

21-Day Alkaline Meal Plans & Shopping Lists

Alkaline Recipe System PLUS



21-Day Alkaline Meal Plan

Week One

Alkaline Recipe System Plus

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Breakfast	Lemon, Ginger & Turmeric Tonic	Creamy Coconut Turmeric & Ginger Warmer	Lemon, Ginger & Turmeric Tonic	Turmeric Bulletproof	Ginger & Turmeric Refresher Tea	Turmeric Bulletproof	Lemon, Ginger & Turmeric Tonic
Breakfast	Anti-Inflammation Smoothie	Simple Alkaline Oats	Usual Breakfast	Anti-Inflammation Smoothie	Usual Breakfast	Usual Breakfast	Usual Breakfast
Snack	Anti-Inflammation Sweet Potato Brownies	Turmeric Roasted Nuts	Anti-Inflammatory Bliss Balls	Usual Snack	Anti-Inflammatory Bliss Balls	Piece of Fruit	Usual Snack
Lunch	Antioxidant Thai-Quinoa Salad	Usual Lunch	Roast Turmeric Cauliflower & Kale Salad	Usual Lunch	Leftover African Stew	Leftover Tuscan Bean Soup	Usual Lunch
Snack	Turmeric Roasted Nuts	Usual Snack	Piece of Fruit	Turmeric Roasted Nuts	Usual Snack	Usual Snack	Usual Snack
Dinner	Chickpea & Cashew Curry	Next-Level Stuffed Peppers	Spicy Sweet Potato Burgers	African Nut Stew	Tuscan Bean Soup	Raw Zucchini Lasagne	Treat Meal! Go Out!

Daily Drinks: 2-4 litres of alkaline water daily

Note: 'usual meal' means eat whatever you would normally eat in this mealtime - of course, try to be healthy, but don't stress either!

21-Day Alkaline Meal Plan Shopping List: **Week One**

Sunday - Tuesday Shopping List

Pantry

Ground Ginger	if needed
Ground Cinnamon	if needed
Cloves	if needed
Cayenne pepper	if needed
Ground Nutmeg	if needed
Turmeric Powder	if needed
Chilli Powder	if needed
Paprika	if needed
Garam masala	if needed
Mustard Seeds	if needed
Quinoa	1 packet
Black beans	1 can
Chickpeas	1 can
Raw Cacao Powder	1 packet
Unsweetened Coconut Flakes	1 tbsp
Walnuts	115 g
Cashews	1 packet
Almonds	1 packet
Chia Seeds	1 packet
Pumpkin Seeds	1 packet
Oats	1 packet
Oat or buckwheat flour	if needed
Rice malt syrup	if needed
Coconut Oil	if needed
Sesame Oil	if needed
Bragg Liquid Aminos	if needed
Vegetable stock	if needed
Apple cider vinger	if needed

Fridge

Full-fat coconut milk	1 litre
Coconut water	1 litre
Nut milk	if needed
Coconut/non-dairy yoghurt	if needed

Fresh Food

Garlic	1 bulb
Fresh Ginger root	4.5 inch
Fresh Turmeric Root	5 inch
Pumpkin	1/2
Baby Spnach	3 handfuls
Watercress (rocket etc)	1 handful
Flat-leaf Parsley	1 handful
Kale	2 bunch
Corriander/Cilantro	2 bunch
Basil	Half bunch
Purple Cabbage	Half head
Cauliflower	Half head
Avocado	2
Red Bell Pepper	4.5
Celery	1 stalk
Tomato	4
Carrots	4
Sweet potato	2
Lemon	1
Lime	1
Red Onion	1
Green Onion	2
Brown Onion	2
Jalapeno Pepper	1
Zucchini	2
Red Chilli	1
Piece of Fruit	1

Optional Extras

Vanilla Pod	1
Berries	1 handful

Wednesday - Friday Shopping List

Pantry

Ground Cinnamon	if needed
Ground Turmeric	if needed
Cayenne Pepper	if needed
Gram Masala	if needed
Brazil nuts	1 packet
Pine nuts	1 packet
Walnuts	if needed
Cashews	1 packet
Almond meal	1 packet
Unsweetend coconut Flakes	if needed
Buckwheat Pasta	1 packet
Chopped tomatoes	3 can
Cannellini Beans	2 can
Black bean (Kidney)	1 can
Rice Malt Syrup	if needed
Coconut oil	if needed
Extra-virgin olive oil	if needed
Vegetable stock	if needed

Fridge/Freezer

Grass-fed Butter	if needed
Coconut water	250ml
Frozen Peas	1.5 cups

Optional Extras

Sprouted Protien Powder	
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Fresh Food

Garlic	1 bulb
Fresh Ginger Root	3 inch
Fresh Turmeric Root	2 inch
Fresh Rosemary	1 sprig
Basil	1.5 bunch
Baby Spinach	5 handful
Kale	1 handful
Watercress (rocket etc)	1 handful
Flat-leaf Parsely	1 handful
Corinader/Cilantro	1 handful
Sweet Potato	1
Avocado	1
Zucchini	2
Bell Pepper	1
Celery	2 stalk
Tomato	6
Brown Onion	2
Lemon	3
Piece of Fruit	1

Notes

When shopping be sure to check your pantry for items you may already have.. For ease of explanation items have been added as if your cupboards are empty and rounded up to how most items are sold (ie. 2 teaspoons has been rounded up to 1 Packet).

Be sure to check your fridge and cupboards for items you may already have!

* Salt & Pepper have not been added to the shopping lists

21-Day Alkaline Meal Plan:

Week Two

Alkaline Recipe System PLUS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Breakfast	Turmeric Bulletproof	Digestive Tea	Turmeric Bulletproof	Creamy Coconut Turmeric & Ginger Warmer	Turmeric Bulletproof	Creamy Coconut Turmeric & Ginger Warmer	Herbal Tea or Lemon Water
Breakfast	Super Nutrient Breakfast Bowl	Coconut & Vanilla Bircher Pots	Simple Alkaline Oats	Gut Healing Juice	Immune Boosting Juice	Simple Alkaline Oats	Usual Breakfast
Snack	Antioxidant Green Smoothie	Easy Bliss Balls	Celery & Almond Butter	Piece of Fruit / Leftover Juice	Turmeric Roasted Nuts	Antioxidant Green Smoothie	Usual Snack
Lunch	Antioxidant Thai-Quinoa Salad	Leftover Soup	Spring Citrus Cleansing Salad	Antioxidant Super Meal	Leftover Turmeric & Lentil Soup	Superfood Salad	Usual Lunch
Snack	Easy Bliss Balls	Celery & Almond Butter	Easy Bliss Balls	Turmeric Roasted Nuts	Piece of Fruit / Leftover Juice	Turmeric Roasted Nuts	Usual Snack
Dinner	Immune Boosting Soup	Lentil Kale & Quinoa Stew	Alkaline Detox Buddah Bowl	Turmeric & Lentil Anti-Inflammatory Soup	Carrot & Ginger Soup w/ Kale Chips	Cashew & Chickpea Curry	Treat Meal! Go Out!

Daily Drinks: 2-4 litres of alkaline water daily

Note: 'usual meal' means eat whatever you would normally eat in this mealtime - of course, try to be healthy, but don't stress either!

21-Day Alkaline Meal Plan: Shopping List Week Two

Shopping List

Pantry

Ground cinnamon	if needed
Ground cumin	if needed
Ground ginger	if needed
Ground turmeric	if needed
Garam masala	if needed
Chili powder	if needed
Cayenne pepper	if needed
Smoked paprika	if needed
Cloves	if needed
Fennel seeds	if needed
Mustard seeds	if needed
Vanilla pod	1
Dried Mint	1 packet
Chia seeds	1 packet
Pumpkin seeds	1 packet
Sunflower seeds	1 packet
Almonds	if needed
Cashews	1 packet
Pistachios	if needed
Almond meal	1 packet
Flax meal	if needed
Shredded coconut	if needed
Cacao powder	if needed
Medjool dates	1 packet
Cannellini beans	4 cups
Chickpeas	2 can
Dried lentils	1 packet
Dry quinoa	1 packet
Rolled oats	1 packet
Chopped tomatoes	1 can
Coconut cream	1 can
Almond/Nut butter	1 jar
Cashew butter	if needed
Tahini	if needed
Coconut oil	if needed

Olive oil	if needed
Sesame oil	if needed
Vegetable stock	if needed
Stevia	if needed
Tamari /Bragg aminos	if needed
Rice malt syrup	if needed
Apple cider vinegar	if needed
Soba noodles	1 packet

Fresh Food

Turmeric Root	7 inch
Ginger Root	11 inch
Garlic	3-4 heads
Chili	1
Basil	1 bunch
Corriander/cilantro	3-4 bunch
Parsley	3 handfuls
Mint	1 handful
Bean sprouts	1 handful
Kale	4 bunch
Baby Spinach	7 handfuls
Lettuce	2 handful
Avocado	5
Broccoli	2 large
Beetroot	7
Cucumber	5
Carrot	22
Celery	11 stick
Tomato	7
Red pepper	3

Red cabbage	1 1/4
Zucchini	1
Pumpkin	300g
Sweet Potato	3
Brown Onion	2
Green/spring onions	6
Red onion	3
Leek	1
Lemon	2
Lime	1
Fruit of choice	2
Orange	3

Fridge/Freezer

Grass fed butter	if needed
Coconut milk	500ml
Coconut water	500ml
Nut milk	if needed
Coconut/non-dairy yoghurt	if needed
Hummus	1 tub

Notes

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Be sure to check your fridge and cupboards for items you may already have!

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21-Day Alkaline Meal Plan

Week Three

Alkaline Recipe System PLUS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Breakfast	Turmeric Bulletproof	Digestive Tea	Turmeric Bulletproof	Creamy Coconut Turmeric & Ginger Warmer	Turmeric Bulletproof	Creamy Coconut Turmeric & Ginger Warmer	Herbal Tea or Lemon Water
Breakfast	Super Nutrient Breakfast Bowl	Coconut & Vanilla Bircher Pots	Simple Alkaline Oats	Gut Healing Juice	Immune Boosting Juice	Simple Alkaline Oats	Usual Breakfast
Snack	Antioxidant Green Smoothie	Easy Bliss Balls	Celery & Almond Butter	Piece of Fruit / Leftover Juice	Turmeric Roasted Nuts	Antioxidant Green Smoothie	Usual Snack
Lunch	Antioxidant Thai-Quinoa Salad	Leftover Soup	Spring Citrus Cleansing Salad	Antioxidant Super Meal	Leftover Turmeric & Lentil Soup	Superfood Salad	Usual Lunch
Snack	Easy Bliss Balls	Celery & Almond Butter	Easy Bliss Balls	Turmeric Roasted Nuts	Piece of Fruit / Leftover Juice	Turmeric Roasted Nuts	Usual Snack
Dinner	Immune Boosting Soup	Lentil Kale & Quinoa Stew	Alkaline Detox Buddah Bowl	Turmeric & Lentil Anti-Inflammatory Soup	Carrot & Ginger Soup w/ Kale Chips	Cashew & Chickpea Curry	Treat Meal! Go Out!

Daily Drinks: 2-4 litres of alkaline water daily

Note: 'usual meal' means eat whatever you would normally eat in this mealtime - of course, try to be healthy, but don't stress either!

21-Day Alkaline Meal Plan: Shopping List Week Three

Shopping List

Pantry

Ground cinnamon	if needed
Ground cumin	if needed
Ground ginger	if needed
Ground turmeric	if needed
Garam masala	if needed
Chili powder	if needed
Cayenne pepper	if needed
Smoked paprika	if needed
Cloves	if needed
Fennel seeds	if needed
Mustard seeds	if needed
Vanilla pod	1
Dried Mint	1 packet
Chia seeds	1 packet
Pumpkin seeds	1 packet
Sunflower seeds	1 packet
Almonds	if needed
Cashews	1 packet
Pistachios	if needed
Almond meal	1 packet
Flax meal	if needed
Shredded coconut	if needed
Cacao powder	if needed
Medjool dates	1 packet
Cannellini beans	4 cups
Chickpeas	2 can
Dried lentils	1 packet
Dry quinoa	1 packet
Rolled oats	1 packet
Chopped tomatoes	1 can
Coconut cream	1 can
Almond/Nut butter	1 jar
Cashew butter	if needed
Tahini	if needed
Coconut oil	if needed

Olive oil	if needed
Sesame oil	if needed
Vegetable stock	if needed
Stevia	if needed
Tamari /Bragg aminos	if needed
Rice malt syrup	if needed
Apple cider vinegar	if needed
Soba noodles	1 packet

Fresh Food

Turmeric Root	7 inch
Ginger Root	11 inch
Garlic	3-4 heads
Chili	1
Basil	1 bunch
Corriander/cilantro	3-4 bunch
Parsley	3 handfuls
Mint	1 handful
Bean sprouts	1 handful
Kale	4 bunch
Baby Spinach	7 handfuls
Lettuce	2 handful
Avocado	5
Broccoli	2 large
Beetroot	7
Cucumber	5
Carrot	22
Celery	11 stick
Tomato	7
Red pepper	3

Red cabbage	1 1/4
Zucchini	1
Pumpkin	300g
Sweet Potato	3
Brown Onion	2
Green/spring onions	6
Red onion	3
Leek	1
Lemon	2
Lime	1
Fruit of choice	2
Orange	3

Fridge/Freezer

Grass fed butter	if needed
Coconut milk	500ml
Coconut water	500ml
Nut milk	if needed
Coconut/non-dairy yoghurt	if needed
Hummus	1 tub

Notes

When shopping be sure to check your pantry for items you may already have.. For ease of explanation items have been added as if your cupboards are empty and rounded up to how most items are sold (i.e. 2 teaspoons has been rounded up to 1 Packet).

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Tuscan Bean Soup

Ingredients

2 tbs (30ml) olive oil
1 medium onion, chopped
2 stalks celery, chopped
4 cloves garlic, chopped
3 cups (680g) chopped tomatoes
6 cups (900g) tinned cannellini beans
5 cups (1.25ltr) water
1/2 tsp (3g) Himalayan Salt
Freshly ground pepper, to taste
1 cup (75g) buckwheat pasta, quinoa or other gluten-free grain
1/4 cup (9g) fresh basil leaves, coarsely chopped

Instructions

- 1) Firstly, you need to steam fry the onions, celery, and garlic until tender. Do this in a few spoons of water in a large pan.
- 2) Once it is all nice and tender you can add the chopped tomatoes (juice n' all) and warm this over a medium to low heat, breaking up the tomatoes so that it is all chunked down in nice small pieces. Cook this together for about fifteen to twenty minutes until everything is infused together.
- 3) Now you can add the lovely creamy-textured cannellini beans (drained and rinsed), the water, salt, pepper and cook over a medium-low heat for another twenty minutes.
- 4) Once the beans are soft you're good. Now you can add the GF pasta or grain and cook for another ten to fifteen minutes until it is al dente.
- 5) Once the soup has cooled a little bit, stir in the olive oil and add the basil leaves.
This soup rocks!

Turmeric Roasted Nuts

Preparation Time: 20 min

Serves: 4 - 6

Ingredients

2 cups raw cashews
2 teaspoons coconut oil, melted
1 teaspoon turmeric powder
3/4 teaspoons chilli powder (or to taste)
1/2 teaspoon fine sea salt
A good pinch of cracked black pepper

Instructions

- 1) Preheat your oven to 180 degrees celsius and line a baking tray with baking paper.
- 2) In a mixing bowl, combine the coconut oil, turmeric, chilli, pepper and sea salt. Add the cashews and coat well with the spicy mix. Have a taste and feel free to add a little more of whatever you need.
- 3) Spread out evenly on your baking tray and place in the oven for 10 minutes. Pull them out and if not golden, give them a stir and pop back in for a further 5 minutes or until beautifully golden.
- 4) Allow to cool and serve. Once fully cold they'll keep well in the pantry in an airtight glass jar for weeks.

Turmeric & Lentil Anti-Inflammatory Soup

Ingredients

200g Pumpkin, roughly chopped
4 Carrots, roughly chopped
1 Sweet Red Potato, roughly chopped
4 Tomatoes, roughly chopped
3 Cloves Garlic
1tsp Mustard Seeds
1 Red Onion
300ml Vegetable Stock
200ml Coconut Cream
1 Handful of Fresh Coriander (Cilantro), roughly chopped
1 Inch Fresh Turmeric Root
1 Inch Fresh Ginger Root
1/2 Red Pepper (Capsicum/Bell Pepper)
1 Cup of Lentils
Coconut Oil

Optional Topping:

1/2 Cup Cashews
2 Tbsp Pumpkin Seeds
1 Clove Garlic, minced
Thinly sliced red chilli

Instructions

- 1) Start by chopping the red onion, garlic, ginger (peeled) and turmeric (peeled) roughly. Gently heat a little coconut oil in a pan and very gently get the onion started, and once it's cooking a little, add the turmeric, ginger, mustard seeds and garlic – being careful not to burn the garlic.
- 2) Now add the root veggies (carrot, pumpkin, sweet potato), the red pepper and the tomatoes and stir it all around to coat the veggies in the oil and flavours (you should be able to smell that delicious turmeric now). Add the stock and then add the lentils. If you're using dried lentils, you will need to add an extra 50ml of stock to allow for an additional 10 mins cooking time, but if you're using tinned lentils (please buy organic), add them now and move onto the next step.
- 3) Turn the heat down to simmer and let all of the veggies soften and the lentils cook. Once everything has softened, add the coconut cream and chopped cilantro (coriander) and then transfer to a blender and blend until smooth. This will stay nice and warm for about an hour in the blender jug, but if you want, you can return to the pan to keep warm
- 4) To make the optional topping (which I've found really nice and a delicious extra texture to the soup), simply roughly smash up the cashews on a chopping board under a knife, and cook with the pumpkin seeds in a little coconut oil with the minced garlic until it's warmed through and a little browned.

Serve the soup in bowls with a sprig of cilantro, a drizzle of coconut cream and the cashew topping (with optional chilli) and LOVE it!

Triple A Juice

Ingredients*

2 handfuls spinach
2 handfuls kale
1/2 cucumber
1 stick of celery
1 inch ginger (more or less to taste)
1cm turmeric (or 1 tsp powdered)
1 red capsicum
1/2 small beetroot
1 carrot
Filtered water to taste

Instructions

1) Juice all ingredients in a juicer and serve!

*Serves 2

Sweet Potato Brownies

Ingredients

- 1 whole medium sweet potato
- 1 cup almonds
- 1 cup cashews
- 5 tablespoon raw cacao powder
- 1 pinch Himalayan salt
- ¼ cup coconut oil, melted
- ¼ cup rice malt syrup

Instructions

- 1) start by peeling and chopping the sweet potato into large, rough chunks and then boil until soft (about 15-20 minutes depending on the size of the chunks)
- 2) Set that aside and cool and in the meantime, blend the nuts, cacao and salt until reasonably fine.
- 3) Put this in a mixing bowl with the coconut oil and rice malt syrup and mix through thoroughly.
- 4) Once the sweet potato has cooled, mash this and then stir and fold this into the mixture.
- 5) Put everything into a lined or lightly greased pan and press it down firmly, and then put into the fridge or freezer (depending on how you're going to use it - see below).

This makes about a dozen decent slices (or more if you want them for snacks) and contains zero fructose and very little sugar - BUT - lots of protein, fibre and healthy fats to keep you going for hours.

If you are going to eat all of them between yourself, family, guests etc these within a couple of days, put straight into the fridge. However, if you are planning on having them slowly over a week or two, cover and put in the freezer as sliced, individual serves. You can remove them and enjoy within just 10-15 minutes of taking them out of the freezer.

Spicy Sweet Potato Burgers

Ingredients

1/2 cup quinoa
1 can black beans or kidney beans, rinsed and drained
1 large sweet potato, cut into 1cm thick rounds
1/2 cup diced red onion
2 cloves garlic, minced
1/2 cup chopped coriander (cilantro)
1/2 jalapeno, seeded and diced
1 teaspoon cumin
Gluten free oat or buckwheat flour
Himalayan salt and pepper, to taste
Coconut oil
Gluten free burger buns or wraps
Alfalfa Sprouts

For Avocado-Coriander "Mayo"

1/2 large ripe avocado, diced
1/4 cup unsweetened coconut yoghurt
2 tablespoons chopped coriander
1 teaspoon lime juice
Himalayan salt, to taste

Instructions

- 1) Cook the quinoa according to packet instructions.
- 2) Steam the sweet potato for 10-12 minutes or until soft. Then blend together with the kidney/black beans, red onion, coriander, garlic, and cumin until almost smooth.
- 3) Transfer mixture to bowl and combine with the cooked quinoa. Season with the Himalayan salt and pepper to taste and then mix in a handful of the gluten free flour - just enough so that you are able to shape the burgers (you shouldn't need more than a handful or two).
- 4) Using your hands, divide into 6 burgers and place on parchment paper on baking sheet; refrigerate for 20-30 minutes to help the burgers bind together.
- 5) While this is chilling, make the 'mayo' by putting all ingredients in a food processor or blender and mixing until smooth.
- 6) Once the burgers have been in the fridge for 20-30 minutes, it's time to cook. Heat the coconut oil in a pan over a medium heat and once the oil is hot, add each burger and fry for 3-4 minutes on each side.

Serve with gluten free buns and salad or in a GF salad wrap.

Simple Alkaline Oats

Ingredients

Oats

Chia seeds (1 dessert spoon per person)

Coconut oil (1 dessert spoon per person)

Water

Nut Milk

Coconut/non-dairy yoghurt

Cinnamon (1 tsp per person)

Handful of mixed nuts/seeds

Optional: berries of your choice

Instructions

1) Basically cook your regular amount of oats in WATER. Not milk. WATER.

So add the oats and water to a pan and bring to a simmer and then add the chia seeds. Cook until it's a touch too dry for your liking and then stir in a splash or two of the nut milk (I love coconut milk, but any other non-dairy milk is fine).

2) Remove from the heat and then stir in the coconut oil, cinnamon and a dollop of the non-dairy yoghurt. Top with the nuts and seeds and then finish with blueberries or strawberries if this is part of your fruit for the day (I recommend keeping your fructose intake down so 1-2 serves of in-season fruit per day).

Roasted Turmeric Cauliflower & Kale Salad

Ingredients

1/2 head cauliflower (washed, rinsed and dried)
5 stalks of curly kale or tuscan kale (washed and rinsed)
1 capsicum/bell pepper
1 stalk celery
1/2 avocado
2 tomatoes
1 tablespoon turmeric or 2cm fresh, grated
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1/2 lemon
1/4 teaspoon Bragg Liquid Aminos or organic tamari
Himalayan salt & black pepper
Pumpkin seeds
Coconut oil
Olive oil

Instructions

- 1) Preheat the oven to 355F (180C).
- 2) Rip or chop the cauliflower head into floret an in a mixing bowl combine with the turmeric, cayenne pepper, paprika, salt and pepper and 2 tbsp of coconut oil and mix thoroughly.
- 3) Line a baking tray with baking paper and spread the cauliflower and any of the seasoning out onto the tray and put into the preheated oven in the middle shelf for 20 minutes - be sure to check regularly to make sure the cauliflower isn't burning. If it is, move to the bottom shelf.
- 4) Now, chop the kale from the stems and roughly tear or chop into pieces and place in a large bowl. Mix in the lemon juice and massage with your hands for a minute. Then add the Bragg's or tamari and place on your serving plates.
- 5) Thinly slice the bell pepper/capsicum, celery, chop the avocado into chunks and roughly chop the tomato. Place these on top of the kale bed. Sprinkle with pumpkin seeds and drizzle a little olive oil over this.
- 6) Once the cauliflower is done, remove from the oven and place on top of each salad and serve immediately.

Raw Zucchini Lasagne

Ingredients

2 zucchini (courgettes)
6 plum tomatoes

For the spinach basil pesto:

1/2 cup + 1-2 tablespoons extra virgin olive oil
1 packet of fresh basil
1 large handful of spinach
1/4 cup walnuts
1/4 cup cashew nuts
1 teaspoon lemon juice (optional)
3 cloves garlic, minced
1 tablespoon of pine nuts

For the brazil nut cheese:

40 brazil nuts
1 tablespoon of olive oil
1 stick of fresh rosemary
1 lemon
salt
water as required

Instructions

Start with the 'cheese' by putting the nuts and lemon just into a blender or food processor and blending until it's crushed and mixed. Then add the oil, rosemary, salt and keep adding a little water until it reaches the desired consistency.

Now make the pesto by blending it all together - simple.

Now you can start to construct - using a sharp knife cut thin layers of zucchini and tomato and then place a layer of zucchini on the base, then add a layer of cheese, then tomato, then pesto...then repeat!

Once constructed top with some more pine nuts and a few torn basil leaves and enjoy!

Pumpkin Porridge

Ingredients

1/4 pumpkin peeled and chopped into 3 cm cubes
115 g walnuts
100 g amaranth, soaked in water overnight
375 ml coconut or almond milk
1/2 teaspoon ground cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ground ginger
1 teaspoon grated lemon zest
1 tablespoon rice malt syrup
Pinch of Himalayan salt
Handful of unsweetened coconut flakes

Instructions

- 1) Start by steaming the pumpkin for 7-10 minutes, until it's softened through.
- 2) Transfer this to a blender or food processor and puree smooth and then set aside.
- 3) In a saucepan combine the pre-soaked amaranth (rinsed), pumpkin, coconut milk, salt, spices and lemon zest and bring up to a gentle simmer. If it cooks down too much and dries out, add more nut milk.
- 4) Serve with a drizzle of coconut or almond milk and a little rice malt syrup, toss through the walnuts and coconut flakes and enjoy!

Next Level Stuffed Peppers

Ingredients

2 large red bell peppers
1/2 cup quinoa (uncooked)
1 cup (no added salt) vegetable broth
1 Tbsp coconut oil
2 tomatoes, diced
1 handful of kale leaves, thinly sliced
1 small onion, diced
1/2 cup diced zucchini (courgette)
2 cups fresh spinach
1 Tbsp garam masala
1 tsp ground ginger
1cm fresh turmeric (or 1 tsp powdered)
1/2 tsp cinnamon
Himalayan salt and black pepper to taste

Instructions

- 1) Firstly, turn the oven on to pre-heat at 350F (180 C).
- 2) Next, get the quinoa cooked. To do this simply put the dry quinoa and the vegetable broth/bouillon into a saucepan and bring to the boil. Once boiling turn the heat right down to a simmer and leave until all of the liquid is absorbed. This will take about 10 minutes.
- 3) While this is simmering away, very very gently saute the onion, garlic, zucchini, tomato and kale in the coconut oil over a low heat for about 5 minutes.
- 4) After 5 minutes, add the spices and cook for a further 2-3 minutes and then add half the spinach and stir so it just starts wilting. Remove from the heat and pulse in a food processor until it reaches your desired chunkiness/smoothness.
- 6) In a large mixing bowl, combine cooked quinoa, spiced vegetable filling mixture, and remaining fresh spinach until combined.
- 7) Rinse red peppers (capsicum in Australia) and remove the top from the peppers, remove the seeds and the "ribs".
- 8) Next, spoon the mixture into each pepper and stand them upright in a baking dish. Cover the whole dish with baking paper and bake for 35 minutes.
- 9) Finally, remove the baking paper and cook for another 10-15 minutes uncovered and serve!

Enjoy with a simple salad.

Lemon, Ginger & Turmeric Detox Tonic

Preparation Time: 10 minutes

Serves: 1

Ingredients

1/2 teaspoon fresh grated ginger

2 cups boiling water

1/2 tsp ground cinnamon

A pinch of ground turmeric or 1 cm of fresh root grated

Few dashes cayenne pepper, to taste

1/4 lemon

Rice malt syrup if needed to taste (max 1tsp per serve)

Instructions

- 1) Put all ingredients into a saucepan and bring to the boil.
- 2) Reduce the heat right down and simmer for five minutes.
- 3) Serve warm!

“Hidden Greens” Oats

Preparation Time: 15 min

Serves: 1

Ingredients

3/4 cup of oats
1 cup coconut or almond milk
Pinch of Himalayan salt
1/2 medium zucchini (courgette), finely shredded or grated
1/2 cup spinach leaves, finely shredded
1 Tbsp cacao powder
1 Tbsp almond butter

Optional:

1 scoop of alkaline, sprouted protein powder
1 tbs rice malt syrup to sweeten

Instructions

- 1) In a saucepan, bring oats, the pinch of salt and almond/coconut milk on the stove.
- 2) When most of the milk has been absorbed, stir through the shredded zucchini and spinach and once combined stir in the cacao powder.
- 3) Reduce the heat down and warm through for a further 3-4 minutes and then remove from the heat.
- 4) If using the protein powder and sweetener, stir these in now and then pour into your serving bowl. Top with almond butter and serve.

Soothing Gut-Healing Soup

Ingredients

200g lentils (or one can, drained and washed)
1 avocado
1 large sweet potato
1 large handful of spinach
2 carrots
1 red bell pepper (capsicum)
2 tbsp chopped dill
1 handful of cashews (roughly chopped)
4 cloves of garlic
1 brown onion
200ml yeast-free, MSG-free vegetable stock
1 tbsp coconut oil

Instructions

- 1) Prepare the lentils, if dried and set aside. This takes the longest!
- 2) Next, roughly chop the onion and garlic and warm gently in a very large saucepan with the coconut oil
- 3) While these are browning and flavouring up, chop the peel and chop the sweet potato and carrots roughly, and once chopped, add to the pan and get it all mixed together and coated in oil. Stir for about 2 minutes to start to warm the root veg and get the flavours of the garlic and onion onto and into them
- 4) Now add the vegetable stock, and simmer for 10 minutes, until the vegetables are just warmed through but not overcooked – we want to maintain as much of the nutrients as possible.
- 5) Add the lentils in now for the last five minutes to get these warmed through too
Next, transfer to a blender or food processor (do in batches if your blender isn't big enough to do all of this at once) and add in the avocado, capsicum (roughly chopped and deseeded), spinach and dill. Keep just a few sprigs of dill back if you want to garnish.
- 6) Blend until smooth and serve with those sprigs of dill, sprinkle with the chopped cashews and drizzle with a little olive oil at the end.

Creamy Coconut Turmeric & Ginger Warmer

Preparation Time: 15 minutes

Serves: 2

Ingredients

1 inch of fresh turmeric root

1.5 inches of fresh ginger root

2 tsp of coconut oil

250ml of full-fat coconut milk (don't worry coconut milk fat doesn't make you fat)

250ml of coconut water (or filtered water)

1 tsp of cloves

Optional: 1 vanilla pod

Optional: pinch of black pepper (reported to help absorption and bioavailability of the curcumin in turmeric)

Instructions

- 1) Peel the ginger and turmeric and grate into a mortar
- 2) Add the coconut oil and using the pestle, turn it into a beautiful orange-yellow paste
- 3) Pour the coconut cream, water into a pan and spoon in the paste, and add the cloves
- 4) Bring to a simmer and simmer it all together for 4-5 minutes
- 5) Serve warm, straining if you wish

YUM!

Chickpea (Garbanzo) & Cashew Curry

Ingredients

1 small brown or red onion
2 carrots
1 zucchini
1½ cups cooked chickpeas (or one can, rinsed and drained)
1 bunch kale, thinly sliced
¼ red cabbage, thinly sliced
1 red chilli, seeds removed, sliced
½ teaspoon salt
Freshly ground black pepper, to taste
½ bunch basil, torn
½ bunch coriander (cilantro), torn
1 tbsp coconut oil

For the Cashew Sauce

1 cup of cashew nuts, soaked overnight or for a minimum of 4 hours (unless you have a high power blender like a Vitamix)
1 clove of garlic
1 cup of vegetable stock

Instructions

- 1) First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2) Put these into a large bowl with the kale, cabbage, chilli and the salt, pepper and if the coconut oil is liquid, mix this all together with the oil with your hands
- 3) Now gently cook these ingredients in a pan with the coconut oil (if you've already mixed through you don't need to add more - if your oil is solid i.e. it's cold where you live you can add it now to the pan)
- 4) Let this cook gently for 4-5 minutes and while this is happening, prepare the cashew dressing by blending the cashews, garlic and stock.
- 4) Finally, mix the sauce into the pan and get everything coated - serve gently warm.

Bulletproof Turmeric

Ingredients

350ml filtered (pref alkaline) water
1 tbsp of fresh root turmeric, grated
1/2 teaspoon ground cinnamon
¼ tsp garam masala
1 Tbs grass fed butter
1 Tbs coconut oil or MCT oil
A pinch of stevia to taste

Instructions

- 1) Grate the turmeric into a pan with the water, garam masala, cinnamon and simmer this for 10 minutes or five if you're in a hurry.
- 2) If you have a high powered blender, such as the Vitamix or Blendtec, pour everything into the blender and add the butter and coconut/MCT oil. If you don't have the high powered blender, strain everything through a sieve to remove the pieces of turmeric.
- 3) Blend at high speed until foamy and creamy!

“Thai” Quinoa Salad

Ingredients

1 cup quinoa
1/4 purple cabbage
2 carrots
1 red bell pepper/capsicum
2 green onions (scallions/salad onions), thinly sliced
1/2 bunch fresh coriander (cilantro)
½ cup almonds

Dressing

¼ cup cashew butter
2 cloves garlic, minced
1 tbsp grated fresh ginger
3 tbsp tamari or Bragg liquid aminos
2 tbsp rice malt syrup
2 tbsp warm water
1 tbsp apple cider vinegar
1 tbsp sesame oil

Instructions

- 1) Prepare the quinoa by putting in a saucepan with 1 cup of water, bring to the boil and then turn to simmer for 10 mins or until all of the water is gone and the quinoa has ‘un-coiled’
- 2) Blend the dressing ingredients together
- 3) Prepare the veggies by finely slicing the cabbage, cutting the carrot into ribbons with a vegetable peeler and then finely slicing into strips, dice the pepper, thinly slice the green onions and roughly chop the coriander.
- 4) You can slice the almonds or leave whole
- 5) Mix the quinoa and veggies and almonds in a large bowl and liberally dress with the dressing

Anti-Inflammatory Bliss Balls

Preparation Time: 45 min

Serves: Makes 6 - 8 depending on size

Ingredients

1 ½ cups of almond meal
1 ½ cups shredded, unsweetened coconut
½ cup of coconut oil
1/3 cup rice syrup
2 teaspoons of turmeric
1 teaspoon of cinnamon
1 teaspoon of ground ginger
Pinch of chilli powder

Instructions

- 1) Combine almond meal, coconut, spice mix into a bowl.
- 2) Melt coconut oil over low heat and add rice malt syrup
- 3) Add liquids to the dry ingredients and mix well
- 4) Roll balls into the desired size and refrigerate for 30 minutes

Anti-Inflammatory Smoothie

Ingredients

1 inch of fresh ginger, grated
1 inch of fresh turmeric, grated
Handful of baby spinach
Handful of watercress (or rocket/arugula)
1 small soft avocado
1/2 capsicum
Big handful of flat-leaf parsley and/ or coriander
1 cup coconut water (or filtered water)
Big pinch of cayenne
Pinch of salt

Instructions

- 1) Grate the roots into the blender and add the avocado and coconut water
- 2) Blend this to form a base
- 3) Next add the remaining ingredients and blend until smooth

Anti Inflammation Juice

Ingredients

1 inch of fresh turmeric
1 inch of fresh ginger
1 cm of fresh galangal (if you can find it)
1 cucumber
1 handful spinach
1 handful kale
300ml filtered (pref alkaline) water

Instructions

1) Wash all ingredients and juice, putting the roots through first and the cucumber through last, before washing through with the filtered water.

African Nut Stew

Ingredients

2 tablespoons olive oil
1 medium onion, very finely minced
3 cloves garlic, finely minced
1 tbsp fresh minced ginger
½ tsp crushed red chili pepper
1 – 14.5 oz (400 g) can crushed or diced tomatoes
½ cup almond butter
1 handful of fresh coriander, roughly chopped
2 cups vegetable broth/stock
1 medium sweet potato, peeled and diced
1 can kidney or black beans, drained and rinsed
1 ½ cups frozen peas
2 handfuls of spinach
1 handful of kale, roughly chopped
Himalayan salt and pepper

Instructions

- 1) First up - if you're using canned tomatoes, empty the can into a blender and pulse until it's well mixed with the juices.
- 2) Next, heat the coconut oil in a large pot/pan over a low heat, add the onion and garlic, ginger and chilli and gently cook for 3-4 minutes
- 3) Stir in the tomatoes and cook for a further 2-3 minutes and then add the almond butter, coriander and sweet potatoes.
- 4) Once it is all mixed well, add the stock and then cover the pan and simmer until the potatoes begins to fall apart - should take about 12-15 minutes. Be careful not to go too hot with the heat and reduce the stock down too much.
- 5) Once the sweet potatoes are cooked, add the beans, peas and greens and cook for a further 8 minutes.

Season well and serve!

Alkaline Detox Buddha Bowl

Preparation Time: 30 min

Serves: 2

Ingredients

1 large sweet potato, chopped into 3/4-inch cubes
1 cup uncooked quinoa
1 large carrot, peeled & thinly sliced
1 can chickpeas, drained and rinsed (about 1.5 cups)
1/2 purple cabbage
A couple of handfuls of leafy greens for the base
lots of hummus
sliced avocado
handful of almonds, cashews and walnuts, roughly chopped.
Garlic powder, chilli powder, cumin and cayenne pepper (to coat the chickpeas)

Instructions

- 1) Toss the chopped sweet potato in coconut oil and on baking paper in a baking tray.
- 2) For the roasted chickpeas: drain and rinse the chickpeas and pat dry with kitchen paper towel. In a bowl, toss through the coconut oil, garlic powder, chilli powder, cumin and cayenne pepper mixing with your hands to fully coat them.
- 3) Transfer these to another baking tray and put in the oven with the tray of sweet potato, baking both for 15 minutes at 400F (200C).
- 4) Meanwhile, cook the quinoa according to your packet instruction.
- 5) Now it's time to make the bowl. Start by adding a few handfuls of leafy greens to the bowl (spinach, kale, rocket/arugula, watercress - whatever you like). Now add the roast sweet potato and chickpeas (allowing them to cool for 5 minutes first so they don't wilt the greens). Then decoratively add the avocado, nut mix, cabbage and hummus to the top of the bowl, giving a quarter of the bowl to each.
- 6) Feel free to dress with lemon juice and olive oil to taste.

Anti-Inflammatory Soup

Ingredients

200g Pumpkin, roughly chopped
4 Carrots, roughly chopped
1 Sweet Red Potato, roughly chopped
4 Tomatoes, roughly chopped
3 Cloves Garlic
1tsp Mustard Seeds
1 Red Onion
300ml Vegetable Stock
200ml Coconut Cream
1 Handful of Fresh Coriander (Cilantro), roughly chopped
1 Inch Fresh Turmeric Root
1 Inch Fresh Ginger Root
1/2 Red Pepper (Capsicum/Bell Pepper)
1 Cup of Lentils

Optional Topping:

1/2 Cup Cashews
2 Tbsp Pumpkin Seeds
1 Clove Garlic, minced
Optional: thinly sliced red chilli

Instructions

- 1) Start by chopping the red onion, garlic, ginger (peeled) and turmeric (peeled) roughly. Gently heat a little coconut oil in a pan and very gently get the onion started, and once it's cooking a little, add the turmeric, ginger, mustard seeds and garlic – being careful not to burn the garlic
- 2) Now add the root veggies (carrot, pumpkin, sweet potato), the red pepper and the tomatoes and stir it all around to coat the veggies in the oil and flavours (you should be able to smell that delicious turmeric now)
- 3) Add the stock and then add the lentils. If you're using dried lentils, you will need to add an extra 50ml of stock to allow for an additional 10 mins cooking time, but if you're using canned lentils (please buy organic), add them now and move onto the next step.

4) Turn the heat down to simmer and let all of the veggies soften and the lentils cook. Once everything has softened, add the coconut cream and chopped cilantro (coriander) and then transfer to a blender and blend until smooth

This will stay nice and warm for about an hour in the blender jug, but if you want, you can return to the pan to keep warm

5) To make the optional topping (which I've found really nice and a delicious extra texture to the soup), simply roughly smash up the cashews on a chopping board under a knife, and cook with the pumpkin seeds in a little coconut oil with the minced garlic until it's warmed through and a little browned.

6) Serve the soup in bowls with a sprig of cilantro, a drizzle of coconut cream and the cashew topping (with optional chilli) and LOVE it

Antioxidant Green Smoothie

Ingredients

A handful of Kale
A handful of Spinach
2 Broccoli florets
1 Tomato
A handful of Lettuce
1 Avocado
1 Cucumber
1/2 clove Garlic
Juice of 1/2 Lemon
A little water to the texture you like

Instructions

All you have to do is blend it all up! Start by blending the avocado, cucumber and lemon juice to form a mushy paste, then start adding the other ingredients.

You can blend in a little ice if you prefer it chilled, or add a little chilli if you like it HOT HOT HOT!

This will fill you up for hours. I like to have it after a workout or for breakfast and it keeps me going for ages.

“Thai” Quinoa Salad

Ingredients

1 cup quinoa
1/4 purple cabbage
2 carrots
1 red bell pepper/capsicum
2 green onions (scallions/salad onions), thinly sliced
1/2 bunch fresh coriander (cilantro)
½ cup almonds

Dressing

¼ cup cashew butter
2 cloves garlic, minced
1 tbsp grated fresh ginger
3 tbsp tamari or Bragg liquid aminos
2 tbsp rice malt syrup
2 tbsp warm water
1 tbsp apple cider vinegar
1 tbsp sesame oil

Instructions

- 1) Prepare the quinoa by putting in a saucepan with 1 cup of water, bring to the boil and then turn to simmer for 10 mins or until all of the water is gone and the quinoa has ‘un-coiled’
- 2) Blend the dressing ingredients together
- 3) Prepare the veggies by finely slicing the cabbage, cutting the carrot into ribbons with a vegetable peeler and then finely slicing into strips, dice the pepper, thinly slice the green onions and roughly chop the coriander.
- 4) You can slice the almonds or leave whole
- 5) Mix the quinoa and veggies and almonds in a large bowl and liberally dress with the dressing

Coconut & Vanilla Bircher Pots

Ingredients

1/2 cup gluten free oats
1 tbsp coconut oil
1/2 tbsp chia seeds
1 tbsp shredded coconut
1 tsp ground vanilla beans
1 tsp flax meal
1/2 cup almond milk
1 chopped date

Instructions

- 1) Put all of the ingredients into a mason jar and stir well
- 2) Leave in the fridge overnight
- 3) Serve! Optinally with coconut yoghurt for extra creaminess.

Note: it's easy to make 6 or 7 of these at a time as they will last all week in the fridge.

Bulletproof Turmeric

Ingredients

350ml filtered (pref alkaline) water
1 tbsp of fresh root turmeric, grated
1/2 teaspoon ground cinnamon
¼ tsp garam masala
1 Tbs grass fed butter
1 Tbs coconut oil or MCT oil
A pinch of stevia to taste

Simmer water with turmeric, garam masala, coconut oil, and butter for 10 minutes.

Strain through a fine mesh strainer.

Add remaining ingredients and whirl in blender or with immersion blender until foamy.

Instructions

- 1) Grate the turmeric into a pan with the water, garam masala, cinnamon and simmer this for 10 minutes or five if you're in a hurry.
- 2) If you have a high powered blender, such as the Vitamix or Blendtec, pour everything into the blender and add the butter and coconut/MCT oil. If you don't have the high powered blender, strain everything through a sieve to remove the pieces of turmeric.
- 3) Blend at high speed until foamy and creamy!

Carrot & Ginger Soup

Ingredients

1 leek, washed and finely sliced
1 stick celery, finely chopped
1 tablespoon fresh grated ginger
1 teaspoon fresh grated turmeric or 1/2 teaspoon dry
600g of carrots, roughly chopped
1.5 litres yeast-free, gluten-free vegetable stock
1 small brown onion
¼ bunch coriander
Sea salt & black pepper to taste
1 tablespoon coconut oil

Instructions

- 1) Start by warming the coconut oil in a pan, gently, and then add the onion, garlic, leek, celery and warm through for 3-4 minutes
- 2) Then add the carrot, ginger, turmeric and stir for a further 1-2 minutes before adding the stock
- 3) Bring this to the boil and then reduce to a simmer for 10-12 minutes until the carrot is tender
- 4) Remove from the heat and stir through the coriander for a minute and then transfer everything to a blender and blend until completely smooth and then serve

Celery & Almond Butter Sticks

Ingredients

1 stick of celery

Almond butter (or any nut butter, but almond is preferred)

Instructions

Chop the celery stick into 2 inch long pieces and then spread almond butter liberally onto the stick to fill the gap down the middle. Easy!

Chickpea (Garbanzo) & Cashew Curry

Ingredients

1 small brown or red onion
2 carrots
1 zucchini
1½ cups cooked chickpeas (or one can, rinsed and drained)
1 bunch kale, thinly sliced
¼ red cabbage, thinly sliced
1 red chilli, seeds removed, sliced
½ teaspoon salt
Freshly ground black pepper, to taste
½ bunch basil, torn
½ bunch coriander (cilantro), torn
1 tbsp coconut oil

For the Cashew Sauce

1 cup of cashew nuts, soaked overnight or for a minimum of 4 hours (unless you have a high power blender like a Vitamix)
1 clove of garlic
1 cup of vegetable stock

Instructions

- 1) First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2) Put these into a large bowl with the kale, cabbage, chilli and the salt, pepper and if the coconut oil is liquid, mix this all together with the oil with your hands
- 3) Now gently cook these ingredients in a pan with the coconut oil (if you've already mixed through you don't need to add more - if your oil is solid i.e. it's cold where you live you can add it now to the pan)
- 4) Let this cook gently for 4-5 minutes and while this is happening, prepare the cashew dressing by blending the cashews, garlic and stock.
- 4) Finally, mix the sauce into the pan and get everything coated - serve gently warm.

Creamy Coconut Turmeric & Ginger Warmer

Preparation Time: 15 minutes

Serves: 2

Ingredients

1 inch of fresh turmeric root

1.5 inches of fresh ginger root

2 tsp of coconut oil

250ml of full-fat coconut milk (don't worry coconut milk fat doesn't make you fat)

250ml of coconut water (or filtered water)

1 tsp of cloves

Optional: 1 vanilla pod

Optional: pinch of black pepper (reported to help absorption and bioavailability of the curcumin in turmeric)

Instructions

- 1) Peel the ginger and turmeric and grate into a mortar
- 2) Add the coconut oil and using the pestle, turn it into a beautiful orange-yellow paste
- 3) Pour the coconut cream, water into a pan and spoon in the paste, and add the cloves
- 4) Bring to a simmer and simmer it all together for 4-5 minutes
- 5) Serve warm, straining if you wish

YUM!

Digestive Tea

Ingredients

- 2 cups filtered water
- 2 teaspoons fennel seeds
- 2 inches of fresh root ginger
- 1 tablespoon peppermint leaf or regular mint

Instructions

1) Add the water, fennel and mint to a pot, and prepare the ginger by peeling and either chopping or using a vegetable peeler, peel thin slices (this is my preferred method) and add this to the water too.

2) Bring to a boil and then lower the heat to a very gentle simmer and then after 5 minutes, turn off the heat and let it steep for a further 5-10 minutes.

Serve warm, but not hot.

Super-Fast Bliss Balls (No-Bake Recipe)

Ingredients

4 Medjool dates
1 cup almond meal
1/2 cup shredded coconut
1/3 cup coconut oil
1/3 cup cacao powder
1/3 cup pistachios
1/4 cup almonds
1 tbsp chia seeds

Instructions

- 1) Start by softening the dates and almonds in hot water. Preferably soak the almonds for at least 4 hours...unless you're using a high speed blender or food processor (such as the Vita-mix, in which case no softening is needed). The dates need about an hour to soften – make sure you remove the seed.
- 2) Now process/blend the dates, almond meal, almonds, half of the pistachios, shredded coconut, coconut oil, cacao and chia together.
- 3) Move this to a bowl and let it stand for a few minutes to allow the chia to soften and expand.
- 4) Smash the remaining pistachios and roll this raw mixture into small balls and roll in the crushed pistachios to coat them.

Enjoy!

These will keep in the fridge for seven days, and are a great grab and go snack offering dense, filling nourishment to keep you going until your next meal.

Gut Healing Soothing Juice

Ingredients

2 sticks of celery
1 cucumber
1 inch turmeric root
1 inch ginger root
1/2 red capsicum/bell pepper
1 carrot
300ml filtered water

Instructions

- 1) Juice all ingredients
- 2) Optimally you can use coconut water instead of filtered water to make it a little sweeter.

Immune Boosting Bean Soup

Preparation Time: 25 min

Serves: 2

Ingredients

Splash of olive oil
1tbsp coconut oil
1 red onion, diced
4 garlic cloves, minced or finely chopped
2 medium carrots, diced
2 tbs ginger, finely grated
4 cups cooked (or from cans) cannellini beans
1 tsp turmeric powder
1.5ltr vegetable stock (using gluten-free stock cubes or Bouillon powder is fine)
1 small bunch of tuscan kale, roughly chopped
1 handful of flat leaf parsley, finely chopped
Salt and pepper to taste

Instructions

- 1) In a large pan, warm the coconut oil and add the onion, letting it cook through until it has gone translucent and begins to brown. Now add the garlic, ginger and cook for a further 2-3 minutes.
- 2) Once this has become aromatic, add the carrots, beans and turmeric and cook for a further 3-4 minutes, before adding the stock.
- 3) Bring all of this to the boil and then reduce to a simmer for 10 minutes.
- 4) Add the kale and parsley, stirring through and cook for a further 3-4 minutes until the kale is slightly soft.
- 5) Season to taste and serve.

Alkaline Immune Booster Juice

Ingredients

1 cucumber
2 sticks of celery
1 tomato
1 capsicum (bell pepper)
1 beetroot
Handful of cilantro (coriander)
200ml filtered (pref alkaline) water

Instructions

1) Wash all ingredients and juice.

Lentil, Kale & Quinoa Stew

Ingredients

- 1 tablespoon coconut oil
- 1 brown onion, diced
- 3 carrots, diced
- 3 celery stalks, sliced
- 4 cloves garlic, crushed
- 1 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 2 teaspoon salt, plus more to taste
- 1 cup dried lentils
- 1/2 cup dry quinoa
- 5 cups water
- 1 can of chopped tomatoes or 6 fresh tomatoes
- 2 cups chopped kale, tough stems removed

Instructions

- 1) Start by preparing the lentils, as this takes about 30 minutes. Put the dried lentils in a pan and cover with 2 cups of filtered water. Bring this to a boil and then reduce the heat to a simmer. Cover and cook until the liquid is gone and the lentils are tender (check regularly)
- 2) Now warm the coconut oil in a pan and sauté the onions, carrots and celery for about 5-6 minutes and then stir through the spices and salt.
- 3) Stir in the quinoa, water and chopped tomatoes (if using fresh, blend these first) and bring this to a boil
- 4) Now lower the heat and cook until the quinoa has uncoiled and is tender (about 12 mins)

Serve!

Simple Alkaline Oats

Ingredients

Oats

Chia seeds (1 dessert spoon per person)

Coconut oil (1 dessert spoon per person)

Water

Nut Milk

Coconut/non-dairy yoghurt

Cinnamon (1 tsp per person)

Handful of mixed nuts/seeds

Optional: berries of your choice

Instructions

1) Basically cook your regular amount of oats in WATER. Not milk. WATER.

So add the oats and water to a pan and bring to a simmer and then add the chia seeds. Cook until it's a touch too dry for your liking and then stir in a splash or two of the nut milk (I love coconut milk, but any other non-dairy milk is fine).

2) Remove from the heat and then stir in the coconut oil, cinnamon and a dollop of the non-dairy yoghurt. Top with the nuts and seeds and then finish with blueberries or strawberries if this is part of your fruit for the day (I recommend keeping your fructose intake down so 1-2 serves of in-season fruit per day).

Spinach & Kale Chips

Ingredients

½ bag of fresh baby spinach leaves

½ bunch of kale (any variety)

Himalayan salt

Olive oil

Smoked paprika

Instructions

Start by heating the oven to a really low 275/135 degrees.

Remove the kale from the stalk in good chip sized pieces and then toss the kale and spinach leaves in the olive oil and season with a little salt and a sprinkle of paprika.

Lay out on a baking sheet and then put in the oven for up to 22 minutes, checking regularly that they have not overcooked.

Remove from the oven and season to taste!

Spring Citrus Cleansing Salad

Ingredients

6 baby beetroots
1 – 2 oranges
1/2 bunch kale sliced thinly
1/3 cup of raw pistachios, roughly chopped
Handful fresh mint
Handful fresh parsley
Handful fresh coriander (cilantro)
Handful of fresh basil

Dressing:

Juice of 1/2 lemon
Juice of 1/2 orange
1/4 cup of olive oil
Zest of 1/2 orange
Zest of 1/2 lemon
1 clove of garlic, finely chopped
Pinch of Himalayan salt & black pepper

Instructions

- 1) Begin by thinly slicing the beetroot and kale and putting this into a large salad bowl.
- 2) Next bash or roughly chop the pistacios and thinly slice all of the herbs - the mint, parsley and basil
- 3) Peel the orange and chop into rough segments - and then combine all ingredients together.
- 4) Now move onto the dressing - simply whisk together or blend together the dressing ingredients until smooth.
- 5) Dress the salad and serve!

Antioxidant Super Meal

Ingredients

Serves 2

1/4 Red cabbage thinly sliced
2 Handfuls of spinach leaves
2 Vine-ripened tomatoes, sliced
1/2 red onion, diced
4 spring onions, thinly sliced/shredded
1/2 cucumber, cut into thin matchsticks
1 carrot, cut into thin matchsticks or spiralised
1/2 broccoli, chopped small
Handful of beansprouts
1 serve of buckwheat noodles
1 handful of coriander leaves
Juice of 1 lime
Bragg Liquid Aminos/Organic Tamari sauce

Instructions

Firstly, tear the coriander and squeeze the lime juice over it to marinate a little.

Now slice everything as indicated above and quickly prepare the soba noodles (they don't take long).

Then simply mix everything together in a big salad bowl with the Bragg or soy sauce and eat!

With the Bragg or Tamari choice it is up to you. If you want to keep this meal as being highly alkaline then go for the Braggs.

Super-Nutrient Breakfast Bowl

Ingredients

1 large sweet potato
2 tablespoon of coconut oil
2 cloves garlic, finely chopped
8 florets of broccoli
2 large handfuls of beet greens or kale
4 large handfuls of baby spinach
1 large avocado, roughly chopped
Salt and cracked pepper to taste
1 tbsp sunflower seeds
1 tbsp chia seeds

Dressing: Lemon & Tahini Alkaline Dressing

4 tbsp tahini (bought or homemade)
4 tbsp water
2 tbsp flax or olive oil
180ml lemon juice
2 tsp grated fresh ginger
Himalayan (healthy) salt and cracked black pepper to taste

Instructions

- 1) Start by pre-heating the oven to 400 degrees fahrenheit/ 200 celcius to get those sweet potato chips going, as these take the longest...
- 2) While the oven is heating, wash the sweet pots and slice them really quite thinly - so they're a thick potato chip rather than a chunky wedge - this will help with speed. Once ready, season and coat with half of the coconut oil. Get them into the oven, even if it's not quite up to heat yet :)
- 3) While these are cooking (takes about 15-20 minutes - but all ovens differ so keep an eye on them, as they're thin they'll go from *perfect* to burned pretty quick) you should get the dressing ready - this is simple, just get all of those ingredients into a blender or food processor and whizz until smooth!

4) Once the potatoes look like they've got about 6-8 minutes left, it's time to prepare the veggies, so heat the remaining coconut oil gently in a large pan and then add the garlic for a minute, then the spinach and beet greens (or kale) and broccoli - warm through for 4-5 minutes until the greens are looking good, the spinach has shrunk and the broccoli is al dente.

Note: if you prefer your broccoli less crunchy, I recommend steaming it at this stage rather than adding to the pan

5) Now is time to bring it all together! Remove the potato chips from the oven and pat down with some paper kitchen towel and line the bowls with these, then add the veggies, sprinkle with the seeds and dress with the dressing!

And it's done! Delicious, filling, alkaline, nutrient-dense and an awesome start to the day!

Enjoy and let me know how you go!

Superfood Salad

Ingredients

Half an inch of ginger, grated
1 small garlic clove, minced
Small bunch of parsley, finely chopped
1 carrot, grated
1 small beetroot, grated
Handful of kale, finely chopped
1 small celery stalk, sliced
1/4 lemon, juiced
1/2 ripe avocado, cubed
1/4 cup olive oil
1 teaspoon of coconut oil
Sprinkle of sea salt

Instructions

- 1) Combine all of the ingredients except for the avocado, olive oil, coconut oil, lemon juice and salt in a bowl and mix.
- 2) Next, in a blender or food processor, blend the avocado, oils, lemon juice and salt to make a creamy green dressing, and then pour this over the salad (adjusting the oil/lemon to taste).

Turmeric Roasted Nuts

Preparation Time: 20 min

Serves: 4 - 6

Ingredients

2 cups raw cashews
2 teaspoons coconut oil, melted
1 teaspoon turmeric powder
3/4 teaspoons chilli powder (or to taste)
1/2 teaspoon fine sea salt
A good pinch of cracked black pepper

Instructions

- 1) Preheat your oven to 180 degrees celsius and line a baking tray with baking paper.
- 2) In a mixing bowl, combine the coconut oil, turmeric, chilli, pepper and sea salt. Add the cashews and coat well with the spicy mix. Have a taste and feel free to add a little more of whatever you need.
- 3) Spread out evenly on your baking tray and place in the oven for 10 minutes. Pull them out and if not golden, give them a stir and pop back in for a further 5 minutes or until beautifully golden.
- 4) Allow to cool and serve. Once fully cold they'll keep well in the pantry in an airtight glass jar for weeks.