



 **TLS**® WEIGHT
MANAGEMENT
SOLUTION

DETOX RECIPES



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BREAKFAST AND SMOOTHIES

Baked Eggs

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

2 servings breakfast

1–2 tsp olive or avocado oil
1 shallot, chopped
1 cup of cherry tomatoes, halved
113 g shiitake or other mushrooms
8 cups mixed dark leafy greens (e.g., baby kale, spinach, beet greens or swiss chard)
4 whole eggs
Fresh herbs, pepper and optional hot sauce

Preheat oven to 204 C. Lightly grease the bottom of a well-seasoned cast-iron frypan with 1–2 tsp of avocado oil. Add the shallot, tomatoes, mushrooms and greens. Crack each egg over the greens and add herbs and pepper as desired. Place the frypan in the oven 15–20 minutes until the egg whites are cooked. Add hot sauce if desired.

Beauty Green Smoothie

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

1 serving snack

½ cup fresh papaya, peeled and chopped
½ fresh ripe pear, peeled and chopped
2 cups fresh spinach, chopped
¼ lime, peeled
2 sprigs fresh parsley
½ tsp fresh ginger root, peeled and chopped
1 cup water

Add all ingredients in a blender and blend until smooth.

Blueberry Chocolate Detox Smoothie

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

1 serving breakfast

½ cup frozen blueberries
1 cup baby spinach
½ frozen banana
1 Tbsp unsweetened raw cacao powder
1 cup filtered water
1–2 Tbsp chia seeds

Blend all ingredients.

Chard, Tomato and Zucchini Frittata

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

2 servings

2 tsp olive oil
⅓ cup chopped onion
1 garlic clove, minced
1 small zucchini, chopped
1 ⅓ cups cherry tomatoes
1 ⅓ cups Swiss chard (tough spines removed)
4 eggs, whisked
Pinch of salt and pepper

Preheat oven to 176 C. Mince the garlic and chop the onion, zucchini, Swiss chard and tomatoes if not already prepped. In an oven-safe, nonstick frypan, heat the olive oil. Sauté the zucchini and tomatoes, add the chard and sauté a few minutes more until wilted. Add the onions and garlic and sauté until soft and fragrant. Whisk the eggs, add a dash of sea salt and pour them over the vegetables; place in the oven. Cook for approximately 10 minutes until cooked through. Remove the frittata from the oven, let it stand for a few minutes, slice and serve.

Detox Green Smoothie

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

1 serving snack

2 cups chopped dark romaine lettuce
½ cup frozen pineapple
1 cup cucumber, peeled and chopped
2 cups filtered water
2 kiwis, peeled and chopped
2 Tbsp fresh parsley, chopped
Optional: 1 tsp freshly chopped ginger root

Add all ingredients into a high-speed blender and process until smooth.

Easy Spinach and Onion Egg Bake

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

Serves 1–6

8 large organic eggs
8 egg whites
3 large tomatoes, chopped
3 cups baby spinach, washed and chopped
1 small onion, chopped
½ cup fresh basil

Preheat oven to 176 C. In a medium bowl, whisk the eggs and egg whites. Add the remaining ingredients and mix well. Line a 9x12 baking dish and pour in the egg mixture. Bake 30–45 minutes until the eggs are set. Let the egg bake cool for 15 minutes before cutting it into squares. Leftovers will keep in the fridge 3–4 days.

Egg Squares

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

Serves 6

8 large organic eggs
8 organic egg whites
3 sweet capsicums (your choice of red, green or orange), diced
3 cups chopped organic kale or Swiss chard
⅓ cup chopped fresh basil
2 Tbsp chia seeds
Dash of sea salt and black pepper

Preheat oven to 176 C. In a medium bowl, whisk the eggs and egg whites. Add the remaining ingredients and mix well to combine. Line a 9x12 baking dish with parchment paper and pour in the egg mixture. Bake 30–45 minutes until the eggs are set. Remove from the oven and let cool for at least 15 minutes. Cut into 12 squares and serve. Leftovers can stay in the refrigerator for up to 3 days.

Green Machine Smoothie

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

Serves 1

2 cups of baby kale
½ lemon, peeled
1 cucumber, peeled and chopped
2 celery stalks, washed and chopped
1 cup water
85g soft organic tofu

Add all ingredients into a high-speed blender and process until smooth.

Mushroom and Spinach Egg Bake

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

Serves 6

945ml liquid egg whites
1 cup sliced mushrooms
3 cups fresh spinach
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook for 45 minutes at 176 C. Leftovers can be refrigerated and then reheated in the microwave.



Orange Ginger Green Smoothie

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

1 serving snack

1 orange, peeled and quartered
1 tsp minced ginger
¼ cup fresh parsley
½ cucumber, peeled and chopped
½ cup kale shredded
1 slice avocado
1 cup water

Peel and chop the orange, ginger, cucumber and kale. Place all ingredients in a blender and blend.

Zucchini Hash Browns

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

Serves 1

2 eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp olive or avocado oil
1 cup shredded zucchini
¼ tsp salt

Add the shredded zucchini into a strainer, sprinkle salt over it, stir and let it sit for about 5 minutes. Stir and press the zucchini to drain as much moisture out as you can. Heat the oil in a frypan. Mix all the ingredients in a bowl and drop, by spoonfuls, into the hot frypan. After browning on one side, spray with cooking spray and flip it onto the other side.

SALADS AND GREENS

Beet and Arugula Salad

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

Serves 4

1 Tbsp extra-virgin olive oil
¼ cup apple cider vinegar
⅛ tsp salt
⅛ tsp pepper
8 cups arugula
Sliced fresh beets, cooked or raw (not from a can)

Combine the oil, vinegar, salt and pepper in a bowl and whisk for one minute. In a large bowl, toss the arugula with half of the dressing. Cut the beets into cubes and place them over the arugula. Drizzle the remaining dressing on top of the beets.

Carrot Salad With Cilantro and Lemon

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

Serves 2

3–4 large carrots
2 scallions
2 Tbsp cilantro
1 Tbsp lemon juice
¼ tsp salt
1 dash cayenne pepper

Grate the carrot. Mince the scallions, discarding the root tips and some of the green portion. Place the grated carrots in a bowl with the scallions, cilantro, lime juice and salt; toss. Sprinkle on pepper and serve.

Cherry Tomato Salad With Green Onions and Cilantro

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

Serves 4–6

453 g cherry tomatoes
6 scallions
2 tsp chilli powder
2 tsp dried oregano
½ tsp crushed garlic
⅛ tsp salt
2 Tbsp freshly squeezed lime juice
2 Tbsp apple cider vinegar
¼ cup fresh cilantro leaves

Cut the tomatoes in half. Mince the scallions, discarding the root tips and some of the green portions. Add the scallions to the tomatoes, along with the chilli powder, oregano, garlic, salt and pepper. Drizzle the mix with lime juice and vinegar. Add the lettuce and cilantro and toss to combine.

Crunchy Cucumber Salad With Basil

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

Serves 4

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

Place the cucumbers and onion slices in a bowl. In another bowl, combine the basil and remaining ingredients; pour over the cucumber and onion slices and toss gently. Cover and chill.

Cucumber, Tomato and Mint Salad

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

Serves 2

2 cups cucumber, sliced
3–4 medium plum tomatoes
¼ cup scallions, chopped
½ Tbsp fresh mint
1 Tbsp extra-virgin olive oil
½ tsp black pepper
4 Tbsp red wine vinegar
½ tsp salt

In a large bowl, combine the cucumbers, vinegar and salt and let sit for 30 minutes. Add the tomatoes, scallions, mint and oil; gently combine while seasoning with salt and pepper to taste.



Detox Salad

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

1 serving

4 cups leafy greens (e.g., arugula, greens mix, romaine, spinach, etc.)

1 lemon, lime, or orange, peeled and squeezed into a juice

Toppings as desired:

Cucumber
Celery
Tomato
Carrots
Microgreens
Sprouts
Onion
Capsicum (red, yellow or green)
Steamed green beans
Radish
Chopped broccoli

½ cup of berries, apple or pear

Place the leafy greens and toppings of your choice into a large bowl. Drizzle the fresh lemon, lime or orange juice over the top to taste. Add raw apple cider vinegar if desired.

Fennel and Radicchio Salad With Balsamic Vinaigrette

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

Serves 1

2 Tbsp extra-virgin olive oil

Pinch of salt

¼ cup raw apple cider vinegar

1 ½ cups fennel bulbs (cored and thinly sliced)

4 cups radicchio (red chicory), torn and loosely packed

In a small bowl, whisk together the oil, vinegar, salt and pepper for about one minute. Place the fennel and radicchio in a bowl and toss with dressing.

French Lentil Salad With Cherry Tomatoes

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

Serves 6

1 cup lentils, dried

4 cups water

2 tsp reduced-sodium vegetable stock

4 celery stalks, diced

1 ½ cup cherry tomatoes, halved

2 medium shallots, finely diced

¼ cup fresh parsley, chopped

1 ½ Tbsp olive oil

2 tsp Dijon mustard

2 Tbsp red wine vinegar

1 tsp mixed herbs

Pepper to taste

1 garlic clove, minced with salt to taste

Place the lentils, water and stock base in a pot. Cover and bring to a boil over medium-high heat. Reduce the heat to medium and cook for 15 to 20 minutes, until the lentils are tender but firm. Remove from heat, drain any remaining liquid and transfer the lentils to a large bowl. Chill for at least 30 minutes. Stir in the celery, tomatoes, shallots and parsley. In a small dish, make the dressing by whisking together the olive oil, mustard, vinegar, mixed herbs, black pepper and garlic. Add the dressing to the lentil mixture and toss. Taste and season with salt, if desired. Chill until serving time.



Glowing Chopped Kale Salad With Citrus Vinaigrette

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

Serves 1

1 bunch kale

1.5 tbsp olive oil, divided

2 Tbsp lemon juice, divided

1 cup green cabbage, shredded

½ cup raw beets, shredded

¼ cup green scallion, chopped

¼ cup parsley, chopped

1 orange, segmented

½ cup pomegranate seeds

1 Tbsp apple cider vinegar

Sea salt to taste

Black pepper to taste

Wash, dry and remove the centre ribs from the kale. Shred it finely. In a large mixing bowl, combine the kale with 1 Tbsp olive oil, 1 Tbsp lemon juice and a pinch of salt. Massage it with your hands 1–2 minutes or until the kale is bright green and pliable. Add in the cabbage, beets, scallions and parsley and toss well. Next add in the oranges and pomegranate seeds. In a small bowl whisk together the remaining olive oil, lemon juice, apple cider vinegar, a pinch of salt and pepper. Then drizzle the dressing over the salad.

Japanese Vegetable Salad

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

Serves 1

1 Tbsp red wine vinegar

¼ cup white radishes, sliced

¼ cup red radishes

¼ cup cucumber, sliced and seeded

1 cup filtered water

Salt to taste

¼ cup carrot strips, diagonally sliced

In a bowl, soak the radishes, cucumber and carrots in water and salt (water should be enough to cover all the vegetables). Toss and mix and let stand for at least 20 minutes or up to 2 hours. In a small saucepan, bring the vinegar and water to a boil. Remove from heat and cool. Transfer the vegetables to a colander and press gently to allow the liquid to drain off. Return the vegetables to a bowl. Pour the vinegar mixture over the vegetables and toss to coat. Cover the bowl and refrigerate until ready to serve.



Love My Kale Salad

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

Serves 2

1 head of organic kale

2 Tbsp lemon juice

1 Tbsp olive oil

¼ cup sundried tomatoes (in a packet), soaked in water for 20 minutes

1 handful of sprouts, such as sunflower, alfalfa, clover or sweet pea

½ avocado, cubed

1 chopped shallot

Slice the kale into thin strips, and transfer it to a large mixing bowl. Drizzle olive oil and lemon juice over the kale and add a sprinkle of salt. Massage the kale until the colour becomes dark green and the leaves are soft. Add in the chopped sundried tomatoes, shallot sprouts and avocado and toss with a vinaigrette of choice.

Rainbow Tuna Salad

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

Serves 2

2 shallots, chopped
3 large carrots, peeled and chopped
3 celery stalks, chopped
1 can tuna or wild salmon
2 Tbsp fresh lemon juice
4 Tbsp raw apple cider vinegar
1 tsp extra-virgin olive oil
8 cups baby spring mix or other leafy greens

Drain the tuna and put it in a large mixing bowl with the celery, carrots and shallots. Add the lemon juice, raw apple cider vinegar and oil and mix together. Place the tuna mixture on top of the leafy greens. Add more apple cider vinegar if desired.

Simple Arugula Radicchio Salad

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

Serves 2

6 cups fresh arugula
2 heads radicchio lettuce, chopped
2 Tbsp extra virgin olive or avocado oil
2 tsp Dijon mustard
3 Tbsp red wine vinegar
1 lemon, juiced (yields 1 Tbsp juice)

Wash, dry and chop the radicchio and arugula. Juice the lemon. Add the oil, mustard, vinegar and lemon juice to a small mason jar and shake to combine. Add the arugula and radicchio to a bowl, drizzle with the dressing in the mason jar and toss to coat. Add salt and pepper to taste.



DRESSINGS AND MARINADES

Asian Sesame Dressing

1 Tbsp Liquid Aminos or low-sodium soy sauce
1 Tbsp olive oil
¼–½ tsp of sesame oil
Pepper to taste

Add all ingredients in a container, shake thoroughly and serve over your favourite mixed greens salad.



Creamy Balsamic Dressing

1 Tbsp olive or avocado oil
1 cup water
2–3 Tbsp balsamic vinegar
1 lemon, juiced
1 tsp dried oregano
¾ tsp salt
½ tsp black pepper

Blend until creamy.

Detox-Friendly Ranch Dressing

1 egg at room temperature
1 cup olive or avocado oil
1 Tbsp lemon juice
2 Tbsp red wine vinegar
1 tsp sea salt
1 tsp pepper
¾ tsp onion powder
¾ tsp garlic powder
½ cup unsweetened full-fat coconut milk
1 handful fresh cilantro (or chives or other herb of choice)

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

Refreshing Lemon-Lime Dressing

1 lemon
1 lime
3 Tbsp of olive oil
Salt and pepper

Squeeze the juice of both the lemon and lime into a container. Add the olive oil and a dash of salt and pepper. Shake thoroughly and drizzle over any salad.

Spicy Lime Marinade

¼ cup fresh lime juice
2 Tbsp olive or avocado oil
2 tsp chilli powder
1 tsp garlic powder
½ tsp cumin
½ Tbsp salt
½ tsp pepper

Whisk together lime juice, oil, chilli powder, garlic, cumin, salt and pepper.

Sweet Mustard Vinaigrette Dressing

2 Tbsp organic yellow or Dijon mustard
2 Tbsp apple cider vinegar
1 Tbsp olive oil
1 tsp white monk fruit powder or ½ tsp stevia powder
Salt and pepper

Add all ingredients into a container, shake thoroughly and serve over your favourite mixed greens salad.





SOUPS

Cauliflower Soup

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

Serves 6

½ tsp nutmeg
 5 cups cauliflower florets
 1 tsp extra-virgin olive oil
 4 cups water
 1 medium onion, sliced
 1 garlic clove, sliced
 1 cup apple, cored and chopped

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

Chilled Tomato Soup With Basil

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

Serves 6

½ cup water
 4 cups cherry tomatoes
 1 large cucumber, diced
 1 yellow capsicum, diced
 1 white onion, diced
 ¼ cup olive oil
 2 garlic cloves, minced
 1 jalapeño pepper, minced
 2 Tbsp parsley, chopped
 2 Tbsp basil, chopped
 2 Tbsp red wine vinegar

Blend the tomatoes, water and oil in a blender; transfer to a bowl and mix in the remaining ingredients. Refrigerate and serve.

Cold Spinach Soup

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

Serves 1

1 pint of grape tomatoes
 1 celery stalk
 1 garlic clove
 ½ fresh orange, peeled and chopped
 4 cups of baby spinach
 2 basil or cilantro leaves
 ½–1 cucumber

Place the tomatoes, garlic, celery and fresh orange in a high-speed blender and blend until smooth. Add the spinach in handfuls and blend until completely incorporated. Add the basil or cilantro and blend until smooth. If desired, make the cucumber into noodles using a spiraliser or vegetable peeler. First peel and discard the skin, and then add ½ to 1 cucumber, spiralised for some crunch, on top of the soup.

Creamy Carrot Soup

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

Serves 6

1 cup celery, chopped
 Salt and pepper
 170 ml low-sodium vegetable stock
 3 Tbsp olive oil
 8 g parsley
 1 cup onions
 680 g carrots, chopped

Put the oil in a large, deep saucepan over medium heat. When the oil is hot, add the vegetables. Sprinkle the vegetables with salt and pepper and occasionally stir for 15 minutes or until the carrots are softened. Add in the stock and cook for about 15–20 minutes until the vegetables are very tender. Cool the mixture and blend until puréed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

Detox Broth

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

Serves 6

1 bunch celery, diced
 6 carrots, diced
 ½ spaghetti squash, cubed
 3 large yellow onions, diced
 3 cm/1 inch ginger root, peeled and minced
 1 cup washed cilantro
 3 fresh garlic cloves, peeled
 12 cups water

Place all ingredients in a large soup pot. Cover the pot and bring the water to a boil. Reduce the heat and simmer for 1–4 hours. Strain and add sea salt and pepper to taste.





Detox Spicy Gazpacho

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

Serves 2

4 cups tomatoes
1 cup green and red capsicums, chopped
½ cup celery, chopped
1 cucumber
½ cup white onion, chopped
2 garlic cloves, minced
1 Tbsp lemon juice
1 Tbsp basil
1 tsp parsley
Hot pepper sauce (to taste)
¼ cup balsamic vinegar

Blend all ingredients and refrigerate overnight.

Detox Vegetable Soup

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

Serves 1–2

1 Tbsp extra-virgin olive oil or avocado oil
1 medium onion, chopped
2 garlic cloves, minced
3 cm/1 inch fresh ginger, peeled and chopped
4 cups broccoli florets
3 cups baby spinach
2 stalks celery, chopped
4 large carrots, peeled and chopped
3 Tbsp fresh parsley
½ cup low-sodium vegetable stock
Sea salt and black pepper

Heat the oil in a large pot over medium heat. Add the onion, garlic and ginger and sauté 3–5 minutes until softened. Add the broccoli, spinach, celery, carrots and parsley and continue cooking until the spinach wilts, about 2 minutes. Pour in enough stock to cover the vegetables and simmer covered until all the vegetables are soft, about 20 minutes. Carefully pour the soup into a high-powered blender and purée until smooth. Return the soup to the pot, and season with salt and pepper to taste.

Roasted Red Capsicum and Tomato Soup

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

Serves 2

454 g red capsicum, washed and chopped
454 g roma tomatoes
1 cup diced onion
3 garlic cloves, peeled and chopped
⅓ cup chopped celery
1 tsp dried thyme
1 ½ cups detox broth
Fresh basil

Preheat oven to 204 C. Line a baking dish with parchment paper. Add the chopped capsicums, tomatoes, diced onion, garlic, celery and thyme to the baking dish. Mix well and place in the oven 20–25 minutes. Remove from the oven and add to the blender with the detox broth; blend until smooth. Pour the mixture into a pot and heat until simmering. Season with a sprinkle of sea salt, pepper and fresh basil.

Spinach and Kale Soup

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

Serves 2

2 cups kale, chopped
3 cups baby spinach
4 cups low-sodium vegetable stock or detox broth
Watercress (optional)
Red pepper flake to taste
Sea salt and black pepper to taste

Add the chopped kale, low-sodium vegetable stock or detox broth and a pinch of red pepper flakes to a pot; bring to a boil. Lower the heat and simmer until the kale is tender (about 6–8 minutes), then add 3 cups baby spinach and an optional handful of watercress, and simmer for another 2 minutes. Season with salt and pepper.

Quick and Easy Gazpacho

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

Serves 4

8 cups cherry tomatoes
1 cup water
2 Tbsp red wine vinegar
1 tsp onion powder
⅓ tsp garlic powder
1 cucumber, chopped
1 green capsicum, chopped

Combine all the ingredients except for the cucumber and capsicum; purée until smooth. Add the cucumber and capsicum to the purée. Refrigerate for 2 hours before serving.





POULTRY

Basil Chicken Packets

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

Serves 2

- 2 Tbsp fresh parsley
- 1 Tbsp lemon zest
- 1 ½ tsp dried basil
- ¼ tsp salt
- 2 medium summer squashes (yellow), sliced into half circles
- 1 medium red capsicum, roughly chopped into bite-sized pieces
- ½ tsp pepper
- 2 chicken breasts, halved

Preheat the oven to 232 C or a grill to medium-high heat. Centre one half of the chicken breast halves on each side of a sheet of parchment paper. Combine the parsley, lemon zest, basil and salt and sprinkle it over the chicken. Top the chicken breasts with the squash and capsicums, then sprinkle them with pepper. Fold the parchment paper on the sides and double fold the top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16–18 minutes in the oven or 11–13 minutes on the grill. The internal temperature should reach 73 C

Chicken With Balsamic Vinegar

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

Serves 2

- 1 Tbsp extra-virgin olive oil or avocado oil
- 2 chicken breasts
- ½ tsp salt
- ¼ tsp black pepper
- 1 garlic clove, minced or pressed
- 1 carton mushrooms, sliced
- 1 Tbsp balsamic vinegar
- 1 bay leaf
- ½ tsp thyme
- ½ cup vegetable stock

Season the chicken with salt and pepper. Heat the oil in a heavy frypan and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms on top. Continue cooking, shaking the frypan and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, stock, bay leaf and thyme. Cover and cook over moderately high heat for about 10 minutes. Turn the pieces occasionally as they cook. Check the chicken with a meat thermometer; it's done when the internal temperature reaches 73 C. Transfer the chicken to a warm platter. Let the sauce cook uncovered over low heat for 3–4 minutes. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve with a large plate of fresh or roasted vegetables.

Devilled Chicken

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

Serves 2

- 2 chicken breasts
- ¼ medium onion, chopped
- ¼ red capsicum, sliced
- 1 cup chicken broth or stock
- 1 TBSP organic yellow mustard
- ½ TBSP paprika
- 1 TBSP parsley, chopped fine
- ½ tsp black pepper
- ½ tsp salt
- 1 garlic clove, minced or pressed
- ½ tsp red pepper flakes

Mix the paprika and mustard with salt and pepper and season the chicken breasts on both sides. In a frypan over medium-high heat, add the seasoned chicken to the frypan and brown it on the first side for 3 minutes; then flip it and sear the second side for 2 minutes. Remove the chicken and reserve it on a plate under a foil tent. Next, add the onion, garlic, capsicum, tomato paste and red pepper flakes into the pan. Cook the vegetables for 5 minutes. Add 1 cup of stock to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 minutes more, turning the chicken a few times. Transfer the chicken to a platter. To finish the sauce, turn the heat off and add the parsley. Pour the sauce over the chicken and serve immediately.

Grilled Cilantro Lime Chicken

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

Serves 2

- 907 g chicken breast
- 2 Tbsp olive oil
- 2 limes, zested and juiced
- ¼ cup fresh cilantro, chopped
- ½ tsp salt
- ¼ tsp pepper
- ½ avocado, sliced
- 1 lime, cut into wedges

Create chicken cutlets by placing the chicken breasts in a Ziploc bag and pounding them with a mallet (or buy thinly sliced chicken breasts). Zest and juice the limes. Chop the cilantro. In a glass bowl, whisk together the lime zest, juice, olive oil, cilantro, salt and pepper. Add the chicken cutlets and marinate them for at least 30 minutes. Preheat the grill to medium high and oil the grates. Remove the cutlets from the marinade and grill them about 4 minutes per side; cooking time will vary based on the thickness of the cutlets. The chicken should reach an internal temperature of 73 C. Serve the chicken with sliced avocado, lime wedges and sprigs of cilantro.

NOTE: Char marks on meat may look pretty, but they represent the development of dangerous compounds. To prevent dark grill marks, place a piece of aluminium foil on one area of the grill. Grill the chicken just until light grill marks appear, then move the chicken to the foil to finish cooking. Serve with sliced avocado, lime wedges and sprigs of cilantro.

Herb-Roasted Chicken

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

Serves 8

1.36 kg whole chicken
1 Tbsp black pepper
1 Tbsp sage
1 Tbsp tarragon
1 tsp parsley
1 tsp thyme
½ tsp salt

Fresh herbs are best for this recipe. Preheat oven to 218 C. Dry the chicken with a paper towel inside and out. Add the pepper, herbs and some of the salt to the chicken's inside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken breast side up in a roasting pan. Roast the chicken in the oven for 45 minutes to one hour until juices run clear when the chicken's thigh is pierced, or until an internal thermometer reads 73 C. Let the chicken rest for 15 minutes. Carve and serve.

Slow Cooker Lemon Garlic Pepper Chicken

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

Serves 4

1.8 kg chicken, giblets removed
2 lemons, zested and juiced
10 garlic cloves (use as whole head)
½ tsp salt
2 tsp pepper
1 Tbsp dried oregano
1 Tbsp olive oil

Zest and juice the lemons. Remove the skins from the garlic cloves but keep whole. Place the chicken in a slow cooker, then rub it with lemon zest, salt, pepper and oregano. Sprinkle the chicken with salt and add the garlic cloves to the pot. Drizzle lemon juice onto the chicken, then stuff one of the used lemons into the chicken's cavity. Drizzle olive oil onto the chicken, and set the slow cooker to high for 4 hours or low for 6 hours. Cook until the internal temperature of the chicken reaches 73 C. Turn off the slow cooker and let the chicken rest for 15 minutes before carving. Remove the chicken from the slow cooker and carve the meat. Mash garlic into the remaining juices and drizzle over the chicken if desired. Store leftovers to use for lunch.



Thai Chicken Stir-Fry

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

Serves 6

2 Tbsp olive or avocado oil
1 Tbsp tamari or coconut aminos
½ tsp minced garlic
4 chicken breasts, cubed
1 cup water
1 cup cauliflower
2 cups broccoli
½ tsp ginger
1 cup carrot slices
½ Tbsp ground cardamom
½ tsp chilli powder
1 Tbsp curry powder

Over medium-high heat, mix the oil, tamari or coconut aminos and garlic powder in a frypan. Add half of the chicken (chopped into cubes) and cook for 3 minutes. Remove and repeat with the remaining chicken. Return all of the chicken to the pan with all of the other ingredients. Bring to a boil and cover. Cook for 3–5 minutes.



Turkey Lettuce Tacos

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

Serves 4

907 g ground turkey
1 Tbsp olive oil
2 red onions, diced
2 Tbsp tomato paste
3 red capsicum, diced
5 garlic cloves, minced
2 tsp chilli powder
2 tsp oregano, dried
1 tsp salt
½ tsp pepper
1 tsp paprika
1 tsp cumin, ground
½ tsp cayenne (optional)
2 heads romaine lettuce, leaves separated and rinsed
1 cup guacamole
2 cup salsa
1 Tbsp cilantro, fresh garnish
Salt and pepper to taste

Dice the capsicums and onions. Mince or press the garlic. Heat the oil in a large sauté pan. Add the turkey and brown it, stirring often. Remove the turkey from the pan and add the onion and garlic; sauté until fragrant. Stir in the tomato paste. Add the capsicum and spices. Sauté an additional 2 minutes. Return the turkey to the pan and stir to combine the ingredients; cover and simmer covered for 10 minutes. If the mixture is thick, you can add water (a few tablespoons at a time) while cooking. Remove from heat and let stand for 10 minutes. Place the turkey in romaine “taco” boats and top with guacamole, salsa and cilantro.



SEAFOOD DISHES

Grilled Sole With Warm Eggplant Salad

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

Serves 1

½ Tbsp extra-virgin olive oil or avocado oil
1 tsp balsamic vinegar
1 sole fillet
½ Tbsp capers
¼ red onion, sliced finely
1 medium tomato
1 Tbsp parsley
¼ eggplant, peeled and cubed

Preheat oven to 176 C. Place the sole in the oven and cook it until it is tender and flakey. Heat the oil in a nonstick frypan; add the eggplant and sauté it for 10 minutes or until golden and softened. Add the onion, capers, tomatoes, parsley and vinegar and stir to combine. Let the eggplant salad cool for 10 minutes, add it on top of the grilled fish and serve.

Caribbean Prawns

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

Serves 4

454 g raw prawns, washed and peeled
¼ cup fresh squeezed grapefruit juice
2 fresh capsicums (red, orange, yellow or green)
1 sweet onion, cut into sections
3 tomatoes, washed and chopped
28 g lime zest
1 Tbsp lime juice
1 garlic clove
¼ tsp salt

Mix all ingredients; cover and refrigerate for at least 2 hours. Skewer the prawns and vegetables, then cook them at 218 C until the vegetables are soft and the prawns are cooked through (about 12 minutes).

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
1 cabbage head, chopped or shredded
2 garlic cloves, minced
2 Tbsp low-sodium soy sauce, or tamari or coconut aminos
2 tsp olive or avocado oil

Sprinkle the chilli pepper and ginger onto the fish. Steam the cabbage for five minutes. Lay the fish on top of the cabbage and steam for 5 minutes more until cooked thoroughly. While steaming, heat the oil in a small saucepan and add the garlic and low-sodium soy sauce; pour this over the fish and cabbage.

Dilled Cod

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

Serves 4

4 wild cod fillets
1 lemon, sliced
Salt and pepper
2 zucchini, cut into strips
2 yellow squash, cut into strips
1 sliced capsicum
1 onion
½ tsp mustard (dried spice)
1 tsp dill weed

Preheat oven to 204 C. Evenly distribute the lemon slices on a baking sheet. Place the cod on top of the lemon slices and sprinkle salt and pepper over it. Top the cod with the zucchini, squash, capsicum and onion then sprinkle dill weed and dried mustard on top. Bake about 15 minutes until fish is cooked through.

Fish in Parchment Paper With Pineapple Salsa

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

Serves 2

1 cup fresh pineapple, diced
2 Tbsp red onion, diced
½ cup fresh cilantro, chopped
½ jalapeño pepper, seeded and minced
½ cup cucumber, peeled and diced (optional)
1 lime, juiced
1 Tbsp olive oil
Salt to taste
¼ tsp pepper
340g cod fillets (113–170g each fillet)
Parchment paper sheets

Preheat oven to 176 C. Dice the pineapple, onion and cucumber. Chop the cilantro, remove the seeds from and mince the jalapeño and juice the limes. For pineapple salsa: In a bowl, stir together the pineapple, red onion, ½ cup cilantro leaves, jalapeño pepper, cucumber and 1 Tbsp lime juice. Set aside. For fish seasoning: In a small bowl, stir together 2 Tbsp olive oil, 2 Tbsp lime juice, a pinch of salt, pepper and ½ cup cilantro leaves. Place each fish fillet on a parchment sheet.

Top each fillet with ¼ of the seasoning mixture. Bring the horizontal ends of the parchment together, fold over and tightly seal by crimping from one end to the other. Next, twist the ends, wrapping the top portion to seal. Repeat with the remaining fillets. Bake the fish for about 15 minutes until it flakes easily, then remove it from the oven. Open the parchment paper, top the fish with salsa and serve.

Ginger Prawn Stir-Fry

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

Serves 4

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

In a large wok, heat the 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 cook 3–5 minutes. Add the soy sauce and seasoning and continue to cook until the vegetables are heated through.

Grilled Salmon With Spinach and Tomato Stack

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

Serves 1

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

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



Quick Grilled Salmon With Ginger and Fresh Mint

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

Serves 2

½ cup scallions, chopped
½ tsp black pepper
½ tsp lime juice
2 Tbsp fresh mint, chopped
1 tsp grated ginger
¼ tsp salt
2 salmon fillets
2 tsp lemon juice

Preheat the grill or oven to high and place an oven-safe frypan inside for 10 minutes. The pan should be 13–17 cm/5–7 inches from the heat source. Rub the salmon with 2 tsp of fresh lemon juice and pepper. Using a hot pad, pull the pan away from the heat and place the salmon on the hot pan, skin side down. Return the salmon to the grill and cook 5–7 minutes, depending on the thickness of the salmon. Test to ensure salmon is cooked. Meanwhile, combine the ginger, mint, lime juice and scallions; spoon over the salmon. Garnish with a teaspoon of olive oil.

Seafood Salad

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

Serves 2

56 g cooked wild prawns
56 g cooked crab
1 Tbsp olive oil
1 cup cherry tomatoes
2 fresh carrots, chopped
1 cucumber, sliced
1 shallot, finely chopped
1 Tbsp raw apple cider vinegar

Mix and serve over fresh baby greens, such as spring mix.

Tuscan Cod

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

Serves 2

1 tsp olive oil
1 tsp cumin
2 cod fillets
1 Tbsp capers
1 diced red capsicum
½ cup onions
½ – 1 tsp crushed red pepper flakes
1 cup cherry tomatoes, diced
½ garlic clove, minced

Heat the oil in a frypan over medium-high heat. Add the onion, capsicum and garlic and sauté for 2 minutes. Add the tomatoes, capers, cumin and crushed red pepper and cook for 5 minutes. Add the fish, spooning the sauce over it. Cover and cook for 10 minutes until the fish flakes easily.

Whitefish Lettuce Tacos

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

Serves 2

340 g white fish
1 ½ limes, juiced and divided
⅓ tsp pepper
½ cup cabbage, shredded
¼ cup red onion, thinly sliced
¼ cup grape tomatoes, sliced
1 Tbsp fresh cilantro, finely chopped
¼ cup avocado, diced
½ Butter lettuce (8 large lettuce leaves)

Preheat oven to 176 C. Marinate the whitefish with the lime juice (from 2 limes), pepper and cumin. Place the whitefish on a baking sheet and cook 8–10 minutes until the fish flakes easily. Once cooled, flake the fish into pieces. In a large bowl, combine the cabbage, red onion, grape tomatoes, lime juice (from 1 lime) and cilantro. Arrange the large lettuce leaves on a large platter. Add the cabbage mixture to each lettuce cup. Top the mixture with whitefish pieces and then avocado.

Zesty Red Snapper With Mushrooms

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

Serves 2

2 Tbsp lemon juice
2 wild snapper fillets (or other wild fish)
⅓ tsp red pepper flakes
⅓ tsp pepper
½ tsp oregano
½ tsp tarragon
½ tsp paprika
1 cup mushrooms
¼ tsp salt

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



VEGETARIAN AND VEGAN DISHES

Artichokes and Green Beans

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

Serves 5

550 g fresh green beans
1 Tbsp extra-virgin olive oil
 $\frac{2}{3}$ cup onion, finely chopped
1 garlic clove
1 397-g can artichoke hearts (rinsed, drained and quartered)
 $\frac{1}{4}$ Tbsp salt
 $\frac{1}{8}$ tsp pepper

Place the beans in a steamer basket. Place the steamer basket in a saucepan with more than 3 cm/1 inch of water; bring to a boil. Cover and steam 6–8 minutes or until the beans are crisp and tender. Remove the beans from the heat and set them aside. In a nonstick frypan, sauté the onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

Balsamic Kale

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

Serves 4

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

Sauté garlic in 1 Tbsp olive oil for about 2 minutes. Add the chopped kale and vinegar, cooking until just soft. Season with a dash of salt and pepper.

Broccoli Marinara

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

Serves 4

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

Heat the oil in large frypan over medium heat. Add the garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes, including the juice, 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 over low heat for 10 minutes or until the broccoli is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.

Cauliflower Spanish “Rice”

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

Serves 4

1 head cauliflower
2 garlic cloves, chopped
1 green capsicum, chopped
4 celery stalks, chopped
3 small zucchini, chopped
1 Tbsp extra-virgin olive oil
142 g tomato paste (no added salt)
 $\frac{1}{2}$ cup vegetable stock, unsalted

Using a food processor, pulse the cauliflower until it looks like grains of rice. Heat the oil in a large sauté pan and sauté all the vegetables together until heated through. Add the stock and lower the heat, stirring often. When the cauliflower starts to soften, add the tomato paste and spices and cook over low heat until it reaches the texture of cooked rice.

Creole Okra and Tomatoes

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

Serves 4

1 Tbsp extra-virgin olive oil
1 yellow onion, chopped
4 cups okra, sliced
2 cups roma tomatoes, chopped
1 bay leaf
 $\frac{1}{2}$ tsp thyme
 $\frac{1}{4}$ Tbsp salt
 $\frac{1}{2}$ tsp red pepper

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



Delicious Warm Greens

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

Serves 2

1 bunch of kale
1 bunch of swiss chard
1 sweet onion, chopped
3 roasted beets with their greens
1 carton of mushrooms
1 bunch of collard greens
½ cup of cilantro
Fresh leeks
Poblano pepper (optional)
1 fresh garlic, peeled and chopped

Sauté the vegetables in 1 Tbsp avocado oil or extra-virgin olive oil until soft. Add a lean protein such as chicken, turkey, tofu or fish if desired.

Eggplant Casserole

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

Serves 6

½ cup tomato sauce
1 tsp oregano
½ cup mushrooms
1 tsp basil
½ tsp garlic powder
1 cup red onions, chopped
2 whole eggplants, peeled and sliced thin

Spray cooking spray on a cookie sheet, then put the eggplants on the sheet and spray them with the cooking spray also. Place the sheet of eggplants under the grill for 10 to 15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer with the eggplants, mushrooms, onions, tomato sauce and spices on top of the sauce. Keep layering up to the top of the dish. Cover and cook for 30 minutes at 191 C.



Eggplant Mixed Grill

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

Serves 2

1 Tbsp olive oil
2 Tbsp parsley
1 eggplant
¾ cup mushrooms
1 capsicum
2 Tbsp oregano
2 Tbsp basil
1 Tbsp balsamic vinegar
1 Tbsp salt
½ tsp pepper
6 cloves garlic, minced
1 red onion, cut into wedges
10 asparagus spears

In a large, resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt, pepper and garlic. Place the onion, asparagus, mushrooms, eggplant and capsicum in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat the grill to high heat and lightly oil it before grilling the vegetables for 6 minutes on each side or until tender.

Eggplant Stackers Over Spaghetti Squash

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

Serves 2

1 eggplant
1 lemon
3 garlic cloves
170 g firm tofu
¼ tsp dried oregano
1 411–g can organic diced tomatoes
226 g baby spinach

Preheat oven to 218 C. Slice a washed eggplant into ½–inch rounds. Sprinkle salt on top and place the eggplant on paper towels to remove moisture. Zest an entire lemon, cut it in half and juice one half. Brush the salt off the eggplant and place the eggplant on a baking sheet. Spray the eggplant with olive oil or avocado oil. Roast it until lightly brown (about 15 minutes). Drain the tofu and pat it dry. Add the tofu, lemon zest, lemon juice, 1 peeled garlic clove, oregano, ½ tsp of salt, and black pepper to a food processor; blend until smooth. Heat ½ Tbsp extra-virgin olive oil in a small saucepan over low to medium heat. Add 2 cloves of minced garlic and cook until fragrant, about 1 minute. Add the tomatoes and a pinch of pepper. Bring to a boil, reduce the heat and simmer until slightly thickened, about 3–5 minutes. Layer the eggplant, spinach and tofu and top with tomato sauce. Continue to layer. Serve over 1 cup of roasted spaghetti squash if desired.

Grilled Italian Vegetables

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

Serves 2

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

Preheat the grill to medium-high heat. Fold the parchment paper over the outside of a 13 x 9 x 2 baking pan, then remove the parchment paper and place it on a cookie sheet. Place the vegetables in the “parchment paper.” Combine all the ingredients and drizzle oil and lemon juice over the vegetables. Grill 20–25 minutes.

Mediterranean Summer Tomatoes

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

Serves 4

5 fresh tomatoes
5 shallots, chopped
3 Tbsp extra-virgin olive oil
¼ cup balsamic vinegar

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

Oven-Roasted Asparagus

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

Serves 2

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

Preheat the oven to 218 C. Place all ingredients in a mixing bowl and toss to coat the asparagus. Bake for 15 minutes. Sprinkle with lemon juice.

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 tsp lemon juice

Preheat oven to 204 C. In a bowl, toss the broccoli with the oil, then add 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.

Sheet Pan Vegetables

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

Serves 2

3 cups broccoli florets or fresh green beans
2 cups chopped tomatoes
2 red capsicums, sliced
1–2 chopped onions
1 tsp basil
½ Tbsp salt
⅓ tsp pepper

Preheat the oven to 204 C. Place the cut vegetables onto a baking sheet lined with parchment paper. Spray with avocado oil or coconut oil cooking spray and add a pinch of salt and pepper. Roast the vegetables 15–20 minutes until soft.

Spicy Roasted Kale

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

Serves 1

4 cups kale, chopped
1 Tbsp olive oil
1 Tbsp chilli powder
1 tsp salt

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

Summer Grilled Vegetables

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

Servings are based on the amount of vegetables.

4 cups vegetables of your choice, chopped into large pieces
1 Tbsp extra-virgin olive oil
Dash of salt and pepper

Preheat the grill to high heat. Lightly coat the vegetables with oil and season them with salt and pepper; grill over high heat until desired tenderness.

Tomatoes With Shallots and Fresh Basil

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

Serves 4

½ Tbsp olive oil
2 Tbsp red wine vinegar
1 shallot, minced
4 tomatoes
¼ tsp salt
Pepper to taste
5 fresh basil leaves, torn

Slice the tomatoes 0.63–cm/¼-inch thick and fan the slices out onto a platter. Sprinkle salt and pepper on top evenly. Drizzle the olive oil and vinegar over the tomatoes, then top them with the basil and shallots and serve.

Wilted Arugula and Portobello Mushrooms

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

Serves 2

1 Tbsp extra-virgin olive oil or avocado oil
½ small onion, chopped
2 garlic cloves, minced
⅓ tsp crushed red pepper flakes
1 cap portobello mushroom, chopped
¼ cup vegetable stock
4 cups arugula leaves
⅓ tsp black pepper

Heat oil in a frypan over medium heat. Add onion and garlic and cook 3–5 minutes. Stir in red pepper flakes and mushrooms and cook until the mushrooms begin to soften. Pour in the stock and simmer until the liquid is reduced by half. Add the arugula and cook until wilted. Season with black pepper and serve immediately.

Zucchini Noodle Primavera

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

Serves 2

2 Tbsp olive oil
4 garlic cloves, thinly sliced
2 carrots, spiralised or thinly sliced
1 red capsicum, spiralised or thinly sliced
1 cup broccoli florets
1 cup cherry tomatoes, halved
Salt and freshly ground pepper to taste
2 zucchini, spiralised
2 yellow squash, spiralised
¼ teaspoon red pepper flakes
½ cup chopped fresh basil

Heat the olive oil in a large frypan over medium-high heat. Sauté the garlic 1–2 minutes until fragrant. Add the carrot, capsicum noodles, broccoli and cherry tomatoes and stir gently. Allow to cook 3–4 minutes until the noodles begin to become tender. Season with salt and pepper. Add the zucchini and yellow squash noodles. Toss everything together and cook 3–4 minutes more. Add the red pepper flakes and season again with salt and pepper. Remove from the heat. Add in the basil, toss one last time and serve.

