



HOLISTIC DETOX RECIPES

WEEK 4

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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)	Mango & Green Tea Smoothie	Green Power Smoothie	Raspberry & Coconut Smoothie	Green Power Smoothie	Pina Colada Smoothie	Raspberry & Coconut Smoothie	Mango & Green Tea Smoothie
LUNCH (Ideally 3-4 hours after breakfast)	Superfood Tahini Salad	Leftover Superfood Tahini Salad	Detox Salad	Detox Salad	Citrus Quinoa Salad	Leftover Citrus Quinoa Salad	Pina Colada Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix
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)	Slow Cooker Cauliflower Tikka Masala with Brown Rice	Leftover Slow Cooker Cauliflower Tikka Masala with Brown Rice	Smoked Aubergine Goulash with Lentil Pasta	Leftover Smoked Aubergine Goulash with Lentil Pasta	Vegetarian Shepherd's Pie with Sweet Potato	Meal Out – Enjoy!	Leftover Vegetarian Shepherd's Pie with Sweet Potato

MANGO & GREEN TEA SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
147 kcal
1g Fats
33g Carbs
3g Protein



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WHAT YOU NEED

- 6 handfuls spinach
- 1 3/4 cups (400ml) green tea, cold
- 1 mango, frozen, chopped
- 1 orange peeled

WHAT YOU NEED TO DO

Place the ingredients in a blender and blitz until smooth and creamy..



A glass of vibrant green smoothie is the central focus, set against a backdrop of fresh ingredients. To the left, there are bunches of green leafy vegetables, possibly spinach or kale. To the right, a slice of kiwi fruit is visible, showing its characteristic green flesh and black seeds. The smoothie is served in a clear glass, and the entire scene is set on a light-colored, textured fabric surface.

**GREEN POWER
SMOOTHIE**

GREEN POWER SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
136 kcal
1g Fats
34g Carbs
1g Protein



WHAT YOU NEED

- 1 kiwi, peeled
- 4 big handfuls spinach
- 1/4 cucumber
- 1 stalk celery
- 1 cup (235ml) 100% apple juice
- 2 pineapple rings
- 2 tsp. honey

WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.

RASPBERRY & COCONUT SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
146 kcal
4g Fats
22g Carbs
4g Protein



WHAT YOU NEED

- 6 handfuls spinach
- 1 3/4 cups (400ml) coconut milk
- 2 cups (250g) raspberries
- 2 tsp. flax seed
- 2 tsp. vanilla paste or extract

WHAT YOU NEED TO DO

Place the ingredients in a blender and blitz until smooth and creamy.

PINA COLADA SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
185 kcal
3g Fats
39g Carbs
3g Protein



WHAT YOU NEED

- 6 handfuls spinach
- 1 1/4 cups (300ml) coconut milk
- scant 1/2 cup (100ml) water, cold
- 2 tbsp. coconut flakes
- 6 rings pineapple, fresh or canned

WHAT YOU NEED TO DO

Place the ingredients in a blender and blitz until smooth and creamy.



**SUPERFOOD
TAHINI SALAD**

SUPERFOOD TAHINI SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
190 kcal
10g Fats
19g Carbs
9g Protein



WHAT YOU NEED

For the salad:

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- 2 carrots, shredded
- 8 radishes, thinly sliced

For the dressing:

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

WHAT YOU NEED TO DO

Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.

For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.

Top with microgreens or your favourite seeds (optional).



DETOX SALAD

DETOX SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
315 kcal
24g Fats
19g Carbs
10g Protein



WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

WHAT YOU NEED TO DO

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.



**CITRUSY
QUINOA SALAD**

CITRUSY QUINOA SALAD



Serves: 5
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
174 kcal
6g Fats
27g Carbs
5g Protein



WHAT YOU NEED

- 2 cups (370g) cooked quinoa
- 1 cup (225g) baby spinach, chopped
- 1/3 cup (40g) dried cranberries
- 1/4 cup (35g) pine nuts
- 2 tbsp. balsamic vinegar
- 1 tbsp. Dijon mustard
- 1 orange, juice only

WHAT YOU NEED TO DO

Toss together the quinoa, spinach, cranberries and pine nuts in a large bowl.

Make the dressing by mixing together the vinegar, mustard and squeezed orange juice. Season with salt & pepper to taste.

Add the dressing to the salad and mix well. Season to taste with sea salt & pepper, and serve on its own or as a side with meats and fish.

A top-down view of a bowl of Slow Cooker Cauliflower Tikka Masala. The dish features cauliflower florets in a rich, orange-red tomato-based sauce, garnished with fresh green cilantro leaves and roasted cashew nuts. A portion of white rice is served on the right side of the bowl. The bowl is set on a light-colored, marbled surface, with a few scattered cashews and a piece of flatbread visible in the background.

**SLOW COOKER CAULIFLOWER
TIKKA MASALA**

SLOW COOKER CAULIFLOWER TIKKA MASALA



Serves: 4
Prep: 10 mins
Cook: 3-4hrs



Nutrition per serving:
226 kcal
14g Fats
22g Carbs
7g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- 1/2 cup (120ml) full-fat coconut milk (canned)
- Handful fresh parsley
- 1/3 cup (50g) cashews roasted

WHAT YOU NEED TO DO

Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.

Pour in the diced tomatoes and honey stir to mix everything.

Cook on high for about 3-4 hours or the cauliflower is tender.

Add the coconut milk, and stir well. Cook for another 3-5 mins on low until warmed through.

Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).



**VEGETARIAN SHEPHERD'S
PIE WITH SWEET POTATO**

VEGETARIAN SHEPHERD'S PIE WITH SWEET POTATO



Serves: 6
Prep: 20 mins
Cook: 20-25 mins



Nutrition per serving:
234 kcal
6g Fats
36g Carbs
9g Protein



WHAT YOU NEED

- 4 cups (800g) cooked sweet potato mash, around 4-5 potatoes
- 1 tbsp. coconut oil
- 3 1/3 cups (250g) mushrooms, chopped
- 2 garlic cloves, minced
- 1 onion, diced
- 2 handfuls parsley, chopped
- 1 tbsp. fresh thyme
- 1 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce
- 2 tbsp. buckwheat flour
- 1 cup. (235ml) vegetable stock
- 3 cups (450g) frozen veg mix
- ½ cup (50g) dairy free cheese or parmesan

WHAT YOU NEED TO DO

Firstly, prepare the sweet potato mash either by boiling or microwaving the potatoes.

Heat the coconut oil in a large frying pan and add in the mushrooms and garlic, season with salt and pepper and cook for 5 mins.

Add in the onion, parsley and thyme and sauté everything for another 10 mins. Next, add the tomato paste and Worcestershire sauce, mix well.

Sprinkle in the flour and stir well for 3mins. Next add in the stock and frozen vegetables stirring until thickened.

Heat the oven to 360C (180C) and transfer the vegetables into a oven proof dish. Top with the sweet potato mash and cheese.

Bake in the oven for 20-25 minutes until top is golden brown. Serve straight away.

SMOKED AUBERGINE GOULASH



SMOKED AUBERGINE GOULASH



Serves: 4
Prep: 20-30 mins
Cook: 35 mins



Nutrition per serving:
181 kcal
10g Fats
26g Carbs
5g Protein



WHAT YOU NEED

- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

WHAT YOU NEED TO DO

Wash the aubergine and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.

In a large pot heat 1 tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.

Serve with rice or pasta.

A glass of golden turmeric latte is centered on a wooden slice. The latte is a vibrant yellow color with a frothy top. The wooden slice has several small piles of turmeric powder scattered around it. The background is a light blue and white marbled surface.

**GOLDEN
TURMERIC LATTE**

GOLDEN TURMERIC LATTE



Serves: 2
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
53 kcal
2g Fats
7g Carbs
1g Protein



WHAT YOU NEED

- 1 ½ cup (350ml) almond milk
- ¼ tsp. ground turmeric
- ¼ tsp. cinnamon
- ¼ tsp. ground ginger
- ½ tsp. vanilla extract
- 1 tbsp. maple syrup

WHAT YOU NEED TO DO

Place all the ingredients in a saucepan and continuously stir over low heat.

Once hot, pour into cups and top additional cinnamon to serve. Adjust sweetness if necessary.



CURRIED NUT MIX

CURRIED NUT MIX



Makes: 14 oz.
(400g)
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
106 kcal
10g Fats
4g Carbs
3g Protein



WHAT YOU NEED

- 1 cup of each cashews (150g), almonds(140g), pecans (100g)
- 4 tbsp. coconut oil
- 2 tsp. coconut palm sugar
- 4 tbsp. curry powder
- ½ tsp salt
- 1 tsp. cumin
- cayenne pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 300F (150C). Line a baking tray with baking paper.

In a small saucepan, melt the oil with brown sugar, curry powder, salt, cumin and cayenne powder. Stir for a few minutes until the sugar has dissolved.

Pour this mixture over nuts and stir well to coat. Spread the nuts out on the lined baking sheet and bake for 25 to 30 minutes until golden brown.

Let it cool and store in an airtight container.

This recipe makes around 14 oz. (400g) and the nutrition value is approximate for ½ oz. (15g).