



HOLISTIC DETOX RECIPES

WEEK 2

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RECIPE KEY

Look for these helpful icons throughout the pack.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Kale & Pineapple Green Smoothie	Beet The Blues Smoothie	Matcha Chai Pudding	Green Goodness Smoothie	Turmeric Poached Eggs	Green Goodness Smoothie	Turmeric Poached Eggs
LUNCH (Ideally 3-4 hours after breakfast)	Rainbow Quinoa Salad with Grilled Turkey	Leftover Rainbow Quinoa Salad with Grilled Turkey	Beetroot Soup	Leftover Beetroot Soup	Red Kidney & Mackerel Salad	Leftover Red Kidney & Mackerel Salad	Beet The Blues Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Vegetarian Nasi Goreng	Leftover Vegetarian Nasi Goreng	Pork in satay Sauce with Asian Noodles	Leftover Pork in satay Sauce with Asian Noodles	Gluten Free Turkey Casserole	Meal Out - Enjoy!	Leftover Gluten Free Turkey Casserole

KALE & PINEAPPLE GREEN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
171 kcal
11g Fats
34g Carbs
9g Protein



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WHAT YOU NEED

- 2 cups kale leaves, chopped
- $\frac{3}{4}$ cup (180ml) almond milk, unsweetened
- 1 medium banana
- $\frac{1}{4}$ cup coconut yogurt
- $\frac{1}{4}$ cup pineapple
- 2 tbsp. peanut butter
- 1 tbsp. honey

WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.

**BEEET THE
BLUES SMOOTHIE**



BEET THE BLUES SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
232 kcal
5g Fats
54g Carbs
5g Protein



WHAT YOU NEED

- 2/3 cup (150ml) plant milk
- ½ cup (100g) cooked beetroot
- ½ cup (50g) blueberries
- ½ banana
- ½ apple
- 1 tsp. chia seeds
- 1 tsp. maca powder

WHAT YOU NEED TO DO

Using a high-power blender, blend all ingredients together until smooth.

GREEN GOODNESS SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
224 kcal
13g Fats
27g Carbs
7g Protein



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WHAT YOU NEED

- 1 ¼ cup (415ml) almond milk, unsweetened
- 1 green apple, chopped
- 1 medium banana
- 1 ½ cup spinach
- 1 tbsp. chai seeds
- ½ avocado

WHAT YOU NEED TO DO

Using a high-power blender, blend all ingredients together until smooth.

TURMERIC POACHED EGG



TURMERIC POACHED EGG



Serves: 2
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
219 kcal
15g Fats
12g Carbs
14g Protein



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WHAT YOU NEED

- 2 tsp. pine nuts
- 1 ¾ cups (400g) of fresh spinach
- 5/8 cup (125g) of tomatoes halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp ground turmeric
- 2 medium-sized eggs

WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.



**RAINBOW QUINOA SALAD
WITH GRILLED TURKEY**

RAINBOW QUINOA SALAD WITH GRILLED TURKEY



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
498 kcal
22g Fats
38g Carbs
37g Protein



WHAT YOU NEED

- 1 cup (185g) cooked quinoa
- 1 tbsp. coconut oil
- 8.1 oz. (230g) turkey fillet
- 1 small carrot, grated
- ½ cup (50g) red cabbage, shredded
- 2/3 cup (50g) edamame beans, frozen
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. sesame oil
- handful sprouting alfalfa (or similar)
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm.

In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.

Mix the quinoa with the carrot, cabbage and soybeans.

Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.

Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.



BEETROOT SOUP

BEETROOT SOUP



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
115 kcal
3g Fats
19g Carbs
2g Protein



WHAT YOU NEED

- 6 beetroot
- 1 apple
- 2 red onions
- 2 garlic cloves
- 2 vegetable stock cubes
- 3 cups (750ml) water
- handful curly parsley

WHAT YOU NEED TO DO

Prepare the vegetables. Peel the beets and apple, core the apple and cut the beets and apple into pieces. Peel and chop the onions and garlic.

Heat the oil in a large pan and fry the onion and garlic for 3 minutes on low heat. Add the beet and apple and cook for 5 minutes on medium-high heat. Stir the mixture occasionally.

Add the water and the vegetable stock cubes, bring to boil, then reduce heat and cover for 30 minutes.

Puree the soup with a hand blender and serve.



**RED KIDNEY BEAN
& MACKEREL SALAD**

RED KIDNEY BEAN & MACKEREL SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
422 kcal
27g Fats
27g Carbs
20g Protein



WHAT YOU NEED

- 1 garlic clove, crushed
- 1/2 lemon, juiced
- 2 tbsp. olive oil
- 1/2 cucumber, sliced
- 8 radishes, sliced
- handful parsley, chopped
- 1 1/4 cup (240g) chickpeas, drained
- 1 1/4 cup (240g) kidney beans, drained
- 3/8 cup (85g) rocket
- 2/3 cup (150g) smoked mackerel
- 3/8 cup (50g) pecans, chopped

WHAT YOU NEED TO DO

Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.

In a bowl toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.

Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.



**GLUTEN FREE
TURKEY CASSEROLE**

GLUTEN FREE TURKEY CASSEROLE



Serves: 6
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
386 kcal
7g Fats
38g Carbs
43g Protein



WHAT YOU NEED

- 8oz.(230g) gluten free or quinoa pasta
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2 lbs.(900g) ground lean turkey
- 1 medium zucchini, chopped
- 1 pepper, chopped
- 1 can chopped tomatoes
- 240ml chicken stock
- 3 tbsp. tomato paste
- 2 tbsp. coconut cream or dairy free alternative
- ¾ cup (75g) dairy free cheese or mozzarella

WHAT YOU NEED TO DO

Heat the oven to 375F (190C). Cook the pasta al dente according to instructions on packaging.

Heat the oil in a large frying pan and cook the onion and garlic until translucent. Add in the turkey and stir well while cooking for a few minutes.

Next add in the chopped zucchini and pepper, tomatoes and chicken stock and bring to boil. Now add in the cooked pasta and cream. Mix well and take off the heat.

Transfer everything into an oven proof dish and top with mozzarella. Bake in the oven for about 20 min until golden brown.

A close-up photograph of a white plate containing a dish of pork in satay sauce with Asian noodles. The pork is cut into bite-sized pieces and coated in a thick, dark brown, glossy sauce. The noodles are thin and white, mixed with shredded green and red vegetables. Two lime wedges are placed on the right side of the plate. In the background, a pair of wooden chopsticks with black handles is visible. The plate is set on a dark wooden surface.

**PORK IN SATAY SAUCE
WITH ASIAN NOODLES**

PORK IN SATAY SAUCE WITH ASIAN NOODLES



Serves: 4
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
509 kcal
15g Fats
55g Carbs
37g Protein



WHAT YOU NEED

- 1 lb. (500g) diced pork
- 2 tbsp. sesame oil
- 14 oz. (400g) Chinese stir fry vegetable mix, frozen
- 8 oz. (225g) rice noodles
- 2 tbsp. crunchy peanut butter
- ½ tbsp. honey
- 1 tbsp. tamari
- 1 tbsp. lime juice
- ½ cup (120ml) water

WHAT YOU NEED TO DO

Cook the noodles according to instructions on packaging.

Heat half the oil in a wok and fry the Chinese vegetables for 8 min. Meanwhile, season the pork with salt and pepper.

Heat the remaining oil in a frying pan and fry the meat over medium heat for 8 min. until golden brown.

Meanwhile, mix the peanut butter, honey, tamari sauce and lime juice with water in a saucepan and bring to a boil. Turn the heat to low and cook for 4 minutes. Add the sauce to the meat and toss.

Add the cooked noodles to the vegetables and toss well. Serve the noodles topped with the satay sauce and a wedge of lime.

A close-up photograph of a bowl of vegetarian nasi goreng. The dish consists of browned rice mixed with various vegetables including green onions, carrots, and bean sprouts. A perfectly fried egg with a bright yellow yolk is placed on top of the rice. The bowl is light green and sits on a white marble surface. A semi-transparent white box with black text is overlaid on the left side of the image.

**VEGETARIAN
NASI GORENG**

VEGETARIAN NASI GORENG



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
380 kcal
10g Fats
59g Carbs
14g Protein



WHAT YOU NEED

- 7. oz. (200g) brown rice
- 1 tbsp. coconut oil
- 2 garlic cloves, sliced
- 1-inch ginger, peeled and chopped
- 2 tsp. sambal (chili paste)
- 10.5 oz. (300g) white cabbage, shredded
- 10.5 oz. (300g) leek, sliced
- 1 carrot, finely chopped
- 2 tbsp. ketjap manis
- 4 eggs
- 7 oz. (200g) green beans
- 3.5 oz. (100g) bean sprouts

WHAT YOU NEED TO DO

Boil the rice according to the instructions on the package.

Heat ½ tbsp. oil in a large pan and add the garlic, ginger and sambal, cook for 3 mins. Add the cabbage, leek, and carrot to the pan and stir-fry for another 5 min. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.

Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander, and mix with the bean sprouts.

Serve the rice in a bowl topped with an egg and green beans on the side.

MATCHA CHAI PUDDING



MATCHA CHAI PUDDING



*Serves: 2
Prep: overnight
Cook: 0 mins*



*Nutrition per
serving:
275 kcal
9g Fats
19g Carbs
23g Protein*



WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp.(40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.

CANDIED ALMONDS



Serves: 6
Prep:
Cook: mins



Nutrition per
serving:
319 kcal
25g Fats
17g Carbs
10g Protein



WHAT YOU NEED

- 2 cups (280g) almonds
- 3 tbsp. maple syrup
- 1 tbsp. sesame seeds
- 1 tbsp. desiccated coconut

WHAT YOU NEED TO DO

Preheat oven to 250F (120C).

Mix all the ingredients together and spears out evenly on a silicon baking tray.

Roast for 20 mins turning half way. Take the almonds out of the oven and leave to cool completely, before serving.