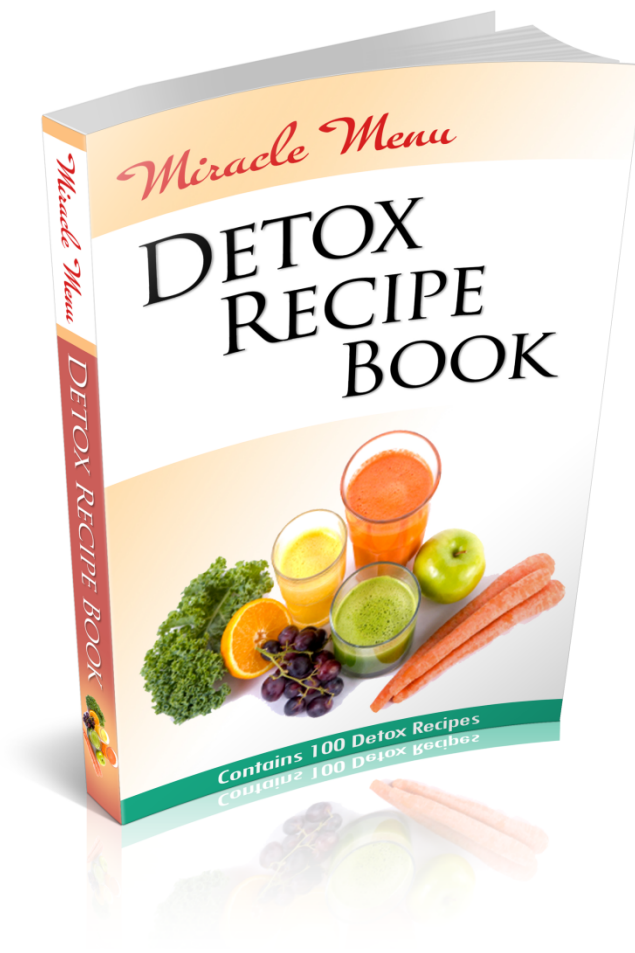


MIRACLE MENU

DETOX RECIPE BOOK



RICHARD CLARKE

Contains 100 Detox Recipes:

- Smoothies
- Breakfasts
- Soups
- Salads
- Starters
- Mains
- Vegetable Dishes
- Stir Fry's
- Snacks
- Deserts



SECTIONS

- Eating Out on a Detox
- Eating on the Run on a Detox

Introduction



There is a growing movement throughout the world with regards to Detox. Increasing numbers of people are now becoming aware of detox and the benefits that it can have on your health.

In today's society your body is exposed to many harmful chemicals and toxins. There are some things which are controllable e.g. the food we eat – eating processed foods containing toxins, but there are uncontrollable factors such as the pollution affecting the air we breathe. There is no getting away from the fact that your body will be exposed to some toxins. Detoxification regains your bodies' normal health.

So a quick recap and for those of you that don't know, what the main benefits of a period of Detoxification are:

- Makes you feel more energised
- Removes harmful toxins from your body
- Stimulates digestive health
- Clear headaches
- Removes bloating
- Improves your concentration and mood
- Regains our natural ability to fight off flu and infections
- Aid with weight loss
- Cut out ALL toxins

“ The overall aim of a Detox is to cleanse the blood and the gut, liver and kidneys.



Most herbal doctors and health practitioners would recommend a period of detox at least once a year. If you are planning to start a diet you should undergo

a period of around 7-28 days of detox to really give you a head start when it comes to dieting, this will help your weight loss no end.

A detox diet should be alkaline forming (reducing acidity in the body). You require plenty of vitamins and minerals to support your body while detoxifying.



So the purpose of this manual is to show you what you can eat and drink during your detox, if you don't have the exact foods that we mention you can swap them with a sensible alternative if needed.

The majority of the ingredients used can all be found at your local supermarket.

It's a good idea to start your detox diet if you have a period off work or on a weekend so you can really commit to it.

I hope this can help you become a healthier you.

Enjoy,

Richard Clarke

SMOOTHIES

Smoothies make up a great addition to your detox nutrition plan. They are a great way of getting vital sugar to your muscles rather than your stomach after an intense workout session. A smoothie can be a great breakfast if you haven't got time to make a substantial solid breakfast.



Juicy Berry Nice Smoothie

Ingredients:

- 200g frozen cherries
- 100g frozen blackberries
- 50g frozen raspberries
- 220 ml almond milk
- 125 ml water
- 1 tablespoon sunflower seeds

Directions:

- ❖ Place all the ingredients in a blender and process until smooth.
- ❖ The quantities above make 2-3 servings.

Fruity Detox Drink

Ingredients:

- 250g of strawberries
- ½ kiwi fruit
- 1 banana
- 2 celery stalks
- 2 handfuls spinach



Directions:

- ❖ Remove outer strands and cut celery stalks thin to ensure they blend properly. Add all ingredients to blender and blend until smooth, add water and ice to drink to make it more considerable. Have it for breakfast and it can keep you full until lunch!

Fat Burning Banana Blend

Ingredients:

- 1 banana
- 20g parsley
- 1 handful of spinach
- ½ lemon
- 1 apple
- 3 large kale leaves
- Pinch of cinnamon



Directions:

- ❖ This drink is great as it contains great fat burning ingredients. Just place all ingredients in a blender and process until smooth, then enjoy!

Cherry & Plum Smoothie

Ingredients:

- 200g fresh cherries
- 2 Whole plums, stones removed
- 60g blueberries
- 300 ml almond milk
- 125g crushed ice



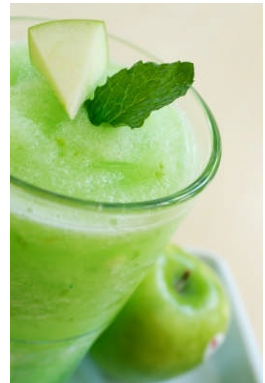
Directions:

- ❖ Blend together the cherries, plums and blueberries until the drink is smooth. Can serve between 2 and 3 people for a delicious refreshing smoothie.

Tasty Tropical Smoothie

Ingredients:

- 200g cubed mango
- 100g pineapple chunks
- ½ a lemon
- 1 kiwi fruit
- ½ a lime
- 2 tablespoons dessicated coconut
- 1 teaspoon lemon zest
- 1 teaspoon lime zest
- 300 ml almond milk
- 200g crushed ice
- 2 tablespoons sunflower seeds



Directions:

- ❖ Blend all ingredients until smooth and enjoy.
- ❖ Makes 2-3 servings.

Reviving Carrot Smoothie

Ingredients:

- 450ml carrot juice
- 1 Carrot, chopped
- 1 red pepper, deseeded and chopped
- 1 Jalapeno
- 2 tablespoons pumpkin seeds



Directions:

- ❖ Place all ingredients together in a blender until smooth.
- ❖ Serve immediately for a smoothie with a bit of a kick!

Delightfully Creamy Strawberry Surprise

Ingredients:

- 100g frozen raspberries
- 200g strawberries
- 1 ripe avocado cubed
- 200 ml tropical juice (from carton)
- 250 ml almond milk



Directions:

- ❖ Add all ingredients into a blender until smooth.
- ❖ The creamy surprise comes from the avocado for those of you wondering!

Sensationally Fruity Smoothie

Ingredients:

- 100g fresh pineapple
- 1 clementine
- 1 orange
- ½ banana
- ½ fresh lemon
- 1 head of romaine lettuce



Directions:

- ❖ Place all ingredients into a blender until smooth, add water if drink becomes too thick. Enjoy for a deliciously fruit packed smoothie.

Red Delicious Detox Drink

Ingredients:

- 200g diced tomatoes
- 50g carrots sliced
- 50g raspberries
- 80 ml tomato juice
- 80 ml carrot juice
- 2 teaspoons sesame seeds



Directions:

- ❖ Place all ingredients together in a blender until you are left with a red tasty smoothie.

BREAKFASTS

*B*reakfast is significant in achieving overall body fat reduction as well as influencing the way you perform throughout the day in a positive way. It is vital that each day you get off to the best possible start ... a healthy breakfast is a way of doing this. Think, in sport how many people get the results they want when they start a race slowly?

When you are asleep the body is starved/fasted for 8-12 hours ...
breakfast **breaks this fast**,
hence the name breakfast!

Glucose levels are low when you wake up so breakfast can help to restore these levels and ensure you leave the house to go to work/daily activities feeling positive mentally and physically.

Nutty Apple Pancakes

Ingredients:

- 300 ml almond milk
- 50 ml coconut oil
- 180g rice flour
- 1 teaspoon cinnamon
- 2 large cooking apples
- 3 – 4 tablespoons pecan nuts, chopped coarsely



Directions:

- ❖ Cut the apples into quarters after they have been peeled and cored. Place in the blender along with the almond milk, coconut oil and rice flour, blend well and fold in the nuts.
- ❖ In the meantime heat a large frying pan, and fry ¼ cup of the batter at a time, using a little coconut oil to prevent sticking. Flip the pancake when it starts to bubble, fry the other side until it begins to brown and sprinkle with cinnamon.
- ❖ A great breakfast; add a bit of extra fruit depending on how adventurous you are feeling.

Breakfast Lentil Stir-fry

Ingredients:

- 1 tablespoon coconut oil
- 2 onions, chopped
- 1 stalk of celery, chopped
- 100g bamboo shoots, chopped
- 1 yellow pepper
- 250g red lentils, pre cooked
- 200g spinach, chopped



Directions:

- ❖ Saute the onions, celery, bamboo shoots and pepper in a large frying pan with the coconut oil. Add the lentils and spinach and fry until warm.

Millet porridge

Ingredients:

- 200g millet flakes (can order online)
- 250 ml rice milk
- 250 ml water
- Nutmeg to taste
- 5 teaspoons honey or maple syrup



Directions:

- ❖ Easy to make and a great way to start the day. Simply mix together the millet flakes, milk, water and nutmeg in a saucepan. Bring to the boil and simmer for a further 4 or 5 minutes, stir constantly.
- ❖ These quantities should make 5 servings.

Oaty Porridge

Ingredients:

- 100g porridge oats
- 125ml almond milk
- 125 ml water
- 2 teaspoons maple syrup/honey
- You can add raisins, sultanas if you wish.



Directions:

- ❖ Mix together the oats, milk and water in a saucepan. Bring to the boil and simmer for around 5 minutes, ensure that the porridge is stirred constantly. Add syrup/honey and any optional extras and enjoy. Makes 2 servings.

Muesli with Dried Fruit

Ingredients:

- 200g porridge oats
- 2 tablespoons oat bran
- 2 tablespoons almonds
- 60g flaxseeds
- 60g chopped dried apricots



Directions:

- ❖ You can make a large quantity the night before if you are planning this dish as a breakfast when you don't have much time before work, store leftovers in an airtight container to ensure it stays fresh.
- ❖ Mix with almond milk for breakfast.

Scrambled Lentils

Ingredients:

- 1 teaspoon coconut oil
- 1 onion chopped
- 200g lentils fully cooked
- ½ teaspoon curry powder (optional)
- ¼ teaspoon turmeric (optional)
- ¼ teaspoon cumin
- Pepper to taste
- 1 diced tomato
- 1 cup fresh spinach chopped



Directions:

- ❖ Sauté the onion in coconut oil for 3-5 minutes.
- ❖ Add all of the remaining ingredients besides the spinach. Cook until heated thoroughly, stir regularly, should take around 5 minutes.
- ❖ Cook for an additional 2 minutes once the spinach has been added.
- ❖ Serve immediately and watch out for the curried kick if you add the curry powder and turmeric.

Fruity Skewers

Ingredients:

- ½ cantaloupe, chopped into chunks
- ½ honeydew melon, chopped into chunks
- ½ pineapple, chopped into chunks
- 1 mango, diced
- 100g grapes
- 150g strawberries
- Juice of half a lemon
- Freshly grated nutmeg



Directions:

- ❖ Place the fruity chunks on the skewers as you like, drizzle with lemon juice and grate the nutmeg over to taste.

SOUPS



Soups offer us a delicious light alternative in our detox program. Great for the working person as you can make several servings and take some in a flask to work. It can be very difficult to stick to your detox when you are at work but not if you're prepared. Soup is also a great way of warming up and feeling good through the winter months.

Lovely Lentil Soup

Ingredients:



- 150g lentils
- 1 litre water
- 1 medium onion chopped
- 2 stalks celery chopped
- 1 carrot chopped
- 1/2 clove of garlic minced
- 1/4 teaspoon oregano crushed
- 2 tablespoons parsley chopped

Directions:

- ❖ Rinse and sort through the lentils making sure there are no sticks or stones in them. Bring 4 cups of water to a boil and add the lentils. Bring to a boil then reduce heat, cover and simmer for 30 minutes or until tender. Drain lentils and rinse.
- ❖ Add all remaining ingredients, cover and simmer for 30 minutes hours.
- ❖ Makes 4 servings

Vegetable Soup

You can make 4 delicious servings out of this recipe, great to take to work to avoid the temptation of unhealthy snacks for your lunch.



Ingredients:

- 1 crushed garlic clove
- 1lite vegetable stock
- 1 onion
- 1 tablespoon extra virgin olive oil
- 1 tablespoon parsley
- 200g sliced carrots
- 200g broccoli florets
- 200g cauliflower florets
- 100g frozen peas
- 100g chipped green beans

Directions:

- ❖ Place the garlic, vegetable stock, onion, extra virgin olive oil and vegetables in a saucepan. Bring to the boil and simmer for a further 15-20 minutes, ensure the vegetables have softened.
- ❖ Turn off the heat and add the parsley and season with salt and pepper before serving.

Vegetable and Barley Soup

Ingredients:

- 200g pearl barley
- 500ml vegetable stock
- 1 onion, sliced
- 3 medium potatoes cubed
- 1 leek diced
- 1 carrot diced
- 2 celery sticks sliced into small strips
- 1 tablespoon thyme leaves



Directions:

- ❖ Saute the onions to begin.
- ❖ Boil water with the vegetables, stock and the spices.
- ❖ Bring ingredients together and garnish with parsley.

Carrot and Coriander Soup

Ingredients:

- 1 onion, chopped
- 1 garlic clove, chopped
- 500g carrots, sliced
- 800ml vegetable stock
- 1 tablespoon fresh coriander, chopped
- 15ml extra virgin olive oil
- Salt and pepper to taste



Directions:

- ❖ Add the onion, garlic and carrots to the vegetable stock in a large saucepan and bring to the boil. Reduce heat and simmer for around 15 minutes. Season with salt and pepper and add the oil and coriander.
- ❖ Place in a blender and liquidise. Makes 2-3 servings.

Lemon Asparagus Soup

Ingredients:

- 450g asparagus
- 2 onions
- 300g potato
- 1 litre water
- 1 tablespoon chopped parsley
- Lemon juice

Directions:

- ❖ Finely chop the onion, peel and slice the potato and add to the asparagus and water in a large saucepan. Bring to the boil and simmer for around 10 minutes, make sure the vegetables are tender.
- ❖ Add salt, pepper, parsley and the lemon juice and simmer for a further 1-2 minutes. Place soup in a blender and blend until smooth. This can be enjoyed warm or cold.



Broccoli and Bean Soup

Ingredients:

- 4 spring onions, sliced
- 1 garlic clove, crushed
- 2 teaspoons mild curry powder
- 1.5 litres vegetable stock
- 1 potato, chopped
- 400g broccoli florets
- 1 can of flageolet beans, drained



Directions:

- ❖ Bring to the boil a saucepan containing the onions, garlic, curry powder and around 150 ml of the vegetable stock. Simmer for 5 minutes.
- ❖ Add the potato and broccoli along with the remaining vegetable stock and simmer for 15-20 minutes.
- ❖ Place the soup along with the beans into a blender and blend until smooth. Should make 4 servings.

Cracking Carrot and Leek Soup

Ingredients:

- 120 g leeks diced
- 300 ml of water
- 1 tablespoon parsley
- 1 tablespoon thyme
- 2 tablespoons horseradish sauce
- 1 tablespoon sesame seeds.
- 120 g carrots diced
- 2 teaspoons coconut oil



Directions:

- ❖ Sweat the leeks and carrots in the coconut oil for 5 minutes.
- ❖ Add water, parsley, thyme, and horseradish. Bring to a simmer. Cover and simmer for 5 minutes.
- ❖ Run soup through blender to liquefy.
- ❖ Garnish with sesame seeds.
- ❖ Serve warm.

Cool Fruit Soup

Ingredients:

- ½ peach, chopped
- ½ pear, chopped
- ½ apple, chopped
- ¼ cantaloupe, cut into chunks
- ¼ honeydew melon, cut into chunks
- 25g desiccated coconut
- ½ teaspoon fresh ground nutmeg
- 1 tablespoons fresh lime juice
- 50g red cherries
- 100g iceberg lettuce, chopped



Directions:

- ❖ Place all ingredients into a food blender until smooth. Serve chilled, makes 4 servings.

Cabbage Stew

Ingredients:

- 1 onion, chopped
- 100g carrots, chopped
- 1 shallot, chopped
- 300g tomato sauce
- 150g tomatoes, diced
- 1 small cabbage, chopped
- Small can of pinto beans
- 500ml water
- ½ chilli pepper, finely chopped



Directions:

- ❖ Cook the onion and shallot until they begin to brown.
- ❖ Cook the pinto beans in water, bring to the boil and cook for 15 minutes
- ❖ Add the tomatoes, carrots, sauce to the beans for 5 minutes.
- ❖ Stir in the cabbage and chilli pepper. Add salt to taste and simmer for between 30 and 45 minutes.

Brilliant Barley Soup

Ingredients:

- 200g pearl barley
- 1 Litre vegetable stock
- 1 Medium onion, diced
- 3 Potatoes, cubed
- 1 Leek, diced
- 1 Carrot, diced
- 2 Celery sticks, cut thinly
- 1 Tablespoon thyme leaves



Directions:

- ❖ Firstly sauté the onions. Then boil the water with the vegetables, stock and thyme leaves.

Cucumber & Onion Soup

Ingredients:

- 40g cucumber diced
- 5 onions chopped
- 100g shredded iceberg lettuce
- 25g courgette diced
- ½ teaspoon olive oil
- 200 ml vegetable stock
- 1 tablespoon pumpkin seeds

Directions:

- ❖ Combine olive oil, cucumber, green onions, lettuce, and zucchini in a medium sized frying pan.
- ❖ Cover and sweat the ingredients over medium heat for approximately 10 minutes, stirring occasionally.
- ❖ Add remaining ingredients, mix well and serve warm.



Spicy Squash Soup

Ingredients:

- 1 large butternut squash
- 2 medium apples, peeled, seeded and cut into quarters
- 1 onion
- 50g raisins
- 2 fresh thyme leaves
- 3 tablespoons curry powder
- 2 tablespoons ground cumin
- 2 tablespoons cinnamon
- Salt and pepper to taste



Directions:

- ❖ Peel and cut the squash into small cubes. Sauté the onions and garlic until they are soft, add salt and pepper.
- ❖ Add the fresh thyme and rosemary leaves. Then add the squash, apples, raisins, cumin and curry powder and sauté until they are mixed well. Add 1 litre of water and simmer for around 45 minutes. Once the food is soft enough to be blended, cool off for 30 minutes and then blend and enjoy.

Warm Black Eyed Pea Soup

Ingredients:

- 50g black eyed peas
- 50g brown lentils
- 1 onion, chopped
- 2 tomatoes, diced
- 200ml vegetable stock
- 1 tablespoon cumin
- Sea salt to taste



Directions:

- ❖ Bring 800ml water to the boil and add the black eyed peas. Boil for around 20 minutes.
- ❖ Place all of the other ingredients besides the tomatoes and bring to the boil. Reduce heat, cover and simmer for an additional 30 minutes. Add tomatoes and simmer until warmed.
- ❖ Add half of the soup in a blender and blend until smooth. Combine the blended and unblended portions and serve hot.

Broccoli Soup

Ingredients:

- 8-10 broccoli Florets
- 1/3 red onion
- 1/2 avocado
- 1 handful of spinach
- 1 celery stick
- 1 inch root ginger



Directions:

- ❖ Lightly steam the broccoli for around 5-8 minutes and add with all the other ingredients to the blender. Season with salt and pepper and add garlic if needed. The warmth of the broccoli warms up the whole meal for a great tasting soup. These quantities serve 2.

SALADS

Salads definitely don't have to be boring! There are so many different ingredients to add into your salad which spices it up and makes it much more than lettuce and a bit of cucumber! Also beware of the dressings, stay away from ranch dressing and anything containing mayonnaise! You'll be indulging in many of these tasty salads long after your detox.

Chopped Broccoli Salad



Many people will make a great healthy salad and then ruin it by drowning it in a sea of mayonnaise or unhealthy dressing. Just add extra virgin olive oil or avocado oil for a great taste.

Ingredients:

- 250g broccoli florets chopped and stem into small bites
- 30g raisins
- 20g sun flower seeds
- ½ Apple

Directions:

- ❖ Chop up the apple and broccoli into small bites, mix with other ingredients in large bowl and serve. Add extra virgin olive oil or avocado oil if needed.

Sweetcorn and Brown Rice Salad

Ingredients:

- 250g brown rice
- 3 spring onions, chopped
- 2 red peppers, chopped
- 20g sultanas
- 40g flaked almonds
- 200g sweetcorn



Directions:

- ❖ Cook the rice according to packet instructions and drain. Place in a large bowl and mix together with all of the ingredients. Makes 3 servings.

Cleansing Couscous and Avocado Salad

Ingredients:

- 1 tablespoons lemon juice
- 2 avocados
- 500g couscous
- 1 small can of chickpeas, drained
- 1 finely chopped red pepper
- 4 tablespoons orange juice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons mint, chopped
- 1 tablespoon parsley, chopped



Directions:

- ❖ Add boiling water over the couscous, cover and leave to stand according to packet guidelines. Fork through when done.
- ❖ Peel and stone the avocado, slice into chunks and add the lemon juice. Add the mixed avocado, chickpeas and pepper to the couscous.
- ❖ Mix the orange and lemon juice together and whisk with oil. Add the dressings and herbs to the couscous and fork through for a great detoxifying salad perfect at lunch time.

Fruity Tummy-Tightening Salad

This is an incredibly sweet and tasty salad. It could be mistaken for a desert at times!



Ingredients:

- 250g spinach
- 150g strawberries
- 50g chopped walnuts
- 50g fresh parsley
- 25 g red onion
- ½ teaspoon pumpkin seeds
- 2 tablespoons extra virgin olive oil

Directions:

- ❖ Slice the strawberries into finely cut quarters. Get a large bowl and add the spinach, strawberries, seeds and nuts. Add the olive oil and stir well, chill for around an hour in the fridge before serving this delicious salad.

Fresh Melon Salad

Ingredients:

- 300g honeydew melon, chopped into chunks
- 2 teaspoons lime juice
- 3 teaspoons extra virgin olive oil
- 15g chopped mint leaves
- 400g iceberg lettuce, chopped
- 100g bean sprouts
- 25g brazil nuts



Directions:

- ❖ Mix all ingredients together in a large bowl. Keep in the fridge for around 3 hours before serving.

Sweet Mango Salad

Ingredients:

- 200g black Beans
- 100g pineapple
- 100g mango
- 1 avocado
- 1 lime
- 50g red peppers
- 50g green peppers or jalapeño
- 50g sliced onion
- 20g coriander
- 1 tablespoon extra virgin olive oil

Directions:

- ❖ Dice up the mango, pineapples, peppers and avocado. Chop the coriander. Add all ingredients into a large bowl and stir well before squeezing lime on top. Delicious chilled.



Coconut Seasonal Salad

Ingredients:

- 250g iceberg lettuce, chopped
- 60g cauliflower, florets
- 30g coconut, shredded
- 2 tablespoons unroasted almond silvers



Dressing Ingredients:

- 50g raspberries
- 3 tablespoons very hot water
- 3 teaspoons extra virgin olive oil

Directions:

- ❖ Mix all of the salad ingredients in a large bowl. For the dressing, pour the hot water over the raspberries and leave for 10 minutes. Add oil and puree until the dressing is smooth. Poor over the salad in the bowl and mix again.

Perfectly Grilled Pepper Salad

Ingredients:

- 1 yellow pepper
- 1 red pepper
- 1 green pepper
- 1 orange pepper
- 1 tablespoon fresh basil leaves
- 2 tablespoons black olives
- 2 tablespoons extra virgin olive oil/coconut oil
- 1 tablespoon balsamic vinegar
- 175g mixed salad leaves

Directions:

- ❖ Slice peppers into quarters and remove the seeds. Brush lightly with oil and grill skin side up until they begin to brown, once slightly charred cut into strips and place in a bowl with the basil leaves and olives.
- ❖ Separately mix the oil and vinegar together, place the peppers in the dressing and serve over the mixed salad for a great healthy salad.



Pumpkin Seed Salad

Ingredients:

- 150g mixed salad leaves
- 1 oranges, peeled and segmented
- Half honeydew melon, sliced into chunks
- 1 red onion, finely sliced
- 2 tablespoons fresh coriander, chopped
- 70g pumpkin seeds, toasted



Dressing Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon wholegrain mustard
- 1 clove of garlic, crushed
- Salt and freshly ground black pepper

Directions:

- ❖ Place all of the salad ingredients in a large bowl and mix.
- ❖ Add the salad dressing, mix in well and serve immediately for a great tasting salad with a citrus kick.

Easy Homemade Salad & Asparagus

Ingredients:

- 10-15 asparagus spears
- 3 carrots sliced
- 1 small cucumber diced
- 100g broccoli florets
- 100g rhubarb finely chopped
- 100g spinach chopped
- 1 teaspoon cumin
- 2 teaspoons extra virgin olive oil

Direction:

- ❖ Steam asparagus until tender. Toss all ingredients in large bowl except for and asparagus. Place salad in serving dish and serve together with the asparagus spears.



Spicy Salad

Ingredients:

- 200g baby spinach
- 1 large avocado
- 2 small carrots
- 50g sliced almonds
- 50g sesame seeds
- 30g parsley, chopped
- 4 fresh mint leaves
- 2 tablespoons extra virgin olive oil
- 2 tablespoons tahini sauce
- 1 teaspoon wasabi powder
- 20 ml red wine vinegar

Directions:

- ❖ Grate the carrots into small strands and dice the avocado.
- ❖ Chop up the parsley and mint leaves
- ❖ Blend together parsley, mint leaves, vinegar, tahini and the wasabi for just a few seconds, to make the dressing.
- ❖ Add the dressing to the mixed greens with seeds, nuts, sliced carrots and the avocado and drizzle with the oil.



Warm Vegetable Salad

Salad Ingredients:

- 100g green peas
- 100g carrots
- 25g diced tomatoes
- 100g green beans
- 100g iceberg lettuce - shredded
- 100g spinach - shredded



Dressing Ingredients:

- ½ tablespoon lemon juice
- ¼ teaspoon lemon zest
- 2 tablespoons extra virgin olive oil
- 2 tablespoons pumpkin seeds
- ¼ teaspoon mustard seeds

Directions:

- ❖ Steam carrots, peas and green beans until tender being careful not to overcook.
- ❖ Combine steamed vegetables and diced tomatoes.
- ❖ Mix all of the dressing ingredients together and pour over vegetables. Gently toss vegetables, dressing, lettuce, and spinach. Serve immediately.

Cauliflower Salad

Ingredients:

- 1 cauliflower head, cut into florets
- 3 carrots
- 100g cabbage
- 50g spinach greens
- ½ red onion
- 3 onions
- 1 tablespoon coconut oil
- 1 teaspoon cumin powder
- 1 teaspoon coriander



Directions:

- ❖ Place the cauliflower in a blender until reduced to small crumbly pieces. Chop the cabbage, carrots, spinach and the onions and add to the cauliflower and mix.
- ❖ Add oil, cumin and coriander and mix again. Place in the fridge for 2 hours before serving.

5 Minute Summer Salad

Ingredients:

- 200g mixed lettuce
- 2 red tomatoes
- Half a cucumber, chopped into strips
- 150g Spring onions, trimmed and chopped
- 2 cooked and left to go cold salmon fillets, skin removed and chopped into chunks
- Squeeze of lemon and lime
- Salt and freshly ground black pepper



Directions:

- ❖ Place all of the salad ingredients into a large bowl and toss well.
- ❖ Put the salad onto a plate and place the salmon pieces on top, drizzle with a squeeze of lemon and lime and season to taste with salt and pepper. Serve immediately for a great 5 minute salad, great to bring along to a picnic summer time.

Cucumber Salad

Ingredients:

- 2 cucumbers, peeled and sliced
- 1 avocado, diced
- 1 onion, diced
- 200g cauliflower, cut into florets
- 2 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice



Directions:

- ❖ Mix together all ingredients in a large salad bowl. Keep in the fridge for around 2-3 hours and serve. Serves 3-4

STARTERS

Starters are a great warm up to the main course and a great way of keeping your guest satisfied if you're entertaining. This section offers some great starters that will keep everyone happy until the main course.

Cleansing Coleslaw

Ingredients:

- 100g Green Cabbage
- 100g Red Cabbage
- 1 Yellow Bell Pepper
- 1 Red Onion
- 2 Carrots
- 25 ml Tahini Sauce
- 1 Teaspoon Honey
- 20g Crushed Walnuts



Directions:

- ❖ Chop cabbage, peppers and onions to edible size.
- ❖ Shred the carrots thinly
- ❖ Add tahini sauce, honey and walnuts
- ❖ Chill for 30 minutes before serving

Pineapple Rice

Ingredients:

- 150g brown rice
- 450 ml vegetable stock
- ½ onion, chopped
- ¼ teaspoon turmeric
- 100g fresh pineapples
- 30g currants



Directions:

- ❖ Add the rice, stock, onion and turmeric to a large saucepan.
- ❖ Bring to the boil and simmer for a further 20-25 minutes, ensure the rice is tender and all the liquid has been absorbed.
- ❖ Add the pineapple and currants to the saucepan and heat through before serving. Serves 2

Egg Salad Wrap

Ingredients:

- 2 boiled eggs
- 1 avocado mashed
- 1 stalk of celery cut finely
- 3 teaspoon water
- 1/8 teaspoon ground turmeric
- ¼ tablespoon dried parsley
- Dash of cayenne pepper
- 50g spinach



Directions:

- ❖ Boil the eggs and remove shell.
- ❖ Combine all remaining ingredients to create the dressing. Slice the eggs and mix well.
- ❖ Wrap in greens. Chill completely before serving.

Sweet Potato Chips

Ingredients:

- 3 Large Sweet Potatoes
- 100 ml Extra Virgin Olive Oil
- Chilli Powder, Sea Salt and Pepper to taste



Directions:

- ❖ In an oven-proof storage bag combine potatoes sliced into French Fry shape, spices, and oil
- ❖ Shake bag and pour chips onto baking sheet.
- ❖ Bake in the oven at 425 degrees F until golden brown.
- ❖ Flip chips after ten minutes to ensure even cooking.

MAINS

It is important that you eat substantial main meals.

If your meals leave you unfulfilled then you are much more likely to feel the need to snack afterwards. These tasty main courses should keep you on the right path towards detoxification as well as letting you enjoy your food. If affordable try and eat organic meats, they are less likely to have been treated with drugs or chemicals.

Spicy Salmon

Ingredients:

- 2 teaspoons coriander
- 1 teaspoon crushed black peppercorns
- 4 oranges
- 1 red chilli, seeds removed and finely chopped
- 6 x 150g cooked salmon fillets
- 1 onion, thinly sliced
- 1 teaspoon lemon zest
- 2 tablespoons coriander, chopped



Directions:

- ❖ Mix together ground coriander, lemon zest and the black peppercorns in a medium sized bowl. Add the zest from half an orange to the coriander mix along with half of the chilli.
- ❖ Drizzle the salmon with the mixture and grill the salmon skin side up for around 5 minutes, ensure the salmon is crisp and cooked through. Sprinkle the salmon with chopped coriander.
- ❖ Cut the oranges into segments and serve with the salmon, red onion and remaining chilli. This meal comfortably serves 3 people as a filling meal.

Chicken and roast vegetable rice

Ingredients:

- 4 skinless chicken fillets
- 1 pepper (any colour)
- 1 courgette
- 1 red onion
- 2 tomatoes
- 1 tablespoon extra virgin olive oil
- 200g brown rice



Directions:

- ❖ Roast the vegetables in a pan drizzled with the majority of the oil. Cut the chicken and courgette into chunks and cut the onions and tomatoes into halves, pepper slices into strips. Season with salt and pepper and grill for around 10 minutes, turn occasionally, remove when the vegetables have softened.
- ❖ Add the chicken chunks to a hot pan using the remaining oil. Turn the chicken frequently until fully cooked and nicely brown all over.
- ❖ Cook the brown rice according to the packets cooking instructions, drain and return to the pan.
- ❖ Add the chicken and vegetables to the rice and garnish with your own choice of herb for a great dish.



Beef And Noodle Soup

The great thing about this is not only it is a great way of warming up but due to its nutritional goodness it is a great substantial meal rather than just a tasty soup.



Ingredients:

- 300ml beef stock
- 1cm piece fresh root ginger, peeled and finely sliced
- 1 garlic clove, sliced
- ½ red chilli, thinly sliced
- 1 lemongrass stalk, halved
- 4 sprigs of purple sprouting broccoli, halved lengthways with stalks removed
- 6 baby corn, halved lengthways
- ½ red pepper, deseeded and thinly sliced
- 100g dried rice noodles
- 300g lean rump steak, cut into visible strips
- 1 tablespoon miso paste

Directions:

- ❖ Put the stock in a saucepan and add the ginger, garlic, chilli and lemongrass. Cover the pan, then place over a low heat and bring slowly to a gentle simmer.
- ❖ Add the broccoli, baby corn and red pepper and cook for 5 minutes, or until the veg are just tender.
- ❖ Meanwhile, cook the rice noodles and then drain them in a colander.
- ❖ Add the strips of rump steak and miso paste to the soup in the pan and cook gently for 2-3 minutes.
- ❖ To serve discard the lemongrass and ladle the hot soup over the noodles and serve immediately.

Mixed Greens

Ingredients:

- 300g romaine lettuce, chopped
- 300g spinach, chopped
- 100g cabbage, shredded
- 10 green olives, sliced
- 1 cucumber, diced
- 1 avocado, diced
- 100g broccoli florets
- 2 stalks celery, chopped finely
- 2 teaspoons lemon juice
- 4 teaspoons coconut oil
- Salt and pepper to taste

Directions:

- ❖ Place all ingredients in a large salad bowl, drizzle with lemon juice and coconut oil, mix and serve.



Smoked Salmon Jacket Potato

Ingredients:

- 150g smoked salmon fillets
- 1 medium size potato
- ½ Onion, diced
- 1 tablespoon crème fraiche



Directions:

- ❖ Pierce several holes in the potato with a sharp knife before placing in a microwave on full power for around 5 minutes, coat with extra virgin olive oil, salt and pepper then place in a pre heated oven until browned. Turn when needed.
- ❖ Cook salmon according to packet instructions, discard the skin. Once ready mix with crème fraiche and diced onion and serve on the jacket.
- ❖ Serves 1.

Irish Stew

This is a great delicious dish and a perfect way of warming you up on a cold winter's day.

Ingredients:

- 2 large potatoes, peeled and thinly sliced
- 300g boned lean lamb, cut into chunks
- 1 large onion, thinly sliced
- 4 carrots, sliced
- Freshly ground black pepper
- 300ml stock
- Chopped fresh parsley, spring onion or chives, to garnish



Directions:

- ❖ Layer up all of the ingredients in a heavy based saucepan; start with a layer of potatoes and then adding a layer of lamb, followed by the carrots and then the onions. Continue to layer in this order and add pepper between the layers, until all ingredients are used up, finish with a topping of overlapping potatoes.
- ❖ Pour in the stock, cover the pan and cook gently over a very low heat for about 2-2 ½ hours, until the meat is meltingly tender and the stew has thickened.
- ❖ Serve the stew immediately, sprinkled with chopped parsley, spring onions or chives, with steamed green vegetables (broccoli, cabbage or spring greens).
- ❖ A quick tip; this dish can also be cooked in a slow cooker; it will take between 6-8 hours. So if you assemble everything in the morning you'll have a tasty meal ready for you when you return home in the evening.

Lemon Garlic Prawns and Rice

Ingredients:

- 15 large raw prawns, peeled
- 1 teaspoon grated fresh ginger
- 2 garlic cloves, crushed
- 4 tablespoons sweet chilli sauce
- 20ml lemon juice
- 1 litre fresh vegetable stock
- 100g spring onions, chopped finely
- 300g brown rice



Directions:

- ❖ Place the prawns in a bowl with the ginger, 1 garlic clove, chilli sauce and half the lemon juice, mix the ingredients and set aside.
- ❖ Pour the stock into a saucepan and simmer gently. Add the spring onions and remaining garlic for 2 minutes. Add the brown rice and cook for a further minute. Remove the heat and stir in the remaining lemon juice.
- ❖ Heat a large frying pan with extra virgin olive oil and add the prawn mixture, should take between 2-3 minutes, stir constantly.
- ❖ Add the prawn mixture over the rice and onions and enjoy.

Caribbean Chicken With Fruity Black Bean Sauce

Bring something different into the kitchen with this colourful exotic meal.

Ingredients:

- 150 ml chicken stock
- 2 x 125g skinless, boneless chicken breasts
- 1 red pepper, deseeded and thinly sliced
- 2 spring onions, sliced
- 1 garlic clove, finely chopped
- 1 red chilli, deseeded and finely chopped
- 2 teaspoons finely chopped fresh root ginger
- 1 x 200g can cubed pineapple, drained
- 1 tablespoon mango chutney
- 1 teaspoon brown sugar
- 1 teaspoon curry paste
- 1 x 200g can black beans, drained and rinsed
- Freshly ground black pepper
- 60g brown rice
- 2 tablespoons chopped fresh coriander



Directions:

- ❖ Preheat the oven to 180°C, gas mark 4.
- ❖ Set a heavy based frying pan over a medium heat, add a little of the stock and cook the chicken breasts for 5-7 minutes each side, until browned. Transfer the chicken into an ovenproof dish.
- ❖ Add the red pepper, spring onions, garlic, chilli and ginger to the frying pan, and cook gently for about 5 minutes.
- ❖ Stir in the remaining stock, together with the pineapple, mango chutney, brown sugar and curry paste. Bring to a simmer and then pour the mixture over the chicken.
- ❖ Bake, uncovered, in the preheated oven for 15 minutes, until the chicken is cooked through. Lift out the chicken and keep warm.
- ❖ Pour the pineapple and vegetable mixture back into the frying pan and bring to the boil. Simmer, stirring constantly, until the sauce has thickened. Add the drained black beans, and cook over a medium heat for 2-3 minutes. Season to taste with freshly ground black pepper.
- ❖ Meanwhile, cook the rice and drain well.
- ❖ To serve spoon the pineapple bean mixture over the chicken, sprinkle with chopped coriander and serve with rice.

One Pot Chicken With Rice And Peas

A great easy to make dish, with the bonus of not too much washing up as everything cooks in the same pot, perfect easy to make meal at the end of a busy day.

Ingredients:

- 2 shallots, diced
- 250ml chickens stock
- 100g brown rice
- 100g frozen peas
- 200g cooked chicken, shredded
- Grated zest of ½ lemon
- Freshly ground black pepper
- A small handful of basil leaves, roughly chopped
- Lemon wedges, to garnish
- Cherry tomatoes on the vine



Directions:

- ❖ Cook the shallots in a little of the stock in a saucepan over a low heat, until softened and golden – should take approximately 5 minutes, then add the brown rice and stir for 1 minute.
- ❖ Pour in the remaining stock and cover the saucepan and bring to a gentle simmer. Cook for around 25 minutes, or until the rice is cooked.
- ❖ Stir in the frozen peas, around ¾s of the chicken and half the grated lemon zest. Season to taste with freshly ground black pepper and cook gently for a further 5 minutes.
- ❖ To serve, add the remaining chicken and lemon vest to the rice mixture, sprinkle with the chopped basil and then serve with a wedge of lemon and some raw, grilled or roasted cherry tomatoes.

Tasty Papaya Chicken

Ingredients:

- 4 boneless skinless chicken breasts
- 1 tablespoon coconut oil
- 1 large papaya, diced
- 2 tablespoons lemon juice
- 2 teaspoons freshly ground ginger
- 1 celery stalk, minced
- 200g spinach, chopped
- 100g iceberg lettuce, chopped
- 100g bean sprouts, chopped
- 2 carrots, shredded



Directions:

- ❖ Pour coconut oil into a large frying pan and place the chicken breasts in. Add ginger and salt to the chicken to season. Cook at a medium heat until the chicken is cooked and remove from the pan.
- ❖ Add papaya chunks and the lemon juice to the frying pan, turn off the heat when the papaya starts to brown.
- ❖ Add the spinach, lettuce, bean sprouts, celery and carrots to the pan with the papayas and mix with the lemon/coconut oil mixture and serve with the chicken breasts while hot. Makes 2-4 servings.

Steamed Perch & Bamboo Shoots

Ingredients:

- 2-3 small perch fillets thawed
- 3 teaspoons fresh ginger grated
- About 10 fresh basil leaves
- 250g bamboo shoots
- 150g cups grape tomatoes
- 300g bok choy chopped

Directions:

- ❖ Firstly dry the perch and cut diagonally across the top of the fillet going against the grain. Be sure not to cut completely through the fish. After cutting rub the fish in ginger
- ❖ Stick a basil leaf into each cut.
- ❖ Place bamboo shoots in a steamer basket. Lay the fish on top of the vegetables.
- ❖ Put the steamer basket in a large pan with 2.5 cm/1 in of boiling water. Cover and steam for 6-8 minutes. Test with a fork, if it begins to flake then the fish is ready.
- ❖ Place bok choy onto dinner plates. Toss bamboo shoots, and grape tomatoes together.
- ❖ Spoon on top of bok choy and top with perch.
- ❖ Makes 2-3 servings



Salmon, Pea And Broccoli Pasta

Pasta is a great way of filling up and easy and fast to make so perfect meal for after you've finished work.

As you are detoxing you should use wheat and gluten free pasta, it is available in supermarkets you just need to look a bit harder.

Ingredients:

- 1 shallot, thinly sliced
- 200ml vegetable stock
- 100g gluten and wheat free pasta
- 85g frozen peas
- 85g broccoli florets, roughly chopped
- 200g salmon fillet, skinned and cut into large cubes
- 1 tablespoon capers
- grated zest of ½ lemon
- Freshly ground black pepper
- 2 tablespoons snipped chives



Directions:

- ❖ Put the sliced shallot in a saucepan and cook gently in a little of the stock for about 5 minutes, until softened.
- ❖ Meanwhile, bring a large saucepan of water to the boil and then add the pasta. Cook over a high heat for around 8 minutes until the pasta is tender.
- ❖ While the pasta is cooking add the peas, broccoli and salmon to the shallots and pour in the remaining stock. Cover the pan and cook gently for 5 minutes, until the fish is cooked, the veg is tender and most of the stock has been absorbed.
- ❖ When cooked drain the pasta and return it to the hot pan. Stir in the capers and lemon zest and, lastly, the fromage frais. Season to taste with freshly ground black pepper.
- ❖ Top the pasta with the drained peas, broccoli and salmon mixture. Sprinkle with snipped chives and serve immediately.

Broccoli & Lamb Soup

Ingredients:

- 400g broccoli florets
- 800 ml vegetable stock
- 20g parsley, chopped
- ½ teaspoon rosemary, crushed
- 1 teaspoon thyme, crushed
- 3 tablespoons coconut oil
- 3 tablespoons rice flour
- 200ml almond milk
- 300g boneless leg of lamb trimmed and cubed
- 1 teaspoon sea salt



Directions:

- ❖ Firstly add the lamb to skewers and broil for 15-20 minutes.
- ❖ Add the vegetable stock and broccoli florets in a large saucepan.
- ❖ Blend the parsley, rosemary, thyme and salt.
- ❖ Heat the coconut oil in a frying pan and add the flour, cook on low for around 10 minutes. Gradually add the almond milk, stir constantly, simmer until the mixture begins to thicken.
- ❖ Add the blended herbs and salt.
- ❖ Remove the lamb and chop into small pieces, add to the soup.
- ❖ Heat the soup gently and serve

Lemon Lime Cod

Ingredients:

- 2-3 small cod fillets
- 200g mustard greens chopped
- 1 small zucchini diced
- 150g cauliflower florets
- 150g broccoli florets
- 2 carrots thinly sliced



Marinade Ingredients:

- Juice and zest of 1 lemon
- Juice and zest of 1 lime
- Rosemary to taste
- Pepper to taste



Dressing Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 teaspoon rosemary

Directions:

- ❖ Combine all of the marinade ingredients and marinate the cod for at least 2 hours.
- ❖ Toss mustard greens, zucchini, cauliflower, broccoli, and carrots in medium sized bowl and toss with all of the dressing ingredients.
- ❖ Fry the cod in a small skillet until cooked thoroughly.
- ❖ The fish is done when it flakes when tested with a fork.
- ❖ Serve on a bed of collards and vegetables.

Steak Stir-Fry

Ingredients:

- 1 medium rib eye steak cubed
- 3 tablespoons coconut oil
- 100g broccoli, florets
- 100g zucchini, sliced
- 1 red pepper, sliced
- 1 parsnip, cubed
- 1 shallot, sliced
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 1 teaspoon fresh oregano

Directions:

- ❖ Preheat a large wok. Add the meat and cook over medium- high heat until browned. Add all other ingredients and cook over high heat until they are tender and crisp, serve immediately.



Tuna Tomatoes

Ingredients:

- 4 large, round tomatoes
- 1 small can tuna
- 50g spinach finely chopped
- 50g leeks finely chopped
- ¼ red pepper, chopped
- 10 olives minced
- 100g brown rice
- 20g fresh basil, chopped
- 2 tablespoons peppermint leaves minced
- 2 walnuts chopped

Directions:

- ❖ Slice off the tops of the tomatoes with a very sharp knife. Hollow out the tomatoes and keep the core and seeds. Rinse the tomatoes and allow to dry. Mix all other ingredients together except walnuts and pack into the tomato shell. Bake at 350° until the tops begin to brown. Garnish with half of a walnut.



Lemon Chicken & Broccoli Toss

Ingredients:

- 6 chicken strip tenders
- 2 teaspoons coconut oil
- Juice and zest from 1 lemon
- 1 teaspoon peppermint
- 200g broccoli florets
- 2 carrots shredded
- 1 tablespoon sesame seeds
- 300g Swiss chard chopped



Directions:

- ❖ Place coconut oil and chicken in a frying pan. Cut lemon in half and squeeze juice over the chicken. Sprinkle with peppermint and zest from ¼ of the lemon. Cook covered over a medium-high heat until lightly golden brown. Toss broccoli, carrot, sesame seeds, and Swiss chard. Top with hot chicken. Makes 2 servings

Tandoori Spiced Fish

Ingredients:

- 85g low fat natural yoghurt
- ¼ teaspoon ground turmeric
- 2 teaspoons tandoori curry paste
- 2 x 150g skinned white fish fillets
- Freshly ground black pepper
- Lime wedges, to garnish
- Brown rice, to serve
- Spinach or green beans, to serve



Cucumber raita:

- ½ cucumber
- 5 tablespoons low fat natural yoghurt
- 2 tablespoons chopped mint
- 1 tablespoon chopped coriander
- Squeeze of lime juice
- Seeds of ½ pomegranate (optional)
- Freshly ground black pepper



Directions:

- ❖ Preheat the oven to 190°C, gas mark 5.
- ❖ Make the cucumber raita: use a potato peeler to cut the cucumber into long strips lengthways. Mix in a bowl with yoghurts, herbs, lime juice and pomegranate seeds. Season with black pepper, then cover and chill in the fridge until ready to serve.
- ❖ Using a shallow dish, mix together the yoghurt, turmeric and tandoori curry paste. Place the fish fillets in this spicy mixture, coating them on both sides. Sprinkle with black pepper and then place them in an ovenproof dish and cover with kitchen foil.
- ❖ Bake in the preheated oven for 10 minutes, remove the foil and cook for a further 5-10 minutes, until the fish is cooked through and slightly browned.
- ❖ Serve the fish immediately, garnished with lemon wedges if you like, with the cucumber raita, plain boiled basmati rice and steamed spinach or green beans.

VEGETABLE DISHES

These are vegetable dishes for everyone to enjoy, not just for the vegetarians out there. These meals are a great way of filling up with all the natural goodness that's out there and proving that you don't need meat to make a meal.



Lively Cabbage Wraps

Ingredients:

- 2 carrots shredded
- 1 parsnip shredded
- 100g sprouts
- 200g green cabbage shredded
- 200g red cabbage shredded
- ½ red pepper chopped
- ½ yellow pepper chopped
- 3 teaspoons coconut oil
- ½ teaspoon cumin
- Freshly grated wasabi to taste
- 2-3 large mustard greens



Directions:

- ❖ Toss all of the ingredients together except the mustard greens. Place mustard greens on a flat surface.
- ❖ Then spoon the mixture onto the greens and roll up.
- ❖ Fold clingfilm around the mustard green wraps to help keep everything together.

Green Bean Italiano

Ingredients:

- 900g green beans
- 1 large red onion thinly sliced
- 100g pine nuts
- 25g olives sliced
- 1 large head iceberg lettuce



Dressing Ingredients:

- 3 tablespoons coconut oil
- 3 cloves garlic minced
- 5 basil leaves minced

Directions:

- ❖ Prepare dressing first by combining all ingredients and cooking over low heat for 10-15 minutes.
- ❖ Keep dressing warm.
- ❖ While dressing is warming, steam green beans until crisp tender.
- ❖ Toss green beans, onion, ½ cup pine nuts and olives together with the dressing.
- ❖ Allow to marinate for 1 hour.
- ❖ Toss lettuce together and place on a large platter.
- ❖ Make a large mound of the green bean mixture in the centre of the platter and top with remaining pine nuts.

Curried Red Potatoes

Ingredients:

- 4 Red Potatoes
- 50g Green Onion
- 3 Cloves Garlic
- 80ml Coconut Oil
- 125ml Cup Coconut Milk
- 2 Tablespoons Curry Powder



Directions:

- Firstly boil the potatoes, then chop the onions and mince the garlic. Mash together the cooked potatoes and all remaining ingredients to make the meal as chunky or creamy as you like. Season with salt and pepper if needed. Serves as a filling meal.

Vegetables from the Med

Ingredients:

- 2 courgettes, sliced
- 8 shallots
- 1 aubergine, sliced
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 100g cherry tomatoes
- 2 garlic cloves, crushed
- 2 tablespoons coconut oil
- Salt, pepper and oregano to taste



Directions:

- ❖ Add the prepared veg to a large pan, sprinkle with the crushed garlic, pepper and oregano. Drizzle with coconut oil and toss the vegetables gently.
- ❖ Place in a pre heated oven gas mark 6 and roast for around 35 minutes. Makes 4 servings.

Grilled Kebabs

Kebabs? Yes kebabs, not the type you get from your local fast food on the high street. These are healthy detox friendly kebabs, great to cook, even better to eat!



Ingredients:

- 1 Stalk Romaine Lettuce
- 1 Portobello Mushroom
- 100g Grape Tomatoes
- 100g Golden Tomatoes
- ½ Fresh Pineapple
- 3-4 Mini Red Potatoes
- ½ Red Onion
- 25g Parsley
- 1 Tablespoon Fresh Cumin
- 1 Tablespoon Cayenne Pepper
- 1 Whole Lemon
- Extra Virgin Olive Oil

Directions:

- ❖ Soak Portobello mushroom in water for thirty minutes.
- ❖ On kebab skewer add tomatoes, Potato Slices, Red Onion, and Portobello in bite-sized chunks
- ❖ Cut the romaine vertically in half
- ❖ Drizzle a teaspoon or two of extra virgin olive oil on the romaine and spice it to taste with salt and pepper.
- ❖ Add Portobello and Onion to the grill.
- ❖ Place Romaine flat-side down on grill and let sit until it gets browned on one side.
- ❖ In bowl, mix together lemon juice, cumin, cayenne pepper, and parsley
- ❖ Use romaine as a bed for the kebabs and drizzle dressing of Lemon juice and spices on top.
- ❖ Can be enjoyed hot or cold

Potato and Cauli Curry

Ingredients:

- 2 tablespoons vegetable stock
- 2 onions, chopped
- 400g cauliflower florets
- 1 tablespoon curry powder (mild/hot)
- 6 potatoes, halved
- 1 tablespoon tomato puree
- 50 ml water
- 150g frozen peas



Directions:

- ❖ Cook the onions together with the vegetable stock for 5 minutes.
- ❖ Cook for a further minute once the potatoes, cauliflower and curry powder is added.
- ❖ Add in the tomato puree, water and peas and cook until the curry has thickened, make sure the vegetables are nice and tender. Makes 3-4 servings.

Eastern Veggie Wraps

Ingredients:

- 80g tomatoes diced
- 80g bok choy shredded
- 25g carrots shredded
- 30g chestnuts
- 30g Broccoli sprouts coarsely chopped
- ½ onion sliced
- 2-3 mustard green leaves



Dressing Ingredients:

- 2 teaspoons extra virgin olive oil
- Juice from ½ a lemon
- Juice from ½ a lime
- ½ teaspoon freshly grated ginger
- ½ teaspoon garlic minced
- 1 mint leaf minced
- 2 basil leaves minced
- ¼ teaspoon sesame seeds
- ½ tablespoon chilli pepper minced

Directions:

- ❖ Blend all dressing ingredients except sesame seeds in a food processor until smooth. Then stir in the sesame seeds. Set aside. Combine tomatoes, lettuce, carrots, and chestnuts.
- ❖ Coat with dressing. Place collard leaves on flat surface and spoon on filling. Garnish with broccoli sprouts roll up and enjoy.

Fava Bean Wrap

Ingredients:

- 200g fava beans pre-cooked
- 1 ½ tablespoons coconut oil
- 1 large onion chopped
- 1 large tomato diced
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 25g freshly chopped parsley
- 20ml fresh lemon juice
- Pepper to taste
- Large greens for wraps



Directions:

- ❖ Combine all ingredients (except the greens) in a large frying pan.
- ❖ Cook for approximately 15-20 minutes.
- ❖ Wrap in large greens and serve warm.

Purifying Pasta Alfredo

Ingredients:

- 1 Spaghetti Squash
- 200g Mushrooms
- 220ml Almond Milk
- 25g Raw Cashews
- 60ml Coconut Oil
- 50ml Gluten-Free Nutritional Yeast
- 3-4 Cloves Garlic
- 2 Tablespoons Tahini Sauce
- 1 Teaspoon Paprika



Directions:

- ❖ Pierce the spaghetti squash and cook whole in the oven at 375 degrees for one hour or if you lack time cook it in the microwave for 12 minutes after piercing the squash several times. If you are baking the squash in halves, remove the seeds and back with the skin-side-down on baking sheets for 30-40 minutes.
- ❖ Sautee mushrooms in pan with water and a small amount of coconut oil
- ❖ In blender process the sauce with the Milk, Cashews, Oil, Yeast, Garlic, Tahini Sauce, and Paprika to desired consistency.
- ❖ Add sauce to mushrooms
- ❖ Serve squash pasta with sauce and cracked pepper.
- ❖ May garnish with parsley.

Double Bean Burger

Ingredients:

- 20g sunflower seeds shelled
- 100g pinto beans
- 50g black beans
- 60g minced onion
- 1 tablespoon pine nuts
- 2 tablespoons tomato paste
- ½ teaspoon chilli powder



Directions:

- ❖ Preheat oven to 350° F.
- ❖ Place sunflower seeds and beans in food processor. Blend until smooth paste is formed.
- ❖ Spoon mixture into bowl and mix in remaining ingredients.
- ❖ Lightly spray baking sheet with extra virgin olive oil.
- ❖ Form 6 patties and place on baking sheet and bake for 25 minutes.
- ❖ Remove from oven and cool for approximately 5 minutes.
- ❖ Turn patties over on cookie sheet. If they begin to break apart simply reform them by compressing them firmly in your hand.
- ❖ Bake for an additional 10 minutes.

Bubble and Squeak

Ingredients:

- 450g potatoes, peeled and chopped
- 150g spinach
- 150g cabbage
- 100g brussels sprouts
- 3 tablespoons almond milk



Directions:

- ❖ Steam the potatoes until tender (15-20 min) and drain.
- ❖ Steam the green vegetables for 10 minutes until soft then drain.
- ❖ Mash the potatoes and vegetables with the milk, add salt and pepper to taste.
- ❖ Place in a small ovenproof dish and grill until the top is crispy.

Eastern Peas & Carrots

Ingredients:

- 1 tablespoon coconut oil
- 2 cloves garlic chopped
- 225 g pound peas
- 150g carrots diagonally cut into thick slices
- ½ teaspoon of sea salt
- 1 tablespoon freshly grated ginger
- ½ tablespoon lemon zest
- 1 head bok choy chopped
- 100g bamboo shoots coarsely chopped



Directions:

- ❖ Cook garlic in oil over medium-high heat for approximately 1 minute.
- ❖ Add peas, carrots, and salt.
- ❖ Cook for 6-7 minutes or just until vegetables begin to get tender.
- ❖ Stir in ginger, zest, bok choy, and bamboo shoots.
- ❖ Cook until heated, stirring frequently.

Roast Vegetable Salad

Ingredients:

- 1 medium zucchini diced
- 3 parsnips
- 7-10 Brussels sprouts
- 1 red pepper sliced
- 1 yellow pepper sliced
- 1 large red onion sliced
- 25g almonds
- 2 tablespoons sunflower seeds
- 3 tablespoons coconut oil
- 1 head romaine lettuce chopped



Directions:

- ❖ Preheat oven to 450° F. Place all ingredients except lettuce in a large bowl and toss, coating all ingredients with coconut oil.
- ❖ Place vegetables on a baking tray and roast for 30 minutes, stirring occasionally. Vegetables will be tender and lightly browned when done.
- ❖ Serve over a bed of lettuce.

Stuffed Peppers

Ingredients:

- 5 red peppers sliced in half
- 1 eggplant diced
- 1 tablespoon extra virgin olive oil
- 300g spinach
- 2 basil leaves minced
- 2 oregano leaves minced
- 1 clove garlic chopped
- Sea salt to taste



Side Salad Ingredients:

- ½ head romaine lettuce
- ½ head Swiss chard
- 60g grape tomatoes
- 50g walnuts chopped
- 25g cranberries

Directions:

- ❖ Preheat oven to 375° F. Place eggplant in a pot, cover with water and cook until tender.
- ❖ Remove from heat and drain. Allow to dry for 10 minutes. Place all ingredients (except for the peppers) in a food processor.
- ❖ Spoon eggplant puree into peppers and bake for 1 hour.
- ❖ Toss all side salad ingredients together.
- ❖ Serve together while peppers are hot.

Eye Watering Chilli

“ A great healthy recipe to get the taste buds tingling and potentially the eyes watering !! “

Ingredients:

- 1 tablespoon coconut oil
- 200g diced tomatoes
- 100g red beans
- 80g garbanzo beans
- 100g white beans
- 1 green pepper chopped
- 1 red pepper chopped
- 3 red hot chilli peppers chopped
- 3 jalapenos minced
- 5 cloves of garlic minced
- 1 large onion chopped
- 2 tablespoons mustard seeds
- 300g chopped tomato



Directions:

- ❖ Sauté onions, peppers, and garlic in coconut oil over medium-high heat for 5 minutes. Add remaining ingredients and mix well. Reduce heat to low. Cover and simmer for 45 minutes stirring occasionally.

STIR-FRY'S

Stir fry's are becoming an increasingly popular healthy dish. A stir fry is a great way of getting a lot of healthy vegetables into a meal, it'll be far from a boring meal with the great tasting healthy sauces and seasoning on offer to satisfy your sweet tooth as well as the hot tasting lovers out there.

Veggie Stir-Fry Salad

Ingredients:

- 1 tablespoon coconut oil
- 125g broccoli florets
- 100g sliced carrot
- 100g cauliflower florets
- 100g celery chopped
- 100g red pepper coarsely chopped
- 100g peas
- 50g pecans
- 25g shredded coconut
- 1 head iceberg lettuce chopped



Directions:

- ❖ Preheat oil in a large skillet over medium-high heat. Add broccoli, carrots, cauliflower, and celery.
- ❖ Cook for 2 minutes, stirring frequently.
- ❖ Add all remaining ingredients and cook until thoroughly warmed.
- ❖ Remove from heat and toss with lettuce.
- ❖ Serve hot.
- ❖ Makes 4-6 servings

Seventh Heaven Stir Fry

Ingredients:

- 2 Tablespoons coconut oil
- 1 red pepper, seeds removed and cut into strips
- 1 inch root ginger
- 50g sweetcorn
- 2 carrots cut into batons
- 6 asparagus tips
- 1 red chilli
- 5 spring onions, thinly sliced
- 1 onion, diced
- 150g bean sprouts
- 4 tablespoons sweet chilli sauce
- Handful of coriander and mint leaves



Directions:

- ❖ Add the vegetables to a heated pan using the coconut oil, stir fry the pepper and ginger first for 30 seconds before adding the sweetcorn, onions and carrots.
- ❖ Add the chilli along with the sweet chilli sauce and 4 tablespoons of water, then add the bean sprouts and spring onions and cook for several minutes.
- ❖ Toss with the coriander and mint and enjoy.
- ❖ Serves 5

Prawn and cucumber stir fry

Ingredients:

- 1 whole cucumber
- 2 teaspoons salt
- 4 teaspoons extra virgin olive oil
- 1-2 cloves of garlic, chopped
- 2 spring onions, chopped
- 500g prawns
- 2 tablespoons soy sauce
- 1 tablespoon sweet chilli sauce
- 1 tablespoon sesame oil



Directions:

- ❖ Peel the cucumber and cut it in half (lengthways). Cut the cucumber halves into slices and sprinkle with salt. Drain in a colander for 20 minutes. Quickly rinse with water and dry.
- ❖ Heat a wok and add 2 teaspoons of oil and once hot add the cucumber and fry for a few minutes. Tip into a serving dish.
- ❖ Add the remaining oil along with the garlic and spring onions and stir fry for around 30 seconds, add the prawns and stir fry for a further minute. Add the soy sauce, chilli sauce and sesame oil and cook for around a minute. Add to the cucumber and serve with noodles if you like.

SNACKS

Unhealthy snacking is the reason so many diets fail, it is so easy to take a short walk to the cupboard and undo all your hard work by sinking your teeth into a few bars of chocolate! You are still allowed to snack during your detox but do it right, these healthy delicious snacks should keep you going until your next meal.



Detox Bars

Ingredients:

- 150g sunflower seeds
- 50g raisins
- 50g walnuts, crushed
- 25g flax seeds
- 50g sesame seeds
- 2 tablespoons chia seeds
- 2 tablespoons honey
- 2 tablespoons coconut oil
- 2 tablespoons chopped cacao nibs (can find online if not in the shops)

Directions:

- ❖ Place the seeds, oil, nuts and sweetener and into a blender, blend but ensure the seeds are still visible.
- ❖ Place the blend into a large bowl and mix together with the raisins and cacao nibs, feel free to add things such as cinnamon, nutmeg for extra flavour.
- ❖ Flatten the dough on baking sheets and place into a preheated oven 350° for around 20 minutes.
- ❖ Cool the bars for an hour and then cut into whatever shape you like.
- ❖ Should be able to make around 12 bars with these quantities. Store in the fridge.

Avocado and Tomato Dip

Ingredients:

- ½ red onion, chopped
- 1 clove of garlic, crushed
- Pinch of ground cumin
- 10ml extra virgin olive oil
- 1 tomato, chopped
- ½ avocado, chopped

Directions:

- ❖ Place the onion, garlic, cumin and the oil in a frying pan and cook at a medium heat. Warm for around 5 minutes, this allows the onion to soften and the flavours to mix together.
- ❖ Add the avocado and tomato and season with black pepper if desired.



Parsnip Crisps

Way tastier (and healthier) than normal crisps, these root vegetable substitutes are great for dipping into guacamole (recipe coming up).

Make a big batch because I must warn you they are pretty addictive!



Ingredients:

- 5-6 Thick Whole Parsnips
- Extra Virgin Olive Oil
- Sea Salt and Spices of choice to taste

Directions:

- ❖ Preheat your oven to 375 degrees
- ❖ Peel parsnips and slice into very thin, round crisps (about 1mm thick)

- ❖ Place in a large zip lock freezer bag, drizzle with small amount of extra virgin olive oil and shake & scrunch until lightly coated.
- ❖ Place “crisps” flat onto baking sheet without overlapping them
- ❖ Sprinkle with sea salt and spice of choice (black pepper, bbq seasoning, chilli powder, etc.)
- ❖ Bake until lightly brown and just about crisp (about 15-25 minutes.
- ❖ Remove and let cool before using for a dipping snack.

Garden Salsa

Tomatoes are great they help to cleanse your liver, alkalize your blood and even nourish your body.

So I'll give you a basic recipe for salsa, feel free to improvise a bit and come up with your own.

Ingredients:

- 4 Large Tomatoes
- 1 Red Onion
- 40g Cilantro
- 2 Cloves Garlic
- 1 jalapeno pepper
- 1 Fresh-Squeezed Lime
- ½ Fresh-Squeezed Lemon
- 1 teaspoon Cumin
- Sea Salt and Cracked Pepper to taste



Directions:

- ❖ Chop tomatoes or blend in food processor if you prefer a smoother salsa to a chunky pico-like salsa.
- ❖ Mix in chopped cilantro, garlic, onions, and jalapeno
- ❖ Chop Garlic, Onions, and Jalapeño and spices
- ❖ Serve with your home made crisps for a great snack!

Guacamole

Ingredients:

- 2 Ripe Avocados
- ½ Lemon Fresh-Squeezed
- 1 Fresh-Squeezed Lime
- 1 Diced Tomato – firm works best
- ½ Red Onion
- 20g cilantro
- Large pinch sea salt and cracked pepper



Directions:

- ❖ Cut avocados in half and keep seeds if you're storing the guacamole for any length of time. Keeping the seeds inside the sauce will drastically slow down the time it takes for the guacamole to turn brown. Scoop flesh into a bowl and mash with fork.

Hummus

Ingredients:

- 1 Can chickpeas
- 25ml Tahini sauce
- 2 Garlic cloves
- ½ Fresh squeezed lemon
- Sea salt, pepper and paprika to taste



Directions:

- ❖ Firstly drain and rinse the chickpeas from the can. Add all ingredients to food blender apart from the paprika.
- ❖ Blend all ingredients together, add water to gain consistency.
- ❖ Blend in the extra virgin olive oil to make creamy.
- ❖ Garnish with the paprika. Great snack with raw vegetables.

Green Detox Rolls

Ingredients:

- 1 carrot peeled and cut into long strips
- Small handful cabbage leaves
- 12 medium leaves collard greens
- 1 bunch watercress, rinsed
- Add lemon zest and pepper to taste



Dressing:

- 2 tablespoons flaxseed oil
- 2 tablespoons fresh lemon juice
- Sea salt and pepper

Directions:

- ❖ Parboil each vegetable individually in a saucepan of boiling water, remove with tongs and place in ice cold water. Carrots (1 minute), cabbage and collards (30 seconds), cress (10 seconds). Drain well.
- ❖ Place 2-3 collard leaves on flat, clean surface. Top with 2-3 cabbage leaves. Place 2 carrot strips and a thick strip of watercress on the cabbage. Add pepper and lemon zest. Roll carefully, draining any excess water, dip in dressing and enjoy.

Marzipan Balls

Ingredients:

- 80g almonds
- 2 tablespoons manuka honey
- 2 teaspoons water
- Ground cinnamon



Directions:

- ❖ Finely grind the almonds and knead together with the honey and water until smooth. Form small balls and roll them in cinnamon. Should make around 20 balls.

DESERTS

Yes you heard right! You are *ALLOWED* deserts. Here is a collection of healthy, great tasting deserts which should satisfy your sweet tooth and maybe even help you enjoy your detox that bit extra.

Sneaky Sugar Craving Fix

Ingredients:

- 1 Date
- 1 Teaspoon Almond Butter
- 1 Raw Almond
- (Optional) Raw, unsweetened coconut flakes



Directions:

- ❖ Fill date with almond butter and raw almond and enjoy!
- ❖ Because the date is very sweet and the Almond Butter is very creamy this is a great trick to satisfy your sweet snack-attack.
- ❖ If adding coconut, wipe a bit of the almond butter on the outside of the date and roll in coconut flakes

Chocolate Mousse Cleanse Cake

Yes Chocolate!
Go on treat yourself.



Ingredients:

- 100g Raw Cacao Powder
- 1 Organic Canned Pumpkin
- 50g Agave Nectar
- 20g Raw Unsweetened Shredded Coconut
- 1 Teaspoon Real Vanilla Extract
- Stevia to taste
- Coconut Oil
- Handful Raw Walnuts

Directions:

- ❖ Mix all ingredients in a blender until it's a fluffy thick batter.
- ❖ Save the stevia for the final taste test before baking to bring to desired sweetness.
- ❖ Lightly grease a cupcake pan with the coconut oil
- ❖ Fill each cup about $\frac{3}{4}$ of the way with the "batter" and bake at 350 degrees for approximately 15-20 minutes or until firm to the touch.
- ❖ Remove from oven and let cool. Remove from pan and top with mixed berries and a sprig of mint.

Fruity Melon and Strawberry Desert

Ingredients:

- 200g strawberries, cut into quarters
- 4 sprigs of mint, torn
- 15 blanched almonds
- 2 galia melons



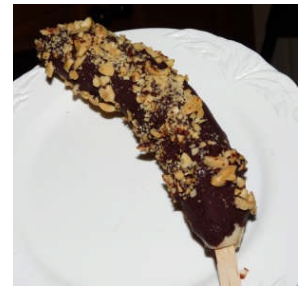
Directions:

- ❖ Place the strawberries, almonds and mint leaves into a bowl.
- ❖ Cut the galia melons in half, remove the seeds and fill the centre with the other ingredients.

Sweet Frozen Bananas

Ingredients:

- 2 Bananas
- 25g Crushed pistachios
- 30g Chocolate nibs
- 1 Teaspoon agave nectar



Directions:

- ❖ Melt the chocolate nibs and nectar in a microwave for 20 seconds.
- ❖ Place the bananas on skewers and dip into the melted chocolate. Roll the bananas in the crushed nuts.
- ❖ Freeze for 2 hours before eating.

Herby Fruit Salad

Ingredients:

- 4 tablespoons low fat coconut milk
- 1 tablespoon liquid honey
- Lemon/lime depending on your preference
- 2 small satsumas
- 100g pineapple chunks
- 1 pear, sliced
- 1 small mango, peeled and diced
- 2 tablespoons coriander leaves



Directions:

- ❖ In a container mix the lemon juice, coconut milk and honey. Add the fruits to the dressing along with the coriander and serve for a refreshing healthy desert.

Baked Bananas

Ingredients:

- 2 large bananas, sliced into chunks
- 2 tablespoons water
- 2 tablespoons maple syrup
- ¼ teaspoons mixed spice
- 30g raisins
- ½ tablespoon lemon juice



Directions:

- ❖ Place the banana chunks along with all of the other ingredients into a pre heated oven, gas mark 6 and cook for 15 minutes.
Serves 2.

Strawberry and Apple Crumble

Ingredients:

- 2 large cooking apples, peeled, cored and sliced
- 200g strawberries, cut into halves
- 2 tablespoons water
- 4 tablespoons clear honey
- 60g flaked almonds, crushed
- 60g oats
- 25g rice flour
- 60g dairy free spread



Directions:

- ❖ Add the apples, strawberries and water into an ovenproof dish and stir in 2 tablespoons of the honey.
- ❖ Place the almonds, oats, rice flour, spread and the left over honey into a bowl and mix together until you are left with a sticky crumb mix.
- ❖ Spread the mix over the fruit and bake in a pre heated oven, gas mark 5 for around 25 minutes. Take out when the top is golden. Serves 4.

DETOX GUIDE TO EATING OUT

So now you know what you can eat, so get down the supermarket and stock up and what you need.

So here is a scenario, you are doing great with your detox and then you get invited out for a meal for your friend Debbie's Birthday! Does this mean a night off your detox? Not necessarily, here are a few tips to staying strong in social situations:

- **DO SOME BACKGROUND CHECKS** – We aren't asking you to do a full surveillance operation on the restaurant you will be dining out. Maybe phone ahead or look at the menu online and see what foods you will be able to eat. Several restaurants will offer gluten free options on pizza and pasta. Organic restaurants are a winner!
- **GO VEGGIE** – There is no harm in taking the vegetarian options, you will be safe in the knowledge that the meal will be packed with nutrients and goodness and in most cases, it should taste great!
- **CHOP AND CHANGE** – It may take the ordering process take a bit longer and maybe even annoy the waiter slightly, but if you see something which is off limits attempt to swap it for some vegetables or something that is allowed, this shouldn't be a problem in most places.
- **STAYING IN** – It may not be possible, but try inviting your friends round for a meal. You will then be in control of what you and your friends eat, you never know you may even tempt some of your friends into trying a detox diet if you cook up something nice.
- **AVOID ALCOHOL** – It can be very hard in social situations to avoid alcohol, a tip is to drive so you won't even be tempted. If you do have a drink, have a glass of water or fruit juice afterwards to lessen the effects.
- **BEWARE** – Look out for the creamy, rich sauces that come with many of the meals. They will not aid your detox process. Also say no to the bread basket if it comes your way!



DETOX GUIDE TO EATING ON THE RUN

I appreciate that all of you are busy people and you don't sit at home planning each meal for each day. Missing a meal or taking the easy fast food option will make you feel sluggish, as your body gets refilled with the



harmful toxins you've worked so hard to wash out! So to help you on your way I'll give you a bit of advice on how to stick to your detox when you are out and about and on the run.

- **PLAN AHEAD** – If you know you will be pushed for time at certain times of the week make a big meal. A big bowl of salad or a great big pan of soup can be easily stored in the fridge for when you need it. You can also take it to work and have for lunch, this will take no extra time in the morning, save you money and help you stick to your detox.
- **ORGANISATION** – Plan when you are going to eat on each day and alter your timetable around your meals if possible, rather than vice versa. If you know you will be out and about all day take healthy snacks with you, these will help you resist the urge of a quick unhealthy meal.
- **SHOP SENSIBLY** – Make your shopping list at home and stick to it. You will be much less likely to buy foods you don't need when you have a list to stick to.
- **SNACKS** – Here is a list of healthy snacks you can eat to stop you from straying from your diet when time is a factor:

- ✓ Rice Cakes & oatcakes
- ✓ Rye Crackers
- ✓ Nuts (chestnuts, almonds, cashews, walnuts – avoid peanuts)
- ✓ Dried fruits
- ✓ Seeds – pumpkin, sesame and sunflower
- ✓ Dips – Guacamole, hummus and salsa (see recipes)
- ✓ Fresh fruit
- ✓ Raisins
- ✓ Fresh sandwich made of rye bread
- ✓ Carrot sticks
- ✓ Celery Sticks

There are many things to eat during a detox and your options really aren't that limited. It will give you a chance to seize total control of your health, enjoy what you eat and get your body working exactly how it should be.

Good luck and be strong,

Richard Clarke