

# HKM Reset Taster eBook



#hkm





# HKM Reset

The HKM Reset isn't another short-term diet or detox, but a way to kick start your new lifestyle around food.

In our HKM Reset eBook, we guide you step-by-step to hit the reset button on your diet and create new healthy eating habits that last. You'll learn and experience what it's like to eat healthy everyday, with daily meal plans, weekly shopping lists and 1:1 support from us to help make your transition to healthy eating easy and enjoyable.

We've created weekly plans that are both flexible and convenient for your lifestyle while improving your mindset and overall relationship with food and exercise. We'll show you how to incorporate great nutrition into your daily lives to make healthy living a reality without it being all consuming.

Start your HKM Reset by following these steps ...

**Step 1:** Buy our HKM Reset eBook - \$25

**Step 2:** Get in touch with us about a Nutrition Pack

**Step 3:** Join the HKM Tribe (our closed facebook support group) - FREE



# The Best Scrambled Egg

4 Eggs  
2 Tbsp. coconut cream  
Coconut oil  
Salt & Pepper

This scrambled eggs recipe is absolutely delicious and also incredibly easy to cook up. If you're use to normal scrambled eggs, then you will find this recipe a bit different as we use coconut cream instead of normal cream.

The coconut cream in this recipe helps make these scrambled eggs the creamiest and tastiest you will probably ever have!

## Method

In a mixing jug, beat together the eggs & coconut cream.

Next, in a small frying pan over low-medium heat, melt the coconut oil.

Once melted, pour in the egg mixture.

Once the egg starts to firm around the edges, fold the mixture through using a spatula.

Depending on how hot the pan is, it will take a few minutes for the egg to cook. You will need to be careful not to overcook the egg. (Being slightly runny is still fine)

Once cooked, simply serve and enjoy!



# Avocado & Tuna Salad



3 small cans tuna in oil, drained and flaked  
1 cucumber, sliced  
2 large or 3 medium avocados, peeled, pitted & sliced  
1 small/medium red onion, thinly sliced  
½ small bunch of coriander  
2 tablespoons lemon juice, freshly squeezed  
2 tablespoons extra virgin olive oil  
1 tsp sea salt, or to taste  
Pinch black pepper

## Serves 4

In a large bowl combined sliced cucumber, avocado, finely sliced red onion, drained tuna & coriander.

Drizzle with lemon juice, olive oil and toss. Taste and season with salt and pepper.





# Chicken Wings

## with Tomato, Basil & Greens



1.5kgs chicken wings  
3 tablespoons coconut oil  
2 onions, chopped  
3 teaspoons of crushed garlic  
1 cup of white wine  
600g canned whole peeled tomatoes  
2 bay leaves  
2 teaspoons dried rosemary  
½ cup of pitted black olives (optional)  
2 tablespoons chopped parsley  
125ml chicken stock or broth  
Sea salt and freshly ground black pepper  
1 big handful of baby spinach or 2 silverbeet leaves, finely chopped  
1 tablespoon apple cider vinegar  
Basil to serve

### Serves 4

Preheat the oven to 180C degrees

Heat the coconut oil in a large, deep ovenproof frying pan or casserole dish over medium-high heat. Cook the chicken wings, in batches, for 3 minutes on each side, or until golden.

Remove from the pan and set aside.

Reduce the heat to medium, add the onion to the pan and cook for 8 minutes or until translucent. Add the garlic and cook for a further 1 minute. Add the wine and cook for about 5 minutes until it evaporates, then add the tomatoes (crushing with a wooden spoon), bay leaf, rosemary, olives (if using), parsley, chicken stock and chicken wings. Season to taste with salt and pepper.

Place the pan in the oven and cook for 35 minutes, then add the baby spinach or silverbeet and gently mix through the sauce. Cook for a further 5 minutes, or until the chicken is cooked through.

Mix the apple cider vinegar through the sauce and serve scattered with the basil sprigs.

This recipe also works really well with meatballs, lamb shanks or seafood.





# Bliss Brain Balls

1 cup sunflower seeds  
2 cups walnut halves, raw  
8 medjool dates, pitted & coarsely chopped  
1 cup desiccated coconut  
2/3 cup cocoa powder  
1 pinch salt  
¼ cup water

Combine all ingredients in a food processor and process until the mixture forms a dough

Add a little extra water if needed to ensure it is well combined.

Form the dough into medium-sized balls by rolling a portion between your palms.

Place the finished balls on a tray lined with waxed paper or in a container and chill for 30 minutes before serving.

At HKM we love and use a vegan certified, plant-powered protein powder that provides 20g of vegan protein, plus more than 20 essential vitamins and minerals per serving, delivering essential amino acids. The recipes below are based on our recommended protein powder, which we can supply you. Contact us at [info@hkm.co.nz](mailto:info@hkm.co.nz) for orders. If you are sourcing your own protein powder then follow the instructions on the pack.

### Hearty Boosted Protein Shake

- Vegan protein powder
- ½ cup of almond milk or rice milk
- 1 tablespoon of nuts (healthy fats)
- ¼ cup of frozen berries
- ½ cup to 1 cup of frozen spinach or kale
- 250-500 ml water or ice as desired

### Recovery Support Shake

- Vegan protein powder
- ½ cup almond milk
- ½ cup of fruit (banana, pineapple or mango)
- 250-500 ml of water or ice as desired

### Almond Butter Shake

- Vegan protein powder
- 250-500 ml water or rice/almond milk
- 4-6 ice cubes
- 1 tablespoon of natural almond butter
- ½ fresh or frozen banana

### Very Berry Shake

- Vegan protein powder
- 250-500 ml water or rice/almond milk
- 4-6 ice cubes
- 1 cup mixed frozen berries (or substitute with 1 cup of your favourite berry)

### Banana & Berry Fruit Shake

- Vegan protein powder
- 250-500 ml water or rice/almond milk
- 4-6 ice cubes
- 1 cup frozen berries
- ½ fresh or frozen banana

Blend ingredients until smooth for all recipes.

Please note: The overall kilojoule content per shake will vary depending on how you personalise your shake.

