



Week 1 - Detox Meal Plan

By Kezia Hall - **Pink** means link to recipe

Day	Breakfast	Lunch	Dinner	Snacks
1	Gluten free porridge made with coconut milk and topped with blueberries	Baked sweet potato with hummus	Fish pie or vegetarian shepard pie with petit pois or	<ul style="list-style-type: none"> ▪ Fresh green juice ▪ Carrots & peanut butter ▪ Almonds and cashews ▪ Natural yogurt topped with walnuts ▪ Tamari Trail mix ▪ peanut butter hummus with vegetable sticks ▪ sweet and salty coconut crisps <p>*use 1/2 cucumber, 1-2 carrots, some lemon juice, handful spinach, and knob of ginger</p>
2	Scrambled eggs with avocado and sauerkraut	Butternut and coconut soup , with carrots batons	Pesto Pasta with salad and added chicken or tofu.	
3	Green juice* with gluten free porridge with peanut butter.	Rice cakes with tuna and hummus dressed in olive oil and lemon juice, & avocado	Chilli with rice and frozen veg.	
4	Poached egg and smoked salmon with wilted spinach	Sweet potato and leek soup , with gluten free oatcakes and butter.	Gluten free sausages, cooked onions, fried eggs and root vegetable chips.	
5	Organic natural yogurt topped with berries, walnuts and some maple syrup and some fresh juice.	A goats cheese and onion omelette with roast veg.	Sweet Potato & Pea Curry with rice	
6	Gluten free porridge made with coconut milk and topped with blueberries	Gluten free oatcakes, 3 slices of cheese or hummus with a large salad	Stir fry with pumpkin seeds, tamari sauce and pork, with cauliflower rice	
7	2-3 Boiled eggs with asparagus and some fresh green juice	A peanut butter and banana Smoothie with a green leaf salad.	Roast chicken or nut roast with tons of roast veg and gravy from scratch	

Happy Eating!

Recipes

Gluten Free Coconut Porridge

Make 1

Ingredients

50g gluten free oats
100ml water
50ml coconut milk or cream
pinch salt
pinch of cinnamon

Instructions

Soak the oats over night (just cover oats with water until covered and leave overnight).
Drain oats and then place all ingredient in a pan. Add more water if you like a runnier porridge – I love paste like porridge!
Bring to boil and then serve.

Banana Pancakes

Serves 2 - take about 20mins to make

Ingredients

2 bananas
3 organic eggs
1 tsp cinnamon

Instructions

Blend all the ingredients until smooth.
Heat a frying pan with some fats (butter, coconut oil or oils) and use a about 2 tbs of mixture per pancake. Make sure the pan is hot and then once the batter has been poured turn the heat down.
When the pancakes are more solid carefully flip over.
Do this with all the mixture and serve with organic butter/coconut oil, fruit, organic bacon, nut butter or raw honey!

Chilli

Serves 4

Ingredients

500g Organic Mince or 2 tins/480g of chick peas or red kidney beans
400g/1 tin Chopped Tomato
4 tbsp Tomato Paste
3 Onions
1 Carrot - chopped
1/2-1tsp Cayenne Pepper
1 tbsp Cocoa Powder
2-3 tbsp Water
1 tsp Honey
1 tsp Cumin (optional)
1/2 tsp Cinnamon (optional)
1 tsp Ground Coriander (optional)
2 Garlic Cloves - chopped
Fresh Coriander for garnish.

Instructions

Saute the onions in ghee or coconut oil until they are soft, add salt.
Then add the mince and spices and allow to brown for 5 mins on a low heat.
Add the vegetables and keep sautéing for a further few minutes.
Add all the other ingredient and keep on a simmer until cooked (15-20 mins)
Serve with **brown rice, quinoa, or on top of a bed of spinach, with a good handful of organic cheese.**

Butternut Squash Soup

Serves 4, 30 min cook time or place in slow cooker overnight

Ingredients

800g Butternut Squash peeled and chopped
1.25 Litres of Stock/Homemade Broth (reduce by 200ml is using Coconut Milk)
1 tsp Cayenne Pepper
1.5 tsp Ground Ginger
1/2 tsp Freshly Grated Ginger
100g Coconut Cream OR 200ml Coconut Milk
2 Garlic Cloves
Seasoning to taste

Instructions

Place in the ingredients (except salt and pepper) in a pan or slow cooker. Cook until butternut is very soft either overnight in slow cooker or about 30 mins on medium heat on hob).
Remove from heat and then using a hand blender blend until smooth. Season with quality salt and pepper to taste.

Notes

This is delicious as it is but feel free to add any extra veg that needs using up or fresh herbs like coriander or oregano.
Homemade broth/stock is highly recommended but if using stock cubes make sure they contain no MSG, gluten or other weird ingredients if possible:)

One Pot Tandoori Quinoa from yupitsvegan.com

Serve 4-5, cook time 30mins

Ingredients *(c = cup - a standard drinking mug will do fine)*

1 tb. olive oil
1 c. diced sweet potatoes (a small dice is best)
1/2 red onion, finely chopped
2 cloves garlic, minced
1 jalapeno or 2 Indian green chiles, seeded and minced
1 tbsp minced fresh ginger
2 tbsp garam masala
(optional) 1/4 tsp. cayenne pepper
1 c. quinoa, rinsed
1 and 1/4 c. vegetable broth
1 and 1/2 c. cooked chickpeas (equal to one 15 oz. can)
about 1 and 1/2 c. diced tomatoes (equal to one 14 oz. can)
1 tsp. coconut sugar or brown sugar
salt and pepper, to taste
fresh lime juice (lemon also works), for serving
chopped fresh cilantro, for serving

Instructions

In a large skillet, heat the olive oil over medium-high heat. Add the sweet potatoes and stir. Cook the sweet potatoes, stirring frequently, for about 6-8 minutes or until softened significantly. Add the onion and cook for another 2-3 minutes, stirring frequently, until softened. Add the garlic, chiles, and ginger, and cook for another minute until fragrant. Finally, stir in the garam masala and (optional) cayenne pepper and cook for 30 seconds. Add the quinoa, vegetable broth, chickpeas, tomatoes, and sugar, and stir to combine. Bring the mixture to a boil, then reduce to a simmer and cover, stirring occasionally. Cook until the quinoa and sweet potatoes are cooked through, about 20 minutes. If there seems to be too much liquid, simmer uncovered for a few minutes to evaporate the excess. If the liquid runs out before the quinoa is done, add more water or broth and continue simmering. Add salt, pepper, and additional garam masala and cayenne to taste. Serve with a squeeze of fresh lime or lemon juice and a generous sprinkle of chopped cilantro.

Notes

For variations, try using curry powder instead of or addition to the garam masala; or use different vegetables, adjusting the liquid and cooking time as needed.

Fish Pie

Serves 4 - total time 40-45 mins

Ingredients

FILLING

100g Raw King Prawns

200g Tin of Tuna

300ml Chicken Stock

1 Clove Garlic

3 finely chopped Carrots

3 chopped Onions

2 Handful Spinach

100g Coconut Cream

2 tbsp Desiccated coconut

1tbsp Cumin

SEASONING

Topping

1 Whole Celeriac

3 Carrots

Knob of Organic Butter

Salt and pepper

Instructions

Peel the celeriac and carrots and roughly chop and place in boiling water. Leave simmering while you then...

Saute the onions in ghee/coconut oil/animal fat for a few minutes until soft, then add the carrots, cumin, some salt (a few pinches), garlic and keep under a medium heat for a few minutes. Then add the chicken stock, tuna and coconut cream allow to come to simmer and stir until the coconut cream to dissolve.

Meanwhile once the celeriac is soft and cooked through drain and add butter, salt and pepper and then mash thoroughly.

Add the frozen prawns to the fish/coconut/stock mixture and stir in along with the desiccated coconut and spinach.

Pour the fish mixture into a oven dish, level off and then spread the mashed celeriac/carrot on top of the fish mixture and level off.

Place in a preheated oven at 180c for 25 mins or until its golden on top.

Serve with peas, cooked broccoli or any other veg you like!

Notes

If you find your mixture too runny, just add some more desiccated coconut as this will soak up some of the mixture.

Feel free to add grated cheese in top but this is is delicious without!

Veggie shepherd's pie with sweet potato mash by BBC Good Food

Serve 4 prep 25min and ready in 45mins

Ingredients

1 tbsp olive oil
1 large onion, halved and sliced
2 large carrots (500g/1lb 2oz in total), cut into sugar-cube size pieces
2 tbsp thyme chopped
200ml red wine
400g can chopped tomatoes
2 vegetable stock cubes
410g can green lentils
950g sweet potatoes, peeled and cut into chunks
25g butter
85g vegetarian mature cheddar, grated

Instructions

Heat the oil in a frying pan, then fry the onion until golden. Add the carrots and all but a sprinkling of thyme. Pour in the wine, 150ml water and the tomatoes, then sprinkle in the stock cubes and simmer for 10 mins. Tip in the can of lentils, including their juice, then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy.

Meanwhile, boil the sweet potatoes for 15 mins until tender, drain well, then mash with the butter and season to taste. Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over the cheese and remaining thyme. The pie can now be covered and chilled for 2 days, or frozen for up to a month.

Heat oven to 190C/170C fan/gas 5. Cook for 20 mins if cooking straight away, or for 40 mins from chilled, until golden and hot all the way through. Serve with broccoli.

Fat Busting Stir Fry

Serves 2, total time 25 mins

Ingredients

STIRFRY

Really any vegetables you want. You could use a pre made supermarket pack of vegetable to really save time or use my suggestions below.

4 Carrots

2 Onions

1 Courgette

1/2 head Broccoli

All chopped into batons or as desired

150g Cashew +Pumpkin Seeds

SAUCE

1 large Garlic Clove

4 tbsp Tamari Sauce

Fresh ginger roughly 1 inch x 1cm piece or 2 tbsp chopped

1/2 tsp Cayenne Pepper

1/2 tsp Ground Coriander

25g/large handful Fresh Coriander

1 tsp Salt

1 tbsp Honey

You can also add 250g king prawns to this too and it taste fab!

Instructions

Put all the vegetable in a wok or frying pan on a medium heat.

Meanwhile in a food processor or hand blender mix all the 'sauce' ingredients until smooth.

Add the nuts and seeds to vegetables, then add the sauce and cook for 3-5 minutes.

Serve with fresh coriander and small palm sized amount of rice

Pesto & Spaghetti

Serves 2 - take about 25 mins

Ingredients

'Spaghetti'

2 courgettes

Additional handfuls of spinach or rocket if desired

Pesto

20g (large handful) fresh basil

A small avocado

2 tbsp cashews

25ml raw apple cider vinegar

1/4 tsp quality salt

tbsp oil of your choice (ideally cold pressed)

Juice of 1/2 a lemon

1 small garlic clove

Instructions

'Spiralise' or chop VERY finely the courgette and place in bowl.

Blend all the pesto ingredients together until smooth .

Taste and add any additional seasoning if required.

Mix in with the spaghetti and leaves and serve.

Notes

Adding a poached egg or meat or nuts to this makes this a more filling meal. If you want a hot meal just gently warm it all on the hob for a few minutes.

Pea & Sweet Potato Curry

Ingredients

400ml stock or homemade bone broth
2 tbsp garam masala
1 tbsp turmeric
1/2 tsp cayenne powder
1 tsp sea salt
25g ginger - grated and peeled
2 sweet potatoes
2 onions
300g frozen peas
400ml coconut milk

Instructions

In a pan on medium heat add 1 tbsp of ghee or coconut oil and add chopped onions and saute for a few minutes until the edges become clear.
Add the salt and all the spices to the pan.
Chop the sweet potato into small diced pieces (peel if you want but I don't) and mix in.
Then add the stock/broth.
Add the coconut milk and frozen peas and bring to boil.
Simmer for about 15 minutes or until sweet potato is soft. Season with salt as necessary.
Serve with rice or whatever else you fancy.

Notes

Use quality veggie stock to make it vegetarian.
Feel free to use and add other veg - like some added frozen spinach would also taste yum in this!

Sweet Potato & Leek Soup

Serves 8

Ingredients

1.25 kg Sweet Potatoes
3 Leeks
2 Onions
3 Garlic Cloves
1.7 ml Water
1 tbsp Salt
65g Organic Butter

Instructions

Put everything except the butter in a large pan or in a slow cooker. Allow it to come to boil and then simmer until soft (roughly 30 mins).

If using slow cooker put on medium for 4-6 hours or longer.

Then blend and add the butter (or coconut cream if want it dairy free) until smooth. Add more water if its too thick for your liking.

Serve with chopped raw carrot 'croutons'.

Notes

To save time when using a slow cooker don't bother to chop any of the veg, just half the potatoes and place in pot with water.

Feel free to add spice, more coconut or other veg to this soup!

Chocolate Superfood Cereal

Serves 4

Ingredients

100g Pecans
100g Pumpkin Seeds
4 tbsp Goji Berries (or other dried fruit)
4 tbsp Cacao Nibs

Instructions

Put all ingredients in a blender and pulse for about 30 seconds until it is roughly chopped. Serve with milk and or yogurt!

Notes

Any other seed or nut with do and feel free to be creative with other seeds, nuts or dried fruits.