

Clean eating challenge



MULLEN NATURAL HEALTH CENTRE

21-DAY Reset

2015 BOOKLET

- INCLUDES •**
- **STARTUP GUIDE**
 - **RECOMMENDED SUPPLEMENTS**
 - **WEEKLY MEAL PLANS**
 - **RECIPES + MORE**



MULLEN NATURAL HEALTH CENTRE

Welcome to the Mullen Health 21-Day Reset

This program has been designed by our Naturopaths to help you reset your body and give you the tools to create healthy habits for long-term wellness.

It takes just 21 days to form a habit, so for the next three weeks you will be eating natural foods to cleanse your body of toxins, reduce the workload of your vital organs, and restore your body's ability to heal and repair itself.

In just 21 days you will have more energy, improved digestion and you may even shift a few unwanted kilos too!

In this booklet you will find a three-week suggested meal plan and a three-day juicing guide, as well as all the recipes you will need to complete your challenge.

Finally, we have included a list of products we recommend to help you with your shopping and details of our recommended supplements which will expedite the process.

Don't forget to click on the links below and join our online community.

Like our Facebook page - www.facebook.com/mullennaturalhealth

Join our Mullen Health 21 Day Reset group -
www.facebook.com/groups/mullen21dayreset

for daily updates, recipes, support and motivation - we're on this journey with you!



To contact us or make an appointment with one of our Naturopaths call
(02) 4961 4075 or email info@mullenhealth.com.au

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For any questions relating to the contents of this guide, please contact Mullen Health on (02) 4961 4075.

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1. Why do the 21-Day Reset?

Your body is constantly exposed to harmful chemicals and toxins found in the food you eat, the products you use and even the water you drink.

The processed foods we're all used to eating are loaded with sugar, artificial sweeteners, processed fats and oils, chemicals, food additives, preservatives, heavy metals and pesticides, all of which contribute to the toxicity in our bodies.

You're able to break down and eliminate a portion of these toxins, but some remain lodged in your cells and tissues, causing a toxic overload in your liver. This build up can cause you to feel sluggish, as well as cause headaches, high cholesterol, food intolerances, digestive complaints, skin conditions and weight gain.

Cleansing your body of these stored toxins will improve your digestion, complexion, hormonal health and cardiovascular health. Detoxing can also help promote weight loss and give you a boost of energy!

It takes 21 days to form a habit, so this program is designed to help you form new healthy habits that you can continue long after the Reset has finished.

2. Before you begin

We must warn you that cutting out toxic foods like caffeine and sugar can cause withdrawal symptoms like tiredness, headaches, mood swings and digestive issues. The good news is, this is all a normal part of the withdrawal process and it should generally only last a few days, depending on your body's toxicity. Trust us, it will all be worth it in the end! To ensure you get through withdrawal with minimal symptoms, drink plenty of purified water, take the recommended supplements and please call us if you are at all concerned.

You should not detox if you are:

- Underweight
- Pregnant or breast feeding
- Anemic
- Diabetic (Type I)
- Following a course of prescription medication (check with your Naturopath)
- Suffering from kidney failure
- Suffering from severe liver disease

Speak to your practitioner if any of these conditions relate to you. If you have any questions, please phone us on (02) 4961 4075 or email info@mullenhealth.com.au - we're only too happy to help!

3. Get Prepared

Make sure you're ready for our 21-Day Reset by following this checklist:

One week before, make sure you:

- ☐ Read through this guide so you are familiar with the program
- ☐ Drop into Mullen Health to pick up your recommended supplements
- ☐ Start to cut down on caffeine and sugar the week before – trust us!
- ☐ Talk to your family and friends – if your loved ones know what you are doing, they are more likely to support you over the next three weeks. Who knows, maybe they will do it with you!
- ☐ Check your calendar – plan for events and social outings in advance. Bring snacks or eat beforehand if you are going somewhere where there won't be a healthy option.

The weekend before:

- ☐ Clean out your fridge and pantry – temptation is easier to resist if it's not staring you in the face. Get rid of any foods that aren't part of your Reset and replace them with healthy, nutrient dense fruits and vegetables.
- ☐ Shop weekly – write a list of everything you'll need for the week and get it in one big shop, that way you'll have everything you need at hand.
- ☐ Prepare a meal or two in advance on Sunday – if you find yourself short of time to cook during the week, food preparation on a Sunday will make sure you stick to your goals.
- ☐ Get a good night's sleep – you want to start the week feeling fresh and energised!
- ☐ Shop for your fruit and vegetables at the Farmers Markets so you can purchase fresh and organic at great prices. The Newcastle Farmers Markets (Newcastle Showground) are held every Sunday and the Lake Macquarie Farmers Markets (Speers Point Park) are held every 2nd and 4th Saturday of the month.

4. Supplements

You will get great results undertaking our 21-Day Reset by just changing the food you eat, but Naturopathic supplements will take your Reset to a whole new level by speeding up the process and helping to restore balance to your digestion, liver, immune system and kidneys. If you buy all of these supplements from Mullen Natural Health Centre in the lead up to our reset, we will give you 15% off the regular price of \$179.35 – bringing your supplements to just \$152.45.

We recommend:

1. Thermophase Detox Essentials (\$79.90)

This product is the equivalent of five supplements in one:

- It contains powerful antioxidants such as green tea, selenium, vitamin C and zinc
- It reduces your toxic load by promoting healthy liver detoxification using herbs such as St. Mary's Thistle and turmeric, as well as amino acids like cysteine and taurine.
- It helps to repair your digestive system and promote healthy bacteria through the use of glutamine and arabinogalactan.
- Assists with energy production
- Helps with fat loss

Dosage: 1 scoop twice daily



2. G-Tox Express (\$71.45)

A powerful detoxification food supplement that helps to clean out and repair your digestive system and kidneys, while balancing out acidic pH.

Dosage: 2 scoops x twice daily Note: If you are on blood pressure medication that restricts you from taking any extra potassium, we recommend you speak to one of our Naturopaths for an alternative.



3. GlucoBalance (\$28.00)

This is a great option for those with a sweet tooth!

GlucoBalance is specifically designed to improve insulin resistance with nutrients like Chromium, B Vitamins, Manganese and Zinc. It also contains the herbal extract of Gymnema, which has been shown to be beneficial for reducing sugar cravings.

Dosage: 1 Tablet 3 times daily (with each meal)



If you're not a patient of Mullen Health but would like to do our 21 Day Reset Challenge, call (02) 4961 4075 to book your free 15 minute phone consultation where we can run you through the program and ensure it is safe for you to participate in.



5. Products We Recommend

Shopping can be a nightmare at the best of times, so we thought we'd give you a hand. If you are looking for some great products that are safe to use during the reset, we recommend the following:



Brookfarm Infused Macadamia Oil

Use with fresh lemon or lime as an alternative to salad dressing. Available from Mullen Health



Bonsoy Soy Milk

The only soy milk we recommend. Available from most supermarkets



UltraMeal

A low GI protein drink, suitable as a breakfast meal replacement. Available from Mullen Health



Herbamare

Use Herbamare Vegetable Salt to season foods. Available from Supermarkets in the Health Food aisle.



Keto Bars

A healthy snack. Available from Mullen Health



Bounce Natural Energy Balls

Another healthy snack. Available from Mullen Health



Meredith Dairy Sheep's Milk Yoghurt

A great dairy alternative. Available from Health Food stores



Rice Milk from Pure Harvest

Available from most supermarkets



Vitality Tea

Available from Mullen Health



Brookfarm Gluten Free Muesli or Paleo Pure Muesli

Available from Mullen Health



Paleo Bars from Blue Dinosaur

Available from Mullen Health



COYO - Coconut Yoghurt.

Available from health food stores

6. Food Guidelines

For the next three weeks, your goal will be to eat a nutrient-rich diet full of: fresh fruits and vegetables, high-quality white proteins (eg fish and chicken), good fats (eg avocado and nuts) and complex carbohydrates (eg peas and beans). You need to avoid: sugar, gluten, dairy products, processed foods, processed fats (eg margarine), red meat, caffeine and alcohol. The below guidelines will give you more detail.

Protein to enjoy

Serving size: 1 palm sized portion per meal unless otherwise specified. Choose organic where possible.

- Chicken
- Eggs
- Fresh fish (max. 3-4 serves per week) excluding those in the 'Avoid' list. Calamari can be enjoyed as part of the fresh fish intake.
- Kangaroo
- Tempeh*
- Tofu*
- Turkey

* Consume roughly two palm-sized portions per meal

Protein to avoid

All mince (unless made at home using meat from the 'protein to enjoy' list).

- Beef
- Duck
- Fish susceptible to higher heavy metal content such as tuna, king mackerel, marlin, swordfish and shark.
- Lamb
- Pork
- Sausages
- Shellfish including prawns, shellfish, oysters, mussels, crab. Cured/smoked meats and deli meats* (i.e. smoked salmon, salami, ham, etc.)
- Tinned meat
- Veal

* These foods are high in nitrates and are best avoided during detox.

Nuts & seeds to enjoy

Serving size: 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible. * Nut spreads of these nuts and seeds are also appropriate. Limit to one to two tablespoons per day.

- | | |
|----------------------|-------------------|
| • Almonds | • Pecans |
| • Brazil nuts | • Pepitas |
| • Chia seeds | • Pine nuts |
| • Coconut | • Sesame seeds |
| • Hazelnuts | • Sunflower seeds |
| • Linseeds/flaxseeds | • Walnuts |
| • Macadamia nuts | |

Nuts to avoid

- Peanuts (including peanut butter) • roasted and/or salted nuts

Beans & legumes to enjoy

Serving size: Limit to 1 to 2 serves per day. (1 serve = 30 g cooked)

Choose organic where possible.

- | | |
|---------------------------|--------------------------|
| • Alfalfa sprouts | • Chickpeas or garbanzos |
| • Azuki beans (or adzuki) | • Kidney beans |
| • Broad beans | • Lentils |
| • Bean sprouts | • Lima beans |
| • Black beans | • Mung beans |
| • Borlotti bean | • Navy beans |
| • Broad beans | • Pinto beans |
| • Butter bean | • Split peas |

Beans & legumes to avoid

- Flavoured and salted canned* beans or those with additives, preservatives.

* Canned food products are often combined with additives and preservatives to prolong their lifespan. Cans themselves are also a common source of other chemicals such as Bisphenol-A (BPA) known to have adverse effects on health.

Vegetables to enjoy

Serving size: Minimum of 4 handfuls of salad and 3 handfuls vegetables per day. Choose organic where possible.

- enjoy all fresh vegetables
- Homemade or organic fermented vegetables such as kimchi and sauerkraut

Vegetables to avoid

- Avoid canned, dried / dehydrated, frozen and/or pickled vegetables.

Fruit to enjoy

Serving size: Limit to 3 serves daily due to high sugar content. 1 serve = 1 piece or 1 handful of chopped fruit.

- enjoy all fresh fruits
- Fruits dehydrated at home without additives are permitted.

Note: if fruit is frozen, choose organic with no additives.

Fruit to avoid

- Canned fruit due to added sugar and preservatives.
- Crystallised/candied fruit
- Dried fruit due to high sulphite content.

Dairy/ Dairy substitutes to enjoy

- Goat's milk products**
 - Organic, unsweetened nut milk (i.e. almond milk)
 - Organic, unsweetened rice milk
 - Organic, unsweetened soy milk**
 - Plain coconut yoghurt
 - Sheep's milk products**
- ** Some individuals are sensitive to these products and they may therefore not be appropriate as part of an integrated Detoxification Program. Ask your Practitioner if these foods are suitable for you.

Dairy/ Dairy substitutes to avoid

- Avoid all dairy products made from cow's milk, including milk, yoghurt, cheese, ice-cream.

Grains/ Grain alternatives to enjoy

- | | |
|-----------------------------------|--------------------------------------|
| • Almond meal | • Gluten-free natural rice crackers* |
| • Amaranth | • Hazelnut meal |
| • Brown rice | • Lupin |
| • Buckwheat | • Millet |
| • Coconut flour | • Polenta |
| • Corn | • Quinoa |
| • Gluten-free flour | • Red rice |
| • Gluten-free natural rice cakes* | • Wild rice |
- * as snack options only.

Grains to avoid

Avoid all gluten containing grains including:

- Barley
- Oats
- Rye
- Spelt
- Triticale
- Wheat

Avoid processed wheat/gluten containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits, etc.)

Oils to enjoy

Use cold pressed, organic oils where possible.

- | | |
|-----------------|-----------------|
| • Coconut oil | • Rice bran oil |
| • Flaxseed oil | • Sesame oil |
| • Macadamia oil | • Walnut oil |
| • Olive oil | |

Oils to avoid

- | | |
|---------------|-----------------|
| • Butter | • Margarine |
| • Canola oil | • Peanut oil |
| • Duck fat | • Vegetable oil |
| • Fried foods | |
| • Ghee | |

Dressings, condiments, sweeteners, and seasonings to enjoy

- All herbs and spices
- Garlic
- Homemade dressings and sauces
- Homemade dips and spreads (i.e. guacamole, hummus, tahini etc.)
- Lemon juice
- Organic tamari
- Salt – Celtic, sea or Himalayan
- Honey
- 100% maple syrup

Dressings, condiments, sweeteners, and seasonings to avoid

- Additives (i.e. MSG)*
- Artificial colours*
- Preservatives*
- Sugar, coconut sugar, rice bran syrup
- Aspartame, saccharine
- Commercially made sauces and condiments
- Spice/Herb blends containing added salts, sugars, and artificial ingredients
- Wasabi

Beverages to enjoy

Serving size: Consume 2-3 L of pure water daily.

- Herbal tea, green tea - not sweetened or flavoured.
- Choose organic where possible
- Juices made from fresh fruit and vegetables
 - Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.)
 - Unflavoured sparkling mineral water

Beverages to avoid

- Alcohol
- Black tea
- Caffeinated soft drinks
- Coffee
- Fruit drinks and cordials
- Reconstituted fruit juice
- Soft drink/carbonated beverages



7. A few basic rules to follow

- Stick to the meal plan, or mix-and-match.
- Each of the recipes in this 21-Day Reset has been chosen by our Naturopaths to meet the above guidelines and get you results.
- You can stick to the provided meal plans closely, or if you prefer, choose your favourites and cook in bulk.
- There are also many more recipes on our website visit - <http://www.mullenhealth.com.au/recipe-categories/21-day-reset>
- Start each day with a glass of hot water with a squeeze of lemon juice followed by a raw fruit and vegetable juice 15-30 minutes later.
- Drink a minimum of 6 to 8 glasses of purified water per day (around 2 litres). We suggest you keep a jug on your sink or at your desk so that you know how much water you are drinking. Herbal teas can count towards your total – we love peppermint, dandelion, chamomile and Mullen's Vitality Tea. Mullen Health sell a variety of different teas. Visit us in-store or shop online - <http://www.mullenhealth.com.au/shop/herbal-teas>
- Chew well, eat slowly and don't drink with your meals. Instead, drink either 15 minutes before eating or one hour after.
- Exercise is an essential part of detoxing... and life! Walk, swim, cycle, or do whatever takes your fancy. Just make sure you get out for at least 30 minutes a day, five times a week.
- Make extra portions of food for lunches and dinners to save time during the week.
- Feel free to treat yourself with dessert a maximum of two nights per week.
- For Vegetarians: The suggested meal plan includes white proteins such as fish and chicken, but there are plenty of vegetarian options that can be easily substituted. You can also find more recipes on our website.

Stage 1: The first 12 days (you can mix and match meals as you like, or stick with the plan)

- Start each day with a glass of hot water with a squeeze of lemon juice.
- Follow this 15 to 30 minutes later with a raw fruit and vegetable juice using apple, carrot, celery and parsley.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--|--|--|--|---|--|
| Breakfast | High Protein <u>Muesli</u> (see recipe) or Paleo Muesli or Brookfarm Gluten Free Muesli (products we recommend page) | <u>Green Smoothie</u> (see recipe) | <u>Quick Spanish Omelette</u> (see recipe) | Ultra Meal Energy shake – try the vanilla flavour blended with water and fruit, or try chocolate if you prefer | <u>Almond Chia Fruit Porridge</u> (see recipe) | <u>Tropical Turmeric Smoothie</u> (see recipe) |
| Morning tea | 1 apple or a serve of paw paw | Handful of raw almonds or cashews | 2 rice thins with hummus (see recipe) and celery sticks | Apple | Carrot and celery sticks | <u>Apple Muesli Cup</u> (see recipe) |
| Lunch | <u>Rice salad</u> (see recipe) with tinned salmon or eggs | Left over Wok Fried Ginger Chicken and Almonds OR 4-6 rice or corn thins with sardines or salmon, tomato and avocado | Left over Pad Thai OR Lentil Patties (see recipe) with Salad | <u>Pomegranate, mandarin and avocado salad</u> (see recipe) | <u>Cauliflower Rice</u> (see recipe) with salmon | Left over Cauliflower Rice or left over Asia Greens with Ginger and Shallots |
| Snack | Rice Crackers with hummus (see recipe) | <u>Tracey's Nut Balls</u> (see recipe) | Small banana | Celery sticks with hummus (see recipe) | Tracey's Nut Balls (see recipe) | Peach |
| Dinner | <u>Wok Fried Ginger Chicken and Almonds</u> (see recipe) | <u>Pad Thai</u> (see recipe) | <u>Nut crusted fish and salad greens</u> (see recipe) | <u>Zucchini Noodles with Avocado, Mint and Spinach Pesto</u> (see recipe) | 1 palm sized portion of protein (eg chicken, fish, tofu or turkey) with <u>Asian Greens with Ginger and Shallots</u> (see recipe) | <u>Salmon Patties</u> (see recipe) served with steamed vegetables or salad (drizzled with a little olive oil or macadamia oil, lemon and salt) |
| Snack | | <u>Steamed pear with cashew cream</u> (see recipe) | | Rock melon | | |

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|---|---|--|---|--|
| Breakfast | <u>Zucchini Fritters</u> (see recipe) | <u>Green Smoothie</u> (see recipe) | Scrambled eggs using water instead of milk | <u>High Protein Muesli</u> (see recipe) or Paleo Muesli or Brookfarm Gluten Free Muesli (products we recommend page) | <u>Mini Frittatas</u> with <u>Spinach</u> and <u>Tomato</u> (see recipe) | <u>Almond Chia Fruit Porridge</u> (see recipe) |
| Morning tea | 1 apple or a serve of paw paw | Handful of raw almonds or cashews | 2 rice thins with hummus and celery sticks | Apple | Carrot and celery sticks | <u>Kale Chips</u> (see recipe) |
| Lunch | Left over Salmon Patties served with steamed vegetables or salad | Left over Lemon and Sage Chicken with baked vegetables. | Left over Spring Green Vegetable Tart OR 4-6 rice or corn thins with sardines or salmon | Left over Vegetarian Stirfry OR Rice Salad (see recipe) | 4-6 rice or corn thins with avocado, black pepper and a squeeze of lemon juice. Add a tin of salmon or 2 boiled free range eggs | <u>Lentil Patties</u> (see recipe) with salad |
| Snack | Carrot and Celery sticks | Small banana | Piece of fruit | <u>Tracey's Nut Balls</u> (see recipe) | <u>Tamari Almonds</u> (see recipe) | Piece of fruit |
| Dinner | <u>Whole Roasted Lemon and Sage Chicken</u> (see recipe) with <u>baked vegetables</u> (see recipe) | <u>Spring Green Vegetable Tart</u> (see recipe) | <u>Vegetarian Stirfry</u> (see recipe) | Fish Bake (see recipe) served with rice | Salmon and <u>Caulirice</u> with <u>Vegetables</u> (see recipe) | <u>Spanish Chicken Casserole</u> (see recipe) |
| Snack | | <u>Steamed pear with cashew cream</u> (see recipe) | | Rock melon | | |

Stage 2: Three-Day Juice Fast

This is the exciting stage of your detox! For the best results, follow the fresh fruit and vegetable juice program for the next three days and continue with your recommended supplements. If you find this a bit daunting, choose your favourite recipes to make over the next three days.

- Start each day the same with a glass of hot water with a squeeze of lemon juice
- All juices are to be made up of 75% juice, 25% purified water and sip slowly.
- Times are approximate, although make sure you drink your juice before you get hungry. You can have as much as you would like.
- Make sure your bowels keep moving through this stage. If it needs help, try 2 heaped teaspoons of Psyllium Husk in a glass of water before bed. Remember to always follow with a glass of water.
- Vegetable soup or Green Smoothie (see recipe) is available to substitute any juice throughout the weekend
- For more green smoothie ideas see page 38.

| | Saturday / Sunday / Monday |
|------|---|
| 8am | Green Smoothie (see recipe) or fruit juice, any combination, except melon as it is best on its own. |
| 11am | Fruit juice (if unable to get fresh juice here, try a commercial orange juice that is 100% juice or make extra at breakfast to take with you) |
| 2pm | Fruit juice, carrot and celery |
| 5pm | Vegetable juice, carrot, celery, beetroot (add other vegetables if you wish) |
| 8pm | Vegetable juice, carrot, celery, beetroot (add other vegetables if you wish) |

Fruit juice suggestions

Apple, pear and fresh mint leaves • Apple and orange • Apple, pineapple, strawberries or blueberries • Apple, mango and pineapple

- Orange, pear and raspberries (frozen) • Rockmelon, watermelon and grapefruit are best on their own.

Best vegetables to juice

Carrot, Beetroot, Celery, Spinach, Broccoli, Cucumber • add apple or pear juice to your vegetable juice to improve the taste if needed • add raw ginger root or mint leaves to any of your juice combinations for extra flavour and zest!

Stage 3: The final 6 days (you can mix and match meals as you like, or stick with the plan)

| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|---|--|--|---|--|
| Breakfast | <u>High Protein Muesli</u> (see recipe) or Paleo Muesli or Brookfarm Gluten Free Muesli (products we recommend page) | <u>Green Smoothie</u> (see recipe) | <u>Quick Spanish Omelette</u> (see recipe) | Ultra Meal Energy shake – try the vanilla flavour blended with water and fruit, or try chocolate if you prefer | <u>Spinach & Egg Surprise</u> (see recipe) | <u>Tropical Turmeric Smoothie</u> (see recipe) |
| Snack | 1 apple or a serve of paw paw | Handful of raw almonds or cashews | 2 rice thins with hummus and celery sticks | Apple | Carrot and celery sticks | <u>Apple Muesli Cup</u> (see recipe) |
| Lunch | <u>Rice salad</u> (see recipe) | Left over Pad Thai or Mexican Street Salad (see recipe) | Left over Marsala Chicken Vegetable Curry OR Lentil Patties (see recipe) with Salad | <u>Fish patties</u> (see recipe) with salad | <u>Cauliflower Rice</u> (see recipe) | Left over Cauliflower Rice |
| Snack | Rice Crackers with <u>hummus</u> (see recipe) | <u>Tracey's Nut Balls</u> (see recipe) | Small Banana | Celery sticks with hummus (see recipe) | <u>Tracey's Nut Balls</u> (see recipe) | Peach |
| Dinner | <u>Zucchini Noodles with Basil Pesto & Pan-Fried Salmon</u> (see recipe) | <u>Marsala Chicken Vegetable Curry</u> (see recipe) | <u>Grilled Snapper with Dill Sauce on a bed of rocket served with salad or vegetables</u> (see recipe) | <u>Lemon Chicken Nibbles</u> (see recipe) with steamed vegetables | 1 palm sized portion of protein (eg chicken, fish, tofu or turkey) with <u>Green Beans with Tomato, Mint and Basil</u> (see recipe) | <u>Tofu and Veggie Stirfry in a wok</u> (see recipe) |
| Snack | Sheeps Milk Yoghurt with fruit | | Rockmelon | | | <u>Chia Pudding</u> (see recipe) |

8. Breakfast

This is the most important meal of the day as it is the first nutrients your body will receive after fasting all night.

Try these breakfast options:

- + Green Smoothie
- + Tropical Turmeric Smoothie
- + High Protein Muesli
- + Mini Frittatas with Spinach and Tomato
- + Almond Chia Fruit Porridge
- + Zucchini Fritters
- + Quick Spanish Omelette
- + Spinach and Egg Surprise

Green Smoothie



Serves 1

- 1 cup chopped kale, stalks removed (about 2 big handfuls)
- 1 kiwi fruit skinned and chopped
- 1/2 banana
- 1 tablespoon chia seeds
- 1.5 - 2 cups purified water (can substitute coconut water)
- Supercharge your smoothie with 1 teaspoon of coconut oil & 2 teaspoons of Vital Greens

Place all ingredients in a blender, pour liquid over and blend. Add ice if you like your smoothies to be thicker. If you are time-poor, you might also like to try preparing your smoothie ingredients at the beginning of the week. Just place all your chopped up ingredients in a snap-lock bag and freeze. Take out, add liquids and blend each day.

Tropical Turmeric Smoothie



Serves 1

- 1 cup almond milk / coconut milk
- 1/2 cup mango
- 1 ripe banana
- 1 tbsp coconut oil
- 1/2 tsp turmeric
- 1/2 tsp cinnamon
- 1/2 tsp ginger (fresh)
- dash sea salt
- little bit of honey

Put all the ingredients into the blender.

High Protein Muesli



- 1 cup each of organic pepitas, sunflower seeds, flaked or slivered almonds (or whole), + 1 cup each of any other nut or seed desired such as macadamia nuts, walnuts, brazil nuts, cashews
 - ¼ cup of chia seeds
 - ½ cup goji berries
 - 2 cups flaked or shredded coconut
 - Optional: 2 cups Gluten Free Buckwheat and Quinoa Flakes
 - Optional: ½ cup sultanas/raisins or currants
1. Make up in bulk and store in an airtight container. Don't worry too much about measuring. Alternatively, just add packets (or ½ packet) of the above or make up your own favourite combination of nuts and seeds.
 2. Pour ½ - 1 cup muesli into a bowl and add dairy free milk such as fresh nut milk or alternatively store bought nut milk.

Mini Frittatas with Spinach & Tomato



Serves 3

- 1 brown onion, finely chopped
 - 1 tbsp of olive oil for frying
 - 6 eggs
 - 3 tbsp of almond milk
 - 6 vine ripened cherry tomatoes, quartered
 - 1 handful of spinach, or rocket, roughly chopped
 - Cracked pepper and salt to taste
1. Preheat Oven to 180°C.
 2. Fry the onions in olive oil until caramelised.
 3. Blend eggs and almond milk in a blender until light and fluffy.
 4. Add the onions along with all the remaining ingredients to the blended egg mixture, stir to combine and divide evenly between a non-stick 6 cup muffin pan.
 5. Bake approximately 20 minutes or until cooked through.
 6. Remove frittatas from the muffin pan and allow to cool.

Almond Chia Fruit Porridge



Serves 3-4

- 1 cup almonds (preferably soaked overnight)
- 2 apples, skin removed
- 1 orange juiced + zest
- 1 teasp ginger
- 1 teasp cinnamon
- ½ cup water
- Pinch salt
- 2 tablespoons chia seeds soaked in ¾ cup water
- ¼ cup sultanas soaked
- ¼ cup goji berries soaked
- ¼ cup coconut threads
- ¼ cup chopped medjool dates (optional)

1. Place the chia seeds in a bowl with the water and put aside.
2. Blend the first lot of ingredients in a food processor until porridge like.
3. Fold through the remaining ingredients including the soaked chia seeds.
4. If desired, garnish with a few sultanas, goji berries and coconut and drizzle honey over the top.
5. If you have almond milk pour some over the top of the cereal and serve.

Zucchini Fritters



Serves 1

- 1 cup grated zucchini
- 2 medium – large eggs
- 1 tablespoon olive oil for cooking
- Sprinkle of nutmeg (optional)
- Salt and pepper to taste

1. Combine all ingredients in a medium bowl.
2. Stir until well combined.
3. Heat oil in a large pan over medium-high heat.
4. Mould mixture into medium size balls and press flat into pan.
5. Lightly cook until firm on one side, turn and cook the other side.

Quick Spanish Omelette



Serves 1

- 3 handfuls of finely chopped vegetables e.g. olives, onions, chives, capsicum, parsley, spinach, zucchini
 - 1 tbsp of olive oil
 - 2 eggs
 - 1 tbsp of pure water
 - Cayenne or black pepper
1. Lightly stir-fry vegetables in extra virgin olive oil and remove to one side.
 2. Lightly mix eggs with 1 tablespoon of water and a pinch of pepper. Pour mixture into a heated frying pan, so it covers base of pan. When almost cooked, place vegetables on top of half the omelette. Lift one side of the omelette over to enclose the filling.
 3. Flip to heat omelette through.

Spinach & Egg Surprise



Serves 1

- 300 g spinach
 - 3 eggs
 - Black pepper
 - Olive oil
 - 1 teaspoon of sesame seeds
1. Wilt the spinach in a heated saucepan.
 2. Squeeze excess water out.
 3. Place spinach into an oven proof dish.
 4. Make into three birds nest shapes and crack an egg into each one.
 5. Sprinkle black pepper and sesame seeds onto top of egg.
 6. Bake in oven (180°C) for 15 minutes or until eggs are set.

9. Lunch

One of the easiest ways to have a healthy and nutritious lunch is to cook batches of food in advance, or to make extra at dinner time to have for lunch the next day. That way, when it comes to lunch time, you've got plenty of fresh, healthy food available that isn't just plain bread and spread!

Try these lunch options:

- + Lentil Patties with salad
- + Rice salad with tinned salmon or eggs
- + Cauliflower Rice
- + Salmon Patties
- + Mexican street salad
- + Fish patties
- + Pomegranate, mandarin and avocado salad

Lentil Patties



- 1 tin lentils
 - 1 cup of cooked potatoes
 - 1 cup of gluten free breadcrumbs
 - 1/4 cup sesame seeds
 - 1/4 cup sunflower seeds
 - 1/2 cup finely chopped almonds
 - Small bunch of fresh herbs e.g.: basil, oregano, rosemary, thyme, parsley
 - 1 clove crushed garlic
 - 1 onion finely chopped
 - salt and pepper
 - oil for frying
1. Mash potatoes well and mix in lentils.
 2. Add breadcrumbs, sesame and sunflower seeds, chopped almonds, onion and garlic.
 3. Finely chop herbs and add to the mixture with salt and pepper.
 4. Mix everything together well.
 5. Divide into portions and form into patty shapes. Heat approx. 1cm of oil in a heavy frypan and fry the patties over a moderate heat for 5 minutes each side.
 6. Serve with a side of salad and hummus.

Rice Salad



- Brown rice 300g
- Macadamia Oil
- Apple cider vinegar
- Plus what ever you have in the fridge

I used: tomatoes diced, celery x 2 (finely chopped), cooked pine nuts, spring onions, red capsicum, rocket (chopped), baked potatoes, lemon, avocado and zucchini (dried)

1. Boil rice, drain and then put into a bowl with other ingredients.
 2. Dress with some beautiful macadamia oil (its lighter and tastier than olive oil), apple cider vinegar and salt & pepper.
 3. Add a protein of your desire - I used chicken breast, but you could use a tin of salmon.
- Dayna's tip: I try to make one dish at the beginning of the week, divide into four and there's your lunches for the week.

Cauliflower Rice



- 1 large cauliflower, seperated into florets
- 4 tablespoons coconut oil
- 4 eggs
- 1 onion
- 2 cloves garlic
- 1 red capsicum
- 1 red chilli
- 3.5 cm ginger
- 4 tablespoons tamari
- 1 handful coriander salt and pepper

1. Pulse cauliflower in a Thermomix or food processor until it resembles rice.
2. Add a little coconut oil to the pan and evenly distribute 4 whisked eggs and cook for a couple of minutes to make an omelette . Remove and slice into thin strips.
3. Stir fry in 4 tablespoons of coconut oil, onion, garlic, capsicum, ginger and chilli.
4. Cook for 4 minutes or until softened.
5. Add the cauliflower and cook for a few minutes until tender.
6. Add 4 tablespoons of tamari and salt and pepper and the omelette strips and a handful of coriander. Stir fry for another minute or so until well combined and heated through.
7. Serve with lime wedges.

Salmon Patties



Serves 4-6

- 2 large tins of salmon
 - 1 onion
 - 1 lemon
 - 6 potatoes
1. Boil and mash potatoes.
 2. Sautee onion in a fry pan.
 3. Mix together onion, potatoes, rind of 1 lemon, a squeeze of lemon juice and 2 large tins of salmon.
 4. Use a tablespoon to scoop into rough balls, and spray with olive oil
 5. Bake in a moderate oven for 30 minutes or until brown.
 6. Serve with a moist salad.

Mexican Street Salad

Serves 4

- ½ small white cabbage, shredded
- ½ small red cabbage, shredded
- 1 small bunch (approximately 10) of radishes, trimmed and finely sliced
- 2 carrots, peeled and finely sliced
- 1 large bunch of fresh coriander, leaves and stalks finely chopped
- 2 large jalapeño chillies (or other green chilli), finely sliced and deseeded if required, to taste
- 1 red onion, peeled and finely sliced
- Extra virgin olive oil
- Juice of ½ a lime
- Pinch of salt



1. Place the shredded cabbage into a large bowl along with the radishes, carrots and most of the coriander.
2. Mix everything together thoroughly, then spice up the flavour by adding almost all of the chopped chilli, the sliced red onion and a generous pour of extra virgin olive oil.
3. Add most of the lime juice and a good pinch of salt, then toss everything together. Taste and adjust the flavour to your liking by adding more fragrant coriander; more heat from some chilli, or more acidity from extra lime juice.

Fish Patties

Serves 4

- 240 g fish, flaked or equivalent amount of other seafood
- 1 tbsp of fresh flat-leaf parsley, finely chopped
- ½ cup of celery, finely chopped
- ½ cup of brown onion, finely chopped
- 2 garlic cloves, minced
- 2 eggs, lightly beaten
- 1 tbsp of lemon juice
- 1 tbsp of extra virgin olive oil for trying
- Fresh lemon wedges to serve



1. Combine all of the ingredients, except the olive oil, in a bowl until mixed thoroughly.
2. Form the mixture into patties with your hands.
3. Heat olive oil in a frying pan fry the patties for approximately 10 minutes on either side or until cooked through.
4. Turn patties out onto kitchen paper to absorb any excess oil.
5. Serve patties with fresh lemon wedges.
6. Serving suggestion: these patties work well with a fresh green salad and a teaspoon of aioli.

Pomegranate, mandarin & avocado salad



Salad:

- 2 large handfuls of mixed salad leaves
- 1 large handful of baby spinach
- 1 avocado chopped into cubes
- 1 mandarin divided in sections
- Seeds of a pomegranate
- ½ cup baby tomatoes cut in half
- ¼ cup walnuts
- 1 tbsp black sesame seeds

Lime and Ginger Dressing:

- 1 lime juiced
- Knob of ginger minced (about 1 tbsp)
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Handful chopped coriander
- ¼ teaspoon salt
- Pepper to taste

Method:

Salad:

1. Prepare the above salad on a large serving plate.
2. Sprinkle the black sesame seeds on top

Lime & Ginger Dressing:

1. Combine the above ingredients in the blender and blend thoroughly.
2. Taste test and add more ginger, lime or salt to taste if required
3. Pour the dressing over the prepared salad

10. Dinner

Dinner should be one of your smaller meals of the day so that you aren't going to bed with a full stomach. Try and eat before 7pm each night to avoid this!

One of the best hints we can give you for dinners is to always cook extra so you can have leftovers for lunch the next day. This saves you buying lunch and saves time in the long run.

Try these dinner options:

- + Wok Fried Ginger Chicken and Almonds
 - + Pad Thai
 - + Nut crusted fish and salad greens
- + Zucchini Noodles with Avocado, Mint, Spinach Pesto
 - + Salmon Patties (see recipe in Lunches)
 - + Whole Roasted Lemon & Sage Chicken
 - + Spring Green Vegetable Tart
 - + Vegetarian Stir Fry
 - + Fish Bake
 - + Salmon and Caulirice vegetables
 - + Spanish Chicken Casserole
 - + Tofu and Vegie Stirfry in a Wok
- + Zucchini Noodles with Basil Pesto & Pan-Fried Salmon
 - + Marsala Chicken Vegetable Curry
- + Grilled Snapper with Dill Sauce on a bed of Rocket
 - + Lemon Chicken Nibbles

Wok Fried Ginger Chicken & Almonds



Serves 2

- Extra virgin olive oil for cooking
 - 1/2 handful of blanched almonds
 - 2 tsp of ginger, grated
 - 1 handful of mushrooms, sliced
 - 2 handful of mild green chilli, deseeded and cut diagonally
 - 2 palm-sized portions of chicken breast, cut into small cubes
 - 1/2 handful of onion, cut lengthwise
 - 2 handfuls of red capsicum, cut into strips
 - 2 handfuls of snow peas
1. Add extra virgin olive oil to a wok and cook almonds until golden. Remove and drain on absorbent paper.
 2. Add 1 teaspoon of ginger, saute for 1 minute then add all of the vegetables. Cook for 1-2 minutes and place to one side.
 3. Place chicken and remaining ginger in pan, with a little more oil and cook until almost done. Return vegetables and almonds to the pan and warm through.

Pad Thai



- 1 small lebanese cucumber
- 1 carrot, cut julienne
- 1 red capsicum, cut julienne
- 1 zucchini, sliced into 'noodles' in a spiral slicer
- 1/2 cup sugar snap peas, thinly sliced
- 2 shallots, sliced thin
- 1 long red chilli, minced
- 1 cup bean shoots
- 1/4 bunch basil
- 1 small handful coriander, roughly chopped
- 10 leaves of mint, chopped
- Chopped almonds for garnish

Mix all ingredients in a bowl

For the almond sauce:

- 3 tablespoons almond butter
- 1 tablespoon yacon or coconut syrup
- 4 sun-dried tomato halves soaked for 15 mins in 1/2 cup water
- 2 teaspoons tamari or nama shoyu
- 1/2 cm cube ginger
- 1/2 garlic clove

1. Blend all ingredients including the sun-dried tomato water in a high-speed blender until smooth.
2. Mix through gently about 3/4 of the almond sauce into the vegetables.
3. Place a good amount of pad thai on a plate to serve and spoon sauce around the outside of the plate.
4. Garnish with chopped almonds

Nut Crusted Fish

Serves 2

- 1 tbsp of extra virgin olive oil
- 1 tbsp of butter
- 1/3 cup of recommended nuts, finely chopped
- 1 tsp of sea salt
- Black pepper to taste
- 2 palm-sized portions of boneless fish
- 2 tsp of fresh parsley, chopped (optional)
- 6 handfuls of salad greens
- 1 lemon, cut into wedges

1. Preheat oven to 220°C.
2. Grease a baking sheet. Melt olive oil and butter in a pan. Remove from heat and let cool. Mix the chopped nuts together with the seasoning and put on a plate.
3. Dip the fish in the oil/butter mixture and then the nut mixture.
4. Press firmly so the nuts hold. Place fish on the baking sheet and bake until cooked through.
5. Garnish with fresh parsley. Serve with salad greens and a wedge of lemon.



Zucchini Noodles with Avocado, Mint & Spinach Pesto

- 4 large zucchini
- 1 ½ cup peas
- 2 ripe avocados
- 3 large handfuls of baby spinach leaves
- 1 bunch of fresh mint leaves
- 1 large garlic clove chopped finely
- ½ cup pine nuts
- 1 TBS of nutritional yeast
- Juice of 1 fresh lime
- 2 TBS of olive oil
- 1 flat tsp of salt

1. Place the avocados, spinach leaves, mint leaves, chopped garlic, pine nuts, nutritional yeast, limes and salt in the food processor and pulse while adding the olive oil.
2. Leave the pesto slightly chunky. If you prefer a smooth pesto blend until creamy.
3. Using a Spiraliser make the noodles with the zucchini.
4. Place in a bowl with the peas and pour hot water over to cover.
5. Leave for 30 seconds or so and then drain the water off.
6. Mix the pesto through the noodles topping the dish off with extra chopped pine nuts

Optional: Add a handful of cherry tomatoes



Whole Roasted Lemon & Sage Chicken

Serves 4

- 3 sprigs of sage
- Juice of 1/2 a lemon
- 4tbsp of olive oil
- Cracked pepper and sea salt to taste
- 1 chicken (approximately 1 kg)
- 3 garlic cloves, whole
- 2 red onions, peeled and cut into chunks
- 1 lemon, cut in half
- 400 mL low salt, sugar free chicken stock



1. Wash 2 sprigs of sage leaves and chop finely, combine with lemon juice and olive oil in a bowl and season with salt and pepper.
2. Pour marinade over chicken, cover and leave for 1 hour in the fridge
3. Preheat oven to 180°C.
4. Place the chicken into a roasting dish along with the garlic and onions.
5. Add the lemon halves and remaining sage sprig into the cavity of the chicken.
6. Spoon a little of the chicken stock over the top and roast the chicken for approximately 1 hour or until cooked and golden, basting regularly with the remaining chicken stock.

Spring Green Vegetable Tart

BASE

- 3/4 cup almonds
- 1/2 cup sunflower seeds
- 1/4 cup pepitas
- 1 tbsp lemon juice
- 1tsp yacon syrup
- 1-2 tbsp coconut oil melted
- 1 bunch basil
- large handful of baby spinach
- 1 large zucchini chopped roughly
- 1/2 bunch asparagus spears chopped
- clove garlic
- 2 shallots chopped roughly

FILLING

- 1/2 lemon juiced
- 1/2 cup pinenuts
- 1 tbsp nutritional yeast
- 2 tbsp olive oil
- 1/2 tsp salt
- + 1 large avocado roughly chopped
- + hemp seeds



FILLING

1. Combine all the ingredients except the avocado and hemp seeds in the food processor and pulse until a pesto consistency. Try to leave a little chunky.
2. Fold through the avocado and place the mixture into individual tart cases or a single 23cm spring-form pan. Sprinkle with hemp seeds.

BASE

1. Combine all the nuts in the food processor and process until crumb like.
2. Add the lemon juice, yacon syrup and coconut oil and processor again until well combined.
3. Press the mixture into the tart case and place into the fridge while you prepare the filling.

Vegetable Stir Fry

Serves 2

- 2 tablespoon coconut Oil
- 1 garlic bulb, peeled and crushed
- 1 knob ginger crushed
- 2 cups spinach
- 1 TBS tahini
- 1 TBS wheat free tamari (optional)
- 1 cup daikon
- 1 head broccolini cut into florets
- 1/4 head cabbage roughly chopped
- 1 cup green beans
- 1 yellow pepper, sliced lengthwise into strips
- 1 red pepper, sliced lengthwise into strips
- 1 red onion, peeled and sliced lengthwise into strips
- 1 TBS fresh basil

1. Heat oil in large pan over medium high heat.
2. Once hot, add garlic, onion, peppers and mix around until fragrant, but do not burn.
3. Add chopped vegetables and turn heat down to medium for five minutes .
4. Turn heat to low and cover with lid cook for a further 10 minutes adding tahini and tamari
5. Top with fresh basil and serve immediately

This recipe has been kindly shared by Supercharged Food



Fish Bake

Serves 4

- Orange Roughy (delicious, has no bones – great for the kids!)
- 2 lemons
- 2 tomatos diced
- Jar of green olives
- Fresh herbs
- Garlic
- Salt & Pepper
- Drizzle of oil

Combine in dish, squeeze lemons and place two halves in bowls Bake in oven for half an hour, and serve with rice.



Salmon and Caulirice Vegetables

Serves 2

- 1 small or ½ large cauliflower, divided into florets
- 1tbsp of shredded coconut
- 4 to 5sprigs of thyme, leaves removed and diced (save 1 sprig's worth of leaves for a garnish)
- 2 to 3 garlic cloves, crushed
- Cracked pepper and sea salt to taste
- 2 zucchini, sliced
- 1 cup of pumpkin, sliced
- 2 palm-sized salmon portions
- ¼ cup of parsley leaves, finely diced
- ¼ tsp of chilli flakes
- 2 tsp of olive or coconut oil
- 1 tsp of sesame oil
- 2 wedges of fresh lime or lemon



1. Preheat oven to 150°C. Place the cauliflower into an oven proof dish and bake for 10 minutes or until soft and slightly golden. Remove from the oven and allow to cool. Turn the oven down to 100°C.
2. In a food processor combine the shredded coconut, thyme (saving some thyme leaves for a garnish) and garlic, along with the cooled cauliflower. Pulse until the cauliflower is the size of rice granules. Season with salt and pepper.
3. Bring a pot of water to the boil. Place the zucchini and pumpkin into a steamer and steam until al dente (remains slightly firm to bite) – approximately 3 to 4 minutes. Remove from the heat and set aside.
4. Coat the salmon portions in the chopped parsley and chilli flakes.
5. Grill under a medium-low grill, or fry in a heavy bottomed skillet or pan, turning once until just done to your liking. Place the salmon into the oven at 100°C to keep warm.
6. Heat the olive or coconut oil in a heavy pan, add the sesame oil along with the caulirice and cook, stirring continuously, until crisp and lightly golden brown. Transfer to two serving plates.
7. Whilst the pan is still hot, lightly brown the steamed vegetables to pick up any leftover caulirice seasoning.

To serve: Place the salmon onto the caulirice and browned steamed vegetables. Garnish with remaining thyme leaves and lemon wedges.

Spanish Chicken Casserole

Serves 6

- 3 tbsp of coconut oil, plus a little extra to grease the baking dish
 - 6 palm-sized chicken thighs
 - 4 garlic cloves, crushed
 - 3 tsp of ground paprika
 - 1 tsp of ground cumin
 - 1 bottle of Passata
 - 1 bunch of kale, roughly chopped
 - ½ tsp of sesame seeds
 - Preheat oven to 180°C.
 - Grease a medium to large, deep baking dish with coconut oil and lay the 6 chicken thighs flat and side-by-side.
1. Combine garlic, paprika and cumin in a small bowl with 2 tablespoons of coconut oil to create a seasoned marinade.
 2. Pour or paint the marinade onto the chicken thighs until nicely coated on the top side.
 3. Pour the whole bottle of passata over the chicken thighs to evenly cover.
 4. Sprinkle the chopped kale over the top of the chicken.
 5. Drizzle 1 tablespoon of coconut oil over the kale, then sprinkle with the sesame seeds
 6. Bake in the oven for approximately 45 minutes or until the chicken is cooked through.



Tofu and Veggie Stirfry in a Wok

Serves 1

- 200 g tofu
 - 50 g broccoli
 - 50 g cauliflower
 - 1 clove garlic (cut into small pieces)
 - 1 tablespoon of diced chives
 - 1 /3 cup water
 - 1 tablespoon of olive oil
1. Heat oil with garlic until garlic is lightly cooked.
 2. Add cauliflower, tofu and broccoli and stir through very quickly
 3. Add 1 /3 cup water and keep stirring.
 4. Cook on high heat approximately four minutes stirring all the time.
 5. Add a little more water if required to prevent sticking.
 6. Add chives.
 7. Turn out and serve



Zucchini Noodles with Basil Pesto & Pan-Fried Salmon

Serves 2

Basil Pesto

- 1 cup of fresh basil leaves
- 1 small handful of raw macadamia nuts
- ¼ cup of pine nuts
- 1 garlic clove
- Juice of 1/2 lemon
- ¼ cup of olive oil
- Main Dish

- 2 salmon steaks
- 2 zucchinis
- green beans
- pine nuts

1. Blend all pesto ingredients except the olive oil, then blend the olive oil into the mix.
2. Pan fry 2 salmon steaks.
3. With a veggetti or vegetable spiraler, spiral 2 x zucchinis and place in a bowl or saucepan and pour boiling water over them and let sit for 5 -10 min.
4. Stir pesto through the drained zucchini noodles and flake the salmon through it, add lightly steamed green beans and sprinkle with pine nuts.



Marsala Chicken Vegetable Curry

Serves 1

- 180g of skinless chicken or turkey breasts
- 1 cup of mixed raw vegetables: cauliflower, zucchini and broccoli
- 2 tablespoons Garam Marsala spice mix
- Salt to taste
- 1 teaspoon of dried parsley
- 1 teaspoon of dried nutmeg
- 1 teaspoon of dried basil
- 1 to 2 teaspoons of olive oil

1. Coat chicken breast with olive oil.
2. Sprinkle with Garam Marsala powder and salt.
3. Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked.
4. In a food processor, process all vegetables together until fluffy.
5. Grate or chop vegetables finely, if no food processor available.
6. Place vegetables in a bowl and add enough olive oil (until they bind together).
7. Then place vegetable mixture onto a piece of foil.
8. Sprinkle with dried basil, parsley and a pinch of nutmeg.
9. Carefully bring up edges of foil and fold onto packet securely, but leave a little airspace inside.
10. Place vegetable pack in oven next to chicken parcel and cook (approximately 15 minutes).



Grilled Snapper with Dill Sauce on a bed of Rocket



Serves 1

- 1 Snapper fillet (or other white fish)
- 1 tablespoon extra virgin olive oil
- 1 cup of rocket leaves (or mesclun mix)
- 1 cup of salad vegetables such as red onion, tomato, olives, cucumber
- 1 piece of pumpkin

Dill Sauce:

- 1 teaspoon olive oil
- Juice from ½ a freshly squeezed lemon
- 2 tablespoons dried or fresh chopped dill

Method:

1. Steam pumpkin until cooked.
2. Brush both sides of Snapper with olive oil and grill under high heat for three to four minutes per side.
3. Snapper is cooked when the meat is just starting to turn opaque and firm.

Sauce:

1. Warm olive oil in a small saucepan, stir in the lemon juice and add dill.
2. Spread rocket over a dinner plate, place Snapper on top and cover with warm sauce.
3. Serve salad and veggies on the side.

Lemon Chicken Nibbles

Serves 1

- ½ cup of lemon juice
- 1 tbsp of soy sauce
- 1 tbsp of mustard
- 1 tsp of olive oil
- Pinch of cayenne pepper
- 1 palm-sized portion chicken breast, diced



1. Combine lemon juice, soy sauce, mustard, olive oil and cayenne pepper.
2. Add the diced chicken and toss around in a bowl to coat well.
3. Leave to marinate for an hour or so, in the fridge if you wish.
4. Heat pan and fry chicken. Halfway through frying, turn the chicken over and marinate with more sauce. Cook this side for a further 10 minutes or until cooked.
5. Serve with 3 handfuls of recommended vegetables or salad.

11. Side Dishes

Try these sides:

- + Green Beans with Tomato, Mint and Basil
- + Asian Greens with Ginger and Shallots

12. Desserts

- + Steamed Pear with Cashew Cream
- + Chia Pudding

Green Beans with Tomato, Mint & Basil

Serves 2

- ¼ cup of olive oil
- 1 red onion, peeled and chopped
- 3 garlic cloves, peeled and sliced
- 3 cups of green beans, trimmed
- 4 Roma tomatoes, peeled and chopped
- 2 handfuls of basil and mint leaves
- Cracked pepper and sea salt to taste

1. Heat the oil in a heavy pan with a lid and sauté the onion and garlic over a medium heat.
2. Add the beans, tomatoes, basil and mint leaves.
3. Reduce heat to low, cover and cook for approximately 20 minutes.
4. Season to taste with salt and pepper.



Asian Greens with Ginger & Shallots

Serves 1

- ¼ cup of olive oil
- 1 red onion, peeled and chopped
- 3 garlic cloves, peeled and sliced
- 3 cups of green beans, trimmed
- 4 Roma tomatoes, peeled and chopped
- 2 handfuls of basil and mint leaves
- Cracked pepper and sea salt to taste

1. Heat the oil in a heavy pan with a lid and sauté the onion and garlic over a medium heat.
2. Add the beans, tomatoes, basil and mint leaves.
3. Reduce heat to low, cover and cook for approximately 20 minutes.
4. Season to taste with salt and pepper.



Steamed Pear with Cashew Cream

Serves 1

- 1 pear
 - 1/2 cup of raw cashews
 - 1 teaspoon of good quality maple syrup
 - cinnamon
1. Peel the pear, steam in shallow water until soft.
 2. Blend raw cashews, add water to get consistency needed.
 3. You can add a teaspoon of good quality maple syrup plus cinnamon



Chia Pudding

Serves 1

- ¼ cup of chia seeds
 - ¾ cup of unsweetened almond milk
 - A pinch of ground cinnamon (optional)
 - 1 piece of fresh seasonal fruit
1. Stir together ¼ cup chia seeds with ¾ cup almond milk and leave covered in the fridge overnight
 2. Sprinkle over the cinnamon if using before serving.
 3. Add 1 piece of fresh seasonal fruit to serve.



13. Snacks

We recommend you prepare for
two snacks a day.

One of these snacks should be a serve of fruit,
and for the other, you can choose from:

+ Hummus

+ Tamari Almonds

+ Kale Chips

+ Apple Muesli Cup

+ Tracey's Nut Balls

Hummus

- 2 cloves garlic (or more to taste)
- 2 tins chickpeas (drained, reserve 1 tin of liquid)
- 1 fresh lemon squeezed
- Rind of 1 lemon
- 2 tbs tahini
- 1 tbs olive oil
- Salt and pepper (to taste)

1. Chop garlic in food processor, add other ingredients and mix until desired consistency.
2. Serve with Sakata plain rice crackers (this is the only brand with no additives or preservatives).



Tamari Almonds

- Natural Almonds
- Tamari Sauce (a gluten free version of soy sauce)

1. Combine almonds with a splash of soy in a frypan for a couple of minutes.
2. Store in an airtight container and keep on hand for a great savoury snack.



Kale Chips

Serves 8-10

- 1 bunch of kale, or cavolo nero
- 20 mL of olive oil (or enough to coat kale)
- 20 mL of salt reduced tamari
- 2 tbsp of sesame seeds, toasted

1. Preheat the oven to 130°C.
2. Wash the kale thoroughly and dry completely.
3. Shred the kale into small enough pieces that when laid onto a baking tray they will lie flat.
4. Combine the olive oil and tamari, then mix through the kale until completely coated. Spread the coated kale onto a baking paper-lined tray in a single layer.
5. Place the kale into the oven and bake until dried out.
6. Sprinkle with sesame seeds while still hot from the oven and allow the kale chips to cool on the baking tray.



Apple Muesli Cup

Serves 1

- ½ apple, freshly grated
- 1 tbsp of pumpkin seeds
- 1 tbsp of sunflower seeds
- ½ tsp of ground cinnamon
- ¼ cup of unsweetened almond milk or soy milk (warm or cool)



1. Blend the apple, pumpkin seeds, sunflower seeds and cinnamon together.
2. Add the milk along and combine well.
3. Top with your choice of optional toppings, and serve immediately.

Optional toppings: walnuts, fresh or stewed berries. You can alternate your choice of nuts/seeds from the recommended food list. Macadamia nuts and flax seeds work well.

Tracey's Nut Balls

- 1 cup almonds (150g)
- 1 cup mixed nuts (150g)
- 40g tahini
- 40g honey
- 6 pitted dates
- 2 tablespoons cacao (healthy alternative to cocoa)



Blend nuts in food processor, add remaining ingredients and roll into bite sized balls. Store in freezer.

14. Juices



Fruit Juice

- Apple (green), watermelon, strawberry, kiwi fruit and banana (delicious and the banana gives the juice extra body)
- Watermelon, strawberry, pineapple and orange

Vegetable Juice

- Tomato, carrot, beetroot, celery (tomato adds extra body)
- Carrot, ginger, beetroot, apple and celery

Vegetable Soup

- Warm broccoli, cauliflower, carrot, and pumpkin, steamed and then blend. Add Herbamare for taste.

For more juice & smoothie recipes follow this link to our 21 day reset recipes page
- <http://www.mullenhealth.com.au/recipe-categories/21-day-reset>

How to concoct a green smoothie

Green smoothies can be anything you want them to be - but here are a few basic guidelines below.

If you are time-poor you might also like to try preparing your smoothie ingredients at the beginning of the week. Just place all your chopped up ingredients in a snap-lock bag, freeze, and then take out and blend each day.

2 - 3 handfuls of leafy greens

kale • baby spinach • cos lettuce • or any other dark leafy greens



add 1-2 peices of fruit

• banana • berries
• kiwi fruit • apple
• orange • pear • pineapple
• mango • or any of your favourite fruits



add 1-2 cups of liquid

• purified water
• coconut water
• almond milk
• coconut milk



add healthy fats

• coconut oil
• chia seeds
• nuts
• seeds



choose optional extras

• ice • honey • dates
• lemon • lime • ginger
• maca powder
• vital greens • protein powder





15. Congratulations!

You have completed your three week challenge! Well done for sticking with it!
If you have enjoyed the past three weeks, why not try and keep it up for a little while longer.

We look forward to seeing you at your next appointment!