

# DETOX RECIPES





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## EGG DISHES & BREAKFAST FOODS

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### Zucchini Hash Browns

Detox, FB, RR, SS, CC, P1, P2

Serves 2

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

Heat oil in frying pan. Mix all ingredients together in a bowl and drop, by spoonful amount, into hot frying pan. After browning on one side, spray with cooking spray and flip; brown the other side.

## APPETIZERS

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### Tomatoes with Shallots and Fresh Basil

Detox, FB, RR, SS, CC, P1, P2

Serves 4

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

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle olive oil and vinegar over them, and top with basil and shallots.

### Wilted Salad Rocket and Portabella Mushrooms

Detox, FB, RR, SS, CC, P1, P2

Serves 2

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1 TBSP olive oil  
½ small onion, chopped  
2 cloves minced garlic  
⅓ tsp crushed red pepper flakes  
1 cap portabella mushroom, chopped  
¼ cup vegetable broth  
4 cups salad rocket leaves  
⅓ tsp black pepper

Heat oil in frying pan 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 broth. Simmer until liquid is reduced by half. Add salad rocket and cook until wilted. Season with black pepper and serve immediately.



### Tomato and Garlic Green Beans

Detox, FB, RR, SS, CC, P1, P2

Serves 4

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4 garlic cloves  
½ cup onion, chopped  
3 cups green beans  
4 tsp olive oil  
½ tsp salt  
3 TBSP tomato paste  
1 cup cherry tomatoes

Rinse and drain green beans. Fry the onions and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, and keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.





## PORK & POULTRY

### Sonoma Chicken

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

1½ cup mushrooms, chopped  
¼ tsp pepper  
4 TBSP olive oil  
2 garlic cloves, minced  
1 tsp rosemary  
1 onion, sliced  
4 chicken breasts  
½ cup tomatoes, diced  
1¼ cup chicken broth

Cut chicken into slices and pound until less than ½ thickness. Sprinkle each piece with some of the rosemary, garlic, salt and pepper and set aside. Coat a frying pan with oil over medium-high heat. Add chicken and cook 2–3 minutes on each side, or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to frying pan. Cover and cook for a few minutes. Add more broth if frying pan becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes, until about ¼ of liquid remains. Sprinkle parsley over and serve.

### Thai Chicken Stir Fry

Detox, FB, RR, SS, CC, P1, P2  
Serves 6

½ yellow capsicum, diced  
½ red capsicum, diced  
½ cup onion, chopped  
1 TBSP reduced-sodium soy sauce  
140 grams lean beef, cut into strips

Marinate beef strips in soy sauce for 30 minutes. Heat 1 TBSP of olive in pan. Place beef strips in pan and cook until pink is gone. Add onion, peppers and cook for until tender and serve.

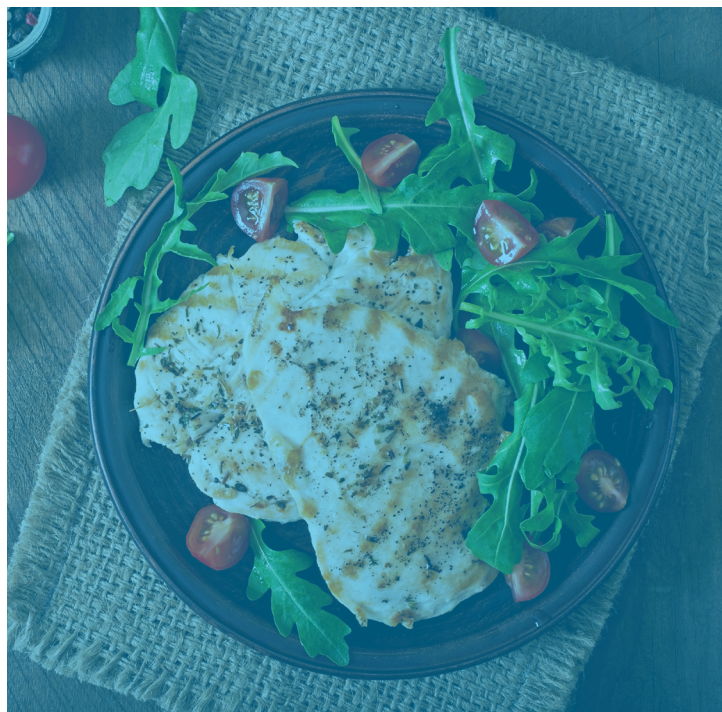
## SEAFOOD

### Caribbean Shrimp

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

450 grams shrimp  
¼ cup freshly squeezed grapefruit juice  
2 TBSP lime zest  
1½ tsp lime juice  
1 garlic clove  
¼ tsp salt

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



### Chinese Steamed Bass with Cabbage

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

2 striped bass fillets  
1 hot chili pepper, chopped  
1 tsp grated fresh ginger  
½ head cabbage  
2 garlic cloves, minced  
2 TBSP soy sauce, low sodium  
2 tsp sunflower oil

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

### Grilled Salmon with Spinach and Tomato Stack

Detox, FB, 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 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 tomato and cook for 2–3 minutes until the salmon is cooked through, but still tender. Put 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; sprinkle with remaining basil.



## SEAFOOD (CONTINUED)

### Grilled Tuna with Salsa

Detox, FB, RR, SS, CC, P1, P2

Serves 1

30 grams raw tuna  
1 cup snow peas  
2 TBSP fresh salsa  
1 tsp olive oil

Lightly brush a grill pan, grill rack or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), 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.

### Pasta with Tuna, Watercress, Cherry Tomatoes and Feta

SS, CC

Serves 4

2 TBSP fat-free feta cheese  
230 grams whole wheat pasta  
1 can tuna fish, drained  
3 cups watercress, chopped  
4 cups cherry tomatoes  
¼ tsp pepper

Cook pasta according to directions. Place cheese in a large bowl; top with watercress. Before draining pasta, take ¼ cup of the water and pour it over the watercress. Place tomatoes in a colander. Drain pasta over the tomatoes for a quick blanch. Toss with watercress and cheese. Sprinkle tuna with pepper and serve together.

### Salmon and Herb Spaghetti

Detox, FB, RR, SS, CC, P1, P2

Serves 2

3 zucchinis  
½ cup olive oil  
7 grape tomatoes  
3 garlic cloves, minced  
½ cup white wine  
2 salmon fillets  
1 TBSP basil  
2 TBSP olive oil  
1½ TBSP oregano

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

## VEGETARIAN & VEGETABLE SIDE DISHES

### Almond Broccoli Stir-Fry

Detox, FB, RR, SS, CC, P1, P2

Serves 4

2 tsp lemon  
10 cups broccoli florets  
2 gloves garlic  
½ tsp ground ginger  
½ cup slivered almonds, toasted (omit for programmes that are nut-free)  
½ tsp sugar  
⅓ cup low-sodium soy sauce  
2 TBSP olive 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, sugar and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

### Cauliflower Spanish “Rice”

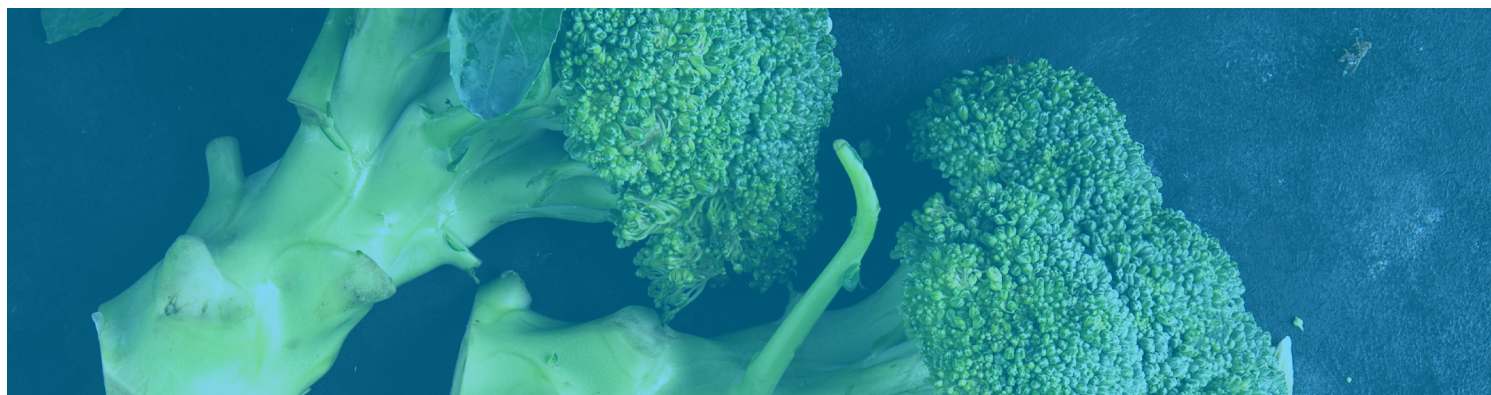
Detox, FB, RR, SS, CC, P1, P2

Serves 4

1 cauliflower head, grated to the texture of rice  
2 garlic cloves, chopped  
1 medium green capsicum, chopped  
1 medium red capsicum, chopped  
3 celery stalks, chopped  
2 large carrots, chopped  
3 cups low-sodium vegetable broth  
2 TBSP extra virgin olive oil  
1 medium tomato, diced  
2 tsp cumin

Heat oil in a large frying 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.

 **ITLS** WEIGHT  
MANAGEMENT  
SOLUTION



## VEGETARIAN & VEGETABLE SIDE DISHES (CONTINUED)

### Cherry Tomato Salad with Green Onions and Cilantro

Detox, FB, RR, SS, CC, PI, P2

Serves 6

4 cups cherry tomatoes  
6 scallions  
2 tsp chili powder  
2 tsp dried oregano  
½ tsp crushed garlic  
⅛ tsp salt  
2 TBSP freshly squeezed lime juice  
2 TBSP apple cider vinegar  
¼ cup fresh Chinese parsley leaves

Cut tomatoes in half. Mince scallions, 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 Chinese parsley and toss to combine.

### Creamy Carrot Soup

Detox, FB, RR, SS, CC, PI, P2

Serves 6

1 cup celery, chopped  
Salt and pepper  
1 cup vegetable stock  
3 TBSP olive oil  
1½ tsp parsley  
1 cup onions, chopped  
3 cups carrots, chopped

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

### Eggplant Mixed Grill

Detox, FB, RR, SS, CC, PI, P2

Serves 4

2 TBSP olive oil  
2 TBSP parsley  
6 tsp oregano  
2 TBSP basil  
1 TBSP balsamic vinegar  
1 TBSP salt  
½ tsp pepper  
6 cloves garlic, minced  
1 red onion, cut into wedges  
Asparagus (10 spears)  
Mushrooms  
Bell pepper  
Eggplant

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

### Eggplant Spinach Sauté

Detox, FB, RR, SS, CC, PI, P2

Serves 6

1 eggplant, 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 frying pan and add oil. Wash spinach. Add onions, eggplant, 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.

### Garden Vegetable Soup

Detox, FB, RR, SS, CC, PI, P2

Serves 2

½ cup zucchini  
2 garlic cloves, sliced  
½ tsp salt  
¾ cup carrots, strips  
½ cup onions, chopped  
1½ cup cabbage, chopped  
1 TBSP no-added-salt tomato paste  
½ cup green beans  
1 tsp basil  
½ tsp oregano  
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 zucchini and heat 3-4 minutes.

### Grilled Vegetables

Detox, FB, RR, SS, CC, PI, P2

Servings based on amount of vegetables

Vegetables of your choice  
Extra virgin olive oil  
Dash salt and pepper

Preheat grill for high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness is reached.

