



### RAW JUICING

Raw juicing every day has many positive health benefits and is a good thing to do on a detox program. Juice is nutritious, packed full of vitamins, minerals and antioxidants. It is recommended to only have one juice a day as juice can have less vitamin and fibre content than eating whole fruits and vegetables. Use organic fruits and vegetables where possible and drink immediately for maximum benefit. In a combination juice of fruit and vegetables, make the ratio 1 part fruit to 2 parts vegetables. If you do not own a juicer, visit a juice bar. If you can't purchase a freshly made juice an alternative suggestion is a pre-made juice that is 100% juice only, with no added sugar or preservatives. Try some of the most popular juice combinations:  
Juices per 250ml (serves 1) 210kJ / 50 Cal

- ▶ Celery, apple, carrot and ginger
- ▶ Apple, beetroot, celery and parsley
- ▶ Apple, carrot, beetroot and mint
- ▶ Spinach, apple and carrot
- ▶ Watermelon, carrot, apple and ginger
- ▶ Watermelon, orange and beetroot
- ▶ Pineapple, watermelon and carrot
- ▶ Orange, pineapple, carrot and celery

## FRUIT SMOOTHIE (Serves 1)

1 banana or	(931 kJ / 223 Cal)
1 cup blueberries	(892 kJ / 213 Cal)
1 cup strawberries	(693 kJ / 166 Cal)

### *Optional extras:*

1 dessertspoon of linseed meal	(84 kJ / 20 Cal)
1 dessertspoon of lecithin	(128 kJ / 31 Cal)
1 teaspoon of apple concentrate	(50 kJ / 12 Cal)
2 teaspoons of spirulina powder or barley grass powder	(75 kJ / 18 Cal)

Add all the ingredients in a blender and serve. This is a delicious and very nutritious start to the day!

NOTE: Soy milk, rice milk, oat or nut milk – all commercially available from supermarkets or health food stores, or you can make your own

## Nut Milk (250mL)

(882kJ / 211 Cal)

1 cup raw nuts – almonds, brazil nuts, cashew nuts or fresh coconut work best  
3–4 cups purified water

Ideally, soak the nuts overnight in the water (this step can be omitted if you forget!). Blend nuts and water thoroughly. Strain the mixture through a very fine sieve or muslin. The milk can now be used, although some people prefer to add a teaspoon of maple syrup or raw sugar, and a pinch of salt. Keep in the refrigerator.

## MUESLI WITH SOY MILK AND NUTS

(Serves 1)

(1542 kJ / 369 Cal)

50g wheat-free or gluten free muesli  
(available from health food stores)  
1 cup soy, nut or rice milk  
2 teaspoons linseed meal  
10 cashews, chopped

## RECIPES – BREAKFAST

### PORRIDGE

We tend to think of porridge as being made from oats, although this breakfast staple can be made from any grain. Experiment with polenta, millet, rice or combinations of grains that are commercially available. Instead of using dairy milk, try juices or soy, rice or oat milks. Alternatively, make some nut milk (pg 23). The following recipe uses pre-cooked rice that may be a left over from the last night's meal.

#### **Fruity Rice Porridge (Serves 6)** (1157kJ / 275 Cal)

- 1 cup of stewed apples
- 1 teaspoon grated orange or lemon rind
- 1 cinnamon stick or ½ teaspoon ground cinnamon
- 1 cup apple juice
- 4 cups of cooked brown rice
- ½ cup coarsely chopped raw nuts

Peel and chop apples and add to saucepan with 2-3 tablespoons of water and heat fruit until soft. Add the rice and simmer for a few more minutes, add the nuts and let stand for 5 minutes before serving.

### **POACHED, BOILED OR SCRAMBLED EGGS ON RYE TOAST (Serves 1)** (1052kJ / 252 Cal)

Use 2 free range eggs and 1 slice rye toast for the following recipes:

#### **Poached Eggs**

Add ½ litre of water to a dash of vinegar and a pinch of sea salt in a saucepan and boil. Crack eggs into the saucepan once water is boiling. Leave to cook for 2–5 minutes depending on how soft or hard you prefer your eggs. Serve on rye toast or other allowable breads. Season eggs with sea salt or herb salt.

#### **Boiled Eggs**

Add whole eggs to ½ litre of water in a saucepan and bring to the boil. Leave to cook for 2–5 minutes depending on how soft or hard you prefer your eggs. Season with sea salt, or herb salt. Serve on rye toast or other allowable breads with either 1/8 of whole avocado (1335kJ / 319 Cal) or 2 teaspoons tahini (sesame seed paste, 1330kJ / 318 Cal).

## Scrambled Eggs

Crack eggs into a bowl and whisk. Add a large dash of water and mix. Pour eggs into a non stick frying pan and cook until fluffy.

For an omelette option add: tomato, onion, mushrooms, capsicum, grated zucchini, and coriander. Add sea salt or herb salt for flavour.

Serve on rye toast or other allowable breads

## OMELETTE (Serves 1)

(1102kJ / 264 Cal)

2 eggs

1 medium slice of tomato, diced

1 thin slice of onion, diced

2 mushrooms, diced

1 thin ring of capsicum, diced

1 tablespoon grated zucchini

Sprinkle coriander

Season omelette with sea salt or herb salt and serve with 1 slice rye toast or other allowable breads.

## BUCKWHEAT PANCAKES (Makes 10)

1 cup of buckwheat flour

1 egg (free range if possible)

1 teaspoon of olive oil

200ml of water, soy milk or nut milk (pg 23)

½ teaspoon vanilla essence (optional)

pinch of sea salt

Beat eggs until frothy. Add flour, oil, salt and vanilla essence and 160ml of either water / soy milk / nut milk and mix well. Let the mixture stand for 4 or 5 minutes while heating a heavy-based, preferably non-stick frying pan or skillet. Add the remaining 40mls of liquid as needed to adjust the preferred thickness of the pancake. Cook over medium heat. Drop tablespoons of mixture into the pan, and turn once the pancake begins to bubble. Cook until both sides are golden brown.

## RECIPES – BREAKFAST

### BUCKWHEAT PANCAKES with FRUIT and YOGHURT TOPPING (Serves 1) (1477kJ / 353 Cal)

4 pancakes

1 serve of fruit (1 medium piece whole fruit eg banana, apple, orange etc or 2 small pieces eg kiwifruit, apricots, figs etc or 1 cup berry fruits or diced pieces eg watermelon, rockmelon)

4 teaspoons of plain yoghurt

Sprinkle of nutmeg or cinnamon

### OTHER QUICK AND EASY BREAKFAST OPTIONS (Serves 1)

- ▶ Fresh fruit with yoghurt (1 serve fruit, 200g tub plain low fat natural yoghurt) (991kJ / 237 Cal)
- ▶ Rice flakes with soy milk, apple and almond (1 cup rice flakes, ½ cup soy milk, ¼ apple and 6 almonds) (1298kJ / 311 Cal)
- ▶ Rye toast with cashew nut spread and banana (1 slice rye toast, 1 tablespoon cashew nut paste, ½ medium sized banana) (893kJ / 214 Cal)



## SANDWICHES (Serves 1)

Sandwiches are a great lunchtime staple. Create your own using yeast-free wholemeal, sourdough, rye, rice, sprouted wheat, cornbread or any bread that does not contain yeast.

Do not use commercial bread such as white bread. Also avoid brown or wholemeal due to the yeast content.

Add a selection of the following fillings:

- ▶ Salad sandwich with chicken, tofu or tuna: 2 slices bread with 1-1½ cups salad (lettuce, tomato, cucumber, carrot, onion)
  - ½ cup shredded chicken breast without skin (1405kJ / 336 Cal)
  - or 75g tofu (1181 kJ / 283 Cal)
  - or 1 small can tuna in spring water (1367kJ / 327 Cal)
- ▶ Avocado salad with chicken (1671 kJ / 400 Cal), tofu (1446 kJ / 346 Cal) or tuna (1633kJ / 391 Cal)  
(Follow above recipes and add 1/8 avocado per sandwich)

## SOUP

Make a simple, healthy and delicious soup. Using garlic and onions in all of these soups will speed up the detoxification process. For vegetable stock you can use vegetable stock cubes from a health food store.

## Fresh Tomato and Zucchini Soup (Serves 6)

(611kJ / 146 Cal)

- 1 cup of water
- 1 kg ripe tomatoes, diced
- 1 large onion, finely diced
- 2 cloves of pressed garlic
- 4 tablespoons of olive oil
- 250g zucchinis, thinly sliced
- ½ cup of fresh basil
- ½ cup of fresh oregano (or 1 tablespoon of each if using dried herbs)
- sea salt to taste

Fry onion and garlic in olive oil in a large pan until clear. Add the tomatoes, herbs, sea salt and 1 cup of water. Simmer for ½ hour. In another pan, fry the zucchini in the remaining 2 tablespoons of olive oil until cooked. Using a blender, whiz the zucchini with the other ingredients. Garnish with fresh basil.

Optional extra: Serve with wheat-free garlic bread. For each person, top 1 slice wheat-free bread with 1 tsp oil and toast in grill or oven. Rub with whole garlic for desired taste.

## RECIPES – LUNCH

### Spicy Lentil Soup (Serves 4)

(1276 kJ / 305 Cal)

2 tablespoons of olive oil  
2 cups of soaked brown lentils  
1 250g tin of chopped tomatoes  
2 heaped teaspoons of freshly ground coriander and cumin seeds  
5-6 button mushrooms sliced  
handful of chopped coriander  
1 fresh chopped chilli (optional)  
2 cups of chicken stock  
water as required  
1 onion finely chopped  
2 cloves of garlic finely chopped  
100ml of coconut milk  
Sauté onions, garlic, mushrooms, coriander and cumin seeds in olive oil until lightly browned. Add rest of ingredients and simmer for 30 - 40 minutes adding extra water until preferred consistency is reached. Add coconut milk simmer for a further five minutes. Serve with 1 slice toast per person, using allowable breads.

### Pumpkin Soup

(Serves 4) (799kJ / 191 Cal)

½ cup finely diced onion  
3 tablespoons of olive oil  
1 clove of garlic  
2 cups chopped pumpkin  
1 teaspoon of sea salt  
1 apple (optional)  
¼ teaspoon nutmeg  
¼ teaspoon ground pepper  
3 cups vegetable stock

Boil pumpkin and apple in a large pot; when cooked drain off the water. In a frying pan cook onions with olive oil. Add the onions to the pumpkin then add sea salt, nutmeg and pepper. Slowly add vegetable stock and heat thoroughly, but do not boil. Blend in blender. Garnish with parsley.

NOTE: for more soup recipes see your Detox Coach CD.



## SALADS

**Winter Salad (Serves 1)** (1284kJ / 307 Cal)

- ½ cup cooked brown rice
- ¼ cup kidney beans / chickpeas / lentils – tinned or prepared from dried (see below)
- ¼ mung bean sprouts
- ½ cup grated carrot
- ½ cup chopped celery
- ½ cup chopped raw or slightly steamed snow peas

Add ingredients together and serve either warm or cold.  
Dress with juice from 1 lemon wedge and 2 teaspoons olive oil, and chopped fresh coriander.

*Cooking of legumes:* Soak lentils, chickpeas and kidney beans overnight or while you are at work. To cook, tip off soaking water and add new water to about 1cm over the legumes. Bring to the boil and simmer until cooked. This takes about ¾ hour.

NOTE: Lentils generally cook faster than kidney beans and chickpeas.

**Summer Salad (Serves 1)**

- 140g raw chicken breast or (1451 kJ / 347 Cal)
  - 100g tofu or (1213 kJ / 290 Cal)
  - 1 small can tuna in springwater (1307 kJ / 313 Cal)
  - 1 cup mix of lettuce, rocket, radicchio, endive and mixed salad greens (these are bitter and good for your digestive system)
  - 6 thin slices cucumber
  - ½ medium tomato
  - ⅛ whole avocado
  - 5 olives
  - 1 medium slice onion
  - 2 thin capsicum rings
  - 5 snow peas
  - ½ cup mung bean and alfalfa sprouts
  - 6 thin slices carrot
  - herbs such as coriander, parsley, mint or fennel
- Dress with 1 tablespoon balsamic vinegar and 2 teaspoons olive oil and pinch of sea salt to taste.

## RECIPES – LUNCH

### Rice Salad (Serves 4)

- 1 cup of brown rice
- ½ cup of red/green capsicum
- ¼ cup shallots
- 1 radish thinly sliced
- ¼ cup fresh parsley chopped
- ¼ cup cucumber, peeled and diced
- 2 dessertspoons of sunflower seeds
- 2 dessertspoons of sesame seeds
- ½ handful of alfalfa sprouts
- 1 tomato cut into chunks
- pinch of sea salt
- With yoghurt dressing (1364 kJ / 326 Cal)
- With vinaigrette (1553 kJ / 372 Cal)

Cook the brown rice by absorption method (1 cup of rice to 2 cups of water. Simmer with lid on until all water is absorbed and rice is tender). This will take approximately 30 minutes. Mix rice with all of the ingredients. Dress with 4 tablespoons of either the basic vinaigrette dressing or low fat yoghurt dressing.

### Nicoise Salad (Serves 4)

(695kJ / 166 Cal)

- 1 small lettuce torn into chunky pieces
- ½ cup of cooked potato (leave to cool)
- ½ cup of cucumber, peeled and sliced
- 2 large tomatoes cut into chunks
- 4 shallots sliced
- ½ cup of steamed beans
- 2 hard boiled eggs
- ¼ cup of black or green olives

Prepare all the vegetables on the bed of lettuce. Cut the hard boiled eggs into small pieces and place over vegetables. Dress the salad with dress the salad with 4 tablespoons of the basic vinaigrette.



### GRILLED FISH WITH ROAST VEGETABLES

**(Serves 1)**

(1709 kJ / 409 Cal)

120g raw deep sea fish such as cod, tuna, salmon or mackerel

1 teaspoon olive oil

mixed dried herbs

squeeze lemon juice

Place on a lightly oiled grilling tray and grill. Fish generally does not take long to cook (5-10 minutes) so watch it carefully.

½ cup potato, sweet potato, swede or carrot

½ cup pumpkin, parsnip or beetroot

2 teaspoons olive oil

Cut vegetables into chunks and lightly toss with olive oil, rosemary sprigs and sea salt. Place on a roasting tray and bake vegetables for roughly ¾ hour or until done.

½ cup steamed broccoli, cauliflower, green beans or cabbage

½ cup steamed spinach, brussels sprouts, snow peas

Serve all cooked ingredients and top with lemon juice and sea salt.

## RECIPES – DINNER

### **WHOLE GRAIN PILAF (Serves 8)** (1486kJ / 356 Cal)

Any whole grain can be used for this dish. Whilst rice is usually used (use brown rice) try hulled millet or the South American grain quinoa for a bit of variety

2 cups of whole grain

1 cup vegetable stock

2–3 cups filtered water

1 onion, chopped

2 cloves fresh garlic, peeled and finely chopped or crushed

2 tablespoons olive oil

2 cups chopped fresh vegetables – for example zucchini, green beans and broccoli florets or corn, carrot, mushrooms, squash and spinach

2 teaspoons of your choice of dried herbs

2–3 spring onions, chopped

handful flat leaved parsley, chopped

½ cup roughly chopped raw nuts

freshly cracked black pepper and sea salt or herb salt

Cook the whole grain by the absorption method (pg 30) using the vegetable stock and water.

In a separate, thick-bottomed pan add olive oil then the chopped onion, and sauté gently until translucent. Add garlic and cook for a minute or so before adding the vegetables. Add a little water, and put the lid on tightly to allow the vegetables to steam. When the vegetables are cooked and still firm, stir through the whole grain, spring onions, parsley and nuts. Season to taste and serve.

### **VEGETABLE STIR FRY WITH TOFU OR CHICKEN (Serves 1)**

140g raw organic chicken breast cut into strips (1995 kJ / 477 Cal)  
or 100g firm tofu, cubed (1912 kJ / 457 Cal)

2 teaspoons peanut oil

1 teaspoon grated fresh ginger

½ crushed garlic clove

1 cup fresh sliced vegetables

handful of coriander

15 grams raw cashew nuts

½ cup cooked brown rice

Cook the brown rice by the absorption method (pg 30).

Quickly stir fry the garlic and ginger in the peanut oil, then add the chicken or tofu and a splash of tamari. When cooked, add vegetables and stir fry until cooked, but still crunchy. Add some cashew nuts and fresh coriander. Serve on a bed of brown rice. Season with sea salt and chilli if desired.

### TOFU OR SALMON PATTIES SERVED WITH TABOULEH SALAD AND A FRESH GREEN TOSSED SALAD

#### **Tofu Patties (Serves 2)** (1757 kJ / 420 Cal)

300g silken tofu, mashed  
 7 tablespoons chickpea flour  
 1 teaspoon basil  
 1 teaspoon oregano  
 1 small onion, very finely chopped  
 1 tablespoon tamari  
 1 clove crushed garlic  
 pinch of sea salt or herb salt

Combine all ingredients and let stand a while (the consistency will be fairly wet). Place tablespoon-size portions of mixture into an

oiled frying pan, lightly frying until brown on both sides.

Another cooking option is to lightly brush with olive oil and bake in the oven for 20 minutes at 170°C.

#### **Salmon Patties (Serves 2)** (1460 kJ / 349 Cal)

1 can salmon (170g)  
 1 egg  
 ½ cup bread crumbs using wheat-free bread  
 1 teaspoon dill  
 ½ teaspoon coriander  
 ½ teaspoon sea salt  
 1 onion diced  
 1 medium potato, boiled  
 1 tablespoon olive oil for cooking

Drain juice off salmon and combine with egg, bread crumbs, salt, herbs and onion. Make patties about 2 inches in diameter. Lightly fry in a pan in a little olive oil until brown on both sides. Takes about 10 minutes to cook.

## RECIPES – DINNER

### Tabouleh Salad (Serves 8)

(287 kJ / 69 Cal)

- 1 to 1½ cups pre-soaked bulgur wheat
- 2 cups or 1–2 bunches finely chopped, fresh parsley
- 2 large or 3 small tomatoes finely chopped
- 3 large or 4 small cucumbers peeled and finely chopped
- ¼ to ⅓ cup lemon juice
- sea salt
- 1 dessertspoon of olive oil
- fresh pressed garlic

Use a large mixing bowl and mix together pre-soaked bulgur wheat with just enough dressing to moisten.

Add chopped parsley, tomato and cucumber.

If you use an electric chopper for the tomato and cucumber, it will be mainly juice and pulp. This is acceptable for a softer salad, however you will get better results from hand chopping, even though this can be quite time consuming.

Add the lemon juice, salt, olive oil and garlic to taste.

Cover and chill salad for at least 2 hours – it needs time to soak in its own juices to bring out the flavour of all the ingredients.

### Green Salad (Serves 1)

Basic:

(148 kJ / 35 Cal)

- with avocado and vinaigrette

(747 kJ / 179 Cal)

1 cup mixed lettuce leaves

¼ onion

½ medium tomato

6 thin slices cucumber

½ small carrot, sliced

2 thin rings capsicum

Optional extras: Serve green salad with 1/8 of whole avocado, or avocado and 1 tablespoon vinaigrette.



## VEGETARIAN CHILLI CON CARNE

(Serves 4)

(1061 kJ / 254 Cal)

1¼ cups kidney beans

1 medium onion – chopped

2 garlic cloves – crushed

1¼ cups carrots – chopped fine

1¼ cups green beans – chopped

½ cup combined red and green capsicum

¼ cup water

½ teaspoon chilli powder

½ teaspoon cumin

6 roma tomatoes diced then stewed in a pot with sea salt to taste

¼ cup tomato paste (no salt or sugar added)

Preheat oven to 350°C. Place onion, garlic, carrot, green beans, and peppers in a casserole dish. Add water, chilli powder, cumin, tomatoes, and tomato paste to mixture. Bake for 20 to 30 minutes. Serve with ½ cup cooked brown rice per person.



## ADDITIONAL RECIPES

### DAHL (Serves 6)

(1007 kJ / 241 Cal)

200g red lentils  
¼ teaspoon turmeric powder  
1 teaspoon cumin  
2 potatoes, peeled and diced  
4 tomatoes, skinned and chopped  
900ml water (4 cups)  
1 teaspoon coriander  
4 cloves garlic, crushed  
1 onion, diced  
1 tablespoon of extra virgin olive oil  
1 teaspoon garam masala

Cook lentils, turmeric, cumin, potatoes and tomatoes in the water for 15 minutes – until potatoes are cooked.

Add coriander.

Sauté chopped onion and garlic in olive oil until golden.

Add garam masala and sauté a further 2 minutes.

Add to lentils and mix well. Serve with ½ cup cooked brown rice per person.

### MANGO CHICKEN (Serves 6)

(1641 kJ / 393 Cal)

2 mangos  
1 onion, chopped  
1 kilo of free range chicken pieces  
1 tablespoon of powdered vegetable stock  
½ cup of water

Combine all ingredients. Cook for 1 ½ hours in a casserole dish at 180°C. Serve with ½ cup cooked brown rice, ½ cup steamed mixed vegetables and ½ cup steamed broccoli per person.



### ALU MATAR (POTATOES AND PEAS)

(Serves 4)

(1070 kJ / 256 Cal)

1½ cups peas

2 large potatoes, cut in cubes

1 cup chopped tomato

2 cloves minced garlic

½ cup onion, chopped

4 tablespoon olive oil

1 teaspoon salt

¼ teaspoon garam masala

¼ teaspoon turmeric

¼ teaspoon ground coriander

1 cup water

¼ teaspoon cayenne

In heavy frying pan, heat oil over low heat.

Add onion and garlic and cook till light brown.

Add tomato and all spices except cayenne. Cook for 5 minutes, continually stirring to form a well blended sauce.

Add potatoes and stir for a minute to cover with sauce.

Add water and cook covered over medium heat for 10 minutes.

Remove cover and add peas.

Lower heat and cook another 15 minutes.

After this time, both vegetables should be done but not too soft or mushy.

Taste for seasoning and add cayenne for desired heat.

## ADDITIONAL RECIPES

### LEEK AND POTATO SOUP (Serves 4) (675kJ / 161 Cal)

- 4 leeks, sliced in rounds
- 1 clove of pressed garlic
- 1 tablespoon of olive oil
- 2 cups of finely diced potatoes
- 500mls of vegetable stock
- 1 cup of soy milk

Fry the leeks and garlic in a saucepan for about 5 minutes. Add the potatoes and fry for 5 minutes, then add the stock and simmer for ½ hour. Blend the soup, and just before serving add the soy milk. Sprinkle each serve with paprika or chopped parsley.

#### ADD FLAVOUR

You can add flavour to any of your meals by adding thyme, oregano, sage, garlic (lots of it!), dill, caraway seeds, turmeric, curry powder, rosemary, fresh ginger or even wasabi.

### STEAMED VEGGIE PLATTER (Serves 4) (787 kJ / 188 Cal)

- 2 medium potatoes
- 2 large carrots
- 1 whole beetroot
- 2 large zucchinis
- 12 snow peas
- 2 cups broccoli
- 2 cups cauliflower

Dice and steam vegetables until the root vegetables are soft and the other vegetables slightly crunchy. Place all vegetables on a platter and drizzle with 2 tablespoons olive oil and 2 tablespoons lemon juice. Season with a pinch of sea salt.

### SALSA

(15 kJ / 4 Cal)

- 3 cups chopped tomatoes
- 1 small onion finely diced
- 1 small jalapeno or chilli pepper with seed removed (¼ cup chopped bell pepper for milder salsa)
- 2 cloves of crushed garlic
- ½ teaspoon chilli powder or ¼ teaspoon cayenne
- 2 teaspoons fresh lemon or lime juice

¼–½ teaspoon cumin (optional)

pinch of sea salt

½ teaspoon oregano (optional)

Chop everything and mix well. For an even creamier consistency, process in a blender or food processor.

## HOMMUS (110 kJ / 26 Cal)

Opt for the “no preservative” varieties available in delis and supermarkets. Alternatively, make your own:

Blend together:

Cooked or canned chick peas (1 can), raw garlic (1 clove), tahini (1 tablespoon), lemon juice (1 tablespoon), splash of olive oil and a pinch of salt. If mixture is still too thick, add a little water till consistency is right. Store in an airtight container.

## SIMPLE SNACK IDEAS

- ▶ Freshly made raw juice 250mL (210 kJ / 50 Cal)
- ▶ Raw vegetables (1 cup) with hommus (2tb) dip (366 kJ / 88 Cal)
- ▶ Raw vegetables (1 cup) with salsa (1/4 cup) (192 kJ / 46 Cal)
- ▶ Half a handful of raw nuts (15g) (378 kJ / 90 Cal)
- ▶ Buckwheat pancakes with fruit and yoghurt topping (1477 kJ / 353 Cal)
- ▶ Corn thins (3) with;
  - Salsa (319 kJ / 76 Cal)
  - Banana (705 kJ / 169 Cal)
- ▶ Corn thins with;
  - Tahini and tomato (718 kJ / 172 Cal)
  - Avocado and tomato (592 kJ / 142 Cal)
  - Hommus (604 kJ / 144 Cal)
  - Apple concentrate (863 kJ / 206 Cal)
  - Nut spreads (average) (876 kJ / 210 Cal)
  - Egg, lettuce and mayo (911 kJ / 218 Cal)

# RECIPES - SAUCES AND DRESSINGS

## TOMATO SAUCE (per tbsp)

(62 kJ / 15 Cal)

½ onion, chopped finely

1 clove garlic (crushed)

2 tablespoons olive oil

1 small carrot, grated

2 tablespoons chopped green capsicum

1 bay leaf

½ teaspoon oregano

½ teaspoon thyme

1 teaspoon basil

2 tablespoons chopped fresh parsley

2 cups tomatoes, coarsely chopped

250g can of tomato paste (no added salt or sugar)

¼ teaspoon sea salt

cracked pepper

Sauté onion and garlic clove in olive oil until soft. Add carrot, green pepper, bay leaf and herbs. Stir well, add the tomatoes, tomato paste, salt and pepper. Simmer for 20 minutes. Remove bay leaf.

A variation you may like to try:



### **BASIC VINAIGRETTE SALAD DRESSING** (333 kJ / 80 Cal)

- 2 tablespoons of olive oil
- 2 tablespoons of balsamic vinegar
- pinch of sea salt
- juice of ¼ lemon – squeezed

Stir vigorously before using and add to salads.

### **LOW FAT VINAIGRETTE WITH YOGHURT** (144 kJ / 34 Cal)

- 2 tablespoons of olive, safflower or sunflower oil
- 2 tablespoons of either apple cider vinegar or rice vinegar
- 1–2 cloves of crushed garlic
- ½ teaspoon lemon juice
- ½ teaspoon dried mustard
- ¼ teaspoon dried tarragon
- ¼ teaspoon of dried basil or marjoram
- ½ cup of plain non fat yoghurt
- pepper to taste

Add water for the desired consistency.

Stir vigorously before using and add to salads.

### **SOY MAYONNAISE**

(422 kJ / 101 Cal)

- ½ cup of soy milk
- 1 cup of olive oil, sunflower or safflower oil
- 1 teaspoon of tamari
- 1 teaspoon of Dijon mustard
- 1 teaspoon of cider vinegar

Put the cold soy milk into a blender and turn to a high speed. Slowly dribble the oil into the centre of the blender. Continue to blend until it has become a thick white cream. Add the remaining ingredients.

This mayonnaise can be used on salads, wheat-free bread and rice cakes.



# SHOPPING LIST

If you have problems finding any of the items, remember to ask at the supermarket as some of them may be in the health food section. Good health food shops will have whatever your supermarket doesn't.

## ✓ FRUIT

Bananas, berries, apples, pears, oranges, lemon, stone fruit, watermelon, pineapple, strawberries, blueberries, rockmelon, honey dew melon, mango, grapes, cucumber, tomato, avocado, zucchini, capsicum, celery, olives

## ✓ WHOLE GRAINS

Porridge oats, brown rice, millet, quinoa, barley, rye, polenta

## ✓ LEGUMES

Kidney beans, chickpeas, lentils

## ✓ VEGETABLES

Onion, garlic, mushroom, zucchini, lettuce, carrot, beetroot, cabbage, chives, leek, spinach, watercress, potato, snow peas, lettuce mix including rocket, radicchio, endive and dandelion leaves, fennel, red salad onion, bean sprouts, alfalfa sprouts,

parsnip, potato, swedes, broccoli, cauliflower, beans, brussels sprouts, spring onions, corn, squash

## ✓ MILK

Rice milk, oat milk, soy milk

## ✓ NUTS AND NUT PASTES

Raw almonds, cashews, brazils, hazel nuts

## ✓ DAIRY

Plain yoghurt containing acidophilus cultures

## ✓ EGGS

Only free range if possible

## ✓ OILS

Olive oil

## ✓ FRESH HERBS

Coriander, rosemary, fresh ginger, sage, wasabi, dill, oregano, basil, thyme, mint, flat parsley

## ✓ DRIED HERBS

Mixed dried herbs, curry powder

## ✓ SOUPS

Vegetable stock/vegetable stock cubes  
Miso  
Soup Mix

## ✓ FRESH FISH AND POULTRY

Cod, tuna, mackerel, salmon, herrings  
Chicken (free range)  
Turkey (free range)

## ✓ CEREALS AND CEREAL BOOSTERS

Wheat-free/gluten free muesli  
Lecithin  
Linseed meal

## ✓ SPICES

Cinnamon sticks, nutmeg, vanilla essence

## ✓ PLANT PROTEINS

Fresh tofu  
Beans (dried)  
Lentils

## ✓ BREAD

Yeast free, wheat free varieties – rice bread, sourdough rye bread, sprouted wheat bread, corn bread, rice cakes, corn cakes

## ✓ CANNED FISH

Tuna in springwater

## ✓ DRESSINGS/FLAVOURINGS

Balsamic vinegar  
Cold-pressed extra virgin olive oil  
Tahini (sesame paste)

## ✓ SUGAR SUBSTITUTES

Apple concentrate, pear concentrate, barley malt, rice malt

## ✓ FLOURS

Buckwheat flour, chickpea flour, rye flour

## ✓ DRINKS

Filtered water, herbal teas, unsweetened fruit and vegetable juices

# GLOSSARY OF TERMS

FOOD	WHAT IS IT?
Barley	A type of cereal grain
Barley Grass	A powdered supplement of barley leaves. It acts as an antioxidant and source of many nutrients
Buckwheat	Not related to wheat, is a fruit kernel, mainly used for making flour for pancakes
Chickpea	A species of legume native to the Mediterranean, high in protein
Gluten	A protein found in wheat, rye, oats and barley
Herb salt	A natural flavouring made from herbs, can be added to any savoury dish
Lecithin	A combination of phospholipids and fatty acids extracted from soybeans
Legumes	A family of high fibre plants. Adzuki beans, alfalfa, chickpeas, kidney beans, lentils, mung beans and soy beans are all types of legumes
Linseed	Also known as flaxseed, high in essential fatty acids. Can be consumed as a seed (on breakfast cereal) or an oil (salad dressings)
Maize	Also known as corn
Millet	A type of cereal grain
Miso	A soy bean derivative that can be used in casseroles, soups and as a spread

FOOD	WHAT IS IT?
Organic	Certified organic products are grown and processed without the use of synthetic chemicals, fertilisers, or genetically modified organisms
Quinoa	A type of grain native to Central/South America that has recently been rediscovered. Quinoa is regarded as the least allergenic of the grains
Spirulina	A type of blue-green algae that may benefit the immune system, acts as an antioxidant and is a rich source of many nutrients including amino acids, essential fatty acids, minerals and vitamins
Tahini	A sesame seed paste very high in calcium. Unhulled tahini is the most nutritious variety. Add to a casserole, stir-fry or to bread as a spread
Tamari	A flavoursome, good quality soy sauce, only made from natural ingredients
Tempeh	A member of the soy bean family of foods. It is made from cultured soy beans compressed into a thick block
Tofu	Made from soy beans. It has a fragile texture and little taste. For best flavour soak in tamari and add to a stir-fry
Wheat-based products	You will find wheat in most commercially available bread, flour, cakes and biscuits