



FREE RECIPE GUIDE

TEN DELICIOUSLY HEALTHY
GLUTEN-FREE,
REFINED SUGAR FREE
RECIPES



THE LYOF STORY

Pete Jacobs, Ironman Triathlete and LYOF cofounder has competed in 39 Ironman triathlons, won the World Championship Ironman Triathlon in Kona and holds the 4th quickest run time in history.

Battling constant fatigue for two decades, **he learnt how to best maintain his fatigue** yet still wasn't 100% healthy, not dissimilar to the majority of us today in everyday life.



HAPPY, HEALTHY, FIT.

Post achieving his dream of winning the Ironman Triathlon World Championship in 2012 Pete's body turned against him. Surviving was now the goal, getting out of bed each day and attempting to work was his new found finish line. Countless tests and tens of thousands of dollars later the light at the end of the tunnel was no closer. Not one medical practitioner asked Pete what he was eating, what nutrition supplements he was taking, or tested him for the key indicators of inflammation.

Through whole food nutrition, guidance from Dr Phil Maffetone, and optimal nutritional supplementation at the cellular level, **Pete healed his body**. The 'brain fog' lifted and allowed him clarity and focus once more. Pete has adopted the MAF method in his exercise program and the Live Your Own Fit Pillars of Performance, and subsequently now placing on the podium once again.

Most importantly he is Happy, Healthy, Loving, Fit and able to get the most out of his life again!

The LYOF Programming has had a compounding effect, with people really loving the freedom and empowerment they can achieve in everyday life. We realized that there was a genuine need for what we have learned through our journey and what we now enjoy living and breathing daily - with a focus on health, optimal performance naturally follows soon behind, so subsequently, Live Your Own Fit was born!



**A wholesome
breakfast
smoothie or
post workout
recovery drink**



CHOCOLATE BLISS SMOOTHIE.

Ingredients

1 Frozen Banana

2 Medjool Dates

1-2 Tbls Raw Cacao Powder

1 handful of Almonds

1 cup of your milk of choice (Almond, Coconut, Whole Milk, Soy)

1 Tbls Agave Syrup or Raw Honey or 100% Maple Syrup

Optional

Protein Powder, Seeds (pumpkin, flax, sesame), Ground Cinnamon

Method

Blend all ingredients together.

Enjoy!

GINGER GREEN SMOOTHIE.

Ingredients

1 Green Apple
1 Tlbs Apple Cider Vinegar
1 handful of Baby Spinach or Kale
2 Tsp grated Ginger
Juice of 2 Lemons
2 cups of Coconut Water or Water
Ice to blend

Optional

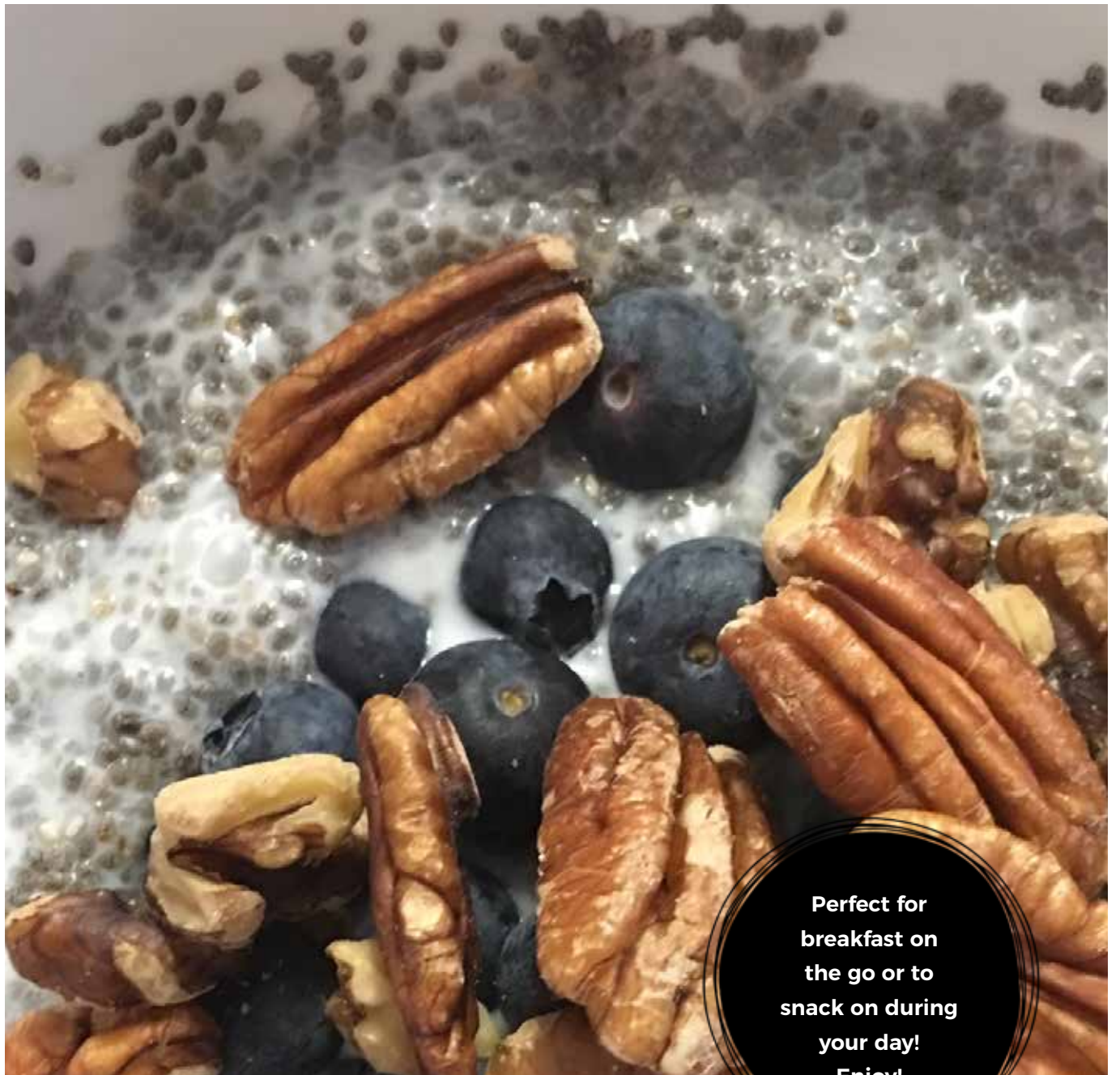
3 scoops Plant Protein Powder

Method

Blend all ingredients together.
Serve with Ice
Enjoy!



**Add a pinch of
Himalayan/
Celtic Salt for
an electrolyte
drink without
the nasties!**



**Perfect for
breakfast on
the go or to
snack on during
your day!
Enjoy!**

CHAI CEREAL FOR CHAMPIONS.

Ingredients

¼ cup of Chia seeds

1 cup Liquid of Choice i.e Dairy milk, Almond Milk, Coconut milk, Coconut Water.

1 Tbls Coconut Flakes/shredded coconut

1 Tbls of sweetner – raw honey, 100% maple syrup or agave nectar

1 Tbls Cinnamon ground

1 Tbls Nutmeg ground

Optional

Yoghurt, Fruit, Protein Powder, Nuts, Ground cinnamon, Seeds (pumpkin, hemp, sesame)

Serve in a Glass jar with a lid so you can have it on the go or store it in the fridge for later!

Method

Mix Chia seeds and liquid together in a jar or shallow bowl and refrigerate until firm (ideally 2-4hrs).

Top with Coconut



PANCAKE SUNDAY.

Ingredients

2 Ripe Bananas mashed

6 Eggs beaten

1 tsp Cinnamon ground

2 tbs Coconut Flour

Ice to blend

Method

Place all ingredients into a bowl and mix

Heat frying pan on medium. Add choice of oil to pan - coconut, butter, ghee.

Spoon mixture into pan and cook on each side until light brown and reasonably firm.

Serve with Yoghurt and/or Coconut Cream, Berries, 100% Maple Syrup.

Poached eggs, Sweet Potato mash.


Enjoy!



**Wholesome
goodness for the
whole family, add
grated sweet potato
instead of banana
for a savoury option**



**Invest in an
efficient grater.
Your patience will
thank you for it!
Aim for as many
colours as possible
in your bowl.**



BUDDHA BOWL.

Ingredients

½ raw Carrot grated

½ raw zucchini grated

½ raw beetroot grated

½ cup cooked Quinoa

½ cup protein source (see below)

Add 1 handful Leafy Greens

Optional

Protein source: Legumes i.e kidney, lentils, butter beans, chickpea.

Meat (fish, poultry, red), Eggs

Method

Place ingredients into serving bowl (a medium to large one) and dress with Tahini Miso Dressing to serve (see overpage).

Enjoy!



TAHINI MISO DRESSING.

Ingredients

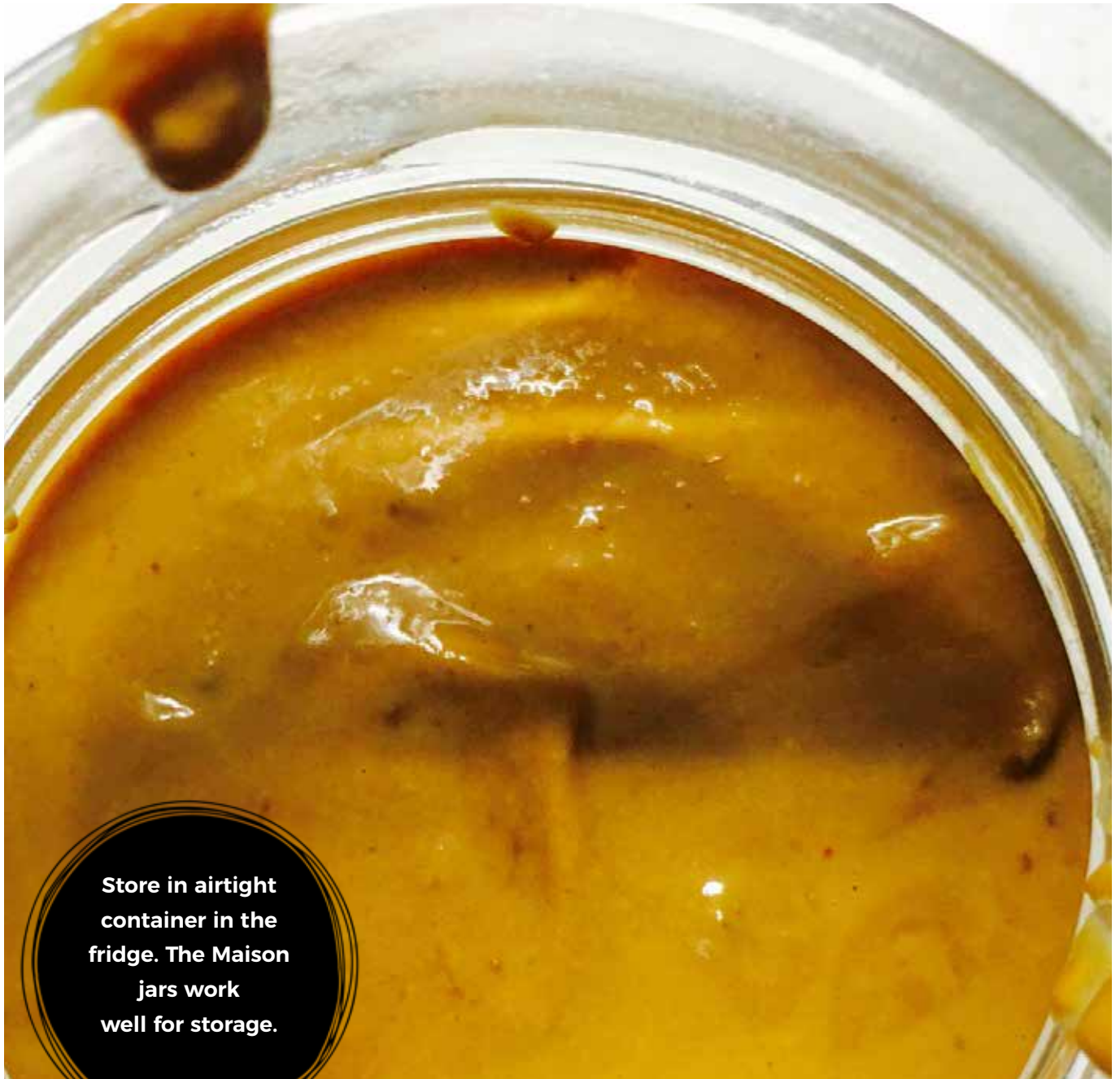
6 Tbls Tahini
2 Tbls Miso Paste
4 Tbls Apple Cidar Vinegar
1/8 cup boiling water
Juice of 1 lemon
1 Tbls Tamari (gluten free) or Soy sauce

Optional

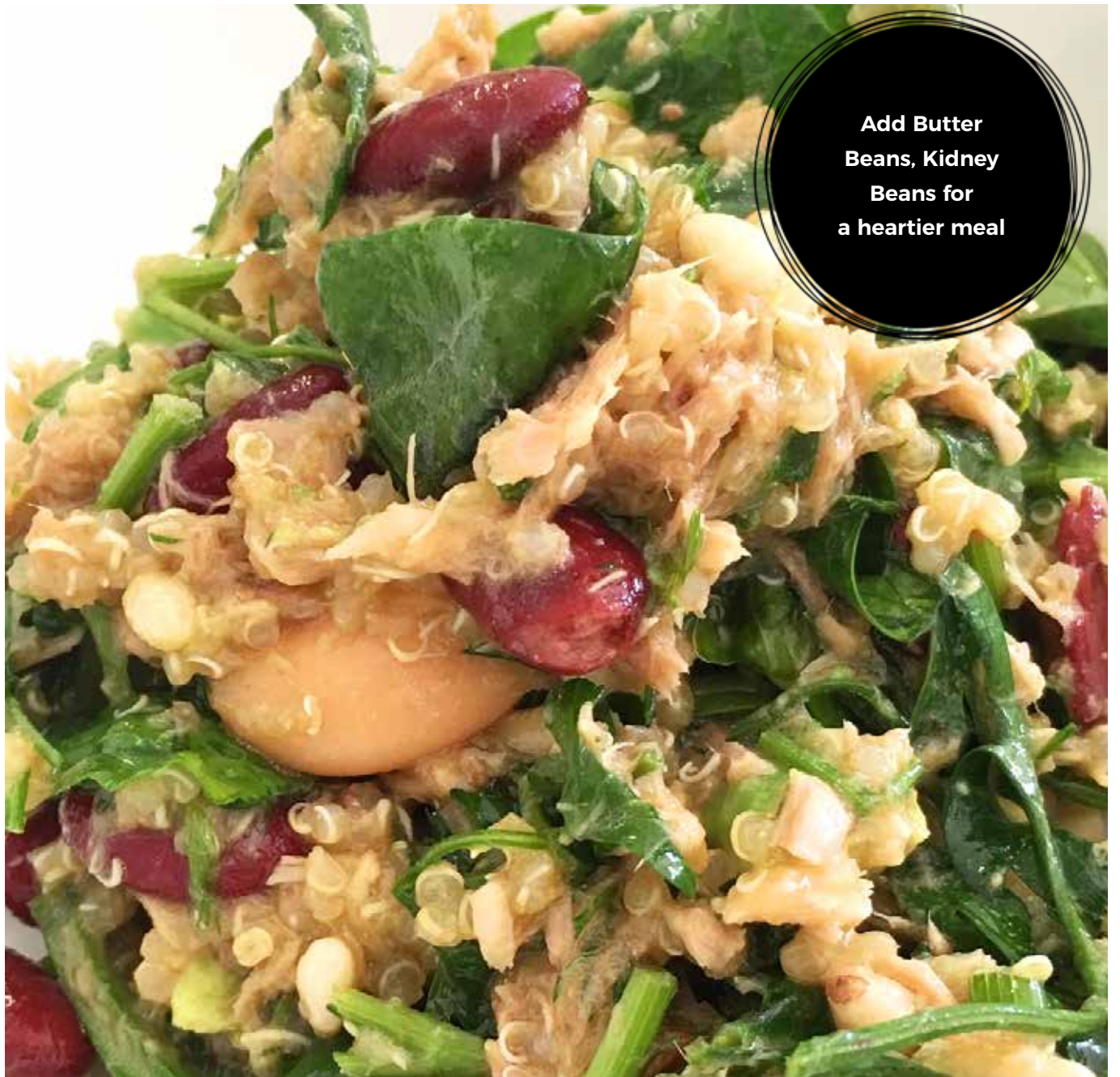
1 Tbls Activated Yeast, 1 Tbls raw Honey

Method

Combine all ingredients in a bowl/food processor or blender and whisk until smooth.
Keep adding boiling water until you are happy with the consistency/thickness.
Enjoy!



**Store in airtight
container in the
fridge. The Maison
jars work
well for storage.**



**Add Butter
Beans, Kidney
Beans for
a heartier meal**



TUNA TABOULI.

Ingredients

- 2 cups Quinoa (cooked)
- 1 bunch Flat Leaf Parsley
- 1 can of Tuna
- 2 Tbs Sunflower Seeds
- 2 Tbs Pumpkin Seeds

Dressing

- 1/8 cup Extra Virgin Olive Oil
- Juice of 1 Lemon
- Pinch Himalayan Salt/Celtic Salt & Pepper.

Method

- Combine Quinoa, Tuna, chopped Parsley and Seeds into a bowl and mix.
- Whisk lemon juice, Olive Oil, Salt and Pepper together in a cup and pour over tabouli to serve.
- Enjoy!

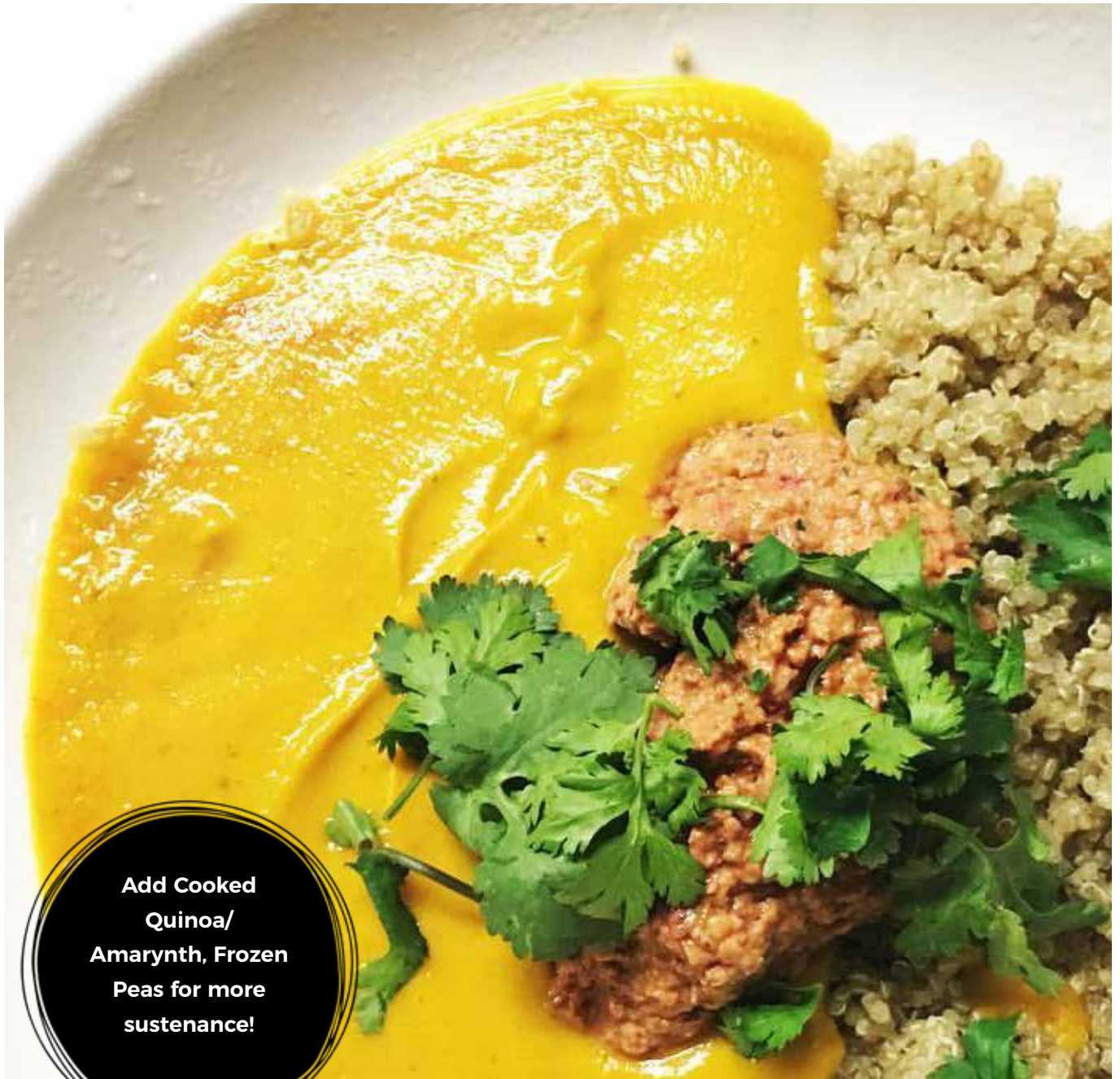
TUMERIC COCONUT PUMPKIN SOUP.

Ingredients

2 Garlic Cloves chopped
1 Onion chopped
1 cup Pumpkin chopped
1 cup Sweet Potato chopped
2 Carrots chopped
2 Tbls Cumin ground
2 Tbls Smoked Paprika ground
1 can Coconut Cream
2 cups Liquid (Water/Vegetable stock/
Chicken Bone Broth)

Method

Pre steam or grill the Pumpkin, Carrot, Sweet Potato.
Add 2 Tbs of Coconut Oil or Ghee to a big pot on medium heat.
Add the Onion and Garlic, cook until light brown.
Add the cooked vegetables, herbs and liquid.
Simmer on a low to medium heat for 30min.
Add the Coconut Cream and stir.
Cool and puree if desired (I do this in the vitamix)
Keep adding boiling water until you are happy with the consistency/thickness.
Serve with a drizzle of Extra Virgin Olive Oil, Chilli (fresh or paste), coriander,
Himalayan salt and pepper.
Enjoy!



**Add Cooked
Quinoa/
Amarynth, Frozen
Peas for more
sustenance!**



**Makes for a
tasty pre, post
workout treat
or wholesome
snack during
your day!**

ENERGY BALLS.

Ingredients

1.5 cups mixed Nuts

1.5 cups chopped Dried Fruit (prunes, figs, sultanas, medjool dates etc)

2 Tbs Orange Zest

6 Tbs Coconut Oil

2 Tbs Cacao Powder

1/8 cup Flaxseeds

1/8 cup Pumpkin Seeds

Optional

Himalayan Salt, Peppermint Essence

Method

Place Nuts, Flaxseeds and Pumpkin seed into a high powered blender i.e Vitamix and blend until reach desired texture.

Remove and pour into a large mixing bowl

Place Dried Fruit, Honey, Coconut Oil, Cacao into blender and blend until a thick paste forms.

Add to the mixing bowl and mix both wet and dry ingredients together.

Place Coconut or Sesame seed onto a flat board or plate.

Roll a tablespoon of mixture into a ball with your hands, rolling over the coconut/sesame seeds until all covered.

Refrigerate or freeze straight away for best results.

BANANA BREAD BANDIT.

Ingredients

1 cup Almond Meal (I pulse 1 cup raw almonds in the vitamix)
2 Medium Ripe Bananas
1/4 cup 100% Maple Syrup
2 Eggs beaten
1/2 cup Extra Virgin Olive Oil
1 Tsp Baking Powder
1/4 cup Coconut Flour
1 handful of Blueberries

Method

Preheat oven to 180 degrees, line baking tray with paper and/or grease with oil/ ghee/butter.

Combine wet ingredients to bowl (Bannas, Olive oil, Eggs, Maple Syrup) and mix.

Fold in dry ingredients (Almond meal, Baking powder, Coconut flour).

Add blueberries.

Pour into a baking container when you're using the above Cook until golden brown and reasonably firm.

Stand and cool for at least 15min as it will firm up further although will be a moist tasty consistency.

If you prefer muffins instead, line each muffin space in the tin and pour the mixture in.

Optional

1 Tbl Ground Cinnamon
Protein Powder
2 Tbls raw Cacao Powder

Note: Coconut flour is amazingly absorbent so you can't substitute it for traditional flours or grains as it doesn't work on a 1:1 ratio. Treat it on a 1:4 ratio i.e 1 part coconut flour to 4 parts traditional flour/grains.



**Berries are great if
you have access to
farmers markets and
they are in season.
Otherwise use
chopped dried fruit i.e
prunes, figs, sultanas**



Makes for a
tasty pre, post
workout treat
or wholesome
snack during
your day!

BERRY MOUSSE PUDDING.

Ingredients

2 ripe Bananas

½ ripe Avocado

2 Medjool Dates sliced

2 Tbs raw Cacao Powder

1 Egg (raw)

Method

Place all ingredients into blender and blend on medium high until mixture is smooth.

This serves 2 people. For a celebration cake triple the mixture and serve in a large bowl topped with berries.

Tip: For a slice with a crust, use the energy ball recipe and press down firmly into a cake container then freeze for an hour until firm. Pour mousse mixture on top of crust, and top with berries.



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