

A GUIDE TO HEALTHY EATING

FOODS THAT HEAL

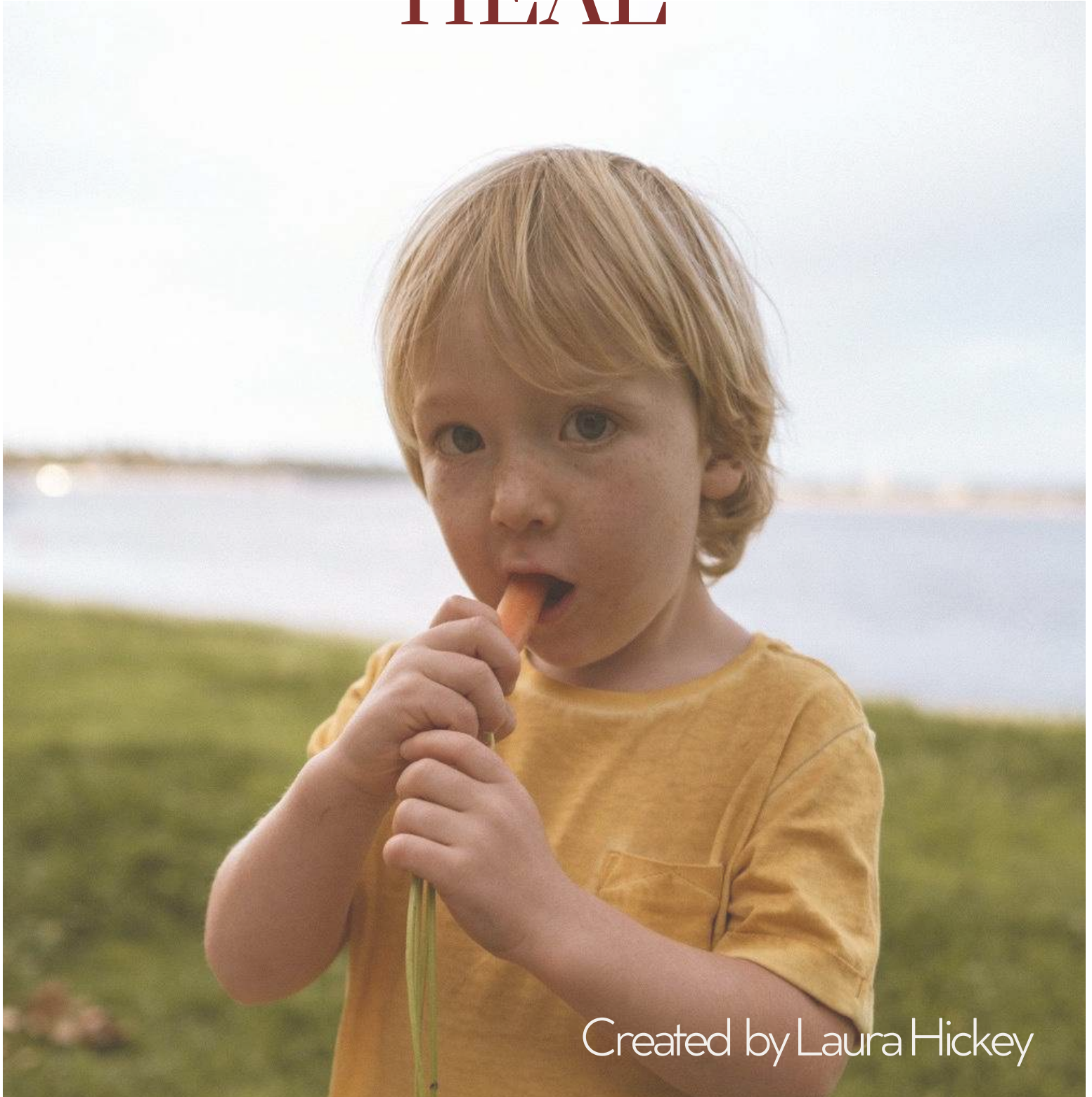


Fremantle
Natural Health



A GUIDE TO HEALTHY EATING

FOODS THAT HEAL



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About Me - Laura

I am a Naturopath, herbalist, nutritionist and kinesiologist. I have been practicing as a clinical Naturopath since 2012 after graduating with a Bachelor degree from Endeavour College of Natural Health and Kinesiology since 2016 after a two year diploma from O'Neil Kinesiology.

I am the founder and owner of Fremantle Natural Health, where I have the pleasure to work my dream job and help others restore their health and wellness with my ever growing knowledge and skills in all things natural medicine. .

Prior to qualifying as a Naturopath I spent many years working as a cook in catering and hospitality. Mother of three I love providing my family with nourishing delicious food. Food that tastes great and makes you feel good - that's what I'm aiming for in the kitchen.

I compiled this book as a tool for the group detoxes I do twice a year at Fremantle Natural Health. All recipes are gluten, dairy, refined sugar and mainly egg free. Most of these recipes are ones that I use at home with my family, some I have created myself and others I found online or from some of my favourite cookbooks, I hope that you find something in here that you love and can enjoy sharing with friends and family



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Detox Diet Plan and Information

Introduction

Sometimes it is nice to give our bodies a break from the hard work of processing certain foods and substances. The following list of foods and substances can increase free-radical activity, obstruct the flow and function of our body systems, damage the fragile micro-villi of our gastro intestinal tract, increase inflammation, burden the liver and leave us feeling fatigued.

In order to really detox we need to give our body a break - a chance to heal and repair itself. The best way to do this is to eliminate:

- Sugar
- Refined carbohydrates
- Alcohol
- Preservatives, artificial flavours & colours
- Cigarettes
- Recreational drugs
- Non essential pharmaceuticals
- Gluten
- Dairy
- Eggs - Limit to 4 per week
- Caffeine - including green tea
- Trans fats (fried foods, margarines)
- Xenoestrogens - heating foods in plastics, BPA lined tins etc

Heal and Repair the Gastro Intestinal Tract

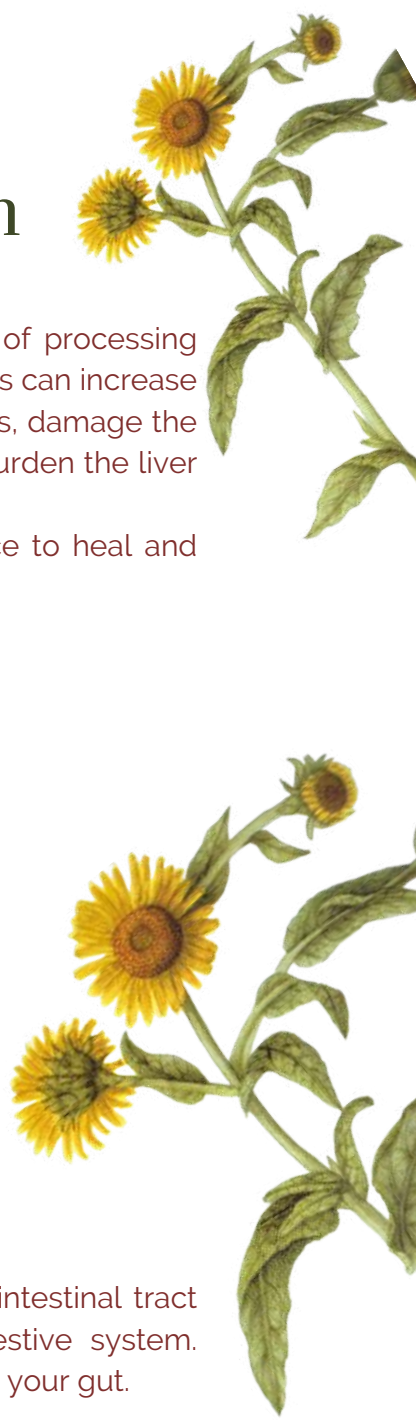
The major pathway to good and bad health in the body is the gastrointestinal tract (GIT). Therefore the first step to a healthy body is a healthy digestive system. Removing the above irritating and inflammatory foods will aid in healing your gut.

It's also strongly recommended to:

- Avoid over eating - Overeating burdens and slows the digestive system
- Do not eat within three hours of going to bed
- Moderate animal protein and preference organic, grass fed, pasture raised eggs, meats and small wild fish

Increasing our intake of other foods will aid the detox process and will nourish the digestive system:

- Eat a fibre rich diet
- Eat an abundance of vegetables. At least 70-80% of your meal should be vegetables
- Leafy greens, cruciferous vegetables and bitter greens all stimulate digestion and support detoxification
- Regularly include sprouts and micro greens in your diet
- Include plenty of anti-inflammatory foods
- Try adding a turmeric latte to your daily routine to aid in reducing inflammation (see recipe book)



Intermittent Fasting

Give digestion a rest with intermittent fasting:

- Three days of 16 hour intermittent fasting and;
- At least two days of 12-13 hour fasting every week

This means if you finish your dinner at 6pm on Monday night you can eat again 16 hours later (10am Tuesday). If you want to lose weight you may choose to limit to two main meals in the 8 hour eating period and/or add more days with a 16 hour intermittent fast.

Improve Lymphatic Clearance, Digestion and Liver Function

- 500ml of water with the juice of 1/2 a fresh lemon/lime first thing in the morning
- 500ml celery juice 20-30 minutes after your lemon water
- Water - lots of good quality filtered water - at least 2.5-3L daily
- Daily moderate exercise, moving your body moves your lymphatics and helps to drain the toxins - 30 minute walk daily at a minimum

Celery Juice guidelines

Celery Juice every morning - 20-30 minutes after lemon water. **Pure celery** - do not add ice, or lemon or anything else - pure celery nothing else. Trim the leaves and give it a wash and **juice**. Drink immediately, the juice **must be fresh**. Do not eat anything else for 30 minutes afterwards.



Other Elements to Include

Massage is excellent for clearing the lymphatics and stimulating toxin release as well as relaxation and nervous system health - so treat yourself!

Infra-red sauna is an excellent detox accelerant - I recommend [The Neighbourhood Sauna in South Fremantle](#)

Colonic Irrigation also speeds up detoxification and gives your colon a deep cleanse

Oral Health

Our digestive system starts in our mouth. Good oral health is essential for good over all health

- Visit your dentist if you are due a check up
- Bone broths, calcium rich foods, vitamin D and A are all excellent for bone and tooth health
- If you have any teeth issues or gum disease, discuss with Laura as there are specific probiotics and herbs that can really help

Good Quality Sleep

Give yourself at least 8 hours of good quality sleep every night. Get to bed before 10.30pm. Our body does a lot of detoxing and cleansing of the blood while we sleep.

Minimise Stress

Stress is bad for our health. It impairs digestive function, increases cortisol levels which interrupts blood glucose metabolism, impairs immune function. So if you are stressed take time to de-stress. Practice yoga, long walks on the beach, deep breathing exercises, counselling, kinesiology, meditation.

Variety

Good health is about excluding and moderating unhealthy foods, but the core of it revolves around what we **do** eat. Variety is essential, seasonal is always best and organic is optimal. Vegetables, fruits and herbs are the key to great health.



Food Guidelines

Organic/biodynamic is best. A detox aims to minimise toxic load - eating organic and biodynamic eliminates added toxins. Second best is to choose locally grown, fresh, seasonal fruit and veg, nuts, seeds and grains. Organic tastes better, feels better, is better for you and better for our environment - however eating a high amount of fresh fruit and veg is the most important thing, organic comes second.

Meat - Organic/biodynamic grass fed, pastured, free range, regenerative farming, wild game is best.

Fish - avoid farmed fish (including salmon), choose sustainable local fish such as whiting, bream, herring, sardines, anchovies. For more information view the [sustainable seafood guide](#) online or download the free app on your phone.

Salt - Choose a good quality sea, lake or rock salt, such as local Deborah lake or celtic sea salt. These are higher in other important minerals and taste better. Don't over do salt. If you are a big salt person, work on cutting back throughout the detox.

Oils - Fry with an unscented coconut oil or animal tallow as these are stable saturated fats and therefore will not turn into a trans fat when heated. Olive oil is second best as the oleic acid slows the cis to trans fat process. All other healthy oils from nuts, seeds and vegetables (eg avocado) should be enjoyed raw and never heated.

Vegetables - All vegetables in all forms are wonderful! Each meal should have a large vegetable component. They are alkalising and full of vitamins, minerals, anti-oxidants and other phyto (plant) nutrients which keep us healthy and feeling good. They contain many enzymes that work in the digestive system to breakdown foods we eat, aiding digestion. In warmer months, raw foods and salads are preferable. In the winter and cooler months steamed and or roasted vegetables are best as well as soups.

Fruit - Enjoy as much as you like. Fruits are full of vitamins, minerals and antioxidants like vegetables, they are nature's quick pick me up.

Eggs - Organic, pasture raised are best





Nuts and Seeds - are a valuable source of protein and are also a power house of essential fats, fibre and other nutrients including selenium, magnesium, zinc and calcium. However they contain phytates, which is a natural anti-oxidant . Phytates can bind to minerals such as magnesium, zinc, manganese, iron and calcium, in the digestive tract and carry them out in faeces. Soaking nuts and seeds improves digestibility and also removes phytates so the full mineral content of nuts and seeds can be absorbed by your body. Eating nuts without soaking them is better than not eating them at all. Aim for a handful of day of mixed natural nuts. Avoid more than 2 handfuls of nuts a day. Too many nuts are difficult on your digestive system.

Grains - Gluten free grains such as brown rice, quinoa, buckwheat and millet can all be included in the diet. Wholegrain's are a healthy source of carbohydrate that will deliver sustained energy, they are also high in minerals such as magnesium and contain beneficial fibre. Like nuts wholegrain's contain phytates, they also contain lectins.

Lectins - Have beneficial properties, they help cells and molecules stick together and play an important role in the immune system. However they can be irritating to the lining of the intestinal wall and have been associated with antagonising intestinal permeability - Soaking grains the night before and cooking them eliminates/reduces lectins.

Legumes, Beans and Lentils - are a lovely balance between carbohydrates and proteins. They are high in fibre and many essential minerals and antioxidants. As with grains they can be high in lectins and phytates so it is essential to soak and cook them before you eat them. Buying dried beans and cooking them yourself means that you are avoiding plastic lined tins and you are cooking them at a more moderate temperature. Beans and legumes in tins are not pre- soaked and rinsed and therefore are more likely to cause excessive gas and GiT upset. I cook batches and freeze in glass jars to use as I need. Once again: including them in any form, is better than not including them at all.

Basics

Carbohydrates - Grains such as brown rice, quinoa, polenta, amaranth, millet, legumes, beans or vegetables such as potato, sweet potato and to a lesser extent beetroot, pumpkin and carrot

Proteins - legumes, beans, fish, chicken, red meat, tempeh, nuts and seeds

Fats - Meat, coconut, avocado, nuts, seeds, oils, olives



Cruciferous Vegetables

- Broccoli
- Turnips
- Bok Choy
- Asian Greens
- Cabbage
- Watercress
- Mustard Greens
- Chinese cabbage
- Kohlrabi
- Kale
- Radishes
- Collard greens
- Daikon
- Asparagus
- Rocket
- Cauliflower
- Chard
- Brussel Sprouts

Antioxidant Rich foods

- Herbs have a punchy flavour and also hit the high notes when it comes to antioxidant content: Mint, dried or fresh basil, oregano, dill, rosemary, sage, thyme, coriander, parsley
- Spices like clove, allspice and cinnamon are also extremely high in antioxidants
- Buckwheat flour, red beans, kidney beans, pinto beans, black beans, russet potatoes, artichokes, tomato purees and pastes
- Spirulina
- Acai, berries especially bilberries, goji berries, blueberries, raspberry, cranberry (unsweetened), strawberry as well as prunes, apples, plums
- Green tea, black tea, prune juice, grape juice
- Fresh raw walnuts, pecans, sunflower seeds, sesame seeds and raw cacao

Anti-Inflammatory Foods

Eat lots of;

- Onion, garlic, leek
- Herbs such as sage, rosemary, coriander, parsley
- Spices such as ginger, turmeric
- Fruits such as pineapple and papaya
- Fresh raw walnuts, pecans, pumpkin and sunflower seeds, nuts in general
- Flaxseed oil, hemp seed oil, avocados, chia seeds, flaxseed
- Oily fish, especially sardines, anchovies, wild salmon

Alkalysing Foods

- Leafy greens, kale, spinach, lettuces, seaweeds, cucumber, green beans, snow peas. Anything green!
- Cruciferous vegetables
- Avocados, tomatoes, lemons, limes, grapefruits, pumpkin, radishes, beetroots, carrots
- Grasses such as barley grass and wheat grass
- Sprouts
- Almonds, pepitas, sunflower seeds, sesame, flaxseed, chia seed
- Coconut
- Buckwheat, beans, legumes, quinoa
- Garlic and onions



Detox Do's and Don'ts

- Don't build up to a detox by indulging more than ever because you're anticipating a detox! The body responds well to gentle change. It's best to take a week or a few days slowly cutting things out, drugs such as marijuana one day, coffee the next, then alcohol, then cigarettes, then sugar and trans fats and all processed and packaged foods, then gluten, then caffeinated tea etc... And when you have finished detoxing the same should happen in reverse.
- Don't over do any one food... A handful of soaked nuts a day, chicken once a week, fish twice a week, red meat once a week, one avocado a day. Don't decide you love a particular salad and eat that religiously for lunch everyday. Variety is key. Different foods contain different nutrients and each nutrient plays a different role.
- **Be prepared**, before you begin a detox. Go shopping and make sure you have the food you need, snacks included. You should not be hungry. Include healthy fats like coconut milk, nuts and seeds or add more wholegrains or starchy vegetables.
- Avoid rice crackers that are mainly white rice based, they are refined and contain a high sugar content. Choose brown rice crackers or even better make your own flaxseed crackers. Always check ingredients list for colours, flavours and preservatives. If you look at the sugar content on the packaging if it has more than 5g per 100g then it is too high.
- No sugar **also** means no white processed grains such as white rice, white rice crackers, refined gluten free products. You can enjoy unprocessed sugars such as honey, dates and maple syrup in moderation.
- Ensure you get adequate rest, minimise stress and stay hydrated. As your body clears toxins it will require lots of water, so drink drink, drink. Herbal teas, vegetable juices and good quality filtered water, water, water.
- You shouldn't be hungry. If you're finding that you are, increase your carbohydrate and/or fat intake. If you experience low energy or lightheadedness increase your carbohydrate intake. The body may take a little while to adjust, especially if it was relying on lots of refined carbohydrates like crackers, chocolate, cakes, toast and chips.



Detox FAQ's

What is a trans fat?

Poly unsaturated fats such as nut oils and vegetable oils are excellent raw, but when they are heated they turn into a trans fat. Trans fats attach to fat receptors in the body but they have no function. They are simply a disruptor that then needs to be disposed of. High intake of trans fats have been linked to increased incidence of cardio vascular disease and neurological disorders. For more info visit my website and read The Facts about Fats article under resources.

Can I fry food?

Coconut oil is a vegetable based saturated fat. Saturated fats are more stable than polyunsaturated fats and therefore are suitable for frying. The rule of thumb is, if it's solid at room temperature you can cook with it. Minimise shallow fried foods - No deep fried foods

What does no sugar really mean?

No sugar means no foods with added sugar such as biscuits, cakes, lollies, pastries, cereals, chocolate etc. No fruit juice, no sugar, no rice syrup or refined sugar products. You can have a small amount of honey or maple syrup.

Can I use sweetener?

It's nice to get used to not having sweetness in so many foods. However if you really can't get by then stevia is allowed.

Can I eat meat?

Red meat contains many important nutrients and may be consumed once or twice a week - preferably biodynamic or organic grass fed. Pastured or Free range (preferably organic) chicken may also be consumed once weekly and small wild fish may be consumed twice weekly.

Is Soy OK?

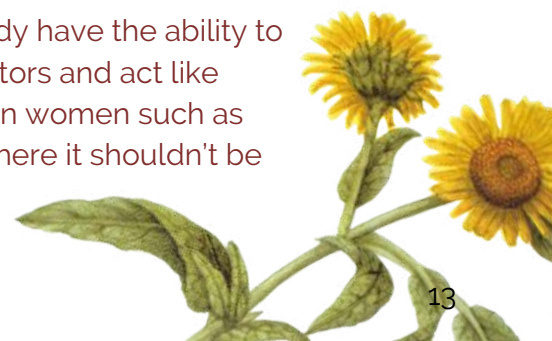
Non GMO soy products are good for your health. There is a lot of positive research on the many benefits of soy. Whole soy bean products **not** hydrogenated soy or overly processed like textured vegetable protein or poor quality soy milks. Moderate intake of organic soy products is fine.

I'm a vegetarian what protein options do I have?

Beans, legumes, lentils, nuts, seeds and eggs

What are Xenoestrogens?

Xenoestrogens are a man made substance that once in the body have the ability to mimic natural oestrogen's. They can attach to oestrogen receptors and act like natural oestrogen's leading to oestrogen dominant conditions in women such as fibroids, PMS, endometriosis, cancers or oestrogen activities where it shouldn't be such as in men and children.



Fibre

Inulin	89	Adzuki beans	7.3	Broccoli	2.4
Psyllium husk.	77.8	Elderberries	7.1	Apple	2.4
Slippery elm powder	67.7	Corn	7.3	Blueberry	2.4
Chia seeds.	34.4	Lima beans	7	Paw Paw	2.3
Cocoa Powder.	28	Avocado	6.8	Oranges	2.2
Linseed	27.3	Walnuts	6.7	Potatoes with skin	2.1
Desiccated coconut	15.4	Pomegranate	6.4	Apricot	2.1
Popcorn	14.5	Kidney beans	6.4	Cherry	2.1
Triticale flour w/grain	14.5	Blackberry	6.1	Cos lettuce	2.1
Rye flour bread	13.9	Boysenberry	6.1	Cauliflower	2
Tahini	13.5	Raspberry	6.1	Ginger	2
Rye flour	11.8	Soy beans	6	Kale	2
Sunflower seed	10.8	Pepitas	6	Capsicum	1.8
Wheat flour w/grain	10.7	Guava	5.4	Loquats	1.8
Oats	10.6	Hemp Seeds.	4	Wild rice	1.8
Navy beans	10.5	Brussel sprouts	3.8	Brown rice	1.8
Hazelnuts	10.4	Pear	3.6	Rhubarb	1.8
Pistachio	10.3	Persimmon	3.6	Mulberries	1.7
Poppy seed	10	Kohlrabi	3.4	Nectarines	1.7
Sesame seed	10	Cashews	3.3	Papaya	1.7
Buckwheat	10	Parsley	3.3	Celery	1.6
Pecan	9.6	Olives	3.2	Peaches	1.5
Artichoke	9.5	Kiwi	3	Mango	1.5
French beans	9.4	Figs	2.9	Cous cous	1.4
Coconut meat	9	Garlic	2.9	Pineapple	1.4
Almond	8.8	Beetroot	2.8	Plum	1.4
Black beans	8.7	Lupins	2.8	Millet	1.3
Macadamia nut	8.6	Quinoa	2.8	Strawberry	1.2
Brazil nut	8.5	Carrot	2.8	Grapes	1.2
Split peas	8.3	White flour	2.7		
Peanut	8.2	Banana	2.6		
Dates	8	Peas	2.6		
Lentils	7.9	Cabbage	2.5		
Chickpeas	7.6	Eggplant	2.5		
Mung beans	7.6	Shitake mushroom	2.5		



Fibre

Fibre is a component of plant foods that is resistant to digestion in the small intestine, but may have complete or partial digestion in the large intestine through fermentation and bacteria. Fibre is rich in the outer parts of grains (wholegrains), it is also high in nuts, seeds, legumes, beans and peas. Smaller amounts are found in fruits and vegetables - mainly the skins.

Soluble and Insoluble - What's the difference?

The soluble and insoluble component of fibre is relative to its solubility in water

- Soluble - Dissolves in water
- Insoluble - Doesn't dissolve in water

Many fibre rich foods contain a mixture of both soluble and insoluble fibre. Most grain products and vegetables contain more insoluble than soluble whilst nuts, seeds, legumes, lentils and beans have a higher soluble content.

Functions of Fibre

- Rids the body of toxins
- Stabilise blood sugars
- Lowers cholesterol
- Lowers excess hormones such as oestrogen
- Promotes laxation
- Improves acidity of the colon which promoted growth of good bacteria

Fibre and Bacteria

Soluble fibres are fermentable, promoting the growth of friendly bacteria that live in the colon. They are therefore referred to as prebiotics. Prebiotics are linked to improved immunity, digestive health, decreased likelihood of allergies, reduced systemic inflammation, improved nutrient absorption and many other benefits.

Fermentation of insoluble fibre produces short chain fatty acids which feed and maintain the function and health of the cells of the colon and digestive tract in general.



Intermittent Fasting

Humans, like other animals, evolved in environments where food could be relatively scarce. There were times of feast and famine. We developed numerous adaptations that enabled us to function at a high level, both physically and cognitively, when in a food-deprived/fasted state.

Intermittent fasting (IF) encompasses eating patterns in which individuals go for extended time periods (e.g. 16-48hrs) with little or no energy intake, with intervening periods of normal food intake, on a recurring basis. IF: 60% energy restriction on 2 days per week or every other day. Time-restricted feeding (TRF): limiting the daily period of food intake to 8h or less.

Studies have shown regular IF can result in improvements in

- Insulin resistance
- HbA1c (a diabetic marker)
- Thyroid function and reductions in TSH (Thyroid stimulating hormone)
- Mitochondrial health
- DNA repair
- Autophagy (destruction of damaged or redundant cells)
- Weight loss

Regular intermittent fasting can counteract disease processes and improve functional outcomes in experimental models of a wide range of age-related disorders including

- diabetes
- cardiovascular disease
- cancers and
- neurological disorders such as Alzheimer's disease Parkinson's disease and stroke.

The metabolic switch is the point of negative energy balance at which liver glycogen stores are depleted and fatty acids are mobilized (typically beyond 12 hours after cessation of food intake). Emerging findings suggest the metabolic switch from glucose to fatty acid-derived ketones represents an evolutionarily conserved trigger point that shifts metabolism from lipid/cholesterol synthesis and fat storage to mobilization of fat through fatty acid oxidation and fatty-acid derived ketones. This serves to preserve muscle mass and function. Early research shows that IF activates signalling pathways that optimize physiological function, enhance performance, and slow ageing and disease processes.



Detox Guidelines and Recipes



Detox Week 1

Detox guidelines and recipes - as outlined on the previous pages. All of us will be starting with the basic detox in week 1

For many on the detox week one and sticking with the guidelines of the basic detox will be enough of a challenge for the 4 weeks and will leave you feeling great with a much healthier happier liver and gut.

If this is what you feel is achievable for the 4 weeks, then this is an amazing 4 week detox.



Diet Plan Week 1

Day	First thing	30 min later	Breakfast	Lunch	Dinner	Evening
Monday	500ml lemon water	500ml Celery Juice	Choc chia pudding	Salad with beans or lentils	Chickpea stew with roast and/or steamed veggies	Herbal tea
Tuesday	500ml lemon water	500ml Celery Juice	Gluten free overnight muesli with fruit and coconut yoghurt	Steamed vegetables with poached chicken	Coconut vegetable broth with tofu or fish	Herbal tea
Wed	500ml lemon water	500ml Celery Juice	Gf crepes with fresh fruit and coconut yoghurt	Vegetarian soup eg. Spicy pumpkin and lentil	Beetroot patties with quinoa cous cous and steamed veggies	Herbal tea
Thurs	500ml lemon water	500ml Celery Juice	Chia pudding with fresh fruit, granola and coconut yoghurt	Sesame seed crackers with sweet potato hummus, avocado and veggie sticks	Kichari and brown rice/millet or cauliflower rice	Herbal tea
Friday	500ml lemon water	500ml Celery Juice	Brown rice porridge or millet porridge	Left overs	Bolognaise on GF pasta or zucchini noodles	Herbal tea
Saturday	500ml lemon water	500ml Celery Juice	Cooked breakfast with spinach, mushrooms, homemade beans, kimchi, grilled tomato and avocado	Zucchini pesto noodles with or without chicken	Tofu and vegetable laksa	Herbal tea
Sunday	500ml lemon water	500ml Celery Juice	Banana pancakes	Chicken lard in cabbage cups or falafel in cabbage cups	Chilli con carne on baked potatoes with cashew sour cream and avocado	Herbal tea

Detox Week 2

As we move into week 2 we want to continue to improve on the changes we have made during week 1. Really focus on including a high amount of fruits and vegetables especially leafy greens, cruciferous vegetables, and antioxidant rich foods such as herbs, spices and nutrient dense and prebiotic rich foods such as sprouts and micro greens. Reduce your intake of processed foods including pastas and breads - if these have been in your diet.

Week two we also introduce the fat free breakfasts. So no fat from after dinner until lunch. Fats include foods such as nuts, seeds, oils, coconut, avocado, meat - this includes chia and hemp - so if you have been enjoying these for a fibre and protein boost in the morning consider eating them later in the day.

Grain Free - You may want to take week two a little step further and cut out all grains completely. This will be beneficial for reducing any inflammation in the body, brain fog and will also benefit weight loss.

On Sunday we move into the start of salad week if this is something you want to do, in order to build up to the fast.

Drink 1-2 cups of liver tea throughout the day



Diet Plan Week 2

Day	First thing	30 min later	Breakfast	Lunch	Mid After noon	Dinner	Evening
Monday	500ml lemon water	500ml Celery Juice	Oats soaked in coconut water overnight with fresh fruit	Sprout filled cabbage wraps with dipping sauce		Palak paneer with Indian potatoes cauliflower rice	500ml lemon water & herbal tea
Tuesday	500ml lemon water	500ml Celery Juice	Steamed potatoes with spinach and broccoli, topped with coriander	Sweet potato and avo nori		Chicken laab meatballs in cabbage leaves	500ml lemon water & herbal tea
Wed	500ml lemon water	500ml Celery Juice	Millet Porridge	Simple salad with beans and sprouts and fresh herbs		Baked Falafel with mint tahini sauce	500ml lemon water & herbal tea
Thurs	500ml lemon water	500ml Celery Juice	Chickpea Quiche	Asparagus Soup		Fish pie	500ml lemon water & herbal tea
Friday	500ml lemon water	500ml Celery Juice	Detox smoothie	Raw broccoli salad		Lentil Tacos	500ml lemon water & herbal tea
Saturday	500ml lemon water	500ml Celery Juice	Potato rosti with steamed vegetables and sprouts	Yellow Curry Noodles		Asian Kale Salad with meat protein or beetroot patties	500ml lemon water & herbal tea
Sunday	500ml lemon water	500ml Celery Juice	Liver Rescue Smoothie	Steamed asparagus with detox salad or broccoli soup	Two apples with 1-4 dates	Steamed asparagus with detox salad or brussel sprout soup	500ml lemon water & herbal tea

If you have chosen to go grain free with fat free breakfast, this week, you will only be having fruit for breakfast

Detox Week 3

Week 3 is where you can take the detox to the deepest level.

You can achieve this by following the detox guidelines as outlined in the diet plan below. The fast can be 1-3 days or you can just do the soup week without the fast.

If you are generally sticking to the week one or two guidelines then use week three to really push yourself a little further.

This may look like;

- Less Fat
- No/less grains
- No/less meat
- No refined products like bread/pasta/crackers/wraps

If you are following the week 3 protocol

Avoid - Radical fats (nuts, seeds, oils, coconut, animal proteins, avocados etc) entirely

Also avoid all grains, legumes, lentils and beans as well as starchy vegetables like potato, sweet potato and pumpkin

Stick to the foods outlined above - exclusively

Eat as much as you need to feel satisfied -you shouldn't be hungry

Apples

Cooling in nature, sweet and sour flavour, anti-inflammatory, reduces heat - especially summer heat. Produces fluids for the body in general, but particularly to moisten dryness and cool heat in the lungs from cigarette smoking. Stimulates appetite - increase digestive strength: remedies indigestion - this ability is due in part to the Malic acid and tartaric acids in apples, which inhibit of ferments and disease-producing bacteria in the digestive tract. Contains pectin which removes cholesterol, toxic metals such as lead and mercury and residues of radiation. Apples clean the colon - when pectin moves through the gut it collects and rids the body of microbes such as bacteria, viruses, yeast and mould. It also gathers and expels putrified, impacted protein and debris that's been hiding in the intestinal pockets and feeding colonies of harmful bacteria such as E. Coli and C. Difficile. It is an excellent anti-proliferative for healing SIBO and other digestive disorders. Red apples are best. Benefits low blood sugar conditions and the emotional depression associated with it. Apples and their juice are also cleansing and beneficial for the liver and gallbladder, actually softening gallstones.

Apples - Anti-inflammatory.

The soups are interchangeable with the detox salads. If choosing salad it is important also to include the steamed asparagus or brussel sprouts with each lunch and dinner.

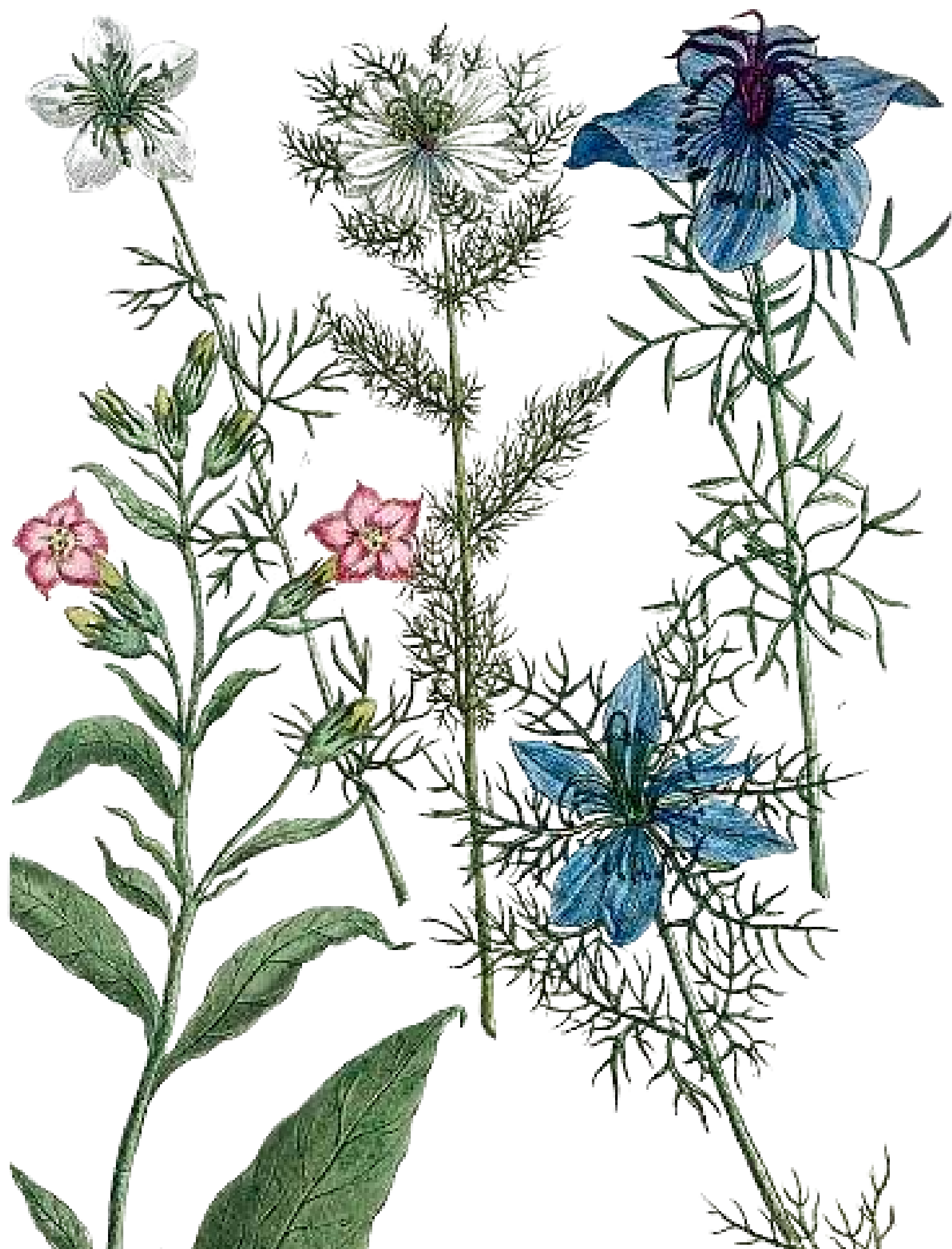
Dragon fruit powder can be found in the super foods section of peaches. You may also find in the freezer section of some supermarkets or fresh in fruit and veg shops if in season. You may need to use frozen mango depending on the season



Diet Plan Week 3

Day	First thing	30 min later	Breakfast	Lunch	Mid After noon	Dinner	Evening
Monday	500ml lemon water	500ml Celery Juice	Liver detox Smoothie	Asparagus Soup	At least two apples, with 1-4 dates plus celery sticks	Brussel Sprout Soup	500ml lemon water & herbal tea
Tuesday	500ml lemon water	500ml Celery Juice	Liver detox Smoothie	Broccoli soup	At least two apples, with cucumber slices and celery sticks	Asparagus Soup	500ml lemon water & herbal tea
Wed	500ml lemon water	500ml Celery Juice	Liver detox Smoothie	Brussel Sprout soup	450ml celery juice At least two apples, with cucumber slices and celery sticks	Pumpkin Soup to which you can add a potato if you like	500ml lemon water & herbal tea
Thurs	500ml lemon water	500ml Celery Juice	Liver detox Smoothie	Spinach soup over cucumber noodles	450ml celery juice At least two apples, with cucumber slices and celery sticks	Asparagus soup	500ml lemon water & herbal tea
Friday	500ml lemon water	500ml Celery Juice	Throughout the day you can have as much healing broth as you like. Orange juice freshly juiced and/or a 500ml 50/50 juice of cucumber and apple You can also have blended paw paw or blended melon at anytime				500ml lemon water & herbal tea
Saturday	500ml lemon water	500ml Celery Juice	Throughout the day you can have as much healing broth as you like. Orange juice freshly juiced and/or a 500ml 50/50 juice of cucumber and apple You can also have blended paw paw or blended melon at anytime				500ml lemon water & herbal tea
Sunday	500ml lemon water	500ml Celery Juice	Throughout the day you can have as much healing broth as you like. Orange juice freshly juiced and/or a 500ml 50/50 juice of cucumber and apple You can also have blended paw paw or blended melon at anytime				500ml lemon water & herbal tea

Ensure you include lots of warm vegetable broth and warming teas throughout this week to keep your body feeling warm



Detox Week 4

Post Soup/Salad week and fasting we will be transitioning back into the week 2 detox menu.

Day one post fast: Fat free morning and avoid fats all day - no coconut, avocado, oil, nuts, seeds, or animal products.

Day 2 - Fat free morning and one serve of animal or vegetable fat later in the day.

Day 3 - Fat free morning and then back to week 1/2 of the detox

Day 4 onwards - Back to week 2 and then week 1 of detox (fat free breakfasts are optional)

Day	First thing	30 min later	Breakfast	Lunch	Mid After noon	Dinner	Evening
Monday	500ml lemon water	500ml Celery Juice	Liver smoothie 1 or 2 or stewed fruits if you feel like something warm	Simple pumpkin soup	Apple (optional)	Soup - pumpkin again or something different like asparagus soup	500ml lemon water & herbal tea
Tuesday	500ml lemon water	500ml Celery Juice	Oats and /or stewed fruit. Or smoothie	Broccoli soup or raw boccoli salad	Apple (optional)	Baked falafel and mint dressing	500ml lemon water & herbal tea
Wed	500ml lemon water	500ml Celery Juice	Potato rosti with steamed vegetables and sprouts	Vegetable curry	Apple (optional)	Chickpea stew with roast and/or steamed veggies and cualiflower rice	500ml lemon water & herbal tea



Wild vs Farmed

Dandelions 6.89



Greens

WILD DANDELION



ICEBERG LETTUCE

Amount of antioxidants measured per 100 grams of fresh weight.

Sikkim crab apple 7,181



SIKKIM

Apples

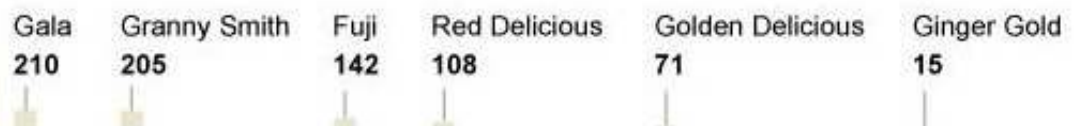


GOLDEN DELICIOUS

Central Asian crab apple 485

This is the wild species from which all modern, cultivated apple varieties descend.

Here are six:



A close-up photograph of several small glass jars filled with a breakfast meal, likely chia pudding. The jars are arranged in a woven wicker basket. Each jar contains a thick, greyish base, topped with bright yellow fruit chunks (possibly mango or pineapple), a dusting of white granules (likely sugar or coconut flakes), and a small green garnish. A wooden spoon is stuck into the top of each jar. The word "BREAKFAST" is overlaid in the center in a black serif font.

BREAKFAST

Banana Choc Chia Pudding

Ingredients

1/2 cup chia seeds
4Tbsp raw cacao powder
1/2 tsp cinnamon
2 cups almond milk, unsweetened
1/2 tsp vanilla extract
1 Tbsp maple syrup
2 medium ripe bananas, mashed

Method

Whisk the dry ingredients (chia seeds, cacao powder, cinnamon) together in a large container or bowl. then, add the almond milk, vanilla, maple syrup, and mashed bananas to the dry ingredients. Whisk everything till all combined. Cover and refrigerate the container or bowl for a minimum of 20 minutes, (or overnight). the Chia pudding will thicken during this time. Once the chia pudding has thickened, pour it into your blender and blend until smooth. this step is optional, but I love how smooth it makes the pudding!
serve and add topping as desired. or , store to enjoy later.



Chia Pudding

Ingredients

1/4 cup of chia seeds
3/4 cup of coconut cream or coconut yogurt
Berries and fruit to garnish
2 Tbls mixed seeds - sesame, pepita, sunflower and coconut flakes or granola (see below)

Method

Combine the chia seeds and coconut water in a glass or jar and stir for 20 seconds. let it sit and then give it another stir or shake it every minute for about 5 minutes., set aside for at least 20 minutes. it should thicken to a mouse like consistency. top with coconut yoghurt, fruit and nuts, seeds or granola.

Notes

This is one of my favourite breakfasts. it's super quick, very easy and incredibly nutritious. Chia seeds are high in protein, calcium and fibre. As well as providing essential fatty acids, magnesium, potassium and iron. It will keep in the fridge for 4 days. In the winter I mix with a plant based milk and warm on the stove so it is more of a chia porridge. I might add fruit to the pot like apple or pear and cook to soften and warm.



Banana Pancakes

These pancakes are very quick and easy to make. Left overs make a good lunch box snack and the ingredients are something I generally always have on hand - so they are a breakfast staple in my house.

Ingredients

1 cup gluten free oats
1/4 cup unsweetened almond milk
1 ripe banana, more to serve
1 tsp baking powder
1 tsp lemon juice
1 tsp vanilla extract
1-2 tbsp raw honey or maple syrup, to serve

Optional extra - 1 cup blueberries - frozen wild or organic
Optional add 2 eggs for added fluffiness and protein
Optional add 1 Tbl hemp powder for extra protein

Method

Place the oats in a blender and blend for about 10 seconds so that they look like an oat flour. Add all other ingredients (except berries if using) blend until smooth. Add more almond milk if needed to get a thick but pourable consistency. Once blended add the blueberries and mix in.

Cook for 2-3 min on each side, medium/low heat
top with berries, mango, banana and coconut yoghurt for a delicious breakfast.

Gluten Free Crepes

Ingredients

60g tapioca
60g cup millet flour or brown rice flour
60g of buckwheat flour or almond flour
3 eggs
200ml of plant based milk
juice of half a lemon

Method

Mix all the dry ingredients in a separate bowl, make a hole (well) in the centre of the mixture and slowly incorporate the eggs/chia flax eggs. Then gradually pour in the milk and lemon, being careful not to end up with lumpy batter.

Lightly grease a frying pan with coconut oil, ladle a large spoonful of mixture onto the hot pan, when bubbles burst on the surface and the edges go dry the crepes are ready, flip and wait another minute or two before removing. .

Serve with blueberries, and other fresh or stewed fruits, nuts or seeds, coconut yoghurt, maple syrup, honey. Or try a savoury pancake with avocado, sauerkraut, spinach and sardines.



Blueberry Muffins

these muffins are a good breakfast and also a good snack for the lunchbox or for morning or afternoon tea

Ingredients

1/4 cup white chia seeds
1 cup mashed banana
1/2 cup gluten-free oat flour or 1/2 cup gluten free flour or 1/2 cup almond meal
1/2 teaspoon baking powder
1/4 teaspoon sea salt
1/4 cup maple syrup
1 tablespoon lemon juice
1/2 cup frozen blueberries

Optional extra 2 eggs for fluffiness and protein
1 tbl hemp seed protein for protein

Method

Preheat the oven to 180C.

Place the white chia seeds in the blender alone and blend them on high until finely ground. Add the mashed banana, flour, baking powder, sea salt, maple syrup, and lemon juice into the blender and blend until smoothly combined into the batter.

Pour the batter into a bowl and stir in the frozen wild blueberries. Line a mini muffin tin with 16 mini baking cups and fill each with 1 heaped tablespoon of batter. Place the tin into the oven and bake for 20 minutes until the tops of the muffins are turning golden brown and an inserted toothpick comes out clean.

Remove the muffins from the oven and allow them to cool before eating. They will continue to firm up inside as they cool.



Brown rice porridge

Ingredients

1 cup of brown rice soaked overnight
2 cups of plant based milk
1 tsp cinnamon
Pinch of salt

Extras

2 Tbl Raspberry's
Handful of nuts, seeds and coconut lightly dry roasted on a frying pan
1 Tbl chia seeds (not roasted)

Method

Strain and rinse the brown rice. Cook the brown rice - absorption method with water 1:2 Rice to water. Once the rice is soft add the plant based milk and bring to the boil. Turn down to low heat, place lid on and cook until the rice has absorbed most of the liquid and is soft to eat. Approximately 15-20 minutes. while the rice is cooking stir it a few times to make sure it is cooking well and not sticking to the bottom.

To roast nuts, seeds and coconut place in a dry frying pan on medium heat and cook until they become aromatic and begin to change colour. Shake the pan around or use a wooden spoon to move nuts, seeds and coconut around the pan so that they cook evenly.

You may like to add a dollop of coconut cream to the porridge with the fruit before eating.



Millet Porridge

Ingredients

2 teaspoons coconut oil
1 cup uncooked millet
2 cups almond milk (plus extra as needed)
1 cup water
1/8 teaspoon salt
Hemp seeds, for topping
Maple syrup, for topping

Method

In a coffee grinder or blender, pulse the millet until it is roughly half grain, half flour consistency. Heat a pot over medium-low heat. Add the coconut oil and melt. Stir in the millet and lightly toast for 3-4 minutes.

Add the milk and water. Bring to a boil, reduce to a simmer, cover and cook for 15-20 minutes. Stir the porridge occasionally to check consistency. Millet should be

porridge consistency and the grain pieces should be soft. If the grains are not soft, add a bit more milk and continue to cook until the millet is tender.

Top with berries, banana, coconut flakes, nuts and/or seeds. Sweeten with maple syrup or honey.



Granola

Recipe by Lola Berry

Ingredients

1 cup (60 g) shredded coconut
1/2 cup (70 g) coarsely chopped macadamia nuts
1/3 cup (45 g) pepitas (pumpkin seeds)
1/3 cup (40 g) crushed walnuts
1 cup (160 g) chopped dates
Pinch of sea salt
Pinch of ground nutmeg
1 teaspoon ground cinnamon
1/2 cup (125 ml) maple syrup
1/2 cup (125 ml) coconut oil, melted

Method

Preheat the oven to 180C and line a baking tray with baking paper.
Mix all the dry ingredients together, including the salt and spices. Then drizzle them with maple syrup and melted coconut oil. Now for the fun part. Get your hands in there and mix it until everything has a nice even coating of maple syrup and coconut oil.
Spread the chunky mixture over the baking sheet and bake for 15 minutes, or until it's golden brown.
When it's cool, pop the mixture into a jar and your breakfast is ready for the week.
Serve it with chia pudding, coconut yoghurt and fresh fruit such as banana, blueberries, strawberries or mango.

Frozen Fruit Ice Cream

Ingredients

100g Frozen banana
100g Frozen Mango
100g frozen mixed berries or wild or organic blueberries
2 Tbl tahini or 100g hemp seeds

Method

Place all ingredients in a blender and blend on full speed for about 1 minute. Until completely blended and smooth and creamy.

With the ingredients it is about 100-150g of frozen fruit per person and you can use any combination. The banana really adds a nice creamy texture. 70% banana and 30% mango is my favourite combination.

In our house this is one of our summer staples for breakfast with some granola. The addition of tahini or hemp seeds boosts the protein content and I might also add other things like a seaweed calcium or prebiotic powder like inulin.

Smoothie

The smoothie is a very easy way to get maximum nutrients into one easy to drink breakfast. The nutrient content can be boosted by adding superfoods like spirulina, barley grass, chlorella, prebiotic powders or what ever you feel is best for your system. Protein is important so boost your smoothie with hemp seeds, tahini, peanut butter, or a handful of nuts or seeds. starting your day with fibre gives us longer lasting ebergy and is great for digestive health. Freshly ground flaxseed or chia are my favourites for smoothies. If the fruit is frozen it adds to the taste, this is also a great way of saving fruit that may otherwise go off, peel it and keep it in a sealed container in the freezer.

Basic Smoothie

Ingredients

1 handful of leafy greens such as silverbeet, kale, spinach, parsley, mint coriander (washed and torn)
2 Tbl chia seeds
2 Tbl hemp seeds
1 tsp - Tbl spirulina
1 tsp barley grass
1 Tbl prebiotic powder
1/4 cup blueberries,
1/4 cup mango
1/2 frozen banana
1/2 cup plant based milk or coconut water - to the consistency you like.

Due to the chia this smoothie will thicken the longer it stands.
You can also add, cucumber, lime or lemon juice, coconut oil, inulin, maple syrup, honey. Anything that blends and is tasty and nutritious.



Heavy Metal Detox Smoothie

This is the heavy metal detox smoothie as created by medical medium Anthony Williams - I did see a slight reduction in my mercury after taking this most mornings for 6 months. Heavy metals aside it is charged with superfoods and antioxidants and is a great way to start the day.

Ingredients

1 Bananas (optional)
1/2 cup of wild frozen blueberries - IGA
1 tsp spirulina
2 tsp barley grass powder
1 tsp dulse seaweed flakes
1/4 cup coriander - one big sprig
1 tbl honey/maple syrup or to taste (optional)
You can also add coconut water, or a plant based milk, chia seeds, parsley, dates or other fruit.
Drink this 5 mornings a week morning daily for 1-6 months. The longer you do it the more you will remove heavy metals from deep inside organs, tissues and glands.

Oestrogen Reducing Smoothie

Many women suffer from excess oestrogens, this may be due to poor clearance from the liver, over production by ovaries, or exposure to xenoestrogens from plastics like PBA's. Excess oestrogens are linked to heavy painful periods, PCOS, Endometriosis and oestrogenic cancers like breast, ovarian, cervical.

Ingredients

1 x apple chopped
1 banana or you choice of fruit for flavour, sweetness and texture
Handful of blueberries or 1 Tbl acai powder
1/2 grapefruit (optional)
2 x Tbl flaxseed
1 Tbl Broccoli sprout powder or handful of broccoli sprouts
2 tsp turmeric powder
1 tsp ginger powder
1/2 tsp cinnamon
1 Tbl spirulina
1 cup organic, non gmo soy milk



Detox Smoothie

Option A

Ingredients

2 Bananas or
1/4 papaya, cubed
2 Tbl powdered dragon fruit
2 cups organic blueberries
1/2 water (optional)

Option B

Ingredients

1 Banana or
1/8 papaya
1 med mango
2 Tbl dragon fruit powder
1 celery stalk
1/2 cup sprouts (any variety)
1/2 lime
1/2 cup water (optional)

Watermelon Slushy

Ingredients

2 cups fresh watermelon cubes
2 cups frozen watermelon cubes
1 lime, juiced

Blend the fresh and frozen watermelon together with the lime juice until smooth. Serve and enjoy!

Turmeric Latte

Ingredients

1 can coconut milk
1 tablespoon turmeric
1/4 tsp black pepper
1 tsp honey
pinch nutmeg
1/4 tsp cinnamon
Heat in a pot and whisk.



Chickpea Quiche

This can be enjoyed as a fat free breakfast option, or as a lunch or dinner.

Ingredients

- 2 cups broccoli florets
- 2 cups halved cherry tomatoes
- 2 cups red diced onion
- 4 garlic cloves, skins on
- 1 cups water
- 1 1/2 cups chickpea flour
- 2 Tbl fresh lemon juice
- 1 teaspoons salt
- 1 teaspoons vegetable or chicken stock concentrate

Preheat oven to 180C

Spread the broccoli, tomato, red onion and garlic on two oven trays lined with baking paper and roast for 15-20 minutes until tender.

Peel the roasted garlic gloves and place into the blender along with the water and chickpea flour, lemon juice, stock, and salt and blend until a smooth batter forms.

Pour the batter into a large mixing bowl and stir in all the roasted vegies.

Pour this mixture into a quiche dish or you may want to make mini quiches in muffin trays.

Bake for 30-35 minutes opening half way to release steam. The quiche is done when the top is browned and toothpick inserted inside comes out clean.

This quiche freezes well.



Homemade Baked Beans

Ingredients

1 tbsp Olive oil
1 onion finely diced
2 cloves Garlic, minced
1 - 2 tsp Spanish Smoked Paprika
300g Passata
1 tbsp Tomato Paste
60ml Chicken / Vegetable Stock
195g cooked Haricot (Navy) beans

Method

Heat oil in a sauce pan over medium heat.
Add onion and cook gently for 5 minutes, add the garlic and allow to sizzle but be careful not to burn.
Reduce heat to low, add the smoked paprika and stir.
Add the passata and stock turn up the heat until bubbling and then turn to low and simmer for around 20 mins (until the sharp taste of tomato has gone and the sauce has thickened.)
Add the beans and simmer for a further 10 mins.
Season to taste

You can do larger batches of this and freeze portions, taking them out the night before for breakfast.

Potato Rosti

Ingredients

1 large starchy potato, peeled and grated
1/2 tablespoon arrowroot or tapioca flour
1/2 spring onion (optional)
1/4 teaspoon salt

Method

Preheat oven to 220 degrees
Line a baking tray with baking paper
Combine all ingredients
Drop 1/4 cup portions of potato mixture onto paper and shape into circles 1/4 inch thick
Bake rosti for 20 minutes, remove from oven, carefully flip and return to oven for 5 mins
Enjoy with Homemade Baked Beans



Homemade Oat Milk

Ingredients

100g oats
1 litre water
Pinch of salt
1 teaspoon maple syrup

Method

Blend all ingredients at high speed for 1 minute
Drain through cheesecloth or muslin
Store in the fridge up to 2-3 days (freeze half if needed)

Overnight Oats and Fresh Fruit

Oats with coconut water and fresh fruit is a simple easy fat free breakfast. Soak the oats in the coconut water overnight - Soaking oats helps reduce the phytic acid content, a natural compound that can bind to minerals and prevent their absorption. By soaking, the oats become more nutritious, allowing your body to better utilize the fiber, vitamins, and minerals they contain. It also increases the prebiotic starch content - feeding more good bacteria in the gut.

Congee

Ingredients

1 cup rice
3-4 cups homemade stock or water
1 spring onion
2cm knob ginger
Large handful of English spinach
Organic tamari (to taste)
1/2 - 1 teaspoon sesame oil (optional)

Method

The day before desired soak rice with a squeeze of lemon. In the evening bring rice to the boil and cook adding stock/water as needed to make porridge (the grains should start to disintegrate after 2 hours, cool and put in fridge)
In the morning place half of the rice in a pot with a little water
Meanwhile peel ginger and cut into thin matchsticks, wash spinach and slice spring onion
When the rice is heated through place in a bowl and top with spinach (spinach preferred), add ginger and onion
Splash with tamari to taste, finish with sesame oil





A top-down view of a white ceramic bowl filled with a vibrant yellow soup. The soup has a slightly textured surface with small bubbles. Several asparagus spears are arranged in the center of the bowl, some showing their green tips and others their brown, cooked bases. Small black specks, likely pepper, are scattered across the surface of the soup. The bowl is set on a white plate with a thin orange rim. A portion of a grey cloth is visible in the upper left corner.

LUNCH & DINNER

Basics

Here are a few basics foods and ideas that make up some of the plant based paleo style eating.

Egg Replacement

Ingredients

1 Tbl Freshly ground flaxseeds or chia seeds
3 Tbl filtered water

Method

Place the ground flaxseeds, or chia seeds in a bowl add the filtered water and whisk well to combine. Allow to sit for 15 minutes to develop a gelatinous texture, similar to eggs.

3 Tablespoons of this equals 1 egg.

You can make a large quantity and store in the fridge for up to 1 week.

Gluten Free Flour

Ingredients

1/3 cup tapioca or arrowroot
1/3 brown rice or millet,
1/3 buckwheat or almond meal

These combinations act as a great substitution in most recipes. I will sometimes add a tsp of xanthan gum if it is for a pastry.

Cauliflower Rice

Cauliflower rice works well with curries, braises, even as a substitute for sushi rice (you just need to bind it with avocado and a little tahini).

Place the cauliflower in a food processor and pulse into tiny, fine pieces that look like rice.

To cook you can fry or steam.



Zucchini Noodles

Make Curly "Spaghetti" Zucchini Noodles using a Spiralizer.

Make "Angel Hair" Zucchini Noodles using a Julienne peeler.

Make "Fettucine" Zucchini Noodles using a Mandoline and a knife.

Make "Pappardelle" Zucchini Noodles using a regular vegetable peeler.

Make Lasagna Zucchini "Noodles" with a sharp knife.



Dairy Free Butter

In a blender combine 50% unscented coconut oil, with 50% olive oil, add a pinch of salt. Blend until well combined, scrap into a jar and store in the fridge ready for use.

Vegan Mayonnaise

Ingredients

1/2 cup soy milk, (125mL)

2 teaspoons apple cider vinegar, or lime juice or white vinegar

1/2 teaspoon garlic powder

1/2 teaspoon sea salt

1 teaspoon dijon mustard

1 cup oil, I recommend any neutral oil - I use grape seed with a little olive oil for flavour.

Method

Make sure all your ingredients are room temperature.

Add the soy milk, apple cider vinegar, garlic powder, sea salt and mustard in the immersion blender beaker/jar and stir together.

Pour the oil over the soy milk mixture. Let it sit for about a minute.

Place your immersion blender into the bottom of the jar. Blend and keep it firmly pressed against the bottom for about 15 seconds while the mixture emulsifies. Slowly move the blender up and down to properly blend and incorporate all the ingredients until thick and fully combined.

Taste and add/adjust any ingredients if needed. Place in a sealed jar in the fridge. It thickens up in the fridge even more.



Beetroot Patties

Recipe by Luke Hines

Ingredients

55g hulled hempseeds, plus 3 Tbl extra
175g sunflower seeds, plus 3 tbl extra
2 beetroots peeled and coarsely chopped
2 teaspoon onion powder
1 tsp sea/lake/rock salt
1/4 tsp freshly ground black pepper
1 tsp ground cumin
1 Tbl ground coriander
1 heaped tsp dried parsley
1 Tbl coconut cream
1 Tbl arrowroot or tapiocaflour
35g almond meal
1-2 tbs water
If needed coconut oil for greasing

Method

In a food processor blitz the hemp and sunflower seeds to a coarse meal consistency. Add the beetroot, onion powder, salt, pepper, cumin, coriander, and parsley and pulse for a few seconds to just bring everything together.

Transfer the mixture to a large bowl and add the coconut cream, arrowroot or tapioca, almond meal and extra hemp and sunflower seeds. Mix everything together with a spoon until evenly combined. The mixture should be really moist, if not add a splash of water.

Place a pan over medium heat and lightly grease with coconut oil.

Divide the mixture into 4-6 even portions and shape into patties. Cook for 8-10 minutes on each side or until nicely charred and cooked through.

Serve with salad or steamed veg, vegan aioli, guacamole



Quinoa Couscous

Ingredients

1 cup quinoa
1. 1/2 cups water
1/2 cup fresh basil
1/4 cup fresh parsley
1/4 cup raisins (preservative free) 1/2 cup cooked chickpeas, drained 1/2 cup toasted almonds
1 tablespoon olive oil

Method

Presoak quinoa, and rinse well before use.
In a saucepan, pour 1 cup of rinsed and drained quinoa and 1 1/2 cups of water.
Bring to a boil.
Reduce to a simmer, cover and cook until all the water is absorbed (about 10-15 minutes). Remove and put in a bowl.
Chop the basil and parsley, and mix into the quinoa.
Toss in the raisins, chickpeas, almonds, and olive oil.
Salt and pepper to taste.
Serve with steamed or roasted veggies and meat (optional)

Steam Veggies and Poached Chicken

Ingredients

Half a broccoli
150g pumpkin
3-4 silverbeet leaves Handful of fresh coriander 2 tsp of goats curd 2 Tbl sunflower seeds (roasted if preferred)
Salt and pepper to taste Squeeze of lemon Drizzle of extra virgin olive Oil

Method

Steam veggies, poach the chicken. Place in bowl top with fresh herbs, seeds, season with salt, pepper, olive oil and lemon. You can add roast sweet potato and/or potato if you like



Sprout Filled Cabbage Wraps

Ingredients

6 large cabbage leaves - savoy are best
1 capsicum
1 Avocado
Some leafy salad greens
2 Medjool dates - pitted
2 cups of sprouts
2 cups of micro greens
1 medium mango diced
2 -3 tomatoes diced (should be equal to the amount of mango)
2 cm ginger peeled and sliced finely
Jalapeños to taste - optional

Method

Rinse the cabbage leaves and trim off and very hard stem
Slice the capsicum, avocado and salad greens into thin strips. Chop and mash the dates to form a paste. With the stem side facing you, start at the right side of the cabbage leaf and fill with the sliced veggies, sprouts and microgreens. Roll toward the left like a wrap. to your right folding the top of the leaf in as you go. Use the date paste along the left side of the cabbage to seal.



Chicken Carrot and Sweet Potato Nori Rolls

Ingredients

230g Sweet potato puree
400g (2 cups) cauliflower rice - cold - make sure it is very dry
Salt
4 toasted nori sheets
4 teaspoons avocado
200g cooked chicken thigh or breast cut into strips (optional)
1/2 Lebanese cucumber cut into strips
1/2 carrot, cut into thin batons
Organic Tamara or coconut aminos to serve

Method

Place the sweet potato puree and cauliflower rice in a bowl and mix to combine. Place a nori sheet, rough side up on a bench or bamboo sushi mat. Spread one quarter of the cauliflower rice mixture onto half the nori sheet, working from the edge closest to you spreading it out to the sides. Spread a teaspoon of avocado down the middle of the cauliflower rice and layer on the 1/4 of the chicken, cucumber and carrots. Starting with the edge closest to you, tightly wrap up the roll. If the nori roll doesn't seal, brush a bit of water on the inside edge of the nori sheet and then continue to roll to seal. Repeat this process with the remaining nori and ingredients.

Trim the ends of each roll with a sharp knife, then cut into 2.5cm rounds. Serve with the Tamari or coconut aminos and extra avocado.



Detox Salad

Recipes by anthony Williams

Option A

Ingredients

3 cups chopped tomatoes
1 cucumber sliced
1 cup chopped celery
1 cup chopped coriander
1/2 cup chopped parsley
1/2 cup chopped spring onion
8 cups any variety of leafy greens
1 lemon, lime or orange

Option B

Ingredients

2 cups thinly sliced red cabbage
1 cup diced carrot
1 cup diced asparagus
A cup diced radish
2 cups diced apples
1/2 cup chopped coriander
8 cups any variety of leafy greens
1 lemon, lime or orange

Both these quantities are very large, so please adjust to suit your appetite. The salad is generally only good for the day you make it.

Orange 'vinaigrette' dressing

Ingredients

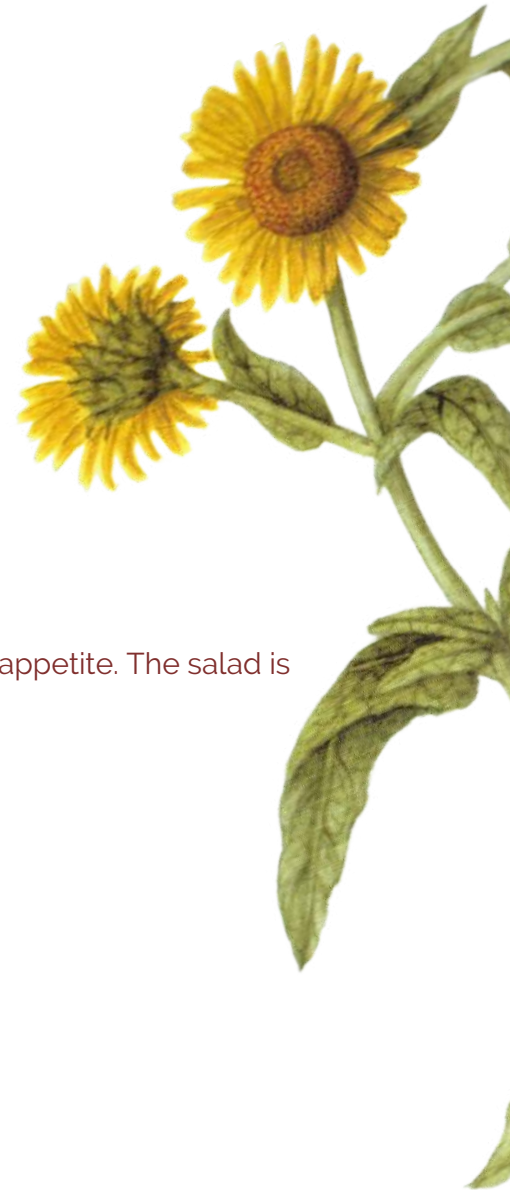
1 cup orange juice
1 garlic clove
1 Tbl raw honey
1/4 cup water
1/8 tsp salt
1/8 tsp cayenne (optional)

Method

Mix all ingredients together in a jar and give it a good shake.

Place the salad vegetables and the leafy greens of your choice in a bowl and mix together to form the base of your salad.

Drizzle the fresh citrus or the vinaigrette over the top to taste



Raw Broccoli Salad

Ingredients

500g broccoli crowns chopped to small bit size pieces
3 tablespoons extra-virgin olive oil
1½ tablespoons lemon juice
1 teaspoon maple syrup or honey
1 garlic clove, minced
¼ teaspoon sea salt, more to taste
⅓ cup diced red onions
⅓ cup dried cranberries (or any unsweetened preservative free dried fruit) or fresh pomegranate

Smoky tamari almonds

½ cup almonds
½ cup pepitas
1 tablespoon organic tamari or coconut aminos
½ teaspoon maple syrup
¼ teaspoon smoked paprika, more to taste

Method

In the bottom of a large bowl, whisk together the olive oil, lemonmustard, maple syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat. Place the almonds and pepitas on the baking paper, toss with the tamari, maple syrup, and smoked paprika and spread into a thin layer. Bake 10 to 14 minutes or until golden brown. Remove from the oven and let cool for 5 minutes (they'll get crispier as they sit). Toss the almonds and pepitas into the salad, reserving a few to sprinkle on top. Season to taste and serve.



Radish Salad

Ingredients

2 Lebanese cucumbers sliced in discs
8 radishes sliced in discs
2 Tbl finely chopped tarragon
4 Tbl finely chopped dill
2 Tbl Olive oil
1/4 lemon juiced
1/8 teaspoon of salt

Method

Place Radish and cucumber slices in medium bowl and toss with all remaining ingredients. Allow the salad to chill in the fridge for 15 minutes before eating.



Cucumber Noodle Salad



Ingredients

4 cucumbers
2 large carrots
2 teaspoons sesame oil
2 tsp sesame seeds
Lime juice from about 2 limes
Red chilli flakes (optional)
1/2 cup chopped coriander
1/2 cup chopped basil
1/2 cup chopped cashews

Methods

Cut the cucumbers and carrots into thin strips using a julienne peeler, knife, or spiralizer. In a large bowl, toss the cucumber and carrot "noodles" with sesame oil, sesame seeds, lime juice, and red pepper flakes, if using. Just prior to serving, top the mixture with chopped cilantro, basil, and cashews.



Iron and Energy Salad

Recipe by Jude Blereau

Ingredients

1Tbsp green lentils
1 tsp lemon juice
Pinch arame or dulse sea vegetable
1 small carrot, peeled and grated
1 small beetroot, peeled and grated
1 small avocado, roughly chopped
1 Tbsp of currants (preservative free)

Tangy citrus dressing

2 Tbsp orange juice
1 Tbsp olive oil
1tsp flax oil
1/4 tsp lemon juice
1/4 tsp wholegrain mustard
2 drops sesame oil (optional)
Pinch finely grated ginger (optional)

Method

Place lentils and lemon juice and 125ml of water in a small bowl and allow to stand for 6 hours or overnight at room temperature.

Drain the lentils and place in a small saucepan with 250ml of water. Simmer over low heat for 12 minutes, or until lentils are soft, then drain and set aside to cool.

Meanwhile soak the seaweed in 125ml of water for 10-15 minutes, then drain. To make the tangy citrus dressing Place all the ingredients in a small bowl, season with a little sea salt and whisk until well combined.

Place the cooled lentils, seaweed, carrot, beetroot, avocado and currants in a bowl. Pour the dressing over, gently toss and serve



Yellow Curry Noodles Two Ways

Recipe by Anthony Williams

Ingredients

2 Zucchini, peeled
1 carrot
1 capsicum
1/4 onion finely sliced
1 1/2 cups coconut milk
1/2 tsp salt
1 lime
1/4 cup basil
1/4 cup coriander

Yellow Curry Sauce

3 cups diced zucchini
4 medjool dates, pitted
1 garlic glove
1/2 cup coriander
2 Tbl lime juice
2 Tbl coconut aminos or organic Tamari
1/2 Tbl minced ripe jalapeños (optional)
1/2 curry powder - or to taste

Method

Using a julienne peeler or spiralizer, turn the zucchinis and the carrot into "noodles." Place these noodles into a large bowl along with the red bell pepper, onion, and kelp noodles.

Prepare the Yellow Curry Sauce by blending all the sauce ingredients until smooth and slightly warmed. For raw curry noodles, pour the Yellow Curry Sauce over the prepared vegetable and kelp noodles, tossing well to combine.

For cooked curry noodles, combine the Yellow Curry Sauce, prepared vegetable and kelp noodles, coconut milk, and sea salt in a large pot. Cook over medium heat for 10 to 15 minutes, until the vegetable noodles are tender and well combined. Serve the yellow curry noodles topped with basil, cilantro, and a squeeze of fresh lime juice



Chickpea Stew

Serves 4

Recipe inspired by Jamie Oliver

Ingredients

Olive oil/flavourless coconut oil
1 onion, peeled and very finely chopped
4 gloves of garlic, peeled and very finely chopped
1 generous teaspoon smoked paprika
1 x 280g jar of chargrilled capsicum, roughly sliced - or make your own roasted capsicums and peel off the charred skin
8 red and yellow tomatoes deseeded and roughly chopped, or one tin chopped tomatoes
400g cooked chickpeas
1/2 tbl lemon juice
1 or 2 fresh green chillies deseeded and finely chopped (optional)
1 tsp lime/lemon zest
Salt and pepper

Optional add 500g chicken thigh cut into largish pieces

Method

Heat a generous portion of olive oil in a large saucepan on medium-low heat. Add the chopped onion, cook for 3-4 minutes and then add the paprika and garlic, cook for a further 3 min on low to med heat, until softened but not coloured. Add sliced peppers, tomatoes, drained and rinsed chickpeas (if from a can), (add chicken here if using) a 1/2 Tbl of lemon juice, the chilli and a good pinch of salt and pepper. Give everything a good stir, bring to the boil and then simmer for 1 1/2 hour. Serve with a drizzle of olive oil and some fresh basil leaves.

This sauce is great with roast veggies, and steamed veggies on the side.



Kichari

Ingredients

1½ cup of quinoa
2 teaspoons of lemon juice
1½ cup split red lentils or mung dahl
1 sml onion
2 cloves garlic
1 Tbl of coconut oil
150g Japanese or butternut pumpkin, diced.
70g carrot, diced
Sml tsp each of ginger , cumin, coriander and turmeric 400ml of stock or water and salt. Makes 1 cup

Method

Place quinoa and lemon juice and 300ml of water in a small bowl and stir to combine. Cover with a teatowel and stand for 6 hours or overnight at room temperature. Drain. Rinse lentils well.

Heat the coconut oil in a small saucepan over low heat. Add the onion, pumpkin and carrot and cook for 4 minutes add garlic and spices cook for further minute, add drained quinoa and water or stock. Stir to combine, then cover and cook for 25 minutes or until the vegetables are soft and the quinoa is cooked.



Creamy Pumpkin and Lentil Soup

Ingredients

1 tbsp olive oil or coconut oil, plus 1 tsp
2 onions, chopped
2 garlic cloves, chopped
Approx 800g chopped pumpkin flesh
50g pumpkin seeds
100g split red lentil
4 sprigs of thyme, leaves picked, plus extra to serve
1l hot vegetable stock
pinch of salt
1 tsp honey
2 tsp cumin
50g coconut cream (optional)

Method

Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, cumin, pumpkin, lentils and thyme, then pour in the hot stock. Season, cover and simmer for 20-25 mins until the lentils and vegetables are tender. Meanwhile, heat a heavy based pan and dry fry the seeds until they start to jump and pop. Stir frequently, When the seeds look nutty and toasted, add a sprinkling of salt and a tsp of honey, and stir well. Whizz the cooked pumpkin mixture with a hand blender or in a food processor until smooth, then add the coconut cream and whizz again. Taste for seasoning. Serve with a spoonful of coconut cream, a few thyme leaves and the toasted seeds scattered on top.



Pumpkin Soup

Ingredients

500g Japanese pumpkin, peeled and cubed
3 cups vegetable broth
1 onion diced
4 garlic cloves, chopped
1 teaspoon curry powder
½ teaspoon salt
½ lime, juiced
¼ teaspoon chilli flakes (optional)
½ cup water

Method

Place the cubed pumpkin into a pot along with the vegetable broth, diced onion, garlic cloves, curry powder, sea salt, and lime juice. Bring to a boil and then reduce to a rapid simmer, stirring frequently. Continue to simmer for 15 to 20 minutes, until the pumpkin is tender and cooked through.

Transfer the entire contents to a blender and blend until smooth, slowly at first, allowing an opening for steam to escape through the top of the blender. Serve warm topped with red pepper flakes if desired. scattered on top.



Simple Mushroom Soup

Ingredients

2 Tbl coconut oil
1 onion chopped
4 garlic cloves, finely chopped
800g mushrooms (button, field, shiitake - whatever you have on hand or want to use) sliced
500ml vegetable stock
500ml coconut milk
1 tsp dried thyme or 2 tsp fresh if you grow it
1 teaspoon dried oregano or 2 fresh if you grow it
Quality salt and freshly ground black pepper
2 Tbl finely chopped parsley

Method

Melt the coconut oil in a large, heavy based pot over med-high heat, add onion and garlic and sauté until translucent. Add mushrooms and sauté until they have softened, reduced in size slightly and started to brown - about 5-6 minutes.

Pour the vegetable stock and the coconut milk into the pot, stir in the thyme and oregano and season well with the salt and pepper to taste. Bring to the boil, then reduce the heat to low and simmer for 5-6 minutes, or until slightly thickened. You can eat it like this or you can blend with a stick blender or in a food processor.

Serve with parsley



Brussel Sprout Soup

Ingredients

350g brussel sprouts trimmed weight
1 onion finely chopped
1-2 garlic cloves finely chopped
1 cup leafy greens spinach or silverbeet
3 cups (700 ml) vegetable stock or healing broth
Pepper to taste white or black
1/4 tsp quality salt

Method

Trim the brussels sprouts by cutting off the ends and removing loose leaves. Weigh and rinse the sprouts.

Place in a blender and pulse until finely shredded.

Add all ingredients to a pot, cover and bring to the boil, then lower the heat and simmer for 5 minutes.

Remove from the heat and puree the soup. adjust the seasoning as needed and serve.



Spinach Soup

Recipe by Anthony Williams

Ingredients

1 x bunch raw Spinach (or 4 cups)
3 x tomatoes
1 x garlic clove
1 x stick of celery
Juice of 1 orange
2-3 leaves of basil or coriander
1-2 Lebanese cucumbers - for noodles

Cucumber noodles

Spiralize your desired amount of cucumber into noodles

Method

Place all ingredients (except cucumbers) in a blender and blend until smooth - pour over cucumber noodles



Broccoli Soup

Ingredients

1 onion chopped
2 sticks celery chopped
1 carrot chopped
1 head of broccoli, stems included chopped
4 garlic cloves chopped
4 cups vegetable stock or broth
¼ cup fresh dill
1 tablespoon fresh lemon juice
¾ teaspoon sea salt
freshly ground black pepper

Method

Add the onion, celery, carrots, broccoli stems, salt, and pepper to a heavy based saucepan and sauté - use water if needed, and sauté until softened, about 10 minutes. Add the garlic and stir, then add the broth/stock and simmer for 20 minutes. Let cool slightly.

Set aside 1 cup of the broccoli florets to roast as a topping for the soup. Place the rest of the florets in the pot and cook until tender.

Meanwhile, place the reserved broccoli florets on a baking sheet. Toss with a pinch of salt and roast until the broccoli is tender and browned around the edges, 10 to 15 minutes.

Transfer the soup to the blender. Work in batches, if necessary. Add the dill, and lemon juice, and pulse until the broccoli is incorporated. Blend to your desired consistency. The soup should be thick; if it's too thick, add extra stock or water to thin to your desired consistency.

Sprinkle your roasted broccoli on top and enjoy.



Asparagus Soup

Ingredients

1 onion or leek chopped
3 garlic cloves chopped
1 kg of asparagus, ends trimmed and chopped
3 cups vegetable broth or healing Broth
1 teaspoon dried thyme or basil
1 tablespoon lemon juice
1/2 teaspoon lemon zest
Asparagus ribbons, for garnish (optional)

Method

Place a large heavy based pot on medium-high heat and add the onion and garlic. Cook for 3 to 5 minutes (we are not using oil so add water if needed), until the onion is translucent. Add the chopped asparagus and cook for a further 3 minutes, until the asparagus begins to soften.

Add the stock or broth, dried thyme, lemon juice, and lemon zest. Bring to a simmer and cook for 10 to 15 minutes, until the asparagus is very tender.

Ladle the soup into a blender and blend until smooth, letting steam escape as needed (you might need to do this in batches). Alternatively, you can use an immersion blender for this.

Pour the soup back in the pot and bring to simmer. Taste and adjust seasoning. Divide between bowls. If desired, use a vegetable peeler to create asparagus ribbons as garnish. Serve immediately.



Healing Broth Recipe

Ingredients

4 carrots, chopped or 1 sweet potato, cubed
2 stalks of celery, roughly chopped
2 onions, sliced
1 cup parsley, finely chopped
1 cup of shiitake mushrooms, fresh or dried (optional)
2 tomatoes, chopped (optional)
1 bulb of garlic (about 6-8 cloves), minced
2-3cm of fresh ginger root
2-3cm of fresh turmeric root
8 cups of water
Optional: Chili peppers or red pepper flakes

Method

Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.



Vegetable Stock

Ingredients

2 large onion, roughly chopped
5 small-medium carrots, roughly chopped
2-3 celery stalks, roughly chopped
5 small-medium dried shitake mushrooms and or 10 other type of mushroom such as button
2 tsp of pulse, wakame or kelp seaweed or 2 teaspoons agar flakes
1/2 a small bunch of parsley sprigs
1 bay leaf
2 thyme sprigs

Method

Add all ingredients to a large pot with 3 litres of water and bring to the boil. Reduce the heat to low and simmer gently for 1.5-2 hours. Make sure the stock stays at a gentle simmer and does not boil rapidly. After this time the stock will have reduced to about 1.5 litres.

Strain the stock and discard the solids. You can return it to a clean pan and simmer rapidly for another 30 minutes for a richer more concentrated flavour.

Cool the stock to room temperature, then place in an airtight container. Refrigerate for up to a week or freeze for up to 3 months.



Creamy Vegetable Coconut Broth

Ingredients

200g quinoa
4 tsp lemon juice
2 Tbsp coconut oil
1 onion
2 cloves garlic
3 cm of peeled ginger grated
1 large carrot, finely diced
1.5 litres of veg stock or water and salt
200g Pumpkin cubed
450g firm tofu cubed
1 zucchini finely diced
100g Kale, thinly sliced
185ml coconut milk
1 Tbsp tamari or coconut amino acids
20g coriander leaves or 1 sprig
Salt and pepper to taste

Makes 4-6 serves

Method

Place the quinoa and lemon juice and 800ml of water in a bowl and stir. Cover with a tea towel and allow to stand for 6 hours or overnight at room temperature. Drain. Heat the coconut oil in a heavy based saucepan over medium heat. Add the onion and cook for 3 minutes, add the garlic and ginger and cook for 2 minutes, add the carrot and cook for one minute, then add the drained grain and the water or stock and salt and pepper. Reduce the heat to low, cover and cook for 15 minutes then add the pumpkin, cook for a further 15 minutes or until the carrot and pumpkin are just tender. Add the zucchini, kale, cubed tofu and coconut milk and simmer uncovered for 10 minutes, stir in coconut amino acids and remove from heat. Sprinkle with coriander leaves to serve

Paleo Pad See Ew - with Carrot Noodles

Recipe by Danielle Walkers

Ingredients

6 garlic cloves, peeled and minced
500g chicken breast or thigh, boneless and skinless or firm tofu
2 tablespoons oil
3 cups broccolini, florets and leaves (or chinese broccoli)
10 carrots, peeled
⅓ cup coconut aminos
1 ½ tablespoons honey

Optional extra - at the end of the cook add 2 eggs to an exposed part of the pan and fry, then mix through the rest of the dish

Method

Lay your peeled carrots flat on a cutting board and use a Y-peeler to create very thin but wide ribbons. A regular vegetable peeler will work too, a Y-peeler is just easier to use when the carrot is flat. You basically just continue peeling the carrot after you've removed the outer dirty skin.

Slice the chicken very thinly on a diagonal. Warm the oil in a deep saute pan or wok over medium heat, then add the garlic and chicken and saute for 5 minutes until the chicken is white on the outside.

Add the broccoli, coconut aminos, and coconut sugar, and continue cooking for 5 minutes until the broccoli has softened a bit. Add the carrot ribbons and cook for 5 more minutes

Lentil Tacos

Recipe by Anthony Williams

Ingredients

1 onion diced
½ cup vegetable broth
100g diced mushrooms (optional)
4 garlic cloves, minced
3 cups cooked brown lentils (this would be 1 cup dry lentils)
½ teaspoon chili powder
1 teaspoon cumin
½ teaspoon smoked paprika
½ teaspoon chipotle powder
¼ teaspoon honey or maple syrup (optional)
½ teaspoon sea salt
¼ teaspoon cayenne (optional)
2 heads romaine or butter lettuce

Optional Toppings

100g cherry tomatoes sliced
1 avocado sliced
½ cup chopped coriander
100g sliced radish
½ shredded red cabbage
1 carrot grated
3 lime halves 1 ripe jalapeno



If you are eating this before Sunday of week 3 you can fry the onions in coconut oil instead of vegetable broth and serve with Cashew Sour cream, salsa with olive oil and lime dressing and guacamole.

Method

Sauté the onion in 2 tablespoons of vegetable broth over medium-high heat for approximately 5 minutes until tender. Continue to add vegetable broth by the spoonful as needed to prevent sticking.

Add the mushrooms, garlic, lentils, poultry seasoning, cumin, paprika, chipotle, honey, and sea salt to the sauté pan. If spiciness is desired, add the cayenne as well. Continue to cook everything over medium-high heat for 5 minutes or until the mushrooms are tender and cooked through.

Serve the lentil mixture in individual romaine leaves as “taco shells” and top with any or all of the optional toppings.

Kangaroo mince Chilli Con Carne on Baked Potatoes

Ingredients

6 large Potatoes
1 onion - diced
1 medium carrot - finely diced
1 celery stalk - finely diced
150g mushrooms - finely diced
1 red capsicum, add a yellow one for colour variety if you like. 1-2 cm pieces
4 cloves garlic finely diced
2cm knob of ginger, peeled and finely grated
500g kangaroo mince or beef or chicken or fish (if using fish add at the very end - just to cook). You can also leave the meat out and have a vegetarian chilli sin carne.
1/2 teaspoon cayenne pepper (optional - adds heat),
1 teaspoon ground cumin,
2 teaspoon smoked paprika
1/2 teaspoon ground coriander seeds
1/4 teaspoon ground cinnamon,
1/4 tsp allspice
1 tsp oregano
1 tsp sea salt
Freshly ground black pepper
olive oil or deodorised coconut oil
A bunch of fresh coriander
1 fresh red chilli (optional) -m deseeded and finely diced
1 fresh green chilli (optional)
2 x 400 g cooked beans, such as kidney, or black beans - I like one of each
2 x 400 g chopped tomatoes

Method

Pick the coriander leaves and put aside, then finely chop the stalks.
Put a large pan over a medium heat add oil. Add the onion and satay for 3 minutes, add the carrot and celery and cook for another 2 minutes, add the capsicum and mushrooms and cook for 2 minutes, add the garlic and chilli and ginger and cook for another 2 minutes. Turn the heat down if onions start to go dark in colour, you want them translucent and soft but not brown.
Add the coriander stalks, salt and spices and cook for another 1 to 2 minutes, or until nice and aromatic, stirring often. During this cooking process your pan should be moist, if it starts to dry out add more oil or a very small amount of water.
You can brown the kangaroo mince in a separate frying pan or you can just add now and brown a little in the pan for 3 minutes. Add the diced tomatoes and the rinsed beans.

Kangaroo mince Chilli Con Carne on Baked Potatoes cont...

Add the oregano. Stir well and bring to the boil, then reduce to a medium-low heat and leave to simmer away for 30 -60 minutes depending on how much time you have. The longer you leave it the better the flavour. Keep an eye on it, and add some water if it gets too thick. The sauce should be nice and thick when you are ready to serve.

Once cooked add most of the coriander leaves. Taste and season with salt and pepper, if you think it needs it.

Scatter the remaining leaves over the top, and serve on the baked potato with some guacamole, cashew sour cream, Jalapenos and salsa.

Cashew Sour Cream

Ingredients

1 cup raw cashews - (preferably soaked for a couple of hours but not essential)
1/2 lemon, juiced
1/2 date, peeled, pitted
1 garlic clove
1/2 cup water
Pinch of salt

Method

Blend all the ingredients until smooth, adding 1/2 cup water slowly (just enough to keep things moving). You want the final product to be thick and creamy.

Salsa

Ingredients

1 tomato
1 cucumber
1 red pepper
1/2 red onion or 2 spring onions'
2 sprigs of coriander
1 lime
30 ml olive oil
Salt and pepper

Method

Dice all vegetables, mix in a bowl, add chopped coriander (remove and just use leaves if you prefer), squeeze on the lime and pour on olive oil. Season with salt and pepper.

Tomato Sauce with veggies

Ingredients

2 tsp coconut oil
1½ onion finely chopped
1-2 garlic gloves
1 celery stalk, finely diced
1 carrot finely diced
1 small-medium zucchini, finely dices
1 small piece (about 150g) of Japanese or butternut pumpkin, peeled, seeded and finely diced
Handful of fresh herbs including basil, oregano, marjoram or any others, roughly chopped.
1 teaspoon dulse flakes
800g tinned chopped tomatoes

Method

Melt coconut oil in a heavy based saucepan over medium heat. Add the onion, garlic, celery, carrot and a pinch of salt and cook for 10 minutes or until soft and lightly coloured.

Add the zucchini, pumpkin, herbs, dulse flakes and tinned tomatoes. Add 60ml of water to empty the tins, swish around and pour into pot. Reduce heat to low, cover and simmer for 20-30 minutes or until the vegetables are soft.

Check the flavour and adjust, add salt and pepper as required, you may want to add a little apple juice concentrate or honey to regulate the acidity of the tomatoes, but they should be fine.

Add 400g cooked lentils to increase protein and fibre of this dish

The sauce will keep in an airtight container for up to 2 days or up to 6 weeks in the freezer.

Palak Paneer

Ingredients

2 Bunches spinach or 1 of silverbeet leaves picked from stem
1 tsp cumin seeds
2cm piece of ginger crushed
1 medium onion finely diced
200g chopped tomatoes (fresh or tinned)
Salt to taste
225g organic firm tofu
1 teaspoon dried fenugreek leaves (optional)
Pinch of garam masala
1 Tablespoon coconut cream

Method

Blanch the spinach in boiling water for 3-4 minutes then refresh in cold water or steam for 3-4 minutes so that it is soft but still a fresh green. Drain and squeeze the excess water. Puree until smooth.

Heat the oil in a heavy based saucepan. Add the cumin seeds, ginger and garlic and onion and fry gently until brown. Add the tomatoes and cook until they become a soft paste. Stir in the spinach puree and season with salt. Add the tofu and heat through. To finish add the dried fenugreek leaves, garam masala and the coconut cream.

Serve with a 50/50 mix of brown rice and cauliflower rice. Or 100% cauliflower rice if serving with Indian potatoes



Indian Potatoes

Ingredients

400g potatoes
1 tsp ground cumin
1 tsp ground coriander
1 tsp turmeric
1/2 tsp chilli powder
Salt to taste
2 tbl coconut oil
1 tsp black mustard seeds
1 tsp cumin seeds
5-6 fenugreek seeds
1 Tbl desiccated coconut
2 tsp sesame seeds
3-4 sprigs coriander, chopped

Method

Boil the potatoes until soft, then cut into cubes. Place the potato, ground cumin, coriander, chilli and turmeric in a bowl and season with salt. Toss to coat the potatoes evenly.

In a heavy based pan heat the oil and all the mustard seeds and cumin and fenugreek and cook until sizzling. Add the potato and stir gently to coat in the oil. Stir in the coconut, sesame seeds and chopped coriander and serve.



Tofu Curry Laksa

Recipe inspired by Yotam Ottolenghi

Ingredients

100g peeled baby shallots
8 garlic cloves
25g peeled ginger, sliced
15g lemongrass (soft white stem only), sliced
2 tsp ground coriander
3 large dried red chillies
2 tbsp sambal oelek (or other savoury chilli paste)
4 tbsp vegetable oil
50g fresh coriander
1¼ litres vegetable stock
3 branches laksa leaves (aka kesum leaves), or curry leaves, or both
2 tsp curry powder
1½ tsp salt
2 tbsp coconut sugar or honey
400ml coconut milk
100g rice vermicelli noodles or zucchini noodles
300g bean sprouts
150g french beans, trimmed and halved
250g firm organic tofu
4 limes, halved

Method

Put the first seven ingredients in a small food processor bowl. Add half the oil, and the roots and stems of the fresh coriander, and process to a semi-smooth paste.

Heat the remaining oil in a saucepan and fry the spice paste on medium heat for 20 minutes, stirring all the time – you want to cook it slowly without burning. Add the stock, laksa branches, curry powder, salt, sugar/honey and coconut milk, simmer gently for 30 minutes. Add the beans and tofu and cook for a further 3-5 minutes, or until the beans are cooked and the tofu is hot. Then taste and add more salt if necessary.

Once the broth is done, steep the rice noodles or zucchini noodles in boiling water for three minutes and drain. Throw the bean sprouts into a pan of boiling water, drain at once and refresh.

Just before serving, remove and discard the laksa branches (the leaves can stay in the soup). Add the beans, noodles and half the sprouts, ladle into large bowls and top with the remaining sprouts and shredded coriander leaves. Squeeze lime juice on top and throw one half of squeezed lime into each bowl.

Chicken Larb Meatballs in Cabbage Cups

Recipe by Pete Evans

Ingredients

Coconut oil
500g chicken mince
3 tablespoon egg replacement - chia or flaxseed (see previous recipes)
2 red asian shallots, finely diced
1 long red chilli, deseeded and finely chopped (optional)
1 spring onion, finely chopped
1 Tbl finely chopped coriander leaves
1 1/2 Tbl fish sauce
2 Tbl coconut milk

Lime and Fish Sauce Dressing

80ml lime juice
3 Tbl fish sauce
1 long green or red chilli, deseeded and finely chopped

Salad

1 handful of mint leaves torn or chopped
1 handful of coriander leaves, torn or chopped
1 handful of Thai basil leaves (optional) torn or chopped
1 Lebanese cucumber, cut into thin matches
2 spring onions, thinly sliced
1 handful mungbean sprouts

To Serve

8 cabbage leaves - preferably savoy
1 Tbl sesame seeds
1 lime, cut into cheeks or wedges



Method

Preheat oven to 200C (180) fan forced
Grease a 24 hole muffin tray or 2 12 hole trays or line with patty cups
Place the mince, chia with water, shallot, chilli, spring onion, coriander, fish sauce and coconut milk in the bowl of a food processor and pulse a few times until the mixture comes together.
Divide the mixture evenly among the holes in the prepared muscle tray. Bake for 13-15 minutes, or until the meatballs are cooked the whole way through.
Meanwhile, to make the dressing, combine all the ingredients in a bowl and mix well.
To make the salad, place all ingredients in a bowl, pour over enough dressing to coat the leaves and gently toss.
To serve, place the cabbage leaf cups on a serving platter or plates. Place a small handful of salad in each cup, then top with 2-3 meatballs. Drizzle over some more dressing sprinkle on the sesame seeds and serve with the lime.

Lentil Patties

Ingredients

2 cups of cooked lentils
1/2 tsp salt
1 Tbl coconut or olive oil
1 medium onion, diced
1-2 garlic clove - minced
3 Tbl Parsley
1 medium size carrot, blended or grated
1/2 teaspoon pepper
1 Tbl coconut amino acids
1/2 cup milled flaxseed
1/2 cup water or vegetable stock

Method

Place all ingredients in a bowl, mix together with a spoon or your hands. Let sit in the fridge for 30 minutes and then roll into the size you want and cook. You may need to add a little water to soften the mixture.

You have two options for cooking - frying or baking in the oven. The oven is easier and healthier - so it's my preference.

OVEN

Heat to 180C. Put baking paper on tray, roll lentil patties into 3cm discs and place on baking paper. Bake for 30 minutes.

Heat a frying pan add some oil and cook patties on moderate heat until golden brown on the outside - 3 minutes. Flip and cook for another 3 minutes. Place on paper towel and allow to cool a little before eating.



Baked Falafel with mint Tahini Sauce

Recipe by Anthony Williams

Ingredients

3 cups cooked chickpeas
1 cup roughly diced red onion
4 garlic cloves
½ cup loosely packed parsley
½ cup loosely packed cilantro
½ teaspoon sea salt
2 teaspoons cumin
2 heads of butter lettuce (optional, see Tips)

Salad

½ cucumber, sliced
½ cup halved cherry or grape tomatoes
½ cup shredded red cabbage
½ cup shredded carrot
1 cup chopped parsley

Mint Tahini Sauce

1 cup diced zucchini
½ Medjool date, pitted
2 garlic cloves
2 tablespoons tahini
2 tablespoons lemon juice
2 tablespoons fresh dill
2 tablespoons fresh mint
¼ teaspoon sea salt
½ cup water

Method

Preheat the oven to 180C. Place half of the chickpeas into the bottom of the food processor. Then add the diced onion, garlic cloves, parsley, cilantro, and sea salt. On top, add the remaining chickpeas. Pulse all of the ingredients together in the food processor until they are well combined.

Line two oven trays with baking paper. Using a tablespoon measure, scoop out the chickpea mixture, shape it into balls, and place them on the baking paper spaced 2 inches apart. Gently pat the tops of the balls to flatten them into a falafel shape. Bake the falafel for 35 to 40 minutes, until the tops are turning golden brown and they are firm on the outside while still tender in the middle. Handle them gently!

To make the Mint Tahini Sauce, blend all of the ingredients together until smoothly combined. Serve the falafel on top of a salad of butter lettuce or in individual butter lettuce cups topped with veggies and Mint Tahini Sauce.



Whole Roasted Broccoli with Tahini Dressing

Recipe by Pete Evans

Ingredients

1 Large or 2 small heads of broccoli (about 500g)
1Tbl coconut oil
Quality Salt and freshly ground black pepper
375ml chicken or vegetable stock
80g pomegranate seeds or preservative free dried cranberries
1 tbs toasted and roughly chopped almonds
1 handful of roughly chopped mint leaves
1/2 tsp sumac

Tahini Dressing

1 tbs hulled tahini
200g coconut yoghurt
1/2 tsp finely chopped or minced garlic
1 Tbl lemon juice
Pinch of baharat or ground cumin
1 1 /2 Tbl warm water plus extra if needed

Method

Preheat the oven to 160C 140c fan forced

Remove any leaves and cut away the stalk form the base of the broccoli. Rub the broccoli with oil and season with salt and pepper.

Place the=broccoli in a casserole dish, then pour in the broth, stock or water and cover with the lid. Roast, adding a little more liquid if out starts to look dry - 30 to 45 minutes or until the broccoli is tender - do not overcook.

Increase the oven temperature to 220C - 200c fan forced.remove the lid and roast the broccoli for a further 5 min or until slightly golden.

Meanwhile, to make the tahini dressing, combine th tahini, coconut yoghurt, garlic, lemon juice and baharat or cumin in a bowl, add the warm water and mix well, adding water if needed. Season with salt to taste.

To serve, place the roasted broccoli and a serving dish, spoon on the tahini dressing, then scatter over the pomegranate seeds, almonds, mint and sumac.

Roasted Brussel Sprouts with Miso

Ingredients

600g Brussel Sprouts trimmed and halved
2 Tbl coconut oil
Quality salt and freshly ground black pepper
250ml vegetable stock
chilli flakes to serve

Miso sauce

2 Tbl white (shirt) miso paste or tahini
2 tso apple cider vinegar
1 garlic clove, finely chopped
1 tsp honey
100ml chicken or vegetable broth

Method

Add the brussel sprouts to a bowl and add oil and seasoning, give them a good toss. Transfer the sprouts to a roasting tin and spread out to form a single layer. Roast tossing the sprouts from time to time, for 20 minutes or until lightly golden and charred around the edges. Pour in the broth or stock, stir and roast for a further 15-20 minutes, or until the sprouts are caramelized and tender.

Meanwhile, combine the miso sauce ingredients in a small saucepan. Bring to a gentle simmer over medium low heat and cook, stirring for 5 minutes, or until heated through.

To serve, drizzle the miso sauce over the brussel sprouts and sprinkle on the chilli flakes

Recipe by Pete Evans



Cashew Cauliflower Sauce

An extra-creamy savoury sauce that works as a classic Alfredo or can be used as a cream substitute for other recipes.

Ingredients

1/2 head cauliflower, medium
1/4 onion, medium
1/2 cup unsweetened almond milk (or sub with preferred unsweetened plant milk)
1/3 cup raw cashews
1/2 tsp garlic powder
Pinch of nutmeg
1 tbsp Tamara or coconut aminos

Method

Chop the cauliflower into florets

Roughly dice the 1/4 onion

Place the chopped cauliflower and onion into a large pot and cover with water. Bring to a boil on your stove top and cook until just fork-tender. I like to cover the pot with a lid in the beginning to bring the water to a boil quicker.

When cauliflower and onion is finished cooking, drain and let cool for 3 to 5 minutes. Then pour the veggies in a high-speed blender and add the almond milk, cashews, garlic and Tamari. If you don't have a hot setting on your blender wait until the veggies have completely cooled before blending.

Blend on high for about 60 seconds or until the sauce is smooth and creamy.

Recipe Notes

Stores for up to 7 days in a glass Mason jar in the fridge.

Fishermans Pie

This pie is fresh and delicious, the crunchy golden baked potatoes, fish, olives - this is a family favourite in our house. And its pretty easy.

Ingredients

700g potatoes (larger are better), skin on, scrubbed well
4 large garlic cloves
Handful of basil
12 oregano leaves
1 Tbl balsamic vinegar
3 Tbl olive oil
2 x 400g tin chopped organic tomatoes
500g boneless fish fillets - best to use a fish that will hold its structure and not fall apart too easily
115g pitted kalamanta olives

Method

Preheat oven to 200 degrees Celcius. Boil potatoes whole with a generous pinch of salt, careful not to overcook - should offer some resistance to a skewer. Drain well and set aside. Crush garlic and chop herbs, add good pinch of salt, vinegar and 1 T olive oil and the tin tomatoes and mix well.

I use a enamel coated cast iron dish to hold heat (if using stainless steel increase temp to 220 and may need to cook for 10mins longer). Add tomatoes and spread over base, then lay the fish fillets which will sink into sauce. Sprinkle the olives and some freshly ground pepper.

Slice the cooked potatoes about 1/4 inch thick and place in a bowl, drizzle with the remaining olive oil and toss until well coated. Arrange potato slices in rows on top of the fish, then drizzle with any olive oil remaining in the bowl.

Bake for 30 mins - the tomato sauce should be bubbling as it cooks and be well reduced. If the sauce is not thick and reduced then bake for a further 10mins. If the potatoes are not golden then place under a hot grill for 10 mins.

Serve with salad or plenty of steamed broccoli and greens.

SNACKS



If you are hungry between meals snack on fruit, nuts and seeds. You may also like to make some crackers and enjoy them with avocado, dips, cucumber, tomato, sprouts etc.

Flaxseed Crackers

Ingredients

160 g Flaxseeds
80 g Mixed seeds (pumpkin seeds, sunflower seeds..)
1/2 tsp sea salt
1 tsp favourite spice

Method

Place the flaxseeds in a bowl with enough water to cover. Cover with a tea towel and leave to soak overnight. Place the mixed seeds in a separate bowl and pour over enough water to cover. Cover with a tea towel and leave to soak overnight.

The next morning, drain and rinse the mixed seeds and place in a blender. Add the undrained, jelly-like flaxseeds, salt and spice and pulse a few times to break up the seeds.

Preheat the oven to 50°C or as low as it will go. Line 2 large baking trays with baking paper.

Spread the seed mixture very thinly on the trays. Bake for about 6 hours, turning over after 3 hours, until crisp and dry.

Cut or break the crackers into pieces. Store in an airtight container for 2-4 weeks.

Basil Pesto

Ingredients

100g (2/3 cup) pine nuts, macadamias, walnuts or almonds
3 large handfuls of basil leaves
2 teaspoons of white miso (shiro) (optional) or a tsp of tamari
1 garlic gloves, crushed
1 tablespoon lemon juice
100ml of olive oil

Method

Place all ingredients in a food processor and pulse until well combined, don't over do it, a little chunky is nice. Place in a small airtight container, pour a little olive oil on top to cover the pesto and prevent it from oxidising. It will keep in the fridge for up to 5 days.

Sunflower Seed Crackers

Recipe by Pete Evans

Ingredients

130g Sunflower seeds
70g Tapioca flour
2 Tbl chia seeds
1/2 tsp fine sea salt
1/4 tsp baking powder
2 Tbl filtered water
2 Tbl lemon juice
Extra olive oil for brushing

Method

Combine the sunflower seeds, tapioca flour, chia seeds, fine sea salt and baking powder in the bowl of a high-speed blender or food processor and process to a fine powder. Add the water and lemon juice and continue to process until the dough comes together to form a sticky paste.

Transfer the dough to a work surface dusted with tapioca flour. Roll into a ball, place on a large sheet of baking paper and press down to flatten into a disc. Allow to rest for 10 minutes. Place another large sheet of baking paper over the flattened dough and using a rolling pin, roll out to a thickness of 2mm. Peel away the top sheet of paper and discard.

Using a pizza cutter or a sharp knife, cut the dough into rectangles about 5cm x 8cm. Transfer the dough shapes and the baking paper to a baking tray. Brush the shapes with a light coating of olive oil and sprinkle with the a little salt. Bake , turning the tray half way through for 18-20 minutes until golden. Allow to cool completely before removing from the tray. The crackers can be stored in an airtight container in the pantry for up to a week.

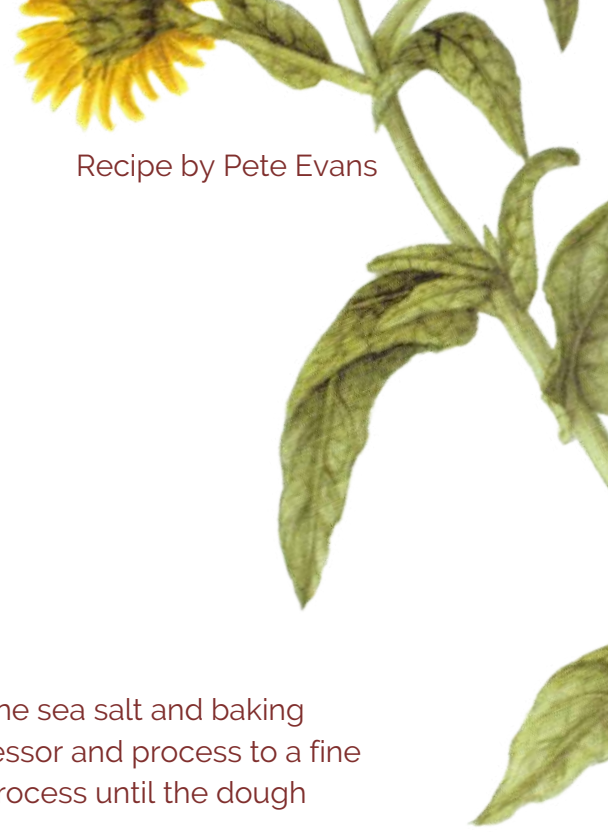
Miso and Tamari Spread

Ingredients

1 Tbl of miso
2 Tbl of tahini

Method

Mix together and store in an airtight container in the fridge ready for use.



Miso and Seaweed Instant Soup

Ingredients

1 tsp of miso
1 tsp of seaweed, dulse, wakame and or nori
1 cup of hot water

Method

Boil the kettle, add all ingredients to a mug, stir and allow to sit for two or three minutes. Drink and enjoy.

If you like you can add spring onion, tofu or tempeh to bulk up the soup or add flavour.

Coriander Hummus

Recipe by Jude Blereau

Ingredients

165g of dried chickpeas
2 teaspoons of lemon juice
5cm strip of seaweed, wakame, dulse or kombu
60ml of lime juice
2-3 garlic cloves, crushed
135g unhulled tahini
2-3 tablespoons of olive oil
1 good handful of coriander leaves and stems, roughly chopped

Method

Place the chickpeas and lemon juice in two litres of water, cover with a clean tea towel and allow to stand at room temperature overnight, consider the fridge if the weather is very warm.

Drain and rinse the chickpeas, place in a large saucepan with the seaweed and enough water to cover them by about 10cm. Bring to the boil then reduce the heat and simmer for 2-3 hours or until the chickpeas are very soft. Remove the scum and foam as they cook and top up with extra water as needed.

Drain the chickpeas reserving 2 tablespoons of the cooking water. Allow the chickpeas to cool slightly, then place in a food processor with the remaining ingredients. Season to taste, then process until as smooth or chunky as you like. Add more garlic, pepper, salt, lime juice, or cooking water as needed or desired. It will keep for four days in an airtight



DESSERT'S & SWEET THINGS



Bliss Balls

Recipe by Pete Evans

Ingredients

40g shredded coconut
60g ground flaxseeds
60g sunflower seeds
60g pumpkin seeds
1/2 tsp vanilla powder or 2 vanilla seeds split and seeds scraped (optional)
2 tsp chia seeds
2 Tbl honey or maple syrup
60g pitted dates (about 4)
60g dried preservative free cranberries

Crumb

1/2 Tbl flaxseeds
2 Tbl shredded coconut
1Tbl pumpkin seeds
1 Tbl sunflower seeds

Method

To make the crumb, place all ingredients in the bowl of a food processor and pulse 2-3 times until coarsely chopped. Remove from the food processor and set aside.

Place all the bliss ball ingredients in the bowl of a food processor and blend until the mixture is finely chopped, well combined and sticky. divide into walnut-sized portions. Lightly wet the palms of your hands and roll into balls. Then roll in the crumb mixture, cover with plastic wrap and place in the fridge for 20 minutes to set. Eat straight away or store in an airtight container in the fridge for up to two weeks.



Lukes Chocolate

Makes about 500g

Recipe by Luke Hines

Ingredients

220g (1 cup) cacao butter, plus extra if needed
125ml (1/2 cup) coconut oil, plus extra if needed
125g (1/2 cup) smooth peanut butter or macadamia nut butter, plus extra if needed
250g (2 cups) cacao powder, plus extra if needed
1 teaspoon vanilla bean paste or powder
2-4 drops liquid stevia or 250ml (1 cup) monk fruit syrup, maple syrup or coconut nectar

Method

Line a baking tray or brownie tin with baking paper, or a standard 12-hole muffin tin with paper cases

In a saucepan over medium-low heat, gently stir together the cacao butter and coconut oil until melted. Add the nut butter and heat, stirring frequently for 3-4 minutes, or until the nut butter has softened and is completely incorporated into the mixture.

Remove the pan from the heat and gently whisk in the cacao powder, vanilla and your sweetener of choice. Keep whisking until thick, creamy and well combined, then taste and adjust the consistency and sweetness as follows.

For a thicker, darker chocolate, add more cacao powder.

For a smoother chocolate, add some more coconut oil.

For a fudge chocolate, add some more nut butter.

For a sweeter chocolate, add some more sweetener of choice

Once the chocolate is to your desired taste and consistency, pour it into your prepared tray or tin, or silicon moulds transfer to the fridge or freezer and leave it until set firm. Store in a suitable airtight container in the fridge for up to 1 month or in the freezer for up to 3 months.

Variation - add nuts to the chocolate while liquid. While liquid you could add preservative free dried fruits, nuts, seeds, coconut whatever you wanted.



Chocolate Chip Cookies

Recipe by Jude Blereau

I have changed this recipe a little to make it gluten and dairy free - so long as you tolerate oats. Make sure you allow the warm ingredients to cool before adding the choc chips. otherwise they melt into the biscuit and you lose the chocolate chip component.

Ingredients

150g rolled oats (uncontaminated by gluten)
155g raw almonds (skin on)
125g plain gluten free flour
1/4 teaspoon baking powder
170g chocolate chips - (I use chopped up chocolate from the recipe pg 84)
125ml flavourless coconut oil (melted for measuring, if solid)
125ml maple syrup
2 teaspoons natural vanilla extract

Method

Preheat oven to 180C. Line a baking tray with baking paper.

Spread the oats on a baking tray and bake for 5 minutes. Remove from the oven and immediately tip into a bowl to stop the cooking process. Spread the almonds on the same baking tray and bake for 7-10 minutes, taking care they don't burn.

Put the oats in a food processor or blender and grind to a coarse meal. Tip into a mixing bowl. Roughly grind the almonds and add to the oats. Add the flour, baking powder and whisk through to combine.

Mix together the coconut oil, maple syrup and vanilla, then pour into the dry ingredients and mix to form a dough. Let this sit for an hour until the mixture is cooled and then add the chocolate chips.

Spoon tablespoons of the dough onto the prepared baking tray, then flatten and shape into neat circles 8mm-1cm thick.

Bake for 10-15 minutes, or until ever so slightly golden. Remove from the oven and allow to sit on the tray for 10 minutes before removing to a wire rack.



Plum and Almond Cake

Recipe by Laura Hickey

This is my go to cake recipe, the one I don't need to follow a recipe for anymore, the quantities are very easy to remember 150g fat, 150g sweetener, 150g flour and 3 eggs - plus an extra 80 of flour. I have added 100g fruit and brought the sweet back to 100g, But you could bring it back to 50g sweetner if you want a less sweet version. The fruit on top and in it make it moist and yum. If I have some fruit going soft in the fruit bowl, that's what I use. And you can add whole nuts through it if you want some extra texture. As with all baking - the results are best if all ingredients are room temperature at the beginning.

Ingredients

150g non-flavoured coconut oil
100g blended apple or pear
100g maple syrup or honey
150g of almond meal (i make my own by blended almonds into a meal in the food processor)
80g gluten free flour - or add oats to the almonds when you blend for almond meal
1 ½ tsp baking powder
3 eggs
1 tsp vanilla essence
4-8 pieces of fruit - plum, peach, pear work best

Method

Line the base of a 20cm baking tin with baking paper and grease the sides. Preheat the oven to 160 degree C if fnaforced and 180 if not

Blend the apple or pear into a pulp, add the maple syrup or honey and the coconut oil. mix on med speed for 3 minutes until well incorporated and kind of creamy.

Add the eggs one at a time until well incorporated. Add vanilla essence.

Add all dry ingredients to the wet mixture and mix briefly until well incorporated.

Pour into the prepared tin.

Top with chopped fruit. The size of the fruit will dictate whether it is halves, quarters, or thick slices. you want the fruit to hold its shape and be a burst of sweetness and flavour - so not too small. Push the fruit into the top of the cake mixture, so that you can easily see them sitting on top. Sprinkle a handful of slices almonds on top and place in the oven.

Bake for 35-45minutes - depending on your oven. Let cool in tin for 10 minutes, then cool. Enjoy with greek style coconut yoghurt.



