



**YOUR
ULTIMATE
DETOX
GUIDE AND RECIPES**

FEELING FANTASTIC

Welcome to our **Detox Programme**

This is a simple, short-term programme designed to gently cleanse your body of toxic build up.

The programme focuses on whole fresh foods and supplements that support your body's natural detoxification processes giving you renewed energy, vitality and improved health. It is a simple programme that you can undertake twice a year to 'spring clean' your body and ensure that you are functioning at your full potential.

- Try to do the detox for 4 weeks. If you can't that's fine. You will see the benefits with one week detox.
- You will be eating regular meals and snacks, meaning no desperate hunger pangs
- The programme is safe. You may experience some minor side effects in the first week, but these are short-term and once they pass you will feel much better
- At the completion of the programme you will feel revitalised, have more energy and you may have even lost weight
- Detoxing now means you may avoid health issues in the future

This programme has been designed by Nutritionists and Naturopaths at MTHFR Support to help you on your way.

Why do we feel under par?

Unfortunately, with all the environmental and dietary stressors that we place on our bodies, our natural system of detoxification cannot always keep up. We get tired, run down and sometimes end up with illnesses. That's when we can really benefit from a cleansing programme.

There are many programmes on the market with varied complexity and effectiveness, and this causes a lot of confusion. Some are so terrible that you wish you never started, some are so hard to stick to you can't last more than a few days and miss out on a great opportunity to kick start renewed vitality and improved health.

Our bodies have a natural ability to process harmful substances and eliminate them from the body. Some of the organs involved in this process include the liver, kidneys, gastrointestinal tract and skin. Most of our toxicity problems come from our lifestyle. Highly processed junk foods, environmental pollutants, cigarettes and alcohol all contribute to an increase in toxicity. Detoxification is simply about reintroducing the body to healthy whole foods and juices and eliminating sources of toxicity that prevent our body from performing at its peak.

The aim of this programme is to cleanse the body over 30 days (or as much as you can do), with a multifaceted approach that includes:

- **Reducing the load on the body:** avoiding sugar, caffeine, nicotine, alcohol and non-essential drugs, thereby allowing the toxins to be processed efficiently.
- **Providing the body with vital nutrients:** consuming fresh, organic foods and purified water.
- **Supporting elimination through the gastrointestinal tract:** focusing on a simple diet of whole foods supported by appropriate herbal and nutritional supplements.
- **Helping the liver maximise its detoxification ability:** using appropriate herbal and nutritional supplements to support the liver and avoiding processed foods and potential toxins.

The combined effect of stimulating each of the different detoxification systems inherent in our body creates a wonderful spring clean – allowing your cells to renew and start performing at maximum capacity so you feel like new again and the process can begin for you to lose those unwanted kilos and heaviness that comes with our daily lives. Imagine if you could have the energy you had 10 years ago?

Is this Programme for you?

This programme is only for those who want to feel really energised again.

The reality of modern life is that most of us are not functioning at our full potential.

Stress, poor diet, lack of exercise and exposure to environmental pollution means that toxicity is continually building up in our bodies. If our body is overwhelmed by toxins and not able to clear them quickly enough, health issues begin to appear as the body loses its innate ability to maintain maximum health.

There are many indicators of toxicity. Do any of the following apply to you? Take a moment now to rate each of these symptoms on a scale of 1-10 (10 being very bad) and at the end of the programme we will check back in and see how you are feeling.

Signs and Symptoms of Toxicity

	Start of Programme	End of programme
Headaches		
Joint pains		
Cough		
Irritated eyes		
Tight or stiff neck		
Angina pectoris		
Poor circulation		
High cholesterol		
Eczema		
Backaches		
Nervousness		
Frequent colds		
Insomnia		
Mood changes		
Sinus congestion		
Depression		
Acne		
Dry skin		
Runny nose		
Skin rashes		
Sleepiness		
Nausea		
Constipation		
Anxiety		
Body Odour		
Excess Weight		
Diarrhoea		
Fatigue		
Hormone Imbalances		
Wheezing		
Recurrent infections		
Bloating, wind		
Bad breath		
Poor immune system		
Poor concentration		
Environmental sensitivity		

What is a Toxin?

A toxin is any substance which can harm your body. Many toxins come from our diet, drug use and exposure to environmental pollutants. However some toxins come from normal processes within your body. Reduced function of the major organs such as the liver, colon, kidneys and skin means these internal toxins can build up in the body. So you need to stop putting the toxins in, but at the same time, support the organs of elimination to get rid of existing toxic build up. This dual process is extremely effective.

Free Radicals & Antioxidants

Free radicals are highly reactive molecules in your body that can damage cells and contribute to serious illnesses such as cardiovascular disease, diabetes and cancer. Exposure to certain chemicals, cigarette smoke, ultraviolet radiation and some of your normal metabolic processes can generate free radicals in your body. Antioxidants are molecules that can inactivate free radicals, preventing them from damaging your cells. Fresh fruit and vegetables are a great source of antioxidants. During detoxification it is important to protect your cells from free radicals through diet and appropriate herbal and nutritional supplements.

Persistent Pollutants

Persistent pollutants are chemicals released into the environment that because of their chemical stability, remain in the environment for a long time. Included in this group are heavy metals and organic pollutants (from pesticides and other industrial chemicals). Many sources of these toxins (such as the pesticide DDT) have now been banned in Western countries. However, because these chemicals take a long time to break down, they accumulate in the food chain, particularly in animal tissue. For this reason, not only is it important to detox regularly, it is advisable to consume organic meat, vegetables and fruit whilst on a detox programme.

What is Cleansing?

Cleansing or detoxification is the process of clearing toxins from the body. This involves neutralising toxins through the liver and facilitating their removal via the gastrointestinal tract, urinary system and skin.



Detoxification involves dietary and lifestyle changes that reduce the intake of toxins and improve elimination. It is a bit like spring cleaning the house or clearing out the garage that has years of accumulated rubbish. At first, the task seems overwhelming until you actually start. During the process, you may experience symptoms like headaches, mild nausea, lack of concentration and a change in bowel habits. If these symptoms do occur they are usually a result of withdrawal from substances such as caffeine, sugar and nicotine. Imagine how good you will feel after you have finished the program!

With detoxification, your skin glows and regains its softness, your eyes really shine, you feel full of energy, minor health issues begin to disappear and people start to ask what you are taking and how they can get some.

Detox Overview

Each of us has a different lifestyle, medical history and types of toxicity. For those reasons, it is important to share with your healthcare practitioner what you are doing if you have chronic health issues.

The main aims of the programme are to:

- 1. Support the Gastrointestinal Tract.** It is very important in a detoxification programme to support gastrointestinal health thereby improving the balance of good bacteria and preventing the reabsorption of toxic substances. This is achieved through the use of specific herbal and nutritional supplements.
- 2. Reduce Toxic Accumulation and Aid Liver Detoxification.** Reduction of toxic accumulation is achieved through diet, skin brushing, Epsom salt baths and gentle exercise. However, these measures do not provide support for important mechanisms of liver detoxification. The use of herbal and nutritional supplements supports the two phases of liver detoxification to ensure complete breakdown of toxins and their safe elimination.
- 3. Repair and Regenerate the Body.** A healthy diet together with herbal and nutritional supplements will assist repair and regeneration of the body.

Side Effects of Detoxification

Some people do experience side effects from a rejuvenation which can include headaches, dizziness, constipation, diarrhoea, poor concentration and nausea. These symptoms are usually mild and will pass in a few days and can be minimised by drinking around 1.5 (50 oz.) litres of filtered water a day. If you have any concerns contact your health care practitioner.

It is important to keep reminding yourself that the benefits gained from detoxification far outweigh any short-term side effects. Once these side effects pass, you will have a renewed sense of energy and well-being.

Before You Start

When starting any programme it is important to prepare yourself for success. Here are some tips to ensure you get the most from the Feeling fantastic programme.

- **Reduce Caffeine** – it is a good idea to gradually reduce the amount of coffee, tea and other caffeinated drinks a few days before you start Detoxing. This will minimise symptoms of caffeine withdrawal and make it easier for you to stick to the program.
- **Make the Programme Work for You** – it is important you read and understand what is involved in the programme so you can get the most out of it. **Feeling Fantastic Detox Programme** provides you with a plan and a daily checklist to help guide you. Work with these guidelines so you can organise your menus in advance and plan how the programme will fit in with your lifestyle.
- **Go Shopping!** – ensure you stock up on lots of fresh, wholesome and preferably organic foods. Check carefully what foods should be avoided and remove them from your pantry to help avoid temptation. Foods such as vegetable soups can be prepared in advance and kept in the freezer. These foods are ideal for days when you don't have a great deal of time.

"Buy organic produce whenever possible as it is free of pesticides, fertilisers and other chemicals which place a toxic load on the body"

Detoxification support

In addition to the diet and supplements there are many things you can do to aid your detoxification process.

Gentle Exercise

Exercise has many health benefits including aiding digestion and elimination. During the **Detox Programme**, you should aim to do at least half an hour of exercise each day. Try to avoid strenuous exercise whilst on the programme as body needs to keep its energy reserves focused on cleansing and healing.

Skin Brushing - You will have a beautiful new skin brush

The skin is the largest organ of the body and one of its many roles is to help excrete toxins. Skin brushing helps toxin removal by improving circulation and stimulating the lymphatic system.

Skin brushing is easy to do. Take a beautiful pure bristle brush and use small circular motions over the skin moving up the arms and legs towards the heart. Then follow the same process on your stomach and chest, until you have brushed your entire body. As your skin becomes used to this, you can make your strokes firmer. Aim to dry the skin brush every day before you shower or bath.

Lymphatic Drainage Massage

The lymphatic system runs alongside your circulatory system collecting excess fluid and waste from the cells and tissues. Unlike your circulatory system, the lymphatic system does not have a heart to pump the lymphatic fluid around your body; it relies on the movement of your muscles to do this. If your lymphatic system is not working efficiently, fluid and waste build up in your tissues preventing the delivery of nutrients and oxygen to the cells. Because detoxification stimulates the release of toxins it is important to support your lymphatic system as it can become overloaded.

Sauna

Saunas are a great way to relax and promote sweating which will assist detoxification. If you have access to an infrared sauna use it as part of your detoxification programme. Ensure you drink plenty of filtered water to stay hydrated.

"Caution: Do not use a sauna if you have high blood pressure"

Epsom salts.

Epsom salt baths encourage the elimination of toxins through the skin. Aim to have one Epsom salt bath per week, but never more than two.

- Prepare your bathing area with fresh towels, water to sip, relaxing music and a bath pillow. Light some candles, turn off the lights and burn some lavender and mandarin essential oils for a relaxing atmosphere.
- Pour 120 grams (approx. 2 tablespoons) of Epsom salts into the bath and fill with hot water. Check the temperature is not too hot and ensure the Epsom salts are fully dissolved before getting in.
- Prepare your bathing area with fresh towels, water to sip, relaxing music and a bath pillow. Light some candles, turn off the lights and burn some lavender and mandarin essential oils for a relaxing atmosphere.
- Pour 120 grams (approx. 2 tablespoons) of Epsom salts into the bath and fill with hot water. Check the temperature is not too hot and ensure the Epsom salts are fully dissolved before getting in.

Caution: Do not take this kind of bath if you have eczema or high blood pressure

Note: Detoxing is not suitable for pregnant women or people with diabetes, kidney disease, or eating disorders. Those with any medical condition that requires regular supervision by their doctor or prescribed medication should also seek their GP's advice before embarking on any programme that involves a change of eating or exercise habits.

Detox Week 1 - What you need to do

The aim is to cleanse your body and sparkle with vitality. Therefore everything you eat must be nourishing and healthy. The 4 week programme concentrates on taking the load off your digestive and elimination systems allowing the spring clean to begin. At the same time, providing essential nutrients for gastrointestinal health and supporting the avenues of elimination.

In Week 1 you will cut out some sources of toxicity and implement a simple eating plan with a focus on fresh fruit and vegetables. This simple diet means that your body does not need to expend a lot of energy in digestion and toxin breakdown. This extra energy allows your body to focus on repairing itself and eliminating the existing toxic build up.

The Essentials

- Drink a glass of water when you get up, with the juice of half or a whole fresh lemon (if you tolerate lemon or leave it out)
- Dry skin brushing before showering
- One vegetable juice per day
- Walk, yoga or tai chi for half an hour minimum each day
- Relax and/or meditate
- Drink at least 1.5 litres (6-8 glasses) of filtered water per day and an extra 500 ml for each hour of exercise
- Eat three meals with healthy snacks throughout the day as you feel like it. Eat slowly and only until satisfied. If you like to fast in the morning, that's fine too.
- Soak in an Epsom salt bath once a week
- Take the liver herbal formula each day in a little water to support detoxification
- Book in for a lymphatic drainage massage if you feel inclined.



Supplements to Assist your Detox

Your practitioner will prescribe a number of supplements that may assist with the detoxification process. It is important to take the supplements listed below whilst you are detoxing. Once you have finished the Feeling Fantastic Detox Programme and you are feeling fabulous, you can gradually reduce the dosage and eventually stop taking some or all of them. Your practitioner will advise you.

Supplement	Dosage	Reason for Taking
Herbal detox formula	5 drops twice a day	The herbs in here support liver and gallbladder function
Tri Fortify Glutathione (Gold members purchase by logging into www.mthfrsupport.com.au)	Week 1 - ¼ teaspoon per day Week 2 - ½ teaspoon per day Week 3 - ½ teaspoon twice a day Week 4 - ½ teaspoon 3 x day	Glutathione is our major antioxidant in the body. It assists the body in dealing with and eliminating toxins.
NAC - N acetyl Cysteine (Gold members purchase by logging into www.mthfrsupport.com.au)	Week 1 - ¼ scoop one a day Week 2 - ½ scoop once a day Week 3-4 - 1 scoop per day	Precursor to Glutathione
NB: if you have sulphur sensitivity issues and cannot take Glutathione or N-acetyl Cysteine then only take the detox liquid		

Do you want to be empowered to look after your own health?

Join hundreds of other people like you who join our regular facebook groups. Learn how to balance your hormones, how to evaluate if your thyroid hormones are out of balance, or how to rid your gut of bacteria. This and much more awaits you in our membership programme. **>> Join now!<<**

List of Allowed Foods

- Alfalfa sprouts
- Bok choy
- Beetroot
- Cucumber
- Green beans
- Leafy greens
- Shallots
- Sweet potato
- Zucchini
- Artichoke
- Bean sprouts
- Broccoli
- Eggplant
- Lettuce
- Mushrooms
- Spinach
- Brussels sprouts
- Cabbage
- Asparagus
- Leeks
- Pumpkin
- Endive
- Turnip
- Capsicum
- Snowpeas
- Watercress
- Radish
- Rocket
- Chives

Please note if you have histamine, oxalate or allergies to any of these foods then do NOT have them.

Vegetables and Fresh Herbs – You can have any vegetable you like. Here are some suggestions.

Be sure to include Garlic, Onions, Carrots, Celery, Avocado, Ginger, Turmeric, Parsley, coriander and Mint. They contain nutrients that assist the body's natural detoxification processes (if you are able to tolerate them)

Fruit

2 Serves per day. 1 serve = ¾ cup or 1 small piece (e.g. apple)

- Apples
- Paw Paw
- Apricots
- Pears
- Blueberries
- Peaches
- Cherries
- Pineapple
- Grapes
- Plums
- Kiwi fruit
- Rhubarb
- Mango
- Strawberries



Be sure to include Pineapple and Paw Paw They contain important nutrients and enzymes that assist digestion.

Fruit

2 Serves per day. 1 serve = ¾ cup or 1 small piece (e.g. apple)

Other Allowed Foods

- Brown rice, quinoa, buckwheat, millet
- Rice crackers/rice cakes
- Raw nuts: almonds, cashews (unsalted), nut butters (not peanut butter), walnuts, mixed and raw
- Tahini (sesame seed paste)
- Rice milk (no added sugar), Almond milk
- Olive oil, Grapeseed Oil, Avocado oil
- Apple cider vinegar
- Tamari (wheat free soy sauce)

DRINKS

Unlimited

- 8 to 10 glasses of filtered water as a daily minimum
- Flavoured water: try fresh lemon or lime juice (which also enhances liver function), or chlorophyll which gives a pleasant minty taste and is great for liver/blood cleansing
- Herbal teas and green tea
- Roasted dandelion root coffee can be used as a substitute for coffee and aids liver function including the digestion of fats
- Vegetable broth (fresh) made with green vegetables, onions, garlic, herbs and strained
- Vegetable juices

List of what to avoid

- Coffee, tea and other sources of caffeine
- Dairy (except natural yoghurt)
- Wheat and yeast (bread)
- Sugar including: cakes, biscuits, lollies, ice cream, soft drinks
- Salt
- Margarine
- Fried food
- All animal proteins including meat, fish, seafood, poultry, eggs (some of these will be added back in weeks 2 & 3)
- Processed foods with additives and preservatives
- Tinned foods
- Non-essential drugs including over the counter pain killers and cough syrups
- Alcohol
- Cigarettes

Any foods not on the Allowed list. If it is not listed, don't eat it!



Try to avoid all animal proteins. If you find it too difficult to avoid red meat, eat fish or organic chicken – limit to a maximum of 3 times during the first week.

Creative Food Preparation Ideas

Detox is simple eating but it need not be bland and boring. Here are some suggestions to spice up the menu. Experiment and create some flavour sensations – you are only limited by your imagination.

Vegetables

There are many ways to prepare vegetables. Eat raw, steamed, stir friend, dry baked, pureed and used as dressings or sauces, eaten hot or cold, barbecued or grilled. You can also make hearty soups and serve with natural yoghurt. Stir fry vegetables with olive oil, herbs and some coconut amino sauce or your favourite herbs and spices. Enjoy as crudités with guacamole or make vegetable broths to drink as a warm beverage.

Salad Vegetables

The more salad vegetables you eat, the better. Try adding brown rice, sliced avocado or guacamole, nuts, oil/vinegar dressing with herbs and garlic or use a yoghurt based dressing with basil.

Fresh Herbs

Fresh herbs are a great way to add flavour to any meal. Garlic, ginger and lemongrass give great flavour to stir fries. For a warming meal try a vegetable curry with onion, garlic, turmeric and chilli. Coriander and mint can give zing to a fresh salad. Experiment with fresh herbs and you will be surprised at the great flavours you can create.

Brown Rice

Serve hot with stir fries or for something different serve cold for breakfast with paw paw, pineapple, yoghurt and nuts. You may be surprised at how good this tastes. You can also include brown rice in salads with guacamole.

Rice crackers

Non-gluten crackers are great topped with avocado and tomato or other non-high histamine spreads. See the low histamine chef for ideas. Alternatively, spread with yoghurt or nut butters and add salad vegetables.



Include a variety of different coloured fruit and vegetables in your diet to ensure you consume a broad spectrum of nutrients and antioxidants

Pineapple & Paw Paw

You can enjoy these fruits in a variety of ways. Eat on their own, fresh or frozen. Blend and add to yoghurt with nuts. Slice into salads or mix with yoghurt to make dressings. For a refreshing drink, blend pineapple with ice to create a pineapple frappe. Also try them with meats (from Week 2) or barbecued.

Nuts

Include in salads, sprinkled over vegetables, stir fries, yoghurt or with fruit.

Nut Butters/Tahini

Spread on gluten free crackers and top with vegetables. Alternatively, dilute with water and mix with yoghurt and herbs to make salad dressings.

Natural Yoghurt

Yoghurt is a great addition to any meal. Serve with soups, stir fried vegetables or baked potatoes with herbs and guacamole. Blend with cucumber and garlic as a dip or mix with avocado, garlic and herbs and use for salad dressing. Enjoy on its own or with pineapple and paw paw.

Avocado (if you don't have a problem with histamine liberators)

Use avocado to make guacamole (mashed avocado, lemon juice, chopped tomato, onion and black pepper). Spread on crackers with tomato and sprouts or slice into salads. Also makes a tasty salad dressing when mixed with lemon, yoghurt, herbs and garlic.

Cooking Methods

- Bake, stir fry, steam, grill, barbecue
- Retain nutrients by not overcooking vegetables
- Purees – vegetables or fruit
- Blend and pour vegetables over meat or fish; or use as sauces with or without yoghurt
- Marinate for extra flavour with items from the Allowed list

See our recipe folders for the recipe ideas for each week. Please note that the recipes for meals with an asterix can be found at the back of the manual.

DETOX BREAKFAST RECIPES (SUITABLE FOR WEEK 2 - 4)

Remember to start your day with a glass of warm water with squeeze of ½ lemon 15-20 minutes before breakfast. Remember, all recipes from week 1 are still suitable for weeks 2-4! These are additional recipes which include the “allowed foods” which have been re-introduced in week 2.

1. Veggie Omelette

Ingredients

- 1 tsp olive oil
- 2 eggs
- ¼ cup almond/rice milk
- 2 shallots finely sliced
- 2 mushrooms finely sliced
- ¼ red capsicum cubed
- 6 mint leaves shredded

Method

- Preheat oil on a medium heat (be careful not to burn) in a small non-stick pan. Crack both eggs into a bowl, add milk and whisk until combined. Add all other ingredients and mix well. Once the oil is hot pour in the mixture and cook until set. Flip or fold the omelette to cook the other side. Serve on a bed of fresh rocket or spinach leaves.

2. Millet and Apple Porridge

Ingredients

- ½ cup millet
- ½ Granny Smith apple, sliced
- 1 cup water
- Pinch of cinnamon

Method

- Place millet, sliced apple and water into a saucepan and cook on medium heat until the millet is soft. Add additional water if required.
- Serve with natural yoghurt.



3. Soft Boiled Basil Eggs on rice cakes or gluten free rice bread.

Ingredients

- 2 eggs
- 2 rice cakes/1 slice of organic rice bread
- 4 basil leaves shredded
- Salt and Pepper to tastec

Method

- Prepare a small pot of boiling water. Once it is rolling gently place both eggs (in shell) into the water and boil for 6 minutes (soft) or more if desired. Once cooked put immediately under cold water and peel the eggs. Place the each of the eggs on top of the rice crackers and cut in half to reveal the yolk. Sprinkle with the shredded basil, salt and pepper to serve.



FEELING FANTASTIC LUNCH RECIPES (SUITABLE FOR WEEKS 2 – 4)

4. Salmon Salad Rice Paper Rolls

Ingredients

- 4 rice paper sheets
- 90 – 100g cooked or steamed Atlantic salmon
- 1 tablespoon grainy mustard (I use dijon)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 shallot, sliced
- 1/4 cup fresh coriander, chopped
- 1 dill pickles, cut into quarters lengthwise
- salt and pepper, to taste

Method

- Pour some water into a shallow dish. Add rice paper sheets 1 at a time and soak for about 20 seconds, until they become translucent and soften. Lay on a kitchen towel and blot to dry.
- Toss salmon together with mustard, oil, lemon juice, green onion, coriander, salt and pepper.
- Place a rice paper wrap on the counter and lay a piece of dill pickle along the edge closest to you. Add one quarter of the salmon salad on top of the pickle and give 1 complete roll.
- Fold in ends and continue to roll up. Repeat for each wrap.



5. Yummy Stuffed Field Mushrooms From Chef Teresa Cutter.

Ingredients

- 1 cup of white quinoa uncooked
- 1 cup of water
- 1 cup of almond milk
- 1 grated green apple (with peel and juice)
- 1 cup of frozen or fresh berries
- 2 Tbsp of pepitas
- 2 Tbsp of sunflower seeds
- 1 tsp of cinnamon
- 1 vanilla pod (and/or seeds scaped from the inside)



Method

- Preheat the oven to 200°C.
- Lay the mushrooms on a large baking tray and remove the centre core.
- Combine the fish and finely chopped spring onion then divide in between the mushroom caps. Top with crumbled tofu and combined almond, parsley and lemon zest which will form a lovely crumble over the top.
- Bake for about 20 minutes or until the crumble is golden and the mushrooms are cooked through.
- Arrange the roasted mushrooms onto serving plates, over salad leaves. Drizzle with a little olive oil and lemon juice and enjoy.

6. Salmon Salad

Ingredients

- 90g cooked or steamed Atlantic Salmon.
- 1 mushroom finely sliced.
- ¼ red onion sliced.
- 1 cup fresh rocket.
- ½ carrot grated.
- ¼ red capsicum cubed
- 1 tbsp pepitas (pumpkin seeds)
- 1 tsp sesame seeds
- Lemon juice and olive oil



Method

- Method: Combine all ingredients in a bowl and drizzle with 1 tsp of olive oil and 1 Tbsp of lemon juice.

7. Fish cakes

Ingredients

- 500g boneless, skinless, white fish fillets.
- 1 egg beaten.
- ¼ cup (35g) coconut flour
- 1 tbs fish sauce.
- 1 tbs red curry paste.
- 2 tbs cleaned, chopped coriander roots and stems.
- 1 small red chilli, finely chopped.
- 8 green beans, sliced.
- 4 shallots, sliced.
- 1 tbsp Coconut oil

Method

- Process the fish in food processor until almost smooth, then transfer to a bowl. Add the egg, coconut flour, fish sauce, curry paste, coriander, chilli, beans and shallots and mix well. Take level tablespoons of the mixture and form into small, flattened balls. Heat coconut oil in a frying pan. Cook the fish cakes in batches over medium-high heat for about 12 minutes each side, until golden brown. Drain on paper towels. Alternatively, you can cook them on the BBQ.
- Serve with Vietnamese salad (below)



8. Vietnamese Salad

Ingredients

- 4 cups of shredded green cabbage
- 1 cup shredded purple cabbage
- 2 grated carrots
- ½ cup sliced chives
- ¼ cup chopped coriander
- 1 cup of bean sprouts
- 1 bunch of mint, roughly chopped
- 1 stick lemongrass, roughly chopped
- ½ cup crushed cashew nuts (dry roasted)

For dressing:

- ¼ cup lime juice
- 2 tbsp brown rice vinegar
- 1 tbsp sesame oil
- Small knob of ginger, grated
- 1 garlic clove, crushed
- 1/8 tsp cayenne
- ½ tsp sea salt

Method:

- Combine salad ingredients in medium size bowl. Whisk all dressing ingredients together and pour over salad. Toss well and garnish with extra coriander.

9. Roast Vegetable Salad

Ingredients

- 1 cup each diced beetroot, carrots and sweet potato (or any other vegetables)
- 1 cup baby spinach leaves
- 1 cup mixed green salad leaves
- ½ cup toasted pine nuts or toasted silvered almonds
- Freshly ground black pepper to taste and a little sea salt (or substitute)

Method

- Preheat oven to 200oC. Coat diced vegetables in a little extra virgin olive oil, salt, pepper, mix and place in a single layer in a baking dish. Sprinkle with chopped fresh rosemary and thyme then bake until cooked through and nicely browned. Do not over cook. Remove from oven and allow to cool.
- Mix with baby spinach leaves, mixed green salad leaves and toasted pine nuts. Dress with a vinaigrette of extra virgin olive oil and balsamic vinegar just prior to serving.



DETOX DINNER RECIPES (SUITABLE FOR WEEKS 2 – 4)

10. Vegetarian Bolognese

Ingredients

- 2 kg Roma Tomatoes (or the equivalent canned tomatoes)
- 1/3 cup semi-dried tomatoes
- 1-2 garlic cloves, crushed
- 1 large brown onion, chopped
- 1 medium size red capsicum, chopped
- 200g mushrooms, roughly chopped
- 3 teaspoons paprika powder
- ½ cup broad leaf parsley, chopped
- 1/3 cup fresh basil, chopped
- 2 teaspoons fresh rosemary chopped
- ½ cup vegetarian based protein (beans, nuts, tofu,)
- 1.2 cup tomato paste
- ½ cup vegetable stock, dry white wine or water
- Freshly ground black pepper to taste and a little sea salt (or substitute)

Method

- Cut tomatoes into halves (lengthways) and bake in a hot oven, flesh side down. Roast until skin blisters and then remove from the oven. When cool remove skin.
- Place a large, heavy bottom saucepan over a medium heat and pour in just enough extra virgin olive oil to cover bottom. Add onions, paprika, a little salt and pepper and cook until onions are soft. Add crushed garlic, mushrooms, capsicum and ½ the parsley and cook for a few minutes. Reduce heat. Add the roasted tomatoes, tomato paste and ½ cup vegetable stock or dry white wine. Cook over a low heat for approximately 30 minutes. Add extra liquid during cooking if necessary. Add chopped herbs and TVP and cook for another 10 minutes. Serve with brown rice, quinoa or millet.



11. Smashed Green Peas and Pan Roasted Fish From Chef Teresa Cutter.

Ingredients

- 4 x 200g Fish of your choice (sardines, blue eye, snapper)
- 500g green peas (fresh or frozen) or pumpkin if you don't tolerate peas

Avocado salsa verde:

- 1 avocado
- Juice from ½ lemon
- 1 bunch flat leaf Italian parsley
- 1 small bunch mint leaves
- ½ cup water
- Sea salt and white pepper to taste

Method

- Preheat your oven to 200 C

To make the avocado salsa verde:

- Combine the avocado, lemon juice, parsley, mint and 1/4 cup (60 ml / 2 fl oz) of the water in a good high speed blender until smooth. Add the rest of the water and blend until smooth and creamy. Season with a little sea salt and pepper then set aside in the fridge until needed.
- Cook fish fillets, skin side down in an oven proof pan with a little olive oil over a medium heat for 2 – 3 minutes. Place the pan in the oven to finish cooking the salmon for another 4 – 5 minutes to finish cooking.
- Cook peas for 5 minutes then drain. Smash them with a potato masher, adding 2 heaped tablespoons of the avocado salsa verde. Serve a scoop of smashed green peas onto serving plates and top with a piece of fish.
- Garnish with a little lemon and drizzle a little salsa verde around.



12. Lettuce Wraps

Chicken (Week 3 to 4 only) Ingredients

- Baked organic, free range chicken fillets
- Large lettuce leaves
- ½ avocado
- 1 tomato sliced
- 1 shallot sliced
- ½ tsp vinaigrette dressing
- Freshly ground black pepper

Method

- Place chicken in lettuce leaf and sprinkle with black pepper. Add avocado, tomato, shallots and 1 tsp of vinaigrette dressing. Wrap together in lettuce leaf.

Lamb (Week 4 only) Ingredients

- Baked or grilled lean lamb
- Large lettuce leaves
- ½ lemon
- Minted Yoghurt Dressing (see dips, dressings and sauces on last page)
- Freshly ground black pepper

Method:

- Place lamb in lettuce leaf, spread with yoghurt and chopped mint. Squeeze with lemon juice and sprinkle with pepper. Wrap together in lettuce leaf.

Fish (Week 2 -4) Ingredients:

- Salmon (fresh sashimi grade or steamed)
- Large lettuce leafs
- 1 tbsp natural yoghurt
- ½ lemon or lime
- Fresh fennel, sliced
- Freshly ground black pepper

Method:

- Mix fish with yoghurt and black pepper. Place in lettuce leaf and squeeze over lemon or lime juice. Sprinkle with fresh fennel. Wrap together in lettuce leaf.

13. Ocean Trout with Roma Tomato and Caper Sauce and Avocado Mash

Ingredients

- 4 x 125g pieces of ocean trout

Sauce

- 1 small red onion, chopped
- 1 tbsp balsamic vinegar
- 10 roma tomatoes, roasted and peeled (or canned)
- 2 tsp small capers
- 1 tsp pine nuts
- 1 tbsp freshly chopped basil

Avocado mash

- 6 potatoes, peeled
- 2 garlic cloves peeled and crushed
- 60ml plain yoghurt
- ½ avocado
- 3 tbsp lemon juice



Method

- To make sauce, heat 1 tbsp of water in a saucepan and sauté the red onion with salt and pepper until soft. Add the balsamic vinegar and cook for 1 minute.
- Add the roasted tomatoes, capers, pine nuts and 2 tbsp of water and slowly bring to the boil. Reduce heat and simmer gently for about 40 minutes until the sauce has thickened, stirring occasionally. Add the basil.
- Meanwhile, boil the potatoes in salted water for about 25 minutes until tender. Drain. Add the garlic and yoghurt and mash well. Mash in the avocado.
- Put the lemon juice in a frying pan over high heat, add the fish and season. Cook for 1 minute on each side. If the pan dries out, add some more oil or water. Turn off heat, cover the pan and leave for 5 minutes (the fish will then complete cooking in the pan). Serve the fish on top of the mash, with the tomato sauce over the top.

14. Lemongrass and Turmeric Fish

Ingredients

- 1 tbsp Indian Mustard seeds
- 2 tsps garam masala (spice)
- 1 tbsp turmeric powder (you can buy this from our clinic)
- 1 inch piece of fresh ginger
- 3 lemongrass stalks, white part only
- 1 garlic clove, chopped
- 3 coriander roots and stems
- 1 onion, sliced
- 1 red capsicum, sliced
- 200ml reduced-fat coconut milk
- 800g boneless white fish, cut into strips

Method

- Heat a frying pan and dry-fry the mustard seeds, garam masala and turmeric for 1-2 minutes until fragrant. Mix the ginger, lemongrass, garlic and coriander with a little water in a mortar and pestle until a fine paste forms.
- Add the onion, capsicum, chilli and paste to the spices in the pan. Add a little water and fry gently for 10 minutes until the onion is soft. Season and leave to cool.
- Stir together the coconut milk and spice paste and add the fish pieces. Leave to marinate for 30 minutes. Preheat oven to 200oC. Spread the fish on a paperlined baking tray and bake for 10 minutes until cooked through. Serve with brown rice, quinoa or millet.

15. Vegetable Soup with Garlic

Ingredients

- 1 ½ litres (6 cups) vegetable stock
- 1 litre (4 cups) almond milk/rice milk/coconut milk
- 750g (4cups) red lentils
- 350g mushrooms, finely sliced
- 1 large onion, coarsely grated or julienned
- 1 swede, coarsely grated or julienned
- 3 tablespoons snipped garlic chives

Method

- Put stock and milk in a pan and bring to the boil. Add the lentils and stir until boiling. Add the remaining vegetables and bring back to the boil. Reduce the heat and simmer for 30 minutes, stirring occasionally, until the lentils and vegetables are breaking up. Season to taste and then blend the soup until smooth. Add the chives just before serving.

16. Mushroom Pilaf

Ingredients

- 2 green shallots, ends trimmed, finely chopped
- 2 tsp finely grated fresh ginger
- 2 tbs tamari sauce
- 2 garlic cloves crushed
- 2 Tbsp olive oil
- 500g mixed mushrooms, thickly sliced
- 1 cup brown rice
- 3 cups chicken stock (reduced salt)
- 1 tbs mirin
- 1 tbs fish sauce
- 1 cup frozen green peas
- 1 cup fresh coriander leaves

Method

- Combine the green shallots, ginger, soy sauce and half the garlic in a large bowl.
- Heat the oil in pan. Add the mushroom and remaining garlic and cook, stirring for 3 minutes or until soft. Transfer to heat proof bowl.
- Add the rice, stock, mirin and fish sauce to pan. Cover and bring to the boil. Reduce heat to low and simmer for 10 minutes. Add the mushroom and cook, covered for 8-10 minutes or until rice is tender and almost all of liquid is absorbed. Add peas and remove from heat. Set aside, covered for 5 mins to rest. Stir coriander into rice mixture and season with pepper

17. Warm Calamari Salad

Ingredients

- 400g calamari rings or hoods
- 1 mixed lettuce, leaves torn into pieces
- ½ cup chopped shallots
- 1 cup chopped tomatoes
- 1 cup chopped cucumber
- ½ cup chopped fresh coriander leaves
- 1 tbs chopped Vietnamese mint (if available)
- 1 tbs finely chopped young kaffir lime leaves (if available)
- 1 red chilli, finely chopped
- Freshly ground black pepper
- Olive oil
- Juice of one Lime
- ¼ cup wine vinegar

Method

- Mix all salad ingredients together in a salad bowl. Heat a little olive oil in a heavy bottom based frying pan and add the calamari. Cook for just a few minutes. Remove from pan and allow to cool until it is just warm and then add to the salad mix. Add vinaigrette dressing (see below) and toss through salad. Serve immediately.
- **For dressing:** Mix ¼ cup olive oil, lime juice and ½ cup wine vinegar with a dash of fish sauce.

18. Brown Rice Pilaf

Ingredients

- 1 Tbsp olive oil
- 1 brown onion finely chopped
- 2 cloves of garlic finely chopped
- ½ tsp ground cumin
- ½ tsp ground cardamom
- 1 tsp fresh ginger (grated)
- 1 tsp turmeric powder
- ½ tsp powdered chilli (optional)
- ½ eggplant sliced thinly (5mm)
- ½ sweet potato sliced thinly
- 400mL coconut milk
- 2 Tbsp Tomato paste or concentrate
- 400g fresh tomatoes roughly chopped
- 1 broccoli cut into florets
- Handful of chickpeas (soaked overnight)

Method

- Place oil, garlic, onion and herbs into the pan on a medium heat until aromatic and onion is translucent. Add the eggplant, sweet potato, coconut milk, tomatoes and paste and simmer until eggplant is soft. Toss through the broccoli and chickpeas for the last 5 minutes and serve with ½ cup of brown rice or quinoa.

19. Baked Salmon with Cabbage Salad

Ingredients

- 150-200g salmon fillet per person
- 1 Tbsp olive oil
- 1 red chilli
- 1 Tbsp finely chopped coriander
- 1 Tbsp finely chopped mint
- 1 clove of garlic finely chopped
- Salad
- ¼ - ½ red cabbage finely sliced
- ½ cucumber finely sliced
- ½ red onion finely sliced
- Handful of flaked or slivered almonds roasted lightly
- ½ avocado cubed
- Olive oil and balsamic vinegar for dressing

Method

- **Fish:** place the oil garlic, and herbs in a mixing bowl and combine. Toss the fish fillets through to coat. Place on a baking tray and in the oven at 180 degrees for 20 minutes or until desired.
- **Salad:** place all ingredients in a bowl, toss together with the dressing and serve on the side of the fish.

1. Basic Vinaigrette Recipe

Ingredients

- Extra virgin olive oil or cold pressed flaxseed oil.
- Balsamic, red or white wine vinegar (lemon juice maybe used as a substitute)

Method

- A proportion of 2 parts oil to 1 part vinegar works well. However, the proportions of each will depend on personal preference.
- If you increase the vinegar, the dressing will become more acidic. This will make it more suitable for a salad with contains a number of ingredients which are high in oils, eg. Salmon, avocado or sardines.
- Once you have made the basic vinaigrette, you can then flavour it with different herbs and spices. The choices are endless and really only limited by your imagination!

2. Garlic Yoghurt Dressing

Ingredients

- 1 cup natural yoghurt
- 1-2 garlic cloves, crushed

Method

- Mix together and let it sit in the fridge for at least half an hour before using. This allows the garlic flavour to permeate the yoghurt. The amount of garlic you add will depend on personal taste. You can use this delicious and simple dressing on salads, steamed vegies, meat and fish or as a dip for vegie sticks.

3. Minted Yoghurt Dressing

Ingredients

- 1 cup natural yoghurt
- Fresh mint leaves, finely chopped
- 1 garlic clove, crushed (optional)
- Lemon juice (optional)

Method

- Use same method as **garlic yoghurt dressing** recipe.



4. Tahini and Lemon Juice

Ingredients

- ½ cup of hulled tahini
- Juice of one lemon

Method

- Whisk together to make a delicious dressing for salads.

5. White Bean Hummus

Ingredients

- 450g dried white beans (soak overnight and then boil for 1-1.5 hours)
- ¼ cup of sesame tahini (unhulled)
- ¼ cup olive oil
- ½ lemon juiced
- 2 cloves of garlic finely chopped
- 1 tsp cumin ground + dash of cayenne
- 1 chopped tomato
- ¼ cucumber chopped

Method

- in a food processor blend the cooked beans, and all other ingredients until smooth. Top with freshly chopped tomato and cucumber

