frozen)
- 2 cups spinach
- 1/2 cup grapes
- 1 serve Vanilla Rejuvin8tion
- 250ml cashew milk

#### Directions

- Wash and chop produce.
- Add everything to blender.
- Serve immediately.

### CHERRY LADY

#### Ingredients

- 1 cup pitted cherries
- 1 tablespoon almond butter
- 1 serve Chocolate Rejuvin8tion
- 250ml oat milk

#### Directions

- Wash and chop produce.
- Add everything to blender.
- Serve immediately.

## SMOOTHIES



## VISIONARY

### Ingredients

- 1 carrot
- 3-4 strawberries
- 1 serve Vanilla Rejuvin8tion
- 250ml nut milk

### Directions

Wash and chop produce.

Add everything to blender.

Serve immediately.

## HEALTHY CHOCOLATE

### Ingredients

- 1 banana
- 1 tablespoon linseeds
- 1 serve Chocolate Rejuvin8tion
- 250ml oat milk

### Directions

Add all ingredients to blender.

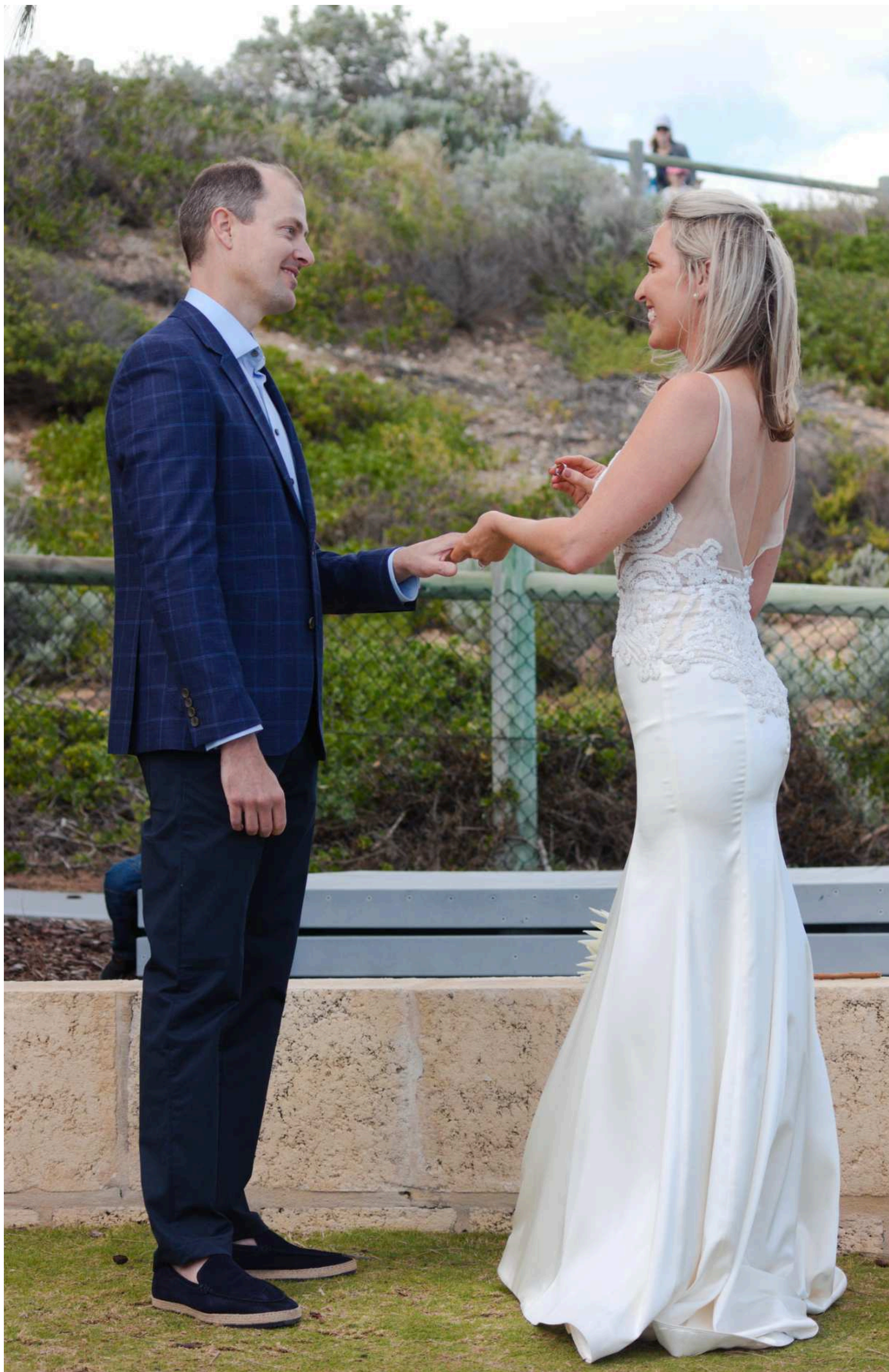
Blend until smooth.

Serve immediately.



# Testimonials



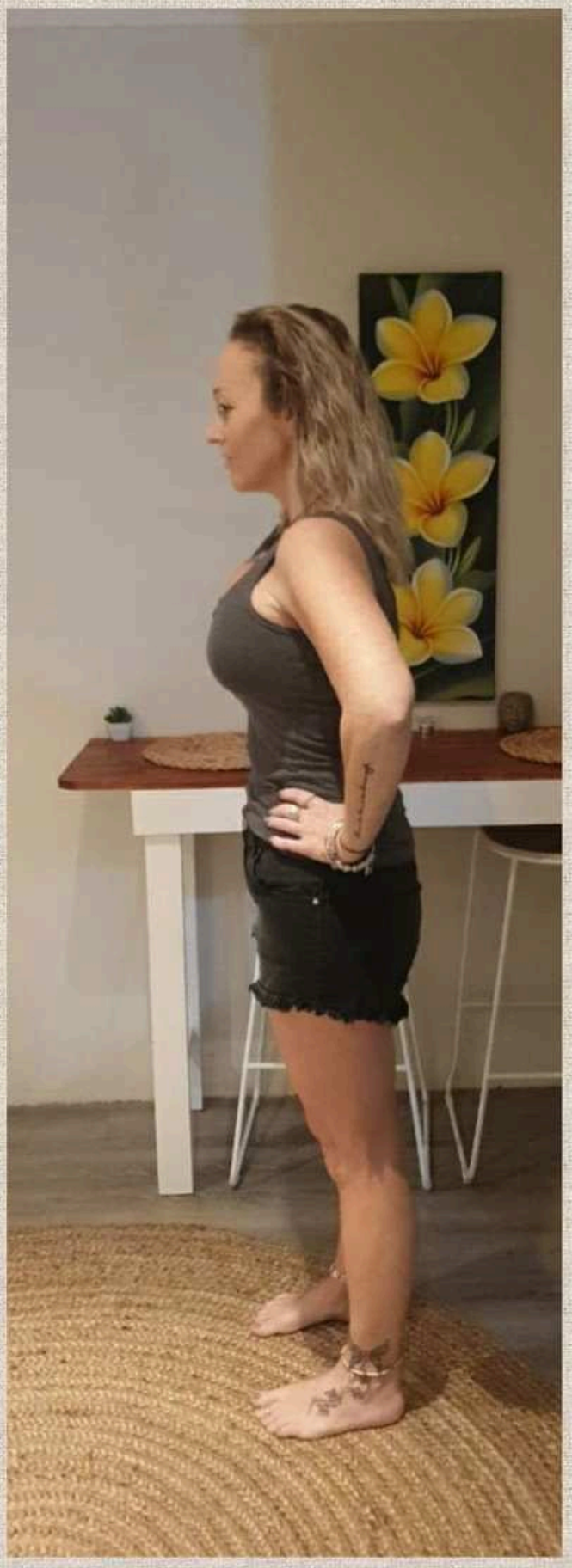


Nicola

Nicola took Rejuvin8tion for a month before her wedding so that she could fit into her dream dress - she had a berry smoothie everyday for either breakfast or lunch and lost those few kilos that she wanted to. She now uses Rejuvin8tion to maintain her goal weight. "Like any bride I wanted to look beautiful on my wedding day and fit into my dress! Supplementing 1-2 meals a day with Rejuvenation allowed me to shift those few final stubborn kgs. The shakes are delicious! They are silky smooth and helped me feel fuller for longer so I wasn't reaching for snacks between meals. Thank you Rejuvenation - I felt like a slim goddess on my wedding day. My hair, skin and nails also benefited from the extra protein in my diet - an added bonus!"



Emma (left) before she started taking Rejuvin8tion and (right) 2 months into her weight loss journey. She had lost 8 kilos.



These photos (right) of Emma show her 15 kilos weight loss which she achieved in 5 months. She is now at her goal weight and is using Rejuvin8tion to keep her weight steady.

Emma who has five children started having one to two shakes a day after gaining quite a bit of weight over the course of a year and a half. When we met through work she had tried everything and had pretty much given up. She lost 8 kilos in two months and now has lost a total of 15. She has reached her goal weight and is now using Rejuvin8tion to maintain that weight which she has done for several months. "I had almost given up trying to lose my excess weight - I'm so glad I've found Rejuvin8tion, it's given me my body back."



Frank Bell

Before Rejuvin8tion I was a shift worker for 39 years and had no set meal periods. We had to take meal breaks whenever possible as controlled by our workload. These were quite often take away meals whilst on the move - this caused weight gain. When offered the chance to use Rejuvin8tion I was overweight and struggling with exercise. I replaced one meal per day and after two weeks I started to lose weight mainly around the stomach area. I continued on this schedule for a couple of months and I also introduced daily exercise by walking. I have now reduced my intake of Rejuvin8tion to just two times per week as I no longer feel hungry all the time and I have reduced my food intake to a more healthy quantity - controlled portions. I have to date lost 16kgs and am healthier and fitter with more energy as well - I now have a much more active lifestyle.



Sharon Bell

As a part time driver I spend a considerable amount of time sitting in vehicles whilst working. Although I did some exercise I still gained weight over the years. Rick introduced me to Rejuvin8tion as a healthy alternative to the repetitive meals I was used to. Replacing one meal per day with my smoothie I began not only to lose weight but I also felt more alert and continued exercising on walks with my husband Frank who is also taking the product. The distance we walked increased as I lost weight and I also became fitter. I now use Rejuvin8tion three times a week due to my improved physical condition and healthier lifestyle. I am no longer consuming as much food and now have a healthy diet too.



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