



FAT SHREDDER RECIPES



TABLE OF CONTENTS

EGG DISHES AND BREAKFAST FOODS

- 3 Two Eggs Over Greens
- Easy Spinach Egg Bake
- Grain-Free Pancakes
- Seafood Vegetables Egg Steam
- Sundried Tomato and Spinach Omelette
- Zucchini Hash Browns

TLS® NUTRITION SHAKES

- 5 Black Cherry Berry Shake
- Blackberry Creamsicle Shake
- Chocolate Banana Goodness
- Chocolate Green Machine
- Spinach, Kiwi and Pear Shake
- Spinach, Strawberry and Avocado Shake

SALADS

- 6 Fennel and Radicchio Salad With Balsamic Vinaigrette
- Japanese Vegetable Salad
- Wombok Cabbage and Avocado Salad
- Quick and Easy Snack Salad

MARINADES AND DRESSINGS

- 7 Asian Sesame Dressing
- Detox-Friendly Ranch Dressing
- Orange Anise Vinaigrette
- Refreshing Lemon-Lime Dressing
- Spicy Lime Marinade
- Sweet Mustard Vinaigrette Dressing

SOUPS

- 8 Classic Gazpacho
- Creamy Carrot Soup
- Garden Vegetable Soup
- Golden Carrot Soup
- Hot and Sour Soup With Chicken
- Mushrooms and Red Spinach Soup
- Tomato and Chives Tofu Soup
- Tomato Egg Soup

CHICKEN DISHES

- 10 Asian Turkey Meatballs With Roasted Vegetables
- Balsamic Chicken Breast
- Basil Chicken Packets
- Chicken Wings Air Fried/Grilled
- Devilled Chicken
- Dea-Seau Chicken Thai Basil
- Lemon Basil Chicken
- Moroccan-Style Chicken With Vegetables

- Sonoma Chicken
- Thai Chicken Stir-Fry

SEAFOOD DISHES

- 12 Grilled Sole With Warm Eggplant Salad
- Caribbean Prawn
- Chinese Steamed Bass With Cabbage
- Cioppino (seafood stew)
- Dilled Cod
- Fish Veracruz
- Ginger Prawn Stir-Fry
- Grilled Salmon With Spinach and Tomato Stack
- Grilled Tuna With Salsa
- Quick-Grilled Salmon With Ginger-Mint Salsa
- Prawn Salad
- Codfish Steam Soy Sauce
- Tuscan Cod
- Zesty Red Snapper With Mushrooms

APPETISERS AND VEGETABLE SIDE DISHES

- 15 Artichokes and Green Beans
- Balsamic Kale
- Bean Sprouts Stir-Fry
- Broccoli Marinara
- Carrot Salad With Cilantro and Lemon
- Cherry Tomato Pico de Gallo With a Kick
- Curried Tofu Scramble With Roasted Capsicum and Peas
- Cauliflower Rice
- Creole Okra and Tomatoes
- Eggplant Casserole
- Eggplant Mixed Vegetable Grill
- Fresh Summer Vegetable Ratatouille
- Garden Vegetable Packet
- Garlic Kale Sauté
- Green Beans With Garlic and Tomato
- Grilled Italian Vegetables
- Guacamole
- Indian Roasted Vegetables
- Mediterranean Summer Tomatoes
- Oven-Roasted Asparagus
- Roasted Garlic Lemon Broccoli
- Sautéed Zucchini
- Spicy Grilled Vegetable Skewer
- Spicy Roasted Kale Chips
- Thyme Mushrooms and Capsicum Sauté
- Tomatoes With Shallots and Fresh Basil
- Zucchini Mexicali
- Zucchini Tomato Vegetable Packet

EGG DISHES AND BREAKFAST FOODS



Two Eggs Over Greens

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

Serves 1

Fresh lettuce spring mix
2 large eggs
2 Tbsp onions, shallots or scallions, chopped
1 ½ cups of your favourite combination of vegetables, grated or chopped (summer squash, zucchini, brussels sprouts or any others)
Avocado oil
1 Tbsp of liquid aminos

Prepare a plate of your favourite fresh greens, spinach, spring mix or other greens. In a sauté pan, heat a drizzle of avocado oil, add in the vegetables and stir until slightly softened and bright in colour. Add the liquid aminos. Set the sautéed vegetables on top of the salad mix. In the same pan, immediately add a drizzle of oil and fry two eggs over easy, so the yolks are hot but not cooked through (still runny). Add the eggs on top of the salad, breaking the yolks so they saturate into the vegetables and the salad.

Optional: Grind fresh pepper on top.

Easy Spinach Egg Bake

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

Serves 6

1 907 g carton of liquid egg whites
3 eggs
4 handfuls fresh chopped spinach or any of your favourite vegetables (mushrooms, capsicums, broccoli, asparagus, etc.)
1 onion, chopped
Salt and pepper
Cayenne or chilli peppers for some kick

Preheat the oven to 177 C. Spray a glass, 9x11 baking dish with cooking spray or approved oil. Beat the eggs together in a bowl, then stir in all other ingredients. Pour the mixture into the dish. Bake for 45 minutes. Divide into six pieces. Store any leftovers in the refrigerator and reheat them in the oven or in a frypan.



Grain-Free Pancakes

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS® Nutrition Shake — Vanilla
85 g unsweetened apple sauce or one slightly overripe banana
2 eggs
Cinnamon to taste

Mix all the ingredients. Add coconut or avocado oil into a pan and once the oil is melted, spoon the mixture into the pan to form pancakes. Cook over medium-high heat until brown on one side, then flip the pancakes over to brown the other side. Serve with fresh berries on top.

Seafood Vegetables Egg Steam

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

Serves 2

3 eggs
3 headless prawns
1 tomato
1 cup spinach
½ cup cilantro
60 ml water
1 tsp chicken stock powder

Add the eggs, chicken stock powder and water into a bowl and stir well. Chop the prawns, tomato, spinach and cilantro and add them into the egg bowl. Stir well again. Steam the egg bowl 10–15 minutes.

Tip: Put a wooden chopstick or wooden toothpick into your egg bowl and quickly remove it. If it doesn't come out wet or have egg stuck to it, your egg is ready to eat.

Sundried Tomato and Spinach Omelette

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

Serves 1

2–3 eggs
½–1 Tbsp of sundried tomatoes (dried or from a jar)
1 Tbsp red onion, chopped
1 handful spinach, chopped
3–4 fresh grape tomatoes, sliced
Dash of cayenne
Salt and pepper
Optional: Salt, pepper and cayenne can be substituted with All Purpose Seasoning.

In a bowl, combine the eggs, salt, pepper, cayenne or All Purpose Seasoning, and beat together. In a small sauté pan (20 cm size) over medium heat, add a drizzle of avocado oil and the vegetables; stir until softened and bright in colour. Add a dash of salt and pepper to the vegetables, then set them aside. In the same pan, add another drizzle of oil and pour in the eggs, which will fill the small pan perfectly. Once the edges are cooked, you should be able to easily slide a spatula under and flip the entire egg cake over; some egg from the top will run off and that's OK.

Place the sautéed vegetables on top of one side of the egg cake, and then flip the other side of the egg cake over the top of the vegetable side. Serve immediately.



Zucchini Hash Browns

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

Serves 2

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

Heat the oil in a frypan. Mix all the ingredients in a bowl and drop them a spoonful at a time into the hot frypan. After the zucchini browns on one side, spray the top side with cooking spray, flip the zucchini over and brown the other side.



TLS NUTRITION SHAKES



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



Black Cherry Berry Shake

(FS, RR, SS, CC)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
½ cup cherries, without pits
¼ cup blackberries
½ cup water or unsweetened almond or soy milk

Add ice (more ice equals a thicker shake) with all of the ingredients into a blender and blend until creamy.

Blackberry Creamsicle Shake

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
1 cup blackberries
1 cup unsweetened almond or soy milk

Blend all of the ingredients with ice until creamy.

Chocolate Banana Goodness

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Chocolate
1 small banana or ½ large one
1 large handful of fresh spinach
1 Tbsp chia seeds or hemp hearts
1 cup unsweetened almond or soy milk

Blend all of the ingredients together in a blender. For a thinner consistency, add up to ½ cup cold water.

Chocolate Green Machine

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Chocolate
1 handful fresh spinach or kale
1 small chunk zucchini or cucumber
1 cup unsweetened almond or soy milk

Blend all the ingredients in a blender. For a thinner consistency, add up to ½ cup cold water.

Spinach, Kiwi and Pear Shake

(FS, RR, SS, CC, P2)

Serves 1

226 g spinach
1 kiwi
½ pear
2 scoops TLS Nutrition Shake — Vanilla
454 ml water or unsweetened almond or soy milk
Ice

Remove the skins of the kiwi and pear. Add the spinach, kiwi, pear, vanilla shake, water/almond milk/soy milk and ice in a blender. Blend well and serve.

Spinach, Strawberry and Avocado Shake

(FS, RR, SS, CC, P2)

Serves 1

226 g spinach
¾ cup frozen or fresh strawberries
½ avocado
2 scoops TLS Nutrition Shake — Vanilla
454 ml water or unsweetened almond or soy milk
Ice

Wash the spinach and strawberries. Add the spinach, strawberries, avocado, vanilla shake, water/almond milk/soy milk and ice in a blender. Blend well and serve.



SALADS



Fennel and Radicchio Salad With Balsamic Vinaigrette

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

Serves 1

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

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

Japanese Vegetable Salad

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

Serves 1

- 1 Tbsp red wine vinegar
- ¼ sliced white radishes
- ¼ cup red radishes
- ¼ cup sliced and seeded cucumber
- ¼ cup carrot strips, diagonally sliced
- 1 cup water
- Salt to taste

In a bowl, combine the radishes, cucumber, carrot strips and salt; toss to mix, then let the vegetable mix stand for at least 20 minutes or up to 2 hours. In a small saucepan, bring the vinegar and water to a boil. Remove the saucepan from the heat and let cool. Transfer the vegetables to a colander and gently press them to drain the liquid. Return the vegetables to the bowl. Pour the vinegar mixture over the vegetables and toss to coat. Cover the bowl with plastic wrap and refrigerate until serving.



Wombok Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

- 2 Tbsp low-sodium soy sauce (or liquid aminos)
- 1 Tbsp olive oil
- 1 tsp stevia
- ½ tsp dark sesame oil
- ½ tsp ground ginger
- ½ tsp chilli powder
- ½ cup sprouts
- 1 scallion
- 1 jalapeño pepper, diced
- 2 cups cabbage
- Salt and pepper to taste
- Avocado, sliced

Place the cabbage in a large bowl. Mince the scallion, discarding the root tips and some of the green portion. Remove the stem of the jalapeño pepper, then cut the pepper lengthwise, scrape the seeds out and finely mince it. Add the scallions, jalapeño, sprouts and cabbage together and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chilli powder, salt and pepper for about 1 minute. Pour the mixture over the cabbage. Add avocado slices and toss gently.

Quick and Easy Snack Salad

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

Serves 3

- ¾ Tbsp Italian seasoning
- 2 Tbsp olive oil
- ¼ cup water chestnuts
- 1 cup sliced mushrooms
- 3 cups broccoli or cauliflower florets
- 1 cup celery, chopped
- 2 cups capsicum (your choice of colour)
- 1 cup cucumber, sliced and quartered

Combine all the ingredients and add a dash of salt to taste. Stir and serve with fresh parsley.

MARINADES AND DRESSINGS

Asian Sesame Dressing

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

Serves 1

1 Tbsp low-sodium soy sauce or liquid aminos
1 Tbsp olive oil
¼–½ tsp sesame oil
Pepper

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

Detox-Friendly Ranch Dressing

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

Serves 1

1 egg (room temperature)
1 cup olive or avocado oil
1 Tbsp lime 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 cilantro (or herb of choice)

Blend all ingredients for approximately 1 minute in a blender. Leftovers will keep for one week in the refrigerator.

Orange Anise Vinaigrette

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

Serves 4

⅓ tsp anise seed
2 Tbsp fresh orange juice
1 Tbsp olive oil
⅓ tsp cumin
⅓ Tbsp salt

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

Refreshing Lemon-Lime Dressing

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

Serves 3

1 lemon
1 lime
3 Tbsp 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

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

Serves 2

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

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

Sweet Mustard Vinaigrette Dressing

(FS, RR, SS, CC, P2)

Serves 4

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 of Stevia powder
Salt and pepper

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

SOUPS



Classic Gazpacho

(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 it to a bowl and add the remaining ingredients. Refrigerate, then serve.

Creamy Carrot Soup

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

Serves 6

227 ml vegetable stock
680 g carrots, chopped
1 cup celery, chopped
1 cup onions, chopped
3 Tbsp avocado oil
14 g parsley
Salt and pepper

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

Garden Vegetable Soup

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

Serves 2

Avocado oil
½ cup zucchini
⅔ cup carrot strips
½ cup onions, chopped
1 ½ cups cabbage, chopped
½ cup green beans and any other combination of your favourite vegetables
2 garlic cloves, minced
1 tsp basil
½ tsp salt
1 Tbsp no-added-salt tomato paste or 1 can of diced tomatoes with no salt added
4 cups vegetable stock

Drizzle avocado oil into a large saucepan and sauté the carrots, onion and garlic over low heat for about 6 minutes. Add the stock, cabbage, green beans, tomato paste, basil, oregano and salt. Bring the soup to a boil and immediately lower the heat; simmer while covered for 15 minutes. Stir in the zucchini and continue to simmer the soup for 3–4 minutes more.

Golden Carrot Soup

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

Serves 2–3

2 ½ cups carrots, chopped
1 onion, chopped
4 cans vegetable or chicken stock
2 Tbsp avocado oil
3 Tbsp bay leaves
2 Tbsp parsley
¼ tsp black pepper
2 garlic cloves, minced

Heat the oil in a saucepan. Add the carrots, onions, garlic and bay leaves. Put the stock in another pan and bring it to a boil. Pour the boiling stock over the vegetables and simmer for 15 minutes or until tender. Remove the pan from heat and remove the bay leaves. Allow the soup to cool a little, then transfer it to a food processor or blender and purée until smooth. Season with pepper. Garnish with parsley.





Hot and Sour Soup With Chicken

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

Serves 4

2 chicken breasts
5 cups low-sodium chicken stock
½ cup mushrooms
1–2 scallions
1 Tbsp low-sodium soy sauce (or liquid aminos)
½–1 Tbsp hot sauce
1 egg white
⅓ tsp black pepper
½ cup bamboo shoots
⅔ tsp rice vinegar
1 tsp grated ginger

Combine the stock, mushrooms and ginger in a saucepan; bring to a boil. Add the chicken and simmer it uncovered for about 10 minutes. Add in the bamboo shoots and simmer 5 minutes. Add in the vinegar, soy sauce, hot sauce and pepper, and then bring the soup to a boil. Drizzle the egg white into the soup, stirring constantly (lacy strands will form). Stir in the onions. Bring everything to a boil. Cover and simmer the soup until ready to serve.

Mushrooms and Red Spinach Soup

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

Serves 1

1 cup mushrooms
454 g red spinach
852 ml water
1 tsp chicken stock powder

Cut the mushrooms into pieces. Add the mushrooms into boiling water and cook for 5 minutes. Add in the red spinach and chicken stock powder. Cook for another 3 minutes and then turn off the stove.

Tomato and Chives Tofu Soup

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

Serves 1

2 tomatoes
113 g chives
198 g tofu (firm, soft or silken)
¼ tsp black pepper
2 tsp chicken stock powder
852 ml water

Cut each tomato into four pieces. Cut the tofu into cubes. Cut the chives equal to the size of your smallest finger. Next, add the tomato to boiled water. Wait 5 minutes, then add in the tofu. Wait another 3 minutes, then add the chives and chicken stock powder. Cook another 2 minutes. Sprinkle with black pepper just prior to serving.

Tomato Egg Soup

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

Serves 1

2 tomatoes
113 g cilantro
2 egg whites
¼ tsp black pepper
2 tsp chicken stock powder
852 ml water

Cut each tomato into four pieces. Chop the cilantro. Add the tomato into boiled water. Wait for 5 minutes, and then add the egg whites (leave them whole or stir into the soup). Add the chicken stock powder. Cook the soup for another 2 minutes, then add in the cilantro. Sprinkle with black pepper just prior to serving.



CHICKEN DISHES



Asian Turkey Meatballs With Roasted Vegetables

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

Serves 2–3

454 g minced turkey
1 egg
1 small thumb-size fresh ginger, grated
2 fresh green scallions, finely chopped
1 Tbsp low-sodium soy sauce (or liquid aminos)
Pepper
1 tsp red chilli flakes
3–4 cups vegetable medley (green beans, red capsicums, broccoli, carrots or any others you prefer), cut up
Avocado oil

Preheat the oven to 218 C. Cut up the vegetables, place them in a bowl, drizzle with 1–3 Tbsp avocado oil, add salt and pepper and toss until all vegetables are evenly and lightly coated. In a medium-sized bowl, combine the turkey with all the other ingredients except for the vegetables and mix thoroughly. Roll into balls all approx. identical in size. Line half a large baking sheet with aluminium foil and brush a drizzle of avocado oil over it. Place the turkey meatballs apart on the oiled half of the baking sheet. Spread the vegetables out onto the other side of the baking sheet. Bake 12–15 minutes, depending on the size of the meatballs. Serve the meatballs over cauliflower rice with roasted vegetables.

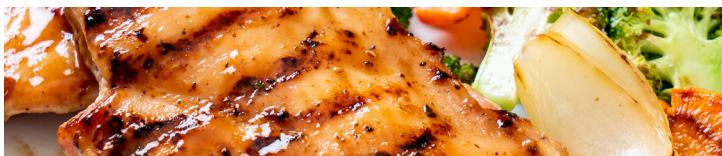
Balsamic Chicken Breast

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

Serves 2

2 chicken breasts, sliced into strips
1 cup sliced mushrooms
1 small red onion, sliced
⅓ tsp thyme
1 fresh garlic clove, minced
½ tsp salt
½ tsp black pepper
1 bay leaf
4 Tbsp balsamic vinegar
2 Tbsp vegetable stock
1 Tbsp avocado oil

Season the chicken with salt and pepper. Heat the oil and vegetable stock in a heavy frypan and cook the chicken over medium-high heat until nicely browned. Add the garlic and half of the balsamic vinegar while cooking the chicken. Once the chicken is browned, add the mushrooms, red onions and remaining spices. Continue cooking, shaking the frypan and redistributing the mushrooms and onions to cook them evenly. Once the chicken is nearly done, add the remaining balsamic vinegar and simmer over low heat for about 5 minutes, stirring if necessary. Serve over a green salad or cauliflower rice.



Basil Chicken Packets

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

Serves 4

2 Tbsp fresh parsley
1 Tbsp lemon zest
1 ½ tsp dried basil or several fresh leaves, chopped
2 medium yellow summer squash, diced
1 medium red capsicum, diced
1 Tbsp black pepper
¼ tsp salt
2 chicken breasts, halved

Preheat the oven to 218 C or grill to medium-high heat. Centre one chicken breast half on each side of a sheet of aluminium foil. Combine the parsley, lemon zest, basil and salt, and sprinkle over the chicken. Top the chicken with the squash and capsicum, then sprinkle with black pepper. Bring up the foil 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.



Chicken Wings Air Fried/Grilled

(FS, RR, SS, CC, P2)

Serves 1

453 g chicken wings (approx. six chicken wings)
2 Tbsp fish sauce
1 Tbsp low-sodium soy sauce (or liquid aminos)
1 Tbsp garlic powder
1 tsp black pepper
1 Tbsp chicken stock powder

Prepare a big bowl. Add the fish sauce, soy sauce, garlic powder, black pepper and chicken stock powder. Stir well. Rinse the chicken wings and put them in the bowl of sauce. Mix or shake well, then place in the refrigerator for at least 30 minutes (or overnight for cooking the next day). To cook the chicken wings, put them in an air fryer or oven and heat them at 198 C for 25 minutes, turning the wings over halfway through cooking.

Deville Chicken

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

Serves 2

2 chicken breasts
¼ medium onion
¼ red capsicum
4 Tbsp organic yellow or Dijon mustard
1 garlic clove, minced
¼ tsp red pepper flakes or cayenne
½ Tbsp paprika
¼ Tbsp black pepper
1 Tbsp parsley
¼ cup chicken stock

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 and brown on the first side for 3 minutes; flip and then sear the second side for 2 minutes. Remove the chicken and reserve it on a plate under a foil tent. Then add the onion, garlic, capsicum and red pepper flakes to the pan. Cook the vegetables for 5 minutes.

Add ¼ 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. Remove the chicken to a platter. To finish the sauce, turn off the heat and add the parsley. Pour the sauce over the chicken and serve immediately.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, P2)

Serves 1

1 Tbsp avocado oil
1 chicken breast
2 Tbsp water
1 Tbsp basil
⅓ tsp fish sauce
1 Tbsp dehydrated red curry sauce/paste

Lightly oil a frypan. Heat the chicken through and shred the meat. Next, add the red curry paste into oil and heat until softened. Toss the shredded chicken into the curry paste. Add the fish sauce and 1–2 Tbsp water to keep the chicken moist. Garnish with basil.

Lemon Basil Chicken

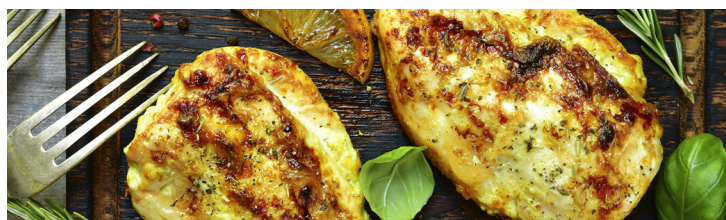
(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

4 chicken breasts, sliced into strips
1 Tbsp dry basil or a large handful of fresh basil leaves
1 lemon
1 garlic clove, minced
Salt and pepper
Avocado oil

Grate 2 tsp lemon peel and reserve for later. Cut the flesh of the lemon into halves and juice them; reserve for later. Pat the chicken breasts dry, then cut them into strips and season them with salt and pepper. Heat the oil in a pan over medium to high heat. Place the garlic and chicken in the pan and cook until browned. Add lemon zest and stir.

When the chicken is nearly done, add the lemon juice and fresh basil, then reduce the heat to low and simmer, stirring if necessary. Serve over cauliflower rice and your favourite vegetables, cut up and flash stir-fried in low-sodium soy sauce (or liquid aminos).



Moroccan-Style Chicken With Vegetables

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

Serves 2

2 chicken breasts
1–2 tomatoes, diced
1 shallot, minced
1 small to medium zucchini, cut into 2 cm slices

1 ½ tsp cumin
½ tsp cinnamon
½ Tbsp salt
½ tsp pepper
2 Tbsp tomato paste

Preheat the oven to 232 C. Centre the chicken breasts on aluminium foil. Combine the dry spices, then sprinkle half of the mix over the chicken. Combine and mix the remaining spice mix with the onion, tomatoes and paste and spoon this next to the chicken.

Arrange the zucchini slices over the chicken and tomatoes. Bring up the foil sides and double-fold the top and ends to seal the packets, leaving some room for heat circulation. Bake 20–22 minutes.

Sonoma Chicken

(FS, RR, SS, CC, P2)

Serves 4

4 chicken breasts
1 ½ cup mushrooms
1 onion, sliced
½ cup tomatoes
½ tsp salt
¼ tsp pepper
½ tsp garlic powder
1 tsp rosemary
1 cup chicken stock
4 Tbsp avocado oil
Fresh parsley, chopped roughly

Cut the chicken into slices and pound them until they are less than ½ thickness. Sprinkle the chicken with some of the rosemary, garlic powder, salt and pepper, and set aside. Coat a frypan with oil over medium-high heat. Add the chicken and cook 2–3 minutes on each side or until there is no pink inside. Set aside and keep warm. Add the onions, mushrooms and 2 Tbsp stock to the frypan.

Cover and cook for a few minutes. Add more stock if the frypan becomes too dry. Add the remaining stock and tomatoes and bring to a boil. Reduce the heat to medium-low, cover and cook for 3 minutes. Add the chicken back in, raise the heat to high and cook uncovered, frequently stirring for 3 minutes until about ¼ of liquid remains. Sprinkle with fresh parsley and serve over a fresh green salad or cauliflower rice.

Thai Chicken Stir-Fry

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

Serves 4–6

4 chicken breasts, cut into strips
1 cup cauliflower
2 cups broccoli
1 cup carrot slices
½ tsp garlic powder or 1 fresh garlic clove, minced
½ tsp ginger powder or 1 small ginger finger, grated
½ Tbsp ground cardamom
½ tsp chilli powder
1 Tbsp curry powder
2 Tbsp avocado oil
1 Tbsp soy sauce

Over medium-high heat, stir the oil, soy sauce and garlic powder in a frypan. Add half of the chicken (cut into strips), and cook for 3 minutes. Remove the cooked chicken and repeat with the remaining chicken. Return all of the chicken and the other ingredients to the frypan. Bring to a boil and cover. Cook 3–5 minutes.

SEAFOOD DISHES

Grilled Sole With Warm Eggplant Salad

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

Serves 1

- 1–2 sole fillets
- ¼ red onion, finely sliced
- 1 medium tomato, diced
- ¼ eggplant, peeled and cubed
- ½ Tbsp avocado oil
- ¼ Tbsp balsamic vinegar
- ½ Tbsp capers
- 1 Tbsp parsley

Preheat the oven to 177 C. Place the sole in the oven and cook it until it is tender and flaky, approx. 10–15 minutes. Heat the oil in a nonstick frypan, add the eggplant and fry it for 10 minutes or until golden and softened. Add the onion, capers, tomatoes, parsley and vinegar and stir to combine. Serve the eggplant on the side or on top of the grilled fish.

Caribbean Prawns

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

Serves 4

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

Mix all ingredients. Cover and refrigerate for at least 2 hours. Cook the prawns as desired – grill, bake or sauté. Serve the prawns over salad, cauliflower rice or your favourite sautéed vegetables.



Chinese Steamed Bass With Cabbage

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

Serves 2

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

Sprinkle the fish with chilli pepper, ginger and salt. Steam the cabbage for 5 minutes. Lay the fish on top of the cabbage and steam for 5 minutes more until cooked thoroughly. While steaming, heat the oils in a small saucepan and add the garlic, cooking until slightly browned. Plate the cabbage and fish; sprinkle with soy sauce and pour the garlic and oil over top.

Cioppino (seafood stew)

(FS, RR, SS, CC, P2)

Serves 2

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

Optional: Add in or substitute the listed seafood with clams, scallops or capers.

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

Dilled Cod

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

Serves 4

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

Preheat the oven to 218 C. Evenly distribute the lemon slices on aluminium foil. Place the cod on top of the lemon slices and sprinkle with salt and pepper. Top the cod with zucchini, squash and onion, then sprinkle on the dill weed and dried mustard. Bring up the side of the foil (may need to do each fillet in its own foil) and double-fold into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15–18 minutes.

Fish Veracruz

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

Serves 4

2 garlic cloves, chopped
2 cups orange juice
1 Tbsp onions
4 fish fillets (white fish)
¼ cup stuffed green olives, chopped pimiento
1 Tbsp avocado oil
28 g fresh tomatoes with jalapeño

Preheat the oven to 218 C. Coat a baking dish with nonstick cooking spray. Heat the oil in a large frypan over medium-high heat. Add the onion and garlic and cook for 4 minutes or until softened. Add the tomatoes, olives and orange juice and cook for 5 minutes. Place the fish in the baking dish and top it with the tomato mixture. Bake 10–12 minutes or until fish is no longer translucent.

Ginger Prawn Stir-Fry

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

Serves 4

2 ½ cups prawns
1 white onion, cut into wedges
¾ cup celery, chopped
½ cup baby carrots
½ cup snow peas
½ cup cauliflower or broccoli
½ cup mushrooms
½ cup water chestnuts
2 tsp ginger powder or 1 fresh finger of ginger, grated
1–2 garlic cloves, minced
2–4 Tbsp low-sodium soy sauce (or liquid aminos)
2 Tbsp avocado oil

In a large wok, heat 1 Tbsp oil over medium heat; add half of the garlic and ginger and all of the prawns. Cook the prawns until they turn pink, then set them aside. In the same wok, heat 1 Tbsp oil and the remaining garlic and ginger. Next, add hardest or most dense vegetables (carrots, cauliflower and broccoli) into the wok. As those cook, add half the soy sauce and the remaining vegetables in batches, hardest to softest (mushrooms, snow peas and water chestnuts should be last). Lastly, add the remaining soy sauce and the prawns into the wok; toss everything together until all the vegetables are softened but still bright in colour. Serve over cauliflower rice.



Grilled Salmon With Spinach and Tomato Stack

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

Serves 2

2 salmon fillets
1 Tbsp balsamic vinegar
2 Tbsp fresh basil, chopped
1 tsp avocado oil
2 cups fresh spinach
1 tomato, sliced (or any of your favourite vegetables)

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



Grilled Tuna With Salsa

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

Serves 1

1 tuna steak
2–4 Tbsp fresh salsa
1 cup lettuce/greens (your favourite)
1 cup snow peas
1 tsp avocado oil
1 Tbsp low-sodium soy (or liquid aminos)
Salt and pepper

Lightly brush a grill pan or grill rack with oil. Season the tuna with salt and pepper, then grill it on the pan over medium heat, turning after 4–6 minutes. The tuna should maintain a little pink in the centre but will flake easily around the edges. Top the tuna with fresh salsa and serve on top of a bed of greens and snow peas. A sprinkle of soy sauce or liquid aminos over the salad is optional.

Quick-Grilled Salmon With Ginger-Mint Salsa

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

Serves 2

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

Preheat the grill in the oven to high, then place an oven-safe pan inside the oven for 10 minutes. The pan should be 12–17 cm from the heat source. Rub the salmon with 2 tsp fresh lemon juice and pepper. Using an oven mitt, pull the pan out of the oven and place the salmon in the hot pan, skin side down. Return the salmon to the oven and cook about 5–7 minutes, depending on thickness. Test to ensure the salmon is cooked. Meanwhile, combine the ginger, mint, lime juice and scallions; spoon this mixture over the salmon. Garnish with 1 tsp olive oil.



Prawn Salad

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

Serves 1

- ½ Tbsp low-sodium soy sauce
- 2 tsp balsamic vinegar
- 1 Tbsp avocado oil
- ½ cup tomatoes
- 10 basil leaves
- 85 g prawns, cooked

Combine the basil and tomatoes. Whisk the oil, vinegar and soy sauce in a cup, then season with salt and pepper. Pour the dressing over the basil and tomato mixture and add the cooked prawn. Optional: Add a bed of greens or any of your favourite vegetables.

Codfish Steam Soy Sauce

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

Serves 2–3

- 1 cod fish
- 2 tsp ginger, minced
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 1 Tbsp soy sauce
- ½ tsp sesame oil
- 2 tsp garlic, chopped
- 170 ml water
- 1 tsp salt
- 1 tsp chicken stock powder

Rinse and cut the ginger and green onion into thin slices. Rinse and cut the cilantro in half. Add the soy sauce, sesame oil, garlic and chicken stock into 170 ml of water and stir well. Put the ginger and onion into the fish and put the fish into an oval plate or a big bowl. Add in the soy sauce mixture. Steam 15–20 minutes. Add the cilantro just prior to serving.

Tuscan Cod

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

Serves 2

- 1 tsp avocado oil
- 1 tsp cumin
- 2 cod fillets
- 1 red capsicum, diced
- ½ cup onions, chopped
- 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 and spoon sauce over it. Cover the frypan and cook the fish for 10 minutes until it flakes easily.

Zesty Red Snapper With Mushrooms

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

Serves 4

- 4 snapper fillets
- 1 cup sliced mushrooms
- 2 Tbsp lemon juice
- ⅓ tsp red pepper flakes
- ⅓ tsp pepper
- ½ tsp oregano
- ½ tsp tarragon
- ½ tsp paprika
- ¼ tsp salt

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



APPETISERS AND VEGETABLE SIDE DISHES

Artichokes and Green Beans

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

Serves 5

566 g fresh green beans
1 Tbsp extra-virgin olive oil
⅓ cup onion, finely chopped
1 garlic clove
1 396 g can artichoke hearts, rinsed, drained and quartered
¼ Tbsp salt
⅛ tsp pepper

Place the green beans in a steamer basket, then place the steamer basket in a saucepan over 2 cm of water. Bring to a boil. Cover the saucepan and steam the green beans for 6–8 minutes or until crisp but tender. Remove the saucepan from the heat and set it aside. In a nonstick frypan, sauté the onion and garlic in oil until tender. Add the artichokes, salt, pepper and green beans; cook and stir them 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 avocado oil
2 Tbsp balsamic vinegar
Salt and pepper to taste

Cook the kale in a large, covered saucepan over medium-high heat until the leaves are wilted. Uncover the sauce pan and stir in the garlic, avocado oil and vinegar. Cook while stirring for about 2 minutes. Add salt and pepper to taste.



Bean Sprouts Stir-Fry

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

Serves 2

454 g bean sprouts
113 g chives
2 tsp garlic, chopped
3 tsp avocado oil
2 tsp chicken stock powder

Rinse the bean sprouts and chives. Cut the chives into little-finger size. Fry the chopped garlic with avocado oil 10–15 seconds on medium-high heat until the garlic turns light gold. Add the bean sprouts and stir-fry for 5 minutes. Add the chives and chicken stock powder and cook 2 minutes more.

Broccoli Marinara

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

Serves 4

2 garlic cloves, chopped
2 Tbsp avocado oil
2 cups broccoli, chopped
Salt and pepper to taste
2 cups fresh diced tomatoes with basil, garlic and oregano (no salt added)

Heat oil in a large frypan over medium heat. Add the garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with juice included 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 the broccoli are tender. Do not overcook the broccoli. Pour the broccoli marinara into a serving dish and toss before serving.



Carrot Salad With Cilantro and Lemon

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

Serves 2

- 1 large carrot
- 2 scallions
- 2 Tbsp cilantro
- 1 Tbsp lemon juice
- ½ 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 carrot in a bowl with the scallions, cilantro, lime juice and salt. Toss the salad, sprinkle it with pepper and serve.

Cauliflower Rice

When making cauliflower rice at home, you will need:

- Head of cauliflower
- Blender
- Strainer
- Paper towel

Chop the entire cauliflower (head and usable stems) into florets and chunks. Fill the blender with cauliflower pieces up to ¾ full. Add filtered water to top of cauliflower. Blend on the lowest setting; you may need to prod with a blender-safe instrument so that all the cauliflower is “riced.” Place one or two paper towel(s) in the strainer and slowly pour the contents of the blender into the strainer. Repeat until you have riced all the cauliflower. (You can separate the riced cauliflower into serving sizes and store them in the fridge or freezer).

Cooking Cauliflower Rice

In a large frypan, add a drizzle of avocado oil and 1–2 Tbsp chicken or vegetable stock over medium to high heat. Add the chopped onion, vegetables and herbs until fragrant. Add the cauliflower rice, salt, pepper and other desired spices; fry until the desired softness or crispiness is reached.

Mexican rice: add finely chopped shallots, turmeric, cumin, garlic powder and fresh cilantro
Asian rice: add finely chopped scallions, peas, freshly grated ginger and low-sodium soy sauce (or liquid aminos)

Spanish rice: add finely chopped onion and 2 Tbsp salsa or tomato paste

Mushroom and parsley rice: add finely chopped mushroom and shallots, parsley, salt and pepper.

Cherry Tomato Pico de Gallo With a Kick

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

Serves 6

- 454 g cherry tomatoes, sliced in half
- 3–4 scallions or 3 Tbsp red onion, minced
- 1 tsp chilli powder
- ⅓ tsp garlic powder
- ½ tsp salt
- 1–2 limes, freshly squeezed
- 1 Tbsp apple cider vinegar
- ½ cup fresh cilantro leaves

In a bowl, combine the tomatoes, onions, chilli powder, garlic, salt and pepper; drizzle with lime juice and vinegar. Add the cilantro and toss to combine. Serve the pico de gallo over eggs or any lean protein, like chicken breast or fish fillet.



Creole Okra and Tomatoes

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

Serves 4

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

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

Curried Tofu Scramble With Roasted Capsicum and Peas

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

Serves 4

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

Heat the avocado 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 the frypan. Cook for 3 minutes, then stir in the peas, roasted capsicum and cilantro. Cook for 2 minutes more.

*Tip: Freezing tofu will make it crumble better.

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 thinly sliced

Preheat the oven to 177 C. Spray a baking sheet with cooking oil, then place the eggplant on the baking sheet. Spray cooking oil on top of the eggplant, then place the eggplant under the grill for 10–15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer the eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top of the dish, then cover the dish over and cook for one hour.

Eggplant Mixed Vegetable Grill

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

Serves 4

2 Tbsp avocado oil
2 Tbsp parsley
6 tsp oregano
2 Tbsp basil
1 Tbsp balsamic vinegar
1 Tbsp salt
½ tsp pepper
6 garlic cloves, minced
1 large eggplant, sliced and quartered
1 red onion, cut into wedges
10 asparagus spears, trimmed

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



Fresh Summer Vegetable Ratatouille

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

Serves 8

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

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 zucchini in batches until slightly browned on all sides. Remove the zucchini and place them in the stockpot with the onions. Sauté all the remaining vegetables one batch at a time, adding a little more oil with each batch. Season the stockpot ingredients with salt and pepper. Add the bay leaf, cover the stockpot and cook over medium heat for 20 minutes. Add the chopped tomatoes and parsley and cook another 10–15 minutes, stirring occasionally. Remove the bay leaf and adjust the seasoning.

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 or a fresh handful, chopped
½ Tbsp salt
⅓ tsp pepper

Preheat the oven to 218 C. Centre the vegetables on a sheet of aluminium foil, sprinkle them with the seasonings and top them with two ice cubes. Bring the foil up and double fold the top to seal and form a tent. Bake 20–25 minutes.

Garlic Kale Sauté

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

Serves 2

5 cups kale, chopped
4 garlic cloves, minced
2 Tbsp avocado oil
Salt

Remove the leaves from the kale stems and tear the leaves into bite-sized pieces; discard 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 the kale is bright green and wilted.

Green Beans With Garlic and Tomato

(Detox, FS, RR, SS, CC)

Serves 4

4 garlic cloves
½ cup chopped onion
454 g green beans
4 tsp avocado oil
½ tsp salt
1 cup cherry tomatoes, fresh

Rinse and drain the green beans. Sauté the onions and garlic until fragrant. Add the green beans and salt to the sauté, stir and cook about 5 minutes over medium-high heat until the beans are a bright colour. Add a splash of water, if needed, then add the fresh tomatoes.

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 pieces
3 garlic cloves, minced
3 Tbsp avocado oil
3 Tbsp lemon juice
1 tsp basil
½ Tbsp salt
Aluminium foil

Preheat the grill to medium-high heat. Fold aluminium foil over the outside of a 32 x 22 cm baking pan. Remove the foil and place it on a baking sheet, but maintain the shape created by the baking pan. Place the vegetables in the “foil pan.” Combine all the other ingredients and drizzle the mixture over the vegetables. Grill 20–25 minutes.

Guacamole

(FS, RR, SS, CC, P2)

Serves 2–4

1 large avocado, cubed
¼ cup chopped onion, red or yellow
1 jalapeño pepper, diced
1 garlic clove, minced
½ cup cherry tomatoes, halved or quartered
¼ cup cilantro leaves, diced
1 lime
Dash of salt and pepper

Squeeze the lime into a medium bowl. Remove the avocado's pit and dice the flesh. Scoop the diced flesh pieces out of the skin and mash it with a fork to desired consistency. Add the tomatoes, onion, garlic, cilantro, jalapeño, salt and pepper to the mixture. Cover with plastic wrap, pressing the plastic wrap cover onto the surface of the guacamole. Chill for a few hours before serving or serve immediately. Eat alongside a salad or dinner, or as a dip with celery sticks, zucchini and cucumber slices.



Indian Roasted Vegetables

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

Serves 3–4

2 cups Brussels sprouts, halved or quarter
3 cups cauliflower, cut into bite-sized florets
2 cups broccoli, cut into bite-sized florets
1 small/medium onion of choice, chopped
1–2 Tbsp avocado oil
2 tsp turmeric
1 tsp cumin
1 tsp garlic powder
Salt and pepper

Preheat the oven to 232 C. Place all the chopped vegetables in a bowl. Lightly coat the vegetables with the avocado oil and season with turmeric until the cauliflower appears yellow; add the cumin and garlic powder and a few shakes of salt and pepper. Toss the vegetables to coat them evenly, then spread them out on a baking sheet. Bake for 20–25 minutes or until the cauliflower and broccoli appear to be getting crispy edges. Turn the vegetables with a spatula halfway through cooking, then place them back in the oven until they reach the desired crispiness.

Mediterranean Summer Tomatoes

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

Serves 4

5 fresh tomatoes
5 shallots, chopped
½ cup avocado oil
¼ cup balsamic vinegar

Core and slice the tomatoes and arrange them on a plate. Sprinkle the shallots over the tomatoes. Whisk the oil and vinegar, and then pour over the tomatoes. Let stand for 5 minutes before serving. This recipe is a fresh side for any entrée.



Oven-Roasted Asparagus

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

Serves 4

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

Preheat the oven to 218 C. Place all ingredients in a resealable plastic bag and shake to coat the asparagus. Bake 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 avocado oil
- 1 tsp sea salt
- ½ tsp pepper
- 1 garlic clove, minced
- ½ tsp lemon juice

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

Sautéed Zucchini

(Detox, FS, RR, SS, CC, P1, P2)
Serves 2

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

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

Spicy Grilled Vegetable Skewer

(Detox, FS, RR, SS, CC, P1, P2)
Serves 6

- 1 tsp ground ginger
- 4 Tbsp low-sodium soy sauce or liquid aminos
- 1 tsp rice vinegar
- 3 Tbsp avocado oil
- 14 ml lime juice
- ¼ tsp pepper
- 1 yellow squash or zucchini, cut into 2 cm slices
- 2 portabella mushrooms, quartered without stems
- 1 red capsicum, sliced 2 cm chunks
- 1 yellow capsicum, sliced 2 cm chunks
- ½ red onion, chopped into quarters
- Skewers

Mix all the ingredients and place them in a covered container; refrigerate for 20 minutes. Skewer the vegetables. Spray the grill with cooking spray and grill the skewered vegetables over medium-high heat 8–10 minutes, frequently turning, until they are soft and brown.

Spicy Roasted Kale Chips

(Detox, FS, RR, SS, CC, P1, P2)
Serves 4

- 4 cups chopped kale, stems removed (best type for kale chips is Tuscan kale)
- 1 Tbsp avocado oil
- 1 Tbsp chilli powder
- ¼ Tbsp salt

Preheat the oven to 204 C. Combine the kale and oil in a bowl and toss evenly. Sprinkle the kale with the chilli powder and salt, then toss again. Spread the kale on a baking sheet. Roast for 3–5 minutes, stir and continue roasting for about 5 minutes more until the edges are brown.

Thyme Mushrooms and Capsicums Sauté

(Detox, FS, RR, SS, CC, P1, P2)
Serves 4

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

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

Tomatoes With Shallots and Fresh Basil

(Detox, FS, RR, SS, CC, P2)
Serves 4

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

Slice the tomatoes .6 cm thick and fan the slices out on a platter. Sprinkle the slices evenly with salt and pepper, then drizzle the avocado oil and vinegar over them. Top the tomatoes with the basil and shallots and serve.

Zucchini Mexicali

(FS, RR, SS, CC, P2)
Serves 2–4

- 2 Tbsp avocado oil
- 1 zucchini, thinly sliced
- 1 onion, chopped
- 1 carrot, shredded
- ¾ cup celery
- ½ cup green capsicum, julienned
- ½ tsp salt
- ¼ tsp basil
- ½ cup Old El Paso taco sauce, mild
- 2 tsp mustard
- 1 cup chopped tomato

In a large frypan, combine the first eight ingredients (avocado oil to basil); cover and cook over medium-high heat for 5 minutes. Stir in the taco sauce and mustard, then top with tomato wedges. Cook uncovered for 5 minutes or until heated through.

Zucchini Tomato Vegetable Packet

(Detox, FS, RR, SS, CC, P1, P2)
Serves 4

- 1 onion, sliced
- 1 tomato, cut into chunks
- 1 Tbsp avocado oil
- ¾ tsp lemon pepper
- ½ tsp oregano
- ¼ tsp salt
- 2 large zucchini, chopped

Preheat the oven to 232 C. Centre the vegetables on a sheet of aluminium foil, then drizzle them with the oil and seasonings. Bring up the foil sides and double fold at the top and ends to seal, leaving some room to form a tent at the top. Bake 20–25 minutes.