



 **TLS**® WEIGHT
MANAGEMENT
SOLUTION

SURE AND STEADY RECIPES



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APPETISERS



Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, P1, P2)

Serves 4

- 1 lemon
- 3–4 medium avocados, cubed
- ½ cup chopped onion
- 1 jalapeno pepper, diced (take out the centre and seeds for less heat)
- 1 garlic clove, minced
- ½ cup cherry tomatoes
- ¼ cup cilantro leaves, chopped finely
- Dash salt

Squeeze the lemon into a medium bowl. Remove the avocado pits, and then dice the avocados into cubes. Peel off the skin. Add the avocado cubes to the lemon juice and mash, leaving some small chunks. Add the tomatoes, onion, garlic, cilantro and jalapeno pepper to the mixture. Cover with plastic wrap, pressing the plastic wrap cover onto the surface of the guacamole. Chill for a few hours or serve immediately.

Black Bean Mango Salsa

(SS, CC)

Serves 6

- 1 small green or yellow capsicum, chopped
- ¼ cup red onion, minced
- 1 mango, chopped
- 1 lemon, juiced
- 1 can black beans
- 3 fresh medium tomatoes, chopped/cubed
- ¼ cup fresh cilantro or parsley, chopped finely
- ¼ tsp salt

Drain beans and rinse well. Combine all ingredients in a bowl, adding the salt and lemon juice last. Refrigerate, then serve cold.



Easy Southwestern Dip

(RR, SS, CC)

Serves 4

- 425 g black beans
- 2 Tbsp water
- ½ tsp paprika
- ¼ tsp cumin
- 1 cup shredded vegan/non-dairy substitute cheese
- ½ cup chopped green capsicum
- 1 avocado
- 1 small tomato, chopped
- ⅓ cup scallions, chopped
- 113 g Kalamata olives, sliced

In a medium saucepan, heat the beans, water, paprika and cumin until heated through, about 5 minutes. Spread the beans onto the bottom of a 9x13 serving dish. Sprinkle a layer of cheese over the beans. Next, layer the capsicum, then tomatoes, then avocado. Top with tomato, scallions and olives.

Hummus

(SS, CC)

Serves 6

- 1 ½ cup chickpeas (soaked or canned)
- 4 Tbsp tahini
- 2 garlic cloves
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- Salt and pepper

Place all ingredients except salt and pepper in a blender. Process until combined and smooth. The hummus will keep in an airtight container for up to two weeks.



Mini Chicken Tostadas

(SS, CC)

Serves 6

226 g cooked chicken breast, shredded
 ½ red capsicum, thinly sliced
 ½ red onion, sliced
 1 jalapeno pepper, sliced
 6 gluten free white corn tortillas
 1 lime, freshly squeezed
 ½ Tbsp salt
 2 tsp Mexican chilli spice blend
 1 Tbsp avocado oil
 1 cup fresh salsa

Preheat oven to 218 C. Coat a frypan with oil. Add the onion, capsicum and jalapeno. Cook over high heat, occasionally stirring until the vegetables are lightly charred, about 3 minutes. Stir the chicken, lime juice, oil and salt into the vegetable mixture. Brush one side of each tortilla with oil and stack with the oiled sides up. Cut into quarters and nestle each tortilla triangle, oiled side down, into a muffin cup. Bake until edges are crisp, about 7 minutes. Place a spoonful of the filling into each tortilla. Top with salsa.

Roasted Vegetable Medley

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

Serves 4

1 onion, chopped
 450 g green beans, trimmed
 1 small butternut pumpkin, cubed
 1 small yellow summer squash, thickly sliced
 3 large carrots, sliced
 1–2 Tbsp avocado oil
 ½ tsp garlic powder
 1 tsp paprika
 Salt and pepper

Preheat oven to 218 C. Wash and prep all produce. Combine all ingredients in a large bowl and toss with avocado oil until lightly coated. Add spices and toss again until evenly coated. Spread the mixture onto a large cookie sheet and bake for 12–15 minutes. Serve alongside your favourite lean protein.

Spicy Avocado Yogurt Dip

(RR, SS, CC)

Serves 8

¾ cup plain, non-dairy yogurt (coconut/soy)
 3 ripe avocados
 2 Tbsp red onions
 1 small jalapeno pepper, diced (take out the centre seeds for less heat)
 1 garlic clove, minced
 3 Tbsp cilantro, chopped
 ½ Tbsp salt
 1 Tbsp cumin
 28 ml lime juice

Combine all ingredients in a bowl and serve.

Spicy Edamame Cilantro Dip

(RR, SS, CC)

Serves 8

2 ½ cups edamame, shelled
 226 g plain, non-dairy yogurt (coconut/soy)
 1 cup cilantro leaves
 1 red capsicum, chopped
 1 Tbsp olive oil mayonnaise
 3 scallions, trimmed
 56 ml lime juice
 1 Tbsp olive oil
 ¼ Tbsp black pepper
 2 Tbsp red wine vinegar

Combine all liquid ingredients in a food processor. Purée until smooth. Add remaining vegetable ingredients and pulse enough to leave a chunky texture.

Tofu Crackers

(FS, RR, SS, CC, P1, P2)

Serves 4

1 block extra-firm tofu (½ firm)
 1–2 Tbsp avocado oil
 Salt
 Paprika
 Italian seasoning spice blend (or your favourite spices)

Preheat oven to 218 C. Using a knife, slice the block of tofu into very thin slices. Arrange the slices on an oiled cookie sheet. Brush on a thin coat of oil, then sprinkle with sea salt, paprika and Italian blend. Bake 15–17 minutes. Remove from oven and flip slices over. Bake for another 3 minutes until golden brown.

Turkey-Stuffed Portabella Mushrooms

(CC)

Serves 3

3 large portabella mushrooms
 450 g of ground turkey
 ½ small onion, chopped
 2 garlic cloves, minced
 1 tsp salt
 ⅛ tsp crushed red pepper flakes
 ⅛ tsp black pepper
 ¼ cup vegetable stock
 1 Tbsp avocado oil
 ½ cup nutritional yeast (a perfect parmesan replacement)
 2 Tbsp fresh parsley, chopped

Preheat oven to 201 C. Wash and prepare mushrooms, then place them on a tin foil-covered cookie sheet and brush them lightly with oil. Heat oil in a frypan over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes, turkey, salt and vegetable stock. Cook until the meat is done. Simmer until liquid is reduced by half. Scoop turkey into mushrooms and sprinkle with pepper. Place in oven and roast for 10–12 minutes. Sprinkle a heaping Tbsp of nutritional yeast over the top of the mushrooms and serve.



SALADS



Beet and Arugula Salad With Dried Cranberries

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

Serves 4

- 1 can drained and sliced beets, or freshly cooked
- 8 cups arugula
- ¼ cup dried cranberries (no sugar added)
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 tsp monk fruit powder
- ⅛ tsp salt
- ⅛ tsp pepper

Combine cranberries with ¼ cup freshly boiled water in a small bowl. Set aside.

Dressing: Combine oil, vinegar, sugar, salt and pepper in a bowl and whisk for 1 minute.

In a large bowl, toss the arugula with half the dressing and portion into individual bowls. Cut the beets into cubes and mound them over the arugula. Drizzle the remaining dressing on top of the beets. Drain the cranberries and sprinkle them on top of each salad.

Carrot Salad With Cilantro and Lemon

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

Serves 2

- 3 large carrots
- 2 scallions
- 2 Tbsp fresh cilantro, chopped
- 1 Tbsp lemon juice
- ⅛ tsp salt
- 1 dash cayenne pepper

Grate the carrots. Mince the scallion, discarding the root tips and some of the green portion. Place grated carrots in a bowl with the scallions, cilantro, lime juice and salt; toss to combine. Sprinkle pepper and serve. Garnish optional; crushed raw peanuts.

Cucumber Salad With Basil or Dill

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

Serves 4

- 3 large cucumbers, sliced
- ½ cup sliced red onions
- 1 Tbsp fresh basil or dill, chopped
- 1 Tbsp fresh parsley, chopped
- 1 Tbsp extra-virgin olive oil
- 2 ½ tsp Dijon mustard
- ¼ salt
- 2 Tbsp balsamic vinegar

Place cucumbers and onion in a bowl. Combine basil and remaining ingredients, then pour over the cucumber mixture and toss gently. Cover and chill.

Fennel and Radicchio Salad With Balsamic Vinaigrette

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

Serves 2

- 1 ½ cups fennel bulbs, cored and thinly sliced
- 2 cups radicchio (red chicory), torn and loosely packed
- 2 Tbsp extra-virgin olive oil
- ⅛ tsp salt
- ¼-½ cup balsamic vinaigrette

In a small bowl, whisk together the oil, balsamic vinegar, salt and pepper for about 1 minute. Place fennel and radicchio in a bowl and toss with dressing. Serve over a lettuce leaf.

Japanese Vegetable Salad

(RR, SS, CC)

Serves 2

- 2 cups cabbage, shredded
- ¼ cup white radishes, sliced
- ¼ cup red radishes, sliced
- ¼ cup cucumber, chopped
- ¼ cup bean sprouts
- ¼ cup carrot strips, diagonally sliced
- ½ Tbsp sesame seeds
- 1 Tbsp sunflower seeds, raw and washed

DRESSING

- ½ Tbsp red wine vinegar
- 1 Tbsp olive oil
- ½ Tbsp low-sodium soy sauce or liquid aminos
- Dash of salt and pepper

Combine all dressing ingredients in a jar or sealed container and shake well.

Combine all vegetables and seeds in a bowl, add dressing and toss.





Middle Eastern Salad

(SS, CC)

Serves 4

1 cup tomatoes, chopped
 2 Tbsp green scallions, chopped
 1 cup cucumber, sliced
 ½ cup radishes, sliced
 1 cup green capsicum, chopped
 2 cups chickpeas (soaked or canned)
 ¼ tsp pepper
 1 tsp mustard powder
 2 Tbsp chopped parsley
 1 Tbsp red wine vinegar
 2 lemons, juiced
 ¾ cup olive oil
 Fresh baby spinach

Combine vinegar, olive oil, mustard, salt, garlic, lemon juice and pepper in a serving bowl. Whisk until blended. Add chickpeas, tomatoes, cucumbers, green capsicum, radishes, scallions and parsley. Toss and chill for 2–4 hours. Add lemon juice to salad and serve over fresh baby spinach.

Moroccan Tomato, Chickpeas and Chicken Salad

(SS, CC)

Serves 4

4 chicken breasts, cooked and cubed
 1 can chickpeas
 ½ cup red onion, sliced
 2 cups cherry tomatoes
 3 Tbsp lemon juice
 1 Tbsp lemon zest
 ½ Tbsp cumin
 ½ Tbsp paprika
 1 Tbsp olive oil
 6 cups arugula

Drain and rinse chickpeas. Place in a pot with oil, spices, lemon zest and onion. Stir over heat for 2–3 minutes until the mixture sizzles and smells aromatic. Remove from heat and cool for 5–10 minutes. Mix in lemon juice and place in a large bowl with bite-sized chicken and tomatoes. Toss and combine. Serve over a bed of arugula.

Wombok Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

2 cups cabbage, shredded or chopped
 1 fresh and ripe avocado
 ½ cup bean sprouts
 1 scallion
 1 jalapeño pepper, diced
 2 Tbsp low-sodium soy sauce or liquid aminos
 1 Tbsp olive oil
 1 tsp honey
 ½ tsp dark sesame oil
 ¼ tsp ground ginger
 ¼ tsp chilli powder
 Salt and pepper to taste

Place the cabbage in a large bowl. Mince the scallions, discarding the root tips and some of the green portion. Remove the stem of the jalapeño pepper, then cut lengthwise, scrape seeds out and finely mince. Add the scallions, jalapeño and bean sprouts to the cabbage and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chilli powder, salt and pepper until well mixed. Pour the mixture over the cabbage. Add avocado slices and toss gently.

Raspberry Chicken Salad

(RR, SS, CC)

Serves 3

3 chicken breasts, cooked and cubed
 5 cups romaine lettuce, shredded
 ½ cup celery, chopped
 ½ cup cherry tomatoes
 ¼ cup onions, chopped

Dressing: combine or use a food processor
 1 cup raspberries, crushed
 1 Tbsp honey
 1 Tbsp red wine vinegar
 1 cup plain non-dairy Greek yogurt

Toss all remaining ingredients together and serve with dressing.

Refreshing Quinoa and Vegetable Salad

(RR, SS, CC)

Serves 4

1 cup dry quinoa, cooked
 2–3 large kale leaves, destemmed and torn into small bite-sized pieces
 1 small zucchini or cucumber, chopped small
 1 small yellow capsicum, chopped small
 ½ cup frozen peas, thawed
 1 cup grape tomatoes sliced in half
 2 Tbsp red onion, minced

Dressing:
 1 lime, freshly squeezed
 1 lemon, freshly squeezed
 2 Tbsp olive oil
 1 Tbsp fresh cilantro, finely minced.
 Dash of sea salt and pepper

Combine all dressing ingredients in a container and shake well.

While the quinoa is still warm, combine it with the kale and red onion in a large bowl. Place the bowl in the fridge and cool for at least an hour. Combine all the other ingredients with the dressing, stirring thoroughly. Garnish with freshly chopped cilantro and serve immediately.



Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

- 2 chicken breasts
- ½ cup tangelo (or citrus fruit of choice)
- 1 kiwi
- 1 celery stalk, chopped
- ½ tsp tangelo zest
- 2 Tbsp olive oil mayonnaise
- 2 Tbsp cashews
- 4–6 lettuce leaves

Combine mayonnaise, tangelo and tangelo zest in a small bowl. Add grilled chicken, kiwi and celery; toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves and top with cashews.

Tabbouleh Quinoa Salad With Chicken

(SS, CC)

Serves 1

- 1 chicken breast, sliced and cooked
- ½ cup cooked quinoa
- ¼ cup sliced cucumbers
- ¼ medium diced tomatoes
- ⅛ cup lemon juice
- ½ tsp olive oil
- 2 ½ Tbsp parsley
- 1 ½ chopped mint

Place quinoa in a bowl. Add the tomatoes, cucumbers, parsley and mint and toss. Place lemon juice, oil and pepper in a jar, shake well and pour over the quinoa mixture. Toss and serve with sliced cooked chicken breast.

Warm Farro and Sweet Potato Arugula Salad

(RR, SS, CC)

Serves 2

- 1 cup farro
- 1 medium sweet potato
- ¼ cup raw walnut
- Fresh arugula, washed
- 2 Tbsp balsamic vinegar
- 1 Tbsp extra-virgin olive oil
- Salt and pepper

Preheat oven to 218 C. Prepare and cook farro on the stove. Cut the sweet potato into small pieces and toss in a drizzle of avocado oil, salt and pepper. Arrange the sweet potato pieces on a cookie sheet and place them in the oven for 12 minutes. Place the arugula in a large bowl with the cooked farro, warm sweet potato and walnuts. Add balsamic vinegar and olive oil, toss and serve immediately.



Warm Grapefruit and Quinoa Salad

(RR, SS, CC)

Serves 4

- 3 cups grapefruit, with juice (about three grapefruits)
- ½ cup chopped red onion
- 4 cups baby spinach
- 1 cup quinoa (dry)
- ¼ cup sunflower seeds
- ½ tsp white wine vinegar
- 2 Tbsp olive oil
- ⅛ tsp pepper

Cook the quinoa as directed, then remove it from heat and let it sit covered 5–10 minutes (all water should be absorbed). Meanwhile, combine the spinach and red onion in a large bowl. Slice the top and bottom off each grapefruit to see the pulp. Stand grapefruit upright and, with a small paring knife, slice off the rind from top to bottom, following the curve of the fruit and removing all white pith. Hold one peeled grapefruit over a bowl and remove sections by slicing next to membranes toward the centre. Leave any juice collected in the bowl and set grapefruit sections aside. Repeat with the second fruit. Remove about ⅔ of the sections from the third fruit and squeeze the remainder over the bowl. Using a fork, scoop out any seeds or pulp.

Combine 2 Tbsp of the grapefruit juice with olive oil and vinegar in a sealed jar with a pinch of salt and shake well until the dressing is emulsified. Pour about ¾ of the dressing over the spinach and onion mixture, season with pepper and toss well. Divide the spinach mixture among four plates, topping each one with ¼ of the quinoa and grapefruit sections; toss gently. Sprinkle sunflower seeds over the top. Drizzle with the remaining dressing and serve.

SOUPS, STEWS AND CHILLIES

Baked Fish Stew

(RR, SS, CC)

Serves 4

4 cod fillets (or your favourite white fish)
5 carrots, chopped
3 small sweet potatoes, cubed
2 Tbsp lemon juice
2 tsp dried basil (or a large handful of fresh basil, chopped)
Salt and pepper to taste

Preheat oven to 190 C. Spray a 9x13 baking dish with cooking spray. Place the fish in the baking dish and sprinkle with lemon juice. Add carrots, potatoes and onions between the fillets, then season with salt, pepper and basil. Cover and bake for 1 hour.



Beef Stew

(RR, SS, CC)

Serves 8

700 g beef stew meat, lean cut
1 ½ cups beef stock
¾ Tbsp black pepper
1 Tbsp bay leaves, crumbled
1 Tbsp thyme
1 Tbsp rosemary
½ Tbsp parsley
¾ cup red cooking wine
1 Tbsp tomato paste
2 Tbsp extra-virgin olive oil
3 garlic cloves, minced
1 large onion, chopped
2–3 cups of your favourite stew vegetables (i.e., carrots and capsicums)

Heat the oil in a large pot; add the beef and cook until browned. Remove the beef from the pot and leave the drippings. Add white onions and garlic to the beef drippings and sauté until onions become brown. Add tomato paste and cook, constantly stirring for 1 minute. Add stock and bring to a boil; return the beef to the pot. Add thyme, pearl onion, crushed tomatoes, rosemary, bay leaf and vegetables; bring to a simmer and cook 1 hour or until vegetables are tender. Remove bay leaves and add salt and pepper.

Black Bean and Beef Chilli With Cilantro, Lime and Avocado Salsa

(RR, SS, CC)

Serves 4

450 g 95% lean beef
2 Tbsp no-added-salt tomato paste
1 ½ Tbsp ancho chilli powder
1 ½ Tbsp ground chilli powder
1 diced chipotle chilli pepper
1 tsp cilantro, finely chopped
2 white onions, chopped
2 medium tomatoes, chopped
2 avocados
1 can black beans, drained and rinsed
1 can black beans, undrained
2 cups low-sodium beef stock
½ cup lime juice
1 Tbsp extra-virgin olive oil

Season the drained and rinsed black beans with salt and pepper to taste. Using a food processor, purée the can of undrained beans, tomatoes and chipotle chilli pepper. Process about 2 minutes until smooth. In a heavy soup pot, heat 1–2 tsp olive oil and brown the beef, breaking it into small pieces. Remove and set aside the beef. Add the remaining oil and half of the onions (about 1 cup) to the pan. Lower the heat and cook onions until softened but not yet browning. Add both chilli powders, followed by the stock, browned beef, puréed bean mixture, drained beans and tomato paste. Simmer for 30 minutes.

While the chilli simmers, cut up and scoop the avocado into a plastic bowl with ¼ cup lime juice. Mix the rest of the onions (about 1 cup) and half of the cilantro (½ tsp) into the avocado/lime juice mixture. Before serving, stir in the other ½ tsp cilantro and ¼ cup lime juice and cook an additional 5 minutes. Serve hot with avocado salsa on top of each serving.

Butternut Pumpkin and White Bean Soup

(SS, CC)

Serves 4

1 cup white beans, rinsed if canned
1 cup chopped onion
3 cups butternut pumpkin, cubed
1 cup low-sodium vegetable stock
1 ½ tsp black pepper
1 tsp apple cider vinegar
2 ½ Tbsp cumin
1 Tbsp extra-virgin olive oil
¼ tsp sea salt

Heat oil in a large pot over medium-high heat. Add onions and cook for 3 minutes. Add butternut pumpkin, spices and salt. Cook, often stirring, for 3 minutes. Add stock and bring to a boil; reduce heat to a simmer until butternut pumpkin is tender, about 15 minutes. Stir in the beans and vinegar. Purée in a food processor or blender. Add salt and pepper to taste.



Cabbage and Vegetable Soup

(FS, RR, SS, CC, P1, P2)

Serves 3

- 4 cups chopped white cabbage
- ¼ cup onions, chopped
- 1 cup carrots, sliced
- 1 cup green beans, trimmed and chopped in half
- 1 ½ cups drained tomatoes
- 4 cups vegetable stock
- ½ tsp pepper
- 3 Tbsp garlic
- ¼ tsp salt
- 1 tsp Italian seasoning

Combine beans, onions and carrots with seasonings and stock; simmer for 15 minutes. Add cabbage and tomatoes and simmer for another 5 minutes. Vegetables should be bright in colour yet slightly soft. Serve immediately.

Cauliflower Soup

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

Serves 6

- 5 cups cauliflower
- 1 medium onion, sliced
- 1 cup apple, cored and chopped
- ⅛ Tbsp nutmeg
- 2 Tbsp extra-virgin olive oil
- 4 cups water
- 1 garlic clove, sliced

Heat oil in a saucepan. Add onion, garlic and apple and cook until soft. Stir in remaining ingredients and cook for 2 minutes. Add 4 cups of water and bring to a boil. Reduce heat to a simmer and cook 15–20 minutes or until cauliflower is tender. Let cool for 10 minutes. Purée soup in a blender and return to saucepan. Season with salt and pepper. Garnish with parsley or lemon zest.

Cauliflower and Leek Soup With Bacon

(RR, SS, CC)

Serves 8–10

- 2 large leeks, chopped
- 1 head of cauliflower, chopped
- 6 cups of Low-sodium chicken stock
- 2 large garlic cloves, minced
- Salt and pepper
- ½ package of organic turkey bacon

In a large stock pan add 6 cups of stock and chopped up cauliflower, simmer on low. In a non-stick frypan over medium-high heat, cook up bacon and chop up into small pieces for garnish. Set aside. In same pan, add drizzle of oil and sauté leeks & garlic and ½ tsp each of pepper and salt until slightly soft, then add to soup stock. Avoid browning ingredients. Once the cauliflower is soft, add a few cups at a time to a blender, blend till smooth until all the soup has been blended. Serve with bacon bits on top and enjoy.

Chicken Afritada Stew

(RR, SS, CC)

Serves 4

- 4 chicken thighs
- 1 Spanish onion, chopped
- ¼ cup Spanish stuffed pimento green olives
- ¼ cup frozen peas
- 1 large sweet potato, peeled and chopped into small cubes
- 1 cup carrots, chopped
- ½ cup red capsicum, diced
- 2 garlic cloves, minced
- 1 tsp paprika
- 1 jar of marinara sauce (no sugar added)
- Dash of salt
- 1 Tbsp olive oil

Heat olive oil in a pan over medium heat. Rub salt and paprika on the chicken thighs, then brown them in the pan. Do not cook all the way through. Drain any fat from the chicken, then add all vegetables except the olives and peas. Pour in the marinara sauce, add the garlic and let simmer for about 25 minutes. Add olives and peas and simmer for another 5 minutes.

Chicken Chilli With Vegetables

(SS, CC)

Serves 6

- 4 chicken breasts
- 1 ½ cup green capsicum, chopped
- ½ cup red capsicum, chopped
- ⅓ cup celery, chopped
- ½ cup broccoli, chopped
- ⅓ cup carrots, chopped
- 3 Tbsp chilli powder
- 3 ¾ cups no-sugar-added tomato sauce
- 28 g no-added-salt tomato paste
- 4 cups red kidney beans
- ½ tsp extra-virgin olive oil

Coat the bottom of a large stockpot with olive oil. Turn heat on medium and add capsicums, onions, celery, carrots, broccoli and chicken cubes. Cook until chicken is cooked on the outside (can still be pink inside). Next, add tomato sauce, paste, kidney beans and chilli powder. Mix thoroughly. Place a lid on the pot and allow it to cook 30–40 minutes. Taste and add more chilli powder as needed.



Chicken and Red Lentil Stew

(RR, SS, CC)

Serves 1

- 1 chicken breast, cubed
- ½ cup red lentils, boiled
- ½ cup onions, chopped
- ¼ cup celery, chopped
- ¼ cup red capsicum, chopped
- 1 cup low-sodium vegetable stock
- 1 garlic clove, chopped
- ¼ tsp dried oregano
- ½ Tbsp dried thyme
- ½ Tbsp extra-virgin olive oil

In a heavy-bottomed stockpot, heat oil over medium heat; add onion, capsicum and celery and sauté for 2 minutes. Add garlic and chicken and sauté for 5 minutes or until chicken is fully cooked. Stir in lentils and cover with vegetable stock. Bring to a boil and then reduce heat and simmer for 40 minutes or until lentils are tender.

Chicken Noodle Soup

(SS, CC)

Serves 4

3 chicken breasts
3 celery stalks, chopped
2 cups carrots, sliced
1 cup onion, chopped
57 g soba noodles
2 garlic cloves, minced
½ cup lemon juice
¼ tsp pepper
4 tsp fresh thyme
113 g fresh parsley
57 mls cold water
4 ½ cups chicken stock

Place chicken, water, carrots, celery, onion, garlic and thyme in a large stockpot and bring to a boil. Reduce heat and simmer 20–25 minutes. Remove chicken. Shred and pull apart the chicken. Season the stock with salt and pepper and add the pasta and shredded chicken. Bring to a boil, reduce the heat and simmer until the noodles are cooked. Add lemon juice and parsley and serve.

Cioppino (Seafood Stew)

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

Serves 6

1 Tbsp extra-virgin olive oil
1 onion, chopped
4 garlic cloves, minced
1 can diced tomatoes (790 g)
1 cup low-fat fish or chicken stock
½ cup clam juice
225 g mussels in the shell, scrubbed with beards removed
225 g cod or monkfish
225 g large prawns, peeled and deveined
2 Tbsp fresh basil, chopped (or ½ tsp dried)
½ tsp red pepper flakes
½ cup fresh flat-leaf parsley, chopped
½ fennel bulb, thinly sliced

Optional: add or substitute in clams, scallops, capers or other favourites.

Heat oil in a soup pot over medium heat. Add onion and garlic and cook until softened, about 5 minutes. Add the fennel and cook 2–3 minutes. Stir in the tomatoes, stock, clam juice, basil, red pepper flakes and ¼ cup parsley and bring to a boil. Reduce heat and simmer for 15 minutes. Add mussels, prawns and cod or monkfish. Cover and cook for about 5 minutes until the mussels open and the prawns, fish and scallops are firm. Stir in the remaining parsley and capers.

Countryside Vegetarian Chili

(RR, SS, CC)

Serves 4

1 small eggplant, peeled and chopped
1 medium zucchini, chopped
2 large carrots, chopped
1 celery stalk, chopped
4 cups chopped tomatoes
1 jalapeno pepper, minced (optional)
2 tsp mixed herbs
1 tsp salt
½ tsp black pepper

Combine all ingredients in a slow cooker and cook 4–6 hours on low. If cooking in a regular pot, bring chili to a boil over medium-high heat and then simmer for 30 minutes.



Fall Ginger Carrot and Butternut Pumpkin Soup

(RR, SS, CC)

Serves 4

1 cup butternut pumpkin, cubed
4 carrots, chopped
1 onion, chopped
2 cups vegetable stock
1 garlic clove, chopped
1 apple, chopped
3 Tbsp fresh ginger
2 chives, chopped
2 tsp extra-virgin olive oil
1 can coconut milk
Salt to taste

Heat the oil in a large stockpot over medium heat; add the carrots and onions and sauté until soft. Next, add the garlic, ginger, butternut pumpkin and apples; sauté until fragrant. Add stock and salt. Reduce heat to medium-low; simmer covered for 15 minutes or until vegetables are tender. Remove from heat, add in coconut milk and stir. Pour into blender or food processor and purée until smooth. Garnish with chives.

Garden Vegetable Soup

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

Serves 2

½ cup zucchini, chopped
½ cup summer squash, chopped
⅔ cup carrots, sliced
½ cup green beans, trimmed and chopped
½ cup onion, chopped
1 cup cabbage, chopped
½ cup fresh tomatoes, diced
4 cups vegetable stock
1 tsp All Purpose seasoning, original
½ tsp salt

Add all ingredients together and simmer on low 20–25 minutes. Vegetables should be bright in colour but soft. Serve immediately.



Grandma Lorraine's Pea Soup

(RR, SS, CC)

Serves 4

1 package (454 g) dried green split peas
1 meaty ham bone
1 onion, chopped
1 cup chopped celery or carrot or both
1 tsp salt
1 tsp pepper
½ tsp dried thyme
1 bay leaf
945 ml organic chicken stock

Rinse the peas in cold water, then add them to a Dutch oven. Cover the peas with water about 2 inches above the peas. Bring to a boil for 2 minutes. Turn off the heat and cover 1–2 hours. After 1–2 hours, uncover and drain the peas, then put them back into the Dutch oven. Add 945 ml of chicken stock and 945 ml of water. Add the ham bone plus seasoning. Bring to a boil, then let simmer for about 2 hours. Remove the ham bone. Dice the meat off the bone and add the meat to the soup. Throw away bone. Next, add the carrots and celery and simmer for 1 hour or until the soup is the desired thickness.

Hearty Bean Soup

(SS, CC)

Serves 8

450 g white beans
7 g parsley
6 cups low-sodium vegetable or chicken stock
1 Tbsp crumbled bay leaves
2 cups chopped celery
1 large onion
½ tsp pepper
4 cups water
½ tsp salt

Soak beans overnight in water that covers them by 5 cm/2 inches. Place drained beans in a large pot with stock, water, onion, celery and crumbled bay leaves. Bring to a boil; reduce heat and simmer gently, partially covered, until beans are almost tender, about 1 hour. Stir tomato paste and salt into the bean mixture. Return to a simmer and continue cooking, partially covered, until beans are cooked through, 30–45 minutes longer. Remove and discard bay leaf pieces. Purée about half of the bean mixture. Stir the parsley and pepper into the soup and bring back to a simmer. Season to taste with salt.

Hearty Beef Chili

(SS, CC)

Serves 9

680 g chuck roast beef, trimmed
283 g can diced tomatoes
1 can kidney beans, drained and rinsed
2 medium green capsicum, chopped
2 large onions, chopped
57 g low-sodium tomato juice
1 Tbsp chipotle chilli pepper, ground
1 tsp oregano
1 tsp cumin

Cut beef into 1 cm/½ inch cubes. Combine all ingredients in a 5.6 litre slow cooker. Cover and cook on low heat 9–10 hours or on high heat for 4 ½–5 hours.



Italian Soup With Roasted Italian Sausage

(SS, CC)

Serves 6

5 Italian sausages (chicken or turkey)
1 onion, chopped
4 cups low-sodium chicken stock
2 cups chickpeas
1 can diced tomatoes
1 cup lentils
2 Tbsp tomato paste
2 Tbsp basil
2 Tbsp ground fennel
1 Tbsp garlic clove, chopped
1 tsp oregano
2 Tbsp avocado oil

Preheat oven to 204 C and lightly grease a roasting pan with avocado oil. Place sausages in the pan and roast for 40 minutes until skins are slightly hardened and brown. While the sausages roast, heat olive oil in a heavy soup pan and sauté the onions for about 5 minutes, until softened and barely starting to colour. Add oregano, fennel and garlic and sauté 2–3 minutes. Add diced tomatoes with liquid, chicken stock, tomato paste, beans and lentils. Simmer 40–60 minutes until lentils are softened and slightly breaking apart. When the sausage has cooled, cut it in half lengthwise and then slice it into bite-sized pieces. Add the sausage to the soup. Deglaze the roasting pan with a cup of water, scraping off all browned bits on the bottom of the pan; add the bits to the soup. Simmer 30 minutes. Stir in basil and cook for 2 minutes.

Melanie's Spicy African Carrot Soup

(RR, SS, CC)

Serves 4–6

1 yellow onion, chopped into large pieces
7–8 carrots, chopped into large pieces
Low-sodium chicken stock
1 garlic clove, whole
½ tsp salt and pepper
1 tsp cayenne
1 Tbsp organic peanut butter

Put onion, whole garlic clove and carrots in a large deep saucepan, then add stock to cover almost all of the vegetables. Heat to a simmer on medium heat. Add salt, pepper and cayenne. When the vegetables are soft, remove them from heat. Scoop or pour vegetables and stock into a blender or food processor. Add 1 Tbsp of peanut butter and purée until smooth. Pour the purée into a new large saucepan or container. (Blending may require several rounds if using a small blender or processor). Garnish with hemp seeds.

Red Bean, Barley and Chicken Sausage Stew (slow cooker)

(SS, CC)

Serves 3

227 g chicken sausage, sliced
1 cup red kidney beans
1 cup pearled barley
4 ½ cups chicken stock
2 bay leaves
½ tsp garlic powder
1 tsp thyme
1 cup water

Rinse and drain beans (or soak fresh beans the night before in water). Put all ingredients in a large slow cooker, stir, cover and cook on low for 8 hours.

Quick Turkey Tortilla Soup

(FS, RR, SS, CC, P1, P2)

Serves 4

2 turkey breasts (deboned, skinned and cubed)
1 zucchini, diced
1 small onion, chopped
3 cups low-sodium chicken stock
2 Tbsp cilantro, finely chopped
1 lime, wedged
¾ cup fresh salsa

In a saucepan, combine the salsa and stock and bring to a boil. Stir in the cubed turkey breast, onion and zucchini and heat through. Serve the soup with lime wedges and sprinkle cilantro on top.

Spicy Moroccan Chickpea and Lentil Soup

(SS, CC)

Serves 6

1 cup lentils, dry
1 cup chickpeas, soaked or canned
1 large red onion, chopped
397 g tomatoes (Italian)
3 garlic cloves, crushed
1-inch portion of fresh ginger, finely grated
2 tsp cumin
½ tsp chilli powder
½ tsp saffron spices
4 cups vegetable stock
1 Tbsp olive oil

Add saffron to ¼ cup of water and set aside to soak. Heat the oil in a saucepan over medium heat. Add the garlic and onion and sauté for 6–7 minutes. Add the garlic, ginger, cilantro, cumin and chilli powder and cook while stirring for 1 minute. Add the saffron with its soaking liquid, tomatoes, stock, lentils and 4 cups water to the pan. Cover and bring to a boil. Next, uncover and simmer for 30 minutes. Add chickpeas and cook for 10 minutes longer. Remove from heat and stir in cilantro and parsley.

Thai Coconut Prawn Soup

(RR, SS, CC)

Serves 4

12 prawns
57 ml lime juice
1 cup coconut milk
½ cup chopped scallions
1 cup sliced mushrooms
1 cup snap peas
1 cup red capsicum, diced
1 Tbsp chilli sauce
1 Tbsp ginger
3 Tbsp fish sauce
2 tsp chilli sauce
4 cups chicken stock

In a large pot, bring the chicken stock, fish sauce and chilli sauce to a boil. Add the coconut milk, mushrooms, capsicum and peas; reduce heat and simmer for 2 minutes. Add prawns and simmer for 2–3 minutes until prawns are cooked through. Top with scallions.

Turkey and Black Bean Soup

(SS, CC)

Serves 4

4 slices turkey bacon, chopped
2 cups black beans
2 cups carrots, chopped
1 cup sweet potato, chopped
2 cans low-sodium chicken stock
1 cup chopped onions
2 garlic cloves, minced
1 Tbsp olive oil
1 Tbsp cumin seed
½ tsp pepper
2 bay leaves

Drain the beans and rinse. Heat oil in a large saucepan. Add onions, garlic and bacon; cook until onion is soft and bacon is cooked. Add cumin and coriander and cook 30 seconds or until aromatic. Add carrots, sweet potatoes, bay leaves, stock and beans. Bring to a boil, then cover and simmer over low heat for 1 hour or until beans and vegetables are soft. Remove the bay leaves from the soup. Allow to cool a little, then transfer to a food processor or blender and purée until smooth. Season to taste with black pepper.

White Chicken Chilli

(RR, SS, CC)

Serves 4–6

4 boneless skinless chicken breasts
1 can white beans (140 g), drained and rinsed
50 g diced green chillies
1 onion, diced
4 cups chicken stock
1 garlic clove, minced
1 tsp dried oregano
1 tsp cumin
½ tsp chilli powder
1 tsp salt
1 tsp black pepper
1 Tbsp fresh parsley, chopped

Add the chicken and stock to a stockpot; cook on low until tender, about 15 minutes. Shred the chicken with two forks on a separate plate, then put it back into the stock. Add the onion, garlic, beans, chillies and all the spices and herbs to the pot. Simmer for about 20 minutes and serve.



DESSERTS, MARINADES AND DRESSINGS



Be sure to **Download** the TLS Shaking and Baking recipe booklet on au.tlsSlim.com for delicious desserts, treats and shakes.

Citrus Vinaigrette

(FS, RR, SS, CC, P1, P2)

Serves 4

1 Tbsp white vinegar
14 ml grapefruit juice
14 ml orange juice
14 ml lime juice
6 Tbsp extra-virgin olive oil
Salt and pepper to taste

In a large jar with a lid, combine vinegar and juices. Whisk in oil. Season with salt and pepper.

Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

1 pomegranate, seeds scraped out
 $\frac{3}{4}$ cup quinoa
2 cups dairy alternative milk
2 bananas
2 tsp stevia or monk fruit powder
2 Tbsp honey
1 tsp vanilla extract

In a saucepan, bring the quinoa with $1\frac{1}{2}$ cups water to a boil over high heat. Cover and simmer for 15 minutes until the quinoa is tender and the water is absorbed. Meanwhile, blend the milk, bananas and sweetener until smooth. Pour the mixture into the saucepan with the quinoa. Place the pan over medium heat and cook until the mixture becomes thick and creamy, 5–10 minutes. Stir in the honey, pomegranate and vanilla.



Detox-Friendly Ranch Dressing

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

Makes approximately 2 cups

1 serving is 1–2 Tbsp

1 egg, room temperature
1 cup olive or avocado oil
1 Tbsp lemon juice
2 Tbsp red wine vinegar
1 tsp sea salt
1 tsp pepper
 $\frac{3}{4}$ tsp onion powder
 $\frac{3}{4}$ tsp garlic powder
 $\frac{1}{2}$ cup unsweetened full-fat coconut milk
1 handful fresh cilantro (or chives or another herb of choice)

Add all ingredients into a blender and blend for 1 minute. The dressing will keep in the fridge in a sealed container for one week.

Eggnog Chia Seed Pudding

(RR, SS, CC)

Serves 4

$\frac{1}{2}$ tsp rum extract
 $\frac{1}{2}$ tsp nutmeg
 $\frac{1}{2}$ tsp cinnamon
1 cup dairy alternative milk
2 scoops TLS Nutrition Shake — *Creamy Vanilla*
 $\frac{1}{3}$ cup chia seed

In a medium bowl, stir together all ingredients with a whisk. Pour into a serving dish and garnish with additional nutmeg if desired. Refrigerate until set.

Homemade Mayonnaise

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

Makes 1 $\frac{1}{2}$ cups

Serving size is 1 Tbsp

1 $\frac{1}{4}$ cup extra-virgin olive oil
1 large egg
 $\frac{1}{2}$ tsp dry mustard
 $\frac{1}{2}$ tsp salt
Juice of half a lemon

Place $\frac{1}{4}$ cup olive oil, egg, mustard and salt in a blender or food processor and mix thoroughly. While the blender or food processor is running, slowly drizzle in the remaining $\frac{1}{4}$ cup olive oil until the mayonnaise emulsifies. Add the lemon juice and blend on low.

Honey Mustard Vinaigrette

(RR, SS, CC)

Serves 2

2 Tbsp of organic yellow or Dijon mustard
1 Tbsp of apple cider vinegar or white wine vinegar
1 Tbsp of olive oil
2 tsp of local honey
Salt and pepper

Combine all ingredients in a jar and shake thoroughly.

Jamaican Nut Baked Apple

(RR, SS, CC)

Serves 4

4 apples
2 plums, diced
1 peach, diced
1 tsp salt
1 Tbsp walnuts, chopped
1 Tbsp almonds, chopped
1 Tbsp pecans, chopped
4 tsp rum extract
1 Tbsp cinnamon

Core all apples. Using a knife, cut a skin-deep horizontal line around the outside of the apples, allowing room for them to expand. Place the apples in an oven-proof dish and stuff them with the fruits and nuts. Pour 1 tsp rum extract over each apple, and then sprinkle the apples generously with cinnamon. Cook at 193 C for 45 minutes or until apples are soft.

Mixed Berry Crumble

(SS, CC)

Serves 2

14 g cinnamon
9 g unsweetened cranberry juice
8–10 almonds, chopped
1 tsp stevia or monk fruit powder
½ cup cherries without pits (can use blueberries or blackberries as well)
1 cup frozen boysenberries
¾ cup cooked quinoa

In a large saucepan, combine berries, juice, cinnamon and sweetener. Cook on high 2–4 minutes or until fruit is tender. Place the quinoa and almonds in a large frypan over medium-high heat to warm and slightly brown the crumble. Place the fruit mixture in a bowl and sprinkle with the quinoa and almond mix.

Orange Anise Vinaigrette

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

Serves 4

½ tsp anise seed
2 Tbsp orange juice
1 Tbsp olive oil
½ tsp cumin
½ Tbsp salt

Use a mortar and pestle to crush the anise seeds. Whisk together all the ingredients for about 1 minute.

Tangy Strawberry Dressing

(RR, SS, CC)

5–6 strawberries, crushed or mashed
2 Tbsp sesame seeds
1 Tbsp Worcestershire sauce
½ tsp paprika
1 ½ Tbsp olive oil
1 Tbsp balsamic vinegar

Mix all ingredients in a bowl and whisk, or blend on low in a blender.

TLS Chocolate Nice-Cream

(RR, SS, CC)

Serves 4

1 cup crushed ice
¾ cup almond milk
¼ tsp vanilla extract
½ frozen banana (pre-sliced, then frozen)
¼ cup washed cashews
1 Tbsp organic peanut butter
2 scoops TLS Nutrition Shake — *Chocolate*
2 Tbsp dark cocoa powder

TIP: Make dessert before prepping dinner for a ready-to-eat after-dinner treat.

Add all ingredients, except for the TLS shake and cocoa powder, into a blender and blend on slow. While blending, slowly add in the shake and powder. Blend until smooth, then pour into a container and chill in the freezer 1–2 hours. Scoop out, garnish and enjoy.



EGG DISHES AND BREAKFAST FOODS

Asparagus and Leek Frittata

(RR, SS, CC)

Serves 4

2 cups asparagus
1 leek
2 cups baby spinach
1 tsp extra-virgin olive oil
¼ tsp black pepper
1 tsp salt
6 large eggs
1 Tbsp avocado oil
4 Tbsp of nutritional yeast (a great substitute for parmesan)

Preheat the griller and set the rack 15 cm/6 inches from the heat. Crack the eggs into a large bowl and add pepper. Lightly scramble and set aside. In a large oven-safe pan, heat the oil over medium-high heat. Add the leek and sauté for 1 minute, stirring occasionally. Add the asparagus and sauté for 3 minutes or until almost fully cooked. Add the spinach and season with salt and pepper. When the spinach is almost entirely wilted, spread the mixture across the bottom of the pan and pour the eggs over the top while shifting the pan to cover the vegetables fully. When the edges of the eggs start to separate from the edge of the pan, turn off the heat. Place the pan under the grill until the frittata is lightly golden and the eggs are fully set, about 5 minutes. Immediately turn the frittata onto a serving plate and garnish with nutritional yeast. Cut into slices and serve.



Capsicum and Zucchini Omelette

(RR, SS, CC)

Serves 2

½ cup each of yellow and red capsicum, chopped small
½ cup zucchini, grated
1 Tbsp avocado oil
4 large eggs
1 garlic clove, minced
1 Tbsp fresh cilantro leaves, chopped

Heat oil in a frypan over medium heat. Add sliced capsicums, grated zucchini and minced garlic and cook until ingredients begin to soften. Whisk eggs into the vegetables in the frypan and cook 5–7 minutes while lifting the edges to let excess egg go underneath. Sprinkle with cilantro.



Broccoli and Mushroom Omelette

(RR, SS, CC)

Serves 2

1 Tbsp extra-virgin olive oil
¾ cup broccoli, cut into tiny florets
½ cup fresh mushroom of choice, chopped
1 Tbsp fresh parsley
Salt and pepper to taste
4 whole eggs

Garnish mixture:

1 avocado, cubed
1 fresh tomato, cubed
1 scallion, chopped

Heat 2 tsp of the oil in a small non-stick frying pan over medium-high heat. Add the broccoli and mushroom and cook 2–3 minutes or until vegetables are just tender. Remove to a bowl, stir in parsley and season well. Use a fork to whisk the eggs with 2 Tbsp water. Heat 1 tsp of the remaining oil in the frying pan over medium heat. Pour in half of the egg mixture and cook for 3 minutes, or until almost set, using a fork to pull the cooked egg away from the edges and allow the uncooked egg to run to the edges. Sprinkle half the broccoli and mushroom mixture over half of the omelette and fold over to enclose. Lift out and carefully set aside. Repeat with the remaining egg and filling. Garnish with the avocado, tomato and scallion mixture.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

1 tsp avocado oil
3 cups of your favourite vegetables, chopped
Chicken breast, cubed
8 eggs
2–3 Tbsp of nutritional yeast (a great substitute for parmesan)

Grill or cook the chicken. Beat the eggs in a bowl and add the chicken. Drizzle oil in a frypan over medium-high heat and add the vegetables; cook until slightly tender, about 5 minutes. Reduce heat and add the egg and chicken mixture. Cover and cook on low without stirring 3–5 minutes or until the egg is set. Sprinkle with nutritional yeast.

Egg Breakfast Muffins With Mushrooms and Red Capsicum

(FS, RR, SS, CC, P1, P2)

Serves 2

4 large eggs
2 scallions, chopped
1 cup mushrooms, chopped
1 cup red capsicum, chopped
Dash of salt
1 tsp of All Purpose seasoning
1 Tbsp water
Fresh parsley or basil, chopped

Preheat oven to 204 C. Wash mushrooms. Heat the oil in a frypan, then add the mushrooms and red capsicums; sauté for 5 minutes until the mushrooms start to brown and all liquid has evaporated. In a bowl, combine the eggs, water and seasonings and beat. When the vegetables are done and slightly cooled, gently stir them into the mix, adding in the scallions and fresh parsley. Lightly oil muffin tins with cooking spray and fill each about $\frac{3}{4}$ full with the egg mixture. Bake 15 minutes or until muffins have expanded and are slightly browned on top.

Grain-Free Pancakes

(FS, RR, SS, CC, P2)

Serves 1

1 scoop TLS Nutrition Shake — *Creamy Vanilla*
1 banana, slightly overripened
2 eggs
A dash of cinnamon or nutmeg to taste
Coconut oil

Mix all ingredients, except for the coconut oil. Add the coconut oil to a pan and, when melted, spoon the mixture into the pan to form pancakes. Cook over medium-high heat until the undersides are browned, then flip to brown the other sides.

Hearty Steel Cut Oats

(SS, CC)

Serves 4

1 cup dry steel-cut oats
3 cups water
 $\frac{1}{2}$ tsp salt

Optional; rinse the oats in a sieve first. Bring water and salt to a boil in a pan, add the cup of oats, reduce heat but maintain a low simmer and frequently stir 10–20 minutes until most of the water is gone.

Divide and serve in individual bowls; top with the following:

A drizzle of pure maple syrup or local honey (approx. 2 tsp)
2 TBSP almond milk
Cinnamon to taste
1 TBSP raisins

Individual Frittatas With Capsicum and Sweet Potato

(RR, SS, CC)

Serves 6

7 eggs
1 cup frozen peas
 $\frac{1}{2}$ cup sun-dried tomatoes
1 large red onion, thinly sliced
1 large red capsicum, cut into strips
2 sweet potatoes cut into $\frac{1}{2}$ -inch pieces
1 garlic clove, crushed
1 Tbsp avocado oil

Heat oil in a frypan over medium-high heat. Add the onion, capsicum, sweet potato and garlic. Cook, often stirring, for 5 minutes. Add the peas and cook another 3 minutes. Remove from heat and set aside to cool. Stir in the semi-dried tomatoes and feta. Spray a 6-cup large muffin tin with cooking spray. Whisk the eggs and season with salt and pepper. Divide the vegetables among the muffin cups. Pour the egg mixture evenly over the vegetables. Bake 20–25 minutes. Let cool 10 minutes before removing the eggs from the muffin cups.

Loaded Quinoa Breakfast Bowl

(RR, SS, CC)

Serves 3

1 cup quinoa, dry uncooked
1 small yellow onion, chopped
1 small sweet potato, grated
 $\frac{1}{2}$ cup chopped zucchini or yellow summer squash
3 eggs
1 fresh avocado, cubed
1 Tbsp avocado oil
Salt and pepper
All Purpose seasoning
 $\frac{1}{2}$ tsp garlic

Cook the quinoa on the stovetop by bringing 1 $\frac{1}{2}$ cups water to a boil, then add the quinoa, reduce heat to the lowest setting, cover and simmer 15–20 minutes. While the quinoa is cooking, chop the vegetables and grate the sweet potato. Drizzle oil in a frypan over medium to high heat, add all the vegetables, seasonings and $\frac{1}{4}$ cup water and stir frequently. Serve in bowls and add no more than $\frac{3}{4}$ cup quinoa per bowl. Top each serving of quinoa with the warm vegetables. Using the same frypan, add another drizzle of oil and cook the eggs to your liking (scrambled, over easy, etc.). Add the cooked eggs on top of the quinoa and vegetables. Garnish with fresh avocado.

(Other garnishes may include 1 Tablespoon salsa verde, hot sauce or nutritional yeast.)

Poached Eggs With Fresh Shiitake Mushroom Sauce

(SS, CC)

Serves 2

2 shallots, minced
4 eggs
4–6 shiitake mushrooms
2 Tbsp white vinegar
1 Tbsp olive oil
 $\frac{1}{2}$ tsp soy sauce
 $\frac{1}{2}$ tsp rice vinegar
 $\frac{1}{8}$ tsp salt

Boil water in a large shallow pan or frypan over high heat. Add the vinegar. Discard stems of mushrooms and only use the caps. Combine oil, soy sauce, vinegar, salt and pepper in a small frypan over medium heat. Add shallots and mushrooms and sauté 3–4 minutes.

While the mushrooms are sautéing, use a spoon and stir the vinegar water in a circular motion. Carefully break the eggs into the swirling water, keeping the water moving by gently stirring. Cook over low heat until the whites are firm, about 3–5 minutes. You can spoon some water over the yolks to finish cooking them if they have not set. Remove the eggs from water with a slotted spoon, being careful not to break them. Drain before placing eggs on a plate or bed of spinach. Spoon the sautéed mushrooms over the top.



Southwest Potato, Tofu and Spinach Scramble

(SS, CC)

Serves 4

1 TBSP olive oil
1 large sweet potato, finely diced or grated
1 block of firm tofu, cubed
1 cup baby spinach
1 small yellow onion, chopped finely
2 tsp chilli powder
1 tsp oregano
1 tsp cumin
½ tsp garlic
½ TBSP salt
½ cup water

Heat the olive oil in a frypan over medium-high heat and sauté the potatoes, onion, chilli powder, oregano, cumin, garlic and salt for 3–5 minutes, stirring frequently. Add the tofu and mash it slightly if desired to combine. Add ½ cup of water and immediately cover the pan. Cook for 5 minutes. If the pan is very dry, stir in about 2 Tbsp of water. Mound spinach on top of the tofu mixture, cover and cook until the spinach wilts, about 2 minutes. Stir to incorporate the spinach into the tofu and potatoes. Cook until most of the water has evaporated.

Vegetable Omelette With Turkey Bacon

(RR, SS, CC)

Serves 1

2 slices turkey bacon
2 eggs
2 Tbsp green capsicum
2 Tbsp onion
2 tsp olive oil
3 mushrooms, sliced

Beat the eggs in a bowl. Cook the vegetables in oil for about 5 minutes. Reduce heat and add the eggs. Cook until the centre is set. Loosen the omelette with a spatula and fold one half over the other. Serve with bacon on the side.

Zucchini Hash Browns

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

Serves 2

2 eggs
1 cup shredded zucchini
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp avocado oil

Heat oil in a frypan. Mix all ingredients in a bowl and drop spoonfuls into the hot frypan. After browning on one side, flip to brown the other side.



BEEF DISHES

Asian Ginger Beef Meatballs

(RR, SS, CC)

Serves 3–4

453 g 95% lean mince beef
1 egg
2–3 scallions, chopped (whites minced and set aside)
1 Tbsp fresh ginger, grated or chopped
Salt and pepper
2 Tbsp low-sodium soy sauce or liquid aminos
1 ½ Tbsp Sriracha
2 Tbsp olive oil mayonnaise
1 tsp Korean chilli flakes

Preheat oven to 218 C. In a small bowl, combine the mayonnaise, 1 Tbsp soy sauce, 1 Tbsp sriracha and ½ tsp chilli flakes; whisk together and set aside.

In a medium bowl, combine and mix well the fresh mince beef with one egg, minced scallion whites, grated ginger, salt, pepper, ½ tsp chilli flakes, 1 Tbsp soy sauce and ½ Tbsp sriracha. Roll the meat mixture into meatballs and place them on a sheet of aluminium foil on half of a baking sheet. Bake for 15–20 minutes, depending on the size of the meatballs. On the other half of the baking sheet, you can roast a medley of broccoli, green beans, red capsicums and onion, or any combination of your favourite vegetables. Serve the meatballs on your choice of cooked quinoa, cauliflower rice or brown basmati rice with the medley of roasted vegetables. Pour the sauce over top of the meatballs.



Beef Lettuce Tacos

(RR, SS, CC)

Serves 1

113–170 g 95% lean mince beef
2–3 Romaine leaves
1 Tbsp scallion, chopped
¼ cup red capsicum, chopped
¼ cup onion, chopped
1 garlic clove, chopped
½ cup fresh salsa
1 Tbsp chilli powder
¼ Tbsp Worcestershire sauce
1 tsp extra-virgin olive oil
¼ medium avocado, sliced

Heat oil in a nonstick frypan over medium-high heat. Add meat and cook until brown. Add onions, garlic, capsicum, Worcestershire sauce, chilli powder, salt and pepper. Cook the mixture for 5 minutes. Add salsa, stir to combine and turn off the heat. Spoon the mixture into a lettuce leaf and wrap it. Top with scallions and avocado and serve.



Beef and Vegetable Kebabs

(RR, SS, CC)

Serves 4

454 g sirloin beef
1 tsp dried basil
1 tsp garlic powder or 1–2 cloves, minced
1 tsp dried thyme
1 Tbsp extra-virgin olive oil
¼ medium red onion, sliced
226 g mushrooms, stems removed
1 green capsicum, sliced into 5 cm/2-inch pieces
1 red capsicum, sliced into 5 cm/2-inch pieces

Marinate the meat with basil, garlic powder and thyme for 30 minutes. Heat the grill. Skewer alternating portions of the meat and vegetables, then brush them with olive oil. Grill 6–8 minutes.

Greek Meatballs

(RR, SS, CC)

Serves 4

454 g 95% lean mince beef
1 egg
28 g Greek seasoning
4 tsp red wine vinegar
1 tsp oregano
2 garlic cloves, minced
1 Tbsp avocado oil
¼ tsp pepper
¼ tsp salt

Preheat oven to 204 C. Combine all ingredients in a bowl and use your hands to mix. Lightly oil a 9x13 baking sheet. Shape the meat into 28 g meatballs and place on a baking sheet. Bake 20 minutes. You will see liquid oozing out. Turn meatballs and bake another 10 minutes. Turn again and bake 5–10 minutes more. Cook until the meatballs are browned and well-done.

Greek Stuffed Steak

(RR, SS, CC)

Serves 8

680 g flank steak
1 tsp oregano
12 cups water
2 ½ cups beef stock
½ cup red onion, chopped
½ cup pickled pepperoncini pepper, chopped
¼ Tbsp salt
¼ tsp garlic powder
10 cups frozen spinach
1 Tbsp avocado oil
Heavy-duty butcher's string

Combine the spinach, onions, peppers, garlic powder and salt in a bowl and set aside. Cut horizontally through the centre of the steak, cutting to but not through the other side. Place the steak between two sheets of heavy-duty plastic wrap. Using a meat mallet, flatten to an even thickness. Spread the spinach mix over the steak, leaving a 3 cm/1-inch margin around the outside edges. Starting at the short side, roll the steak. Secure at 5 cm/2-inch intervals with string. Coat a large Dutch oven with oil and place over medium-high heat until hot. Add steak, browning well on all sides. Add stock, water and oregano to the pan and bring to boil. Cover and reduce the heat to simmer for 90 minutes or until tender, turning meat once. Add additional water during cooking if necessary. Remove string and cut into eight slices. Serve with cooking liquid.



Grilled Marinated Sirloin Steak

(RR, SS, CC)

Serves 4

1 cup fresh salsa
57 ml lime juice
¼ cup water
2 Tbsp extra-virgin olive oil
1 tsp cumin
4 sirloin steaks, fat trimmed (170-226 g steaks)

Combine salsa, lime juice, water, oil and cumin in a baking dish. Add steak and coat with the marinade. Cover with aluminium foil and let marinate for 6 hours or overnight. To cook, preheat the grill to medium high and grill for 6 minutes on one side and 4 minutes on the other side. Serve on your choice of cooked quinoa, cauliflower rice or brown basmati rice with a medley of roasted vegetables.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

453 g 95% lean mince beef
3 zucchini, spiralled
113-170 g no-added-salt tomato paste or low-sugar pasta sauce
¼ chopped onion
½ Tbsp paprika
3 garlic cloves, crushed

Mix the beef with the onion, garlic, paprika, salt and pepper, then shape the mixture into 12 meatballs. Place the meatballs under a preheated grill for 7 minutes, occasionally turning until browned and cooked through. Meanwhile, spiralise the zucchini and cook in 1 Tbsp olive oil over medium heat, 5–10 minutes or until softened. Add the meatballs to the zucchini pasta, then add tomato sauce.

Grilled Marinated Sirloin With Salsa

(FS, RR, SS, CC, P2)

Serves 4

1 cup fresh salsa
56 ml lime juice
¼ cup water
2 Tbsp vegetable oil
1 tsp cumin
680 g sirloin, fat trimmed

Combine the salsa, lime juice, water, oil and cumin in a baking dish. Add the steak and coat it with the marinade. Cover with aluminium foil and let marinate for 6 hours or overnight. Preheat the grill to medium high and grill the marinated steak for 10 minutes.

Capsicum Steak

(RR, SS, CC)

Serves 1

½ each yellow and red capsicum, chopped
½ cup chopped onion
1 Tbsp reduced-sodium soy sauce
1 Tbsp olive oil
141 g lean porterhouse beef, cut into strips

Marinate the beef strips in soy sauce for 30 minutes. Heat 1 Tbsp of olive oil in a pan. Place the beef strips in the pan and cook until pink is gone. Add onion and capsicums and cook until tender, then serve.

Pot Roast

(RR, SS, CC)

Serves 8

1.3 kgs chuck roast beef, trimmed
½ tsp white wine vinegar
4 cups water
3 beef stock cubes
1 Tbsp salt
1 ¼ tsp pepper
2 Tbsp olive oil
½ cup chopped onions

Heat oil in a large pot and add the beef, browning it on all sides. Place the beef in a slow cooker or a large pot with a lid. Add onion, pepper and salt. Combine the water and vinegar and stir; pour over the beef. Add stock cubes. Cook on low heat 8–10 hours or high heat 4–6 hours.

Spice-Rubbed Flank Steak

(RR, SS, CC)

Serves 4

454 g flank steak
½ tsp cayenne pepper
½ tsp thyme
½ tsp cinnamon
½ tsp garlic powder
1 Tbsp cumin
½ tsp salt

Preheat the grill and coat the griller pan with cooking spray. Combine all ingredients except the steak in a bowl, then rub the mixture over the steak. Grill 6–7 minutes per side or until cooked. Let sit for 5 minutes before cutting diagonally across the grain into thick strips.



Slow Cooker Stuffed Capsicums

(RR, SS, CC)

Serves 8

907 g lean ground beef
4 green capsicums
1 onion
4 garlic cloves
255 g broccoli
170 g tomato paste
1 Tbsp oregano
1 Tbsp basil
4 portabella mushrooms
Salt and pepper to taste

Cut the tops off the capsicums and clean out the seeds. Arrange the capsicums in a slow cooker, standing them up and making sure they fit securely. Combine the onion, garlic, mushrooms and broccoli in a food processor and blend. Combine the beef, blended vegetables, seasonings and tomato paste. Stuff the mixture into the capsicums. Add water, cover and cook on low 8–10 hours.

Wasabi Beef Lettuce Wraps

(SS, CC)

Serves 1

113 g beef tenderloin, grilled and cut into strips
½ cup brown rice, steamed
2 cups cherry tomatoes
1 Tbsp extra-virgin olive oil
½ Tbsp wasabi paste
4 romaine leaves

Grill the beef to your liking. Place the beef strips, fresh tomatoes and steamed brown rice in a small bowl and stir in the wasabi paste and oil. Divide evenly among the romaine leaves, roll them up and secure with toothpicks.



POULTRY AND PORK

Aromatic Chicken and Lentils

(RR, SS, CC)

Serves 6

3 boneless skinless chicken breasts, quartered
2 cups chopped leeks
2 cups cubed sweet potatoes
1 $\frac{3}{4}$ cup chopped and peeled tomatoes
 $\frac{1}{2}$ cup tomato paste
 $\frac{1}{2}$ cup white cooking wine
1 tsp cinnamon
3 cups low-sodium chicken stock
1 $\frac{1}{2}$ cup lentils
1 Tbsp mixed herbs
1 Tbsp avocado oil

Preheat oven to 204 C. Coat a large frypan with non-stick cooking spray. Sauté the leeks, potatoes and mixed herbs for 5 minutes. Stir in tomatoes, wine, tomato paste, cinnamon, lentils and stock. Simmer briefly. Pour into a 13x9 casserole dish coated lightly with avocado oil and completely submerge the chicken pieces. Cover and bake for 1 hour or until chicken is cooked and lentils are tender.

Baked Pork Chops With Apple Topping

(RR, SS, CC)

Serves 4

4 pork chops
 $\frac{1}{4}$ cup chopped celery
1 yellow onion, coarsely chopped
2 granny smith apples, peeled and cored
 $\frac{1}{4}$ cup apple cider vinegar
28 ml Dijon mustard
2 Tbsp fresh parsley
2 Tbsp extra-virgin olive oil
1 dash salt and black pepper

Preheat oven to 177 C. Heat 1 Tbsp of olive oil in a heavy frypan over medium-high heat. Season the pork chops with salt and pepper and brown them on both sides, about 2 minutes per side. Transfer the pork chops to a baking dish. Turn the heat under the frypan down to medium and add the remaining olive oil. Add the onion and celery and cook until soft. Add the apple and cook for 5 minutes more. Add parsley and remove from heat. Stir in just enough apple cider vinegar to moisten the mixture and season with salt and pepper. Spread the mustard on top of each pork chop. Divide the apple, onion, celery and parsley mixture in the frypan among the chops and pat it into the mustard. Bake the chops until fully cooked and apples are softened, about 10–15 minutes.



Balsamic Chicken Thighs

(FS, RR, SS, CC, P2)

Serves 2

4 boneless chicken thighs
1 cup sliced mushrooms
 $\frac{1}{2}$ red onion, sliced
 $\frac{1}{4}$ cup vegetable or chicken stock
1 garlic clove, minced
2 Tbsp balsamic vinegar
 $\frac{1}{8}$ tsp thyme
1 dash salt
 $\frac{1}{2}$ tsp black pepper
1 Tbsp coconut oil
1 bay leaf

Season the chicken with salt and pepper. Heat the oil in a heavy frypan. Add the garlic and chicken and cook over medium-high heat until nicely browned on one side, about 3–5 minutes. Lower the heat and add the stock, mushrooms and onions. Turn the chicken pieces over and redistribute the mushrooms and onions so they cook evenly. Add the balsamic vinegar, stock and thyme. Cover tightly and cook over medium heat about 5–10 minutes, depending on the size of the thighs.



Basil Chicken Packets

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

Serves 2

2 chicken breasts, halved
2 medium yellow summer squashes, diced
1 medium red capsicum, diced
2 Tbsp fresh parsley
1 Tbsp lemon zest
1 $\frac{1}{2}$ tsp dried basil
1 Tbsp black pepper
 $\frac{1}{4}$ tsp salt

Preheat oven to 232 C or grill to medium-high heat. Centre one chicken breast half on each side of a sheet of aluminium foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and capsicums, then sprinkle with black pepper. Bring up foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16–18 minutes in the oven or grill 11–13 minutes.

Braised Chicken With Thyme and Pepper

(SS, CC)

Serves 1

113 g chicken breast
1 cup baby spinach
¼ cup white beans, drained
½ cup vegetable stock
3 garlic cloves, minced
1 cup white onions, chopped
⅛ tsp black pepper
1 ½ Tbsp salt
¼ cup dry white wine
½ tsp thyme, dried
1 Tbsp avocado oil

Season the chicken with thyme and pepper. Coat a 30 cm/12-inch nonstick frypan with ½ Tbsp avocado oil and warm over medium-high heat. Add the chicken and brown on both sides, turning once, about 6 minutes total. Remove the chicken and set it aside. Add the remaining avocado oil to the same frypan and add onions, occasionally stirring for 6 minutes or until tender. Add the garlic and cook for 30 seconds. Add the stock and wine and bring to boil over high heat. Reduce to low and return the chicken to the frypan. Simmer covered for 5 minutes. Stir in the beans and spinach. Simmer, occasionally stirring, for 5 minutes more or until the chicken is cooked thoroughly.

Buffalo Chicken Wrap

(RR, SS, CC)

Serves 1

1 chicken breast
¼ cup buffalo sauce/seasoning
Romaine or iceberg lettuce leaves

Bake chicken breast at 176 C until juices run clear, about 20 minutes. When cooled, shred the chicken and mix it with the buffalo sauce/seasoning. Add salt and pepper to taste. Serve on romaine or iceberg lettuce leaves.

Chicken Primavera

(Detox, FS, RR, SS, CC)

Serves 4

4 chicken breasts
1 cup zucchini slices
2 Roma tomatoes, sliced
1 green capsicum, cut into 3 cm/1-inch strips
½ red onion, quartered and sliced thin
2 Tbsp olive oil
2 tsp Italian seasoning

Preheat oven to 204 C. Arrange the chicken breasts in a 9x13 glass dish. Slice cuts into the chicken breasts almost all the way through diagonally, 1-inch apart. Stuff a slice of each vegetable into the cuts. Add extra vegetables on the sides of the chicken in the dish. Drizzle olive oil and seasoning on top. Bake 20–25 minutes or until the chicken is cooked through.

Chicken Salad Sandwich

(SS, CC)

Serves 4

340 g water-packed chicken breast, drained
½ cup chopped celery
4 slices sprouted grain bread (such as Ezekiel bread)
4 romaine lettuce leaves
¼ Tbsp onion, chopped
4 slices tomato
1 avocado, mashed
1 Tbsp apple cider vinegar

Stir in the avocado, vinegar, celery, onion and chicken in a bowl. Place lettuce and tomato on each slice of bread. Top each serving with a scoop of chicken salad, making four open-faced sandwiches.

Chicken Salad Squash Boats

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

Serves 2

2 large yellow summer squashes
2 chicken breasts
2 Tbsp organic yellow mustard
1 small ripe avocado, mashed
1–2 scallions, chopped
Dash of salt and pepper

Cut each squash in half lengthwise and scoop out seeds. Cook the squash halves in the oven at 176 C until tender, about 5 minutes. Cook the chicken breast and chop it into cubes. Mix the chicken with scallions, mustard and avocado. Fill the centre of each squash boat with the chicken salad mixture. Cook the filled squash for 20 minutes at 204 C.

Chicken Scaloppine With Porcini Mushrooms

(FS, RR, SS, CC, P2)

Serves 2

2 chicken breasts
½ cup sliced porcini mushrooms, dried
2 cups white mushrooms
1 shallot, minced
1 garlic clove, minced
½ cup chicken stock
¼ tsp red pepper flakes
1 Tbsp fresh parsley
½ cup white cooking wine
1 Tbsp extra-virgin olive oil
2 Tbsp almond milk

Place the dried porcini mushrooms in a spice grinder (or mortar and pestle) and process until finely ground. Slice the chicken breasts in half and sprinkle the halves with salt and pepper. Sprinkle both sides of the chicken halves with mushroom powder and shake off the excess. Place 1 tsp oil in a frypan on medium-high heat. Add the chicken and cook until lightly browned and done on each side. Remove the chicken from heat. Add an additional 1 tsp oil, shallots, red pepper flakes and garlic. Cook for 1 minute, stirring frequently. Add in 2 cups white mushrooms and cook until the liquid evaporates, stirring occasionally. Stir in the wine, loosening the bottom of the pan. Add the stock to the pan and simmer until the liquid is reduced to ¼ of a cup; add the almond milk. After about 1 minute, add in the chicken and heat until warm.

Chicken Tagine With Olives

(SS, CC)

Serves 4

4 chicken breasts
1 cup peas
1 can no-added-salt diced tomatoes
1 can chickpeas, rinsed and drained
1 cup onions, chopped
2–3 Tbsp Kalamata olives
1 Tbsp extra-virgin olive oil
½ cup low-sodium vegetable stock
½ tsp cinnamon
2 Tbsp fresh ginger, grated
1 ½ Tbsp ground cumin

Heat the oil in a large frypan over medium-high heat. Add the onion, ginger, cumin and cinnamon, frequently stirring, about 5 minutes. Add the tomatoes, chicken stock, peas and olives; simmer 7 minutes. Add chickpeas; cook 5 minutes or until chicken is tender.



Citrus Roasted Turkey

(Detox, FS, RR, SS, CC, P1, PS)

Serves 8

1 whole turkey
1 cup orange juice, fresh squeezed
1 cup lemon juice
1 onion, quartered
2 cups celery, chopped
2 garlic cloves
2 cups low-sodium chicken stock
3 bay leaves, crumbled
1 ½ tsp thyme
½ tsp pepper
6 Tbsp olive oil

Submerge the turkey in water, breast side down, for 1 to 2 days. Preheat the oven to 162 C. Rinse the turkey under cold water and dry inside and out. In a bowl, mix the oil, salt, pepper and thyme. Stir in the juice of 1 orange and 1 lemon. Rub the turkey with the seasoned oil inside and out. Fill the turkey with the onion, celery, bay leaves and whole garlic cloves. Tie up the turkey according to the directions, then roast it for 45 minutes. Spoon stock over the turkey and let it roast for 1 hour more; repeat the basting every 20 minutes. Cook until the thickest part of the meat is 73 C and juices run clear. Remove the turkey from the oven; let it rest 20–30 minutes. Remove the vegetables from inside and discard.

Country-Style Pork Ribs

(RR, SS, CC)

Serves 6

2 ½ pieces of pork ribs
28 ml liquid smoke
¼ Tbsp cayenne pepper
2 Tbsp Worcestershire sauce
¼ Tbsp salt
¼ Tbsp garlic powder
1 cup water

Preheat oven to 107 C. Sprinkle ribs with salt, cayenne pepper and garlic powder. Rub the spices into the meat and the bone on both sides. Place the ribs in a turkey roasting pan with the water and liquid smoke on the bottom. Sprinkle with Worcestershire sauce. Cover the ribs tightly with aluminium foil and roast 4–5 hours. The ribs should be “falling off the bone” tender. Bake for another 15–20 minutes or until dark brown.

Easy Asian Chicken Lettuce Wraps

(RR, SS, CC)

Serves 2

2 chicken breasts
6–8 large romaine lettuce leaves or iceberg lettuce
3–4 cups broccoli slaw
1 tsp sesame oil
½ Tbsp avocado oil
1 Tbsp low-sodium soy sauce or liquid aminos
Sesame seeds or sliced almonds for garnish

Grill the chicken breasts, slice or chop them up and set chicken aside. Combine the oils in a large frypan and sauté the broccoli slaw over medium heat, adding in the soy sauce or liquid aminos. In a bowl, combine the chopped chicken and sautéed vegetables. Fresh basil or cilantro may be added if desired. Scoop the mixture into lettuce boats, sprinkle sesame seeds or almond slices on top and serve.



Ginger Chicken and Vegetables With Noodles

(SS, CC)

Serves 2

2 chicken breasts
½ cup chopped carrots
1 cup broccoli, chopped into small florets
2 cups vermicelli noodles, uncooked
2 scallions, chopped
2 garlic cloves, minced
1 Tbsp fresh ginger, grated
¼ cup vegetables or chicken stock
1 Tbsp low-sodium soy sauce or liquid aminos
1–2 limes, juiced
Small handful of fresh cilantro, chopped
½ tsp lime peel, zested
1 Tbsp olive oil
Dash of salt

Slice the chicken breasts into strips. Heat ½ Tbsp of oil in a frypan and add the scallion whites, ginger, garlic and a dash of salt. After the garlic and ginger become fragrant, add the chicken. Turn the chicken strips frequently. When the chicken is nearly cooked, add the stock, soy sauce and vegetables and sauté until bright in colour and slightly tender. In a large saucepan, cook the vermicelli noodles in boiling water 3–4 minutes or until the noodles are tender. Drain and separate the noodles into two bowls, stir in the lime zest, lime juice, cilantro, scallion greens and remaining oil immediately and mix. Top with chicken and vegetables.

Grilled Jerk Chicken Skewers With Red Capsicum and Zucchini

(RR, SS, CC)

Serves 2

2 chicken breasts, cubed
1 red capsicum, quartered
1 zucchini, quartered
3 Tbsp olive oil
2 garlic cloves, minced or crushed
⅛ cup fresh orange juice
⅛ cup apple cider vinegar
1 tsp onion powder
¼ tsp thyme
1 tsp oregano
1 ½ Tbsp basil
¾ tsp allspice
½ tsp cinnamon
½ tsp crushed red pepper

Mix all spices, orange juice, apple cider vinegar and oil in a food processor or whisk together. Marinate chicken cubes and vegetables in the mixture for an hour or more. Preheat the bbq, skewer the chicken and vegetables and cook on the bbq, turning every few minutes until the chicken is cooked through.

Herb-Roasted Chicken

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

Serves 8

1.3 kgs whole chicken
1 Tbsp black pepper
1 Tbsp sage
1 Tbsp tarragon
1 tsp parsley
1 tsp thyme
½ Tbsp salt

It is best to use fresh herbs for this recipe. Preheat oven to 232 C. Rinse the chicken and dry it well with a paper towel inside and out. With half the salt, salt the inside of the chicken. Add the pepper and herbs to the outside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in the oven for 45 minutes to 1 hour until juices run clear when the chicken thigh is pierced or an internal thermometer reads 232 C. Let the chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.



Lemon Dill Chicken

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

Serves 4

- 4 chicken breasts
- ½ tsp lemon pepper
- 1 lemon, freshly squeezed
- 1 ½ Tbsp lemon zest
- 1 ½ Tbsp fresh dill weed

Preheat oven to 218 C. Combine the lemon juice, dill, lemon pepper and lemon zest in a small bowl. Lightly oil a casserole dish, then spread ¼ of the lemon dill sauce on the bottom. Arrange the chicken breasts on top of the sauce in a single layer. Pour the remaining sauce over the chicken. Bake uncovered 30–35 minutes until chicken is tender and no longer pink.

Moroccan-Style Chicken With Vegetables

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

Serves 2

- 2 chicken breasts
- 1 ½ tsp cumin
- ½ tsp cinnamon
- ½ Tbsp salt
- ½ tsp pepper
- 340 g can diced tomatoes
- Zucchini, cut into 5 cm/2-inch slices

Preheat the oven to 232 C. Centre the chicken breasts on aluminium foil. Combine the spices, then sprinkle half of the spice mix over the chicken. Combine the remaining spice mix with the tomatoes and spoon next to the chicken. Arrange zucchini slices over the chicken and tomatoes. Bring up foil sides and double fold top and ends to seal the packets, leaving some room for heat circulation. Bake 20–22 minutes.

Mushroom Turkey Burgers

(RR, SS, CC)

Serves 4

- 453 g mince turkey
- 1 cup sliced mushrooms
- ½ cup onions, minced
- ⅛ tsp red pepper flakes
- 2 garlic cloves, minced
- 2 Tbsp basil
- ½ tsp salt
- 2 tsp avocado oil

Combine the turkey and spices and shape them into patties. Preheat a frypan over medium heat, adding in the avocado oil. Lightly sauté the mushrooms and onions, adding a dash of salt. Push the vegetables to the edge of the frypan and add the turkey patties to the centre. Cook the patties over medium heat for 7 minutes; flip and cook an additional 5 minutes until golden brown and no longer pink in the center. Serve on a bed of greens or on a ½ cup of your favourite whole grain. Scoop the onion and mushroom sauté on top of the patties and serve.

Nutty Chicken Curry

(RR, SS, CC)

Serves 4

- 4 chicken breasts
- 5 Tbsp smooth organic peanut butter
- ⅔ cup chicken stock
- 199 g plain non-dairy Greek yogurt
- 1 hot chilli pepper
- 1 tsp finely chopped ginger
- 1 garlic clove, minced or crushed
- 2 tsp parsley
- 1 tsp olive oil

Place ¾ of the chilli pepper in a food processor with the ginger, garlic and most of the parsley. Purée into a rough paste, adding a splash of water if needed. Heat the oil in a frying pan and brown the chicken for 1 minute. Stir in the pasta and cook for another minute, then add the peanut butter and chicken stock. Bring the sauce to a simmer and cook for an additional 10 minutes until the chicken is cooked through. Stir in the non-dairy yogurt. Scatter the rest of the parsley on top with the remaining chilli pepper. Serve over a ½ cup of cooked quinoa, millet or bed of greens.



Open-Faced Grilled Chicken Breast Sandwich

(SS, CC)

Serves 1

- 1 chicken breast
- 1 lettuce leaf
- 1 Tbsp balsamic vinegar
- ½ tsp organic mustard
- 1 tsp olive oil mayonnaise
- 1–2 tomato slices
- 1 onion slice
- ¼ avocado, mashed
- 1 slice sprouted grain bread (Ezekiel or similar)

In a small bowl, combine the balsamic vinegar, mustard and mayo and set aside. Season the chicken with salt and pepper and grill until done. Spread the mashed avocado on the bread and add tomato, lettuce and onion. Mix the wet ingredients together and drizzle on top.

Pork Lo Mein With Peanut Sauce

(SS, CC)

Serves 4

340 g pork tenderloin
1 shallot, minced
½ cup organic peanut butter, creamy
2 garlic cloves, minced
1 tsp fresh ginger, grated
¾ cup beef stock
½ red capsicum, sliced
1 cup broccoli
1 celery stalk, chopped
6 mushrooms, sliced
4 tsp sesame oil
1–2 Tbsp low-sodium, gluten-free soy sauce or Liquid Aminos
¼ cup peanuts, crushed, or almonds slivers
Lentil pasta

Prepare pasta according to directions and serving sizes. Slice and season the pork loin with salt and pepper. Heat 2 tsp sesame oil over medium-high heat in a frypan. Add shallots and stir-fry for 2 minutes. Add the garlic and ginger and cook for another 2 minutes. Remove them from the pan. Add in the rest of the sesame oil and the pork and stir-fry 3–5 minutes until nicely browned. Transfer the pork to a plate. Add broccoli, celery, mushrooms and capsicum to the frypan with a splash of the beef stock and stir-fry for 5 minutes. Return the pork, onions, garlic and ginger to the frypan and add the remaining beef stock; bring to a boil. Cover, reduce heat and let simmer for 5 minutes. Whisk the soy sauce and peanut butter in a bowl and stir into the frypan. Stir in the pasta and toss to combine. Garnish with crushed peanuts.

Pork Tenderloin With Sauerkraut

(RR, SS, CC)

Serves 2

283 g pork tenderloin
1 cup sauerkraut, drained
½ cup red onions, sliced
¼ cup chicken stock
1 Tbsp caraway seeds
⅛ tsp black pepper
1 Tbsp olive oil
⅛ tsp salt
⅛ tsp pepper

Heat the oil in a frying pan over medium heat. Sprinkle the pork tenderloin with salt and pepper. Sauté the pork over medium heat for 4 minutes. Turn over the pork and add onions. Continue to sauté until the pork is lightly browned on both sides and the onions have softened. Add the chicken stock, sauerkraut and caraway seeds. Cover and simmer for 25 minutes. Pork should be pink when complete.

Roasted Chicken With Olives and Sun-dried Tomatoes

(RR, SS, CC)

Serves 4

4 chicken breasts
1 tsp oregano
3 tsp olive oil
½ cup sun-dried tomatoes
56 g Kalamata olives

Preheat oven to 190 C. Place a sheet of aluminium foil on a baking sheet and brush it with oil. Place the chicken on the foil and season the top of each piece with oregano, salt and black pepper to taste. Top the chicken with olives and tomatoes. Turn up the edges of the foil to prevent runoff. Bake 20–25 minutes until chicken is cooked through. Serve alongside ½ cup of your favourite whole grain or bed of greens.

Optional: Make a “one-sheet meal” by adding 4–6 cups of your favourite vegetable medley to the large baking sheet with the chicken and roast everything all at once.

Roasted Chicken With Sweet Potatoes and Vegetables

(RR, SS, CC)

Serves 6

1.8–2.3 kg whole chicken
1 ½ cups green beans
1 ½ cup sweet potatoes, cubed
1 cup chopped celery
1 cup chopped onion
1 ½ cup carrot slices
1 dash sea salt
Pepper to taste
1 Tbsp thyme

Preheat oven to 190 C. Place the chicken in a roasting pan and sprinkle with salt and pepper. Arrange the carrots, potatoes and green beans around the chicken and vegetables. Bake uncovered for 30 minutes or until chicken is cooked through.

Sautéed Balsamic Chicken With Quinoa and Vegetables

(RR, SS, CC)

Serves 1

1 chicken breast
½ cup sliced red capsicum
½ cup onions, chopped
½ cup zucchini, chopped
½ cup quinoa
1 Tbsp olive oil
½ Tbsp balsamic vinegar

Chop the chicken into bite-sized pieces. Cook the quinoa according to instructions. In a sauté pan, cook the chicken with the vinegar and half of the olive oil; make sure it is fully cooked. In a separate pan, sauté the vegetables with the remaining oil. Layer the quinoa and vegetables and top with the chicken.

Sautéed Chicken With Zucchini, Tomatoes and Pine Nuts

(RR, SS, CC)

Serves 1

1 chicken breast
1 tomato, sliced
1 Tbsp pine nuts
1 cup zucchini, sliced
Dash black pepper
1 Tbsp balsamic vinegar
1 Tbsp water
1 Tbsp olive oil
1 tsp reduced-sodium soy sauce

Sauté the chicken breast in 1 tsp oil in a frypan; before fully cooked, add the soy sauce, water and zucchini to the chicken and cook until done. Arrange the tomato slices on a plate; sprinkle with vinegar and 1 tsp of olive oil. Top with the chicken and zucchini mixture. Garnish with pine nuts and salt and pepper to taste.



Sonoma Chicken

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

Serves 4

4 chicken breasts
½ cup tomatoes
1 ¼ cup chicken stock
1 onion, sliced
1 ½ cup mushrooms
¼ tsp pepper
4 Tbsp olive oil
½ tsp garlic powder
1 tsp rosemary

Butterfly the chicken breasts and pound them until they're less than ½ thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a frypan with oil and warm over medium-high heat. Add the chicken and cook 2–3 minutes on each side or until no pink shows inside. Set aside and keep warm. Add onions, mushrooms and 2 Tbsp stock to the same frypan. Cover and cook for a few minutes until vegetables are tender. Add remaining stock and tomatoes and bring to a boil. Reduce heat to medium low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, frequently stirring for 3 minutes more until about ¼ of the liquid remains. Serve the chicken with sautéed vegetables over the top and garnish with parsley.

Southwest Easy-Oven Chicken

(SS, CC)

Serves 4

3–4 chicken breasts cubed
2 garlic cloves, minced
¾ cup salsa
1 can black beans, drained and rinsed
1 cup chicken stock

Preheat oven to 177 C. In a 13x9 baking pan, combine all ingredients. Bake, stirring once or twice until the chicken is cooked through and the liquid is reduced, about 40 minutes.

Thai Chicken Stir-Fry

(FS, RR, SS, CC, P2)

(Serves 2)

2 chicken breasts, cubed
1 cup cauliflower
2 cups broccoli
1 cup carrot slices
½ tsp garlic powder
½ tsp ginger
1 tsp ground cardamom
½ tsp chilli powder
1–2 Tbsp curry powder
2 Tbsp avocado olive oil
1 Tbsp soy sauce

Over medium-high heat, stir the oil, soy sauce and garlic powder in a large frypan. Add the cubed chicken and cook for 3 minutes. Add all other ingredients, bring to a boil and cover. Cook 3–5 minutes.

Turkey Meatloaf

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

Serves 8

907 g lean ground turkey
½ cup yellow capsicum
½ cup red onions, chopped
1 Tbsp fresh salsa
½ cup no-added-sugar tomato sauce
1 Tbsp basil, ground
½ cup liquid egg whites
1 Tbsp oregano
2 tsp garlic powder

Mix all ingredients except for the tomato sauce together and form into a pan. Pour the tomato sauce on top, cover and bake at 177 C for 45 minutes.

Turkey Sausage Patties

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

Serves 4

453 g lean mince turkey
¾ tsp basil
1 tsp coriander
½ tsp cumin
½ tsp garlic powder
½ tsp oregano
1 tsp paprika
½ tsp pepper, red or cayenne
½ cup low-sodium chicken stock

Combine the turkey and dry spices in a bowl. Add the stock and mix, then let stand for 15 minutes. Form turkey into nine patties (2 cm/¾ inches). Cook the patties in a frypan over medium-high heat, about 8 minutes on each side. Serve on a bed of greens.



SEAFOOD DISHES

Grilled Sole With Warm Eggplant Salad

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

Serves 1

- 1 sole fillet
- ¼ red onion, sliced fine
- 1 medium tomato, chopped
- 1 ½ cup eggplant, cubed
- 1 Tbsp parsley
- ½ Tbsp avocado oil
- ¼ Tbsp balsamic vinegar
- ½ Tbsp capers

Preheat oven to 177 C. Place the sole in the oven and cook until it is tender and flaky, about 15 minutes. While the fish is in the oven, heat the oil in a nonstick frypan. Add the eggplant and fry it until golden and softened. Add the onion, capers, tomato, parsley and vinegar and stir to combine; sauté until the onions are soft. Top the grilled fish with the eggplant salad.

Caribbean Prawns

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

Serves 4

- 453 g prawns
- ¼ cup freshly squeezed grapefruit juice
- 28 ml lime zest
- 7 ml lime juice
- 1 garlic clove
- ¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook the prawns as desired – steam, bake or sauté.

Cashew-Coconut Prawn Stir-Fry

(RR, SS, CC)

Serves 1

- 6 medium prawns
- ½ cup coconut milk
- 1 Tbsp olive oil
- 1 Tbsp chopped cashew nuts
- 2 garlic cloves, minced
- 2 cups vegetables of your choice
- ¼ tsp low-sodium soy sauce

Sauté the garlic in olive oil over medium heat for 1 minute. Add the vegetables and cook 5 minutes. Add the prawns and coconut milk. Sauté for 5 minutes. Top with cashews and light soy sauce.

Chinese Steamed Bass With Cabbage

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

Serves 2

- 2 striped bass fillets
- 1 hot chilli pepper, chopped
- 1 tsp grated fresh ginger
- ½ head cabbage
- 2 garlic cloves, minced
- 2 Tbsp low-sodium soy sauce
- 2 tsp olive oil

Sprinkle the fish with chilli pepper, ginger and salt. Using a double saucepan over medium-high heat, steam the cabbage for 5 minutes. Lay the fish on top of the cabbage and steam for 5 more minutes until cooked thoroughly. While steaming the fish, heat the oil in a small saucepan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Combine the soy sauce with the garlic and oil, whisk and spoon over the fish.

Cod in Parsley Sauce Over Steamed Vegetables

(FS, RR, SS, CC, P2)

Serves 2

- 2 cod fillets or your favourite white fish
- 1 cup chopped carrots
- 1 cup chopped kale
- 1 cup chopped broccoli
- 1 cup cauliflower florets
- 1 Tbsp olive oil
- 3 Tbsp white wine
- 2 Tbsp fresh parsley, chopped
- Salt and pepper to taste

Heat 1 Tbsp oil in a saucepan with 3 Tbsp white wine. Poach the cod in the pan with a Tbsp of parsley until the fish flakes easily. Season with salt and pepper. Serve with steamed carrots, cauliflower, broccoli and kale.



Easy Fish and Vegetable Packets

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

Serves 4

- ½ tsp black pepper
- 1 tsp dill weed
- 4 Tbsp chicken stock
- 1 cup broccoli
- 1 cup cauliflower
- 1 cup carrots, chopped
- ¼ tsp salt
- 4 fish fillets (your favourite white fish or salmon)

Heat oven to 232 C. Place each fillet on a 30 cm/12-inch square of aluminium foil. Top each fillet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour 1 Tbsp chicken stock over the vegetables. Bring the sides of the foil up to make a tent and fold the top edges over to seal. Repeat for the remaining fillets. Place the packets on an ungreased cookie sheet. Bake until the vegetables are crisp and tender and fish flakes easily, about 40 minutes.

Easy Sheet Pan Garlic Prawns and Squash

(Detox, FS, RR, SS, CC)

Serves 4

- 454 g peeled prawns
- 2 zucchini
- 2 yellow squashes
- 2 Tbsp olive oil
- 1 Tbsp minced garlic
- ½ tsp kosher salt
- 1 tsp ground black pepper

Line a cookie sheet with aluminium foil. Chop the zucchini and squash into 3 cm/1-inch pieces and place on a cookie sheet. Add the prawns, olive oil and garlic. Stir to combine. Sprinkle salt and pepper on top. Bake at 204 C for 12 to 15 minutes or until the prawns are cooked and the vegetables begin to brown.

Easy Prawn Stir-Fry

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

Serves 4

- 2 tsp liquid aminos or low-sodium soy sauce
- 453 g prawns
- 1 Tbsp olive oil
- 4 cups vegetables of your choice

Drizzle 1 Tbsp oil in a frypan and cook the prawns, seasoning them with salt and pepper if desired. Add the vegetables. Lower the heat and cover the pan until the vegetables are heated through. Add the liquid aminos or soy sauce.

Garlic Basil Prawns and Vegetables

(RR, SS, CC)

Serves 4

- 453 g prawns
- 2 cups broccoli
- 1 summer squash
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 6 scallions, sliced
- 3 Tbsp white wine
- 1 Tbsp fresh basil
- 1 Tbsp lemon juice

In a frypan, heat the oil over medium-high heat, add the garlic and cook for 1 minute. Add the scallions and cook for 2 minutes more. Add the prawns and sauté 2–3 minutes or until the prawns are almost cooked. Add the wine, lemon juice and basil and cook until the prawns are pink, about 1 minute. Serve with steamed, roasted or sautéed broccoli and squash.

Ginger Prawn Stir-Fry

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

Serves 4

- 1 white onion, cut into wedges
- ¾ cup celery, chopped
- ½ cup baby carrots
- ½ cup snow peas
- ½ cup cauliflower
- ½ cup mushrooms
- ½ cup water chestnuts
- ½ cup broccoli
- 2 ½ cup prawns
- 2 tsp ginger, grated fresh
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp olive oil

In a large frypan, heat oil over medium heat and stir-fry the onions, celery, carrots and ginger 5–7 minutes. Add the snow peas, cauliflower and broccoli and sauté 3–4 minutes. Add the mushrooms, water chestnuts and prawns and sauté an additional 3–5 minutes. Add the soy sauce and seasoning and continue to cook until the vegetables are heated through.

Grilled Halibut With Mango Citrus Slaw

(RR, SS, CC)

Serves 6

- 3 cups mandarin oranges, peeled
- 4 tsp extra-virgin olive oil
- 7 g salt and black pepper
- 4 Tbsp olive oil mayonnaise
- 3 cups mango slices
- 283 g coleslaw mix
- 6 halibut fillets

In a large bowl, combine the coleslaw mix, mango and mandarin oranges with the mayonnaise. Toss gently to combine. Season with salt and black pepper and set aside. Heat a large frypan over medium-high heat and cook the fish for 3 minutes per side or until golden brown. Serve the halibut on top of the slaw.



Grilled Salmon With Spinach and Tomato Stack

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

Serves 1

- 1 Tbsp balsamic vinegar
- 2 Tbsp basil, divided
- 1 tsp extra-virgin olive oil
- 1 salmon fillet
- 1 cup spinach
- 1 tomato, sliced

Brush a frypan with the oil and heat until sizzling hot. Add the salmon, skin side down. Add the tomato and sprinkle it with half of the basil. Cook 3–4 minutes. Turn over the salmon and tomato and cook 2–3 minutes until the salmon is cooked through but still tender. Put the spinach leaves on a serving plate and top with the tomato slices, then add the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, then sprinkle with the remaining basil.

Grilled Tuna With Salsa

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

Serves 1

113 g raw sushi-grade tuna
1 cup snow peas
2 Tbsp fresh salsa
1 tsp olive oil

Lightly brush a grill pan or grill rack with oil. Grill the tuna on the pan over medium heat (can also be grilled in a pan), turning after 4–6 minutes. Tuna should be a little pink in the centre but flaky around the edges. Top with fresh salsa and serve with 1 cup of snow peas.

Oven Seafood Fajitas

(Detox, FS, RR, SS, CC)

Serves 6

453 g peeled prawns
227 g scallops
1 green capsicum, sliced
1 onion, sliced
¼ cup olive oil
¼ cup fresh lime juice
2 Tbsp taco seasoning
½ cup water

In a 9x13 glass dish, combine the oil, lime juice, water and seasoning to make the marinade. Add capsicum, onion, prawns and scallops and coat well with the marinade. Bake at 204 C for 15 minutes. Remove from the oven and stir the ingredients, then return to the oven and broil for an additional 5 minutes.



Open-Faced Tuna Salad Stacks

(SS, CC)

Serves 1

1 packet or can of tuna
1 medium cucumber, sliced
1 celery stalk, chopped finely
1 Tbsp onion of choice, minced
1 Tbsp olive oil mayonnaise
½ Tbsp organic mustard
½ lemon
A dash of salt and pepper

Mix a squeeze of lemon juice, the mayonnaise, mustard, celery, onion, salt, pepper and tuna together. Place a spoonful of the mixture on top of each cucumber slice. Serve plain or garnish with chopped grape tomatoes or alpha sprouts.

Pasta With Clams and Marinara

(SS, CC)

Serves 4

453 g fresh clam with shell
1 large white onion, chopped
3 cups canned diced tomatoes
2 cups lentil or black bean pasta
½ cup dry white wine
¼ pinch red pepper flakes
¼ cup fresh parsley
2 cups no-salt-added tomato juice
2 Tbsp olive oil
3 garlic cloves
¼ tsp salt

Heat the garlic and onion in oil in a large pot. Cook until the onions are tender. Add the tomato juice, dry white wine, salt, crushed red pepper, clams (scrubbed and cleaned) and undrained diced tomatoes. Bring to a boil. Cover and simmer until the clam shells open, about 10 minutes. Remove the clams and discard any that are unopened. Add the parsley to the pan and cook until the liquid is reduced to about 4 cups. Cook the pasta according to package directions. Serve with clams and sauce over the pasta.

Salmon and Herb Spaghetti

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

Serves 2

2 salmon fillets
3 zucchini
7 grape tomatoes
3 garlic cloves, minced
⅛ cup white wine
2 Tbsp olive oil
1 ½ Tbsp oregano
1 Tbsp basil

Spiralise the zucchini and sauté them in a large pan with 1–2 Tbsp olive oil. Set aside in a separate bowl. In the same large pan, add the minced garlic and tomatoes over medium heat for 1 minute. Raise the heat to high and add the wine, salmon, basil and oregano and cook until the salmon is opaque, about 4–5 minutes. Toss the tomatoes with zucchini pasta and serve with cooked salmon.

Scallops With Pasta

(SS, CC)

Serves 2

226–340 g scallops
1 small onion, chopped
½ red capsicum, chopped
½ cup tomatoes, sliced
1 cup fresh spinach, chopped
57 g lentil or black bean pasta
1 garlic clove, minced
1 Tbsp olive oil
¼ medium lemon, juiced
Dash of salt and pepper

Cook the pasta as directions indicate and set aside. Pan sear the scallops in lemon juice and oil. Set aside. In the same pan, sauté the garlic, onion, tomatoes, red capsicum and spinach, adding the spinach last. Once the spinach is wilted, add the noodles and mix inside the pan. Serve the pasta on plates and top with the scallops.





Simple Dilled Cod

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

Serves 4

- 4 cod fillets
- 1 zucchini, cut into strips
- 1 yellow squash, cut into strips
- 1 onion, chopped
- ½ tsp mustard, dried spice
- 1 tsp dill weed
- 1 lemon, sliced
- Salt and pepper

Preheat oven to 232 C. Evenly distribute the lemon slices onto aluminium foil. Place the cod on the lemon slices and sprinkle with salt and pepper. Top with the zucchini, squash and onion, then sprinkle on dill weed and dried mustard. Bring up the foil (each fillet may require its own foil) and double fold it into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15–18 minutes.

Simple Prawn and Vegetable Pasta

(SS, CC)

Serves 2

- 10–12 medium prawns
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped
- 113 g lentil elbow pasta
- ½ Tbsp coconut or avocado oil
- Tbsp olive oil
- 1 dash salt and pepper

Cook the pasta according to directions. In a covered saucepan, lightly steam the broccoli and cauliflower. Sauté the prawns in a small pan using coconut oil, salt and pepper. Toss the prawn, vegetables, pasta and 1 Tbsp olive oil together to serve.

Optional: Spice it up with your favourite fresh herbs, spices or hot sauce.

Sweet and Spicy Orange Salmon

(RR, SS, CC)

Serves 2

- 2 salmon fillets
- 1 Tbsp orange juice, freshly squeezed
- 2 tsp pure maple syrup
- ½ tsp cayenne
- 1 garlic clove, minced

Preheat oven to 177 C. Mix the orange juice, syrup, garlic and cayenne in a bowl and marinate the salmon fillets in the mixture while preparing your side dishes. Place the fish on a sheet of aluminium foil on a baking sheet and pour the marinade over the fish. Season with a dash of salt and pepper and bake 20–25 minutes or until flaky.

Zesty Red Snapper With Mushrooms

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

Serves 4

- 4 red snapper fillets
- 2 Tbsp lemon juice
- ⅛ tsp red pepper flakes
- ⅛ tsp pepper
- ½ tsp tarragon
- ½ tsp paprika
- 1 cup sliced mushrooms
- ¼ tsp salt

Heat oven to 204 C. Mix the dry herbs. Brush the fish fillets with lemon juice. Rub both sides of the fish with the herb mixture; arrange in an ungreased rectangular baking dish. Cook and stir the mushrooms in the remaining lemon juice in a frypan over medium heat, about 2 minutes. Place the mushrooms over the fish. Cover and bake until the fish flakes, about 15–20 minutes.



VEGETARIAN AND VEGAN SIDE DISHES



Asparagus and Red Capsicum With Balsamic Vinegar

(RR, SS, CC)

Serves 4

- ½ bunch fresh asparagus
- 1 large red onion, sliced
- 1 red capsicum, sliced
- 1 Tbsp balsamic vinegar
- 1 Tbsp sesame seeds
- 1 Tbsp pine nuts
- 1 Tbsp extra-virgin olive oil
- 1 dash salt to taste

Heat the oil in a large frypan over medium heat; add the asparagus and red onion, season with salt and cook until the onion begins to soften, about 5 minutes. Stir the red capsicum into the mixture and continue cooking until the onions begin to caramelize, another 5 minutes. Remove from the heat and add the vinegar, seeds and nuts; toss to combine.



Broccoli Marinara

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

Serves 4

- 4 cups broccoli, chopped
- 2 garlic cloves, chopped
- 2 Tbsp extra-virgin olive oil
- Salt and pepper to taste
- 2 cups canned diced tomatoes with basil, garlic and oregano (no salt added)

Heat the oil in a large frypan over medium heat. Add the garlic and cook for a few minutes, constantly stirring. Pour in the tomatoes with their juices and simmer until the liquid has reduced to about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender and bright green. Pour into a serving dish and toss before serving.

Balsamic Kale Sauté

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

Serves 4

- 5 cups kale, destemmed and chopped
- 1 garlic clove, minced
- 2 tsp extra-virgin olive oil
- 2 Tbsp balsamic vinegar
- Salt and pepper to taste

In a large saucepan over medium-high heat, add the oil, garlic and a splash of water; heat until garlic is aromatic, then add the kale and vinegar. Cook while stirring for about 2–3 minutes until leaves are wilted. Add salt and pepper to taste.

Cauliflower Spanish “Rice”

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

Serves 4

- 1 cauliflower head, grated to the texture of rice
- 2 garlic cloves, chopped
- 1 medium green capsicum
- 1 medium red capsicum
- 3 celery stalks
- 2 large carrots
- 2 Tbsp extra-virgin olive oil
- 1 medium tomato, diced
- 2 tsp cumin
- ½ cup stock (low sodium vegetable or chicken broth)

Heat the oil in a large frypan and sauté the chopped vegetables until heated through. Add the stock and lower the heat, stirring often. When the cauliflower starts to soften, add the tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and stock to taste and texture.



Cold Spicy Noodles With Grilled Tofu

(SS, CC)

Serves 8

1 block extra firm organic tofu
2 scallion stalks (green onion)
1 red capsicum, chopped
½ pinch red pepper flakes
2 Tbsp tahini
2 tsp low-sodium soy sauce
¼ cup fresh orange juice
1 Tbsp sesame oil
½ cup fresh cilantro, chopped
1 package of black bean noodles or 4 freshly spiralled zucchini

Slice the tofu into 8 pieces. Place double-layered paper towels on a cutting board and set the board over the sink. Arrange tofu in one layer on a cutting board, then top with a clean dish towel. Place a second board on top and add some weight (1-2 kgs). Let stand for 10 minutes. Cook the noodles according to package directions. Once drained, place the noodles in a bowl in the fridge. Uncover the tofu and place it in 1 layer in a shallow baking dish. Drizzle the tofu with ¼ cup fresh orange juice and low-sodium soy sauce; marinate at room temperature, turning often. In a large bowl, mix cilantro, tahini, oil, remaining 3 Tbsp orange juice and crushed red capsicum flakes. Add the green onion, capsicum and cooked noodles to the mix. Grill the tofu slabs until lightly browned, 1-2 minutes per side. Serve over cooked noodles.

Creole Okra and Tomatoes

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

Serves 4

1 yellow onion, chopped
4 cups okra, sliced
2 cups chopped roma tomatoes
1 Tbsp avocado oil
1 bay leaf
½ tsp thyme
¼ Tbsp salt
½ tsp red pepper

Heat the oil in a frypan over medium heat, and then add the onion and sauté until tender. Add the okra, tomatoes, bay leaf, thyme, salt and red pepper. Cover and cook for 15 minutes. Uncover and cook for 3-5 minutes or until okra is tender and piqued is mostly evaporated.

Curried Tofu Scramble With Roasted Capsicum and Peas

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

Serves 4

397 g firm, pressed and crumbled tofu*
1 cup frozen green peas
1 red capsicum, chopped
1 yellow onion, diced
1 Tbsp avocado oil
1 Tbsp curry powder
½ cup water
¼ tsp salt
¼ Tbsp cilantro
¼ tsp black pepper

Heat the oil in a heavy-bottomed frypan over medium-high heat. Add the tofu, onion, curry powder, salt and black pepper and sauté for 2 minutes, stirring frequently. Add water and cover. Cook 3 minutes. Stir in the peas, roasted capsicum and cilantro. Cook 2 additional minutes.

*Tip: Freezing tofu will make it crumble better.



Fresh Summer Vegetable Ratatouille

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

Serves 8

1 eggplant, unpeeled and cubed
1 summer squash, cubed
2 medium green capsicums, chopped
1 red capsicum, chopped
4 small tomatoes, chopped
2 medium onions, sliced
2 zucchini, chopped
½ tsp basil
½ tsp salt
3+ Tbsp extra-virgin olive oil
1 bay leaf
3 garlic cloves, minced

Heat 1 ½ Tbsp oil in a large stockpot over medium-high heat. Add the onions and garlic and cook until soft. In a large frypan, heat 1 ½ Tbsp oil and sauté the chopped zucchini in batches until slightly browned on all sides. Remove the chopped zucchini and place it in the stockpot with the onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time a new batch of vegetables is added. Season the pot ingredients with salt and pepper. Add the bay leaf and cover. Cook over medium heat for 20 minutes. Add the chopped tomatoes and parsley and cook another 10-15 minutes, occasionally stirring. Remove the bay leaf and adjust the seasoning to taste.

Garden Vegetable Packet

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

Serves 4

3 cups broccoli
2 cups cauliflower
1 red capsicum, sliced
1 tsp basil
½ Tbsp salt
¼ tsp pepper

Preheat oven to 232 C. Centre the vegetables on a sheet of aluminium foil, sprinkle with the seasonings and then top with two ice cubes. Bring foil up and double fold the top to seal and make it like a tent. Bake 20-25 minutes.

Garlic Kale

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

Serves 2

5 cups kale, chopped
2 garlic cloves, minced
2 Tbsp extra-virgin olive oil

Remove the leaves from the stems and tear them into bite-sized pieces, discarding the stems. In a large pot, heat the oil over medium heat. Cook and stir the garlic until softened, about 2 minutes. Add the kale and continue to cook and stir for about 5 minutes or until kale is bright green and wilted.

Green Beans With Almonds

(RR, SS, CC)

Serves 7

907 g green beans
¼ cup sliced almonds
2 Tbsp avocado oil
Salt and pepper

Preheat oven to 218 C. Trim the ends off of the green beans and steam. Place them in a bowl and top with almonds. Toss with avocado oil and season with salt and pepper. Spread the seasoned green beans out on a baking sheet and place them in the oven for 10-20 minutes, depending on the size of the beans and desired firmness.

Grilled Italian Vegetables

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

Serves 6

- 2 red capsicums, cut into strips
- 1 zucchini, thinly sliced
- 1 red onion, thinly sliced
- 8 small mushrooms
- 3 roma tomatoes, cut into 1 cm/½-inch pieces
- 3 garlic cloves, minced
- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 tsp basil
- ½ Tbsp salt

Preheat the bbq to medium-high heat. Fold aluminium foil over the outside of a 13x9 baking pan, then remove the foil and place it on a cookie sheet. Place the vegetables in the "foil pan." Combine all other ingredients and drizzle the mixture over the vegetables. Bbq 20–25 minutes.



Grilled Vegetables and Tofu Skewers

(RR, SS, CC)

Serves 4

- 1 red capsicum, quartered
- 1 zucchini, sliced
- ½ red onion, quartered
- 6–8 button mushrooms, trimmed and washed
- 368 g firm tofu, patted dry
- 2 Tbsp avocado oil
- Dash of salt and pepper and seasoning/spice of choice.

Preheat the bbq and flat plate on medium heat. Drain the tofu block and press dry with paper towels. Cut the tofu into large cubes for skewers. Combine the tofu and vegetables in a large bowl and toss in the oil, salt and pepper. Place the capsicum, zucchini, mushrooms and onion on skewers. Bbq until slightly blackened.

Herbed Vegetables and Lentils

(RR, SS, CC)

Serves 2

- 1 cup zucchini, sliced
- 1 cup sliced summer squash
- 1 scallion
- 2 cups drained red chargrilled capsicum
- ¾ cup lentils
- ½ tsp oregano
- ¼ tsp thyme
- 1 ½ cup vegetable stock
- 2 garlic cloves, minced

Heat the stock and lentils to boiling in a non-stick saucepan, stirring occasionally. Cover and simmer for 20 minutes. Stir in the zucchini, squash, onions, herbs and garlic. Heat to boiling. Reduce heat and simmer 5 minutes. Stir in the chargrilled capsicum. Cook uncovered until the vegetables are tender and the mixture is of desired consistency, 2–3 minutes longer.

Lentil Rice With Spinach, Mushrooms and Onions

(RR, SS, CC)

Serves 2

- ½ cup brown rice
- ¾ cup lentils
- 1 cup chopped onions
- ½ cup sliced mushrooms
- 4 cups baby spinach
- 1 tsp pepper
- 1 Tbsp all purpose seasoning
- ¼ tsp salt
- 2 Tbsp olive oil
- 2 ½ cups water
- 3 garlic cloves, minced

Bring the water to a boil. Add the lentils and simmer uncovered for 20 minutes. Add the rice and simmer 20 minutes more. Add the salt, pepper and all purpose to the rice and lentil mixture. Heat the oil in a frypan over medium heat. Add the onions and sauté them until translucent. Add the mushrooms and garlic; cook until brown. Add the spinach and sauté until wilted. Serve the vegetables on top of the lentils in bowls.

Mashed Cauliflower

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

Serves 4

- 1 head cauliflower
- 1 garlic clove, minced
- ¼ tsp pepper
- 1 tsp salt
- ¼ cup low-sodium chicken stock

Boil or steam the cauliflower until tender. Roast or sauté the minced garlic until soft. Drain the cauliflower, add the garlic and mash together to desired consistency. Add the salt, pepper and chicken stock to taste.

Mediterranean Summer Tomatoes

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

Serves 4

- 5 fresh tomatoes
- 5 shallots, finely chopped
- ¼ cup olive oil
- ⅓ cup balsamic vinegar

Core and slice the tomatoes and arrange. Sprinkle the chopped shallots over the tomatoes. Whisk the oil and vinegar, then pour over tomatoes. Let stand for 5 minutes before serving.

Mushrooms and Capsicum Sauté

Serves 4

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

- 1 cup chopped red capsicum
- 226 g mushrooms, sliced
- 1 tsp garlic, minced
- 1 tsp thyme
- 2 Tbsp chicken stock
- 1 tsp olive oil

Heat oil in a frypan over medium-high heat and add mushrooms. Cook until they begin to brown. Add the capsicum and cook 3 minutes. Add salt, pepper, garlic and herbs and cook 30 more seconds, then add the stock. Continue to cook until the liquid evaporates.





Oven-Roasted Asparagus

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

Serves 4

- 1 bunch asparagus, ends trimmed
- 3 Tbsp olive oil
- 1 garlic clove, chopped
- ½ tsp pepper
- 1 Tbsp lemon juice
- ¼ tsp salt

Preheat oven to 218 C. Place all ingredients in a plastic resealable bag and shake to coat the asparagus. Arrange on a baking sheet and bake 10–15 minutes. Sprinkle with lemon juice.

Portabella Mushroom Burgers

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

Serves 2

- 4 portabella mushrooms, whole
- ½ cup onion, finely chopped
- 1 cup chopped carrot
- 2 garlic cloves, minced
- 1 tsp pepper
- 1 Tbsp Italian seasoning
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive oil

Sauté the carrots, onion and mushroom stems until tender. Remove them from the pan. Sauté the mushroom caps upside down for 5 minutes. In the meantime, mix the oil, vinegar, garlic, Italian seasoning and pepper. Turn over the mushroom caps. Divide the carrot and onion mixture equally among the caps. Drizzle with oil and cook an additional 5 minutes.

Roasted Broccoli With Soy Sauce and Sesame Seeds

(RR, SS, CC)

Serves 4

- 453 g broccoli
- 1 Tbsp sesame seeds
- 1 tsp sesame oil
- ¼ cup olive oil
- 1 Tbsp low-sodium soy sauce or liquid aminos

Preheat oven to 232 C. Cut the broccoli into 5 cm/2-inch pieces. Place the broccoli in a mixing bowl with all remaining ingredients except the sesame seeds; toss. Arrange the broccoli in a single layer on a baking sheet and roast for 10 minutes. Stir, then roast another 5 minutes. Meanwhile, toast the sesame seeds in a dry pan over medium-high heat 30–60 seconds. When the broccoli is done, add the seeds and toss.

Roasted Garlic Lemon Broccoli

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

Serves 6

- 2 heads broccoli florets
- 2 tsp olive oil
- 1 tsp sea salt
- ½ tsp pepper
- 1 garlic clove, minced
- ½ lemon

Preheat oven to 204 C. Toss the broccoli with the oil in a bowl, adding the salt, pepper and garlic. Spread the broccoli in an even layer on a baking sheet. Bake 15–20 minutes. Squeeze lemon over the broccoli before serving.

Roasted Chickpea and Vegetable Bowl

(SS, CC)

Serves 2

- 1 can chickpeas, drained and rinsed (or 397 g chickpeas, soaked)
- ½ red onion, sliced thin
- ¼ red onion, minced fine
- 2 Roma tomatoes, sliced
- 2 garlic cloves, minced or crushed
- 1 tsp concentrated vegetable stock
- 1 lemon
- 2 Tbsp fresh cilantro, chopped
- 2 Tbsp pistachios, crushed
- 1 Tbsp harissa spice (spicy)
- ½ cup dry quinoa, millet or brown basmati rice

Preheat oven to 218 C. Prepare ½ cup dry quinoa, millet or brown basmati rice. Heat a drizzle of oil in a saucepan. Add the minced onion and half of the garlic; cook until fragrant, then add 1 cup water and 1 tsp concentrated vegetable stock. Bring to a boil, then add the ½ cup of grain you prepared. Cover, seal and reduce heat to the lowest setting for 15 to 20 minutes.

In a bowl, combine the chickpeas, sliced onion and tomatoes; drizzle with avocado oil and toss with the harissa seasoning and a dash of salt. Spread the mixture onto a baking sheet and place it in the oven for 20 minutes or until you hear the first chickpeas pop. Once done, serve over cooked grain, squeeze a quartered lemon over the top and garnish with fresh cilantro and crushed pistachios.



Sautéed Baby Bok Choy and Cabbage With Garlic

(RR, SS, CC)

Serves 4

- 5 cups baby bok choy
- 4 cups sliced cabbage
- 1 Tbsp avocado oil
- ½ cup low-sodium vegetable stock
- 3–4 garlic cloves, minced
- 2 Tbsp of low-sodium soy sauce or liquid aminos
- Salt and pepper to taste

Heat the oil in a large frypan or wok over medium heat; cook and stir the garlic until slightly browned. Pour in the chicken stock, add the baby bok choy and cabbage and bring to a boil. Reduce heat to a simmer and cook until the bok choy is tender. Remove from the frypan, leaving any liquid. Season to taste with salt, pepper and soy sauce or liquid aminos.

Sautéed Vegetable Medley

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

Serves 4

- 4 large zucchini, diced
- ½ medium red onion, sliced
- 2 ½ cups mushrooms, diced
- 1 medium tomato, sliced
- 1 garlic clove, minced
- 1 tsp Italian seasoning
- 1 Tbsp olive oil

In a frypan, heat the oil over medium heat. Sauté the onions for 2 minutes. Stir in the diced zucchini and mushrooms. When the zucchini begins to soften, add the tomatoes, garlic and Italian seasoning. Cook until heated through.



Stirfry Pumpkin and Beans

(SS, CC)

Serves 4

- 1 cup butternut pumpkin cubes
- 1 yellow squash, diced
- ½ cup onions, chopped
- 1 ½ cups diced zucchini
- 2 garlic cloves
- 1 jalapeno pepper, chopped
- ¼ cup fresh cilantro leaves
- 2 cups of your favourite beans
- 1 cup vegetable stock or chicken stock

Heat all ingredients, except cilantro, to boiling in a 25 cm/10-inch nonstick frypan; reduce heat. Cover and simmer until all vegetables are tender; about 7 minutes. Stir in cilantro just before serving.

Speedy Zucchini Boats

(SS, CC)

(If you use grain-free vegetable burgers, this can easily be a rapid results meal)

- 2 large zucchini
- ¼ cup no-sugar-added tomato sauce
- 1 tsp olive oil
- 2 vegetable burgers

Set the oven rack to the middle position and turn the grill to high. Slice the zucchini lengthwise and remove the seeds. Rub the zucchini with oil and season with salt and pepper. On a baking sheet, arrange each zucchini with its open side up. Crumble the vegetable burgers and place the crumble in the zucchini halves. Grill for 8 minutes. Heat the sauce and spoon it over the zucchini boats. Garnish with fresh parsley or basil.

Spicy Grilled Vegetable Skewer

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

Serves 6

- Marinade:
- 1 tsp ground ginger
 - 2 Tbsp shallots, minced
 - 4 Tbsp low-sodium soy sauce
 - 1 tsp rice vinegar
 - 3 Tbsp olive oil
 - 14 ml lime juice
 - ¼ tsp red pepper

- Vegetables to roast:
- 1 yellow squash, cut into 3 cm/1-inch slices
 - 2 portabella mushrooms cut into quarters without stems
 - 1 red capsicum, cut into 3 cm/1-inch chunks
 - ½ red onion, quartered

Whisk all marinade ingredients until well combined. Place the vegetables in a covered container and cover with the marinade. Refrigerate for 20 minutes. Skewer the vegetables. Spray the bbq with cooking spray and bbq the skewered vegetables on medium-high heat until they're soft and browned, about 8–10 minutes, turning frequently.

Spicy Summer Bean Salad

(SS, CC)

Serves 8

- 1 can black beans
- 1 can black-eyed beans
- 1 yellow capsicum, chopped
- 1 green capsicum, chopped
- 1 red capsicum, chopped
- 1 jalapeno pepper, cored and minced
- 1 tsp hot sauce
- 2 limes, freshly squeezed juice
- 2 Tbsp white wine vinegar

Drain and rinse all the beans. Combine all ingredients and store in the refrigerator until ready to eat.

Spicy Roasted Kale

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

Serves 4

- 4 cups chopped kale, stems removed
- 1 Tbsp olive oil
- 1 tsp chilli powder
- ¼ tsp salt

Preheat oven to 204 C. Combine the kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread the kale on a baking sheet. Roast for 5 minutes, stir and continue roasting 5–8 minutes until edges are brown.



Steamed Green Bean With Asian Flavours

(RR, SS, CC)

Serves 4

- 453 g fresh green beans
- 2 Tbsp rice vinegar
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp dry sherry
- 2 tsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 garlic clove, minced
- ¼ tsp black pepper
- 1 tsp sesame seeds

Cut off green bean stems and steam beans in a covered steamer for 8 minutes. While steaming, whisk together the vinegar, olive oil, dry sherry, soy sauce, sesame oil, garlic and pepper until emulsified, about 1 minute. Set aside. Toast the sesame seeds in a small, dry pan over medium heat, occasionally stirring until they turn a darker shade of tan and emit a toasted aroma, about 1 minute. Immediately remove the seeds from the pan and set them aside. When the beans are fork-tender, rinse them briefly with cold water and drain them very well. Toss warm beans with the dressing in a serving dish. Sprinkle with sesame seeds and serve.

Stuffed Eggplant

(RR, SS, CC)

Serves 4

2 eggplants, sliced in half lengthwise
3 vine-ripened tomatoes, chopped
1 onion, finely chopped
1 celery stick, chopped
1 zucchini, chopped
1 Tbsp pine nuts and pumpkin seeds
2 garlic cloves, minced
2 tsp cumin
1 Tbsp mint
1 tsp parsley
1 tsp lemon zest
1 tsp oregano
1 Tbsp olive oil

Preheat oven to 177 C. Scoop out the seedy flesh of the eggplants, leaving at least a 1 cm/½-inch thick shell. Sprinkle the eggplant insides with salt and pepper and place upside down on a paper towel. Dice the eggplant flesh. Heat the oil in a frying pan over medium-low heat. Add the onion and celery and cook for 5 minutes. Add the garlic, cumin, oregano and zucchini and cook for 1 minute more. Increase heat to medium high, add the chopped eggplant and zucchini and cook 3 additional minutes. Add the tomato, pine nuts, pumpkin seeds, mint, parsley and lemon zest. Rinse the eggplant shells and pat dry. Fill the eggplant shells with the mixture, place on a parchment paper-lined baking sheet and roast for 30 minutes.

Tempeh Rancheros

(FS, RR, SS, CC, P2)

Serves 4

1 package of tempeh
½ onion, diced
½ cup each chopped red and green capsicums (1 cup total)
113 g can diced tomatoes
2 tsp crushed garlic
2 Tbsp jalapeno peppers
1 Tbsp olive oil
2 tsp chilli powder
1 tsp cumin
½ tsp salt

Heat the oil in a frypan over medium-high heat. Add the capsicum and onions and sauté for 3 minutes, stirring frequently. Add the tomatoes, jalapeños, garlic, chilli powder, cumin, salt and pepper, stirring to combine. Cover and let cook for 8 minutes. Remove the lid and add the tempeh pieces into the sauce. Re-cover and cook for 3 minutes more. Serve the tempeh in shallow bowls.

Toasted Thyme, Kale and White Sweet Potato

(RR, SS, CC)

Serves 6

2 cups white sweet potato, cubed
1 white onion
5 cups kale, destemmed and torn
2 Tbsp olive oil
1 Tbsp red wine vinegar
1 tsp thyme
Salt and pepper to taste

Preheat oven to 204 C. Toss the white sweet potatoes and olive oil in a bowl. Season with salt and pepper and lay evenly on a baking sheet. Bake 20–25 minutes. Cool to room temperature in the refrigerator. Meanwhile, heat the remaining olive oil in a frypan over medium heat. Cook the onions and garlic until the onions are golden brown, about 15 minutes. Stir in the kale, cooking it until it is wilted and tender. Transfer to a bowl and cool to room temperature in the refrigerator. Once everything has cooled, add the sweet potato, kale, vinegar and thyme into a bowl. Season with salt and pepper.

Tuscan Vegetable Stirfry

(SS, CC)

Serves 2

½ cup red capsicum, chopped
1 ¼ cups zucchini, chopped
½ cup celery, chopped
¼ cup diced tomatoes
½ cup onions, chopped
1 cup chopped spinach
1 ¾ cup red kidney beans
⅛ tsp pepper
1 sprig fresh rosemary
2 tsp olive oil

Heat the oil in a frypan over medium-high heat. Add the zucchini, onions, celery, peppers, rosemary and garlic. Sauté for 10 minutes. Stir in the tomatoes, beans and rosemary and cook 5 minutes. Add the spinach, salt and pepper to the zucchini mixture; cook 1 minute or until the spinach wilts. Remove from heat and discard the rosemary.

Vegan Black Bean Flautas

(SS, CC)

Serves 4

1 cup black beans (soaked or canned)
1 small red capsicum, diced
1 small poblano pepper, chopped
1 small onion, chopped
1 garlic clove, minced
⅛ tsp pepper
1 tsp chilli powder
½ tsp cumin powder
1 Tbsp avocado oil
4 gluten free white corn tortillas

Heat the oil in a frying pan and add the onion, capsicum and garlic. Sauté for 3 minutes or until soft. In another pan, add a drizzle of oil and sauté the black beans and spices; once hot, mash the beans with a fork. Mix in the sautéed vegetables. Spread the tortillas on a cookie sheet or parchment paper and scoop the mixture onto the tortillas; roll them up. Carefully place the tortilla rolls with the folded side down in a frypan over medium-high heat, drizzle with oil, brown, carefully flip and brown the other side. Serve immediately.

Optional garnish: fresh salsa, fresh tomatoes, avocado and chopped cilantro.



Vegan Vegetable Curry

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

Serves 6

1 large zucchini, chopped
1 large onion, chopped
3 cups cauliflower, chopped
2 cups green beans, trimmed and chopped in half
1 medium yellow squash, chopped
1 ½ cups tomato sauce (low sugar)
6 cups coconut milk
2-4 Tbsp curry powder
1 small bunch of fresh basil, chopped

Combine the coconut milk, tomato sauce and curry powder in a saucepan. Bring the mixture to a boil, then reduce to a low simmer. Add the vegetables and simmer until all vegetables are tender. Garnish with fresh basil.

Warm Balsamic Barley Salad With Peas, Zucchini and Mushrooms

(SS, CC)

Serves 6

$\frac{3}{4}$ cup dry pearled barley or farro
 $\frac{1}{2}$ cup frozen peas, thawed
1 small zucchini, chopped small
 $1\frac{1}{2}$ cup mushrooms, chopped
1 cup red capsicum, chopped small
Black pepper to taste
2 Tbsp red wine vinegar
2 Tbsp balsamic vinegar
 $\frac{1}{4}$ cup fresh dill weed, chopped fine
3 Tbsp extra-virgin olive oil

Cook the barley or farro for 35 minutes. Drain the excess water off the grains in a colander, then set the grains aside. Prepare the dressing by whisking together the oil, vinegars, wine, pepper and dill weed; set aside. Sauté the vegetables in a frypan with a drizzle of avocado oil and a dash of salt and pepper. Combine the vegetables and cooked grains, pour in the dressing, stir to mix and serve immediately.

