

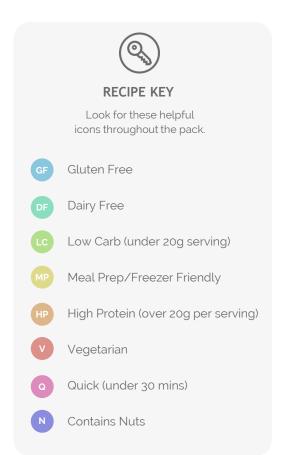
HOLISTIC DETOX RECIPES

WEEK 2

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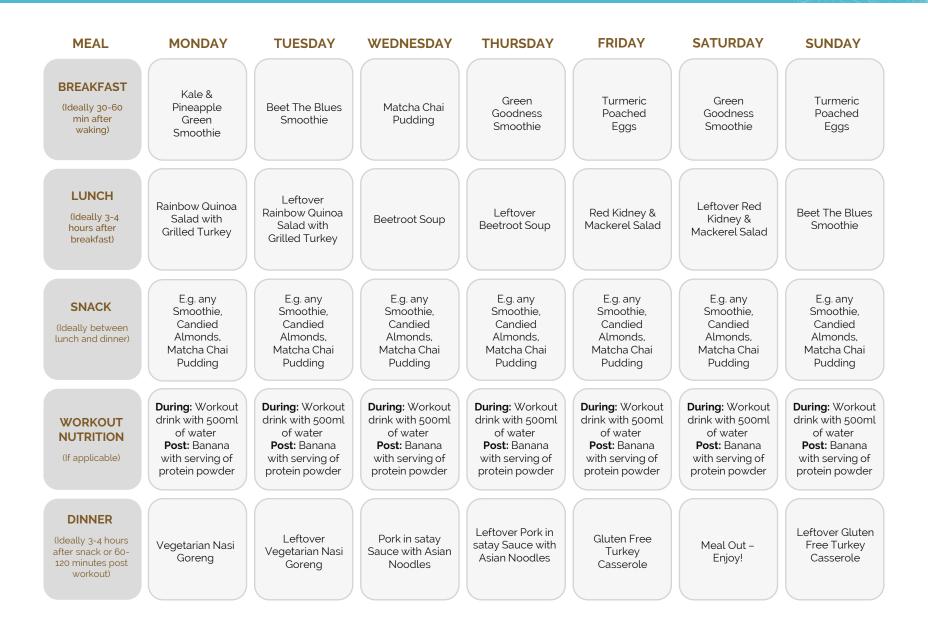
TABLE OF CONTENTS

| 1 | KALE & PINEAPPLE GREEN SMOOTHIE | | | | |
|----|---|--|--|--|--|
| 2 | BEET THE BLUES SMOOTHIE | | | | |
| 3 | GREEN GOODNESS SMOOTHIE | | | | |
| 4 | TURMERIC POACHED EGG | | | | |
| 5 | RAINBOW QUINOA SALAD WITH GRILLED TURKEY | | | | |
| 6 | BEETROOT SOUP | | | | |
| 7 | RED KIDNEY BEAN & MACKEREL SALAD | | | | |
| 8 | GLUTEN FREE TURKEY CASSEROLE | | | | |
| 9 | PORK IN SATAY SAUCE WITH ASIAN NOODLES | | | | |
| 10 | VEGETARIAN NASI GORENG | | | | |
| 11 | MATCHA CHAI PUDDING | | | | |
| 12 | CANDIED ALMONDS | | | | |
| | | | | | |





MEAL PLAN



WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh

kale

2x banana

○ 1x pineapple

2x cooked beetroot

6x raw beetroot

blueberries

○ 3x apple

○ 2x spinach

1x avocado

2x tomatoes

2x carrot

red cabbage

• white cabbage

 \bigcirc 2x leek

sprouting alfalfa

2x red onions

○ 1x onion

○ 1x garlic

1x lemon

1x cucumber

radishes

rocket

○ 1x zucchini

1x pepper

○ 1x lime

○ ginger

• green beans

Fish & Seafood ○ 5 oz. (150g) smoked mackerel

Meats

🔘 8 oz. (230g) turkey fillet

2 lb. (900g) ground turkey

○ 1 lb. (500g) pork Non-Dairy

○ 2x Almond milk

coconut yogurt

○ 6x eggs

○ dairy-free cheese Frozen

berries

o edamame beans

O Chinese stir fry vegetables

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Grains

O quinoa

🔘 gluten-free pasta

○ rice noodles

O brown rice

Nuts & Seeds

○ chia seeds

opine nuts

sesame seeds

pecans

almonds

desiccated coconut

Fresh Herbs

o parsley

Spices

○ turmeric

Other

O maca powder

unflavored plant protein

_ matcha

Oils

○ coconut oil

O olive oil

• sesame oil

Cans & Condiments

• peanut butter

• white wine vinegar

○ soy sauce/tamari

chickpeas

O kidney beans

O chopped tomatoes

O potato paste

○ coconut cream

🔘 sambal

• ketjap manis

Sweeteners

honey

maple syrup

Other

O vegetable stock cubes

O chicken stock

KALE & PINEAPPLE GREEN SMOOTHIE





Serves: 2 Prep: 5 mins Cook: 0 mins



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

WHAT YOU NEED

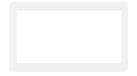
- 2 cups kale leaves, chopped
- ¾ cup (180ml) almond milk, unsweetened
- 1 medium banana
- ¹/₄ cup coconut yogurt
- ¹/₄ cup pineapple
- 2 tbsp. peanut butter
- 1 tbsp. honey

WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.







BEET THE BLUES SMOOTHIE

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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
- 1/2 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



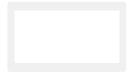


Serves: 2 Prep: 10 mins Cook: 0 mins



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





WHAT YOU NEED

- 1 ¼ cup (415ml) almond milk, unsweetened
- 1 green apple, chopped
- 1 medium banana
- $1\frac{1}{2}$ cup spinach
- 1 tbsp. chai seeds
- ¹/₂ 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

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

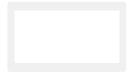
Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

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 ¼ cup (240g) chickpeas, drained
- 1 ¼ 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

- 80z.(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.



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
- ¹/₂ tbsp. honey
- 1 tbsp. tamari
- 1 tbsp. lime juice
- $\frac{1}{2}$ cup (120m)l 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.





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

- ¹/₄ cup (30g) chia seeds
- $1\frac{1}{2}$ 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.

