



TL<sup>®</sup>S WEIGHT LOSS SOLUTION

# ASIAN RECIPES





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## Mini Winter Melon Soup

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 4

Small dried shrimps  
Dried shrimps  
Dried scallops  
1 mini winter melon  
1 Shiitake mushroom, diced  
3–4 pieces cooked shrimp  
Night willow herb

Wash the small dried shrimps, dried shrimps, dried scallops and Shiitake mushroom. Soak them in drinkable water for later use. Cut the winter melon in half. Use a spoon to scrape and clean the seeds, and steam it for 15 minutes. Add 400 ml of water to the small dried shrimps, dried shrimps, dried scallops, and Shiitake mushroom. Make a boil for later use. Add in the boiled small dried shrimps, dried shrimps, dried scallops and Shiitake mushroom to the steamed winter melon. Add soup to fill up 70% of the melon, cover it and steam it for 15 minutes. Add the pre-cooked shrimp into the boiled soup and the night willow herb for decoration.



## Steamed Egg With Spinach

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

1 egg  
2 egg whites  
Spinach, diced  
90–100 ml water

Mix whole egg and 2 egg whites, water and diced spinach in pan. Put the mixture into the steamer and steam for 5 minutes. Let it sit for 3–5 minutes.

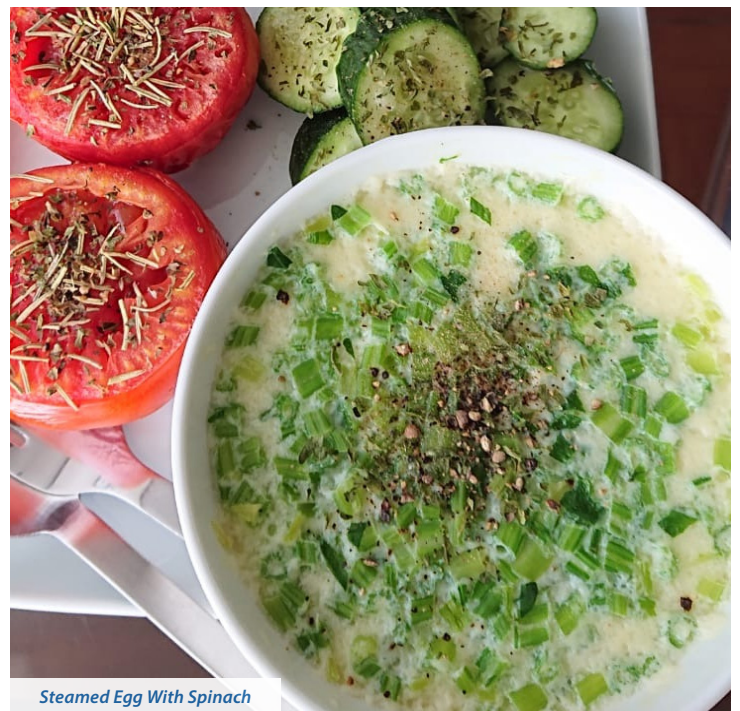
## Sautéed Clam With White Eggplant

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

2 white eggplant  
½ cup frozen clams  
1 tsp avocado oil or grapeseed oil  
3 garlic cloves, diced  
2 spring onion, diced  
1 dried chili, diced  
Himalayan rock salt

Defrost clams. Wash and strain them for later use. Cut white eggplant into pieces for later use. Add oil into preheated pan and sauté garlic. Next, add in dried chili. Add in white eggplant, and small amount of water to sauté. Add in rock salt and spring onion. Cook until the sauce is absorbed.







## Scrambled Eggs With Shrimp (Rice Cooker Version)

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 4

250 g fresh shrimp, peeled  
4 eggs  
Cooking oil  
Salt

Combine shrimp, salt and oil. Beat the 4 eggs. Add in a pinch of salt. Turn on rice cooker, put in the shrimp. Cook shrimp for 3–5 minutes or to your desired texture. Add egg mixture to the rice cooker. Cook for 2 minutes. (You can also cook it for longer, depending on the texture you desire.)

## Clams With Garlic

CC, RR, SS

Serves: 2

500 g clams  
1 tsp avocado oil or grapeseed oil  
1 pack Marmoreal mushroom  
100 ml chicken broth  
½ head garlic, adjust by your preference  
1 capful Chinese rice wine  
1 tsp soy sauce  
1 chili pepper, adjust by your preference

Wash and clean clams. Put the clams upward in the pot. Add in all the ingredients. Cover the pot. Cook until the shells open.



## Scrambled Eggs With Tofu

Detox, FF, 30-Day Jump-Start, CC, RR, SS

Serves: 2

½ piece silken tofu, sliced  
2 eggs  
Olive oil  
Spring onion, chopped  
Low-sodium salt

Pan fry tofu until it turns a golden color on both sides. Beat 2 eggs and mix with chopped spring onion and add a pinch of salt. Add the egg mixture in the pot. Pan fry it until it turns a golden color on both sides.



## Pan Fried Tofu With Mushrooms, Shrimp and Carrots

Detox, FF, 30-Day Jump-Start, CC, RR, SS

Serves: 4

1 piece firm tofu, sliced  
4 Shiitake mushrooms, diced  
4 pieces shrimp, diced  
Choi sum stem, diced  
Carrots, diced  
Olive oil  
Salt  
Garlic

Dry out the water in the firm tofu on a kitchen paper towel. Soak the Shiitake mushroom until soften. Add olive oil to pan and pan fry tofu. Add a pinch of salt, as it helps maintain the tofu's shape. Blanch carrot and choy sum for 2 minutes. Sauté garlic, mushroom and shrimp (seasoned as you like). Add in the rest of ingredients and sauté. Put them on top of the tofu.





## Scrambled Eggs With Bitter Melon

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

1 bitter melon, sliced  
2 eggs  
¼ onion, diced  
Olive oil  
Sesame

Beat the eggs for later use. Add olive oil in the pot, sauté the onion. Add in bitter melon slices, slightly sauté them. Add in the eggs to the pot and pan fry it. Sprinkle sesame.



Scrambled Eggs With Bitter Melon

## Salmon Tomato Tofu Soup

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

4 salmon fillets  
3 medium tomatoes, diced  
1 piece silken tofu, diced  
Olive oil  
Ginger  
Salt

Add olive oil and ginger in a hot pan; add salmon fillets and pan fry until golden on both sides. Boil a pot of water; add in the pan-fried salmon. Add tomatoes and tofu to the pot, and boil with high heat for 20 minutes. Then change to medium heat for 10 minutes and add a pinch of salt.



Salmon Tomato Tofu Soup



Tofu Skin Dumpling With Cabbage and Pork

## Tofu Skin Dumpling With Cabbage and Pork

CC, RR, SS

Serves: 1

3 slices tofu skin  
150 g minced pork  
¼ cabbage  
¼ tsp monk fruit sugar  
¼ tsp low sodium soy sauce  
Sesame oil

Cut each slice of tofu skin into 4 pieces. Mix minced pork with monk fruit sugar, low-sodium soy sauce and sesame oil. Cut cabbage into strips and mix with minced pork. Wrap the minced pork with tofu skin. Steam it for 15 minutes. (Recommend adding a sliced carrot under each dumpling.)



Steamed Egg With Mushroom and Scallop

## Steamed Egg With Mushroom and Scallop

Detox, FF, 30-Day Jump-Start, CC, RR, SS

Serves: 2

2 eggs  
8–10 dried scallops  
2–3 Shiitake mushrooms  
150 ml milk (use chicken broth or water for Detox, 30-Day Jump-Start, FF)  
Soy sauce

Soak dried scallops and mushrooms with hot water. Next, dice mushrooms and shred scallops. Beat 2 eggs and mix with milk (chicken broth or water), and pour into a plate. Add scallops and mushrooms. Cover with aluminum foil and steam it for 10 minutes with medium heat. Add soy sauce on top.





Sautéed Beef With Celtuce

## Sautéed Beef With Celtuce

CC, RR, SS

Serves: 2

- 1 celtuce
- 150 g beef, sliced
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 tsp ginger root
- ½ tsp salt

Add olive oil in a hot pan, and then add in garlic and ginger. Sauté beef to medium well for later use. Cut the celtuce into strips, add olive oil in the hot pan and sauté the celtuce until soften. Add sautéed beef to the pan with celtuce and sauté. Add in a pinch of salt.

## Stir Fry Sweet Potato Leaves With Shallots Oil

CC, RR, SS

Serves: 2

- 500 g sweet potato leaves
- 1 tsp avocado oil or grapeseed oil
- 1 shallot, minced
- 1 clove garlic, minced
- ¼ tsp himalayan pink salt
- 1 chili pepper, pitted

Add camellia oil in hot pan. Sauté garlic, shallots and chili pepper for later use. Use the oil to sauté sweet potato leaves with a small amount of water. Add in 1 Tbsp of oil and a pinch of salt. Add in sautéed garlic, shallots and chili pepper. Ready to serve.



Stir Fry Sweet Potato Leaves With Shallots Oil

## Stir Fried Chicken Fillet With Broccoli, Onion and Baby Corn

CC, RR, SS

Serves: 2

- 100 g chicken breast, seasoned with pepper and rock salt
- 1 broccoli head, chopped
- 1 pack baby corn (5–6 sticks)
- ¼ onion
- Olive oil
- Himalayan pink salt

Blanch broccoli and baby corn, set aside. Add olive oil in a pan, sauté onion, and then add in chicken and sauté until fully cooked. Add in broccoli, baby corn, pinch of pink salt and sauté together.



Stir Fried Chicken Fillet With Broccoli, Onion and Baby Corn

## Stir-Fried Shrimp With Herbs

CC, RR, SS

Serves: 2

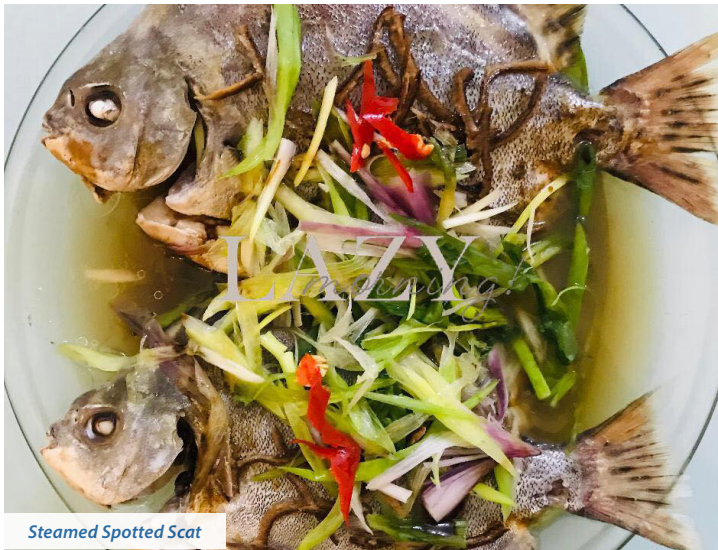
- 300 g fresh shrimp
- 1 tsp olive oil
- ¼ tsp sea salt
- ½ tsp rosemary

Remove the shrimp shell and the intestines. Sit the shrimp in iced water for one minute, and strain them for later use. Add olive oil in a hot pan. Add shrimp to the pan and pan fry 30–45 seconds each side. Season with sea salt and rosemary.



Stir-Fried Shrimp With Herbs





Steamed Spotted Scat

## Steamed Spotted Scat

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

2 spotted scat (about 450 g)  
Dried tangerine peel  
Spring onion  
Soy sauce

Remove scales and organs of the fish. Soak the tangerine peel in water for 15 minutes. Shred the spring onions and tangerine peel. Put the tangerine peel on the fish. Bring water to a boil and steam the fish for 8–10 minutes. Put spring onion on top of the fish with hot oil.

## Bitter Melon Salad

CC, RR, SS

Serves: 2

1 bitter melon  
1 can sparkling water  
1 Tbsp osmanthus honey  
1 lemon, sliced  
Salt

Wash the bitter melon and cut into half; use a spoon to clean the seeds. Remove the white part as much as possible to remove the bitter taste. Cut each half into slices. Put slices in a food plastic bag with a teaspoon of salt; rub them well, and let them sit for 10 minutes. Strain the bitter melon and put in a food container. Add sliced lemon. Refrigerate it for 6 hours or overnight.



Bitter Melon Salad

## Lettuce Wraps

FS, CC, RR, SS

Serves: 4

500 g minced pork  
250 g lettuce  
2 lemon grass  
6 lemon leaves  
10 basil leaves  
1 dried shallot  
1 lime, squeezed  
2 hot chills  
1 garlic clove  
Low-sodium soy sauce  
Dark soy sauce  
Pepper  
Monk fruit powder

Mix minced pork with low-sodium soy sauce, dark soy sauce, pepper and monk fruit powder. Let it sit for 1 hour. Wash the lettuce for later use. Sauté dried shallots and garlic. Next, add in lemon leaves, hot chili and lemon grass. Sauté with minced pork until fully cooked. Add in basil and lime juice after turning off the heat.



Lettuce Wraps

## Japanese Miso Soup

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 4

4 cups vegetable broth or MSG-free dashi (fish broth powder)  
3–4 Tbsp wheat-free miso paste  
½ cup kale, chopped (or other greens of choice)  
½ cup green onion, chopped  
¼ cup tofu, cubed (firm or silken, based on your preference)

Place broth in a medium sauce pan and bring to a low simmer. Add kale and cook for 5 minutes. Add green onion and tofu. Meanwhile, place miso paste into a small bowl, and add 2 Tbsp of hot water from the pot; whisk until smooth. Remove the pot from heat and stir in the miso mixture. Taste the soup; add more miso if desired.





Veggie Shrimp Roll

## Veggie Shrimp Roll

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

- 1 cabbage
- 6 shrimp
- 1 carrot
- ¼ tri-color sweet pepper
- 1 bunch coriander
- Olive oil
- 2 garlic cloves, minced

Wash cabbage and keep as whole leaves. Wash shrimps and cut into half. Cut the carrots and pepper into strips. Add olive oil and ⅔ of garlic in pan. Add in carrots and tri-color pepper and sauté for 3 minutes. Set aside. Add olive oil and the rest of the garlic in pan and sauté the shrimps. Blanch the cabbage leaves until they are softened (1 minute). Take out and cool down. Roll the ingredients with 2 cabbage leaves.

## Quinoa California Rolls

RR, SS, CC

Serves: 3

- Quinoa sushi "rice"
- 3 Tbsp rice vinegar
- ¼ tsp agave syrup (on occasion)
- 1 cup quinoa, cooked

### Filling

- ¼ cup crab meat
- ⅓ Avocado, chopped in small chunks
- ½ cucumber, cut into sticks
- 1 sheet of nori seaweed

Mix the rice vinegar and agave syrup in a bowl. Add quinoa and mix well. In another bowl, mash the avocado, and then mix in the crab meat. Place seaweed on a rolling mat and spread the quinoa mix throughout. Arrange a row of cucumber and the crab mixture in a horizontal row 1 inch (2.5 cm) from the bottom. Grabbing seaweed and the mat, roll the mat over the filling, squeezing down along the way to make a tight roll. To cut the roll, rub the both sides of a knife on a damp paper towel before slicing each time. Makes about 10 ¾-inch pieces.

## Korean Pan-Fried Tofu With Spicy Sauce

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves:

- ½ package of tofu (firm or extra firm)
- 1 tsp wheat-free soy sauce
- 1 tsp Korean red pepper flakes/powder
- 1 green onion, chopped
- 1 garlic clove
- 1 ½ Tbsp sesame oil
- 1 tsp roasted sesame seeds

Slice tofu into ¼-inch thick rectangles (about 10 pieces). Wipe each piece with a paper towel to get rid of water. Heat a pan and add 1 Tbsp of the sesame oil. Add tofu and cook over low heat for 5 minutes — until the bottoms of the tofu pieces are golden brown. In the meantime, make the sauce by mixing the remaining ingredients in a small bowl. Turn over tofu and cook another 5 minutes. Transfer tofu to a serving plate and pour the sauce evenly over tofu. Sprinkle sesame seeds on top.

## Tomato and Chives Tofu Soup

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 3

- 2 tomatoes, cut in half
- ¼ lb chives, cut 2 inches in length
- 7 oz tofu (firm, soft or silken), cut into cubes
- ¼ tsp pepper
- 4 cups chicken broth

Bring chicken broth to a boil. Add tomatoes first, and let them cook for 5 minutes before adding tofu. Cook for another 3 minutes (be careful not to overcook tofu). Add chives and pepper.

## Tomato Egg Soup

Detox, FS, RR, SS, CC, P1, P2

Serves: 3

- 2 tomatoes, diced
- ¼ lb cilantro
- 2 whole eggs
- 4 cups chicken broth
- Salt and pepper to taste

Boil chicken broth, add tomatoes and cooked until softened. To make egg drop, simply crack eggs into the pot and stir quickly to avoid it stick together. Cook for 2 minutes and add cilantro in. Sprinkle with black pepper just prior to serving.



Tomato Egg Soup

## Zucchini Pho

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 3

4 cups bone broth  
1–2 thumb-sized ginger, sliced about ¼ in  
3–4 garlic cloves, smashed  
Chinese five spice (optional)  
½–1 small onion, cut in half  
Salt and pepper  
Zucchini noodles, about 3 zucchini  
Thai basil (or any basil if you can't find Thai basil)  
Beans sprout

Optional ingredients:

Green onions  
Cilantro  
Shrimp  
Beef sirloin  
Sriracha or another chili sauce  
Lime  
Fish sauce  
Soy sauce

Cook shrimp or sirloin in bone broth in a pot. (Depending how you like your beef cooked, you may take it out at any time and slice to your liking.) In a separate pan, cook onion, ginger and garlic until you smell the aromas (no need for oil). Put Chinese five spice, onion, garlic and ginger in a mesh cloth (or something like cheese cloth), tie it and drop it in the broth. Add salt and pepper to the broth, if needed. While the broth is boiling, prepare your zucchini noodles and other vegetables. (When done with the vegetables, your broth should be ready.) Add all vegetables and shrimp/meat in a serving bowl. Pour the broth over and add your condiments such as sriracha, other chili sauce and lime. You may also add fish sauce or soy sauce.

## Mushroom Red Spinach Soup

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

1 cup mushrooms, sliced  
1 lb red spinach, chopped  
3 cup chicken broth  
Salt  
Pepper

Boil chicken broth in a pot over medium-high heat. Add sliced mushroom and red spinach. Turn up the heat and cook for another 3 minutes. Season with salt and pepper.

## Luffa Stir Fry With Shrimp

Detox, FF, 30-Day Jump-Start, CC, RR, SS

Serves: 4

2 luffas, take of skin, wash and cut luffa in pieces  
1 lb shrimp, washed and peeled  
2 tsp garlic, chopped  
4 tsp avocado oil  
1 tsp coconut amino or low-sodium soy sauce

Brown chopped garlic with avocado oil for 15 seconds or until it is fragrant. Add luffas in and stir fry for 5 minutes on medium-high heat. Add shrimps and coconut amino/soy sauce in. Stir well and cook for another 5 minutes.

## Seafood Veggies Egg Steam

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

3 eggs  
3 shrimp  
1 tomato  
1 cup spinach  
½ cup cilantro  
2 oz water  
1 tsp coconut amino or low-sodium soy sauce

Beat egg in a bowl. In the same bowl, add coconut amino or low-sodium soy sauce and water. Make sure it is fully mixed before adding the rest of the ingredients. Chop shrimps, tomato, spinach and cilantro and add into the egg bowl. Stir well. Steam your egg bowl for about 10–15 minutes over medium-high heat.



Seafood Veggies Egg Steam

## Rockfish/Cod Fish Steam Soy Sauce

Detox, FS, RR, SS, CC, P1, P2

Serves: 2

1 rockfish/cod fish  
2 ginger, sliced  
1 bunch green onion, sliced  
1 bunch cilantro  
1 Tbsp soy sauce  
½ tsp sesame oil  
2 tsp garlic, chopped  
6 oz water  
1 tsp salt

Clean and cook rockfish. Add soy sauce, sesame oil and garlic into 6 oz of water and stir well. Layer ginger and onion onto the fish and put the fish into an oval plate or a big bowl. Lastly, pour sauce over fish. Steam for about 15–20 minutes. Add cilantro just prior to serving.





Bean Sprout Stir Fry

## Bean Sprouts Stir Fry

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

- 1 lb bean sprouts
- ¼ lb chives
- 2 tsp garlic, chopped
- 3 tsp avocado oil
- 1 tsp coconut amino or low-sodium soy sauce

Cut chives into little-finger size. Fry chopped garlic with avocado oil for 10–15 seconds on medium-high heat until garlic turns a light golden color. Add bean sprouts in and stir fry for 5 minutes. Add chives and coconut amino or low-sodium soy sauce in. Cook for another 2 minutes.

## Vietnamese Catfish Stew

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2–3

- 1 catfish
- 2 Tbsp fresh garlic, chopped
- 2 Tbsp salt
- 1 Tbsp garlic powder
- 2 Tbsp fresh scallions
- 1 cup cilantro
- 1 cup fresh coconut water
- 1 Tbsp avocado oil
- 1 tsp black pepper
- 1 Tbsp fish sauce

Clean catfish and cut into big round pieces. Put catfish into a big bowl. Add garlic powder and fish sauce and mix well with fish. Add oil to a pan and sauté garlic over medium heat until lightly browned. Add in fish and pan fry for about 5 minutes. Flip pieces over and fry again for another 5 minutes. Add fresh coconut water and turn the heat to high until boiling. Bring it to a simmer for about 20 minutes. Gently flip the fish over and simmer for a final 10 minutes with the lid partially cover. Add scallions and cilantro during last 2 minutes to wilt and top. Add some freshly ground black pepper prior serving.

## Bitter Melon Egg Fried

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 2

- 1 bitter melon
- 2 eggs
- 2 tsp garlic, chopped
- 2 tsp salt
- 2 oz water
- 1 tsp coconut amino or low-sodium soy sauce
- 2 tsp avocado oil

Rinse bitter melon and cut in half. Scoop out the seed and the white clouds inside. Rinse again with salt to help to reduce the bitter. Cut into thin slices. Break eggs in a bowl, add water in and stir well, and set aside for later. In a pan, heat oil in medium-high heat, add garlic in and stir until turning light golden brown. Add bitter melon and coconut amino or low-sodium soy sauce and stir well for about 5 minutes. Pour egg mixture in and stir for another 3–5 minutes or until egg cooked well.

## Chicken Wings Air Fryer/Grilled

SS, CC

Serves: 2–3

- 1 lb chicken wings
- 2 Tbsp fish sauce
- 1 Tbsp soy sauce
- 1 Tbsp garlic powder
- 1 tsp black pepper

In a large bowl, prepare fish sauce, soy sauce, garlic powder and black pepper together and stir well. Rinse chicken wings, pat dry and then add in the mixed sauce. Make sure each wing is fully coated. Leave in refrigerator to marinate at least 30 minutes. (You can leave overnight for the next day.) Place chicken wings in an air fryer or oven, heat at 390 F for 25 minutes. Turn over the wings during halfway period of cook time to ensure even cooking on both sides.



Chicken Wings Air Fryer/Grilled

## Konjac Noodles With Vegetables

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1–2

1–2 packets of konjac noodles  
½ iceberg lettuce  
1 chicken breast, sliced and cooked  
½ cucumber, thinly sliced  
½ carrot, thinly sliced  
½ bell pepper, thinly sliced  
Egg strips (1 egg)  
Low-GI sauce: olive oil, balsamic vinegar, erythritol, lemon juice and low-sodium soy sauce

Mix all ingredients and sauce well. Add your favorite vegetables and mushrooms (mushrooms have to be cooked).

## Steamed Five Elements

7 Day-Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

1 egg  
2–3 small florets of broccoli  
½ red bell pepper, chopped  
2 pieces of fresh mushrooms  
3–4 cabbage leaves, chopped  
2 pieces of baby corn  
Japanese-style dressing, use sesame with low-sugar content

Put all of the ingredients on a plate (suitable for a rice cooker). Place the plate into a rice cooker and steam until cooked through. Take out the plate, drizzle on Japanese-style dressing.

## Spanish Paella With Cauliflower Rice

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

500 g cauliflower rice (no need to defrost)  
Shrimp (add as much as you'd like)  
Clams (add as much as you'd like)  
2 tomatoes, diced  
2 fresh squid, cut into small pieces  
½ onion, diced  
2 zucchini, diced  
1 Tbsp olive oil  
Garlic  
Black pepper  
Salt  
Saffron (optional)  
Italian seasoning  
Chili, chopped

Boil clams and/or shrimp in 250–300 ml of water. Remove the shells after the clams/shrimp are cooked; strain the soup and set it aside for later. Fry the garlic, onions, tomatoes, and zucchini with olive oil. Add hot peppers to taste. Add the seafood, including squid, and cook it for a while. Add the clam soup and cook for 2–3 minutes. Add the seasoning (a bit of black pepper, salt and saffron). Bring it to a boil and taste. Add the cauliflower rice, stir and reduce the sauce. Sprinkle on saffron and Italian seasoning.

## Rainbow Bean Curd

FS, RR, SS, CC

Serves: 1

4 pieces bean bag (not fried)  
1 cup celery, diced  
1 cup red bell pepper, thinly sliced  
1 cup yellow bell pepper, thinly sliced  
1 cup wood ear, thinly sliced  
Hot peppers to taste  
White pepper  
Cooking oil  
1 Tbsp of light soy sauce, adjust the amount of erythritol and white pepper based on personal preference

Heat the bean bags with a skillet under low heat until golden brown. Slice them thinly when cool to the touch. Add some oil to a cold frying pan and fry the hot peppers. Add the wood ears, celery and bell peppers. After it's about 80% done, add the bean bag slices to the pan. Add the seasonings and a splash of water. Season with white pepper and cook until done.

## Sichuan Pepper Drumsticks

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

6 chicken drumsticks, skinless  
Sea salt  
White pepper  
Sichuan peppercorn powder  
Thyme seasoning

Defrost drumsticks to room temperature, pat dry and sprinkle on sea salt, white pepper and Sichuan peppercorn powder. Marinate for an hour. Add a Tbsp of oil to a skillet and heat on medium. Sear the drumsticks until brown. Add a cup of water to the skillet and steam it with the lid covered on medium-low heat for 10 minutes. Reduce the sauce and sprinkle on dry thyme seasoning before plating.



Sichuan Pepper Drumsticks



## Cucumber and Shrimp Stir Fry

RR, SS, CC

Serves: 1–2

1 Tbsp olive oil  
3 cucumbers, sliced diagonally  
6 pieces of baby corn  
15 shrimp, peeled  
Salt  
1 Tbsp rice wine  
Black pepper  
3 garlic cloves, sliced

Wash the shrimp and marinate in rice wine for 2 minutes. Add 1 Tbsp of olive oil to a pan, add garlic and fry it until fragrant. Add cucumbers and baby corn and stir fry. Move them to the side of the pan and add the shrimp in the middle of the pan. Fry until slightly golden. Stir and season with a pinch of salt and black pepper.

## Fresh Shrimp Avocado Tomato Cup

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

2 shrimp, fresh  
1 avocado, diced  
1 egg  
1 beef tomato  
Salt  
Black pepper  
Olive oil  
Soy sauce

Marinate the fresh shrimp with pepper, salt and soy sauce. Slice the beef tomato in half horizontally, remove the seeds, drizzle a bit of olive oil. Set aside. Steam both shrimp and whole egg (no need to break the shell). Once it is cooked through, peel off the egg shell and only use the egg white for this recipe (egg yolk will not be used). Dice egg white and mix well with the diced avocados. Season with pepper and salt. Scoop egg white and avocado mixture into a hollow tomato cup. Then place a fresh shrimp on top of each tomato cup.

## Seafood Salad Hand Roll

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

½ jicama  
1 apple  
2 kiwis  
2 cucumbers  
3 Iceberg lettuce leaves  
60 ml lemon juice  
2 tsp gluten-free soy sauce  
2 tsp olive oil  
Black pepper  
300 g shrimp  
2 squid, cut into circles  
12 scallops  
1 bag flavorless nori  
Cilantro

Dice and mix the jicama, apple, kiwi, cucumbers and iceberg lettuce. Blanch and chill the shrimp, squid and scallops. Mix every ingredient except the nori. Use the nori to make a hand roll.

## Sweet and Sour Thai Jar Salad

RR, SS, CC

Serves: 1

Utensils:

1 360 ml mason jar  
Spoon or chopsticks

Thai chutney sauce:

5 garlic cloves  
2–4 hot peppers  
100 ml of water  
1 Tbsp of Thai fish sauce (season to taste)  
Erythritol  
Lemon juice (to taste)

How to make Thai chutney sauce:

Mix garlic, peppers and water in a food processor for your salad dressing. Then add fish sauce and erythritol and lemon juice and stir well.

Salad:

2 Tbsp of Thai chutney sauce  
¼ onion, diced  
2 stalks celery or Taiwanese celery, julienned  
½ carrot, diced or finely julienned  
1 cucumber, diced  
3 ears baby corn, diced  
120 g skinless chicken breasts, cooked and thinly sliced  
Iceberg lettuce

How to plate the jar salad:

Add the ingredients to the jar following the order as listed. Make sure that the lettuce fills the jar before you close the lid. Store in the fridge. Before eating, turn the jar (unopened) upside down and let the sauce cover the ingredients. Turn the jar upright and open it. Pour the salad on a plate.



Teriyaki Chicken Thigh

## Teriyaki Chicken Thigh

Fat Shredder, RR, SS, CC

Serves: 1

1 skinless and boneless chicken thigh  
Minced garlic  
Minced ginger  
Soy sauce  
Erythritol  
Avocado oil

Add a splash of avocado oil to the pan and place the chicken thigh in the pan and fry until golden. Flip and continue frying until both sides are golden. Add minced garlic, minced ginger, soy sauce, water and erythritol. Close the lid and reduce the sauce.

## Salad Roll

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

2 sheets flavorless nori  
100 g alfalfa sprouts  
100 g small bean sprouts

Vinaigrette: 1 Tbsp of balsamic vinegar and 1 Tbsp of olive oil

Wash and dry the alfalfa sprouts and small bean sprouts. Drizzle on the vinaigrette to make the filling. Roll up the fillings with the nori sheet into a hand roll or a spring roll.



Cuttlefish Stew

## Cuttlefish Stew (Rice Cooker Version)

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

1 whole cuttlefish  
100 g shrimp, peeled  
300 g bamboo shoots, sliced  
6–10 carrot, finely julienned or sliced  
1 chili, thinly sliced  
1 hot pepper, thinly sliced  
½ cabbage  
4 garlic cloves, thinly sliced  
2 sprigs of scallions, cut into segments  
½ onion, thinly sliced  
1 fist-sized snow ear mushrooms  
1 tsp rice wine  
1 Tbsp black vinegar  
600 ml water

Add 600 ml of water and a fist-sized amount of snow ear mushrooms to the rice cooker and cook. After cooking, strain out the snow ear and reserve the water. Cut the cuttlefish into larger pieces. Wash the cuttlefish and shrimp with salt. Rinse with water and chill with ice water for 15 minutes. Wash and rip the cabbage into small pieces. Blanch the bamboo shoots. Heat the pan and add a splash of oil. Add the scallions, garlic, chili and onions and fry until fragrant. Add carrots, cabbage and bamboo shoots. Fry on high heat for 20 seconds. Drain the cuttlefish and shrimp and add to pan.

Continue to fry on high heat for 1 minute or until the shrimp changes color. Add 1 tsp rice wine and then add the snow ear water and snow ear to the pan. Add additional water, turn the heat to low and stir. Season with black vinegar before plating.

## Lemon and Grapefruit Salad

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

1 head romaine lettuce  
½ white grapefruit  
10 cherry tomatoes, sliced, or 2–3 beef tomatoes, quartered  
1 bag of oyster mushrooms  
Low-GI sauce: Olive oil, balsamic vinegar, erythritol, grapefruit juice, lemon juice and low-sodium soy sauce

Cut the romaine lettuce into small hunks and chill in ice water for a crunchier texture. Blanch the oyster mushrooms and set aside. Plate the lettuce, and place the tomatoes, grapefruit and oyster mushrooms on top. Drizzle on the low-GI sauce.

## Pumpkin Soup

RR, SS, CC

Serves: 2

1 pumpkin  
1 onion, thinly sliced  
10 button mushrooms, sliced  
10 whole shrimp, diced  
TLS® Nutrition Shake – Creamy Vanilla

Cut pumpkin into small sections. Steam them in a rice cooker with two cups of water. Set aside once they are cooked. Mix TLS Nutrition Shake – Creamy Vanilla (2 scoops with 240 ml of water). Add 3 bowls of water in a pot. Add the onions and bring it to a boil. Add cooked pumpkin and stir until it reaches a boil. Add mushroom and shrimp, bring to a boil on high heat and then simmer on low (keep stirring). After 7–8 minutes, add the mixed shake to the pot. Cook for 1 minute.



Pumpkin Soup



## Three Strip Soup

FS, RR, SS, CC

Serves: 2

2 cucumbers, sliced  
100 g pork strips  
200 g enoki mushrooms, sliced  
100 g wood ear, sliced  
2 bowls of frozen, fat-free pork or chicken stock  
Salt

Add pork or chicken stock to a pot, turn on high heat and season it with a pinch of salt. After the soup has reached a boil, add cucumbers, pork strips, enoki mushrooms and wood ear. Cook on low heat for 1–2 minutes.



Shrimp Fried Cauliflower Rice

## Shrimp Fried Cauliflower Rice

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

500 g cauliflower rice  
1 bell pepper, diced  
2 eggs  
¼ onion, diced  
5–6 shrimp, peeled  
Some scallions  
Salt  
Pinch of pepper  
1–2 tsp of oil

Beat the eggs then scramble them in a pan. Set aside for later. Add oil and fry the onions until fragrant. Cook the shrimp until 60% done; add in bell peppers and cauliflower rice. Add eggs last. Season with scallions and other seasonings.

## Ever-Changing Salad

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

Fresh lemon sauce:  
2 lemons, juiced  
3 bunches of cilantro, chopped  
1 garlic clove, peeled  
Erythritol  
Salt  
Sesame oil  
Chili to taste

Ingredients:

1 handful of dried wood ears  
2 pieces of skinless chicken breast  
2 cucumbers  
½ carrot

Fresh lemon sauce:

Blend lemon juice, cilantro and garlic into a sauce with a blender. Add erythritol, salt, sesame oil and chili, according to personal preference.

Main dish:

Submerge 1 handful of wood ears in water. Once water is absorbed, blanch wood ears and let cool. Marinate 2 chicken breasts in salt water for 20 minutes. Rinse chicken and pan fry until golden brown. Shred it into strips after cooking. Cut cucumbers into sections and smash them. Thinly julienne half of a carrot. Combine the ingredients with fresh lemon sauce.

Below are a few changes you could make:

Fresh lemon sauce with broccoli and/or cauliflower  
Fresh lemon sauce with grilled meats  
Fresh lemon sauce with blanched and chilled cabbage  
Fresh lemon sauce with thinly sliced raw cabbage, chopped tomatoes and shrimp or cuttlefish  
Fresh lemon sauce with konjac noodles and thinly sliced cucumbers

## Vegetables and Taiwanese Salty Chicken

RR, SS, CC

Serves: 2

10 snap peas or green beans  
10 pieces of okra  
10 baby corns  
10 large king oyster mushrooms  
200 g chayote shoots  
1 carrot, thinly sliced  
240 g skinless chicken breast  
½ onion, thinly sliced  
1 sprig of scallion, cut into segments  
Salt  
Black pepper  
Sichuan pepper powder

Blanch all vegetables in ingredient list above. Set aside to cool and mix them together. Season with salt, pepper and Sichuan pepper powder. You can store it in the fridge for 3 days after putting it in a bag.

## Steamed Sea Bass Fillet

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

1 sea bass fillet  
Ginger, thinly sliced  
Scallions, cut into segments  
Salt  
Pepper  
1 Tbsp soy sauce  
1 Tbsp rice wine

Steaming the fish:

Rinse fish and pat dry with paper towels. Season with salt and pepper and marinate for 10 minutes. Place scallions and ginger on the fish before adding the fish to the rice cooker. Mix soy sauce and rice wine in a bowl and drizzle on the fish.

Key method for steaming the fish:

Add 1 cup of water to the rice cooker (about 150 ml). Steam fish for about 12 minutes. When the rice cooker turns off, take out the fish. Don't leave fish stay in the rice cooker for too long, as it will overcook.



Steamed Sea Bass Fillet

## Pretty Salad

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

3 servings of iceberg lettuce  
1 boiled egg  
½ serving of green soybeans  
¼ serving of egg tofu  
3 cherry tomatoes  
Onion  
Red pepper  
Extra virgin olive oil

To make boiled eggs, place a damp paper towel in a rice cooker, and then place washed, raw eggs on top of it and steam until done. Once boiled, peel and cut in half. Fry the egg tofu in a non-stick frying pan. Plate lettuce, onions, red pepper, green soybeans and cherry tomatoes, and top with tofu and egg.

## Thai Spicy

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

3–4 cucumbers  
1 large tomato or a handful of cherry tomatoes, diced  
¼ of a pineapple, diced  
½ tsp salt (to draw out moisturizer)  
½ tsp erythritol  
1 clove garlic, minced  
⅓ tsp fish sauce  
½ lemon, juiced  
Chili

Cut the cucumber into sections and flatten with a knife. Add some salt to draw out the moisture. Rinse off salt with cold water. Mix the cucumber, tomato and pineapple together; add cilantro, garlic, chili, fish sauce, lemon juice and erythritol. Adjust to taste.

## Tuna Stuffed Peppers

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

1 can of water-packed tuna  
1 red bell pepper, cut in half  
1 yellow bell pepper, cut in half  
¼ onion, diced  
1 celery stalk, diced

Sauce:

1 Tbsp of olive oil  
Black pepper  
Italian seasoning  
Sprigs of rosemary

Remove the seeds and stems from peppers. Reserve 2 halves and dice the remaining 2. Drain the tuna can, and mix the tuna with the diced bell peppers, onions and celery. Stir in olive oil, black pepper, Italian seasoning and rosemary. Mix well. Stuff all of the ingredients into the bell pepper halves.



Tuna Stuffed Peppers





Vegetable and Pork Rib Soup

## Vegetable and Pork Rib Soup

Fat Shredder, RR, SS, CC

Serves: 2

- 300 g of pork ribs
- 1 edible burdock, peeled and chopped
- 1 daikon, peeled and chopped
- 1 beef tomato, chopped
- 100 g Enoki mushrooms
- 2–3 chilis, peeled (adjust based on personal preference)
- Salt

Remove blood water from pork ribs and add all ingredients to the pot. Bring it to a boil over medium heat. Turn it to low and simmer for 40 minutes.

## Stuffed Bell Pepper

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

- 2 large bell peppers, halved
- 1 egg
- 4 dried tofu
- 200 g chicken, finely minced
- ¼ jicama
- Wasabi pepper salt
- Mushroom seasoning
- Shredded nori

Remove the stems and seeds from halved peppers. Set aside. Dice the dried tofu and jicama and place in a mixing bowl. Sprinkle on a thin layer of wasabi pepper salt. Add chicken, tofu, jicama, egg and mushroom seasoning. Mix well and place it into a rice cooker. Add 1 cup of water and steam. After steaming, mix well and stuff into the bell peppers. Sprinkle on some shredded nori and serve.

Another way to enjoy this dish: cut the bell peppers into large chunks and scoop up the steamed mixture.

Note: Substitute jicama with onions or shrimp. Adjust based on personal preference.

## Braised Enoki Mushroom With Fresh Vegetables

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

- 100 g carrots, thinly sliced
- 50 g wood ears, thinly sliced
- 20 g manganji green pepper, julienned
- 200 g enoki mushrooms
- 100 g green soybeans
- Black pepper
- Salt
- Olive oil

Fry carrots, wood ears and manganji green pepper with half a teaspoon of oil until fragrant. Add some water and a pinch of salt and black pepper. Add enoki mushrooms and green soybeans and cook until tender.

## Edible Burdock Root and Chicken Soup

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

- 1 edible burdock root, peeled and sliced
- ½ chicken, chopped into pieces
- 8 cup water

Remove the skin and fat from the chicken. Add all ingredients to boiling water; after it reaches a boil, turn the heat to low and simmer for 30 minutes. Season with salt.



Quinoa and Green Soybeans

## Quinoa and Green Soybeans

RR, SS, CC

Serves: 2

- 1 cup quinoa
- ½ red bell pepper, diced
- ½ yellow bell pepper, diced
- 1 cup green soybeans
- Sesame oil
- Black pepper
- Olive oil

Boil water, add quinoa and cook for 10–15 minutes. Strain it from the pot, and set aside. Add olive oil to pan and cook green soybeans for 2 minutes. Add in quinoa with green soybeans. Add red and yellow bell peppers. Mix well with sesame oil and black pepper. (You can also serve it by wrapping it in nori sheets.)

## Steamed Tomato and Salmon

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

1 large beef tomato, cut in 2 cm slices  
200 g salmon slices, cut in 2 cm slices  
10 ml soy sauce  
10 g erythritol  
Lemon

In a deep plate, alternate 1 tomato slice followed by 1 salmon slice, until there are none left. Drizzle on soy sauce and erythritol. Add 120 ml of water to the rice cooker and place the plate inside to steam. Squeeze some lemon on top after it has been steamed.

## Air Fried Vegetable Omelet

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

6 eggs  
¼ head of cabbage, thinly sliced  
½ carrot, diced  
1 red/yellow bell pepper (substitute with beef tomato), diced  
1 scallion, thinly sliced  
1 tsp salt  
Natural seasonings  
Olive oil

Add a teaspoon of oil to the cake mold; apply well to ensure that the end result releases easily. Preheat the air fryer at 180 C for 5 minutes. In a big bowl, combine eggs, salt and your favorite natural seasonings. Mix well and add cabbage, carrot, bell pepper and scallions. Add the ingredients to the cake mold and tap it a few times on the counter lightly to smooth out the surface. Air fry at 180 C for 15 minutes. After 15 minutes, check to see if the eggs are still runny. If they are, air fry for another 5–10 minutes. Take it out of the air fryer and cool it down for a few minutes. Remove it from the cake mold and let it cool.



Air Fried Vegetable Omelet

## Wax Gourd and Minced Chicken

Fat Shredder, RR, SS, CC

Serves: 1

600 g wax gourd, peeled and thinly sliced  
100 g chicken, minced  
2 garlic cloves, minced  
1 sprig of scallion, thinly sliced  
1 Tbsp soy sauce  
1 tsp erythritol

Place the sliced wax gourd on a plate and put minced chicken on top. Combine minced garlic, soy sauce and erythritol, and place mixture on top of chicken. Steam it in a rice cooker with 1 cup of water. (If you don't like the texture, you can add more water and steam it again.) Sprinkle on scallions.



Italian Bolognese

## Italian Bolognese

FS, RR, SS, CC

Serves: 2

Zucchini noodles (FS, RR, SS, CC), green soybean noodles or lablab bean noodles (SS, CC)

300 g skinless chicken breast or lean pork, minced

½ onion, chopped

1 tomato, diced

Pepper

Salt

Olive oil

Chicken stock

1 Tbsp soy sauce

Season meat with salt and pepper salt. Add olive oil to the pan and fry the onions until lightly golden. Add meat to the pan and then add a tablespoon of soy sauce to enhance the smell. Add tomato and chicken stock. Close the lid and cook for 10 minutes on medium-low heat. Serve over noodles.



## Vegetable Wrap

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

100 g chickpeas  
1 piece dried tofu, diced  
1–2 large beef tomatoes, diced  
1 apple, diced  
1 fruit cucumber, diced  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
¼ onion, thinly sliced  
¼ red onion, thinly sliced  
Salt  
Black pepper  
Olive oil  
Cilantro, chopped  
Romaine lettuce

Cook chickpeas and tofu in a rice cooker. Combine chickpeas, tofu and tomatoes, apple, fruit cucumber, bell peppers and onions; add a pinch of salt, black pepper, olive oil and cilantro to season. Wrap with romaine.

## Kelp and Ginger Egg Drop Soup

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 1

1 portion of kelp  
2 eggs  
5 g ginger, thinly sliced  
2 bowls of water

Submerge the kelp in water for 4 hours (until soft). Cut the kelp and add it to a pot of cold water, then bring it to a boil. The ginger can be added before or after the soup has been brought to a boil. Beat the eggs and add it to the boiling soup. Season with salt. You can also add other ingredients like chicken breast, tofu, and mushrooms when adding the beaten egg.



*Kelp and Ginger Egg Drop Soup*

## Rainbow Tuna Egg Salad Nori Hand Roll

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

A few sheets of unseasoned nori  
4 eggs  
1 can low-sodium, water-packed tuna  
½ onion, diced  
1 cucumber, diced  
Carrot, diced  
1 box alfalfa sprouts  
½ beef tomato, diced  
Himalayan salt  
Italian seasoning  
Chili powder  
Black pepper

Boil the eggs for 10 minutes, remove the shell and smash the boiled eggs. Drain excess water from canned tuna; add tuna to a big bowl. Add onion, tomato, cucumber and carrot. Then, add the smashed boiled eggs and sprinkle on Himalayan salt, Italian seasoning, chili powder and black pepper. Mix well. Lay out the nori sheet and place some alfalfa sprouts on top. Roll the nori sheet into a cone shape and spoon the tuna egg salad mixture to fill the nori cone.

## Spicy Shredded Chicken

FS, RR, SS, CC

Serves: 1

1 skinless chicken breast  
⅓ onion  
1 cucumber, julienned  
1 carrot, julienned  
4 garlic cloves, minced  
2–3 sprigs of scallions, chopped  
1 bunch of cilantro, chopped  
White sesame  
1 Tbsp soy sauce  
2 Tbsp vinegar  
1 Tbsp sesame oil  
2 Tbsp chili paste  
1 Tbsp sesame paste

Air fry chicken at 160 C for 10–12 minutes. Combine cucumber, carrot, scallions and cilantro. Mix soy sauce, vinegar, sesame oil, chili paste and sesame paste together and mix in with vegetables. Add in chicken and mix well. Chill it in the fridge for 1 hour.

## Vegetable Rice Pizza

CC

Serves: 1–2

500 g cauliflower rice  
2 eggs  
10 g shredded cheese  
¼ onion, thinly sliced  
100 g chicken breast, cooked  
1 king oyster mushroom, sliced  
Handful of cheese

To make pizza crust, combine cauliflower rice, egg and cheese. Flatten and then bake it at 200 C for 20 minutes. Remove from oven and top with chicken, onions, king oyster mushroom (pan fried) and cheese, and bake at 200 C for 12 minutes.

## Taiwanese Salty Chicken

RR, SS, CC

Serves: 1

1 skinless chicken breast, cooked and chopped  
½ onion, chopped  
1 cucumber, chopped  
½ box of okra  
1 box baby corn, chopped  
Wood ears  
½ bag of enoki mushrooms, chopped  
2 bell peppers, chopped  
2–3 sprigs of scallions, thinly sliced  
White pepper  
Salt

Combine chicken, onion, cucumber, okra baby corn, wood ears, enoki mushrooms and bell peppers. Add scallions, garlic, white pepper and salt. Mix well and chill overnight in the fridge.

## King Oyster Mushroom Noodles With Basil

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2–3 portions

5–6 king oyster mushrooms  
100 g chicken or ground pork  
½ bowl of basil leaves, pick only the leaves  
Scallions, thinly sliced  
3–5 garlic cloves, diced  
1 chili, diced  
Low-sodium soy sauce  
Salt  
Pepper  
Grapeseed or avocado oil

Two methods for making the king oyster mushroom noodles:  
Cut the king oyster mushrooms to desired thickness and cook. (Thicker cut mushrooms taste like thick noodles and thinner cuts taste like thin noodles. For thin noodles, you can blanch for the purpose of removing the mushroom taste.) After mushroom noodles cool, peel them into strips for desired thinness.

Main dish:  
Add oil to the pan and turn the stove on medium heat. Add the garlic and chili. Fry until fragrant. Add meat and continue frying. Add mushrooms noodles and season with salt, soy sauce and black pepper. Add basil and thinly sliced scallions.

## Peeled Chili Chicken Soup (Pineapple and Bitter Melon Chicken Soup)

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

2 skinless chicken breasts, cubed  
½ jar peeled chili (substitute with pickled pineapple and bitter melon)  
3–4 garlic cloves, peeled  
5 slices of ginger  
Dried mushrooms  
Salt

Blanch chicken to remove the blood. Submerge mushrooms in water; cut them in half. Add all ingredients to the inner pot of a rice cooker. Cover the ingredients with water. Add 2–3 cups of water to the rice cooker. Cook until the rice cooker turns off by itself.

## Smoked Salmon Nori Roll

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

4 pieces smoked salmon  
4 nori sheets  
2 bell peppers  
1 cucumber  
½ carrot  
(Add vegetables that you like)

Cut the vegetables into a baton shape. Wrap the smoked salmon and vegetables with the nori sheet.



Taiwanese Kimchi

## Taiwanese Kimchi

Detox, FS, 30-Day Jump-Start, RR, SS, CC

Serves: 2

½ head of cabbage  
Salt  
100 ml vinegar  
100 g erythritol  
200 ml cold water

Peel the cabbage into small pieces, sprinkle salt evenly and let it sit for 30–45 minutes. Mix it every 15 minutes to let the salt distribute evenly on the cabbage. After marinating, wash it with distilled water and drain off all the water. Add erythritol, vinegar and water to a pot and bring it to a boil. Chill and set aside. Add the sauce to the cabbage and chill in the fridge for at least 6 hours.



# DESSERTS AND BAKING

## Spinach, Kiwi and Pear Smoothie

Detox, FS, 30-Day Jump-Start, CC, RR, SS

Serves: 1

½ lb spinach  
2 kiwis, peeled  
½ pear, peeled  
1 scoop NutriClean® Fiber  
1 scoop TLS® Shake – Vanilla  
16 oz water, unsweetened almond milk or organic soymilk  
Ice

Combine all ingredients in a blender. Blend well.

## Microwave Cake

FS, RR, SS, CC

Serves: 1

1 scoop TLS Nutrition Shake, Creamy Vanilla or Chocolate Delight  
1 egg  
20 ml water (substitute with sugar-free almond milk, soy milk or half a packet of TLS Tea with African Mango Seed Extract)  
Coconut oil or unsalted butter

Add TLS Nutrition Shake and egg into a microwave-safe mug or a microwave-safe bowl. Stir until all lumps are gone; add 20 ml of water or 20 ml of sugar-free almond milk or soy milk. Stir to combine. Microwave it for 1 minute.

## High Protein Pancakes

FS, RR, SS, CC

Serves: 1

1 scoop of TLS Nutrition Shake, Creamy Vanilla or Chocolate Delight  
1 egg  
60 ml of sugar-free almond milk or soy milk (adjust based on personal preference)  
Coconut oil or unsalted butter

Mix all ingredients until a batter forms. Heat a pan and add coconut oil or unsalted butter to prevent sticking. Add 1 spoonful of batter into the pan. Cook on low heat. Flip when it starts to bubble. Wait until it firm after you flip it; remove from pan.

## Spinach, Pear and Avocado Smoothie

Detox, FS, RR, SS, CC, P1, P2

Serves: 1

½ lb spinach  
½ pear  
1 avocado  
1 scoop NutriClean Fiber  
1 scoop TLS Shake – Vanilla  
16 oz water, unsweetened almond milk or organic soymilk  
Ice

Combine all ingredients in a blender. Blend well.



Spinach, Pear and Avocado Smoothie

## Shake Tofu Ice Cream

FS, RR, SS, CC

Serves: 2

2 scoops of TLS Nutrition Shake, Creamy Vanilla or Chocolate Delight  
1 piece of tofu  
2 Tbsp of sprouted sesame seed powder  
120 ml of water

Add every ingredient to a blender and blend until creamy. Chill it in the fridge for an hour.



## Gluten-Free Shake Waffles

Starch-free, gluten-free waffles

FS, RR, SS, CC

Serves: 2

2 scoops TLS® Nutrition Shake – Creamy Vanilla  
2 scoops TLS Nutrition Shake – Chocolate Delight  
120 ml sugar-free almond milk or soy milk  
2 egg yolks  
Coconut oil or unsalted butter

Add 2 scoops of TLS Nutrition Shake – Creamy Vanilla, 2 scoops of TLS Nutrition Shake – Chocolate Delight and 2 egg yolks to a bowl. Add 120 ml of sugar-free almond milk or soy milk and mix it together with an electric egg beater until a batter forms. Brush a waffle maker with coconut oil or unsalted butter to prevent sticking. Set a 6-minute timer. Pour batter evenly into waffle maker. Serve after the 6 minutes is up.



Gluten-Free shake waffles

## Soy Milk Brûlée

Detox, FS, RR, SS, CC

Serves: 2

4 eggs  
300 ml of sugar-free soy milk  
Salt

Beat the eggs thoroughly and add 300 ml of sugar-free soy milk and a pinch of salt. Mix well and steam it in a rice cooker with 1 cup of water. Use a chop stick to create a gap between the rice cooker and the lid. After the soy milk brûlée is cooked, take it out of the rice cooker to cool down. Place it in the fridge to chill.



Soy Milk Brûlée

## Gluten-Free Hardy Banana Pancake

Detox, FS, RR, SS, CC

Serves: 2

1 banana, slightly green  
2 egg yolks  
avocado oil, grapeseed oil or coconut oil

Cut the hard banana into small pieces and stir it until it becomes a paste. Beat the egg whites until they form semi-hard peaks. You could use an egg frother or a whisk. Add egg yolks into the hard banana paste and stir to combine. Heat a pan on medium heat and turn to low after you add the batter. Steam with the lid closed for 4–5 minutes. After the bottom is cooked to a golden brown, flip the pancake over carefully with a thin spatula, and cook the other side until golden brown.

