

TABLE OF CONTENTS

[DRINKS 5](#_Toc38459259)

[LEMON WATER ELIXIR 5](#_Toc38459260)

[CRANBERRY FLUSH 5](#_Toc38459261)

[TURMERIC CHAI LATTE 6](#_Toc38459262)

[CHAGA ‘FAT BOMB’ COFFEE 6](#_Toc38459263)

[INSTANT DANDELION LATTE 7](#_Toc38459264)

[JUICES 7](#_Toc38459265)

[GREEN GODDESS JUICE 7](#_Toc38459266)

[HORMONE 101 JUICE 8](#_Toc38459267)

[BEET HORMONE JUICE 8](#_Toc38459268)

[HORMONE LOVE JUICE 8](#_Toc38459269)

[EASY HORMONE JUICE 9](#_Toc38459270)

[SMOOTHIES 9](#_Toc38459271)

[HORMONE HEALTH SMOOTHIE 10](#_Toc38459272)

[HORMONE HAPPINESS SMOOTHIE 10](#_Toc38459273)

[KALE HORMONE SMOOTHIE 10](#_Toc38459274)

[BERRY HORMONE SMOOTHIE 11](#_Toc38459275)

[ALMOND BUTTER SMOOTHIE 11](#_Toc38459276)

[SMOOTHIE BOWLS 12](#_Toc38459277)

[BLUEBERRY GREEN SMOOTHIE BOWL 12](#_Toc38459278)

[GREEN SMOOTHIE BOWL 12](#_Toc38459279)

[BREAKFAST 13](#_Toc38459280)

[SCRAMBLED EGGS WITH SPINACH AND FERMENTED VEGGIES 13](#_Toc38459281)

[EGGS WITH SWEET POTATO (KUMARA) HASH 13](#_Toc38459282)

[ORANGE CRANBERRY CHIA PUDDING 14](#_Toc38459283)

[FRIED EGGS WITH KIMCHI AND ROCKET 15](#_Toc38459284)

[GRAIN-FREE PORRIDGE 15](#_Toc38459285)

[SOUPS 16](#_Toc38459286)

[CHICKEN-BONE BROTH 16](#_Toc38459287)

[RED LENTIL SOUP WITH LEMON AND SHREDDED CHICKEN 17](#_Toc38459288)

[COCONUT SWEET POTATO (KUMARA) SOUP 17](#_Toc38459289)

[CHICKEN VEGETABLE STEW 18](#_Toc38459290)

[VEGETABLE PESTO SOUP 19](#_Toc38459291)

[CREAMY CARROT SUNFLOWER BUTTER SOUP 19](#_Toc38459292)

[BLACK BEAN AND BUTTERNUT SOUP 20](#_Toc38459293)

[SNACKS 21](#_Toc38459294)

[BRAZIL NUT DETOX PESTO 21](#_Toc38459295)

[GUACAMOLE 21](#_Toc38459296)

[CINNAMON APPLES WITH TAHINI 22](#_Toc38459297)

[CUCUMBER SALSA 22](#_Toc38459298)

[BLACK BEAN DIP 23](#_Toc38459299)

[PROTEIN BALLS 23](#_Toc38459300)

[CHOCOLATE TAHINI FAT BOMB 23](#_Toc38459301)

[SALTED DATE BALLS 24](#_Toc38459302)

[VANILLA COCONUT SUNFLOWER BALLS 24](#_Toc38459303)

[DRESSINGS 25](#_Toc38459304)

[CREAMY DILL DRESSING 25](#_Toc38459305)

[LEMON GINGER DRESSING 25](#_Toc38459306)

[CUMIN LIME DRESSING 26](#_Toc38459307)

[BASICS 26](#_Toc38459308)

[SIDE SALAD 26](#_Toc38459309)

[ROASTED SWEET POTATO (KUMARA) 26](#_Toc38459310)

[QUINOA 27](#_Toc38459311)

[BROWN LENTILS 27](#_Toc38459312)

[ROASTED CHICKEN 28](#_Toc38459313)

[LUNCH 28](#_Toc38459314)

[GREEN GODDESS SALAD WITH SALMON AND LENTILS 28](#_Toc38459315)

[ZUCCHINI NOODLE SALAD WITH GARLIC CHICKEN BREAST 29](#_Toc38459316)

[HORMONE HEALTH SALAD BOWL 30](#_Toc38459317)

[NUTRI-STRONG KALE BOWL 31](#_Toc38459318)

[SAVOURY KALE SALAD WITH BEETROOT, SAUERKRAUT AND CHICKEN 31](#_Toc38459319)

[SPICY SPINACH SALAD WITH STEAK AND BERRIES 32](#_Toc38459320)

[SWEET FIG SALAD BOWL WITH CHICKEN 33](#_Toc38459321)

[HERBED WHITE BEAN SALAD WITH SALMON AND ASPARAGUS 34](#_Toc38459322)

[POMEGRANATE BLACK BEANS AND HERBED RICE WITH CHICKEN 35](#_Toc38459323)

[CUCUMBER SALAD WITH EGG 36](#_Toc38459324)

[DINNERS 37](#_Toc38459325)

[NUTRI-WISE STEAK BOWL WITH SAVOURY PUMPKIN SEED PÂTÉ 37](#_Toc38459326)

[VEGETABLE STIR-FRY WITH SALMON AND GINGER TURMERIC BROTH 39](#_Toc38459327)

[SAUTÉED MIXED VEGETABLES WITH CHICKEN AND PESTO RICE 40](#_Toc38459328)

[CINNAMON-ROASTED SWEET POTATO (KUMARA) WITH FALAFEL AND CUCUMBER SALAD 41](#_Toc38459329)

[BUTTERNUT WITH FIG, ROASTED SALMON AND SALAD 42](#_Toc38459330)

[RICED CAULI WITH BBQ SALMON 43](#_Toc38459331)

[CURRIED CHICKEN, SWEET POTATO (KUMARA) AND CABBAGE SAUTÉ 45](#_Toc38459332)

[ROASTED CHICKEN WITH HERBED COCONUT SWEET POTATO (KUMARA) SOUP 46](#_Toc38459333)

[SQUASH AND BROCCOLI SAUTÉ WITH QUINOA AND ROASTED SNAPPER 47](#_Toc38459334)

[ROASTED CHICKEN KEBABS WITH SAUTÉED GREENS AND APPLES 48](#_Toc38459335)

[DESSERT 49](#_Toc38459336)

[FROZEN BLUEBERRY YOGHURT BITES 49](#_Toc38459337)

[CHERRY BANANA ICE CREAM 49](#_Toc38459338)

Most items are available from the supermarket or you will find links to stockists in the recipe, guide and/or the Eat Don’t Eat List.

DRINKS

# LEMON WATER ELIXIR

**Serves 1**

**Important: drink a glass of water after this drink to protect your tooth enamel from the acidic quality.**

1 cup room-temperature water

1 lemon, juiced

1 tablespoon Bragg’s raw apple cider vinegar ([Coles](https://shop.coles.com.au/a/a-national/everything/search/apple%20cider%20vinegar?pageNumber=1)/[Countdown](https://shop.countdown.co.nz/shop/productdetails?stockcode=476910&name=bragg-cider-vinegar-apple))

1 teaspoon glycine (Eat Don’t Eat List), brown rice syrup or stevia to taste (optional)

⅛ teaspoon ginger powder or 2.5cm piece fresh ginger, peeled and sliced

sprinkle of ground cinnamon

dash sea salt

**\*NOTE:** If you feel nauseous or experience tightness in the chest after drinking this morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir, omitting the apple cider vinegar (or use only ½ teaspoon of ACV) for at least three days, and then try reintroducing it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

# CRANBERRY FLUSH

**Serves 1**

2 tablespoons (no added sugar) cranberry juice concentrate

375ml (approx 1.5 cups) water

1 teaspoon brown rice syrup/raw honey/glycine/stevia

1 lemon, juiced

**Combine ingredients and enjoy!**

**NOTE:** If you can’t find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead.

# TURMERIC CHAI LATTE

**Serves 1**

1 cup unsweetened coconut milk

¾ teaspoon turmeric powder

½ teaspoon cinnamon powder

¼ teaspoon ground ginger

1 teaspoon brown rice syrup/glycine/stevia/raw honey

pinch sea salt

**NOTE:** Read labels and source a clean, unsweetened coconut milk.

**Add coconut milk to a saucepan,** whisk in turmeric, cinnamon, and ginger. Bring to a light simmer and heat until warm. Stir in syrup/honey and salt until dissolved. Serve in coffee mug.

# CHAGA ‘FAT BOMB’ COFFEE

**Serves 1**

1 - 2 teaspoons chaga powder (HealthPost or click [here](https://amzn.to/2RoKYEL))

250ml (1 cup) water

¼ cup unsweetened coconut milk

1 tablespoon coconut oil

pinch cinnamon powder

1 teaspoon brown rice syrup/glycine/stevia/raw honey (optional)

**NOTE:** Read labels and source a clean, unsweetened coconut milk.

**Add chaga to water** and simmer in a small saucepan. The water should turn dark brown and resemble a cup of strong coffee. If necessary, add more chaga. Steep the chaga for approximately 3 to 5 minutes. Add coconut milk and continue to warm. Stir in coconut oil, cinnamon, and syrup/glycine/honey (if desired). Enjoy!

# INSTANT DANDELION LATTE

**Serves 1**

1 roasted dandelion tea bag ([Coles](https://shop.coles.com.au/a/a-national/everything/search/dandelion%20tea?pageNumber=1)/[Healthpost](https://www.healthpost.co.nz/claridges-botanicals-dandelion-tea-certified-organic-cld-p?gclid=CjwKCAiAsIDxBRAsEiwAV76N80hmIedmOPsJqNNBBe2c0293eD14d_ED7PlvZbVVVjJmDbF87UcGABoCPrUQAvD_BwE)/[iherb](https://www.iherb.com/?rcode=JEN4038)/[Amazon](https://amzn.to/2RiwKoI))

250ml (1 cup) boiling water

1 tablespoon coconut oil

1 teaspoon brown rice syrup/glycine/stevia/raw honey (optional)

pinch cinnamon powder

**NOTE:** You can purchase roasted dandelion tea bags at most specialty stores.

**Brew the tea and steep for 3 minutes.** Place the brewed tea, coconut oil, and syrup/honey (if desired) in a high-speed blender. Cover your blender, place a towel over the top (to be on the safe side), then blend until frothy. Top with cinnamon and enjoy.

JUICES

**All juices serve 1 person. Pop the ingredients in your juicer if you have one or something like a** [**Nutribullet**](https://amzn.to/38qPdHK)**.**

# GREEN GODDESS JUICE

1 green apple

1 carrot

3 kale leaves

1 handful parsley

1 cup mixed greens

juice from 1 lemon

# HORMONE 101 JUICE

2 cups chopped raw sweet potato

3 large carrots

1 apple

1 cucumber

4 celery ribs

1 handful parsley

2.5cm piece fresh turmeric root

juice from 1 lemon

# BEET HORMONE JUICE

1 beet

1 cucumber

1 apple

4 celery ribs

4 kale leaves

2.5cm piece fresh turmeric root

juice from 1 lemon

# HORMONE LOVE JUICE

3 kale leaves

1 cup spinach

4 celery ribs

5 basil leaves

1 cucumber

juice from 1 lemon

# EASY HORMONE JUICE

1 bunch celery

1 beetroot

1 cup lettuce

1 bunch coriander

2.5cm piece fresh ginger

SMOOTHIES

**A FEW TIPS FOR MAKING DELICIOUS SMOOTHIES:**

* Feel free to add water to thin out a smoothie.
* Use organic produce where possible.
* Each smoothie recipe serves one. Double the recipe if you would like to use as a substitute for one large meal.

Looking for a few ideas to add to your smoothie? Give your smoothie a boost by adding any item listed here:

* probiotic
* flax seeds
* chia seeds
* spirulina
* bee pollen
* maca
* unsweetened shredded coconut
* raw cacao powder
* brown rice syrup/glycine powder for sweetening
* raw honey
* detox greens (parsley, coriander, radish)
* sprouts of any kind

# 

# HORMONE HEALTH SMOOTHIE

½ cup full-fat, unsweetened coconut milk

½ scoop collagen protein. ([This veggie one’s at iHerb](https://nz.iherb.com/pr/PlantFusion-Complete-Plant-Collagen-Builder-Natural-No-Stevia-10-58-oz-300-g/89548)). JEN4038 =10% off

¼ avocado

½ cup mixed greens

1 brazil nut, preferably soaked overnight

1 tablespoon kelp sprinkles

½ cup blueberries

**Blend in a high-speed blender and enjoy with love.**

# HORMONE HAPPINESS SMOOTHIE

¾ cup full-fat, unsweetened coconut milk

½ avocado

½ scoop collagen powder - ([This veggie one’s at iHerb](https://nz.iherb.com/pr/PlantFusion-Complete-Plant-Collagen-Builder-Natural-No-Stevia-10-58-oz-300-g/89548)). JEN4038 = 10% off

1 brazil nut, preferably soaked overnight

1 cup spinach

½ tablespoon raw cacao

½ tablespoon almond butter

1 tablespoon chia seeds

¼ cup blueberries

1cm piece fresh ginger

**Blend in a high-speed blender and enjoy with love.**

# KALE HORMONE SMOOTHIE

¾ cup dairy-free milk

1 cup kale

1 tablespoon raw cacao

¼ avocado

½ orange, without peel

½ scoop collagen powder - ([This veggie one’s at iHerb](https://nz.iherb.com/pr/PlantFusion-Complete-Plant-Collagen-Builder-Natural-No-Stevia-10-58-oz-300-g/89548)). JEN4038 = 10% off

½ teaspoon flax seeds

dash ground ginger

**Blend in a high-speed blender and enjoy with love.**

# BERRY HORMONE SMOOTHIE

¾ cup dairy-free milk

1 cup spinach

¼ cup raspberries

1 brazil nut, preferably soaked overnight

¼ avocado

½ scoop collagen powder - ([This veggie one’s at iHerb](https://nz.iherb.com/pr/PlantFusion-Complete-Plant-Collagen-Builder-Natural-No-Stevia-10-58-oz-300-g/89548)). JEN4038 = 10% off

½ tablespoon unsweetened, dried shredded coconut

½ teaspoon flax seeds

**Blend in a high-speed blender and enjoy with love.**

# ALMOND BUTTER SMOOTHIE

¾ cup dairy-free milk

½ cup spinach

½ cup mixed greens

1 tablespoon almond butter

¼ cup blueberries

½ scoop collagen powder - ([This veggie one’s at iHerb](https://nz.iherb.com/pr/PlantFusion-Complete-Plant-Collagen-Builder-Natural-No-Stevia-10-58-oz-300-g/89548)). JEN4038 = 10% off

1 tablespoon chia seeds

½ handful parsley

dash cinnamon powder

**Blend in a high-speed blender and enjoy with love.**

SMOOTHIE BOWLS

# BLUEBERRY GREEN SMOOTHIE BOWL

**Serves 1**

½ cup dairy-free milk

½ banana

¼ avocado

1 cup spinach

1 cup blueberries, divided

1 scoop collagen powder or marine collagen

1 tablespoon chia seeds

**Blend milk,** banana, avocado, spinach, ¾ cup blueberries, and collagen in a high-powered blender. Top with remaining ¼ cup blueberries and chia seeds.

# GREEN SMOOTHIE BOWL

**Serves 1**

⅓ cucumber

¼ apple

½ avocado

1 cup spinach

½ banana

½ cup coconut water

1 scoop collagen powder or marine collagen

¼ teaspoon ginger powder

**Toppings:**

1 tablespoon chia seeds

1 tablespoon coconut flakes or shredded coconut

**Blend all smoothie ingredients** in a high-powered blender. Top with chia seeds and coconut flakes.

BREAKFAST

# SCRAMBLED EGGS WITH SPINACH AND FERMENTED VEGGIES

**Serves 1**

2 eggs

1 tablespoon coconut oil

1 cup spinach

sea salt, to taste

black pepper, to taste

1 avocado, sliced

kelp sprinkles, to taste

¼ cup raw sauerkraut or kimchi

**Crack eggs into a small bowl** and whisk until smooth. Set to the side. Next, place a medium-sized sauté pan on the stove over medium heat. Add coconut oil and spread around the pan. Once the oil has melted, add spinach to the pan.

**Sauté for 2 minutes until wilted.** Pour whisked eggs into the pan over the spinach. Season with sea salt and black pepper and cook to desired consistency. Serve the eggs on a plate topped with avocado, kelp sprinkles, and sauerkraut or kimchi.

# EGGS WITH SWEET POTATO (KUMARA) HASH

**Serves 1**

1 tablespoon coconut oil, divided

½ large onion, chopped

1 garlic clove, chopped

1 celery rib, chopped

½ large sweet potato (kumara), diced

½ teaspoon ground cumin

sea salt, to taste

black pepper, to taste

30ml water

½ cup frozen peas

1 egg

½ avocado

**Add half the coconut oil** to a large sauté pan over medium heat. Once the oil has melted, add onion, garlic, and celery. Sauté for about 3 minutes, then add diced sweet potato (kumara). Season with cumin, sea salt, and black pepper. Mix well and add water to the pan. Cover and steam for about 5 minutes. Remove the cover then fold in peas. Continue to cook until the sweet potato (kumara) is cooked all the way through.

**Add remaining coconut oil** to a clean pan over medium heat. Once the oil has melted, crack the egg into the pan and cook to your desired consistency.

To serve, put sweet potato (kumara) hash into a bowl. Top with egg and sliced avocado.

# ORANGE CRANBERRY CHIA PUDDING

**Serves 1**

1 cup dairy-free milk

⅓ cup chia seeds

2 tablespoons dried cranberries

1 teaspoon brown rice syrup/glycine/stevia/honey

½ teaspoon cinnamon powder

1 orange, peeled and segmented

**Mix milk and chia seeds** in a serving bowl. Let it sit for 5 minutes, then stir in cranberries, syrup/honey, and cinnamon. Top with orange segments and serve.

# FRIED EGGS WITH KIMCHI AND ROCKET

**Serves 1**

1 tablespoon coconut oil

2 eggs

sea salt, to taste

black pepper, to taste

1 cup rocket

1 avocado, sliced

2 tablespoons kimchi

kelp sprinkles, to taste

1 small tomato, sliced

**Add coconut oil to a large sauté pan** over medium heat. Once oil melts, crack the eggs in the centre. Cook to your desired consistency and season with salt and pepper. While the eggs are cooking, place rocket, avocado, kimchi, kelp sprinkles, and tomato slices on a plate. Top with fried eggs before serving.

# GRAIN-FREE PORRIDGE

**Serves 1**

½ banana

½ cup dairy-free milk

2 tablespoons unsweetened, dried shredded coconut

2 tablespoons chia seeds or ground flax seeds

¼ cup berries of choice

dash cinnamon powder

**Place banana half in a bowl and mash.** Top with dairy-free milk, shredded coconut, chia seeds or flax meal, berries, and cinnamon.

**Warm version:** Add mashed banana and dairy-free milk to a pot on the stove and warm for 2-3 minutes. Place in a bowl and top with remaining ingredients.

SOUPS

# CHICKEN-BONE BROTH

**Makes 3-4 litres**

1-3 kg chicken soup bones\*

2 cloves garlic

water (enough to cover the bones)

2 tablespoons raw apple cider vinegar

1 teaspoon sea salt

**\*Note:** Ask for soup bones at your local butcher shop. Soup bones are usually very cheap, if not free!

**In a stock pot,** add the soup bones, garlic, and enough water to cover. Add apple cider vinegar. Bring to a boil then reduce to a simmer for 24+ hours.

**After about 24 hours**, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top then close tightly with a lid. Alternatively, you could freeze stock in ice cube trays for quick use. Keeps in the refrigerator for a few days or in the freezer for 4-6 months.

**OPTIONAL:** If you would like to make chicken soup, add a litre of your stock to a pot with your favourite vegetables. You can add celery, carrots, leeks, sweet potatoes (kumara), yams, etc. Bring to a boil and simmer until vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach or kale if desired. Add sea salt to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

# RED LENTIL SOUP WITH LEMON AND SHREDDED CHICKEN

**Serves 1**

¼ tablespoon coconut oil

¼ tablespoon turmeric powder

¼ large onion, chopped

½ large carrot, chopped

½ celery rib, chopped

1 bay leaf

¼ cup red lentils

1 x 5cm piece kombu seaweed ([Huckleberry](https://www.huckleberry.co.nz/products/pacific-harvest-kombu-leaves?gclid=CjwKCAiAsIDxBRAsEiwAV76N82kSJU7o3CFogBZQ1Coy3FsxO8H03CMLaGgBuB_fnYEFR64dMccBwxoCa_gQAvD_BwE)/[buyasianfood.com.au](https://www.buyasianfood.com.au/_products/JapaneseKorean/BonitoDashiSoupBase-125.aspx))

1 cup vegetable broth

¼ bunch parsley, chopped

juice and zest from ¼ lemon

handful roasted chicken, shredded\*

**\*NOTE:** Use a roast chicken from the deli of your favourite supermarket or prepare your own roasted chicken using the recipe in Basics.

**Add coconut oil to a pot set over medium heat**. Once the oil has melted, add turmeric powder. Let it fry for about 1 minute then add onion, carrot, and celery. Sauté for about 3 minutes, then add the bay leaf, red lentils, kombu, and vegetable broth. Mix well and cover. Let the mixture cook for about 10 minutes. Stir, then cover again. Cook for another 10 minutes. The lentils should be soft. Remove from heat and discard the seaweed and bay leaf. Shred roasted chicken using a fork. Add the chicken to the soup. Stir in parsley, lemon zest, and juice before serving.

# COCONUT SWEET POTATO (KUMARA) SOUP

**Serves 1**

¼ tablespoon coconut oil

¼ large onion, chopped

½ garlic clove, chopped

¼ tablespoon dried thyme

¼ large sweet potato (kumara), chopped

1 x 5cm piece kombu seaweed ([Huckleberry](https://www.huckleberry.co.nz/products/pacific-harvest-kombu-leaves?gclid=CjwKCAiAsIDxBRAsEiwAV76N82kSJU7o3CFogBZQ1Coy3FsxO8H03CMLaGgBuB_fnYEFR64dMccBwxoCa_gQAvD_BwE)/[buyasianfood.com.au](https://www.buyasianfood.com.au/_products/JapaneseKorean/BonitoDashiSoupBase-125.aspx))

½ cup vegetable broth

100ml (or ¼ can) unsweetened coconut milk

**Add coconut oil to a small soup pot over medium heat.** Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add thyme, sweet potato (kumara), kombu, vegetable broth, and coconut milk. Simmer for about 20 minutes, then remove the kombu. Allow the soup to cool for about 20 minutes. Blend the soup using a stick blender.

# CHICKEN VEGETABLE STEW

**Serves 1**

½ chicken breast

½ tablespoon coconut oil

¼ tablespoon fennel seeds

¼ large onion, chopped

½ garlic clove, chopped

½ large carrot, chopped

½ celery rib, chopped

½ cup cooked chickpeas

¼ teaspoon all-purpose seasoning (salt-free)

1 bay leaf

1 x 5cm piece kombu seaweed ([Huckleberry](https://www.huckleberry.co.nz/products/pacific-harvest-kombu-leaves?gclid=CjwKCAiAsIDxBRAsEiwAV76N82kSJU7o3CFogBZQ1Coy3FsxO8H03CMLaGgBuB_fnYEFR64dMccBwxoCa_gQAvD_BwE)/[buyasianfood.com.au](https://www.buyasianfood.com.au/_products/JapaneseKorean/BonitoDashiSoupBase-125.aspx))

1 cup vegetable broth

¼ medium cabbage, chopped

¼ bunch spinach, chopped

**Chop chicken breast into bite-sized chunks and set to the side.** Next, add coconut oil to a pot over medium heat. Add fennel seeds and fry for about 1 minute then add onion, garlic, carrot, and celery. Sauté for about 3 minutes, then add chicken, chickpeas, all-purpose seasoning, bay leaf, kombu, and vegetable broth. Stir well and let simmer for 20 minutes. Remove the kombu and bay leaf. Turn off the heat and add cabbage and spinach. Cover and allow the vegetables to wilt before serving.

# VEGETABLE PESTO SOUP

**Serves 1**

¼ tablespoon coconut oil

¼ large onion, chopped

½ garlic clove, chopped

½ large carrot, chopped

¼ cup frozen peas

½ cup cooked chickpeas (recipe in Basics)

¼ cup Brazil Nut Detox Pesto (recipe in Snacks)

1 x 5cm piece kombu seaweed ([Huckleberry](https://www.huckleberry.co.nz/products/pacific-harvest-kombu-leaves?gclid=CjwKCAiAsIDxBRAsEiwAV76N82kSJU7o3CFogBZQ1Coy3FsxO8H03CMLaGgBuB_fnYEFR64dMccBwxoCa_gQAvD_BwE)/[buyasianfood.com.au](https://www.buyasianfood.com.au/_products/JapaneseKorean/BonitoDashiSoupBase-125.aspx))

1 cup vegetable broth

**Add coconut oil to a small soup pot over medium heat.** Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add carrot, peas, chickpeas, and pesto. Mix well, then add kombu and vegetable broth. Simmer for 20 minutes. Remove the kombu and serve.

# CREAMY CARROT SUNFLOWER BUTTER SOUP

**Serves 1**

½ tablespoon coconut oil

1 garlic clove, chopped

¼ large onion, chopped

½ celery rib, chopped

2-3 carrots, roughly chopped

1cm-piece fresh ginger, grated

1½ cups vegetable broth

1½ tablespoons sunflower seed butter ([Huckleberry](https://www.huckleberry.co.nz/products/ceres-organics-sunflower-butter)/[aussiehealthproducts](https://www.aussiehealthproducts.com.au/ceres-organics-sunflower-butter-300g.php))

½ lime, juiced

sea salt, to taste

black pepper, to taste

**Add coconut oil to a small soup pot over medium heat.** Once the oil has melted, add garlic, onion, and celery. Sauté for about 3 minutes, then add carrots, ginger, and broth. Allow the soup to simmer for about 20 minutes until the carrots are tender.

**Next, add the sunflower seed butter** to the soup and blend using a stick blender or in batches using a high-speed blender. Return to the pot and stir in lime juice, sea salt, and black pepper.

# BLACK BEAN AND BUTTERNUT SOUP

**Serves 1**

½ cup chopped butternut, peeled

¼ large carrot, roughly chopped

¼ large fennel bulb, roughly chopped

¼ apple, cored and chopped

½ tablespoon coconut oil

sea salt, to taste

black pepper, to taste

1½ cups vegetable broth, divided

½ cup cooked black beans (recipe in Basics)

¼ bunch parsley, finely chopped

Side Salad (recipe in Basics)

**Preheat** the oven to 180 degrees C.

**Add butternut, carrot, fennel, and apple to a large mixing bowl**. Coat with coconut oil and season with sea salt and black pepper. Spread onto a large baking sheet and bake for about 25 to 30 minutes until tender and golden brown. Remove from the oven and set aside to cool.

**Next, reserve half the vegetables and set aside**. Add the remaining vegetables in batches to a high-speed blender with about ¼ cup of vegetable broth. Blend until smooth. Repeat process until that half of the vegetables is blended.

**Add the blended vegetables to a large soup pot** with the remaining broth and reserved roasted vegetables. Add in black beans and chopped parsley. Heat over medium heat and stir well until warm.

**Serve the soup warm with a side salad.**

SNACKS

# BRAZIL NUT DETOX PESTO

**Makes about 1 cup**

1 cup tightly packed basil leaves

1 bunch parsley, roughly chopped

1 bunch coriander, roughly chopped

1 cup tightly packed mint leaves

½ cup brazil nuts

1 lemon, juiced

¼ cup extra virgin olive oil

sea salt, to taste

black pepper, to taste

**Add all ingredients** to a food processor or high-speed blender. Blend until smooth.

# GUACAMOLE

**Serves 1**

1 avocado, sliced

1 spring onion, chopped

½ garlic clove, minced

¼ teaspoon ground cumin

sea salt, to taste

black pepper, to taste

**Add all the ingredients to a small bowl.** Mash and mix together with a fork. Serve immediately.

# CINNAMON APPLES WITH TAHINI

**Serves 1**

1 apple, cored and sliced

¼ teaspoon cinnamon

¼ heaped tablespoon tahini

**Add all the ingredients to a bowl and serve immediately.**

# CUCUMBER SALSA

**Serves 1**

Salsa Ingredients:

¼ large cucumber, diced

¼ garlic clove, minced

¼ small red onion, thinly sliced

few sprigs fresh parsley, roughly chopped

few sprigs fresh coriander, roughly chopped

½ lime, juiced

¼ teaspoon ground cumin

sea salt, to taste

black pepper, to taste

**Optional for Serving:**

sliced veg crudites

flax crackers

**Add salsa ingredients to a small bowl and mix well.** Serve with sliced veg crudites or flax crackers.

# BLACK BEAN DIP

**Serves 1**

**Dip Ingredients:**

½ cup cooked black beans (recipe in Basics)

½ small onion, roughly chopped

¼ bunch coriander, roughly chopped

½ garlic clove

½ lime, juiced

¼ teaspoon ground cumin

sea salt, to taste

black pepper, to taste

**Optional for Serving:**

sliced veg crudites

flax crackers

**Add dip ingredients to a food processor or high-speed blender.** Blend until smooth. Serve with sliced veg crudites or flax crackers.

PROTEIN BALLS

# CHOCOLATE TAHINI FAT BOMB

**Makes about 12 bombs**

1 cup melted coconut oil

2 tablespoons cacao powder

1 tablespoon brown rice syrup/glycine/stevia/honey

2 tablespoons tahini

**Mix all the ingredients in a bowl.** Continue to stir until well incorporated. Pour into an ice cube tray and let it set in the refrigerator for 2 to 3 hours. Store in an airtight container in the refrigerator for up to 7 days.

# SALTED DATE BALLS

**Makes about 15 balls**

7 pitted dates

½ cup sunflower seed butter

1 lemon, juiced

1 tablespoon ground flax seeds

pinch sea salt

1 teaspoon cinnamon

½ cup raw sunflower seeds (soaked for 15 minutes)

**Add dates,** sunflower seed butter, lemon juice, flax seeds, sea salt, and cinnamon to a food processor or high-speed blender. Blend until it comes out like a paste. Next, blend in the sunflower seeds. Use a spoon coated with a bit of coconut oil to scoop out the paste and form into balls. Store in an airtight container in the refrigerator for up to 7 days.

# VANILLA COCONUT SUNFLOWER BALLS

**Makes about 15 balls**

1 cup sunflower seed butter

⅓ cup brown rice syrup/glycine/stevia/honey

½ cup protein powder (we love hemp)

⅓ cup hemp seeds

⅓ cup unsweetened, dried shredded coconut

**Mix the sunflower seed butter and syrup/honey in a mixing bowl.** Next, mix in the remaining ingredients. Use a spoon coated with a bit of coconut oil to scoop out the mixture and form into balls. Store in an airtight container in the refrigerator for up to 7 days.

DRESSINGS

# CREAMY DILL DRESSING

**Serves 1**

¼ cup dairy-free yoghurt

¼ large cucumber, finely chopped

few sprigs fresh dill, minced

few sprigs fresh mint, minced

½ garlic clove, minced

zest and juice of ¼ large lemon

sea salt, to taste

black pepper, to taste

**Add all the ingredients to a mason jar.** Close the lid and shake well. Adjust seasonings as needed. Refrigerate for up to 3 days.

# LEMON GINGER DRESSING

**Serves 1**

1 lemon, juiced

½ garlic clove

¼ cup extra virgin olive oil

½cm piece fresh ginger

¼ teaspoon brown rice maple syrup/honey

sea salt, to taste

black pepper, to taste

**Add all the ingredients to a high-speed blender.** Blend until smooth. Store in a closed mason jar up to 7 days.

# CUMIN LIME DRESSING

**Serves 1**

2 limes, juiced

¼ teaspoon ground cumin

sea salt, to taste

black pepper, to taste

½ garlic clove, minced

**Add all the ingredients to a mason jar.** Close the lid and shake until mixed. Store in the refrigerator up to 7 days.

BASICS

# SIDE SALAD

**Serves 1**

2 cups mixed greens

½ large cucumber

½ cup shredded carrots

½ cup shredded purple cabbage

choice of dressing (recipes in Dressings)

**Add all the ingredients** to a large mixing bowl and toss well before serving.

# ROASTED SWEET POTATO (KUMARA)

**Serves 1**

1 large sweet potato (kumara)

**Preheat** the oven to 180 degrees C.

**Place sweet potato (kumara) onto a baking pan.** Place in the oven and bake for 45 to 60 minutes. You know the sweet potato (kumara) is done when you can prick the centre with a fork or knife without resistance.

# QUINOA

**Serves 1**

½ cup water

¼ cup quinoa

**Place water and quinoa in a small pot over medium heat.** Cover and cook for 20 minutes until the water is absorbed. Turn off the heat and let it sit for 5 minutes before fluffing with a fork.

# BROWN LENTILS

**Serves 1**

¼ cup brown lentils

¾ cup water

¼ tablespoon sea salt

**Add the lentils and water to a small soup pot.** Season with sea salt. Cover and simmer for about 20 minutes until tender. Drain excess water and store in an airtight container in the refrigerator for up to one week.

**How to Cook Dried Beans**

Dried beans are easy to make. Simply soak overnight for at least 8 hours. Drain and rinse well when ready to cook. Place in a large soup pot and cover with four times the amount of water and add about 1 tablespoon of sea salt for flavour. Boil your beans for anywhere between 30 minutes to 1½ hours. The cooking times vary depending upon where you purchase your beans. So, check on your beans every 15 to 30 minutes to see if the texture is soft and creamy. If they still have some crunch to them, then they need to cook a bit longer. When the beans are done, drain any excess water and store in an airtight container in the refrigerator for up to one week.

**Here are some general cooking times for the beans used in this guide.**

1 cup dry chickpeas / garbanzo beans = 30 minutes to 1 hour

1 cup dry black beans = 1 to 1½ hours

1 cup dry black-eyed peas = 30 minutes to 1 hour

1 cup dry white beans = 1 to 1½ hours

# ROASTED CHICKEN

**Serves 1**

¼ whole chicken

¼ tablespoon coconut oil

sea salt, to taste

black pepper, to taste

**Preheat the oven** to 180 degrees C.

**Wash the chicken** and place on a baking pan. Coat with coconut oil. Season with sea salt and black pepper. Bake for about 45 minutes and check to make sure it is cooked through the breast and thigh sections. If the chicken juices are still pink, roast for an additional 10 to 15 minutes. Remove from the oven and set aside to cool.

LUNCH

# GREEN GODDESS SALAD WITH SALMON AND LENTILS

**Serves 1**

1 salmon fillet

1 tablespoon coconut oil, divided

sea salt, to taste

black pepper, to taste

1 large carrot, chopped

1 apple, cored and chopped

½ cup cooked brown lentils (recipe in Basics)

¼ bunch watercress

½ tomato, chopped

2 cups mixed greens

½ avocado

Creamy Dill Dressing (recipe in Dressings)

**Preheat** the oven to 180 degrees C.

**Coat salmon fillet with half the coconut oil and lay on a baking sheet.** Season with sea salt and black pepper. Next, add carrot, apple, remaining coconut oil, sea salt, and black pepper to a mixing bowl. Mix well and layer onto the same baking sheet.

**Bake for about 15 minutes and remove the fish from the pan onto a plate.** Set the salmon aside to cool. Continue to cook the vegetables for an additional 5 minutes until tender and golden brown. Remove from the oven and allow to cool.

**To prepare the salad**, add lentils, watercress, tomato, mixed greens, avocado, and dressing to a mixing bowl. Top with roasted carrot, apple (warm or cold), and salmon.

# ZUCCHINI NOODLE SALAD WITH GARLIC CHICKEN BREAST

**Serves 1**

1 chicken breast

½ tablespoon coconut oil

½ teaspoon garlic powder

sea salt, to taste

black pepper, to taste

1 cup spinach

5 cherry tomatoes, halved

½ yellow pepper, chopped

½ cup shredded carrots

1 cup zucchini noodles

½ small red onion, thinly sliced

¼ bunch mint, chopped

¼ bunch parsley, chopped

¼ cup lentils, cooked (recipe in Basics)

Lemon Ginger Dressing (recipe in Dressings)

½ avocado, sliced

**Coat chicken with coconut oil and season with garlic powder**, sea salt, and black pepper. Warm up a medium-sized sauté pan over medium heat. Add the chicken to the pan and cook for about 5 to 7 minutes per side. Cook until the chicken is no longer pink in the centre. Remove the chicken from the pan and set on a plate to cool.

**Next,** add the spinach, tomatoes, pepper, carrots, zucchini noodles, onion, mint, parsley, lentils, and dressing to a large mixing bowl. Mix well and top with avocado and sliced chicken breast.

# HORMONE HEALTH SALAD BOWL

**Serves 1**

½ roasted sweet potato (kumara), chopped (recipe in Basics)

1 cup mixed greens

1 cup chopped kale

1 sliced radish

¼ bunch parsley, chopped

½ grapefruit, peeled and sectioned

2-3 mint leaves, torn

½ avocado, sliced

½ cup cooked brown lentils (recipe in Basics)

Lemon Ginger Dressing (recipe in Dressings)

**Add all the ingredients to a salad bowl.** Mix well and serve immediately.

# NUTRI-STRONG KALE BOWL

**Serves 1**

1 roasted sweet potato (kumara) (recipe in Basics)

½ bunch kale, chopped

¼ bunch coriander, chopped

¼ bunch parsley, chopped

1 spring onion, chopped

½ lemon, juiced

½ avocado

sea salt, to taste

black pepper, to taste

¼ cup raw sunflower seeds

½ cup cooked black beans (recipe in Basics)

**Roast the sweet potatoes (kumara**) according to recipe in Basics.

**Add kale,** coriander, parsley, spring onion, lemon juice, avocado, sea salt, and black pepper to a mixing bowl. Massage the ingredients together until the kale is wilted. Top with chopped roasted sweet potato (kumara), sunflower seeds, and black beans.

# SAVOURY KALE SALAD WITH BEETROOT, SAUERKRAUT AND CHICKEN

**Serves 1**

1 large beetroot, trimmed and chopped

1 tablespoon coconut oil

sea salt, to taste

black pepper, to taste

½ bunch kale, chopped

½ lemon, juiced

½ teaspoon Italian seasoning

½ avocado

½ small red onion, thinly sliced

½ cup shredded carrot

1 tablespoon chia seeds

1 hard-boiled egg, sliced

2 tablespoons raw sauerkraut

¼ roasted chicken\*, sliced

**\*NOTE:** Use a roast chicken from the deli of your favourite supermarket or prepare your own roasted chicken using the recipe in Basics.

**Preheat** oven to 180 degrees C.

**Wash and trim your beetroot**. Cut into quarters. Place in a bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer in a baking pan and cover with foil. Roast for about 1 hour. Cook until the centre of the beetroot can be pierced with a fork.

**Add kale**, lemon juice, Italian seasoning, sea salt, black pepper, avocado, red onion, and shredded carrot to a mixing bowl. Massage the kale until wilted. Top with chia seeds, hard-boiled egg, roasted beetroot, sauerkraut, and roasted chicken slices (warm or cold).

# SPICY SPINACH SALAD WITH STEAK AND BERRIES

**Serves 1**

250g steak

½ tablespoon coconut oil

½ teaspoon dried thyme

sea salt, to taste

black pepper, to taste

1 cup spinach

¼ bunch watercress, chopped

½ cup cooked chickpeas (recipe in Basics)

½ small red onion, thinly sliced

½ tomato, chopped

½ cucumber, chopped

¼ cup sliced radishes

¼ cup blueberries

½ avocado, chopped

1 tablespoon flax seeds

Cumin Lime Dressing (recipe in Dressings)

**Add steak to a bowl.** Coat with coconut oil and season with thyme, sea salt, and black pepper. Place a medium-sized sauté pan over medium heat. Once the pan is hot, add the steak. Sauté for about 5 to 7 minutes until browned. Set to the side to cool.

**Add the remaining ingredients to a large mixing bowl.** Mix well and top with warm or cold steak slices.

# SWEET FIG SALAD BOWL WITH CHICKEN

**Serves 1**

1 chicken breast

½ tablespoon coconut oil

½ teaspoon dried thyme

sea salt, to taste

black pepper, to taste

2 cups spinach

½ cup shredded carrot

¼ bunch parsley, chopped

½ cucumber, diced

½ red capsicum, chopped

½ cup chickpeas, cooked (recipe in Basics)

½ cup quinoa, cooked (recipe in Basics)

½ avocado, chopped

2 dried figs, chopped (soak in boiled water for 10 minutes, if too dry)

Cumin Lime Dressing (recipe in Dressings)

**Coat chicken with coconut oil and season with thyme**, sea salt, and black pepper. Warm up a medium-sized sauté pan over medium heat. Add the chicken to the pan and cook for about 5 to 7 minutes per side. Cook until the chicken is no longer pink in the centre. Remove the chicken from the pan and set on a plate to cool.

**Add the remaining ingredients to a mixing bowl.** Mix well and top with sliced chicken.

# HERBED WHITE BEAN SALAD WITH SALMON AND ASPARAGUS

**Serves 1**

½ cup cooked white beans (recipe in Basics)

1 salmon fillet

½ tablespoon coconut oil

½ teaspoon dried rosemary

sea salt, to taste

black pepper, to taste

½ bunch asparagus

1 cup mixed greens

¼ cup shredded red cabbage

½ red capsicum, chopped

¼ bunch basil, chopped

¼ cup raw pumpkin seeds

Creamy Dill Dressing (recipe in Dressings)

**Cook white beans according to the recipe** in the Basics section.

**Coat salmon with coconut oil and season with rosemary**, sea salt, and black pepper. Place a medium-sized sauté pan over medium heat. Add the salmon and cook for about 5 to 7 minutes per side. Remove from the heat and set aside to cool.

**Trim the bottom inch off the asparagus.** Fill a medium-sized pot with water and add sea salt. Place the pot over medium heat. Once the water starts to boil, add the asparagus. Cook the asparagus for about 3 to 5 minutes depending on thickness. Once the asparagus is tender, drain the water. Chop the asparagus into thirds. The asparagus can be added to salad warm or cold.

**To assemble the salad,** add the white beans, asparagus, mixed greens, cabbage, capsicum, basil, pumpkin seeds, and Creamy Dill Dressing to a mixing bowl. Mix well and serve with salmon.

# POMEGRANATE BLACK BEANS AND HERBED RICE WITH CHICKEN

**Serves 1**

½ cup cooked black beans

2 large carrots, chopped

½ large onion, chopped

1 tablespoon coconut oil, divided

1 teaspoon dried thyme

sea salt, to taste

black pepper, to taste

1 teaspoon turmeric powder

1 cup cauliflower rice

¼ bunch coriander, chopped

¼ bunch parsley, chopped

¼ bunch mint, chopped

½ cup pomegranate seeds\*

½ heaped tablespoon tahini

Cumin Lime Dressing (recipe in Dressings)

¼ whole roasted chicken\*\*, sliced

**\*NOTE:** Pomegranate seeds may be substituted with currants, if needed.

**\*\*NOTE:** Use a roasted chicken from the deli of your favourite supermarket or prepare your own roast chicken using the recipe in Basics.

**Preheat** the oven to 200 degrees C.

**Cook the black beans according to recipe** in Basics section.

**Add chopped carrots and onions to a large mixing bowl.** Coat with half the coconut oil and season with thyme, sea salt, and black pepper. Mix well. Layer onto a baking sheet and bake for 20 minutes until tender and golden brown. Remove from the oven and set aside to cool.

**While the carrots and onion are roasting**, sauté the cauliflower rice. Place a large sauté pan over medium heat. Add the remaining coconut oil. Once the oil has melted, add the turmeric. Fry the turmeric for about 1 minute, then add the cauliflower rice. Sauté for about 10 minutes until tender. Season with sea salt and black pepper. Turn off the heat and add in coriander, parsley, and mint. Mix well.

**To serve the salad,** add black beans and cauliflower rice to a mixing bowl. Top with roasted vegetables, pomegranate seeds, a drizzle of tahini, Cumin Lime Dressing, and roasted chicken slices.

# CUCUMBER SALAD WITH EGG

**Serves 1**

2 cups rocket

½ large cucumber, chopped

¼ cup shredded carrots

¼ cup sliced radishes

½ avocado, chopped

1 nori sheet, torn

1 tablespoon hemp seeds

1 hard-boiled egg, sliced

Lemon Ginger Dressing (recipe in Dressings)

**Add rocket,** cucumber, carrots, radishes, avocado, nori, and hemp seeds to a mixing bowl. Mix well. Top salad with hard-boiled egg slices and Lemon Ginger Dressing.

DINNERS

# NUTRI-WISE STEAK BOWL WITH SAVOURY PUMPKIN SEED PÂTÉ

**Serves 1**

**Savoury Pumpkin Seed Pâté Ingredients:**

½ cup raw pumpkin seeds, soaked for 8 hours and then drained

½ lime, juiced

½ teaspoon ground cumin

¼ teaspoon garlic powder

sea salt, to taste

black pepper, to taste

**Seasoned Steak Ingredients:**

¼ tablespoon coconut oil

250g steak

½ teaspoon fajita seasoning

sea salt to taste

black pepper, to taste

**Cauliflower Rice Ingredients:**

¼ tablespoon coconut oil

½ garlic clove, chopped

½ cup cauliflower rice

¼ bunch coriander, minced

sea salt, to taste

black pepper, to taste

**Marinated Onions Ingredients:**

½ red onion, thinly sliced

1 lime (or substitute lemons), juiced

sea salt, to taste

black pepper, to taste

**Guacamole Ingredients:**

1 avocado, chopped

1 spring onion, chopped

½ garlic clove, minced

¼ teaspoon cumin powder

sea salt, to taste

black pepper, to taste

**Green Salad Ingredients:**

2 cups mixed greens

Cumin Lime Dressing or Creamy Dill Dressing (recipes in Dressings)

**Add pumpkin pâté ingredients to a high-speed blender** and blend until well incorporated, but NOT smooth. Set aside until ready to serve.

**Next, place a sauté pan** over medium heat. Add coconut oil. Once the oil has melted, add steak. Season with fajita seasoning, sea salt, and black pepper. Sauté for about 5 to 7 minutes until brown. Remove from the pan and set aside to cool.

**Place the same sauté pan** over medium heat. Add coconut oil. Once the oil has melted, add garlic. Sauté for about 3 minutes, then add cauliflower rice, coriander, sea salt, and black pepper. Sauté for about 10 minutes until the cauliflower is tender. Set aside to cool.

**To make the marinated onions,** place thinly sliced onions in a bowl. Add lime juice, sea salt, and black pepper. Mix well and leave marinating until ready to serve.

**Create guacamole by mashing avocados in a bowl using a fork.** Add spring onion, garlic, cumin, sea salt, and black pepper. Fold all the ingredients together.

**To serve, place salad greens in a bowl.** Top with the pâté, steak, cauliflower rice, onions, guacamole, and dressing.

# VEGETABLE STIR-FRY WITH SALMON AND GINGER TURMERIC BROTH

**Serves 1**

**Broth Ingredients:**

½ tablespoon coconut oil

1 teaspoon turmeric

½ teaspoon ground cumin

½ onion, minced

1cm piece fresh ginger, grated

2½ garlic cloves, minced

4 cups vegetable broth

½ bunch coriander, chopped

½ bunch spring onions, chopped

1 lime, juiced

**Pan-Seared Salmon Ingredients:**

2 salmon fillets

½ tablespoon coconut oil

sea salt, to taste

black pepper, to taste

**Stir-Fry Ingredients:**

½ tablespoon coconut oil

½ small onion, chopped

½ fennel bulb, sliced

½ cup sliced carrot

½ medium-sized head bok choy, chopped

½ cup broccoli florets

½ cup cauliflower florets

1cm piece fresh ginger, grated

sea salt, to taste

black pepper, to taste

3 tablespoons water

½ lime, juiced

**To make broth, add coconut oil to a soup pot over medium heat.** Once the oil melts, add turmeric and cumin. Sauté for about 1 minute, then add onion, ginger, and garlic. Sauté for an additional 3 minutes, then add vegetable broth. Cover and lower the heat to simmer for about 20 minutes. Turn off the heat and add coriander and spring onions. Top with lime juice when ready to serve.

**Start the salmon by placing a medium-sized sauté pan over medium heat.** Add coconut oil to the pan and season the fish with salt and pepper. Once the oil has melted, add the fish to the pan. Cook for about 5 to 7 minutes per side. Remove the fish from the pan and set aside to cool.

**Stir fry vegetables by melting coconut oil** in a large sauté pan over medium heat. Add onion and fennel. Sauté for about 5 minutes, then add carrot. Sauté for another 3 minutes, then add bok choy, broccoli, and cauliflower. Season with ginger, sea salt, and black pepper. Add water, mix well, and cover. Allow mixture to cook down for about 5 minutes. Toss with lime juice before serving.

# SAUTÉED MIXED VEGETABLES WITH CHICKEN AND PESTO RICE

**Serves 1**

½ tablespoons coconut oil, divided

¼ teaspoon fennel seeds

¼ large onion, chopped

½ garlic clove, chopped

½ large zucchini, roughly chopped

½ large carrot, roughly chopped

½ cup cooked chickpeas (recipe in Basics)

sea salt, to taste

black pepper, to taste

½ cup cauliflower rice

2 tablespoons Detox Pesto (recipe in Snacks)

½ avocado, sliced

Creamy Dill Dressing (recipe in Dressings)

¼ whole roasted chicken\*, sliced

**\*NOTE:** Use a roast chicken from the deli of your favourite supermarket or prepare your own roast chicken using the recipe in Basics.

**Place a sauté pan over medium heat.** Add half the coconut oil. Once the oil has melted, add fennel seeds. Sauté for about 1 minute, then add onion and garlic. Sauté for 3 minutes, then add zucchini and carrots. Continue to sauté for an additional 5 minutes until tender. Add chickpeas and season with sea salt and black pepper. When the chickpeas are warm, pour the mixture into a serving bowl to cool.

**Add remaining coconut oil** to the same pan over medium heat. Once the oil has melted, add cauliflower rice. Sauté for about 10 minutes until tender. Turn off the heat and stir in Detox Pesto. Toss until well coated.

**To serve,** put cauliflower rice in a serving bowl. Top with the sautéed vegetables, avocado slices, and Creamy Dill Dressing. Serve with roasted chicken slices.

# CINNAMON-ROASTED SWEET POTATO (KUMARA) WITH FALAFEL AND CUCUMBER SALAD

**Serves 1**

1 roasted sweet potato/kumara (recipe in Basics)

½ cup cooked chickpeas (recipe in Basics)

¼ tablespoon ground cumin

sea salt, to taste

black pepper, to taste

½ small red onion, chopped

¼ tablespoon ground flax seeds

½ garlic clove

few sprigs parsley

few sprigs coriander

¼ lemon, juiced

½ tablespoon coconut oil

1 large cucumber, chopped

¼ cup shredded carrots

½ teaspoon cinnamon powder

drizzle of tahini

Creamy Dill Dressing (recipe in Dressings)

**Prepare roasted sweet potato (kumara)** according to instructions in Basics section. Set aside to cool.

**Add chickpeas,** cumin, sea salt, black pepper, half the onion, the flax seeds, garlic, parsley, coriander, and lemon juice to a food processor or high-speed blender. Blend until well incorporated, but NOT smooth. Spoon out about 1 tablespoon of chickpea mixture and form into ¼ inch-thick patties and set aside.

**Next,** add a small portion of coconut oil to a large frying pan placed over medium heat. Add the falafel patties and brown on both sides. Once cooked, place on a plate with paper towels to soak up excess grease.

**To assemble the salad,** add the remaining chopped onion, cucumber and shredded carrots to a mixing bowl. Lightly season with sea salt and black pepper.

**To serve,** place roasted sweet potato (kumara) in a bowl. Split with a knife, lengthwise, Season with cinnamon, coconut oil, sea salt, and black pepper. Mash with a fork. Top with cucumber and carrot salad, falafel, a drizzle of tahini, and Creamy Dill Dressing.

# BUTTERNUT WITH FIG, ROASTED SALMON AND SALAD

**Serves 1**

1 salmon fillet

½ tablespoon coconut oil, divided

sea salt, to taste

black pepper, to taste

¼ onion, sliced

¼ red capsicum, chopped

½ garlic clove

¼ teaspoon cinnamon powder

¼ teaspoon ground cumin

¼ teaspoon turmeric powder

1cm piece fresh ginger, grated

½ cup peeled and chopped butternut

2-3 tablespoons water

¼ bunch spinach, chopped

¼ bunch parsley, chopped

1 dried fig, soaked for 10 minutes in boiling water

Side Salad (recipe in Basics)

**Preheat** the oven to 180 degrees C.

**Coat** **the salmon with half the coconut oil** and place on a baking sheet. Season with salt and pepper. Roast the salmon for about 15 minutes. Remove from the oven and set to the side to cool.

**Next, place a soup pot over medium heat.** Add the remaining coconut oil. Once the oil melts, add onion, capsicum, and garlic. Sauté for 3 minutes, then add cinnamon, cumin, turmeric, and ginger. Sauté for an additional 3 minutes, then add butternut. Mix well and add water to the pot. Cover and let the butternut steam for about 5 minutes until almost tender.

**Uncover the pot, then add spinach and parsley.** Stir well and allow the greens to wilt. Chop up the fig and add to the pot. Stir well and serve with Side Salad and roasted salmon.

# RICED CAULI WITH BBQ SALMON

**Serves 1**

1 salmon fillet

1½ tablespoons coconut oil, divided

sea salt, to taste

black pepper, to taste

2-3 tablespoons organic barbecue sauce (no added sugar)

½ cup cauliflower rice

¼ cup shredded carrots

½ cup cooked black-eyed peas (recipe in Basics)

¼ tablespoon all-purpose seasoning (salt-free)

sea salt, to taste

black pepper, to taste

1 large beetroot, trimmed and roughly chopped

¼ large onion, chopped

½ garlic clove, chopped

½ bunch kale, chopped

¼ teaspoon dried thyme

2-3 tablespoons water

¼ cup raw sauerkraut

2-3 tablespoons hemp seeds

**Preheat** the oven to 180 degrees C.

**Coat the salmon with a third of the coconut oil** and place on a baking sheet. Season with salt and pepper. Roast the salmon for about 10 minutes. Evenly coat with barbecue sauce. Continue to roast for an additional 5 minutes. Remove from the oven and set to the side to cool.

**Place a sauté pan on the stove over medium heat.** Add a third of the coconut oil. Once the oil has melted, add cauliflower rice. Sauté for about 10 minutes until tender. Add carrots and black-eyed peas. Season with all-purpose seasoning, sea salt, and black pepper. Mix well and sauté until warm. Pour the cauliflower mixture into a serving bowl and set aside to cool.

**To steam the beetroot,** add a steam basket to a pot with about 2.5cm of water in the bottom. Add the chopped beetroot and cover. Steam the beetroot over medium heat for about 10 to 15 minutes (depending on how big your beetroot is). When the beetroot is tender, remove from the pot and place in a serving bowl until ready to serve.

**To sauté the kale,** add the remaining coconut oil to the same pan you cooked the cauliflower rice in. Once the oil melts, add onion and garlic. Sauté for about 3 minutes, then add chopped kale. Season with thyme, sea salt, and black pepper. Toss well and add water to the pan. Cover and allow the kale to wilt for about 3 minutes. Uncover and continue to sauté until the excess water evaporates.

**To serve,** top the cauliflower rice with salmon, steamed beetroot, sautéed kale, a dollop of sauerkraut, and hemp seeds.

# CURRIED CHICKEN, SWEET POTATO (KUMARA) AND CABBAGE SAUTÉ

**Serves 1**

¼ tablespoon coconut oil

¼ large onion, chopped

½ garlic clove, chopped

250g chicken mince

sea salt, to taste

black pepper, to taste

½ sweet potato (kumara), chopped

2-3 tablespoons water

½ cup shredded green cabbage

¼ cup shredded purple cabbage

¼ cup shredded carrots

¼ cup cooked brown lentils (recipe in Basics)

¼ tablespoon curry powder

sprinkle of hemp seeds

1 nori sheet, torn

Lemon Ginger Dressing (recipe in Dressings)

**Place a pot over medium heat.** Add coconut oil. Once the oil melts, add onion and garlic. Sauté for about 3 minutes, then add chicken mince. Break up the chicken with a fork and season with salt and pepper. Continue to stir until brown.

**Next, add chopped sweet potatoes (kumara).** Add water to the pot and cover. Steam the sweet potatoes (kumara) for about 5 minutes. Uncover, then add green and purple cabbage. Cover and continue to steam for an additional 5 minutes. Add more water, if necessary. Once the cabbage starts to wilt, add carrots and lentils. Season with curry, sea salt, and black pepper. Sauté until the cabbage is tender.

**To serve,** top curried vegetables and chicken with hemp seeds, torn nori sheet, and Ginger Lemon Dressing.

# ROASTED CHICKEN WITH HERBED COCONUT SWEET POTATO (KUMARA) SOUP

**Serves 1**

¼ whole chicken (not cooked)

¼ tablespoon coconut oil

¼ tablespoon curry powder

sea salt, to taste

black pepper, to taste

Coconut Sweet Potato (Kumara) Soup (recipe in Soups)

few sprigs of coriander, minced

few sprigs parsley, minced

few sprigs mint, minced

¼ bunch spring onions, chopped

¼ lemon, juiced

**Preheat** oven to 180 degrees C.

**Wash the chicken and place on a baking pan.** Coat with coconut oil. Season with curry powder, sea salt, and black pepper. Bake for about 45 minutes and check to make sure it is cooked through the breast and thigh sections. If the chicken is still pink, roast for an additional 10 to 15 minutes. Remove from the oven and set aside to cool.

**Next, prepare the Coconut Sweet Potato (Kumara) Soup** according to the recipe in the Soups section.

**Serve the soup topped with slices of chicken.** Mix the coriander, parsley, mint, and spring onions together in a small bowl and sprinkle over. Squeeze lemon juice over the top and serve.

# SQUASH AND BROCCOLI SAUTÉ WITH QUINOA AND ROASTED SNAPPER

**Serves 1**

1 snapper fillet

½ tablespoon coconut oil, divided

sea salt, to taste

black pepper, to taste

1 cup cooked quinoa (recipe in Basics)

¼ small onion, chopped

½ zucchini, chopped

½ yellow squash, chopped

¼ head broccoli, chopped

½ garlic clove, minced

¼ teaspoon Italian seasoning

¼ cup cooked chickpeas (recipe in Basics)

**Preheat** oven to 180 degrees C.

**Coat fish fillet with half the coconut oil**. Season with sea salt and black pepper. Place on a baking sheet and bake for 15 minutes. Remove from the oven and set aside to cool.

**Next, add remaining coconut oil to a hot pan.** When the pan is hot, add the onion and sauté for about 3 minutes until translucent. Next, add the zucchini, yellow squash, broccoli, garlic, Italian seasoning, chickpeas, sea salt, and pepper. Sauté for an additional 5 minutes until the vegetables are tender. Serve over quinoa and top with roasted fish.

**OPTIONAL:** Add a roast sweet potato/kumara (recipe in Basics).

# ROASTED CHICKEN KEBABS WITH SAUTÉED GREENS AND APPLES

**Serves 1**

1 chicken breast

½ large zucchini

½ large red onion, divided

¼ tablespoon Italian seasoning

½ lemon, juiced, divided

sea salt, to taste

black pepper, to taste

½ tablespoon coconut oil, divided

½ garlic clove, chopped

½ apple, cored and chopped

½ bunch watercress

**Chop chicken,** zucchini, and ¼ red onion into bite-size pieces and add to a large recyclable bag (like a Ziplock). Season with Italian seasoning, juice from ¼ lemon, sea salt, and black pepper. Add ¼ tablespoon of coconut oil and massage all ingredients in the bag until well coated. Close the bag and place in the refrigerator to marinate for at least 30 minutes (overnight is best).

**When you are ready to bake the kebabs**, preheat the oven at 180 degrees C.

**Take the chicken and vegetables out of the bag** and string onto a skewer, alternating the ingredients. Place onto a baking sheet and bake for about 20 minutes until tender and golden brown.

**While the kebabs are baking,** add remaining coconut oil to a large sauté pan. Chop the remaining red onion and add it to the pan with the garlic. Sauté for about 3 minutes. Next, add apples. Sauté for about 5 minutes, then add chopped watercress. Season with sea salt and black pepper. Sauté until wilted. Turn off the heat and mix in remaining lemon juice.

**Serve the kebabs** on a bed of sautéed greens and apples.

DESSERT

(CLEANSING DESSERTS)

# FROZEN BLUEBERRY YOGHURT BITES

**Makes 10 to 12 bites**

1 cup vanilla dairy-free yoghurt

1 cup blueberries

½ cup unsweetened, dried shredded coconut

**Mix the ingredients in a bowl.** Fill an ice cube tray with the mixture and place it in the freezer. Let it freeze for about 3 hours. Store in an airtight container or freezer bag up to 2 weeks.

# CHERRY BANANA ICE CREAM

**Serves 1**

1 frozen banana

½ teaspoon vanilla extract

½ cup frozen cherries

½cm piece fresh ginger, grated

**Add all the ingredients to a high-speed blender.** Blend until smooth. Serve immediately.