



DISCOVER THE TruYou

RECIPE BOOK

TruHealth Signature Shake



(Serves 1)

Ingredients

- ½ -1 cup fruit of your choice
- 2 cups kale leaves or baby spinach
- 1 cup water, coconut water or almond milk
- 6 ice cubes
- ½ tbsp healthy fat, recommend coconut oil or flax seed oil
- 2 scoops of the TruPLENISH Nutritional Shake, chocolate or vanilla (or one of each)

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

Blue Coconut Smoothie



(Serves 1)

Ingredients

- ½ cup blueberries, frozen
- 1 cup sugar-free coconut milk
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

Berry Blast Smoothie



(Serves 1)

Ingredients

- 1 cup baby spinach
- ½ cup banana, frozen medium
- ½ cup blueberries, frozen
- ½ cup strawberries, frozen
- 1 cup coconut water or water
- 2 scoops of the TruPLENISH Nutritional Shake, chocolate or vanilla

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

Green Dream Smoothie



(Serves 1)

Ingredients

- ½ cucumber
- 1.5 cm peeled ginger
- 2 cups kale leaves or baby spinach
- 1 lime, juiced
- 1 cup water
- 2 scoops of the TruPLENISH Nutritional Shake, chocolate or vanilla

Directions

1. Chop the cucumber and ginger into chunks
2. Add all the ingredients to a blender
3. Blend until desired consistency

Mango Peach and Strawberry Shake



(Serves 1)

Ingredients

- ½ cup fresh or frozen mangoes
- ½ cup fresh or frozen peaches
- ½ cup fresh or frozen strawberries
- 6 ice cubes (more or less for taste)
- 1 ½ cup almond milk
- ½ cup coconut water
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

Orange Creamsicle Smoothie



(Serves 1)

Ingredients

- ½ cup fresh orange juice
- ½ cup unsweetened almond milk
- ½ cup water
- ½ frozen banana
- 1 tsp honey
- 3-5 ice cubes
- 1 tsp coconut oil
- 1 tsp orange zest, optional
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

Craving Control Smoothie



(Serves 1)

Ingredients

- 1 cup fresh berries
- 1 banana
- 1 ripe avocado
- 1 cup organic kale leaves with tough stems removed
- 1 tbsp hemp seeds
- 1 tbsp chia seeds
- 1 cup water
- ½ cup coconut milk
- Ice, as needed
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until smooth and creamy

The Green Pear Shake



(Serves 1)

Ingredients

- 1 cup almond milk, water, or coconut water
- 1 tbsp honey
- ½ frozen banana
- 1 ripe pear
- 2 cups spinach (or 1 cup spinach and 1 cup of kale)
- Ice, as needed
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

TruPLENISH Chocolate Avocado Smoothie



Ingredients

- ½ cup raw cashews, soaked
- 2 large dates (or 3 small), pitted
- 1 avocado
- 1 banana, fresh or frozen
- 2 tbsp raw cacao powder
- Pinch sea salt
- 1 ½ cups coconut milk
- 1 cup ice cubes
- 4 scoops of the chocolate TruPLENISH Shake

Directions

1. Place raw cashews into bowl and cover with warm water. Let sit for at least 20 minutes
2. Cut the avocado in half, remove pit and scoop out flesh. Remove the peel, and slice the banana in half
3. Cut dates in half and remove pits
4. Drain and rinse cashews
5. Add all the ingredients to a blender
6. Blend until smooth and creamy

Orange Grapefruit Smoothie



Ingredients

- 1 cup orange juice
- 1 cup grapefruit juice
- 1 tbsp lemon juice
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until smooth and creamy

TruHEALTH Coffee Shake



Ingredients

- 1 cup almond or rice milk
- 3-5 ice cubes
- 2 scoops of the vanilla TruPLENISH Nutritional Shake (or chocolate for Mocha flavour)
- 1 sachet of the GlycoCafé

Directions

1. Add all the ingredients to a blender
2. Blend until smooth and creamy

Fruit infusions - compliment with a squeeze of ½ lime and 1 tbsp of extra virgin coconut oil. Or add pulp of a peach and/or blend.

Matcha Smoothie



Ingredients

- 2 cups almond or rice milk
- 1 tsp Matcha powder
- 1 tsp honey
- 2 scoops of the vanilla TruPLENISH Nutritional Shake

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

Baked Avocado Eggs



(Serves 2)

Ingredients

- 1 avocado
- 2 free-range eggs
- Cayenne pepper
- Salt and pepper

Directions

1. Cut the avocado in half, de-pit and remove a little of the avocado from the centre
2. Place the halved avocado onto a baking tray and crack an egg into each half
3. Sprinkle with cayenne pepper, salt and pepper
4. Bake for 15 minutes at 220°C

Spicy Omelette



(Serves 1)

Ingredients

- 2 eggs
- 1 cup baby spinach
- Handful mushrooms, chopped
- 1 garlic clove, minced
- Chilli flakes

Directions

1. Whisk eggs, adding in chilli flakes to taste
2. Fry mushrooms, spinach and garlic until tender, place aside
3. Turn fry pan down to a low heat and add egg mixture, do not stir
4. Once eggs start to cook, add mushrooms and baby spinach mix
5. Once eggs are cooked all the way through, remove from the pan and serve

Quinoa Porridge



(Serves 2)

Ingredients

- ½ cup quinoa
- 1 cup water
- 1 cup almond or rice milk
- ¼ cup blueberries
- ¼ cup walnuts

Directions

1. Rinse quinoa under cold running water
2. Add the rinsed quinoa, water and milk to a pot and bring to the boil
3. Once boiling, reduce to a simmer and cook for 10 minutes
4. Place in a bowl and sprinkle with blueberries and walnuts to serve

Breakfast Bliss Balls



(Serves 24)

Ingredients

- 1 cup plain oats
- ¾ cup almond butter
- ¼ cup ground flaxseed
- ½ tbs coconut oil
- 2 tbs cacao powder
- 2 tsp cinnamon

Directions

1. Add all ingredients into a food processor or mixing bowl and combine
2. Roll into 1-inch balls
3. Enjoy right away or refrigerate in an airtight container



(Serves 2)

Ingredients

Salad

- ½ cauliflower head
- 1 large beetroot bulb
- 500g pumpkin
- 3 cups brussels sprouts
- ½ tsp ground cinnamon
- ¼ cup pine nuts

Dressing

- 4 tbs olive oil
- 1 tsp Dijon mustard
- ½ lemon, juiced

Directions

1. Cut the cauliflower, beetroot, pumpkin and brussels sprouts into medium size pieces, drizzle with olive oil, sprinkle with ground cinnamon and roast for approx. 30 minutes at 220°C
2. Combine all of the dressing ingredients in a cup
3. Once the vegetables are roasted to your liking, add in the pine nuts and drizzle with dressing



(Serves 2)

Ingredients

- 1 medium avocado
- ½ cucumber
- ½ carrot
- 2 cups baby spinach
- 6 rice paper roll wrappers
- 24 medium prawns, precooked with tail off

Directions

1. Cut avocado and cucumber into thin slices; grate the carrot
2. Soak one rice paper wrapper at a time in a bowl of warm water for about 20-30 seconds. When the paper wrapper begins to loosen up and become elastic-like, remove from water and set on a damp towel or clean plate
3. Gently pat wrapper dry, and then arrange vegetables in the centre of wrapper; baby spinach, cucumber, carrot, avocado slices and lastly 4 prawns
4. Fold the top and bottom towards the centre first, keep it tight and then wrap the left and right side into the centre

Zucchini Frittata



(Serves 8)

Ingredients

- 8 eggs
- 2 zucchinis, sliced
- 2 cups cherry tomatoes, cut in half
- Corn kernels
- 1 cup mushrooms, sliced
- 1 tbs basil, fresh or dried
- 1 tbs oregano, fresh or dried

Directions

1. Whisk the eggs together in a big bowl
2. Add sliced zucchini, halved cherry tomatoes, corn kernels, sliced mushrooms and herbs; mix together
3. Pour into a lined baking dish and cook for approximately 45 minutes at 180°C

Teriyaki Chicken



(Serves 4)

Ingredients

- 1 chicken breast, skin off
- 4 cups broccoli, fresh
- 2 garlic cloves
- ½ cup tamari sauce
- 2 tbs rice vinegar
- 1 tbs sesame oil
- ¼ cup water
- White or brown rice

Directions

1. In a pan, brown the chicken on both sides, add the fresh broccoli and cook until tender
2. Meanwhile in a small bowl, mix together remaining ingredients to make the sauce
3. Once the broccoli is tender, add the sauce, stirring until it begins to thicken and all ingredients are coated
4. Serve with ½ cup of steamed rice; we recommend brown rice

Roast Beef Pita Pocket



(Serves 1)

Ingredients

- 1 wholemeal pita pocket
- 30g roast beef
- ⅓ cucumber, sliced
- ⅓ tomato, sliced
- 1 tsp hummus

Directions

1. Open the pita pocket in the middle and smear with hummus
2. Stuff with roast beef, cucumber and tomato

Rosemary and Garlic Chicken



(Serves 4)

Ingredients

- 8 chicken thighs, skin off
- 1 garlic clove
- 3 large rosemary stalks
- 300ml low salt chicken stock
- Fresh parsley
- Brown rice or potato

Directions

1. Fry the chicken in a large pan until golden brown
2. Add the garlic, rosemary and low-salt chicken stock
3. Bring to the boil, cover and reduce to a simmer for 40 minutes
4. Garnish with fresh parsley and serve with brown rice or roasted potato

Pork San Choy Bau



(Serves 4)

Ingredients

- 500g lean pork mince
- 3 garlic cloves, minced
- 1 tsp grated ginger, fresh
- 1 red capsicum, diced
- 1 zucchini, grated
- 1 carrot, grated
- 1 iceberg lettuce
- ¼ cup soy sauce

Directions

1. Separate iceberg lettuce leaves, rinse and leave to dry
2. In a pan, fry pork mince, garlic and ginger until meat is light brown, removing excess water
3. Add grated zucchini, grated carrot, diced capsicum and soy sauce to the pan and fry until tender
4. To serve, add a cup of meat mixture into lettuce leaf and top with peanuts

Beef Burrito Bowl



(Serves 4)

Ingredients

- 500g lean beef stir fry strips
- 400g canned black beans, low sodium
- 2 cups brown rice, steamed
- 1 cup corn kernels
- 2 cups cos lettuce, shredded
- 1 tomato, diced
- ½ cucumber, diced
- 1 medium avocado, diced
- 2 tbsp coriander, chopped
- 1 lime, juiced

Directions

1. Fry the beef, beans and corn kernels in a pan until meat is medium rare
2. Add ½ cup of steamed brown rice to each bowl, top with ½ cup cos lettuce
3. Sprinkle with diced tomato, cucumber, coriander and avocado
4. Top with warmed meat, bean and corn mixture
5. Drizzle with lime juice and serve



(Serves 1)

Ingredients

- 4 zucchinis, sliced lengthwise into strips
- 1 avocado
- 2 tbsp extra virgin olive oil
- Salt/pepper/garlic powder (to taste)
- Handful of cherry tomatoes, halved
- Cooked chicken breast/thighs, diced (no more than 170g)

Directions

1. Using a blender, add avocado, oil and spices and blend until creamy
2. In a large bowl, combine chicken, sliced zucchinis and avocado cream sauce and toss
3. Add halved tomatoes to serve



(Serves 4)

Ingredients

- 4 salmon fillets, 170g each
- 4 tbsp fresh lemon juice
- Sea salt and pepper
- 2 tbsp olive oil
- 3 tbsp chopped fresh dill
- 3 tbsp chopped fresh basil

Directions

1. Turn griller on to preheat
2. Mix the lemon, oil and herbs
3. Rinse salmon and pat dry with paper towel. Place on tray lined with aluminum foil and drizzle the lemon, oil and herbs over the top
4. Season with salt and pepper and grill until just cooked, roughly 8-9 minutes

Suggested cooking oils
 - olive oil
 - coconut oil
 - rice bran oil

Hummus



Try smoked paprika for an extra kick!

(Serves 1)

Ingredients

- 2 cans (425g) organic chickpeas, rinsed
- 2 garlic cloves
- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tsp cumin
- ¼ cup water
- 1 tsp salt
- ¼ tsp paprika

Directions

1. Add chickpeas, garlic, olive oil, lemon juice, cumin, water and salt to a food processor
2. Blend until smooth and creamy (if needed, add more water, 1 tbsp at a time, and continue blending until it reaches your desired consistency)
3. Transfer to a bowl. Sprinkle with paprika before serving

Mannatech's Signature "Chocolate"



(Serves 1)

Ingredients

- 1 tsp carob powder or 100% cocoa powder
- 4 tsp coconut oil (liquid state)
- 1 tsp cinnamon
- Pinch of sea salt
- Pinch of stevia
- 4 tsp almond flour/meal

Directions

1. In a medium bowl, mix all ingredients together using a spoon or hand mixer
 2. After the ingredients are thoroughly mixed, enjoy this treat in one of two ways (or both!)
 3. Serve as a pudding at room temperature or after refrigerating for 10–20 mins
- OR**
1. From the bowl, arrange tablespoon-size helpings onto wax paper
 2. Place wax paper into freezer and wait approx. 10 minutes for the portions to harden into miniature chocolate bars

Raw Veggies



Ingredients

- Carrots
- Celery
- Capsicum
- Cauliflower, etc.

Directions

1. Chop vegetables into strips
2. Use hummus as a dip

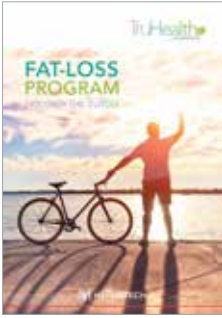
Other Snacks



- Handful of nuts (any variety)
- Kale chips



RESOURCES



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