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OCTOBER RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.











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RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



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SAMPLE WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Breakfast Protein Smoothie

LUNCH

Southwest Chicken Salad

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Thai Broccoli Soup with Coconut

TUESDAY

BREAKFAST

Berry Breakfast Cake

LUNCH

Southwest Chicken Salad

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Mexican Beef Skillet

WEDNESDAY

BREAKFAST

Bacon Wrapped Egg Cups

LUNCH

Leftover Mexican Beef Skillet

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Thai Basil Beef

THURSDAY

BREAKFAST

Bacon Wrapped Egg Cups

LUNCH

Curry Chicken salad

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Thai Basil Beef

FRIDAY

BREAKFAST

Berry Breakfast Cake

LUNCH

Curry Chicken salad

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Cod in Tomato Sauce

SATURDAY

BREAKFAST

Breakfast Protein Smoothie

LUNCH

Asian Broccoli Salad

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Meal Out - Enjoy!

SUNDAY

BREAKFAST

Chocolate Chai Seed Pudding

LUNCH

Tuna Egg Salad

SNACK

E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice

DINNER

Cod in Tomato Sauce

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

Fruits

- 6x bananas
- 1x clementine
- 2x lemons
- 4x limes
- 8x oranges

Vegetables

- spinach
- broccoli
- 8x carrots
- garlic
- ginger
- green bell pepper
- 4x red bell peppers
- spring onions
- 1x jalapeno pepper
- lemongrass
- 2x shallots
- 2x white onions
- 2x potatoes

Herbs

- coriander
- chives
- parsley
- Thai basil or regular

Dried

- raisins
- dates

MEAT, FISH, DAIRY & PLANT BASED

Meats

- 2 lb. (900g) cooked chicken breast
- 1 lb. (450g) ground beef (5% fat)
- 1 lb. (450g) flank steak
- 12x slices smoked bacon

Fish and Seafood

- 1 lb. (450g) cod fillet

Dairy

- cheddar cheese
- feta
- large Greek yogurt
- Philadelphia cream cheese

Non-Dairy

- 20x eggs
- almond milk
- coconut yogurt

Frozen

- berries
- green peas
-
-
-
-
-
-
-
-
-

SEEDS, BAKING & SPICES

Grains

- Jasmine rice
- all-purpose flour
- cornmeal
- oat flour
- oats

Nuts & Seeds

- cashews
- chia seeds
- sesame seeds
- slivered almonds
- cocoa powder

Baking

- baking powder
- baking soda
- vanilla extract

Spices

- chili flakes
- chili powder
- cinnamon
- cumin
- garlic powder
- onion powder
- oregano
- paprika
- smoked paprika
- turmeric
-

CANS, CONDIMENTS & MISC

Oils

- olive oil
 - coconut oil
- ### *Sweeteners*
- honey
 - maple syrup
 - sugar
 - coconut sugar

Boxed, Cans & Condiments

- peanut butter
- beef stock
- vegetable broth
- black beans
- sweet corn
- coconut milk (canned)
- tomato paste
- 2x canned tuna
- Dijon mustard
- fish sauce
- mayonnaise
- sriracha
- tamari or soy sauce
- green curry paste
- strawberry jam

Other

- vanilla protein powder
-
-



**BACON WRAPPED
EGG CUPS**

BACON WRAPPED EGG CUPS



Makes: 12
Prep: 15 mins
Cook: 25 mins



Nutrition per
serving:
185 kcal
16g Fats
0g Carbs
10g Protein



WHAT YOU NEED

- 12 strips smoked bacon
- 12 medium eggs
- 1 tsp. coconut oil

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and lightly grease a muffin tin with coconut oil.

Wrap the bacon on the inside of each muffin so that it covers the sides completely and creates a basket for the eggs. Using a pair of scissors, cut the bacon that sticks out of the tin. Use those pieces of bacon for the bottom of the basket.

Place the bacon in the oven for around 7-8 minutes. Remove it before it starts to get crispy.

Next, crack 1 egg inside of each basket and place the baskets back into the oven. Bake for another 10-15 minutes, depending on how you like your eggs cooked.

Once ready, season with ground black pepper and enjoy.

Nutrition info for 1 muffin.



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BERRY BREAKFAST CAKE

BERRY BREAKFAST CAKE



Serves: 12
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
143 kcal
3g Fats
26g Carbs
6g Protein



WHAT YOU NEED

Dry:

- 1.5 cups (190g) all-purpose wheat flour
- ½ cup (40g) rolled oats
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- ⅛ tsp. salt
- 1 cup (155g) mixed berries, frozen

Wet:

- ½ cup (125g) mashed banana (around 1 ½ banana)
- 2 medium eggs
- ½ cup (120g) Greek yogurt
- 1 tsp. vanilla extract
- ½ cup (120ml) almond milk, unsweetened
- ⅓ cup (110g) honey

Topping suggestions (not included in nutrition information):

- maple syrup/honey
- Greek yogurt

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C) and line an 8×8-inch baking dish with baking paper.

Combine all the dry ingredients (except the berries) in a large bowl and mix to combine.

Next, add wet ingredients to the dry ingredients and mix well with a wooden spoon. Lastly, add the berries and mix lightly to combine.

Transfer the batter into the baking dish prepared earlier and sprinkle with additional berries and oats (optional).

Bake for around 40-45 minutes or until a toothpick inserted into the center comes out clean.

Allow the cake to cool for 15 minutes before serving.



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**BREAKFAST
PROTEIN SMOOTHIE**

BREAKFAST PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
230 kcal
6g Fats
32g Carbs
15g Protein



WHAT YOU NEED

- 1 frozen chopped banana
- 1 cup (155g) berries, frozen
- 2 tbsp. rolled oats
- ¼ cup (25g) vanilla protein powder
- 1 tbsp. peanut butter
- 1 cup (240ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place everything into a high-speed blender.

*Blend, stopping to scrape the sides as needed, until smooth.
Serve immediately.*



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**CHOCOLATE CHIA
SEED PUDDING**

CHOCOLATE CHIA SEED PUDDING



Serves: 2
Prep: 5 mins
Chill: 6 hrs



Nutrition per
serving:
306 kcal
14g Fats
47g Carbs
7g Protein



WHAT YOU NEED

- 4 tbsp. cocoa powder
- 4 tbsp. chia seeds
- 4 tbsp. maple syrup
- 2 cups (470ml) almond milk, unsweetened
- pinch of sea salt
- ½ cup (120g) vanilla coconut yogurt

WHAT YOU NEED TO DO

Place all ingredients in a medium-size bowl and whisk until the cocoa powder has dissolved.

Leave in the refrigerator for around 6 hours or overnight, until mixture thickens. Stir a few times during this process.

Divide the coconut yogurt between 2 glasses, and then layer the chia seed pudding on top.



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**SOUTHWEST
CHICKEN SALAD**

SOUTHWEST CHICKEN SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
311 kcal
5g Fats
25g Carbs
43g Protein



GF

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WHAT YOU NEED

For the salad:

- 1 lb. (450g) cooked, shredded chicken breast
- 1 cup (150g) sweet corn, canned
- 1 cup (170g) black beans, canned, drained, rinsed
- 1 small red onion, diced
- ¼ cup (4g) coriander, chopped
- 1 red bell pepper, diced

For the dressing:

- ½ cup (120g) Greek yogurt
- 1 lime, juiced
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ tsp. salt
- 2 tsp. sriracha

WHAT YOU NEED TO DO

Place the shredded chicken, sweet corn, black beans, red onion, fresh cilantro, and red pepper into a large bowl. Mix and set aside.

Make the dressing by mixing all the dressing ingredients in a cup.

Add dressing to the salad and mix until well combined.



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CURRY CHICKEN SALAD



CURRY CHICKEN SALAD



Serves: 6
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
313 kcal
7g Fats
22g Carbs
43g Protein



WHAT YOU NEED

For the dressing:

- 1 cup (240g) Greek yogurt
- 3 tbsp. green curry paste
- ¼ cup (4g) coriander, chopped
- 1 lime, juiced
- 1 tsp. chili powder
- 1 tsp. turmeric
- ¼ tsp. paprika
- 1 tbsp. honey
- salt, to taste

For the salad:

- 1 lb. (450g) cooked, shredded chicken breast
- 1 cup (160g) green peas, defrosted
- 1 red bell pepper, chopped
- 1 small red onion, diced
- salt and pepper, to taste
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Make the dressing by mixing the dressing ingredients in a small bowl, then set aside.

Place all the salad ingredients in a large bowl, add the curry dressing, and mix until well combined.

To serve, season with ground black pepper and sprinkle with sesame seeds.



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TUNA EGG SALAD



TUNA EGG SALAD



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
191 kcal
8g Fats
3g Carbs
25g Protein



WHAT YOU NEED

- 4 eggs, hard-boiled
- 2x 5 oz. (145g) cans tuna, in brine
- 2 tbsp. red onion, finely diced
- 2 tbsp. chives, finely chopped
- 1/3 cup (115g) Greek yogurt
- 2 tbsp. mayonnaise
- 2 tsp. Dijon mustard
- 1/2 tsp. sriracha
- 1/8 tsp. smoked paprika

WHAT YOU NEED TO DO

First, hard boil the eggs. Once the eggs are cooked, transfer them into cold water and allow to cool for 10 minutes (in the meantime, prepare the salad and dressing). Once cooled, peel and chop into small, bite-sized pieces and place them in a bowl.

Drain the canned tuna and add to the eggs along with the red onion and chives.

In a small bowl, mix the Greek yogurt, mayonnaise, dijon mustard, and sriracha. Add the sauce to the eggs and tuna, season with salt and pepper, and mix well.

To serve, season with smoked paprika.

Serving suggestions: toast, or on its own



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ASIAN BROCCOLI SALAD

ASIAN BROCCOLI SALAD



Serves: 4
Prep: 20 mins
Cook: 25 mins



Nutrition per
serving:
377 kcal
24g Fats
38g Carbs
11g Protein



WHAT YOU NEED

For the dressing:

- ½ cup (75g) cashews, soaked
- 2 tsp. sesame oil
- 2 tsp. soy sauce
- 2 tsp. maple syrup
- ¼ cup (60ml) water
- 1 tbsp. lemon juice
- 2 tbsp. olive oil

For the salad:

- 1 head broccoli, separated to florets
- 2 tbsp. olive oil
- 1 clementine, peeled, segments divided, halved
- ½ cup (70g) raisins
- ½ small red onion, diced
- ⅓ cup (35g) slivered almonds
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and spread the broccoli florets out on the baking sheet. Drizzle with 2 tablespoons of olive oil. Roast in the oven for 20-25 minutes or until the broccoli has browned slightly.

Next, place the halved clementine segments, raisins, red onion, slivered almonds, and sesame seeds into a large bowl and set aside.

Prepare the salad dressing by placing all the dressing ingredients in a high-speed blender and blend until smooth.

Remove broccoli from the oven, let it cool completely, and then add it to the rest of the salad ingredients and mix.

Drizzle over the salad dressing and mix gently until well coated. Serve straight away or store in the fridge until later.



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**MEXICAN
BEEF SKILLET**

MEXICAN BEEF SKILLET



Serves: 6
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
406 kcal
14g Fats
48g Carbs
25g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 small yellow onion, finely diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 lb. (450g) ground beef, 5% fat
- ½ cup (125g) tomato passata
- 1 ⅓ cup (235g) canned black beans, drained
- 1 cup (195g) white rice, raw
- 1 ½ cups (355ml) beef stock
- ½ cup (55g) cheddar cheese, shredded

Taco seasoning:

- 1 tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. oregano
- ½ tsp. smoked paprika
- ½ tsp. onion powder
- ½ tsp. red chili flakes
- ½ tsp. salt, or to taste
- ½ tsp. black pepper, or to taste

WHAT YOU NEED TO DO

Heat olive oil in a large skillet over medium-high heat. Add the garlic, onion, and bell peppers. Sauté for 3-5 minutes.

Move vegetables to one side and add in ground beef. Cook the beef for 8-9 minutes, or until cooked through and browned. Next, mix everything together in the skillet.

Add taco seasoning, tomato passata, and black beans. Cook for a 2-3 minutes. Then, add in the rice and broth. Bring to a boil, and reduce the heat to low.

Cover and allow to simmer for 15-20 minutes or until the rice has softened and absorbed the majority of the liquid.

Sprinkle cheese on top of skillet and either let melt naturally or place it in the heated oven at 400°F (200°C) for a few minutes.



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**THAI BROCCOLI
SOUP WITH COCONUT**

THAI BROCCOLI SOUP WITH COCONUT



Serves: 4
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
308 kcal
14g Fats
42g Carbs
10g Protein



WHAT YOU NEED

- 2 tbsp. olive oil
- 2 shallots, chopped
- 4 cloves garlic, chopped
- 2 tsp. ginger, chopped
- 1 jalapeño pepper, sliced
- 1 lemongrass, chopped
- 4 cups (950ml) vegetable stock
- $\frac{3}{4}$ tsp. salt
- 4 kefir lime leaves (optional)
- 1 head broccoli
- 2 medium potatoes, peeled, and chopped
- $\frac{1}{2}$ cup (120ml) coconut milk, full-fat
- 1 tsp. sugar
- 7 oz. (200g) spinach
- 1 bunch coriander
- 3 tbsp. fresh lime juice
- 2 tsp. fish sauce
- roasted peanuts, to garnish (optional)

WHAT YOU NEED TO DO

Heat oil in a pot over medium heat. Add the shallots, and sauté for 3 minutes. Then, add the garlic, ginger, and jalapeño pepper. Sauté for another 3 minutes then. Add the lemongrass, and sauté for another 1-2 minutes.

Add the vegetable stock, kefir lime leaves (if using), salt, broccoli, and potatoes. Bring to a boil. Lower the heat and cover with lid. Gently simmer, covered for 10-12 minutes.

Once vegetables are tender, take the pot off the heat. Add in the spinach and coriander. Blend with a hand-blender or in a food processor until very smooth.

Place the blended soup back in the pot, over low heat, stir in the coconut, add in sugar, and stir until warmed through. Do not boil.

Lastly, add the lime juice, and fish sauce to taste.

Divide between the bowls, and garnish with additional coriander leaves and roasted peanuts (optional).



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THAI BASIL BEEF

THAI BASIL BEEF



Serves: 4
Prep: 40 mins
Cook: 10 mins



Nutrition per
serving:
260 kcal
13g Fats
10g Carbs
25g Protein



WHAT YOU NEED

For the beef:

- 1 lb. (450g) flank steak, sliced in thin strips
- 1 tsp. water
- 1 tsp. cornstarch
- 1 tsp. soy sauce
- 1 tbsp. coconut oil
- 1 red bell pepper, sliced
- 2 green onions, sliced
- 3 cloves garlic, minced
- 1 cup (24g) Thai basil leaves (or regular Basil)

For the sauce:

- 2 tbsp. soy sauce
- 1 tbsp. fish sauce
- 1 tbsp. oyster sauce
- 4 tbsp. water
- 2 tbsp. brown sugar

WHAT YOU NEED TO DO

In a medium bowl, place the beef, water, corn-starch, and soy sauce. Toss everything to coat and marinate for 10-30 minutes.

Heat coconut oil in a large skillet over high heat. Remove the beef from the marinade and sear the beef until browned, (2-3 minutes), then set it aside.

Add the bell pepper and green onion to the same pan and cook for 2-3 minutes. Next, add in the garlic, and cook for another 1 more minute.

Return the beef back to the pan along with the sauce. Cook until thickens, about 2-3 minutes.

Lastly, add in the Thai (or regular) basil and cook until it is just wilted. Serve immediately, garnished with green onions and sesame seeds alongside rice.



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**COD IN
TOMATO SAUCE**

COD IN TOMATO SAUCE



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
309 kcal
5g Fats
41g Carbs
29g Protein



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WHAT YOU NEED

- 4 cod fillets (1lb./450g)
- 2 eggs, hard boiled
- 2 tbsp. all-purpose flour
- 1 tbsp. olive oil
- 3 cloves garlic, sliced
- 1 medium white onion, chopped
- ¼ tsp. smoked paprika
- 2 cups (500g) tomato passata
- 2 tsp. sugar
- 1 cup (160g) green peas, frozen
- 7 oz. (200g) roasted peppers, from the jar
- fresh parsley

WHAT YOU NEED TO DO

Rinse and pat dry the cod fillets. Then season with salt and coat in a thin layer of flour.

Hard boil 2 eggs.

Heat olive oil in a large skillet, over medium-high heat and fry the cod fillets for 1-2 minutes on each side. Then set aside.

Using the same pan, add the garlic and onion into the pan and mix them with the oil, scraping up anything that was left from the cod, and cook for about 3-4 minutes.

Season everything with salt, freshly cracked black pepper, and a generous ¼ teaspoon of smoked paprika. Mix everything together, then add the tomato passata, sugar, and green peas. Mix it all together until well combined and then lower the heat to low.

After leaving the sauce to simmer for 5 minutes, add the fillets back into the pan and simmer for another 15 minutes.

In the last few minutes of cooking, add in the roasted peppers. Check the seasoning, and garnish with fresh, chopped parsley and serve with a boiled egg.



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**PEANUT BUTTER
ENERGY BALLS**

PEANUT BUTTER ENERGY BALLS



Makes: 20
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
84 kcal
4g Fats
12g Carbs
2g Protein



WHAT YOU NEED

- 8 pitted Medjool dates (½ cup)
- 1 cup (80g) rolled oats
- ½ cup (130g) peanut butter, drippy
- 4 tbsp. honey
- 1 tsp. vanilla extract
- pinch of sea salt

WHAT YOU NEED TO DO

Place the oats in a food processor or high-speed blender and blitz until you have oat flour.

Then, add the rest of the ingredients and process for 1-2 minutes until the dough is formed.

Using a tablespoon, scoop out dough and roll with your hands to form balls.



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**LEMON BREAD WITH
STRAWBERRIES
AND CREAM SWIRL**

LEMON BREAD WITH STRAWBERRIES AND CREAM SWIRL



Serves: 12
Prep: 15 mins
Cook: 50 mins



Nutrition per serving:
190 kcal
5g Fats
34g Carbs
4g Protein



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WHAT YOU NEED

Wet:

- 1 cup (250g) bananas, mashed (around 3)
- 2 eggs
- ¼ cup (85g) honey
- 1 tbsp. lemon juice
- 2 tbsp. coconut oil, melted

Dry:

- ¾ cup (95g) all-purpose wheat flour
- ¾ cup (90g) whole wheat flour
- ½ cup (100g) coconut sugar
- 1 tsp. baking soda
- ⅛ tsp. salt
- 2 tbsp. lemon zest

Swirl:

- 3 tbsp. strawberry jam
- 3 oz. (85g) Philadelphia cream cheese, partially melted

WHAT YOU NEED TO DO

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

Next, crack the eggs into a bowl and whisk. Then, add the rest of the wet ingredients to the bowl (apart from the melted coconut oil) and mix.

Now add all of the dry ingredients to the wet ingredients and mix again. Then, add melted coconut oil and mix. Finally, transfer the batter into the loaf pan.

For the swirl topping, carefully splat the partially melted cream cheese and strawberry jam over the top of the loaf. Use a knife to gently swirl so that you spread the topping out.

Bake for 45-50 minutes or until a toothpick comes out clean. Let it cool for at least 15 minutes before removing from the pan.



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**CARROT ORANGE
GINGER JUICE**



CARROT ORANGE GINGER JUICE



Serves: 4
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
191 kcal
1g Fats
48g Carbs
4g Protein



WHAT YOU NEED

- 8 medium carrots
- 8 medium oranges
- 3-inch (7½cm) knob fresh ginger, peeled

WHAT YOU NEED TO DO

Scrub the carrot and cut off the tops. Peel oranges and ginger.

Place all ingredients in a juicer and process.

Serve immediately or store in the fridge for up to 2-3 days.



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