

A top-down photograph of a bowl of tomato soup on a dark wooden surface. The soup is garnished with sliced onions, green beans, and fresh herbs. To the left of the bowl are several slices of golden-brown, herb-seasoned bread. Above the bread are several bright red chili peppers and a whole head of garlic.

SURE AND STEADY  
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## EGG DISHES & BREAKFAST FOODS

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### Bell Pepper Omelette

RR, SS, CC

Serves 6

5 coriander leaves  
1/2 cup each of yellow and red pepper, sliced  
1 TBSP vegetable oil  
1/8 cup low-fat milk  
2 jumbo eggs  
1/4 cup water  
1 clove garlic  
1/2 chopped courgette  
1/2 cup low-fat parmesan grated cheese

Preheat oven to 230°C. Heat oil in skillet at medium heat. Add sliced peppers, chopped courgette and minced garlic and cook until ingredients begin to soften. Whisk eggs to vegetables in frying pan and cook for 5-7 minutes while lifting the edges to let excess egg go underneath. Transfer frying pan to oven and bake until top of omelet is golden brown. Sprinkle with cheese and coriander.

### Mushroom and Spinach Egg Bake

FS, RR, SS, CC, 21 Day (P2)

Serves 6

1 litre liquid egg whites  
1 cup mushrooms  
3 cups spinach  
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 175°C. Can refrigerate and re-heat in the microwave.

### Egg Breakfast Muffins with Mushrooms and Cheese

SS, CC

Serves 6

1/4 cup whole-grain flour  
1/2 cup feta cheese, crumbled  
2 TBSP spring onions, chopped  
3 TBSP water  
1 oz. spike seasoning  
2/3 cup almonds, ground  
1 tsp baking powder  
1/4 cup grated parmesan cheese  
1/3 cup low-fat cottage cheese  
1 cup mushrooms

Preheat oven to 200°C. Wash and dry mushrooms. Heat oil in frying pan, then add mushrooms and sauté for 5 minutes, until mushrooms start to brown and all liquid has evaporated. While mushrooms are cooking, combine cottage cheese, parmesan cheese, flour, almond meal, baking powder, spike seasoning, eggs (beaten) and water in a large bowl. When mushrooms are done and slightly cooled, gently stir them into mix, then stir in feta cheese and onions. Spray muffin tins with cooking spray and fill about 3/4 full with batter. Bake 25 minutes or until muffins are browned and firm. Can re-heat in microwave for 1-2 minutes.

### Easy Spinach and Onion Egg Bake – Breakfast for 6 Days!

RR, SS, CC

Serves 2

1-32 oz. carton of liquid egg whites  
3 eggs  
1-10 oz. package frozen, chopped spinach  
1 onion, chopped

Defrost spinach according to directions. Spray a glass 9x11 baking dish with cooking spray. Add all ingredients. Bake at 175°C for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1-2 minutes.

### Soufflé Omelette with Courgette, Artichoke and Cheddar

RR, SS, CC

Serves 4

4 eggs  
1 cup tomatoes, diced  
1/8 tsp pepper  
1 TBSP olive oil  
1/4 tsp sea salt  
2 medium courgettes, cut into half-inch pieces  
4 egg whites  
1 cup artichoke hearts, chopped  
1 cup low-fat cheese, shredded

Heat oil in a large frying pan over medium-heat. Add courgette, artichoke and tomato. Cook 5 minutes, stirring occasionally, until vegetables are crisp-tender. Set aside. Beat the egg whites with a hand mixer until they form soft peaks. Add the whole eggs (lightly beaten), salt and pepper; stir. Cook 2-3 minutes, or until lightly browned on the bottom. Using a spatula, slide omelette onto a plate. Return it to the pan with cooked side facing up; cook 10-12 minutes; until golden. Place vegetable mixture and cheese on half the egg and fold it over to enclose filling. Press down lightly with the spatula until omelet holds its shape and the cheese melts.

### Fruit and Berry Bircher Muesli

SS, CC

Serves 2

100 g porridge oats  
2 oranges  
200 g low-fat plain yoghurt  
150 g blueberries  
2 TBSP linseeds

Mix oats with linseeds and add zest of 1 orange. Add 400 ml of boiling water and leave for 6 hours. Peel and chop oranges and stir in with yoghurt and berries.

### Strawberry and Avocado Smoothie

RR, SS, CC

Serves 2

1 avocado  
200 g strawberries  
1 lemon  
200 g low-fat plain yoghurt  
300 ml low-fat milk  
2 TBSP of honey

Add all ingredients to a blender and blend till smooth.

## Scrambled Eggs

RR, SS, CC

Serves 1

2 eggs  
5 TBSP low-fat milk  
2 slices wholemeal toast  
black pepper  
chives  
Low-fat spread

Mix eggs and milk in a bowl. Gently melt spread in frying pan and add mixture. Stir slowly. Serve on toast and season with pepper and chives to taste.

## English Breakfast Muffin

SS, CC

Serves 1

Wholemeal muffin  
1 free-range egg  
1 slice of lean ham  
1 slice of low-fat cheese (hard cheese)  
30 g spinach leaves

Cut muffin in half and lightly toast on cut side. Poach the egg and lay ingredients on one half of the muffin. Season and put other half of muffin on top.

## Low-cal Pancakes

SS, CC

Serves 2

150 g wholemeal plain flour  
1 free-range egg  
1/2 pint low-fat milk  
handful of blueberries  
100 g low-fat yoghurt  
1 tsp of sunflower oil

Beat egg, milk and oil. Add flour and stir until the mixture becomes a smooth batter. Add 2 tablespoons of mixture to hot frying pan, cook for 2 minutes. Turn and cook for one minute. Top with berries and yoghurt.

## Egg'n'Soldiers

SS, CC

Serves 2

1 free-range egg  
1 slice wholemeal bread  
3 g low-fat spread

Fill saucepan with enough water to cover egg. Bring to boil and gently add egg. Boil for 5 minutes (6 if egg is large). While egg is boiling, toast bread, add spread and cut into 6 thin strips (soldiers). Put egg in egg cup and cut off top. Use soldiers to soak up egg yolk.

## Sweet Potato Toast with Avocado

SS, CC

Serves 2

1 sweet potato  
1 avocado  
lime juice

Cut potato into 1/4" slices and toast (like bread). Mash avocado with dash of lime and spread on toasted sweet potato.



## APPETIZERS

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### Avocado and Cherry Tomato Guacamole

Detox, FS, RR, SS, CC, P2  
Serves 2-4

1 lemon  
1 avocado, peeled  
1 cup onion, chopped  
1 jalapeno pepper, diced  
1 garlic clove, diced  
1/2 cup cherry tomatoes  
1/4 cup coriander leaves, diced  
Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, coriander and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

### Spicy Avocado Yoghurt Dip

RR, SS, CC  
Serves 8

3/4 cup plain Greek yoghurt  
1/2 TBSP salt  
1 TBSP cumin  
2 TBSP red onions  
1 oz. lime juice  
1 cup jalapeno pepper, diced  
3 avocados  
1 garlic clove, chopped  
3 TBSP coriander

### Spicy Pita Chips

SS, CC  
Serves 2

Butter-flavoured cooking spray  
1/4 oz. red pepper flakes  
1/4 TBSP paprika  
2 large pita bread  
1/4 tsp garlic powder

Split pita breads into 2 separate rounds. Spray the rough side with cooking spray. Combine remaining ingredients and sprinkle over pitas. Cut each pita into 8 wedges. Bake at 150 °C for 20 minutes or until lightly browned and crisp.

### Wilted Arugula and Portabello Mushrooms

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

1 TBSP olive oil  
1/2 small onion, chopped  
2 cloves minced garlic  
1/8 tsp crushed red pepper flakes  
1 cap portabello mushroom, chopped  
1/4 cup dry sherry  
1/4 cup vegetable broth  
4 cups arugula leaves  
1/8 tsp black pepper

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

### Cucumber and Feta Nibbles

RR, SS, CC  
Serves 2

1 garlic clove  
200g feta cheese  
100g ricotta  
1 cucumber

Mix garlic, feta and ricotta. Half cucumber lengthways, scoop out seeds and fill with mixture. Cut into 1" slices, season to taste.

### Tortilla Squares

RR, SS, CC  
Serves 2

3 free-range eggs  
1 medium onion  
1 large potato  
1 garlic clove  
2 tbsp olive oil  
1 red pepper  
parsley

Heat oven to 180c. Heat oil in frying pan. Chop onions, potato, garlic and peppers. Fry gently for 20 minutes and then cool. Stir in eggs and parsley and pour into 15cm non-stick square tin and cook for 20 minutes or until top is no longer runny. Cut into squares.

### Prawn in Lettuce Cups

RR, SS, CC  
Serves 2

3 gem lettuce  
250g cooked, peeled prawns  
1 ripe mango  
1 lime  
4 tbsp olive oil  
1 onion  
1 mild chilli

Chop mango, chilli and onion and mix with juice of lime and olive oil. Cut prawns in half and add to mixture. Serve on lettuce leaves.

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## Asparagus with Asian Dipping Sauce

RR, SS, CC

Serves 12

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12 asparagus spears  
1/4 mild chilli  
1 tsp brown sugar  
1 lime  
1 TBSP soy sauce  
2 TBSP sesame oil

Boil asparagus in large pan for 3 minutes and then drain. Crush chilli with sugar and stir in lime juice, soy sauce and sesame oil. Serve sauce as dip for steaming asparagus.

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## Greek Yoghurt Dip

RR, SS, CC

Serves 8

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1 cup of low-fat Greek yoghurt  
2 spring onions  
salt  
1 tsp balsamic vinegar  
1 TBSP extra virgin olive oil  
3 TBSP low-fat milk

Heat oil in pan, add chopped spring onions and salt (to taste). Add vinegar and 2 TBSP of water and stir till caramelised. Add all ingredients to bowl and stir; then refrigerate. Serve with vegetable sticks.

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## Courgette Bites

RR, SS, CC

Serves 2

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3 courgettes  
2 oz. blue cheese  
2 TBSP parmesan cheese  
1 lb cherry tomatoes

Cut courgettes into 1/2" slices. Scoop insides and spoon crumbled blue cheese inside. Add grated parmesan and seasoning, then top with cherry tomato slice. Add small amount of parmesan and bake at 220°C for 10 minutes.

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## Stuffed Tomatoes

(RR, SS, CC)

Serves 4

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4 cups cherry tomatoes  
2 garlic cloves  
3 TBSP pine nuts, toasted.  
200 g low-fat cream cheese  
handful of fresh basil leaves

Put basil, garlic, half the pine nuts and seasoning in food processor and process until nuts are ground. Add cheese and mix till smooth. Make an X in the bottom of tomato and scoop out seeds. Use piping bag to fill tomatoes with mixture and top with remaining pine nuts.

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## Salad on a Stick

RR, SS, CC

Serves 2

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5 lean ham slices  
1/2 lettuce  
1/2 onion  
1 avocado  
8 cherry onions

Skewer small lettuce leaf, quarter of ham, 2 slices of onion, slice of avocado and tomato. Drizzle with healthy dressing of choice and season to taste. Repeat with remaining ingredients.

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# MEAT

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## Cheesy Beef Bake

RR, SS, CC  
Serves 4

5 egg yolks  
Dash salt and pepper  
1 cup endive  
1/4 cup red bell pepper, chopped  
1/4 cup broccoli, chopped  
1 lb 95% ground beef  
4 oz. low-fat cheddar cheese

Preheat oven to 180°C and coat bottom of 8x11 baking dish with cooking spray. Mix the pepper, endive and broccoli with the ground beef in the baking dish and evenly distribute. Sprinkle cheese in the mixture. In a separate bowl, scramble the eggs, adding salt and pepper to taste. Pour eggs over the beef mix. Bake 20 minutes, then let sit for 5 minutes before serving.

## Chipotle Chili

SS, CC  
Serves 8

1 onion, chopped  
1 cup canned chipotle minced in adobo sauce  
1 lb 95% lean ground beef  
4 tsp chili powder  
2 TBSP cumin  
1 TBSP extra virgin olive oil  
3 cups red kidney beans  
1 cup canned diced tomatoes  
2 garlic cloves, minced

Heat oil in a casserole dish over medium-high heat. Add onions, and garlic and cook 4 minutes, stirring occasionally or until onion is softened. Add the cumin, chili powder, chipotle and beef and cook 5 minutes, stirring to break up the beef. Add tomatoes and beans; cook until thick for about 15 minutes.

## Eggplant Mexican Lasagna

SS, CC  
Serves 8

8 oz. reduced-fat ricotta cheese  
1/4 cup liquid egg substitute  
1 lb 95% lean ground beef (may substitute with ground chicken or turkey)  
7 oz. canned tomatoes  
2 TBSP tomato paste  
1/2 cup chopped hot chili peppers  
1 TBSP chili powder  
1 aubergine, peeled and sliced  
2 1/2 cup cheddar cheese  
1 can black beans, rinsed and drained

Combine ricotta and egg substitute in a small bowl and stir to mix well. Put the ground beef in a large frying pan over medium heat and cook, stirring to crumble until meat is cooked through. Add tomatoes, paste, chilis, chili powder and beans and stir to mix. Cook uncovered, stirring frequently for 10 minutes. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half of the aubergine. Spread half of the mixture over the aubergine and dot with half of the ricotta mix, and then top with half of the cheddar cheese. Repeat. Cover with foil and bake at 180°C for 25 minutes. Remove the foil and bake 5 minutes or until cheese is melted. Remove from the oven and let sit 10 minutes before serving.

## Greek Meatballs

RR, SS, CC  
Serves 6

1 oz. Greek seasoning  
1/4 tsp pepper  
1/4 tsp salt  
4 tsp red wine vinegar  
1 tsp oregano  
1 TBSP olive oil  
1 egg  
1/2 cup feta cheese, crumbled  
2 cloves of garlic  
1 lb 95% ground beef

Preheat oven to 200°C. Combine all ingredients in a bowl and use your hands to mix the ingredients. Lightly oil a 9x13 baking dish. Shape meat into 1-oz. meatballs and place on baking sheet. Bake 20 minutes. You will see liquid oozing out. Turn meatballs and bake 10 minutes. Turn again and bake 5-10 more minutes. Cook until meatballs are browned and well-done.

## Hearty Beef Chili

SS, CC  
Serves 9

1 1/2 pounds braising steak, trimmed  
1 tsp oregano  
2 large onions, diced  
10 oz. can diced tomatoes with green chilies  
2 cups green pepper, chopped  
2 oz. low-sodium tomato juice  
1 TBSP chipotle chili pepper, ground  
1 tsp cumin  
1 1/3 cup kidney beans

Cut beef into 1/2 inch cubes. Combine all ingredients into a 7 litre slow cooker. Cover and cook on low heat for 9-10 hours or high heat 4.5-5 hours.

## Greek Stuffed Steak

RR, SS, CC  
Serves 8

1 tsp oregano  
1/2 cups water  
2 1/2 cup beef broth  
1/3 cup red onion, chopped  
1/3 cup pickled pepperoncini pepper  
1/4 TBSP salt  
1 1/2 pounds flank steak  
1/4 tsp garlic powder  
10 cups frozen spinach

Combine spinach, onions, peppers, garlic powder and salt in a bowl and set aside. Cut steak horizontally through the centre of steak cutting to, but not through, the other side. Place steak between 2 sheets heavy-duty plastic wrap. Flatten to an even thickness, using a meat mallet. Spread spinach mix over steak, leaving a 1" margin around outside edges. Roll steak up, starting at short side. Secure at 2" intervals with heavy string. Coat a large casserole dish with cooking spray and place over medium-high heat until hot. Add steak, browning well on all sides. Add broth, water and oregano to pan and bring to boil. Cover and reduce heat to simmer for 90 minutes or until tender, turning meat once. Add additional water during cooking if necessary. Remove string and cut into 8 slices. Serve with cooking liquid.

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## Herb and Lentil Salad with Bacon

SS, CC

Serves 2

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2 oz. smoked back bacon  
¼ TBSP balsamic vinegar  
¼ cherry tomatoes  
1½ cups lentils  
1 TBSP basil  
½ clove garlic  
1 spring onion, sliced  
Rocket salad greens

Drain and rinse green lentils. Spray nonstick pan with oil, add garlic and spring onions and sauté for 2 minutes. Stir in lentils, vinegar, basil and tomatoes and set aside. Broil bacon until crisp, place on top of salad and serve.

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## Italian Soup with Roasted Italian Sausage

SS, CC

Serves 6

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2 TBSP tomato paste  
1 can diced tomatoes  
1 cup lentils  
2 TBSP basil  
2 TBSP ground fennel  
1 TBSP garlic clove  
1 tsp oregano  
2 TBSP olive oil  
1 onion, chopped  
4 cups low-sodium chicken broth  
2 cups chick peas  
5 Italian sausages (may use chicken sausages)

Preheat oven to 200°C and lightly grease a roasting pan with olive oil. Place sausages on pan and roast for 40 minutes, until skins are slightly hardened and brown. When sausage has cooled, cut in half lengthwise and then slice. While the sausage roasts, heat olive oil in a heavy soup pan and sauté onions about 5 minutes until softened and barely starting to colour. Add oregano, fennel and garlic and sauté 2-3 minutes. Add diced tomatoes with liquid, chicken broth, tomato paste, beans and lentils. Simmer 40-60 minutes, until lentils are softened and slightly breaking apart. Add sausage to soup. Deglaze roasting pan with a cup of water, scraping off all browned bits on bottom of pan and add to soup. Simmer 30 minutes. Stir in basil and cook for 2 minutes.

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## Mexican Lasagna

SS, CC

Serves 12

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8 oz. fat-free ricotta cheese  
¼ cup liquid egg substitute  
1 lb lean ground beef  
2 TBSP no-added-salt tomato paste  
½ cup hot chili peppers  
1 TBSP chili powder  
10 corn tortillas  
2½ cups low-fat cheddar cheese  
1 cup canned diced tomatoes

Combine the ricotta and egg in a small bowl and stir to mix well. Put the ground beef in a large skillet over medium heat and cook until meat is no longer pink. Add tomatoes, paste, beans, chilies and chili powder and stir to mix well. Cook uncovered stirring frequently, about 10 minutes, or until thick. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half the tortillas. Spread half the meat mixture over the tortilla and dot with half the ricotta mixture; then top with cheddar cheese. Repeat, adding a layer on top. Cover with foil and bake at 120°C for 25 minutes. Remove foil and bake for 5 more minutes. Let sit for 10 minutes before serving.

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## Meatballs and Courgette Spaghetti

RR, SS, CC

Serves 4

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4-6 oz. no-added-salt tomato paste (or low-sugar pasta sauce)  
¼ onions, chopped  
3 courgettes, spiralised  
2 lbs ground beef, 95% lean  
⅛ TBSP paprika  
3 cloves garlic, crushed

Mix beef with onion, garlic, paprika, salt and pepper and make into 12 balls. Place meatballs under preheated broiler for 7 minutes, turning occasionally until browned and cooked through. Meanwhile, cook the courgettes in 1 TBSP olive oil on medium heat for about 5-10 minutes or until softened. Add meatballs to courgette pasta and add tomato sauce.

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## Pot Roast

RR, SS, CC

Serves 8

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3 lbs braising steak, trimmed  
⅓ tsp white wine vinegar  
4 cups water  
3 beef bouillon cubes  
1 TBSP salt  
1 ¼ tsp pepper  
2 TBSP olive oil  
½ cup chopped onions

Heat oil in large pot and add beef, browning on all sides. Place in a slow cooker or large pot with lid. Add onion, pepper and salt. Combine water, vinegar and stir. Pour over beef. Add bouillon cubes. Cook low 8-10 hours or 4-6 hours on high.

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## Stuffed Cabbage

SS, CC

Serves 5

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4 oz. white beans  
2 egg whites  
1 cup vegetable broth  
4 cups tomato soup  
½ lb ground turkey  
½ lb 95% lean ground beef  
1 cup tomatoes, diced  
1 head white cabbage, partially hollowed

Mix egg whites and drained white beans into beef and turkey; season with salt and pepper. Form into meatballs. Stuff into cabbage head. Mix together tomatoes, tomato soup and vegetable broth. Pour over cabbage and meat. Sprinkle with pepper. Cover and bring to a boil. Cook at 160°C for 30-40 minutes, spooning juices over the cabbage and meat every 15 minutes. Allow to sit for 10 minutes before serving. Skim off any excess fat before serving.

## Stuffed Peppers

RR, SS, CC

Serves 8

2 lbs lean ground beef  
4 green bell peppers  
1 onion, chopped  
4 garlic cloves  
9 oz. broccoli  
6 oz. tomato paste  
1 TBSP oregano  
1 TBSP basil  
4 portabello mushrooms  
Salt and pepper to taste

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

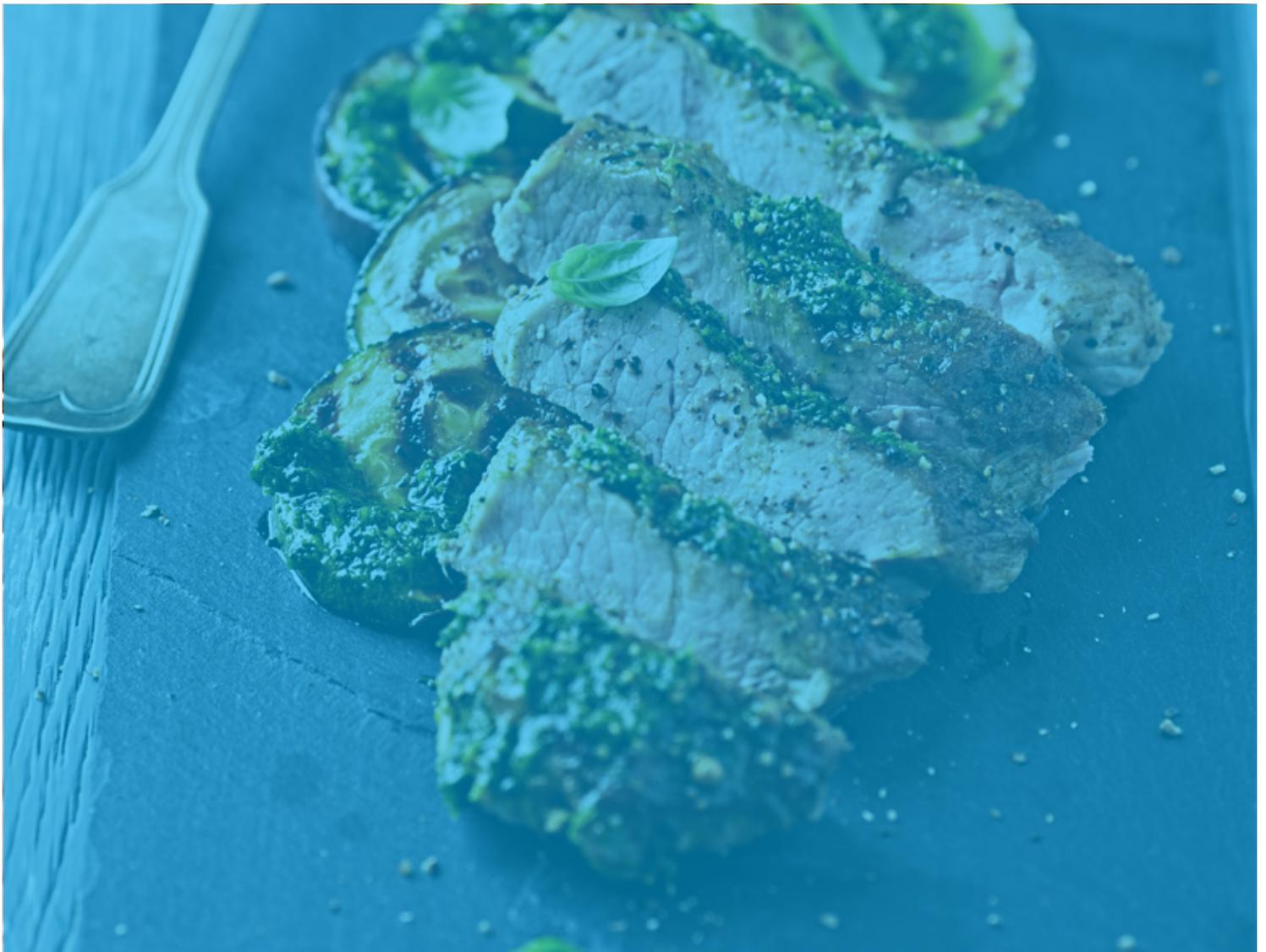
## Tenderloin Steak with Salsa Verde

RR, SS, CC

Serves 1

Fillet steak with salsa verde  
1 TBSP lemon juice  
2 TBSP parsley, chopped  
1 TBSP mint, chopped  
1/4 garlic clove  
2 TBSP olive oil  
1/4 cup cucumber  
1/2 tsp red wine vinegar  
1 tsp Dijon mustard  
1/4 tsp black pepper  
5 oz. fillet beef  
1 TBSP basil  
1 TBSP capers

Place mint, parsley, basil, capers and garlic in a bowl and whisk in the vinegar, lemon juice, mustard, 1 tsp olive oil and 2 TBSP cold water. Season with pepper and set aside at room temperature, covered in plastic wrap. Heat a heavy frying pan or rigged grill pan. Brush steak with 1 tsp oil and cook 2-3 minutes on each side, depending on how rare you like your steak. Set steak aside for 5 minutes before serving and serve with salsa verde.



## Baked Pork Chops with Apple Topping

RR, SS, CC

Serves 4

1/4 cup apple cider vinegar  
4 pork chops  
1/4 cup celery, chopped  
1 oz. Dijon mustard  
2 TBSP fresh parsley  
2 TBSP extra virgin olive oil  
1 dash salt and black pepper  
1 yellow onion, coarsely chopped  
2 granny smith apples, peeled and cored

Preheat oven to 175°C. Heat 1 TBSP oil in a heavy frying pan on medium-high heat. Season pork chops with salt and pepper and brown them on both sides, about 2 minutes per side. Transfer the pork chops to baking dish, turn the heat to medium and add the remaining olive oil to the frying pan. Add the onion and celery and cook until soft. Add the apple and cook 5 minutes more. Add parsley and remove from heat. Stir in just enough apple cider vinegar to moisten the mixture and season with salt and pepper. Spread the mustard on top of each chop. Divide the apple mixture (apples, celery, onions) among the chops and pat into the mustard. Bake the chops until fully cooked and apples are softened, about 20 minutes.

## Basil Chicken Packets

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

Serves 4

2 TBSP fresh parsley  
1 TBSP lemon zest  
1 1/2 tsp dried basil  
2 medium yellow summer squash, diced  
1 medium red bell pepper, diced  
1 TBSP black pepper  
1/4 tsp salt  
2 chicken breasts, halved

Preheat oven to 230°C or grill to medium-high heat. Centre one chicken breast half on each side of aluminum foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and peppers, then sprinkle with black pepper. Bring up foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16-18 minutes in oven or grill 11-13 minutes.

## Baked Italian Chicken Parmigiana

RR, SS, CC

Serves 1

1/2 TBSP fresh parsley  
2 TBSP parmesan cheese  
1 chicken breast  
2 TBSP reduced-fat Italian salad dressing (or make your own)

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

## Buffalo Chicken Wrap

RR, SS, CC

Serves 1

1 chicken breast  
Salt and pepper to taste  
1/4 cup buffalo sauce/seasoning  
2 TBSP Greek yoghurt (optional)  
Romaine or Boston lettuce leaves

Bake chicken breast at 175°C until juices run clear, about 20 minutes. When cooled, shred chicken and mix with buffalo sauce/seasoning and yoghurt. Serve on romaine or Boston lettuce leaves.

## Chicken Breakfast Burrito

SS, CC

Serves 1

1/4 cup onions, chopped  
1/2 cup green bell pepper, chopped  
Chicken breast, diced  
1 low-carb, high-fibre tortilla  
1 TBSP sour cream (optional)

Heat a small frying pan over medium-high heat sprayed with cooking spray. Sauté chicken until completely cooked through. Combine pepper and onions with cooked chicken in a small bowl. Place on tortilla on dinner plate and top with chicken mixture and fold. Garnish with sour cream.

## Braised Chicken with Thyme and Pepper

SS, CC

Serves 1

1/8 tsp black pepper  
1 1/2 TBSP salt  
1 cup baby spinach  
1/4 cup dry white wine  
1/2 tsp thyme dried  
1/4 cup white beans, drained  
1/2 cup vegetable broth  
3 cloves garlic minced  
1 cup white onions, chopped  
4 oz. chicken breast

Season chicken with thyme and pepper. Melt 1 TBSP butter in 12-inch nonstick frying pan over medium-high heat and brown chicken turning once, 6 minutes. Remove chicken and set aside. Add remaining butter to same pan and add onions, stirring occasionally, 6 minutes or until tender. Add garlic and cook 30 seconds. Add broth and wine and bring to boil over high heat. Reduce to low and return chicken to pan. Simmer covered 5 minutes. Stir in beans and spinach. Simmer uncovered, stirring occasionally for 5 minutes or until chicken is thoroughly cooked.

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## Chicken Burrito

SS, CC

Serves 4

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- 1 1/3 cup broccoli, chopped
- 1 1/3 cup basmati rice, chopped
- 4 low-carb, high-fibre tortillas
- 1 cup low-fat shredded cheese
- 2 cups diced chicken

Cook chicken strips. Steam broccoli. Warm tortillas in microwave for 10 seconds. Place 1/2 cup chicken on the bottom of each tortilla, followed by 1/3 cup rice, then 1/3 cup broccoli. Evenly sprinkle 1/2 cup cheese over the broccoli. Roll into a burrito.

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## Chicken and Pasta Primavera

SS, CC

Serves 4

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- 4 cups high-fibre, whole-grain pasta (may spiralise courgette to make this a grain-free meal)
- 2 cups chicken breast, chopped
- 1/4 tsp garlic powder
- 10 oz. package frozen veggie mix (may use fresh vegetables of your choice)
- 3 TBSP parmesan cheese
- 1/2 cup low-fat milk
- 11 oz. low-sodium cream of mushroom soup

Mix soup, milk, cheese, garlic powder and vegetables in a saucepan. Heat to a boil. Cover and cook over low heat for 10 minutes or until tender-crisp. Add chicken and heat through. Serve over pasta (or courgette).

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## Chicken LeRici

RR, SS, CC

Serves 1

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- 1 TBSP spring onions, chopped
- 1/3 tsp paprika
- 1 slice extra-lean ham
- 1/2 oz. low-fat sour cream
- 1/2 TBSP red pepper
- 1 cup mushrooms
- 1 oz. low-fat mozzarella cheese
- 1 chicken breast
- 2 TBSP extra virgin olive oil

Pat chicken dry and slit breast lengthwise, but not all the way through, to form a pocket. Put the lean ham and the cheese inside the pocket. Season with salt and pepper. Roll the chicken up with the opening to the inside. Secure with a toothpick. Sprinkle each roll generously with paprika. Heat the olive oil in a heavy frying pan and brown the chicken roll. Remove the chicken with a slotted spoon to a casserole dish. In the remaining olive oil, sauté the mushrooms and green onions for about 5 minutes on medium heat. Add light sour cream and blend well. Pour the sour cream and mushroom mixture over the chicken. Cover tightly with foil and bake at 175°C for 55 minutes or until done.

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## Chicken Salad Squash Boats

RR, SS, CC

Serves 2

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- 2 TBSP yellow mustard
- 1 TBSP light mayonnaise
- 2 TBSP spring onions, chopped
- 1 oz. parmesan cheese
- 2 large summer (yellow) squash
- 2 chicken breasts

Cut squash in half lengthwise and scoop out seeds. Cook squash until tender; about 5 minutes at 175°C. Cook chicken breast and chop into cubes. Mix chicken with onions, mustard and mayonnaise. Fill centre of squash with chicken salad. Add parmesan cheese, if desired. Cook filled squash for 20 minutes at 200°C.

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## Chicken Noodle Soup

SS, CC

Serves 6

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- 4 oz. fresh parsley
- 2 cloves garlic, minced
- 1 cup onion, chopped
- 1/2 cup lemon juice
- 3 stalks celery, chopped
- 2 cups carrots, sliced
- 2 oz. dry, high-fibre pasta
- 1/8 tsp pepper
- 4 tsp fresh thyme
- 2 oz. cold water
- 4 1/2 cups chicken broth
- 3 chicken breasts

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

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## Chicken Tagine with Olives

SS, CC

Serves 4

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- 1 cup onions, chopped
- 1/4 oz. Kalamata olives
- 4 chicken breasts
- 1 TBSP extra virgin olive oil
- 1 cup peas
- 1 1/2 cup canned no-added-salt diced tomatoes
- 1/2 cup low-sodium vegetable broth
- 1/2 tsp cinnamon
- 1 1/2 cup chickpeas
- 2 TBSP fresh ginger
- 1 1/2 TBSP ground cumin

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

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## Chicken Salad Sandwich

SS, CC  
Serves 4

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12 oz. water-packed chicken breast, drained  
1/3 cup chopped celery  
8 slices sprouted grain bread (such as Ezekiel bread)  
4 romaine lettuce leaves  
1/4 TBSP chopped onion  
2 TBSP light mayonnaise  
4 slices tomato  
2 TBSP plain non-fat Greek yoghurt

Stir in the yoghurt, mayonnaise, celery, onion and chicken in a bowl. Divide mixture to four bread slices. Top with tomato, lettuce and other bread slices.

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## Chicken with Balsamic Vinegar

Detox, FS, RR, SS, CC, P1, P2  
Serves 1

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1/8 tsp thyme  
1 dash salt  
1 TBSP extra virgin olive oil  
1/2 tsp black pepper  
1/4 tsp. butter, unsalted  
1 bay leaf  
1 chicken breast, evenly sliced into strips  
1/6 cup vegetable broth  
1/2 cup sliced mushrooms

Season the chicken with salt and pepper. Heat oil in a heavy frying pan and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the pan and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover tightly and cook over moderately high-heat for about 10 minutes. Turn the chicken pieces occasionally as they cook. Transfer the chicken to a warm platter with foil. Let the sauce cook uncovered over moderately high heat for about 7 minutes. Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

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## Country-Style Pork Ribs

RR, SS, CC  
Serves 6

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1 oz. liquid smoke  
1/4 TBSP cayenne pepper  
2 1/2 pieces of pork ribs (excluding refuse. Yield from 1 lb of raw meat with refuse.)  
2 TBSP Worcestershire sauce  
1/4 TBSP salt  
1/4 TBSP garlic powder  
1 cup water

Sprinkle ribs with salt, pepper and garlic. Rub the spices into the meat and the bone on both sides. Place them in a turkey roasting pan with the water and liquid smoke on the bottom. Sprinkle with Worcestershire sauce. Set the oven to 110°C. Cover the ribs tightly with aluminum foil and roast for 4-5 hours. The ribs should be "falling off the bone" tender. Bake for another 15-20 minutes or until dark brown.

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## Dea-Seau Chicken Thai Basil

Detox, FS, RR, SS, CC, P1, P2  
Serves 1

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1 TBSP extra virgin olive oil  
1 chicken breast  
2 TBSP water  
1 TBSP basil  
1/8 tsp fish sauce  
1 TBSP dehydrated red curry sauce/paste

Lightly oil frying pan. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

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## Deviled Chicken

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

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1/4 TBSP yellow mustard  
1 garlic clove  
1/4 red bell pepper  
1/4 tsp red pepper flakes  
1/4 medium onion  
1/4 TBSP black pepper  
1 TBSP parsley  
1/4 cup chicken stock  
1/2 TBSP paprika

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

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## Cool and Creamy Lime Chicken

RR, SS, CC  
Serves 4

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1 TBSP dry ranch dressing mix  
2 raw limes  
2 TBSP fat-free sour cream  
4 chicken breasts

Squeeze juice of 1 lime into a non-stick frying pan over medium-high heat. Add chicken and cook. While chicken is cooking, mix together the juice of the other lime, sour cream and ranch dressing mix. Once the chicken is fully cooked, remove from the skillet and spoon 2 TBSP of the lime mixture over each breast.

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## Easy Aubergine Chicken

RR, SS, CC

Serves 1

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- 1 tsp unsalted butter
- 1 cup eggplant, cut into cubes
- 1 TBSP feta cheese
- 1 chicken breast

Slice and sauté aubergine in the butter. Add chicken, chopped and already cooked. Stir in chicken with the eggplant and sprinkle with crumbled feta cheese.

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## Grilled Jerk Chicken with Red Pepper and Courgette

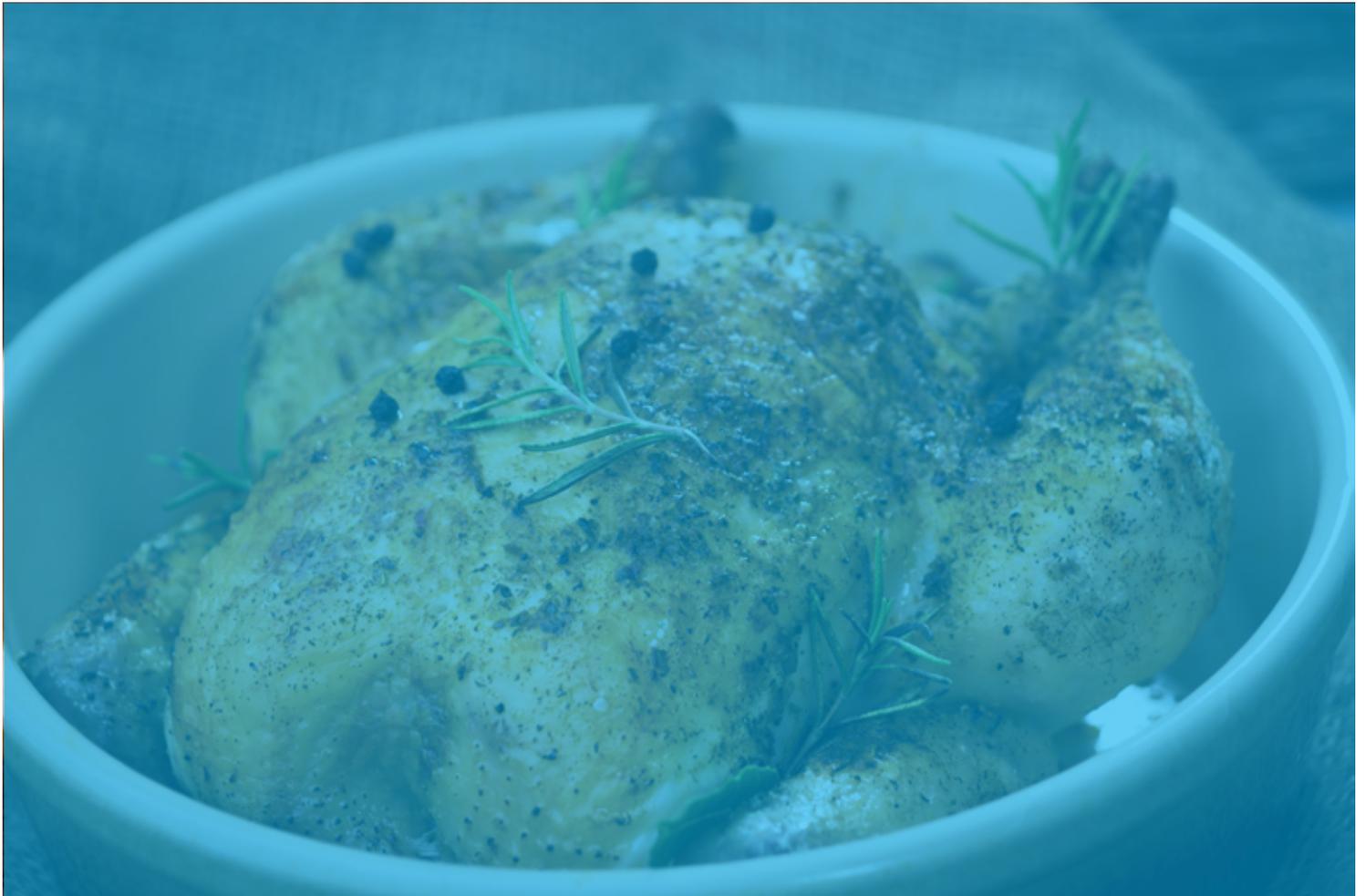
RR, SS, CC

Serves 4

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- 4 chicken thighs, boneless
- 1 red bell pepper, quartered
- 3 TBSP olive oil
- 1 TBSP onion powder
- 1 1/2 TBSP sugar
- 1/2 tbsp. thyme
- 3/4 tsp allspice
- 1/2 tsp cinnamon
- 1/2 tsp crushed red pepper
- 1 tsp oregano
- 1 courgette, quartered
- 1 1/2 TBSP basil

Spray grill with cooking spray. Mix basil, oregano and half the oil in a food processor. Brush on the courgette. In a bowl, combine the rest of the ingredients and rest of the oil with the chicken. Grill chicken with pepper and courgette for about 10 minutes, turning once.



## SEAFOOD

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### Baked Fish Stew

SS, CC

Serves 4

4 servings of cod filets  
5 carrots, chopped  
3 medium sweet potatoes, cubed  
2 TBSP lemon juice  
2 tsp dried basil  
Salt and pepper to taste

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

### Caribbean Shrimp

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

Serves 4

1 lb shrimp  
1/4 cup freshly squeezed grapefruit juice  
1 oz. lime zest  
1/4 oz. lime juice  
1 garlic clove  
1/4 tsp salt

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

### Teriyaki Salmon

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

Serves 1

1/4 tsp lemon juice  
1/4 TBSP teriyaki sauce  
1/4 tsp soy sauce  
1/4 garlic cloves  
6 oz. salmon fillet

Mix all ingredients in a bowl and marinate salmon fillet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20-25 minutes at 175°C.

### Grilled Sole with Warm Aubergine Salad

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

Serves 1

1/2 TBSP extra virgin olive oil  
1/4 TBSP balsamic vinegar  
1 sole fillet  
1/2 TBSP capers  
1/4 red onion sliced fine  
1 medium tomato  
1 TBSP parsley  
1/4 aubergine, peeled and cubed

Preheat oven to 175°C. Place sole in oven and cook until it is tender and flaky. Heat oil in non-stick frying pan. Add the aubergine and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley, vinegar and stir to combine. Let cool 10 minutes before serving. Top over grilled fish.

### Dilled Alaskan Cod

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

Serves 4

4 cod fillets  
1 lemon, sliced  
Salt and pepper  
1 courgette, cut into strips  
1 butternut squash, cut into strips  
1 onion  
1/2 tsp mustard (dried spice)  
1 tsp dill weed

Preheat oven to 230°C. Evenly distribute lemon on aluminum foil. Place cod on lemon slices and sprinkle with salt and pepper. Top with courgette, squash and onion, then sprinkle on dill weed and dried mustard. Bring up foil (may need to do each fillet in its own foil) and double fold into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15-18 minutes.

### Easy Tilapia and Vegetable Packets

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

Serves 1

1/2 tsp black pepper  
1 tsp dill weed  
4 TBSP chicken broth  
1 cup broccoli  
1 cup cauliflower  
1 cup carrots, chopped  
1/4 tsp salt  
4 tilapia filets (or cod, haddock)

Heat oven to 230°C. Place each fillet on a 12-inch square of aluminum foil. Top each fillet with 1/4 of the vegetables and sprinkle with dill weed, salt and pepper. Pour 1/4 of the broth over vegetables. Bring sides of foil to make a tent, fold top edges over to seal. Repeat for remaining fillets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes).

### Grilled Salmon with Spinach and Tomato Stack

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

Serves 1

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

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

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## Fish Veracruz

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

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2 cloves garlic, chopped  
2 cup orange juice  
1 TBSP onions  
4 fish fillets (white fish)  
1/4 cup stuffed green olives, chopped pimiento  
1 TBSP olive oil  
1 oz. canned tomatoes with jalapeno

Preheat oven to 230°C. Coat baking dish with nonstick spray. Heat the oil in a large frying pan over medium-high heat. Add onion and garlic and cook 4 minutes, or until softened. Add the tomatoes, olives and juice; cook 5 minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10-12 minutes or until fish is no longer translucent.

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## Grilled Tuna with Salsa

Detox, FS, RR, SS, CC, P1, P2  
Serves 1

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1 oz. raw tuna  
1 cup snow peas  
2 TBSP fresh salsa  
1 tsp olive oil

Lightly brush a grill pan with oil. Grill tuna on the pan over medium heat coals, turning after 4-6 minutes. Tuna should maintain a little pink in the centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

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## Hoisin-Glazed Scallops with Grilled Courgettes

Detox, FS, RR, SS, CC, P1, P2  
Serves 1

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1 oz. raw tuna  
1 cup snow peas  
2 TBSP fresh salsa  
1 tsp olive oil

Lightly brush a grill pan with oil. Grill tuna on the pan over medium heat coals, turning after 4-6 minutes. Tuna should maintain a little pink in the centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

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## Hoisin-Glazed Scallops with Grilled Courgettes

RR, SS, CC  
Serves 4

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5 TBSP hoisin sauce  
2 medium courgettes, halved lengthwise  
5 tsp extra virgin olive oil  
Dash black pepper  
16 large scallops  
1 medium lime

Rinse the scallops and pat dry with a paper towel; season to taste with salt and pepper. Heat 3 tsp of the oil in a frying pan over medium heat. Add scallops and cook 1-2 minutes per side or until golden brown. Brush tops and sides of scallops with the hoisin sauce and drizzle the lime juice over them. Cook 1-2 minutes more or until scallops are opaque and cooked through. Using a slotted spoon, remove scallops from pan and transfer to a serving plate. Simmer remaining liquid 1-2 minutes, until it reduces and develops the consistency of thick syrup; set aside. Set a grill pan over medium-high heat. Brush both sides of the courgette halves with remaining oil and season to taste with salt and pepper. Grill courgettes for 2-3 minutes per side until golden brown and tender. Spoon reduced liquid over scallops and serve with courgettes.

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## Parmesan Shrimp and Veggies

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

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1 TBSP canola oil  
2 garlic cloves, minced  
2 cups broccoli  
1 summer squash  
6 spring onions, sliced  
1 lb shrimp  
3 TBSP white wine  
1 TBSP fresh basil  
1 TBSP lemon juice

Heat oil in frying pan over medium-high heat, add garlic and cook for 1 minute. Add onions and cook for 2 more minutes. Add shrimp and sauté 2-3 minutes, or until shrimp is almost cooked. Add wine, lemon juice and basil and cook until shrimp is pink (about 1 minute). Sprinkle cheese evenly over the shrimp and vegetables.

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## Open-Faced Tuna Sandwich

SS, CC  
Serves 1

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1 slice multi-grain bread  
1/2 cup alfalfa sprout  
1 tomato, sliced  
1/2 TBSP plain Greek yoghurt  
1/2 TBSP light mayonnaise  
1/2 lemon  
1 can tuna in water, drained

Mix lemon juice, mayonnaise, yoghurt and tuna together. Place on top of bread. Top with tomato and sprouts.

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## Roasted Stuffed Sea Bass

SS, CC  
Serves 1

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1/4 TBSP pepper  
1 TBSP unsalted butter  
2 TBSP parsley  
1 cup celery, chopped  
1 sea bass fillet  
1/8 cup slices water chestnuts  
Salt, to taste  
2 TBSP panko bread crumbs

Place everything but fish in a food processor and pulse until well crumbled. Set oven to 175°C and place fish on baking sheet. Spread stuffing on fish. Bake 12-15 minutes or until stuffing is well browned.

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## Grilled Salmon with Ginger-Mint Salsa

Detox, FS, RR, SS, CC, PI, P2

Serves 2

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1/2 cup spring onions, chopped  
1/2 tsp black pepper  
1/2 oz. lime juice  
2 TBSP fresh mint, chopped  
1 tsp grated ginger  
1/4 tsp salt  
2 salmon filets  
2 tsp lemon juice

Preheat grill on oven to high and heat an oven-safe frying pan under grill for 10 minutes. The pan should be 5-7" from the heat source. Rub salmon with 2 tsp fresh lemon juice and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to grill and cook about 5-7 minutes, depending on thickness. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and spring onion. Spoon over salmon. Garnish with 1 tsp olive oil.

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## Salmon and Herb Spaghetti

Detox, FS, RR, SS, CC, PI, P2

Serves 2

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3 courgettes  
1/8 cup olive oil  
7 grape tomatoes  
3 garlic cloves, minced  
1/8 cup white wine  
2 salmon filets  
1 TBSP basil  
2 TBSP olive oil  
1 1/2 TBSP oregano

Spiralise courgettes and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with courgette pasta.

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## Roasted Fennel and Orange Tilapia

RR, SS, CC

Serves 4

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4 tilapia filets (or cod or haddock)  
2 tsp agave nectar (or honey)  
8 spring onions, chopped  
1 cup red bell pepper, sliced  
1 1/2 tsp ground ginger  
1/2 tsp white wine vinegar  
1 tsp orange zest  
1 1/4 cup orange juice  
2 oranges, sliced  
4 cups fennel  
1/8 tsp pepper

Preheat oven to 230°C and coat roasting pan with cooking spray. To prepare the vegetables, combine fennel, pepper, spring onions and olive oil in a pan. Season with salt and pepper and toss well. Place orange slices over vegetables and roast for 10 minutes. To prepare fish, combine the agave, orange zest, orange juice and vinegar in a bowl and stir until agave dissolves. Sprinkle fillets with ginger, salt and pepper and arrange on top of oranges in roasting pan. Drizzle agave mix over the filets. Roast for 18 minutes or until fish flakes.

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## Sesame-Crusted Salmon with Spinach

RR, SS, CC

Serves 4

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16 oz. spinach  
4 oz. salmon  
1 TBSP olive oil  
2 cups whole-wheat flour  
2 TBSP sesame seeds  
1/2 tsp salt

Place sesame seeds in a cold, dry frying pan; toast over medium heat, stirring constantly, until they become aromatic and lightly coloured. Combine half the seeds with the flour and salt on a plate. Dredge the salmon in the mixture. Heat oil in a large frying pan over medium-high heat; add fish and cook until browned, about 5 minutes per side. Remove and keep warm. Add spinach to pan and cook, tossing constantly until wilted; mix in remaining sesame seeds.

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## Shrimp and Macaroni Salad

SS, CC

Serves 5

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1/2 TBSP celery seed  
Salt and pepper to taste  
1 cup elbow macaroni, whole wheat  
2 oz. cooked shrimp  
2/3 cup light mayonnaise  
1 cup celery, chopped  
1/4 cup spring onions, chopped

Rinse and drain shrimp; reserving the water used to rinse the shrimp. Dry shrimp with a paper towel. Cook macaroni as directed. Place shrimp, celery and spring onions in a bowl with a cover. Shake to mix together. Dressing: mix mayonnaise, 1 tsp shrimp water and celery seed. When macaroni is cool, mix together and serve chilled.

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## Thai Coconut Shrimp Soup

RR, SS, CC

Serves 4

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2 oz. lime juice  
12 shrimp  
1 cup reduced-fat coconut milk  
1/2 cup spring onions, chopped  
1 cup mushrooms, sliced  
1 cup snap peas  
1 cup red bell pepper, diced  
1 TBSP chili sauce  
1 TBSP ginger  
2 cups rice (cooked)  
3 TBSP fish sauce  
2 tsp chili sauce  
4 cups chicken broth

In a large pot, bring the chicken broth, fish sauce and chili sauce to a boil. Add rice and cook for 5 minutes. Add the milk, mushrooms, peppers and peas; reduce heat and simmer for 2 minutes. Add shrimp and simmer for about 2-3 minutes, until shrimp is cooked through. Top with spring onions.

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## Tilapia Imperial

RR, SS, CC

Serves 1

- 6 oz. tilapia (or cod or haddock)
- 1/4 tsp Old Bay seasoning
- 2 tsp lemon juice
- 2 tsp Dijon mustard
- 1 cup non-fat yoghurt
- 2 cups green beans

Line a mesh strainer with a coffee filter and place over a bowl; spoon yoghurt into the bowl. Place plastic wrap over and refrigerate for at least 1 hour, or overnight. Discard liquid. Sprinkle fish with lemon juice and place onto a foil-lined broiling pan. Mix yoghurt, seasoning, 1 tsp lemon juice and mustard together. Spoon on fish. Grill under medium heat for 5-10 minutes or until fish is cooked. Serve with green beans that are steamed.

## Tuscan Cod

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

Serves 2

- 1 tsp olive oil
- 1 tsp cumin
- 2 cod fillets
- 1 red bell pepper, diced
- 1/2 cup onions
- 1/2 - 1 tsp crushed red pepper flakes
- 1 cup cherry tomatoes, diced
- 1/2 clove minced garlic

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

## Zesty Red Snapper with Mushrooms

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

Serves 4

- 2 TBSP lemon juice
- 4 snapper fillets
- 1/8 tsp red pepper flakes
- 1/8 tsp pepper
- 1/2 tsp oregano
- 1/2 tsp tarragon
- 1/2 tsp paprika
- 1 cup mushrooms, sliced
- 1/4 tsp salt

Heat oven to 200°C. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat, about 2 minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15-20 minutes.



### Almond Broccoli Stir-Fry

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

- 2 tsp lemon
- 10 cups broccoli florets
- 2 gloves garlic
- 1/2 tsp ground ginger
- 1/2 cup slivered almonds, toasted (omit for programmes that are nut-free)
- 1-2 tsp stevia
- 1/8 cup low-sodium soy sauce
- 2 TBSP sesame oil

In a nonstick frying pan, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, stevia and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

### Artichokes and Green Beans

Detox, FS, RR, SS, CC, 21 Day (P1 and P2)  
Serves 5

- 1 1/4 lbs fresh green beans
- 1 TBSP extra virgin olive oil
- 2/3 cup onion, finely chopped
- 1 clove garlic
- 1-14 oz. can artichoke hearts, rinsed, drained and quartered
- 1/4 TBSP salt
- 1/8 tsp pepper
- 1/4 parmesan cheese, shredded (omit for Detox or FS)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Remove from heat and set aside. In a nonstick frying pan, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through. Sprinkle with cheese just prior to serving.

### Asian-Style Courgette

RR, SS, CC  
Serves 2

- 1 large courgette, halved lengthwise and cut into 1" slices
- 2 TBSP sesame seeds
- 1/4 - 1/2 tsp garlic powder
- Black pepper to taste
- 1 tsp reduced-sodium soy sauce
- 1 tsp unsalted butter

Melt butter in a nonstick frying pan over medium heat. Stir in the courgette, and cook until lightly browned. Sprinkle with soy sauce and sesame seeds. Season with garlic powder and pepper, and continue cooking until tender.

### Artichokes with Saffron and Almonds

RR, SS, CC, FS, P2  
Serves 8

- 1 cup dried figs
- 1 cup water, boiling
- 1/4 tsp Saffron spice
- 4 lbs baby artichokes, halved and chokes removed
- 1/2 cup almonds
- 1/4 cup white wine vinegar
- 1 tsp paprika
- 1/4 TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, then remove. Sprinkle with 1/4 tsp of saffron threads into the remaining liquid; allow to steep for 5 minutes. Heat oil in a large frying pan over medium-high heat. Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the artichoke are tender, about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, wine and paprika. Cook and stir until all of the liquid has evaporated. Remove from the heat, recover and allow to stand for 5 minutes before serving.

### Asparagus and Red Pepper with Balsamic Vinegar

RR, SS, CC  
Serves 2

- 1 TBSP butter
- 1 TBSP extra virgin olive oil
- 1/2 bunch fresh asparagus
- 1 sliced red onion
- 1 sliced red bell pepper
- 1 dash salt to taste
- 1 TBSP balsamic vinegar
- 1/4 cup parmesan cheese
- 1 TBSP sesame seeds
- 1 TBSP pine nuts

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

### Asparagus with Garlic and Onions

RR, SS, CC  
Serves 2

- 1/4 cup water
- 1/2 lb asparagus
- 1/2 cup onions
- 3 TBSP butter
- Salt and pepper to taste
- 2 garlic cloves

Pour water into a pan. Place asparagus and onion in the pan. Bring water to a boil over medium heat. Cover pan and steam asparagus and onion 2-5 minutes, until slightly tender. Add a few tablespoons of extra water, if needed to maintain steam. When water has steamed off, place butter in pan. Continue cooking until onions and asparagus are lightly browned. Mix in garlic and cook for 30 seconds. Season with salt and pepper.

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## Baked Spaghetti Squash

SS, CC

Serves 4

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1 medium spaghetti squash  
Pasta sauce, low-sugar

Preheat oven to 175°C. Cook squash until a fork can easily pass through, about 1 hour. Remove from oven and when cool, cut in half lengthwise, scoop out seeds and throw out. Using a fork, scrape the inside of the squash halves to form noodle-shaped strands. Add low-sugar sauce or make your own.

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## Balsamic Barley Salad with Pepper, Corn and Courgette

SS, CC

Serves 6

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3/4 cup pearly barley  
1 corn on the cob, lightly steamed, kernels removed  
1 cucumber, chopped  
1/2 cup tomatoes, chopped  
1/4 cup dill weed  
Black pepper to taste  
2 TBSP red wine vinegar  
2 TBSP balsamic vinegar  
3 TBSP extra virgin olive oil

Cook barley in large saucepan of salted water for 35 minutes, or until al dente. Drain in a colander, rinse and set aside to cool. Whisk together oil, vinegars, wine, pepper and dill weed. Combine remaining ingredients to barley and pour dressing over.

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## Broccoli Marinara

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

Serves 4

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

Heat oil in large pan over medium heat. Add garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.

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## Baked Cheese, Spinach, and Bean Burritos

SS, CC

Serves 4

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4 low-carb tortillas  
2 cups chopped spinach  
1 cup red kidney beans (rinse if from a can)  
1/4 cup low-fat cheddar cheese  
4 TBSP (divided) fat-free sour cream  
1/4 cup fresh salsa

Preheat oven to 240°C. Cook spinach until it is wilted (rinse spinach and drop into hot pan with just the water that still clings to leaves after washing – this usually takes about 2 minutes). Combine beans and salsa. Onto each tortilla, spoon 1/4 bean mixture, spinach, sour cream (may omit). Roll up. Place tortillas seam side down in the baking dish. Spoon additional salsa over the surface of the burritos and sprinkle with extra cheese (optional). Bake until cheese is melted, about 6-8 minutes.

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## Broccoli with Garlic Butter and Cashews

RR, SS, CC

Serves 6

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1 1/2 lbs broccoli, cut into bite-sized pieces  
1/3 cup butter  
1 TBSP brown sugar  
3 TBSP soy sauce  
2 tsp white vinegar  
1/4 tsp pepper  
2 cloves garlic, minced  
1/3 cup cashew nuts

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes or until tender but still crisp. Drain and then arrange broccoli on a serving platter. While the broccoli is cooking, melt the butter in a small pan over medium heat. Mix in brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, and then remove from the heat. Mix in the cashews, and pour the sauce over broccoli.

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## Brilliant Sautéed Broccoli

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

Serves 6

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1 lb broccoli florets  
3 TBSP parmesan cheese  
1 tsp brown sugar  
2 TBSP extra virgin olive oil  
1 tsp red pepper flakes  
1/4 TBSP salt  
1/8 tsp black pepper

Fill a pot with water and bring to a boil. Fill a large bowl or pot with half ice and half water. When the water comes to a boil, add the broccoli florets using a strainer with a handle, if possible. Allow broccoli to cook for 2 minutes until tender. Immediately remove from the boiling water, and transfer to a bowl of ice to stop the cooking process. Immerse the broccoli completely in ice water for a minute. Remove and place in a dish that is lined with paper towels. In a small bowl, mix together the cheese and sugar; set aside. Heat the oil in a large frying pan over medium-high heat. Add in the broccoli and season with red pepper flakes, salt and pepper. Stir to coat the broccoli, and then cook and stir for 1 to 2 minutes. Remove from the heat and dust with the parmesan cheese mixture.

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## Browned Butter Vegetables with Almonds

RR, SS, CC

Serves 6

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2 TBSP almonds, sliced  
2 TBSP white wine  
1 medium onion, chopped  
1 red bell pepper, chopped  
2 cups broccoli, chopped  
2 cups cauliflower, chopped  
1 stick unsalted butter  
1/2 tsp garlic salt  
Pepper to taste

Melt butter in frying pan over medium-low heat. Season with garlic salt and 1 tsp garlic pepper. Mix in almonds and cook until golden brown. Stir in wine, onion, red bell pepper, broccoli and cauliflower. Cook 5 minutes or until vegetables are tender. May reduce butter to 1/2 stick for healthier option.

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## Cauliflower Spanish “Rice”

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

Serves 4

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1 cauliflower head, grated to the texture of rice  
2 garlic cloves, chopped  
1 medium green bell pepper  
1 medium red bell pepper  
3 celery stalks  
2 large carrots  
2 TBSP extra virgin olive oil  
1 medium tomato – diced  
2 tsp cumin

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

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## Cheddar Spring Onion Cornbread

SS, CC

Serves 15

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1/4 cup spring onions, chopped  
1/3 cup shredded low-fat cheddar cheese  
1 1/4 cup vegetable oil  
2 egg whites, lightly beaten  
1 cup low-fat buttermilk  
1/4 tsp black pepper  
1/2 TBSP salt  
3/4 tsp baking soda  
1 1/2 tsp baking powder  
1 1/2 oz. Splenda  
2/3 cup cornmeal

Preheat oven to 220°C. Mist two 8-inch round cake pans with cooking spray. In a medium bowl, whisk together the flour, cornmeal, Splenda, baking powder, baking soda, salt and pepper. Stir in butter milk, oil, egg whites until combines. Distribute the batter evenly between the pans; sprinkle with cheddar and scallions. Bake 15-18 minutes or until a toothpick comes out clean. Let cool and serve.

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## Cabbage Soup

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

Serves 3

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1/2 tsp pepper  
1/4 cup onions  
1 cup carrots  
3 TBSP garlic  
1 cup canned white beans, drained and rinsed  
1 1/2 cups drained tomatoes  
1/4 tsp salt  
4 cups vegetable broth  
1 cup green beans, trimmed  
4 cups chopped white cabbage  
1 tsp Italian seasoning

Combine cabbage, onions, carrots with broth and simmer for 15 minutes. Add tomatoes, beans and seasonings. Simmer 20 minutes.

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## Cheesy Aubergine Parmegiano

RR, SS, CC

Serves 8

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1/4 TBSP basil  
3 large egg whites  
2 cups marinara sauce  
1/2 cup low-fat parmegiano cheese  
2 1/2 cups shredded low-fat mozzarella cheese  
1/2 cup whole wheat breadcrumbs  
2 aubergines, unpeeled and sliced

Preheat oven to 200°C. Coat 2 cookie sheets with cooking spray. Whisk egg whites with 3 TBSP water until egg whites look frothy. Combine breadcrumbs, 1/4 cup parmegiano cheese, salt and pepper together and place on flat plate. Dip the aubergine into the egg white mixture and coat with breadcrumbs. Place on cookie sheet and bake until golden brown on each side, about 30 minutes. Combine basil and sauce; spread an even amount on the bottom of the baking dish. Top the marinara with the golden aubergine, cover with more sauce and half the mozzarella cheese. Repeat until all aubergine, sauce and cheese is gone. Sprinkle the remainder of the parmegiano cheese on top and bake 20-30 minutes.

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## Carrot Salad with Coriander and Lemon

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

Serves 2

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2 spring onions  
2 TBSP coriander  
1 TBSP lemon juice  
1/8 tsp salt  
1 dash cayenne pepper

Grate the carrot. Mince the spring onions, discarding the root tips and some of the green portion. Place grated carrot in a bowl with the spring onions, coriander, lime juice and salt. Toss. Sprinkle pepper and serve.

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## Cherry Tomato Salad with Green Onions and Coriander

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

Serves 6

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1 lb cherry tomatoes  
6 spring onions  
2 tsp chili powder  
2 tsp dried oregano  
1/2 tsp crushed garlic  
1/8 tsp salt  
2 TBSP freshly squeezed lime juice  
2 TBSP apple cider vinegar  
1/4 cup fresh coriander leaves

Cut tomatoes in half. Mince spring onions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and coriander and toss to combine.

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## Chilled Tomato Soup with Avocado and Basil

Detox, FS, RR, SS, CC, PI, P2

Serves 4

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8 cups cherry tomatoes  
2 TBSP balsamic vinegar  
1 avocado  
8 basil leaves  
1 cup red bell pepper, chopped  
1 cup green bell pepper, chopped  
2 cups courgette, chopped

Combine tomatoes, balsamic vinegar and salt in a blender. Puree until smooth, and then strain through a mesh strainer. Add peppers and courgette and refrigerate for 2 hours. Portion into 4 bowls and divide avocado. Tear basil leaves and sprinkle over top. Season with salt and pepper.

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## Countryside Vegetarian Chili

RR, SS, CC

Serves 8

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2 tsp herbs de provence  
1 TBSP salt  
4 cups ground flaxseed  
4 cups tomatoes, chopped  
1/2 TBSP black pepper  
2 medium onions, chopped  
1 whole aubergine, peeled and chopped  
2 medium courgette, chopped  
8 jalapeno peppers, minced

Combine all ingredients in a slow cooker and cook 4-6 hours on low. If cooking in a regular pot, bring chili to boil over medium high-heat and then simmer for 1.5-2 hours.

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## Cranberry-Apple Stuffing

SS, CC

Serves 12

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1/2 cup dried apricots  
1/2 TBSP salt  
1/2 tsp oregano  
6 cups cubed whole grain bread  
8 links turkey bacon  
1/2 cup liquid egg substitute  
1/2 tsp black pepper  
2 TBSP parsley  
5 medium granny smith apples, peeled and chopped  
2 yellow onions, chopped  
1 TBSP unsalted butter  
8 oz. vegetable stock

Preheat oven to 175°C. Toast bread cubes until light golden colour, about 12-15 minutes, and set aside to cool. Increase temperature to 190°C. Place turkey bacon in a heavy saucepan. On stovetop, cook over medium heat until the bacon starts to brown. Remove from pan, chop into small diced pieces and reserve. Melt butter in the saucepan. Add onions and sauté until golden brown, and then add bacon, apples and celery. Cook 3-5 minutes, stirring continuously. Spray 13"x9" baking dish and add toasted bread, vegetable mixture and broth to a large bowl. Mix in herbs, seasonings, fruit and eggs. Transfer to baking dish. Cover with foil, sprayed with cooking spray. Cook 30 minutes. Remove foil and bake until top is browned, about 20 minutes.

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## Cold Spicy Noodles with Grilled Tofu

SS, CC

Serves 8

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1/2 pinch red pepper flakes  
2 TBSP tahini  
2 tsp soy sauce  
1/4 cup fresh orange juice  
1 block firm tofu  
1 TBSP sesame oil  
1/3 cup coriander  
2 spring onion stalks  
1/2 cup red bell pepper, sliced  
High-fibre, whole grain spaghetti

Slice tofu into 8 pieces. Place double layer paper towels on cutting board and set over sink. Arrange tofu in 1 layer on cutting board then top with clean dishtowel. Place second board on top and add some weight (4-5 lbs) let stand for 10 minutes. Uncover tofu and place in 1 layer in shallow baking dish. Drizzle with 1/4 cup fresh orange juice and low-sodium soy sauce. Marinate at room temperature, turning often. In a large bowl, mix coriander, tahini, oil, remaining 3 TBSP orange juice and crushed red pepper flakes. Add green onion, pepper and noodles to mix.

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## Creole Okra and Tomatoes

Detox, FS, RR, SS, CC, PI, P2

Serves 4

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1 TBSP extra virgin olive oil  
1 yellow onion, chopped  
4 cups okra, sliced  
2 cup plum tomatoes, chopped  
1 bay leaf  
1/2 tsp thyme  
1/4 TBSP salt  
1/2 tsp red pepper

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

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## Creamy Courgette with Basil

RR, SS, CC

Serves 6

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1 cup vegetable broth  
2 cloves garlic, minced  
Dash cayenne pepper  
1 carrot, julienned  
4 courgettes, cut into 2" julienne strips  
1 tsp cornstarch  
1/4 cup low-fat milk  
1/4 parmesan cheese  
1/4 cup basil, chopped  
1/4 cup low-fat mozzarella cheese

In a large saucepan, combine broth, garlic and cayenne pepper to a boil. Cook uncovered until mixture is reduced by 1/3. Add carrots and reduce heat. Cover and cook 4-5 minutes or until tender. Add courgettes, cover and cook 8-10 minutes or until tender. Drain liquid. Combine cornstarch and milk until smooth. Stir in vegetables and bring to a boil. Cook for 2 minutes stirring frequently until thickened. Add parmesan cheese and basil, stirring gently. Top with mozzarella cheese.

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## Cucumber, Tomato and Mint Salad

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

Serves 4

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2 cups cucumber, sliced  
3 tsp sugar  
2 medium plum tomatoes, chopped  
1/2 cup spring onions, chopped  
1/2 TBSP fresh mint  
2 TBSP extra virgin olive oil  
1/2 tsp black pepper  
3 TBSP red wine vinegar  
1/2 tsp salt

In a large bowl, combine cucumbers, vinegar, sugar and salt and let sit for 30 minutes. Add tomatoes, spring onions, mint and oil. Gently combine while seasoning with salt and pepper to taste.

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## Curried Lentils and Rice

SS, CC

Serves 2

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1 coriander sprig  
1 cup celery, chopped  
1 cup basmati rice  
1 tsp agave syrup  
1/2 cup low-fat sour cream  
1 cup onions, chopped  
1 TBSP balsamic vinegar  
8 oz. lentils  
1 TBSP rapeseed oil  
4 cups water

Cook rice according to directions. Heat the oil and curry powder together in a large saucepan over medium-high heat. Add the onion and celery; cook 5 minutes, stirring occasionally, until vegetables are soft. Add the water and lentils and bring to a boil; reduce heat. Cover and simmer for 20 minutes, until lentils are soft. Remove from heat; stir in agave syrup, vinegar, salt and sour cream. Ladle over bowls of rice. Top with coriander.

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## Aubergine Casserole

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

Serves 6

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

Preheat oven to 175°C. Place aubergine on cookie sheet that is sprayed with cooking spray, and then spray some on the aubergine. Place under broiler for 10-15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour.

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## Curried Tofu Scramble with Roasted Peppers and Peas

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

Serves 4

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1 TBSP rapeseed oil  
1/2 yellow onion diced  
1 TBSP curry powder  
1 cup frozen green peas  
1/2 cup red bell pepper  
1/2 cup water  
1/4 oz. firm, pressed and crumpled tofu\*  
1/4 tsp salt  
1/4 TBSP coriander  
1/4 tsp pepper

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

\*Tip: Freezing tofu will make it crumble better.

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## Aubergine Parmegiano

SS, CC

Serves 2

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Dash salt  
Pinch red pepper flakes  
1/2 cup part-skim ricotta cheese  
1 cup chopped onion  
1 cup canned whole tomatoes  
Dash pepper  
1 whole aubergine, peeled and diced  
1 cup parsley  
1 TBSP basil  
2 garlic cloves, minced

Salt the aubergine and let drain for an hour to take out the bitterness. Heat 1 TBSP of oil in a pot, and then add onion and 1 garlic clove and sauté for a few minutes, until soft but not browned. Then add the tomatoes. Add chopped basil, parsley, pepper and red pepper flakes and cook for a few minutes to marry the flavor. Mix the ricotta with remaining garlic, chopped parsley and red pepper flakes. Take some of the sauce and place on the bottom of a pan, place a layer of aubergine, put a layer of ricotta, top with sauce and repeat. Bake at 160°C for 50 minutes or until aubergine is cooked through and soft.

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## Aubergine Spinach Sauté

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

Serves 6

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1 aubergine, cut into 1" cubes  
2 large carrots, cut into 1" pieces  
1 cup cauliflower  
1 bunch spinach  
1 tsp olive oil  
1 onion, diced  
Salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, aubergine, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

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## Fresh Summer Vegetable Ratatouille

Detox, FS, RR, SS, CC, PI, P2

Serves 8

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1/2 tsp basil  
1/2 tsp salt  
3+ TBSP extra virgin olive oil  
1 bay leaf  
2 medium onions, sliced  
2 courgettes, chopped  
3 garlic cloves, minced  
1 aubergine, unpeeled and cubed  
1 summer squash, cubed  
2 medium green bell pepper, chopped  
1 red bell pepper, chopped  
4 small tomatoes, chopped

Heat 1 1/2 TBSP oil in a large stockpot over medium-high heat. Add the onions and garlic and cook until soft. In a large pan, heat 1 1/2 TBSP oil and sauté courgette in batches until slightly browned on all sides. Remove courgette and place in pot with onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time to add a new set of vegetables in. Season pot ingredients with salt and pepper. Add bay leaf and cover. Cook over medium heat for 20 minutes. Add chopped tomatoes and parsley and cook another 10-15 minutes, stirring occasionally. Remove bay leaf and adjust seasoning.

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## Garden Vegetable Packet

Detox, FS, RR, SS, CC, PI, P2

Serves 4

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3 cups broccoli  
2 cups cauliflower  
1 red bell pepper, sliced  
1 tsp basil  
1/2 TBSP salt  
1/8 tsp pepper

Preheat oven to 230°C. Centre vegetables on a sheet of aluminum foil and sprinkle seasonings, and then top with 2 ice cubes. Bring foil up and double fold top to seal and make like a tent. Bake 20-25 minutes.

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## Garden Vegetable Soup

Detox, FS, RR, SS, CC, PI, P2

Serves 2

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1/2 cup courgette  
2 garlic cloves, sliced  
1/2 tsp salt  
2/3 cup carrots, strips  
1/2 cup onions, chopped  
1 1/2 cup cabbage, chopped  
1 TBSP no-added-salt tomato paste  
1/2 cup green beans  
1 tsp basil  
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in courgette and heat 3-4 minutes.



## DESSERTS & MARINADES & DRESSINGS

### Coconut Macaroons

RR, SS, CC  
Serves 8

2 tsp unsweetened cocoa powder  
1 TBSP vegetable oil  
1 tsp vanilla extract  
2 cups shredded coconut  
4 eggs  
1 cup Splenda  
1 tsp almond extract  
1/2 cup almonds, sliced

Heat oven to 190°C. Combine egg whites and both extracts (egg whites should yield 1/2 cup). Combine Splenda with coconut. Mix dry and wet ingredients with sliced almonds. Roll into balls about 1 inch in diameter. Slightly flatten and put on greased baking sheet. Place 1.5 inch apart. Turn down oven to 160°C, and bake for 15 minutes or until golden brown on bottom and just starting to brown on top.

### Lentil Cookies

SS, CC  
Serves 12

2 cups whole-wheat flour  
1 cup shredded coconut  
1 oz. dried cherries  
1 packet of 1-minute oats  
3/4 cup butter, unsalted  
2 tsp vanilla extract  
1 1/2 cup lentil puree\*  
2 eggs  
1/2 tsp allspice  
1/2 tsp baking powder

(If desired, 1/4 of the whole-wheat flour can be substituted with lentil flour for a denser, stronger flavour.)

Preheat oven to 190°C. Mix flour, allspice, baking powder, salt, cinnamon. Using an electric mixer, cream the Splenda and butter on medium speed. Add the eggs and mix until just incorporated. Add the vanilla and lentil puree and mix until combined. Add the flour mix and blend on low speed. Stir in oatmeal, dried fruit and coconut. Form the dough into balls about 2 tsp in size and place on a baking sheet with parchment paper, leaving 1 inch of room in between. Bake for 15-17 minutes, or until an internal temperature of 90°C is reached.

\*To make lentil puree: 4 oz. lentils, approximately 2/3 cup, picked over and rinsed; 3 cups water. In a small pot over medium heat, combine lentils and water. Bring to a simmer, cover and simmer for 30-40 minutes, or until lentils are tender. Puree. Let cool before using for cookies. Yields 1 1/2 cup puree. Lasts in refrigerator 3-4 days and freezer 2-3 months.

### Mixed Berry Crumble

SS, CC  
Serves 8

1/2 oz. cinnamon  
1/3 oz. unsweetened cranberry juice  
8 almonds, chopped  
1 packet Splenda  
1/2 cup cherries without pits  
1 1/2 cup unfrozen frozen raspberries  
3/4 cup oat flakes

In a large saucepan, combine berries, juice, cinnamon and Splenda. Cook on high 2-4 minutes or until fruit is tender. In a bowl, mix cereal and almonds for a crumble topping. Place fruit in bowl and sprinkle cereal mix with almonds over each.

### Jamaican Nut Baked Apple

FS, RR, SS, CC, P2  
Serves 4

4 apples  
4 plums, diced  
4 peaches, diced  
4 tsp salt  
4 tsp peanuts  
4 tsp almonds  
2/3 oz. pecans  
4 oz. 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 apple to expand. Place the apples in an oven-proof dish and stuff them with fruits and nuts. Pour 1 oz. rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 190°C for 45 minutes or until apples are soft.

### Peanut Butter Cookies

SS, CC  
Makes 36 cookies

3/4 cup all-purpose flour  
1 1/4 almond flour  
1/2 tsp baking soda  
8 TBSP butter  
2 TBSP brown sugar  
1/2 cup sugar (or Splenda)  
3/4 cup peanut butter, smooth  
1 1/2 tsp vanilla extract  
2 egg whites

Preheat oven to 190°C. In a small bowl, combine the flours and baking soda. In a separate bowl, lightly beat the butter until soft, and then add sugars and peanut butter and beat until smooth. Add the egg whites and vanilla extract and mix well. Add the flour mix and beat everything together. Use 1 TBSP of cookie dough for each cookie and place on a cookie sheet lined with parchment paper. Bake 9-10 minutes and let cookies cool on wax paper.

### Pepper Tart

SS, CC  
Serves 8

3 cups brown sugar (or brown or white Splenda)  
3 TBSP balsamic vinegar  
1 TBSP thyme  
7 TBSP olive oil  
5 TBSP water  
1/2 TBSP salt  
1/2 cup slivered almonds  
1 1/4 cup whole grain flour  
1 red onion, sliced  
1/2 cup red bell pepper, sliced  
1 yellow bell pepper, sliced

Preparing the crust: Combine flour and salt in a bowl and stir in 5 TBSP of oil. Add water and stir until dough forms. Wrap in plastic wrap and place in refrigerator for 30 minutes. Filling: Heat oven to 230°C. Place peppers and onions on a baking dish and drizzle with vinegar, thyme and 2 TBSP oil. Roast until peppers and onions are brown. Stir in pan when cooking. Reduce oven heat to 200°C and put brown sugar and remaining oil in a saucepan. Bring to a boil and cook until thickened. Pour into pie pan. Place peppers and onions into pan and sprinkle with almond slices. Roll out dough and cover filling. Bake until golden brown, about 30 minutes. Let rest 10 minutes before serving.

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## Whole Wheat Banana Bread

SS, CC  
Serves 8

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1 tsp baking soda  
1/2 oz. Splenda  
1 cup walnuts, chopped  
1 egg  
4 bananas (less ripe)  
1 TBSP unsalted butter  
1/2 oz. cinnamon  
1 tsp baking powder  
1 1/2 cup whole-wheat flour

Combine flour, baking soda and powder and cinnamon in a large bowl. Combine Splenda, melted butter, mashed banana and egg in another bowl. Add to flour mixture, stirring until all are mixed together. Stir in walnuts. Pour mixture into a loaf pan coated with cooking spray. Bake at 180°C for 55-60 minutes.

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## Courgette Bread

RR, SS, CC  
Serves 8

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1 tsp garlic  
1 TBSP baking powder  
1/2 cup crushed pineapple  
1 tsp vanilla extract  
3 TBSP vegetable oil  
1 egg  
2 cups courgette, grated or finely diced  
1/2 tsp nutmeg  
1/2 oz. cinnamon  
1/2 tsp all spice  
1/2 tsp baking soda

Preheat oven to 180°C and coat a 9x5 pan with cooking spray. In a large bowl, combine the flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, then add the courgette, pineapple, oil and vanilla and stir to combine. Add the flour mixture. Pour into the pan and bake 50-60 minutes or until a toothpick comes out clean. Cool completely before cutting.

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## Baked Apples

RR, SS, CC  
Serves 8

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4 bramley apples  
2 stems of ginger  
1 tsp cinnamon  
50 g sugar  
4 spoonfulls vanilla ice cream  
4 prunes

Heat oven to 180°C. Core apples and score round centre. Put the apples in a baking dish and bake with 2 tsp of water. Mix chopped ginger, sugar, prunes and cinnamon and stuff into apples. Bake for a further 40 minutes. Serve warm with the ice cream.

