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APPETISERS



“Angled” Eggs

(CC)

Serves 6

6 eggs, hard boiled
170 g tuna, canned
4 Tbsp Greek yogurt
1 Tbsp Dijon mustard
1 Tbsp lemon juice, freshly squeezed
1 Tbsp fresh dill, chopped
Paprika to garnish

Slice the eggs into halves lengthwise. Scoop out the yolks and set aside. In a medium-sized mixing bowl, finely mash two egg yolks with a fork. Discard the remaining yolks. In another bowl, finely mash the tuna with a fork. Combine the tuna and egg yolks into one bowl. Add the remaining ingredients and mix well. Spoon the mixture into the hollowed-out egg whites. Sprinkle with paprika. Serve immediately or chill to allow the flavours to meld.

Pickled Beans

(RR, SS, CC)

Serves 4

2 cups green beans, trimmed
1 cup yellow beans, trimmed
½ cup mushrooms, halved
2 Tbsp onion flakes
½ Tbsp garlic powder
½ tsp black pepper
½ tsp white wine vinegar
¼ cup lemon juice
½ tsp dill weed
½ tsp salt

Lightly steam beans and mushrooms. Combine all ingredients in a sealed container or jar and chill overnight. Serve cold.

Black Bean and Feta Dip

(CC)

Serves 4

1 lemon, squeezed for juice
1 cup avocado, cubed
1 cup chopped onion
1 jalapeño pepper, diced
1 garlic clove, diced
½ cup cherry tomatoes
¼ cup cilantro leaves, diced
1 can black beans, drained and rinsed
½ cup hard feta, crumbled
Dash of salt

Mix together and serve.

Melanie’s Ultimate Guacamole

(FS, RR, SS, CC, P2)

Serves 4–6

2–3 ripe avocados
1 small ripe tomato or 5–6 grape tomatoes, diced or minced
1 lime, cut in half and squeeze for juice
1–2 Tbsp red onion, finely minced
Handful of fresh cilantro, chopped well
1 garlic clove, minced or ¼ tsp garlic powder
½ tsp of sea salt
Dash of pepper and/or cayenne

Scoop out the avocado into a bowl. Add all of the fresh ingredients to the avocado and mash together until desired consistency. Add pepper and cayenne as desired and serve with fresh yellow and red capsicums and celery sticks.





Black Bean Mango Salsa

(SS, CC)

Serves 6

- 1 large yellow capsicum, chopped
- ¼ cup onions, minced
- 1 mango, chopped
- 1 lemon, juiced
- 2 Tbsp fresh parsley, chopped
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes with green chillies
- ¼ tsp salt

Drain the beans and rinse them well. Drain the tomatoes. Combine all the ingredients in a bowl, including the salt and lemon juice. Refrigerate and serve cold.

Creamy Mushroom Spread

(CC)

Serves 8

- 28 g cream cheese
- 3 ½ cups white or button mushrooms, finely minced
- ½ Tbsp shallots, minced
- 2 cups fresh parsley, destemmed
- 56 g dry sherry
- 2 Tbsp olive oil
- ½ Tbsp black pepper
- 1 tsp salt

Heat the oil in a frypan with the shallots. When the shallots are tender, add the mushrooms and keep cooking until the liquid is removed. Place half of the mushroom mixture with the cream cheese and sherry in a food processor. Process until smooth, then add the other half of the mushroom mixture along with the parsley, salt and pepper. Serve with raw zucchini and cucumber slices.

Spicy Avocado Yogurt Dip

(CC)

Serves 8

- ¾ cup plain yogurt
- ½ Tbsp salt
- 1 Tbsp cumin
- 2 Tbsp red onions
- 28 ml lime juice
- 1 cup diced jalapeño pepper
- 3 avocados, peeled and mashed
- 1 garlic clove, chopped
- 3 Tbsp cilantro

Combine all ingredients in a bowl and serve with vegetable slices.

Southwest Zucchini Taco Boats With Turkey

(CC)

Serves 4

Great with chicken, minced beef or tofu as well.

- 3 medium to large zucchini, sliced in half and middle cored to create “boats”
- Avocado oil
- 454 g minced turkey
- ½ onion, chopped and minced
- 1 small capsicum (any colour), chopped and minced
- 4 Tbsp low-sodium vegetable or chicken stock
- Salt and pepper
- 1–2 Tbsp southwest or taco seasoning blend, salt-free
- ¼ cup shredded Mexican cheese blend (or non-dairy alternative)

Coat the zucchini “boats” lightly with avocado oil; place them on tin foil on a baking sheet. Heat the oven to 218 C and put the baking sheet with the zucchini boats inside; cook for approximately 4 minutes, flip over and cook 4 minutes more. Remove the zucchini from the oven and set it aside. In a pan over medium-high heat, add a drizzle of avocado oil, the ground turkey, 4 Tbsp chicken stock and the southwest seasoning. Mix the ingredients as they cook. When the turkey is nearly done, add the onion and capsicums as well as salt and pepper to taste. Continue cooking, stirring and mixing thoroughly until the onion and capsicums are soft. Scoop the mix into the zucchini boats. Sprinkle ¼ cup shredded cheese over the zucchini boats and place them in the oven for 5 minutes more. Serve with a hearty helping of pico de gallo on top or off to the side.

Fresh pico de gallo topping:

- 1–3 small tomatoes, diced
- 1 Tbsp red onion, minced
- Small handful of fresh cilantro, chopped roughly
- 1 small lime, freshly juiced
- Dash of salt and pepper

Combine and set aside.

Buffalo Chicken Dip

(CC)

Serves 3–4

- 550 g chicken tenders or boneless skinless breasts*
- ½ medium onion, chopped
- 2 garlic cloves, minced
- 1 Tbsp ghee
- ⅔ cup homemade or olive oil mayonnaise
- 1 Tbsp olive oil
- ⅔ cup coconut cream (use the thick part of a chilled can of coconut milk or purchase the cream separately)
- 1 Tbsp brown mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried dill
- ½ tsp smoked paprika
- ⅓ cup hot sauce (Frank's RedHot® Original is recommended)
- 1 ½ Tbsp fresh lemon juice
- Sea salt and pepper

Preheat the oven to 204 C and line a baking sheet with aluminium foil. Place the chicken on the baking sheet, then drizzle olive oil on top and sprinkle with salt and pepper. Bake the chicken 15–20 minutes until cooked through; remove it from the oven and set it aside to cool. Lower the oven temperature to 177 C.

Meanwhile, heat a small frypan over medium heat and add the ghee. Sauté the onions until soft, then add the garlic and cook, stirring until just softened; remove from heat and set aside.

In a large mixing bowl, whisk together the mayonnaise, coconut cream, mustard, garlic powder, onion powder, dill, paprika, hot sauce and lemon juice until smooth. Shred the chicken breasts, then add them to the mixture along with the cooked onions and garlic. Stir to combine, then transfer to a small casserole dish and bake in the preheated oven (177 C) for 20 to 25 minutes until the outer edges bubble and the dip is heated through. Serve warm and eat with celery stalks or other vegetables.



Caprese Salad

(CC)

Serves 4

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

Slice the tomatoes 1 cm thick, then fan the slices out on a platter. Sprinkle the slices evenly with salt and pepper. Drizzle the olive oil and vinegar over the slices, then top with the mozzarella slices, basil and shallots and serve.

Spicy Edamame-Cilantro Dip

(CC)

Serves 12

2 cups edamame beans, shelled
1 red capsicum, chopped
3 scallions, chopped
227 g sour cream
1 cup cilantro leaves, chopped
3 Tbsp light mayonnaise
57 ml lime juice
1 Tbsp olive oil
3 Tbsp red wine vinegar
¼ Tbsp black pepper

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

Tofu Crackers

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

Serves 4

1 block extra firm tofu (¾ firm)
1–2 Tbsp avocado oil
Salt
Paprika
Italian seasoning spice blend (or any spices you prefer)

Preheat the oven to 218 C. Using a knife, slice the block of tofu into very thin slices. Arrange the tofu slices on an oiled cookie sheet, then brush on a light coat of oil. Sprinkle the sea salt, paprika and Italian blend over the slices. Bake 15–17 minutes, depending on how thin the slices are; then take them out of the oven, flip them over and bake for 3 minutes more until golden brown.

Wilted Arugula and Portabella Mushrooms

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

Serves 2

4 cups arugula leaves
1 large portabella mushroom, chopped
½ small onion, chopped
2 garlic cloves, minced
1 Tbsp olive oil
⅓ tsp crushed red pepper flakes
¼ cup dry sherry
¼ cup vegetable stock
⅓ tsp black pepper

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

Watermelon, Mint and Feta Salad

(CC)

Serves 4

1 small to medium watermelon, balled or cubed
2 Tbsp fresh mint leaves, destemmed and torn
½ cup crumbled feta
½ Tbsp olive oil
Dash of salt and pepper

Combine all ingredients in a bowl, stir and serve.

Creamy Egg Salad

(CC)

Serves 1

2 large hard-boiled eggs
¼ cup cottage cheese
⅓ cup celery, chopped
1 tsp organic yellow mustard
Dash of black pepper

Mix all ingredients and serve on top of raw zucchini and cucumber slices.

Hummus

(SS, CC)

Serves 6

1 ½ cups chickpeas
4 Tbsp tahini
2 garlic cloves
3 Tbsp lemon juice
2 Tbsp olive oil
Salt and pepper

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



DESSERTS, MARINADES AND DRESSINGS

Flourless Keto Chocolate Cake

(CC)

Serves 8

- 1 stick unsalted butter
- 9 eggs, yolks and whites separated
- ¾ cup monk fruit powder
- 4 cups unsweetened chocolate, grated

Preheat the oven to 177 C. Butter a 23 cm spring-form pan. Put the chocolate and butter into the top of a double saucepan and heat over 3 cm of simmering water until melted. Meanwhile, whisk the egg yolks with the monk fruit powder in a mixing bowl until light yellow in colour. Whisk a little of the chocolate mix into the egg to temper the eggs (this keeps the eggs from scrambling from the heat of the chocolate), then whisk in the rest of the chocolate mixture. Beat the egg whites in a mixing bowl until stiff peaks form, then fold into the chocolate mixture. Pour the mixture into the prepared pan and bake until the cake is set, the top starts to crack and an inserted toothpick comes out clean, about 20–25 minutes. Let the cake stand for 10 minutes, then remove the sides of the pan.

Blueberry Cheesecake

(CC)

Serves 4

- ¼ cup pecans
- ¼ cup almonds
- 1 Tbsp orange rind
- ¾ cup blueberries
- 1 cup ricotta cheese
- 14 ml pure honey
- ¾ cup strawberries

Line four cupcake tin cups with plastic wrap. Place the ricotta, honey and orange rind in a bowl and mash with a fork. Combine two-thirds of the blueberries with the ricotta mixture and divide between muffin tins. Firmly press in and smooth the surface of the mix, then sprinkle nuts on top. Smooth again with the back of a spoon, pressing the nuts into the mixture. Refrigerate for 1 hour to form and chill. To serve, invert onto a plate and peel away the plastic wrap. Top each cake with a sliced strawberry, then serve with the remaining blueberries.



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

Chocolate Coconut Macaroons

(RR, SS, CC)

Serves 8

- 2 cups shredded coconut, unsweetened
- 4 eggs, whites separated
- 2 tsp unsweetened cocoa powder
- 1 Tbsp coconut oil
- 1 tsp vanilla extract
- 4 Tbsp monk fruit powder
- 1 tsp almond extract
- ½ cup almonds, sliced or crushed

Heat the oven to 190 C. Combine the egg whites and both extracts (egg whites should yield ½ cup). Combine the monk fruit powder with the shredded coconut. Mix the dry and wet ingredients with the sliced almonds. Roll the mixture into balls about 1 inch in diameter. Slightly flatten the balls and put them on a greased baking sheet. Place them 2–5 cm apart. Turn down the oven to 163 C and bake the macaroons for 15 minutes or until golden brown on the bottom, and just starting to brown on top.

Chocolate Cherry Pudding

(CC)

Serves 1–2

- 1 individual container of plain Greek yogurt
- 2 scoops TLS® Nutrition Shake — Chocolate
- 3–5 frozen cherries, thawed

Mix the yogurt and the nutrition shake thoroughly. Put the cherries in a bowl and crush them into the pudding.

Easy Chocolate Pudding

(FS, RR, SS, CC, P2)

Serves 2

- 5 dates, pitted
- 1 ripe avocado
- 1 Tbsp cocoa powder

Mix all ingredients in a food processor. Separate into two bowls and chill. Optional: Freeze or use as a chocolate frosting on TLS muffins.



Mixed Berry Crumble

(SS, CC)

Serves 2

- 14 g cinnamon
- 94 ml unsweetened cranberry juice
- 8–10 almonds, chopped
- 1 tsp Stevia or monk fruit powder
- ½ cup cherries without pits (can also use blueberries or blackberries)
- 1 cup frozen boysenberries, thawed
- ¾ cup cooked quinoa

In a large saucepan, combine the berries, juice, cinnamon and sweetener. Cook on high 2–4 minutes or until the fruit is tender. In a bowl, combine the quinoa and almonds for a crumble topping; place in a large frypan over medium-high heat to warm and slightly brown the quinoa and nuts. Divide the fruit into two bowls and sprinkle the quinoa and almond crumble over each.

Fruit and Nut Salad

(RR, SS, CC)

Serves 4

- 1 apple, cored and quartered
- 1 cup strawberries
- ½ cup blueberries
- 1 pear, sliced
- ¼ cup almonds
- 2 Tbsp walnuts
- 2 Tbsp lemon juice, fresh squeezed
- 1 small thumb of fresh ginger, grated finely

Cut the apple and pear into cubes and place into a bowl. Add the berries, walnuts and almonds and toss. Squeeze in the lemon juice, add the ginger, toss again and serve.

TLS Chocolate Nice-Cream

(RR, SS, CC)

Serves 4

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

Add the ice, almond milk, vanilla extract, banana, cashews and peanut butter into a blender and blend slowly. While blending, slowly add in the TLS shake and cocoa powder.

Once blended smooth, pour the mixture into a freezer-proof container and let chill in the freezer for 1 to 2 hours. Scoop out, garnish and serve.

TIP: Make the Nice-Cream before prepping dinner so it's ready to serve as a dessert.

Creamy Quinoa Pudding

(CC)

Serves 6

- 1 pomegranate, seeds scraped out
- ¾ cup quinoa
- 2 cups milk or dairy alternative
- 2 bananas
- 2 tsp Stevia or monk fruit powder
- 2 Tbsp honey
- 1 tsp vanilla extract

Add the quinoa with 1 ½ cups water to a saucepan and bring to a boil over high heat. Cover and simmer for 15 minutes or until the quinoa is tender and water is absorbed. Blend the milk, bananas and sweetener until smooth, then pour into the saucepan with the quinoa. Place the pan over medium heat and cook until the mixture becomes thick and creamy, 5–10 minutes. Stir in the honey, pomegranate and vanilla.

Root Beer Float Shake

(FS, RR, SS, CC, P2)

Serves 1

- 2 scoops TLS Nutrition Shake — Vanilla
- 1 tsp root beer extract
- 1 cup water

Blend all ingredients with ice until creamy.

Jamaican Nut Baked Apple

(RR, SS, CC)

Serves 4

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

Core all apples. Using a knife, cut a skin-deep horizontal line around the outside of the apples to allow room for the inside of the apples to expand. Place the apples in an oven-proof dish and stuff them with the fruit and nuts. Pour 28 g rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 190 C for 45 minutes or until the apples are soft.





Orange Anise Vinaigrette

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

Serves 4

- ⅓ tsp anise seed
- 2 Tbsp 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.

Creamy Vegan White Sauce

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

Serves 4–6

- 1 head cauliflower
- 3 garlic cloves, roughly chopped
- 1 onion, sliced
- 1 Tbsp avocado oil
- 1 cup raw cashews, wash and rinse before soaking for at least six hours
- 1 ½ cups water, use vegetable or chicken stock for more flavour
- 2 Tbsp nutritional yeast (for the cheesy flavour)
- 1 tsp each salt and pepper
- 1 tsp rosemary, thyme and parsley

Preheat the oven to 204 C. On a baking sheet, drizzle the cauliflower with 2 tsp avocado oil and sprinkle on 1 tsp salt and 1 tsp pepper; bake in the oven until light golden-brown in colour, about 25–30 minutes. In a medium-sized pot, brown the onion and garlic with 1 tsp oil until fragrant. Add the roasted cauliflower, tofu, cashews, spices and water. Stir thoroughly for 5 minutes. Turn off the heat and let cool before puréeing into a creamy white sauce. Use a high-speed power blender and blend the ingredients in batches until completely smooth and creamy. Use this sauce on chicken breasts, fish, zucchini noodles or edamame/lentil pasta.

Honey Mustard Vinaigrette Dressing

(RR, SS, CC)

Serves 2

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

Combine all ingredients in a jar and shake thoroughly.

Homemade Mayonnaise

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

Makes 1 ½ cups. Serving size is 1 Tbsp.

- 1 ¼ cup extra-virgin olive oil
- 1 large egg
- ½ tsp dry mustard
- ½ tsp salt
- Juice of half a lemon

Place ¼ cup olive oil, egg, mustard and salt in a blender or food processor and mix thoroughly. While the blender or food processor is running, slowly drizzle in the remaining 1 cup olive oil until the mayonnaise has emulsified. Add the lemon juice and blend on low.

Creamy Warm Lemon Sauce

(CC)

Serves 2

- 1 lemon, juiced
- 1 Tbsp butter
- 2 Tbsp sour cream
- ¼ tsp thyme or fresh thyme, destemmed and chopped
- 1 garlic clove, minced
- 1 tsp of vegetable stock concentrate

Melt 1 Tbsp butter in a pan over medium heat. Add the thyme and garlic; cook until fragrant, 30 seconds. Stir in the stock concentrate and ¼ cup water; bring to a simmer, then immediately turn off the heat. Stir in the sour cream and a squeeze of lemon juice. Season with pepper. Serve immediately while warm over your fish or chicken.

Tangy Strawberry Dressing

(RR, SS, CC)

Serves 6

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

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





Nutrient Loaded Pasta Sauce

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

Serves 4–6

- 2 garlic cloves, minced
- 1 red onion, peeled and chopped
- 2 small carrots, diced
- 1 small zucchini, diced
- 1 cup cauliflower, roughly chopped
- 1 cup squash (any type), peeled and diced
- 2 cups organic baby spinach
- 1 container of organic marinara sauce (700 g)
- 454 g ground turkey or chicken (vegetarian substitute — extra-firm organic tofu)
- 1 Tbsp avocado oil
- ½ tsp basil spice
- ½ tsp oregano spice
- Salt and pepper to taste

In a high-speed blender, purée the carrots, zucchini, cauliflower and squash with 1.5 cups water (mixed vegetable purée). Heat the oil in a large pot over medium-high heat and sauté the onion until translucent (light golden-brown in colour). Add the garlic and sauté for a few minutes before adding the ground turkey or chicken. Sauté the turkey or chicken until fully cooked before adding the marinara sauce and mixed vegetable purée. Add the spices, salt and pepper. Simmer for 30 minutes before adding the baby spinach to the sauce. Turn off the heat immediately. Serve over your favourite low-glycemic noodles (zucchini, lentil, black bean or mung bean noodles).

Citrus Vinaigrette

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

Serves 4

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

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

Detox-Friendly Ranch Dressing

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

Makes approximately 2 cups. 1–2 Tbsp is a serving.

- 1 egg, room temperature
- 1 cup olive or avocado oil
- 1 Tbsp lemon juice
- 2 Tbsp red wine vinegar
- 1 tsp sea salt
- 1 tsp pepper
- 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 into a blender and blend for 1 minute. Dressing will keep in the fridge in a sealed container for one week.



EGG DISHES AND BREAKFAST FOODS

Blueberry Pancakes

(FS, RR, SS, CC, P2)

Serves 2

¼ cup liquid egg whites (about 4 eggs)
1 scoop TLS® Nutrition Shake — Vanilla
½ banana, mashed
Almond milk, if needed
¼ cup (25 g) fresh or frozen blueberries
½ tsp coconut oil

Whisk together the egg whites and nutrition shake powder. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it. Heat the coconut oil in a pan over low to medium heat. Pour in the pancake mixture and cook until little bubbles form, about 5 minutes. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake 2–3 minutes more. Optional: make three small pancakes instead of one large one.



Pumpkin Pancakes

(FS, RR, SS, CC)

Serves 8

8 egg whites
1 cup pumpkin purée (no sugar added)
2 cups TLS Nutrition Shake — Vanilla
2 tsp pumpkin spice
1 tsp baking powder
2–3 Tbsp coconut oil

In a large bowl, mix all ingredients except the coconut oil until just combined. Heat the coconut oil in a large frypan over medium heat. Add a small spoonful of pancake mixture to test, making sure the frypan is hot enough to add pancake batter. Once the bottom of the tester pancake starts to form, flip and remove from heat. Add pancake batter with a large ladle scoop, cooking four pancakes at a time. Flip once a bottom starts to form, about 5 minutes. Freeze pancakes up to two months. Reheat in a toaster.

Optional toppings: 1 Tbsp almond butter, 1 Tbsp cream cheese, fresh blueberries, fresh banana slices, coconut flakes or pumpkin seeds.

Grain-Free Pancakes

(FS, RR, SS, CC, P2)

Serves 1

1 scoop TLS Nutrition Shake — Vanilla
1 slightly over-ripe banana
2 eggs
A dash of cinnamon or nutmeg to taste
Coconut oil

Mix all ingredients. Add coconut oil to a pan and, once melted, spoon the mixture into the pan to form pancakes. Cook over medium-high heat until browned, then flip each pancake over and brown on the other side.

Hearty Steel-Cut Oats

(SS, CC)

Serves 4

1 cup dry steel-cut oats
3 cups water
1 tsp salt

Optional: Rinse the oats in a sieve first.

Bring the water and salt to a boil in a pan. Pour the cup of oats into the boiling water, reduce the heat to a low simmer and frequently stir for 10 minutes until most of the water is gone.

Serve in individual bowls and top with:

A drizzle of pure maple syrup or local honey (approximately 2 tsp)
2 Tbsp almond milk
A couple dashes of cinnamon
1 Tbsp raisins



Cauliflower Pancakes

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

Serves 2

4 cups cauliflower rice, cooked
2 eggs
Salt and pepper to taste
Drizzle of oil

In a medium bowl, mix the cooked cauliflower rice, eggs, salt and pepper. Heat a pan over medium heat and drizzle with a little oil. Dollop the pancake batter onto the hot pan and use a spoon or spatula to shape it into perfect little circles. Wait at least 2–3 minutes before flipping the pancakes. When the pancakes are cooked, remove them from the pan and plate them. Top the pancakes with a fried egg, tomato and avocado. Sprinkle on your favourite spices and herbs.

Capsicum and Zucchini Omelette

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

Serves 2

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

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

Broccoli and Mushroom Omelette

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

Serves 2

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

Garnish mix:

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

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



Baked Avocado Eggs

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

Serves 1

1 large avocado
2 eggs
Salt and fresh ground pepper
Dash of hot sauce

Cut the avocado in half and remove the pit. Crack the egg into the avocado hollow (hole where the pit was). Bake at 190 C for 20 to 25 minutes. Season with salt and pepper. Add hot sauce to taste.

Loaded Quinoa Breakfast Bowl

(RR, SS, CC)

Serves 3

1 cup quinoa, dry
1 small yellow onion, chopped
1 small sweet potato, grated
½ cup chopped zucchini or yellow summer squash
3 eggs
1 fresh avocado, cubed
1 Tbsp avocado oil
Salt and pepper
All-purpose seasoning
½ tsp of garlic

Cook the quinoa on the stovetop by bringing 1 ½ cups water to a boil; add the quinoa, reduce the heat to the lowest setting, cover and simmer 15–20 minutes. While the quinoa is cooking, chop the vegetables and grate the sweet potato. Drizzle oil into a frypan over medium to high heat and add the vegetables, seasonings and ¼ cup water; stir frequently. When the quinoa and the vegetables are done cooking, add ¾ cup quinoa to each serving bowl and top with the warm vegetables. Using the same frypan, add another drizzle of oil and cook the eggs to your preference. Serve the eggs on top of the quinoa and vegetables in the bowls. Garnish with fresh avocado.

Optional garnish: 1 Tbsp salsa verde, Cholula hot sauce or nutritional yeast

Vegetable Omelette With Turkey Bacon

(FS, RR, SS, CC, P2)

Serves 1

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

Beat the eggs in a bowl. Cook the vegetables in the olive oil about 5 minutes. Reduce the heat and add the eggs. Cook until the centre is set. Loosen the omelette with a spatula and fold into an omelette shape. Serve with bacon on the side.



Chicken and Vegetable Frittata

(CC)

Serves 4

- 1 tsp avocado oil
- 3 cups of your favourite vegetables, chopped
- 1 chicken breast, cubed
- 8 eggs
- 2–3 Tbsp shredded parmesan

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

Asparagus and Leek Frittata

(CC)

Serves 4

- 2 cups asparagus
- 1 leek
- 2 cups baby spinach
- 1 tsp extra-virgin olive oil
- ½ tsp black pepper
- 1 tsp salt
- 6 large eggs
- 1 Tbsp avocado oil
- 4 Tbsp parmesan

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

Poached Eggs With Fresh Shiitake Mushroom Sauce

(FS, RR, SS, CC)

Serves 2

- 2 shallots, minced
- 4 eggs
- 4–6 shiitake mushrooms
- 2 Tbsp white vinegar
- 1 Tbsp olive oil
- ½ tsp soy sauce
- ½ tsp rice vinegar
- ½ tsp salt

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

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

Egg Breakfast Muffins With Mushrooms and Red Capsicum

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

Serves 2

- 4 large eggs
- 2 scallions, chopped
- 1 cup mushrooms, chopped
- 1 cup red capsicum, chopped
- Salt
- All-purpose seasoning
- 1 Tbsp water
- Fresh parsley or basil, chopped

Preheat the oven to 204 C. Wash the mushrooms. Heat the oil in a frypan, then add the mushrooms and red capsicums and sauté for 5 minutes, until the mushrooms start to brown and all the liquid has evaporated. In a bowl, combine the eggs, water and seasonings and beat. When the vegetables are done and slightly cooled, gently stir them to mix. Add in the scallions and fresh parsley. Lightly oil muffin tins with cooking spray and fill each about ¾ full with the egg mixture. Bake for 15 minutes until muffins have expanded and are slightly browned on top.





Cheesy Zucchini Hash Browns

(CC)

Serves 2

2 eggs
1 cup shredded zucchini
½ cup white cheddar, shredded
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp avocado oil

Garnish mix:

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

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

Individual Frittatas With Capsicum and Sweet Potato

(RR, SS, CC)

Serves 6

7 eggs
1 cup frozen peas
½ cup sun-dried tomatoes
1 large red onion, thinly sliced
1 large red capsicum, cut into strips
2 sweet potatoes, cut into 1½-inch pieces
1 garlic clove, crushed
1 Tbsp avocado oil

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

Southwest Potato, Tofu and Spinach Scramble

(RR, SS, CC)

Serves 4

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

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

Bueno Breakfast Bowl

(CC)

Serves 2

4 eggs
½ cup black beans, soaked or canned
2 Tbsp red onion, minced
1 ripe avocado
½ cup fresh salsa
2 Tbsp fresh cilantro, chopped
½ Tbsp chives, chopped
Red pepper flakes (optional)
2 Tbsp cheddar cheese, shredded

While scrambling the eggs, add the red onion, red pepper flakes and black beans. Serve in bowls and top with cheese, chives, cilantro, avocado slices and salsa.





SALADS

Warm Farro and Sweet Potato Arugula Salad

(CC)

Serves 2

- 1 cup farro
- 1 cup vegetable stock
- 2 Tbsp balsamic vinegar
- 1 Tbsp extra-virgin olive oil
- 1 medium sweet potato
- Avocado oil
- ¼ cup raw walnuts, washed
- 4–5 cups fresh arugula
- 2 Tbsp shredded Parmesan
- Salt and pepper
- 2–3 Tbsp dressing (divide into two servings)

Preheat the oven to 218 C. Prepare the farro on the stovetop in a stockpot; add 2 cups water and 1 cup vegetable stock. Bring to a boil, cover, place on the lowest heat and let simmer 25–30 minutes. Drain the extra water. In a small bowl, whisk the balsamic vinegar and olive oil and set aside. Cut the sweet potato into small, thin pieces, then toss the pieces in a drizzle of avocado oil, salt and pepper. Arrange the pieces on a cookie sheet and place in the oven for 12 to 15 minutes. Divide the arugula onto two plates and top each serving with ½ cup cooked farro, the warm sweet potato and the washed walnuts. Sprinkle the parmesan on top. Drizzle 1–1 ½ Tbsp dressing on each salad and serve immediately.

Refreshing Quinoa and Vegetable Salad

(RR, SS, CC)

Serves 4

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

Dressing:

- 1 lime, freshly squeezed
- 1 lemon, freshly squeezed
- 2 Tbsp olive oil
- 1 Tbsp fresh cilantro, chopped or minced fine.
- Dash of sea salt and pepper

Combine the dressing ingredients in a container and shake well.

When the quinoa is warm off the stove, combine it with the kale and red onion in a large bowl; place the bowl in the fridge to cool for an hour or more. Combine all the ingredients with the dressing, stirring thoroughly. Garnish with freshly chopped cilantro and serve immediately.

Carrot Salad With Cilantro and Lemon

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

Serves 2

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

Grate the carrots. Mince the 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 to mix. Sprinkle pepper over the salad and serve. Add crushed raw peanuts as an optional garnish.

Japanese Vegetable Salad

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

Serves 2

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

Dressing:

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

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

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



Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

2 cups cabbage
1 fresh and ripe avocado
½ cup bean sprouts
1 scallion
1 jalapeño pepper, diced
2 Tbsp low-sodium soy sauce or liquid aminos
1 Tbsp olive oil
1 tsp honey
½ tsp dark sesame oil
⅓ tsp ground ginger
⅓ tsp chilli powder
Salt and pepper to taste

Place the cabbage in a large bowl. Mince the scallion, discarding the root tip and some of the green portion. Remove the stem of the jalapeño pepper, then cut lengthwise, scrape out the seeds and finely mince. Add the scallion, jalapeño and bean sprouts to the cabbage and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chilli powder, salt and pepper until well combined; pour over the cabbage. Slice and add the avocado, gently toss the salad and serve.

Warm Grapefruit and Quinoa Salad

(RR, SS, CC)

Serves 4

3 cups grapefruit, with juice (about 3 grapefruits)
½ cup chopped red onion
4 cups baby spinach
1 cup quinoa, dry
¼ cup sunflower seeds
½ tsp white wine vinegar
2 Tbsp olive oil
⅓ tsp pepper

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

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



Cucumber Salad With Basil or Dill

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

Serves 4

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

Place the cucumbers and onions in a bowl. Combine the basil or dill with the remaining ingredients; pour over the cucumber mixture and toss gently. Cover and chill the salad before serving.

Fennel and Radicchio Salad With Balsamic Vinaigrette

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

Serves 2

1 ½ cups fennel bulbs, cored and thinly sliced
2 cups radicchio (red chicory), torn and loosely packed
2 Tbsp extra-virgin olive oil
⅓ tsp salt
¼–½ cup balsamic vinaigrette

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

Beet and Arugula Salad With Dried Cranberries and Feta

(CC)

Serves 4

1 can drained and sliced beets (or fresh, after they're cooked)
8 cups arugula
¼ cup dried cranberries (no sugar added)
¼ cup crumbled feta
2 Tbsp extra-virgin olive oil
2 Tbsp balsamic vinegar
1 tsp monk fruit powder
⅓ tsp salt
⅓ tsp pepper

Combine the cranberries with ¼ cup freshly boiled water in a small bowl; set aside.

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

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



Raspberry Chicken Salad

(CC)

Serves 3

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

Dressing:

- 1 cup raspberries, crushed
- 1 Tbsp honey
- 1 Tbsp red wine vinegar
- 1 cup plain Greek yogurt

Combine dressing ingredients manually or in a food processor. Toss all remaining ingredients together and serve with dressing.

Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

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

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



Moroccan Tomato, Chickpea and Chicken Salad

(SS, CC)

Serves 4

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

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

Middle Eastern Salad

(SS, CC)

Serves 4

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

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

Tabbouleh Quinoa Salad With Chicken

(RR, SS, CC)

Serves 1

- 1 chicken breast, sliced and cooked
- ½ cup cooked quinoa
- ¼ cup sliced cucumbers
- ¼ cup medium tomato, diced
- ⅓ cup lemon juice
- ½ tsp olive oil
- 2 ½ Tbsp parsley
- 1 ½ mint, chopped

Place the quinoa in a bowl. Add the tomatoes, cucumbers, parsley and mint and toss. Place the lemon juice, oil and pepper in a jar and shake well. Pour the lemon juice mix over the quinoa mixture and toss well. Serve with the cooked chicken breast slices.

SOUPS, STEWS AND CHILLIES

Grandma Lorraine's Pea Soup

(RR, SS, CC)

Serves 4

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

Rinse the peas in cold water, put them in a Dutch oven and cover them with water, about 5 cm higher than the peas. Bring the water to a boil for 2 minutes, turn off the heat and cover the Dutch oven for 1 to 2 hours. Once complete, drain the peas and put them back into the Dutch oven. Add 1 qt chicken stock and 1 qt water. Add the ham bone plus seasonings and bring to a boil, then let simmer for about 2 hours. Remove the ham bone. Dice the meat off the bone, then add it to the soup. Throw the bone away. Add the carrots and celery and simmer for 1 hour or until the soup reaches the desired thickness.



Sweet Cauliflower Soup

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

Serves 6

- 5 cups cauliflower
- 1 medium onion, sliced
- 1 cup apple, cored and chopped
- ⅓ Tbsp nutmeg
- 2 Tbsp extra-virgin olive oil
- 4 cups water
- 1 garlic clove, sliced

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

Fall Ginger Carrot and Squash Soup

(RR, SS, CC)

Serves 4

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

In a large stockpot, heat the oil over medium heat and sauté the carrots and onions until soft. Add the garlic, ginger, squash and apples to the stockpot and sauté until fragrant. Add the stock and salt, reduce the heat to medium low and simmer covered until the vegetables are tender. Remove the stockpot from heat, add in the coconut milk and stir. Pour the contents into a blender or food processor and purée until smooth. Garnish the soup with chives.

Cabbage and Vegetable Soup

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

Serves 3

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

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

Butternut Squash and White Bean Soup

(SS, CC)

Serves 4

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

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

Creamy Broccoli-Kale Soup

Serves 4

(FS, RR, SS, CC, P2)

1 bunch kale, stalks removed and leaves chopped
4 cups coarsely chopped broccoli
2 leeks, white parts only, cut into 2 cm pieces
5 cups chicken bone stock
1 can coconut milk
2 garlic cloves, minced
1 Tbsp extra-virgin olive oil
½ tsp sea salt
½ tsp red pepper flakes

In a stockpot, heat the olive oil over medium heat. Add the leeks and garlic and cook, stirring frequently, until the leeks are softened, 3–5 minutes. Stir in the broccoli, kale, salt, pepper flakes and stock. Bring to a boil, then reduce the heat to low. Cover and simmer, stirring occasionally, until the broccoli is tender, about 10 minutes. Add 1 cup coconut milk and cook until heated through, about 1 minute. Let the soup cool briefly; then carefully transfer it to a blender; pulse a few times, blend until smooth and return to the pot. Top the soup servings with the remaining coconut milk.

Countryside Vegetarian Chilli

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

Serves 4

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

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

Melanie's Spicy African Carrot Soup

(RR, SS, CC)

Serves 4–6

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

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

Garden Vegetable Soup

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

Serves 2

½ cup zucchini, chopped
½ cup summer squash, chopped
¾ cup carrots, sliced
½ cup green beans, trimmed and chopped
½ cup onion, chopped
1 cup cabbage, chopped
½ cup fresh tomatoes, diced
4 cups vegetable stock
1 tsp Mrs. Dash original seasoning
½ tsp salt

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



White Chicken Chilli

(RR, SS, CC)

Serves 4–6

4 boneless skinless chicken breasts
1 can white beans (425 g), drained and rinsed
1 can diced green chillies (110 g)
1 onion, diced
4 cups chicken stock
1 garlic clove, minced
1 tsp dried oregano
1 tsp cumin
½ tsp chilli powder
1 tsp salt
1 tsp black pepper
1 Tbsp fresh parsley, chopped

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

Chicken Afritada Stew

(RR, SS, CC)

Serves 4

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

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

Quick Turkey Tortilla Soup

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

Serves 4

2 turkey breasts, bone and skin removed
1 zucchini, diced
1 small onion, chopped
3 cups low-sodium chicken stock
2 Tbsp cilantro, chopped fine
1 lime, wedged
¾ cup fresh salsa

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



Spicy Moroccan Chickpea and Lentil Soup

(SS, CC)

Serves 6

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

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

Cauliflower and Leek Soup With Bacon

(RR, SS, CC)

Serves 8–10

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

In a large stock pan add 6 cups of broth and chopped up cauliflower, simmer on low. In a non-stick skillet over medium-high heat, cook up bacon and chop up into small pieces for garnish. Set aside.

In same pan, add drizzle of oil and sauté leeks & garlic and 1/2 tsp each of pepper and salt until slightly soft, then add to soup broth. Avoid browning ingredients.

Once the cauliflower is soft, add a few cups at a time to a blender, blend till smooth until all the soup has been blended. Serve with bacon bits on top and enjoy.

Chicken and Red Lentil Stew

(RR, SS, CC)

Serves 1

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

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



Italian Soup With Roasted Italian Sausage

(SS, CC)

Serves 6

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

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

Chicken Chilli With Vegetables

(SS, CC)

Serves: 6

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

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

Red Bean, Barley and Chicken Sausage Stew (Crockpot)

(SS, CC)

Serves 3

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

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

Turkey and Black Bean Soup

(SS, CC)

Serves 4

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

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

Beef Chilli

(SS, CC)

Serves 4

454 g ground beef, minced
1 large sweet onion, diced
1 Tbsp ground cumin
4 Tbsp chilli powder
2 large sliced tomatoes, cubed
2 cups organic, low-sodium beef stock
3 cans organic kidney beans, rinsed and drained

Combine the minced beef, onion, ground cumin and chilli powder in a large stockpot and cook until the meat browns. Add the tomatoes, chicken stock and organic kidney beans; bring to a boil. Cover the pot with a lid, leaving room for the steam to escape, then reduce the heat to the lowest level. Simmer the chilli for approximately 2 hours.

Chicken Wing Soup

(CC)

Serves 4

2 chicken breasts, boiled
1 small bottle Frank's Hot Sauce
1 onion, diced
1 stalk celery, diced
454 g red lentils
¼ cup blue cheese crumbles

Shred the boiled chicken and place it back into the stock in a big bowl. Cook the onion in the stockpot with some of the chicken stock until tender. Put the chicken and stock back in the pot; add the cooked lentils and bottle of Frank's Red Hot sauce. As the soup thickens, add more liquid if necessary to maintain desired consistency. Add the diced celery 20 minutes before serving. Serve the soup with a few blue cheese crumbles on top.

Chicken Noodle Soup

(SS, CC)

Serves 4

3 chicken breasts
3 stalks celery, chopped
2 cups carrots, sliced
1 cup onion, chopped
56 g dry arrowroot pasta
2 garlic cloves, minced
½ cup lemon juice
⅛ tsp pepper
4 tsp fresh thyme
113 g fresh parsley
56 g cold water
4 ½ cups chicken stock

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

Hearty Beef Chilli

(CC)

Serves 9

680 g chuck roast beef, trimmed
253 g diced tomatoes with green chillies, canned
1 can kidney beans, drained and rinsed
2 medium green capsicums, chopped
2 large onions, chopped
56 g low-sodium tomato juice
1 Tbsp chipotle chilli capsicum, ground
1 tsp oregano
1 tsp cumin
1 Tbsp sour cream, optional topping per bowl

Cut the beef into 1-centimeter cubes. Combine all ingredients in a 6-quart slow cooker; cover and cook on low heat 9–10 hours or high heat 4 ½–5 hours.

Beef Stew

(RR, SS, CC)

Serves 8

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

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

Bone Stock French Onion Soup

(CC)

Serves 4

1 cup kale, stripped from stems and thinly sliced
4 yellow onions, thinly sliced
4 cups low-sodium bone stock
1 chicken stock cube
2 Tbsp liquid aminos
3 garlic cloves, minced
2 large sprigs fresh rosemary, finely chopped
2 large sprigs fresh thyme, finely chopped
1 bay leaf
2 tsp monk fruit powder
2 Tbsp ghee (clarified butter)
¼ cup Gruyère cheese, grated (Gouda or Swiss can be used)
Sea salt and black pepper

Heat the butter in a large pot over medium heat. Add the onions and sauté them for 10 minutes until they begin to soften. Sprinkle in the monk fruit and occasionally stir for 20 minutes until the onions have browned and fully caramelised. Add the 3 minced garlic cloves, thyme and rosemary into the pot and stir for about 1 minute until the herbs are fragrant. Pour the bone stock, aminos and bay leaf into the pot; bring everything to a boil. Reduce the heat and let the soup simmer 5–10 minutes. Stir in the kale to wilt it. Add salt and pepper to taste, then remove the bay leaf when done. Serve the soup in bowls and sprinkle cheese on top.



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

(SS, CC)

Serves 4

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

Drain and rinse one of the cans of black beans. Season the beans with salt and pepper to taste; let the beans drain. In a food processor, purée the second can of undrained beans, tomatoes and chipotle chilli pepper; process about 2 minutes until smooth. In a heavy soup pot, heat 1–2 tsp olive oil and brown the beef, breaking it into small pieces. Remove the beef and set it aside. Add the remaining oil to the pan with half of the onions (about 1 cup). Lower the heat and cook the onions until they're softened but not starting to brown. Add both chilli powders. Add the stock, browned beef, puréed bean mixture, drained beans and tomato paste and simmer 30 minutes.

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

Ciopinno (seafood stew)

(FS, RR, SS, CC)

Serves 2

1 Tbsp extra-virgin olive oil
1 onion, chopped
4 garlic cloves, minced
2 cans diced tomatoes (800 g)
1 cup low-fat fish or chicken stock
½ cup clam juice
225 g mussels in the shell, scrubbed with beards removed
226 g cod or monkfish
226 g large prawns, peeled and deveined
2 Tbsp chopped fresh basil (or ½ tsp dried)
½ tsp red pepper flakes
½ cup chopped fresh flat-leaf parsley
½ fennel bulb, thinly sliced

Optional additions or substitutes include clams, scallops, capers, etc.

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

Baked Fish Stew

(RR, SS, CC)

Serves 4

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

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

Thai Coconut Prawn Soup

(RR, SS, CC)

Serves 4

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

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





BEEF DISHES

Beef Lettuce Tacos

(RR, SS, CC)

Serves 1

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

Heat the oil in a nonstick frypan over medium-high heat. Add the meat and cook it until browned. Add the onions, garlic and capsicum, then season with Worcestershire, chilli powder, salt and pepper. Cook the ingredients for 5 minutes, then add the salsa, stir to combine and turn off the heat. Wrap spoonfuls of the mixture inside the lettuce leaves, then top with the scallions and avocado and serve.

Beef and Vegetable Kebabs

(RR, SS, CC)

Serves 4

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

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



Greek Meatballs

(RR, SS, CC)

Serves 4

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

Preheat the oven to 204 C. Combine all ingredients in a bowl and use your hands to mix. Lightly oil a 9x13 baking sheet. Shape the meat into 28 g meatballs, then place them on the baking sheet. Bake the meatballs for 20 minutes until liquid oozes out; then turn them and bake for 10 minutes more. Turn them again and bake 5–10 minutes more until the meatballs are browned and well-done.

Eggplant Mexican Lasagne

(CC)

Serves 8

454 g 95% lean minced beef (may substitute with minced chicken or turkey)
1 eggplant, peeled and sliced
227 g ricotta cheese
¼ cup liquid egg
198 g canned tomatoes
2 Tbsp tomato paste
½ cup hot chilli pepper, chopped
1 Tbsp chilli powder
2 ½ cups cheddar cheese
1 can black beans, rinsed and drained

Combine the ricotta and egg in a small bowl and stir to mix well. Put the minced beef in a large frypan over medium heat and cook, stirring to crumble until the meat is cooked through. Add the tomatoes, paste, chillies, chilli powder and beans; stir to mix and cook uncovered for 10 minutes, stirring frequently. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half of the eggplant. Spread half of the beef mixture over the eggplant and dot with half of the ricotta mix; then top with half of the cheddar cheese. Repeat these steps to create a second layer, then cover the pan with foil and bake at 177 C for 25 minutes. Remove the foil and bake 5 minutes more until the cheese is melted. Remove the pan from the oven. Let the lasagne sit for 10 minutes before serving.

Greek Stuffed Steak

(RR, SS, CC)

Serves 8

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

Combine the spinach, onions, capsicum, garlic powder and salt in a bowl and set it aside. Cut the steak horizontally through the centre, cutting to but not through the other side. Place the steak between two sheets of heavy-duty plastic wrap. Flatten the steak to an even thickness using a meat mallet. Spread the spinach mix over the steak, leaving a 2 cm margin around the outside edges. Roll the steak, starting at the short side, then secure at 5 cm intervals with string. Coat a large Dutch oven with oil and place it over medium-high heat until hot; then add the steak, browning it well on all sides. Add the stock, water and oregano to the pan and bring to a boil. Cover and reduce the heat to simmer for 90 minutes until the meat is tender, turning it once. Add additional water during cooking if necessary. Remove the string, cut the steak into slices and serve with the cooking liquid.

Asian Ginger Beef Meatballs

(RR, SS, CC)

Serves 3–4

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

Preheat the oven to 218 C. In a small bowl, combine the mayonnaise, 1 Tbsp soy sauce, 1 Tbsp Sriracha and ½ tsp chilli flakes; whisk together and set the sauce aside. In a medium bowl, combine and mix well the minced beef with the egg, minced scallion whites, grated ginger, salt, pepper, ½ tsp chilli flakes, 1 Tbsp soy sauce and ½ Tbsp Sriracha. Roll the meat mixture into meatballs and place them on a sheet of aluminium foil on a baking sheet and bake 15–20 minutes, depending on the size of the meatballs. (On the other half of the baking sheet, roast a medley of broccoli, green beans, red pepper and onion, or any combination of your favourite vegetables). Serve the meatballs on top of cooked quinoa, cauliflower rice or brown basmati rice with a medley of roasted vegetables. Pour the sauce over the top of the meatballs.



Grilled Marinated Sirloin Steak

(RR, SS, CC)

Serves 4

1 cup fresh salsa
56 g lime juice
¼ cup water
2 Tbsp extra-virgin olive oil
1 tsp cumin
4 sirloin steaks, fat trimmed (170–227 g steaks)

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

Capsicum Steak

(RR, SS, CC)

Serves 1

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

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

Spice-Rubbed Flank Steak

(RR, SS, CC)

Serves 4

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

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



Stuffed Capsicums (crock pot)

(RR, SS, CC)

Serves 8

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

Cut the tops off the capsicums and clean out the seeds. Arrange the capsicums in a crockpot, standing them up and fitting them securely. Combine the onion, garlic, mushrooms and broccoli in a food processor. Combine the beef, processed vegetables, seasonings and tomato paste in a bowl, then stuff the mixture into the capsicums. Add water to cover the bottom of the crockpot, cover with the lid and cook on low 8–10 hours.

Wasabi Beef Lettuce Wraps

(SS, CC)

Serves 1

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

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

Beef Lettuce Wraps

(SS, CC)

Serves 1

113 g beef tenderloin, grilled and cut into strips
1 cup quinoa
1 Tbsp olive oil
2 cups cherry tomatoes
2 Tbsp wasabi sauce
4 romaine leaves

Grill the beef to your liking. Place the beef strips, fresh tomatoes and steamed quinoa in a small bowl and stir in the wasabi sauce and oil. Divide the beef mixture evenly among the leaves, then roll up each leaf into a wrap and secure with toothpicks.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

454 g minced beef, 95% lean
3 zucchini, spiralled
113–170 g no-added-salt tomato paste (or low-sugar pasta sauce)
¼ chopped onion
⅓ Tbsp paprika
3 garlic cloves, crushed

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

Cheesy Beef Bake

(CC)

Serves 4

454 g 95% lean ground beef
113 g cheddar cheese, shredded
5 egg yolks
¼ cup red capsicum, chopped
¼ cup broccoli, chopped
1 tsp salt
½ tsp pepper

Preheat the oven to 177 C. Coat the bottom of an 8x11 baking dish with butter or high-heat oil. Set aside some cheese to sprinkle on top after baking. Mix all remaining ingredients in a bowl, then press the mixture into the baking dish, distributing evenly. Bake 20–25 minutes, sprinkle cheese on top and let sit for 5 minutes before serving.

Pot Roast

(RR, SS, CC)

Serves 8

1.3 kg chuck roast beef, trimmed
⅓ tsp white wine vinegar
4 cups water
3 beef stock cubes
1 Tbsp salt
1 ¼ tsp pepper
2 Tbsp olive oil
½ cup chopped onions

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



POULTRY AND PORK

Turkey Taco Salad

(CC)

Serves 4

454 g minced turkey breast
1 Tbsp homemade taco seasoning
4 cups spinach, chopped
2 cups romaine lettuce, shredded
1 large tomato, diced
1 medium onion, chopped
1 can black beans, drained and rinsed
Plain Greek yogurt
1 fresh avocado, diced
Fresh Salsa

Cook the minced meat and black beans in a frypan with 1 Tbsp taco seasoning; drain. Place the salad greens on a plate and top them with the cooked meat, tomatoes, onion, avocado, salsa and 1 Tbsp of plain Greek yogurt.

Easy Baked Italian Chicken Parmigiana

(CC)

Serves 1

1 chicken breast
2 Tbsp parmesan cheese
2 Tbsp organic Italian salad dressing (or make your own)
½ Tbsp fresh parsley

Place the chicken in a greased baking dish and drizzle it with salad dressing. Sprinkle parmesan cheese and salt over the chicken if desired. Bake uncovered at 190 C for 20 to 25 minutes until the chicken juices run clear.



Chipotle Chicken Stuffed Capsicums

Also great with minced turkey, pork, beef or tofu.

(CC)

Serves 2

Preheat oven to 218 C.

Fresh pico de gallo topping:

1–3 small tomatoes, diced
1 Tbsp red onion, minced
Small handful of fresh cilantro, chopped roughly
Fresh lime juice from 1 small lime
Dash of salt and pepper

Combine and set aside.

Capsicums:

2 large capsicums
2 chicken breasts, cut up into small cubes
1 cup cooked quinoa
½ medium yellow onion, diced and minced
1–2 Tbsp chipotle powder
1 tsp garlic powder or 1 garlic clove, minced
Avocado oil
Low-sodium vegetable or chicken stock
¼ cup shredded cheese (cheddar, jack or other favourite) or non-dairy cheese alternative
A dash of salt and pepper

Line a baking sheet with tin foil. Cut the capsicums in half with a paring knife and keep them intact while coring and destemming them. Lightly coat the capsicums with avocado oil and place them face down on the foil-lined baking sheet; place in the oven for 3 to 4 minutes. Turn over the capsicums and bake them 3 minutes more; then remove them from the oven and set them aside.

Season the chicken with half of the chipotle and garlic powders and a dash of salt and pepper. In a pan over medium to high heat, add a drizzle of avocado oil, 4 Tbsp low-sodium vegetable stock and the cubed chicken. When the chicken is nearly done, add in the onions. Once the onions are soft, add in the cooked quinoa and the remaining chipotle and garlic powders; stir to mix thoroughly.

Scoop the chicken and quinoa mix into the four capsicums, pressing it down with a fork to compactly fill each. Sprinkle cheese on top of the capsicums and return them to the oven until the cheese melts, 3–5 minutes at most. Serve the capsicums on a plate with the pico de gallo on top or off to the side.

Stuffed Chicken LeRici

(CC)

Serves 1

1 chicken breast
1 Tbsp scallions, chopped
1 slice ham
1 cup mushrooms
1 scallion/green onion
14 g sour cream
28 g mozzarella cheese
½ tsp paprika
½ Tbsp red pepper
2 Tbsp extra-virgin olive oil
Toothpick

Pat the chicken dry and slit the breast lengthwise, not all the way through but enough to form a pocket. Put the ham and cheese inside the pocket; then season with salt and pepper. Roll the chicken up with the opening to the inside, then secure with a toothpick. Sprinkle each roll generously with paprika. Heat the olive oil in a heavy frying pan and brown the chicken roll. With a slotted spoon, remove the chicken to a casserole dish. With the remaining olive oil, sauté the mushrooms and green onions for 5 minutes over medium heat; then add the sour cream and blend well. Pour the sour cream and mushroom mixture over the chicken. Cover the casserole dish tightly with foil and bake at 177 C for 55 minutes or until done.

Lettuce Chicken Wraps

(CC)

Serves 4

454 g ground chicken
8 scallions, white and green parts chopped
1 can (227 g) water chestnuts, drained, rinsed and chopped fine
1 red capsicum, chopped fine
¼ cup liquid aminos
2 ½ Tbsp gluten-free hoisin sauce (usually found in Asian or International food aisles)
1 Tbsp fresh ginger, grated
1 Tbsp water
2 Tbsp sesame oil
1 large iceberg lettuce head, washed, rinsed and leaves separated to dry

Brown the chicken in a frying pan while breaking up the pieces. Pour the chicken into a colander to drain. Return the chicken to the pan and allow it to cool a bit. Break up the chicken into small pieces with a cooking spoon. Stir in the scallions, water chestnuts, red capsicum, liquid aminos, hoisin sauce, ginger, water and sesame oil. Spoon the chicken mix into the lettuce leaves and serve.

Optional: Serve the chicken mixture on top of quinoa.



Braised Chicken With Thyme and Pepper

(SS, CC)

Serves 1

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

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

Meat Crust Pizza

(CC)

Serves 6

One package of turkey sausage
454 g minced turkey breast
1 can pizza sauce (less than 5 grams of sugar)
4–5 cups vegetables of your choice: (i.e., broccoli, mushrooms, capsicums, onions, spinach, olives, zucchini, etc.)
Mozzarella cheese, shredded

Mix the turkey sausage with the minced turkey breast thoroughly in a bowl. Spread the mix evenly in a very thin layer on a lightly sprayed baking sheet; bake at 177 C for 15 minutes. Drain the liquid from the baking sheet. Spread the pizza sauce evenly on top of the turkey mix and add the vegetables and cheese. Bake the pizza at 204 C until the cheese is melted and slightly browned on the edges.

Buffalo Chicken Wrap

(RR, SS, CC)

Serves 1

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

Bake the chicken breast at 177 C until juices run clear, about 20 minutes. When cooled, shred the chicken and mix it with the buffalo sauce/seasoning. Add the salt and pepper to taste. Serve on romaine lettuce leaves.

Easy Asian Chicken Lettuce Wraps

(RR, SS)

Serves 2

- 2 chicken breasts
- 6–8 large romaine lettuce leaves
- 3–4 cup broccoli slaw
- 1 tsp of sesame oil
- ½ Tbsp avocado oil
- 1 Tbsp low-sodium soy sauce
- Fresh basil or cilantro, optional
- Sesame seeds or sliced almonds for garnish

Grill the chicken, then slice or chop it and set it aside. Combine the oils in a large frypan and sauté the broccoli slaw over medium heat, adding the soy sauce. In a bowl, combine the chopped-up chicken and sautéed vegetables. Add fresh basil or cilantro if desired. Scoop the mixture into the lettuce boats, sprinkle sesame seeds or almond slices on top and serve.

Basil Chicken Packets

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

Serves 2

- 1 chicken breast, halved
- 2 medium yellow summer squash, diced
- 1 medium red capsicum, diced
- 2 Tbsp fresh parsley
- 1 Tbsp lemon zest
- 1 ½ tsp dried basil
- 1 Tbsp black pepper
- ¼ tsp salt

Preheat the oven to 232 C or the grill to medium-high. 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 squash and capsicum, then sprinkle on 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 the chicken 16–18 minutes in the oven or grill 11–13 minutes.

Balsamic Chicken Thighs

(FS, RR, SS, CC, P2)

Serves 2

- 4 boneless chicken thighs
- 1 cup sliced mushrooms
- ½ red onion, sliced
- ¼ cup vegetable or chicken stock
- 1 garlic clove, minced
- 2 Tbsp balsamic vinegar
- ⅞ tsp thyme
- 1 dash salt
- ½ tsp black pepper
- 1 Tbsp coconut oil
- 1 bay leaf

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

Mushroom and Swiss Turkey Burgers

(CC)

Serves 4

- 454 g ground turkey
- 1 cup mushrooms, sliced
- ½ cup onions, chopped
- ⅛ tsp red pepper flakes
- 2 garlic cloves, minced
- 2 Tbsp basil
- ½ tsp salt
- ⅛ tsp pepper
- ¼ cup Swiss cheese, grated

Mix all ingredients except the mushrooms and onions; then shape into patties. Preheat the frypan over medium heat; lightly sauté the mushrooms and onions. Push the vegetables to the edge of the frypan and add the patties in the centre; cook over medium heat for 7 minutes. Turn over the patties and cook them 5 minutes more until golden brown and no longer pink in the centre. Serve the patties with the mushrooms and onions piled on top.

Aromatic Chicken and Lentils

(RR, SS, CC)

Serves 6

- 3 boneless skinless chicken breasts, quartered
- 2 cups chopped leeks
- 2 cups cubed sweet potatoes
- 1 ¾ cup chopped and peeled tomatoes
- ½ cup tomato paste
- ½ cup white cooking wine
- 1 tsp cinnamon
- 3 cups low-sodium chicken stock
- 1 ½ cup lentils
- 1 Tbsp mixed herbs
- 1 Tbsp avocado oil

Preheat the oven to 204 C. Coat a large frypan with nonstick cooking spray. Sauté the leeks, potatoes and herbs for 5 minutes. Stir in the tomatoes, wine, tomato paste, cinnamon, lentils and stock; simmer briefly. Place the chicken breast pieces into a 13x9 casserole dish lightly coated with avocado oil. Pour the sautéed mixture over the chicken, completely burying the pieces. Cover the frypan and bake the chicken for 1 hour until the chicken is cooked and lentils are tender.

Sautéed Balsamic Chicken With Quinoa and Vegetables

(RR, SS, CC)

Serves 1

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

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



Country-Style Pork Ribs

(RR, SS, CC)

Serves 6

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

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

Chicken Salad Squash Boats

(FS, RR, SS, CC)

Serves 2

2 large summer (yellow) squash
2 chicken breasts
2 Tbsp organic yellow mustard
1 small ripe avocado, mashed
1–2 scallions, chopped

Cut the squash in half lengthwise and scoop out the seeds. Cook the squash until tender, about 5 minutes at 177 C. Cook the chicken breasts and chop them into cubes. Mix the chicken with the scallions, mustard and avocado. Fill the centre of the squash with the chicken salad. Cook the filled squash for 20 minutes at 204 C.

Chicken Salad Sandwich

(SS, CC)

Serves 4

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

Stir the mashed avocado, vinegar, celery, onion and chicken in a bowl. Place a lettuce leaf and tomato slice on each slice of bread; then top with a scoop of chicken salad for an open-faced sandwich.

Chicken Tagine With Olives

(SS, CC)

Serves 4

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

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

Ginger Chicken and Vegetables With Noodles

(SS, CC)

Serves 2

2 chicken breasts
½ cup chopped carrots
1 cup broccoli, chopped into small florets
2 cups mung bean noodles, uncooked
2 scallions, chopped
1 Tbsp fresh ginger, grated
2 garlic cloves, minced
Dash of salt
¼ cup vegetable or chicken stock
1 Tbsp low-sodium soy sauce or liquid aminos
1–2 limes, juiced (28 g)
Small handful fresh cilantro, chopped
½ tsp lime peel, shredded (zest)
1 Tbsp olive oil

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





Grilled Jerk Chicken Skewers With Red Capsicum and Zucchini

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

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

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

Citrus-Roasted Turkey

(FS, RR, SS, CC, P1, P2)
Serves 8

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

Submerge the turkey in water, breast side down, for one to two days. Preheat the oven to 165 C. Rinse the turkey under cold water and dry inside and out. In a bowl, mix the oil, salt, pepper and thyme. Stir in the juice of one orange and one lemon. Rub the turkey with the seasoned oil inside and out. Fill the turkey with the onion, celery, bay leaves and whole garlic cloves. Tie up the turkey according to directions and roast it for 45 minutes. Spoon stock over the turkey and let it roast for 1 hour, repeating the basting every 20 minutes. Cook the turkey until the thickest part of the meat is 73 C, and the juices run clear. Remove the turkey from the oven and let it rest 20–30 minutes. Remove the vegetables from inside the turkey and discard them.

Herb-Roasted Chicken

(Detox, FS, RR, SS, CC, P1, P2)
Serves 8

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

It is best to use fresh herbs for this recipe. Preheat the oven to 232 C. Rinse the chicken; dry it well with a paper towel inside and out. With half the salt, salt the inside of the chicken. Add the pepper and herbs to the outside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast it in the oven for 45 minutes to 1 hour until juices run clear when the chicken thigh is pierced or until an internal thermometer reads 71 C. Let the chicken rest for 15 minutes, then sprinkle with thyme, then carve and serve.

Moroccan-Style Chicken With Vegetables

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

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

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

Turkey Chilli Burgers

(CC)
Serves 4

- 454 g minced turkey
- 1 medium onion, chopped
- ½ cup red capsicum, chopped
- 2 cups tomatoes, diced
- ¼ cup cheese, grated
- 2 garlic cloves, minced
- 1 Tbsp hot sauce
- 2 Tbsp Worcestershire sauce
- 2 tsp grill seasoning
- 2 Tbsp cumin seed
- ¼ Tbsp chilli powder

CHILLI: Combine the chilli powder, cumin and grill seasoning in a bowl and divide the mixture in half. Add a quarter of a pound of the minced turkey to hot oil and break it up as it browns; add in half of the spice mixture above and half the chopped onion. When the onions are translucent, add the Worcestershire sauce and tomatoes. **BURGERS:** Combine the remaining minced turkey, seasoning mix and chopped onions. Add the red capsicum, minced garlic, hot sauce and cheese. Mix all ingredients together, form four patties and grill them until cooked. Serve the burgers with the chilli on top.

Open-Faced Grilled Chicken Breast Sandwich

(SS, CC)

Serves 1

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

Combine the balsamic vinegar, mustard and mayonnaise in a small bowl and set it aside. Season the chicken with salt and pepper and grill until done. Spread the mashed avocado on the bread slice and add the tomato, lettuce and onion. Drizzle the combined wet ingredients on top.

Lemon Dill Chicken

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

Serves 4

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

Preheat the oven to 425 F. Combine the lemon juice, dill, lemon pepper and lemon zest in a small bowl. Lightly oil a casserole dish. Spread ¼ of the lemon/dill sauce on the bottom of the casserole dish, then arrange the chicken breasts on top of the sauce in a single layer. Pour the remaining sauce over the chicken. Bake the chicken uncovered 30–35 minutes until it is tender and no longer pink.

Thai Chicken Stir-Fry

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

Serves 6

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

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



Roasted Chicken With Olives and Sun-Dried Tomatoes

(RR, SS, CC)

Serves 4

3 tsp olive oil
4 chicken breasts
1 tsp oregano
Salt and black pepper to taste
56 g Kalamata olives
½ cup sun-dried tomatoes

Preheat the oven to 375 F. Place a sheet of aluminium foil on a baking sheet and brush it with oil. Place the chicken on the foil and season the top of each piece with oregano, salt and black pepper to taste. Top the chicken with the olives and tomatoes. Turn up the edges of the foil to prevent run off. Bake 20–25 minutes until the chicken is cooked through. Serve it alongside ½ cup of your favourite whole grain or bed of greens.

Optional: Make a 'one-sheet meal' by adding 4–6 cups of your favourite vegetable medley to a large baking sheet and roasting the medley alongside the chicken.

Pork Lo Mein With Peanut Sauce

(SS, CC)

Serves 4

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

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



Pork Tenderloin With Caraway Sauerkraut

(RR, SS, CC)

Serves 2

- 284 g pork tenderloin
- ⅓ tsp salt
- ⅓ tsp pepper
- ½ cup red onions, sliced
- ¼ cup chicken stock
- 1 cup sauerkraut, drained
- 1 Tbsp caraway seeds
- 1 Tbsp olive oil

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

Chicken Primavera

(Detox, FS, RR, SS, CC)

Serves 4

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

Preheat the oven to 204 C. Arrange the chicken in a 9x13 glass dish. Slice cuts into the chicken almost all the way through diagonally 2 cm apart. Stuff a slice of each vegetable into the cuts. Add extra vegetables on the side of the chicken. Drizzle olive oil and seasoning on top; bake 20–25 minutes until chicken is cooked through.

Southwest Easy Oven Chicken

(SS, CC)

Serves 4

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

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

Nutty Chicken Curry

(CC)

Serves 4

- 1 hot chilli pepper
- 1 tsp finely chopped ginger
- 1 garlic clove, minced or crushed
- 2 tsp parsley
- 1 tsp olive oil
- 4 chicken breasts
- 5 Tbsp smooth organic peanut butter
- ⅔ cup chicken stock
- 198 g plain Greek yogurt
- 1 – 2 TBSP of Curry powder or paste

Place ¾ of the chilli pepper in a food processor with the ginger, garlic and most of the parsley. Purée into a rough paste, adding a splash of water if needed. Heat the oil in a frying pan and brown the chicken for 1 minute. Stir in the paste and cook for another minute, then add the peanut butter, curry and chicken stock. Bring the sauce to a simmer and cook for an additional 10 minutes until the chicken is cooked through. Add and stir in the non-dairy yogurt. Scatter the rest of the parsley on top with the remaining ¼ chilli pepper. Serve over ½ cup cooked quinoa or millet or a bed of greens.

Roasted Chicken With Sweet Potatoes and Vegetables

(RR, SS, CC)

Serves 6

- 1.8–1.3 kg whole chicken
- 1 dash sea salt
- Pepper to taste
- 1 Tbsp thyme
- 1 ½ cup carrot slices
- 1 ½ cup sweet potatoes, cubed
- 1 ½ cups green beans
- 1 cup chopped celery
- 1 cup chopped onion

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

Sautéed Chicken With Zucchini, Tomatoes and Pine Nuts

(RR, SS, CC)

Serves 1

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

Sauté the chicken breast in 1 tsp oil in a frypan. When partially cooked, add the soy sauce, water and zucchini and cook until done. Arrange the tomato slices on a plate, sprinkle them with vinegar and 1 tsp oil, then top with the chicken and zucchini mixture. Garnish with pine nuts and salt and pepper to taste.



Sonoma Chicken

(FS, RR, SS, CC, P2)

Serves 4

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

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

Baked Pork Chops With Apple Topping

(RR, SS, CC)

Serves 4

2 Tbsp extra-virgin olive oil
4 pork chops
Dash of salt and black pepper
1 yellow onion, coarsely chopped
¼ cup chopped celery
2 granny smith apples, peeled and cored
2 Tbsp fresh parsley
¼ cup apple cider vinegar
28 g Dijon mustard

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





SEAFOOD DISHES

Parmesan Prawn and Vegetables

(CC)

Serves 4

2 cups broccoli
1 summer squash
1 Tbsp avocado oil
2 garlic cloves, minced
6 scallions, sliced
454 g prawns
3 Tbsp white wine
1 Tbsp lemon juice
1 Tbsp fresh basil
¼ cup parmesan cheese

Lightly steam the vegetables and set them aside. In a skillet, heat the oil over medium-high heat, add the garlic and cook for 1 minute. Add the scallions and cook for 2 minutes more. Add the prawns and sauté them 2–3 minutes until almost cooked. Add the wine, lemon juice and basil and cook until the prawns turn pink, about 1 minute. Sprinkle the cheese evenly over the prawns and vegetables.

Caribbean Prawn

(FS, RR, SS, CC)

Serves 4

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

Mix all ingredients together, then cover and refrigerate them for at least 2 hours. Cook the prawns as desired — grill, bake or sauté.



Grilled Sole With Warm Eggplant Salad

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

Serves 1

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

Preheat the oven to 177 C. Place the sole in the oven under the grill and cook until it is tender and flaky, approximately 15 minutes. While the fish is in the oven, heat the oil in a nonstick frypan and add fry the eggplant until golden and softened. Add the onion, capers, tomatoes, parsley and vinegar and stir to combine; sauté until the onions are soft. Place the eggplant sauté over the grilled fish and serve.

Parmesan and Pistachio Crusted Fish

(CC)

Serves 2

3 Tbsp pistachios,
2 Tbsp parmesan
½ tsp sea salt
¼ tsp pepper
¼ tsp paprika
¼ tsp garlic powder
1 tsp avocado or grapeseed oil
2 fillets of your favourite white fish
1 Tbsp sour cream

Preheat the oven to 190 C. Make the crust by grinding the pistachios with a blender, food processor or coffee grinder, or put them in a plastic bag and crush them with a hammer or meat tenderiser, leaving some nutty chunks. Combine the parmesan, pistachios and spices in a shallow bowl or pan. Line a baking sheet with tin foil. Lightly oil the bottom of the fish fillets and place them on the baking sheet. Coat the top of the fish fillets with sour cream. Use a spoon to put a thick layer of the crust on top of the fish. Bake the crusted fish in the oven 15–25 minutes, depending on the thickness of the fillets. The fillets should flake apart when pressed with the side of a fork.



Grilled Halibut With Mango Citrus Slaw

(RR, SS, CC)

Serves 6

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

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

Cod in Parsley Sauce Over Steamed Vegetables

(FS, RR, SS, CC, P2)

Serves 2

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

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

Easy Prawn Stir-Fry

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

Serves 4

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

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

Garlic Basil Prawns and Vegetables

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

Serves 4

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

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

Simple Dilled Cod

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

Serves 4

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

Preheat the oven to 232 C. Evenly distribute the lemon slices on aluminium foil (can use one sheet per cod fillet). Place the cod on top of the lemon slices and sprinkle the fillets with salt and pepper. Top each fillet with zucchini, squash and onion, then sprinkle on dill weed and dried mustard. Bring up the ends of the foil over each fillet and double fold into a tent to create a seal. Be sure to leave some room for heat circulation. Bake 15–18 minutes.

Easy Fish and Vegetable Packets

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

Serves 4

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

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

Easy Sheet Pan Garlic Prawns and Squash

(Detox, FS, RR, SS, CC)

Serves 4

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

Line a cookie sheet with aluminium foil. Chop the zucchini and squash into 2-centimetre pieces and place on the cookie sheet. Add the prawns, olive oil and garlic; then stir to combine. Sprinkle salt and pepper on top. Bake at 204 C for 12 to 15 minutes until the prawn are cooked and the vegetables begin to brown.

Open-Faced Tuna Salad Stacks

(RR, SS, CC)

Serves 1

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

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

Scallops With Pasta

(SS, CC)

Serves 2

56 g lentil or black bean pasta
226–452 g scallops
¼ medium lemon, juiced
1 Tbsp olive oil
1 garlic clove, minced
1 small onion, chopped
½ cup tomatoes, sliced
½ red capsicum, chopped
1 cup fresh spinach, chopped

Cook the pasta as the directions indicate, then set it aside. Pan sear the scallops in lemon juice and oil, then set them aside. In the same pan, sauté the garlic, onion, tomatoes, red capsicums and spinach (add last). Once the spinach is wilted, add the noodles and mix them in the pan. On plates, serve the pasta topped with scallops.



Sweet and Spicy Orange Salmon

(SS, CC)

Serves 2

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

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

Cashew-Coconut Prawn Stir-Fry

(RR, SS, CC)

Serves 1

2 garlic cloves, minced
1 Tbsp olive oil
2 cups vegetables of your choice
6 medium prawns
⅓ cup coconut milk
1 Tbsp chopped cashew nuts
¼ tsp low-sodium soy sauce

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

Grilled Salmon With Spinach and Tomato Stack

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

Serves 1

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

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

Ginger Prawn Stir-Fry

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

Serves 4

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

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

Pasta With Clams and Marinara

(SS, CC)

Serves 4

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

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



Simple Prawns and Vegetable Pasta

(SS, CC)

Serves 2

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

Cook the pasta according to its directions. In a covered saucepan, lightly steam the broccoli and cauliflower. In a small pan, sauté the prawns with coconut oil, salt and pepper. Toss the prawns, vegetables, pasta and 1 Tbsp of olive oil together to serve.

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

Oven Seafood Fajitas

(Detox, FS, RR, SS, CC)

Serves 6

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

In a 9x13 glass dish, combine the oil, lime juice, water and seasoning to make the marinade. Add the capsicum, onion, prawn and scallops, coat them well with the marinade and bake them at 204 C for 20 minutes. Remove the dish from the oven, stir the ingredients and grill them for an additional 5 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
Salt to taste
½ head cabbage
2 tsp olive oil
2 garlic cloves, minced
2 Tbsp low-sodium soy sauce

Sprinkle the fish with chilli pepper, ginger and salt. Using a double pot over medium-high heat, 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 oil in a small saucepan and add the garlic; cook it until slightly browned. Plate the cabbage and fish. Combine the soy sauce, garlic and oil; whisk and spoon over the fish.

Salmon and Herb Spaghetti

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

Serves 2

3 zucchini
2 Tbsp olive oil
3 garlic cloves, minced
7 grape tomatoes
⅔ cup white wine
2 salmon fillets
1 Tbsp basil
1 ½ Tbsp oregano

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

Zesty Red Snapper With Mushrooms

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

Serves 4

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

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 herb mixture, then arrange the fillets in an ungreased rectangular baking dish. Add the mushrooms to a frypan over medium heat and stir in the remaining lemon juice; cook for about 2 minutes. Place the mushrooms over the fish in the baking dish; cover and bake 15–20 minutes until the fish flakes.

Grilled Tuna With Salsa

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

Serves 1

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

Lightly brush a grill pan, grill rack or griller pan with oil. Grill the tuna on the pan over medium heat, turning after 4–6 minutes. The tuna should remain a little pink in the centre but flake easily around the edges. Top the tuna with fresh salsa and serve with 1 cup of snow peas.



VEGETARIAN AND VEGAN SIDE DISHES



Asparagus and Red Capsicum With Balsamic Vinegar

(RR, SS, CC)

Serves 4

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

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

Sautéed Baby Bok Choy and Cabbage With Garlic

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

Serves 4

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

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



Cauliflower Spanish “Rice”

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

Serves 6

- 1 cauliflower head, grated to the size of rice
- 2 Tbsp extra-virgin olive oil
- 2 garlic cloves, chopped
- 1 medium green capsicum, chopped
- 1 medium red capsicum, chopped
- 3 celery stalks, chopped
- 2 large carrots, sliced
- ¼ cup vegetable broth
- 1 medium tomato, diced
- 2 tsp cumin

Heat the oil in a large frypan and sauté the chopped vegetables until thoroughly heated. Add the stock and lower the heat; stir often. When the cauliflower starts to soften, add the tomato and cumin, cover and cook over low heat until it reaches the texture of Spanish rice. Adjust the cumin and stock to your desired taste and texture.



Tempeh Rancheros

(FS, RR, SS, CC, P2)

Serves 4

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

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

Broccoli Marinara

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

Serves 4

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

Heat the oil in a large frypan over medium heat. Add the garlic and cook it for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced by 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 until the broccoli is tender and bright green. Pour the broccoli into a serving dish and toss it before serving.

Roasted Parmesan Vegetables

(CC)

Serves 2

1 cup mushrooms, trimmed and halved
1 cup Brussels sprouts, trimmed and halved
1 cup asparagus, trimmed and halved
½ onion, sliced
1 Tbsp avocado oil
1 garlic clove, minced
Sea salt and pepper
¼ cup parmesan cheese, grated

Preheat the oven to 218 C. Combine all cut-up vegetables in a large bowl. Add the oil, garlic, salt and pepper and toss to coat the vegetables. Spread out the vegetables on a baking sheet and roast them in the oven 15–17 minutes. Pull the tray out carefully. Using an oven-safe tool, push the vegetables together, so they're touching but not in a pile. Sprinkle parmesan over the top of the vegetables and roast them 5 minutes more until the parmesan is melted and slightly browned.

Sautéed Sweet Potatoes and Carrots With Rosemary Honey Glaze

(CC)

Serves 4

1 tsp olive oil
3 cups chopped baby carrots
2 sweet potatoes, cut into 1 cm/½-inch pieces
Salt and pepper to taste
⅓ Tbsp ghee, clarified butter
1 tsp rosemary
1 tsp parsley
1 tsp honey

In a frypan, heat the oil over medium-high heat. Add the carrots and sweet potatoes, sprinkle with salt and pepper, then sauté about 12 minutes until the edges begin to brown. Add the butter, rosemary, parsley and honey; toss to coat. Cook over medium heat, stirring occasionally, until the vegetables are glazed and tender.



Portabella Mushroom Burgers

(CC)

Serves 2

2 Tbsp olive oil
2 Tbsp balsamic vinegar
2 garlic cloves, minced
3 tsp Italian seasoning
½ tsp pepper
1 cup carrots, sliced
½ cup onion, finely chopped
4 whole portabella mushrooms, caps and stems separated
½ cup mozzarella cheese

Mix the oil, vinegar, garlic, Italian seasoning and pepper; set aside. In a frypan pan, sauté the carrots, onion and mushroom stems until tender; remove them from the pan. Sauté the mushroom caps upside down for 5 minutes, then turn them over. Divide the carrot and onion mixture equally among the caps. Drizzle the caps with oil and cook them for 5 minutes more. Remove the caps from the heat, sprinkle with mozzarella cheese and cover to melt the cheese, then serve.

Baked Spaghetti Squash

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

Serves 5

1 medium spaghetti squash
Tomato pasta sauce, no-sugar
Fresh basil

Preheat the oven to 177 C. Cut the squash in half, then core and place the halves in a large pan with just enough water to cover the bottom. Cook the squash until a fork can easily pass through, approximately 25–30 minutes. Let the squash cool, then use a fork to scrape out the inside flesh to form noodle-shaped strands. Heat your homemade or store-bought tomato sauce on the stove and pour it over the spaghetti squash; garnish with fresh basil and serve.

Balsamic Kale Sauté

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

Serves 4

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

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

Warm Balsamic Barley Salad With Peas, Zucchini and Mushrooms

(SS, CC)

Serves 6

¾ cup dry pearled barley or farro, cooked
3 Tbsp extra-virgin olive oil
2 Tbsp red wine vinegar
2 Tbsp balsamic vinegar
Black pepper to taste
¼ cup fresh dill weed, chopped fine
½ cup frozen peas, thawed
1 small zucchini, chopped small
1 ½ cup mushrooms, chopped
1 cup red capsicum, chopped small
Dash of salt

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

Scalloped Purple Sweet Potatoes

(CC)

Serves 8

Oil
Butter
1 cup onion, sliced
2 ½ cups vegetable stock
3 garlic cloves, minced
1 ½ tsp thyme
⅛ Tbsp nutmeg
1 tsp bay leaf, crumbled
3 purple sweet potatoes, cubed
Salt to taste
⅓ tsp black pepper
¼ cup grated parmesan cheese

Preheat the oven to 190 C. Coat a 9x13 baking dish with oil. Melt butter in a large saucepan, add the onions and cook them until soft; then add the milk, stock, garlic, thyme, nutmeg and bay leaf. Cook until the liquid is reduced to about 3 cups. Remove the bay leaf and add the sweet potatoes, salt and pepper; simmer for 5 minutes. Transfer the ingredients from the saucepan to the 9x13 baking dish. Bake the potatoes for 40 minutes, occasionally basting them with the liquid in the baking dish. Sprinkle cheese over the potatoes and bake until the cheese melts and begins to brown; let sit 5–10 minutes.

NOTE: Reduce cooking time by half if the sweet potatoes are already cooked.

Garden Vegetable Packets

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

Serves 4

3 cups broccoli
2 cups cauliflower
1 red capsicum, sliced
1 tsp basil
½ Tbsp salt
⅓ tsp pepper

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



Steamed Green Beans With Asian Flavours

(RR, SS, CC)

Serves 4

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

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

Garlic Kale

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

Serves 2

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

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

Green Beans With Almonds

(RR, SS, CC)

Serves 7

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

Preheat the oven to 218 C. Trim the ends off the green beans and steam the beans. Place the beans in a bowl and top with almonds. Toss the green beans and almonds with avocado oil, season with salt and pepper, then spread them out on a baking sheet. Bake the green beans in the oven 10–20 minutes, depending on their size and desired firmness.

Curried Tofu Scramble With Roasted Capsicums and Peas

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

Serves 4

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

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

*Tip: Freezing tofu will make it crumble better.

Fresh Summer Vegetable Ratatouille

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

Serves 8

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

Heat 1 ½ Tbsp oil in a large stockpot over medium-high heat. Add the onions and garlic and cook them 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 in the pot with the onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time a new batch of vegetables is added. Season the pot ingredients with salt and pepper, then add the bay leaf and cover the pot. Cook over medium heat for 20 minutes, then add chopped tomatoes and basil and cook 10–15 minutes more, stirring occasionally. Remove the bay leaf and adjust the seasoning to taste.



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 plum tomatoes, cut into ½-inch pieces
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 aluminium foil over the outside of a 13x9 baking pan, then remove the foil and place it on a cookie sheet. Place the vegetables in the “foil pan.” Combine all other ingredients and drizzle over the vegetables. Grill 25–20 minutes.

Grilled Vegetables and Tofu Skewers

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

Serves 4

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

Preheat the grill and flat plate on medium heat. Drain the tofu block, press it dry with paper towels and cut it into large cubes for skewers. Combine the tofu and vegetables in a large bowl, toss with the oil and sprinkle with salt and pepper. Place the capsicums, zucchini, mushrooms and onion on skewers; then grill them until slightly blackened.

Spicy Grilled Vegetable Skewers

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

Serves 6

Marinade:

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

Vegetables to roast:

1 yellow squash cut into 2 cm slices
2 portabella mushrooms cut into quarters without stems
1 red capsicum cut into 2 cm chunks
½ red onion, quartered

Whisk all marinade ingredients until well combined. Place the vegetables in a container, mix in the marinade and cover with a lid. Refrigerate the vegetables for 20 minutes, then skewer them. Spray the grill tray with cooking spray and grill the vegetable skewers over medium-high heat 8–10 minutes, turning frequently, until the vegetables are soft and browned.

Herbed Vegetables and Lentils

(RR, SS, CC)

Serves 2

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

Heat the stock and lentils to boiling in a 2-quart nonstick saucepan, stirring occasionally. Cover and simmer for 20 minutes. Stir in the zucchini, squash, scallion, herbs and garlic; heat to boiling. Reduce the heat and simmer for 5 minutes. Stir in the pimientos and cook uncovered 2–3 minutes longer until the vegetables are tender and the mixture is of desired consistency.

Lentil Rice With Spinach, Mushrooms and Onions

(SS, CC)

Serves 2

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

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

Toasted Thyme, Kale and Purple Sweet Potatoes

(RR, SS, CC)

Serves 6

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

Preheat the oven to 204 C. Toss and coat the sweet potatoes with olive oil in a bowl. Season them with salt and pepper, lay them evenly on a baking sheet and bake them 20–25 minutes; cool to room temperature in the refrigerator. Meanwhile, heat the remaining olive oil in a frypan over medium heat. Cook the onions and garlic for about 15 minutes until the onions are golden brown. Stir in and cook the kale until it's wilted and tender, and then transfer it to a bowl. Cool the kale to room temperature in the refrigerator. Once everything has cooled, add the sweet potato, kale, vinegar and thyme in a bowl. Season with salt and pepper.

Tuscan Vegetable Frypan

(SS, CC)

Serves 2

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

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

Vegan Vegetable Curry

(FS, RR, SS, CC, P2)

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

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



Mediterranean Summer Tomatoes

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

Serves 4

5 fresh tomatoes
5 shallots, finely chopped
¼ cup olive oil
⅛ cup balsamic vinegar

Core and slice the tomatoes, arrange them as desired and then sprinkle the shallots over the top. Whisk the oil and vinegar, pour it over the tomatoes and let stand for 5 minutes before serving.

Mushrooms and Capsicum Sauté

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

Serves 4

1 tsp olive oil
226 g mushrooms, sliced
1 cup chopped red capsicum
Salt and pepper to taste
1 tsp garlic, minced
1 tsp thyme
2 Tbsp chicken stock

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

Mashed Cauliflower

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

Serves 4

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

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



Speedy Zucchini Boats

(CC)

Serves 2

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

2 large zucchini
1 tsp olive oil
Salt and pepper to taste
2 vegetable burgers
2 Tbsp mozzarella, grated
¼ cup tomato sauce (no sugar added)
Parsley or basil for garnish

Set the oven rack to the middle position and turn the grill to high. Slice the zucchini lengthwise and remove the seeds. Rub the zucchini with oil and season with salt and pepper; then place the halves on a baking sheet, open side up. Place the crumbled vegetable burger inside the zucchini boats and cover with cheese; grill for 8 minutes. Heat the tomato sauce and spoon it over the zucchini boats. Garnish with fresh parsley or basil.

Roasted Chickpea and Vegetable Bowl

(CC)

Serves 2

½ cup dry quinoa, millet or brown basmati rice
Avocado oil
½ red onion, sliced thin and ¼ of it minced fine
2 garlic cloves, minced or crushed
1 cup water
1 tsp concentrated vegetable stock
1 can chickpeas drained and rinsed, or 392 g soaked chickpeas
2 Roma tomatoes, sliced
1 Tbsp harissa spice (spicy)
Dash of salt
1 lemon
2 Tbsp parmesan, grated
2 Tbsp fresh cilantro, chopped
2 Tbsp pistachios, crushed

Preheat the oven to 218 C. Prepare ½ cup dry quinoa, millet or brown basmati rice per directions. Heat a drizzle of oil in a saucepan, add the minced onion and half of the garlic and cook until fragrant. Add 1 cup water and 1 tsp concentrated vegetable stock; bring to a boil and add ½ cup of grain. Cover, seal and reduce to the lowest heat setting for 15 to 20 minutes. In a bowl, combine the chickpeas, sliced onions and tomatoes. Drizzle them with avocado oil, toss with harissa seasoning and sprinkle on a dash of salt. Spread the mixture onto a baking sheet and place in the oven for 20 minutes until you hear the first chickpea pop. Once done, serve over cooked grain and squeeze a quartered lemon over the top. Garnish with parmesan, fresh cilantro and crushed pistachios.

Spicy Summer Bean Salad

(SS, CC)
Serves 8

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

Drain and rinse all of the beans. Combine all ingredients and store the salad in the refrigerator until time to serve.

Roasted Garlic Lemon Broccoli

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

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

Preheat the oven to 204 C. Toss the broccoli with the oil in a bowl, then 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.

Oven-Roasted Asparagus

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

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

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



Stuffed Eggplant

(CC)
Serves 4

2 eggplants, sliced in half lengthwise
Salt and pepper to taste
1 Tbsp olive oil
1 onion, finely chopped
1 celery stick, chopped
2 garlic cloves, minced
2 tsp cumin
1 tsp oregano
1 zucchini, chopped
3 vine-ripened tomatoes, chopped
1 Tbsp pine nuts and pumpkin seeds
1 Tbsp mint
1 tsp parsley
1 tsp lemon zest
½ cup white cheddar cheese, grated

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

Spicy Roasted Kale

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

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

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



Vegan Black Bean Flautas

(SS, CC)

Serves 4

- 1 Tbsp avocado oil
- 1 small onion, chopped
- 1 small red capsicum, diced
- 1 garlic clove, minced
- 1 cup black beans, soaked or canned
- 1 small poblano pepper, chopped
- ⅓ tsp pepper
- 1 tsp chilli powder
- ½ tsp cumin powder
- 4 jicama or cauliflower tortillas

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

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

Sautéed Vegetable Medley

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

Serves 4

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

In a frypan, heat the oil over medium heat. Sauté the onions 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.

Frypan Squash and Beans

(SS, CC)

Serves 4

- 1 cup butternut squash cubes
- 1 yellow squash, diced
- ½ cup onions, chopped
- 1 ½ cups diced zucchini
- 2 garlic cloves
- 1 jalapeño pepper, chopped
- ¼ cup fresh cilantro leaves
- 2 cups your favourite beans
- 1 cup vegetable stock (may use chicken stock)

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

Cold Spicy Noodles With Grilled Tofu

(SS, CC)

Serves 8

- 1 block extra firm organic tofu
- 1 package of black bean noodles
- ¼ cup fresh orange juice
- 2 tsp low-sodium soy sauce
- ⅓ cup fresh cilantro, chopped
- 2 Tbsp tahini
- 1 Tbsp sesame oil
- ½ pinch red pepper flakes
- 2 scallion stalks
- 1 red capsicum, chopped

SSlice the tofu into 8 pieces. Cover a cutting board with double-layer paper towels and set it over the sink. Arrange the tofu in one layer on the cutting board, then top the tofu with a clean dishtowel. Place a second board on top and add weight (1.8–2.3 kg); let stand for 10 minutes. Cook the noodles per package directions; drain and place in a bowl in the fridge. Uncover the tofu and place it in one layer in a shallow baking dish. Drizzle with ¼ cup fresh orange juice and 2 tsp low-sodium soy sauce; marinate at room temperature, turning often. In a large bowl, mix the cilantro, tahini, oil, remaining 3 Tbsp orange juice and crushed red pepper flakes. Add the scallions, capsicum and cooked noodles to the mix. Grill the tofu slabs until lightly browned, 1–2 minutes per side and serve over the cooked noodles.

