

Detoxification program

Foods to avoid during detox.

Meat- includes pork, beef & lamb products. A small amount of organic hormone free chicken is allowed- no more than twice a week.

Dairy- includes cheese, milk and yoghurt products (including chocolate!)

Sugar- includes all sugar products such as cakes, biscuits, sweets, pastries, processed canned foods. A small amount of chemical free honey is allowed

Nuts- peanuts

Bread- omit all white bread and white flour products (including pasta)

Drinks- all soft drinks, coffee, tea and alcohol

Additives & colourings- check labels carefully

Foods to include during detox

Fish- try to use cold water fish such as sardines, salmon, trout, pilchards, cod, mullet, bream or flounder as these have less heavy metals in them. Avoid large fish like swordfish, Tuna, King mackerel or shark

Eggs- Organic is preferable at a minimum free range

Vegetables- all vegetables are allowed in abundance, try to include plenty of brassica family such as broccoli, cauliflower, cabbage rocket, radish etc as these assist liver detox. (Do not eat too many of these raw if there are hypothyroid issues) Include sprouts in salads, do not eat too much high starch vegetables like potatoes.

Legumes- chickpeas, lentils, beans, peas

Fruit- All fruits allowed, those with a high sugar content have in moderation. Apples and pears being the best for detox. Avoid high amounts of dried fruits for the duration of the detox.

Bread- use sprouted breads (Bodhi) or Essene bread (HF store)
Spelt or wholegrain breads may also be used but check the sugar and additive contents first

Pasta- only wholemeal or gluten free pasta may be used during the detox and only twice a week maximum
Carbs- 1/2 cup Brown rice, 1/2 cup Quinoa, or 1/2 cup Buckwheat per day
Dairy alternatives- Oat, rice, almond or coconut milk can be used in place of dairy during the detox sheep's/goat cheese may be used in limited amounts.
Nuts- all nuts allowed in moderation except peanuts. They should be raw and unsalted.
Drinks- Filtered water, herbal teas, soda water, dandelion or chicory coffee, green tea freshly squeezed fruit & vegetable juices.

Suggested recipes during detox

See Very Wellness book by Val Allen for additional healthy recipe ideas

Breakfasts

1. Wholegrain gluten free rolled oats with grated apple & cinnamon (not instant porridge)
2. Essene or Sprouted bread toasted with any of the following toppings:
 - Avocado, tomato & sprouted mung beans
 - Sardines in spring water
 - Salmon and poached egg
 - Free range scrambled eggs
 - Tahini and banana
3. Fresh fruit salad (apple, kiwi, banana, orange, grapes) with a handful of nuts and seeds a dollop of coconut yoghurt
4. Smoothie (blend coconut milk, 1/2 frozen banana, 1/2 cup blueberries and L.S.A(linseed sunflower and almonds) add green vegetables such as spinach or spirulina powder and/or a tablespoon of collagen powder)
5. Rice flakes with oat/rice/coconut milk, tablespoonful of chia seeds and chopped berries
6. 1/2 Avocado, 1/2 cup cooked mushrooms, 1 bunch spinach with scrambled eggs (use 2 eggs per person)

Lunch

1. Ryita crisp bread (fully Rye) with hummus, sun dried tomatoes, salmon, sprouts, avocado and salad
2. Corn or Rice Thins (with toppings as above) plus a small green salad
3. Home made guacamole, & broccoli hummus with salad (add blended steamed broccoli into homemade hummus) serve with a big salad.
4. Risotto made with brown Basmati rice, garlic, onion & roasted vegetables.
5. Soups (homemade) pumpkin, minestrone, vegetable, leek and potato. Use Vege Salt as stock.
6. Sweet potato in its jacket stuffed with cherry tomatoes, salmon spring onions, capsicum.
7. Grilled fresh fish with salad
8. Tofu or salmon or chickpea/lentil patties and salad
9. Small homemade pizza made with wholemeal mountain bread as the base folded in half use cashew nut cheese instead of dairy, add a large selection of vegetables as the toppings
10. Homemade chicken burger patties made with organic minced chicken, carrots, onion, garlic and coriander

Dinner

1. 4 bean mix, corn kernels, lettuce, tomato, grated carrot, and home made guacamole in a wholemeal or gluten free wrap/tortilla or if you prefer to keep your carbs lower for weight management wrapped in a cabbage leaf
2. Risotto (brown rice as for lunch) with side of sweet potato chips (slice into thin slices and bake/grill with herbal sprinkle)
3. Grilled fish (cover in greaseproof paper then grill in foil with lemon, tomato and lemon pepper) with mashed sweet potato/carrot and 1 cup broccoli
4. Vegetable stir-fry (onions, garlic, ginger, Chinese vegetables, carrot, broccoli baby corn, Herbamare, or Tamari sauce (can add organic tofu, tempeh, organic chicken or seafood.)

5. Eggplant lasagne - cut eggplant into 0.5 cm grill both sides and place in baking dish, cover with a healthy tomato sauce, and sprinkle with coconut cheese or any nutcheese. Cook in oven for 20-30 mins.
6. Stuffed Zucchini - Brown rice breadcrumbs, onion, garlic, parsley and sundried tomatoes, seasoning
7. Fresh Spring Rolls - Tofu, mint leaves, coriander, spring onions, thin carrot sticks, thin cucumber sticks, thin capsicum sticks all rolled up in rice paper, rice vermicelli optional. (Very Wellness Book)
8. Pasta Dish (limit to only twice a week using spelt, gluten free or wholemeal pasta from supermarket or health store)
9. Salmon patties with salad
10. Homemade soups with lots of vegetables

Spices/seasonings

Add Herbamare, Tinderbox Herbal Sprinkle and other fresh or dried herbs and spices for flavour instead of table salt. Vege Salt can be used as a stock alternative in soups, sauces

Homemade vegetable stock

Tamari (wheat free soy sauce)

Coconut aminos

Worcestershire sauce

Basalamic/Red wine vinegar or Apple cider vinegar

Avoid MSG (600 numbers, yeast extract, hydrolysed vegetable protein)

DESSERTS

1. Frozen Banana Ice-cream (process frozen banana for a few minutes in a food processor, sprinkle with flaked almonds)
2. Fruit smoothie (blend 1/2 frozen bananas, 1/4 cup berries with rice/oat/coconut milk and ice cubes, and LSA)
3. Fruit salad and coconut yoghurt
4. Stewed rhubarb & apple with cinnamon. (Sweeten with a little honey or xylitol if required)
- 5) Homemade bliss ball (no dried fruit- choose from almond meal, dessicated, coconut, Tahini, herbal powders such as maca, ashwaganda & 2 teaspoons honey or brown rice syrup)

SNACKS

1. Fresh fruit (2 pieces per day max)
2. Nuts and seeds (almonds, sunflower, pumpkin seeds, no peanuts- 1 handful per day)
3. Millet Cookies (ask for recipe)
4. Crudites (carrot, celery, radish, cauliflower) with hummus, guacamole dip
5. Rice cakes with avocado and tomato, topped with dulse flakes
6. 250ml home made smoothies
7. 3 celery sticks filled with nut butter

Lots of ideas in the Very Wellness Book

Juice recipes

1 carrot

1 green apple

$\frac{1}{2}$ beetroot

1 celery stick

small piece of ginger



2 spinach or cabbage leaves

$\frac{1}{2}$ cup broccoli florets

1 cup cauliflower

1 clove garlic

$\frac{1}{2}$ cup chopped parsley

1 whole red apple

Little ginger



Additional recipes

Miso soup

2 small pkts miso soup mix or make up from fermented miso blocks (health food store or supermarket)

1 spring onion chopped

1 clove of garlic chopped

½ cup firm tofu chopped (chilled cabinet supermarket or health food store)

1 cup shiitake mushrooms sliced

large handful of bean sprouts

2 cups Chinese vegetables chopped

Sauté the onion and garlic until transparent add the fish and mushrooms and cook until just beginning to go tender. Add the Chinese vegetables, tofu and miso soup mix, together with enough water to make the miso to your liking. Add bean sprouts and soy sauce if required for extra taste.

Hearty porridge

1 ½ cups whole rolled oats

1 tablespoon flaxseeds

1 tablespoon sunflower seeds

1 tablespoon almonds

2 tablespoons pumpkin seeds

1 cup quinoa (health food store)

½ cup berries

½ teaspoon each of nutmeg & cinnamon

1 cup soy/oat milk (supermarket health aisle)

Grind the seeds and almonds together in a coffee grinder and set aside. Cook the quinoa and porridge together in enough water to have the consistency you enjoy. Stir in a cup of warm soy or oat milk. Add the berries and sprinkle with seed mix and spices.

Hummus egg Florentine

2 cups cooked spinach

1 tomato sliced and cooked until soft in a small amount of water

2 hard boiled eggs (yolk removed and replaced with hummus)

3 tablespoons hummus

2 slices sour dough rye bread.

2 teaspoons flaxseed oil

Toast rye bread and spread with flaxseed oil

Cover with cooked spinach and tomato and top with hummus filled egg.

Chickpea bubble and squeak (vegan friendly)

2 cups cooked chickpeas, mashed (or Cannelini beans if preferred)
leftover cooked vegetables such as Brussel sprouts, cabbage, broccoli
1 cup mashed potato/sweet potato
1 onion
1 cup mushrooms sliced.
2 cups organic baked beans or preferably home made.

Gently sauté the onion and mushrooms until soft in a frying pan. Add the left over vegetables, potato and chick peas and pack together to form a potato cake-like consistency. Cook until brown on one side, flip over and cook until brown on the other side. (These can be made in advance and gently warmed through or eaten cold the following day) Serve with home made baked beans.

Homemade muesli (Vegan friendly)

1 cup almonds sliced
1 cup walnuts sliced
1/2 cup of sultanas
1 cup flaxseeds or chia
1 cup sunflower seeds
1 cup pumpkin seeds chopped
3 cups of rolled oats (gluten free)
1 dessertspoon of honey
1 heaped teaspoon of cinnamon
1/2 cup flaked coconut
3 cups puffed rice or buckwheat

Toast oats in oven until just browning, while still warm mix with cinnamon and drizzle with honey. Leave to cool. Mix all other dry ingredients together and add oats when finished cooling. Store in a glass container and serve 1 cup oat/coconut or rice milk. This can also be topped with 1/2 cup of blueberries or raspberries if required. (Omit honey if blood sugar issues or vegan. Milk can be substituted with coconut cream)

Egg on toast

2 slices of Essene or Bodhi's sprouted bread toasted
1 organic egg poached or boiled
2 teaspoons of flaxseed oil
Handful of sprouted mung beans

Spread toast with flaxseed oil, top with egg & mung beans.

Vegetable tofu scramble & hash browns. (Vegan friendly)

Vegetable tofu scramble.

5-6 mushrooms sliced
1 pkt firm tofu drained and crumbled
celtic sea salt & freshly ground pepper to taste
1-2 tsp curry powder
2 spring onions chopped
½ red capsicum chopped
½ cup sundried tomatoes chopped
2 teaspoons extra virgin olive oil (EVOO)

Sauté onion, mushroom & capsicum in a EVOO until tender. Crumble tofu and add to pan with the curry powder and seasoning. Saute until moisture has evaporated about 10 minutes add chopped sundried tomatoes and scramble on high for 2 minutes. (Makes 2 servings)

Hashbrowns

1 small onion chopped
1 large sweet potato diced
Few chopped mushrooms
½ red capsicum
1 tbsp dried parsley & tarragon
1 tsp Worcestershire sauce
1 cup of egg substitute (health food store) or 2 eggs

Sauté the onions, potatoes and capsicum until soft. Add mushrooms and seasoning. Cook for two minutes. Make up the egg substitute with sufficient water to make a batter like texture or whisk the eggs add to vegetable mix, stirring until cooked.

Fruit smoothie. (vegan friendly)

2-4 ice cubes
1 frozen banana
1/2 cup blueberries
¼ cup tahini
2 tablespoons LSA
¼ cup ricebran
2 ½ cups oat milk

In a blender or food processor puree all ingredients together.

Vegetable breakfast muffins (adapted from Very wellness, Val Allen Butterfly Ridge publishers)

½ cup sweet potato
3 eggs separated
1 cup barley flakes (HFS)
1 cup wholemeal spelt, rye or rice flour
3 tsp baking powder
1 cup organic soy/coconut cheese grated

½ cup corn kernels cooked
½ cup zucchini grated
½ cup grated carrot
1 tbsp fresh basil finely chopped
¼ cup pumpkin seeds
¼ cup olive oil
½ cup oat milk
Pinch Celtic sea salt or vege salt

Preheat oven to 180°C. Oil a large 12 cup muffin tray. Beat the egg whites until stiff. Steam sweet potato until cooked, then mash. Combine all ingredients in a bowl and mix well. Fold in the egg whites last. Spoon into muffin trays and bake until puffed and brown, approximately 25 minutes. These can be frozen.

Fresh vegetable juice and Tempeh baked beans (Vegan friendly)

Vegetable juice

4 carrots peeled
2 apples
1 inch piece fresh ginger

Run all ingredients through a juicer, pour into a glass and serve.

Tempeh baked Beans

3 cups cooked pinto beans
1 small tub of tomato puree
¼ cup water
½ large onion diced
2 bay leaves
Celtic sea salt and pepper alternative such as Herbamare to taste
1 block natural tempeh cut into strips. (health food store)
2 teaspoons of EVOO

Saute onion in a little EVOO until translucent. Add all remaining ingredients except tempeh and cook for 30 minutes. Beans should be nice and soft. Add in strips of tempeh and cook for a further 10 minutes until warmed through.

Lunches

Sweet potato & asparagus salad

½ sweet potato cubed and baked
1 cup sun-dried tomatoes chopped
Few handfuls of baby spinach leaves
4 asparagus spears steamed and chopped.
¼ cup pine nuts
½ avocado sliced

Combine all ingredients together. Drizzle with a little of the sundried tomato oil.

Salmon nicoise salad

2 cups baby cos lettuce
1 hard boiled egg quartered
Few kalamata olives
½ cup cooked kidney beans
Small can of salmon in spring water
2 tomatoes cut into wedges
½ Spanish onion chopped finely
1 desertspoon EVOO
1 desertspoon balsalmic or apple cider vinegar.
1 teaspoon wholegrain mustard

To make the dressing mix the oil, vinegar and mustard together. Mix the remaining ingredients together and drizzle with the dressing.

Greek salad

5 cups loosely packed romaine lettuce, washed dried and chopped into pieces.
1 small can artichoke hearts drained and cut into small pieces
1 cup cherry tomatoes halved
1/2 medium Spanish onion cut into rings
½ cup cooked chickpeas
1 ounce sheeps feta cubed
2 teaspoons EVOO/flaxseed oil
1 tablespoon red wine vinegar
1 small clove garlic minced

Mix dressing ingredients together. Place all salad items into a bowl and toss the dressing through before eating.

Tracy's special chunky coleslaw (Vegan friendly)

½ white cabbage shredded
2 carrots grated
1 small onion chopped
½ cup sultanas
½ cup sunflower seeds
½ cup sesame seeds
1 cup soy or sunflower mayonnaise

Mix all ingredients together in a large bowl (this will keep for a few days in the fridge)
serve 1 cup per person with a large fresh green salad with hummus

Stuffed tomatoes

2 large Spanish tomatoes, top cut off and pulp scraped out
1 cup cooked brown rice
½ cup sweetcorn
½ red capsicum
1 tablespoon of soy mayonnaise
Freshly basil leaves
¼ cup raw fresh peas
Seasoning substitute such as herbamare

Mix rice, mayonnaise, capsicum, sweetcorn, peas and seasoning with pulp of tomato. Spoon back inside tomato and serve with a green salad.

Broccoli chickpea and sun-dried tomato salad

2 cups of broccoli
2 cups cooked chickpeas
½ cup of sun-dried tomatoes
½ lemon
1 avocado
Seasoning substitute such as herbamare
2 teaspoons of tarragon

Chop the sun-dried tomatoes into small pieces. Steam the broccoli and mix with the other ingredients. Sprinkle with lemon juice and seasoning.

Broccoli humus & baby cos salad

Broccoli hummus (Complete protein)

Few florets of raw broccoli
1 cup of dried chick peas
2 bay leaves
¼ cup lemon juice
½ cup of unhulled tahini
3 cloves of garlic
1 teaspoon of Celtic sea salt
1 teaspoon of fresh parsley or coriander

Soak chick peas overnight. Drain and place in a saucepan and cover with water. Add bay leaf and bring to the boil and cook for 10 minutes turning the heat down and simmering for a further 30-40 minutes until the chickpeas are soft. Drain reserving a ¼ cup of cooking liquid. (Or use canned chick peas and reserve ¼ cup of liquid) Remove bay leaf. Process the chickpeas and all remaining ingredients together until smooth. This can be frozen

Baby cos salad

Two cups of baby cos leaves
¼ cup sun dried tomatoes
½ cup broccoli & alfalfa sprouts
¼ cup sunflower seeds
2 spring onions chopped
Few pitted kalamata olives.

Place cos in a bowl add other ingredients and mix. Arrange the salad on two plates and top with a tablespoon of broccoli hummus.

Dinners

Lentil shepherds pie

1 ½ cups green lentils
1 large potato
1 small sweet potato
½ onion chopped
1 clove garlic crushed
1 carrot chopped
1 tablespoon of tomato puree
1 can chopped tomatoes
2 teaspoons mixed herbs
4 teaspoons EVOO
Celtic sea salt & freshly ground black pepper
½ cup oat milk

Cook the lentils in boiling water for about 10 minutes then add the chopped carrot and continue cooking until both the lentils and carrots are soft, a further 10 minutes. Drain and set aside. Place the onion and garlic in a saucepan with 2 teaspoons of EVOO and cook until translucent. Add the lentils, carrot, tomato puree and chopped tomatoes and cook for a further 5 minutes. Layer the lentil mix in a pyrex dish and stir in the mixed herbs. Cook the potatoes and sweet potatoes in boiling water until soft. Mash and add 1 teaspoon of celtic sea salt & freshly ground pepper, ½ cup of oat milk and 2 teaspoons of EVOO. Layer the mash on top of the lentil mix and place in the oven at 150°C Gas mark 4 for 15-20 minutes. This can be frozen

Chickpea & potato curry

1 can of organic chick peas
1 medium sized potato
½ carrot
1 cup fresh peas
1 can lite coconut milk
few florets of broccoli
½ cup of brown rice
½ cup barley
1 teaspoon of turmeric
¼ teaspoon of cinnamon
¼ teaspoon of cumin

½ teaspoon of powdered coriander
¼ teaspoon of powdered fennel
few cardamom seeds

Mix barley with rice and cover with boiling water and cook until soft, drain and set aside. Cut the potato and carrots into small pieces and part cook until just beginning to get tender. Mix the spices with the coconut milk and add the potatoes, carrots and broccoli and simmer until just tender. Add the peas and chick peas and cook for a further 5 minutes. Meanwhile boil the kettle and refresh the rice and barley mix by pouring with boiling water. Serve the rice mix with the curry. This can be frozen

Cabbage & capsicum risotto

½ white cabbage chopped
1 capsicum chopped finely
1 teaspoon turmeric
1 small dried chilli chopped
½ large white onion chopped
1 garlic clove chopped
2 teaspoons of curry powder
Celtic salt/ veggie salt
Freshly ground black pepper
2 cups brown rice
1 litre vegetable stock made up with stock alternative such as herbamare
2 teaspoons EVOO

Sauté the garlic and onion in the oil until transparent. Add the capsicum, cabbage and chilli and cook for a further 5 minutes. Add the rice, curry powder, turmeric, stock and seasoning and cook until the stock is boiling. Turn to a simmer and continue cooking until the rice is cooked. This can be frozen

Vegetarian chili

2 cups cooked kidney beans
2 large tomatoes skinned and chopped
1 can organic tomatoes
1 dried chilli chopped
1 green capsicum chopped
½ red capsicum chopped
1 cup quinoa
1 onion
2 cloves of garlic
1 tablespoon of tomato puree
1 teaspoon oregano
1 teaspoon of dried basil
2 teaspoons of EVOO

Cook the capsicum, onion and garlic in the oil until the onion is translucent. Add the chopped tomatoes, tomato puree, canned tomatoes, and quinoa into a saucepan and cook for approximately ten minutes. Add the rest of the ingredients and continue cooking until kidney beans are warm through and quinoa finished cooking approximately 10-15 minutes.

Serve in a scooped out sweet potato or with a brown rice & barley mix. This can be frozen

Bean burgers

- 1 can organic Cannellini beans
- 1 can organic chickpeas
- 1 cup wholemeal brown rice bread crumbs
- 1 carrot chopped finely
- ½ onion chopped finely
- 1 garlic clove crushed
- 1 tablespoon of tomato paste
- 1 dessertspoon of fresh parsley
- 1 teaspoon of mixed herbs
- 1 egg

Mash the beans together and mix with all the rest of the ingredients except the egg. Sprinkle with seasoning (Celtic salt & freshly ground black pepper) whisk the egg and pour into the mixture binding all the ingredients together. Add a little water if needed. Shape into burger shapes and grill, barbeque or oven bake. This recipe makes a few so the rest can be frozen. Serve with a green salad. These can be frozen

Whole wheat pasta with tomato and basil sauce

- 3 cups wholewheat pasta
- bunch of fresh basil
- ½ cup of pitted kalamata olives chopped
- 1 cup sundried tomatoes chopped
- 1 clove of garlic chopped
- ¼ cup pine nuts
- couple of florets of broccoli
- 1 tablespoon of EVOO

Cook the pasta in boiling water until al dente. In the meantime steam the broccoli until still crisp but just starting to soften. Cook the garlic in the oil and add the olives, tomatoes, pine nuts and broccoli. Cook for approximately 5 minutes. When the pasta is cooked add to the other pan with the rest of the ingredients. Add the basil, stir in still over the heat for a couple of minutes and serve straight away. This can also be eaten cold for lunch.

Spiced chickpeas.

- 1 can organic chickpeas
- 1 ½ tbsp EVOO
- ½ teaspoon each of mustard seeds, ground cumin, ground coriander and tumeric.
- 1 tsp garam masala
- 1 large onion chopped
- small piece of fresh ginger grated
- 1 clove of garlic crushed
- ½ green chilli chopped
- ½ red chilli chopped
- 2 medium tomatoes skinned and chopped
- Pinch of Celtic sea salt
- 1 tablespoon tomato puree

1 tbsp fresh coriander leaves chopped.

Heat the oil add the spices stirring for a few minutes add the ginger, garlic and onion and sauté until translucent. add the tomatoes and cook until broken down, add the chick-peas salt, tomato puree and 1 cup of water. Simmer until thicker. Sprinkle with fresh coriander leaves.

Broccoli & cauliflower bake

½ broccoli
½ cauliflower
½ white onion chopped
1 tablespoon flaked almonds
1 cup oat, soy or rice milk
1 cup silken tofu.
1 teaspoon mustard seeds
1 teaspoon freshly ground black pepper
1 can Cannelini beans.
1 teaspoon dried fennel seeds
2 teaspoons of EVOO/coconut oil

Put the milk, beans and tofu into a blender and puree until smooth. Add the mustard seeds, pepper and fennel and set aside. Toast the almonds in a dry frying pan. Remove then sauté the onion in the EVOO until translucent. At the same time steam the broccoli and cauliflower for 5 minutes. Add the broccoli and cauliflower to a pyrex dish. Spoon over the sauce and sprinkle with toasted almonds. Bake in a medium heat oven for about 20 minutes until the broccoli and cauliflower are soft but not mushy.

Oatmeal crusted sardines with mustard mayonnaise (adapted from Very wellness, Val Allen Butterfly Ridge publishers)

8 fresh sardine fillets
1 lemon halved
¼ cup fresh parsley finely chopped
1 cup finely ground oatmeal
1 teaspoon of garlic powder

Mustard mayonnaise

1 tsp Dijon mustard
¼ cup soy or homemade mayonnaise

Mix the garlic powder with the oatmeal. Make the dressing by adding the mustard to the mayonnaise. Set aside and chill. Preheat grill to hot. Lay out the sardine fillets skin side down. Squeeze lemon juice over the surface and sprinkle with parsley. Press 2 fillets together skin side out to make 4 whole sardines. Spread the oatmeal and garlic mix on a plate and press the sardines in it to coat them. Place on a grill rack and grill for 3-4 minutes on each side until skin is brown and crisp. Serve with mayonnaise and a large salad.