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Health Kick

Winter Edition



YOUR 7 DAY MEAL PLAN INSIDE

The box that will start you on a healthy path!



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WHAT'S IN THE BOX?

We're very excited about this new health kick box and we hope that it can really kick start you into a new way of healthy living. We've compiled the best healthy grocery staples and key seasonal fruit and vegetables to show you what a healthy, seasonal winter is all about - good, wholesome and warming food.

We have also included some vouchers for the best of the best in our community, so that you can further your health kick journey if you wish. We hope you'll let us know how you go with the following recipes and all of the goodies inside - we've had a great time compiling it for you!



Below is a list of produce and products you will find in the box. This eBook is a handy guide to help get your great food ideas rolling! We've used nothing but the below items however feel free to mix it up and add other healthy foods along the way.

- Almond Milk
- Apples
- Avocados
- Bananas
- Beans
- Broccoli
- Brown Onions
- Butternut Pumpkin
- Carrots
- Celery
- Coconut Flour
- Coconut Oil
- Coconut Water
- Cucumber
- Free Range Eggs
- Green Capsicum
- Ground Cinnamon
- Minced Garlic
- Mushrooms
- Lemons
- Lettuce
- Natural Wraps
- Parsley
- Protein Samples
- Pure Bush Honey
- Quinoa
- Red Onions
- Rolled Oats
- Slim Me Noodles
- Shallots
- Spinach
- Sweet Potato
- Tomatoes
- Vegetable Stock
- Zucchini



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Seasonal Science

Eating seasonally is something that we are passionate about at HFO. There are many benefits to following mother nature's plan when it comes to buying local, seasonal produce. Let's start by explaining that when you eat seasonally the produce you purchase will be in it's peak form and will taste way better than something that has been trucked in from another state, or even flown in from another country. The food is grown closer to you, which means that there is far less chance that it will spoil quickly, or will arrive tasteless. We find that seasonal foods are more flavoursome due to their freshness and reduced mileage, and we also love the eco edge seasonal has on out-of-season produce.

During winter, root vegetables and natural flu fighters are in abundance, and we definitely won't be the ones taking this for granted. We want to be warm too, so naturally the soups and warming dishes that these vegetables make are in favour this time of year. We've tried to incorporate many of these in this book, and we hope that you will experiment with them, keeping it seasonal and fresh as you go.

Automatically Healthy

Here at HFO, we believe in habits. Healthy ones. We believe that if your fridge is full of good food, you will eat good food. It's a simple philosophy that has seen our family through, which is why it has become a cornerstone of what we do at HomeFresh Organics. Our main online service is customisable and ongoing fruit and vegetable boxes that are delivered free to doors accross Brisbane, Sunshine Coast, Gold Coast, Ipswich and Toowoomba. We like to think that we've achieved our goal of making quality, healthy food available through an easy online ordering system. Try keeping your bad habbits in tact with that much goodness in the kitchen!

To Your Door

Did we mention that delivery is free for all ongoing Custom Boxes? Yes, i think we did. Though we failed to mention that if you choose to buy any extra groceries, we can deliver them free of charge with the box as well. In most areas, we can also collect your old custom boxes for reuse! Our delivery instructions and contact with our drivers means that we can detail where you would like the box kept, and the drivers will happily carry the box on to your kitchen bench if you wish.

There are loads more benefits of having your groceries deliveries, couples with our 100% quality guarentee, you simply can't go wrong.

Keep It Real

Please note that the recipes and suggestions in the ebook may not be for you. Everyone is different, and as such everyone's needs differ. We've based the recipes and advice in this ebook on our own experiences and we hope that you will trust your own internal compass when following these recipes, taking care to follow the advise of your doctor above any publication





Breakfast

QUICK BREAKFAST VEGETABLE OMELETTE

PREP TIME **5** MINS + COOK TIME **5** MINS = TOTAL **10** MINS

- ½ brown onion, peeled and diced
- 1 tbsp coconut oil
- 3 mushrooms sliced
- ½ carrot, grated
- ½ zucchini, grated
- 2 whole egg
- 2 egg whites
- ½ reduced fat cheese, grated (optional)



NUT FREE



SUGAR FREE



GLUTEN FREE



LOW FAT

- 1 Heat a medium sized frying pan on low heat to melt the coconut oil. Add in the onions and cook gently until soft. Combine mushrooms, carrot and zucchini to the pan. Increase to medium heat. Remove pan from heat once the vegetables are soft.
- 2 In a small bowl, beat the egg yolks lightly with a fork, and season with pepper. In another bowl, whisk the egg whites until soft peaks form and then fold into the yolk mixture, mixing lightly until combined.
- 3 Reheat the frying pan to medium heat, add the egg mixture. Cook until egg is golden brown underneath and then flip over. Sprinkle the cheese (optional) and add the vegetables. Once cooked underneath, fold in half and serve immediately.



Lunch

SAUTE MUSHROOM & AVOCADO WRAP

PREP TIME **2** MINS + COOK TIME **8** MINS = TOTAL **10** MINS

- 1 mountain bread wrap
- ½ brown onion, peeled and diced
- ¼ small green capsicum, deseeded, finely chopped
- 3 mushrooms
- 1 tbsp coconut oil
- 1 handful spinach
- ½ avocado, sliced



VEGAN



NUT FREE



LOW FAT



SUGAR FREE



DAIRY FREE

- 1 Melt coconut oil on medium heat and add in mushrooms. Saute until the edges brown, then add in onion and remove from heat when soft.
- 2 Lightly grill or heat wrap before adding capsicum, spinach and avocado. Top with mushrooms and onion.
- 3 Roll tightly to achieve a burrito shape, slice your wrap in half and serve.



Dinner

SUPER SIMPLE ROAST PUMPKIN SOUP

PREP TIME **10** MINS + COOK TIME **50** MINS = TOTAL **60** MINS

- 1kg butternut pumpkin
- 500g carrots
- 2 tbsp coconut oil
- 1 tsp ground cinnamon
- 1L (4 cups) vegetable stock
- desired amount of shallots to sprinkle



VEGAN



DAIRY FREE



GLUTEN FREE



LOW FAT



NUT FREE



SUGAR FREE

- 1 Preheat the oven to 200 C. Peel and chop pumpkin and carrots into small chunks and place onto a lined baking tray.
- 2 Drizzle pumpkin and carrots with melted coconut oil, and then season with cinnamon and any other herbs desired. Roast for 40 - 45 minutes or until vegetables are cooked through.
- 3 Combine pumpkin and carrot in a high performance/glass blender (or with a stick mixer), add 3 cups of water or vegetable stock and blend until smooth.
- 4 Add another cup of water if necessary to adjust the consistency. Serve immediately.

Tips:

Experiment by adding fresh grated ginger to your pumpkin soup - which is especially good for coughs and asthma during winter.



...for more meal ideas, recipes, tips
and vouchers, please order your
Winter Health Kick Box today!



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