

Single Step Nutrition 

Nutrition Programme

for

Kay Sambell



YOUR PLAN

I have not made this into a rigid plan as I want you to use your intuition as to how your body wants to be nourished and use the recipes accordingly.

Some days you may feel hungrier than usual and want more. On these days there are some healthy snack options for you to include.

I would like you to aim to follow a 3 meal a day structure allowing 3 hours between meals. I would also like you to include a nutrient rich snack in the afternoon. We want to look at nourishing you with some healthy fats and protein.

While you are working on increasing your weight, I would recommend you avoid gluten. It could be interfering with your uptake of nutrients even if you are not experiencing any discomfort symptoms.

Stress can have an impact on our health and to help you with your healing journey I have added in some techniques at the end of the plan to help with self-care for relaxation.



YOUR LIVER

The liver works to transform chemicals, hormones, and toxins into water-soluble metabolites that can then be excreted.

The system depends on adequate nutrients, phytonutrients, antioxidants, and protein for the waste to properly be excreted through the intestines, kidneys, and skin.

In your plan are cruciferous vegetables (broccoli, kale, cabbage and cauliflower), which are great for metabolic detoxification and liver support. Beets (beetroot and its leaves) activate liver enzymes and stimulates bile flow which helps you excrete toxins.

You don't necessarily have to eat kale every day; rather, the goal is to aim for variety with a phytonutrient-dense diet and a diversity of foods and colours.



PROTEIN

While a plant-heavy diet is beneficial for detoxification, it's important not to forget to take in a sufficient amount of protein as well. I have included a plant-based protein with the vegetable dishes.

Your body digests protein more slowly than fat and carbs, which means that when you eat a higher protein meal, it will generally keep you feeling full for longer.

Although nuts are a good source of protein and fat. Please soak all nuts and seeds before using. Read this article for more information.



GETTING STARTED



GUIDELINES

This meal plan is a guideline, you do not have to follow it precisely to the letter.

Use your own intuition as much as you want so long as you are consuming whole fruits, vegetables, legumes and small amounts of nuts and seeds.

If you're not hungry, you do not have to include the snacks or stuff yourself to the point of feeling uncomfortable.

Ideally you should aim to have your plate filled with $\frac{1}{2}$ vegetables, $\frac{1}{4}$ protein, $\frac{1}{4}$ slow release carbohydrates and a circle of healthy fats in the middle.

Some examples of each of these follow, so every day you can have a different combination and a beautiful plate!

There is no reason why you cannot have a lunch item for breakfast or make extra dinner and have leftover for lunch the next day.



PROTEIN

FISH – salmon, mackerel, cod, seabass, seabream, haddock, trout, sardines, monkfish... (keep fresh tuna and swordfish for a special treat)

SEAFOOD – prawns, mussels, clams, oysters, scallops, lobster, fresh crab

GRASS FED MEAT – beef, lamb, pork

PULSES – lentils, peas, beans, chickpeas

GRAINS – quinoa, buckwheat, rice, millet

POULTRY – chicken, duck, turkey

FREE RANGE EGGS

CARBOHYDRATES

PULSES – lentils, peas, beans, chickpeas

GRAINS – quinoa, buckwheat, rice, millet

FATS

OILS – olive oil, rapeseed oil, avocado oil, butter, coconut oil

NUTS – almonds, cashews, pecans, walnuts, pine nuts, pistachios

SEEDS – sesame, pumpkin, sunflower, chia, hemp, flax



VEGETABLES

STARCHY VEG – sweet potato, beetroot, potato, corn, peas, parsnips, pumpkin, squash, courgette

NON-STARCHY VEGGIES – peppers, cauliflower, aubergine, lettuce, asparagus, broccoli, cucumber, spinach, mushrooms, onions, tomatoes

GREEN VEGGIES – mangetout, broccoli, green beans, sugar snaps, cabbage

GREEN LEAFY VEGGIES – spinach, kale, rocket, lettuce

FRUIT

SWEETER FRUIT – mango, banana, pineapple

LOW SUGAR FRUIT – berries, apples, kiwi fruit, grapefruit, tomatoes



PROTEIN POWDERS

Protein is required to build and repair tissues, like bones, muscles, cartilage, skin, and blood. It is also used to make enzymes, hormones, and other body chemicals, which is why it's important to make sure we get enough in our diet.

Protein is also a critical part of the processes that fuel your energy and carry oxygen throughout your body in your blood. It also helps make antibodies that fight off infections and illnesses and helps keep cells healthy and create new ones.

Some people use protein powders around working out to enhance, repair, and build muscles. Research shows that if you get adequate protein in your diet you should not need to do this, but if you would like to, some recommended powders are below which are not whey protein (derived from milk). These are all high quality protein from plant-based ingredients:

Sunwarrior - <https://www.sunwarrior.co.uk>

Pulsin - <https://www.pulsin.co.uk>

Huel - <https://uk.huel.com>



SEASONAL INGREDIENTS

Choosing seasonal ingredients is best to receive the full range of nutritional benefits they have to offer for a healthy diet.

They are loaded with potassium and antioxidants, so your body cells will be alkalinized.

The chlorophyll in fresh greens like spinach, parsley or watercress nourishes the body cells with a wide abundance of enzymes, vitamins, phytonutrients, and also oxygen.

You will feel energized, restored and rejuvenated.



BREAKFAST



BAKED PEARS WITH CARDAMOM

Serves 2

1½ tsp Cardamom
2 whole pears, peeled and halved
50ml water

Preheat the oven to 170c.

Lay pears down on a baking dish.

Coat the bottom of the dish with water.

Sprinkle the pears with cardamom.

Bake until tender (about 20-25mins).



Serve with coconut yoghurt, hemp, pumpkin and sunflower seeds.



CARROT AND BANANA FLAPJACKS

180g Oats
50g grated carrot (2 medium carrots)
20g hulled hemp seeds
1 large ripe banana
3 tbsp coconut oil
8 pitted deglet noor dates
30g sultanas

Mix oats, grated carrot and hemp seeds.
In a food processor blend 1 large ripe bananas, 3 tbsp of melted coconut oil, and 8 dates until a smooth paste.
Stir the wet mixture into the dry ingredients until thoroughly combined.
Put the mixture into the lined 9x9 inch tray and press down until even and compact.
Bake for 20 minutes on 190C until golden brown. Allow to cool before cutting.





BERRY SMOOTHIE

80g raspberries
80g blueberries
(or use frozen mixed berries)

Serves 1

1 banana
250ml plant milk of your choice –
almond/coconut/oat (add more if you require it
smoother)
10g unflavoured protein powder *
½ avocado (optional)

Combine all the ingredients in a blender and drink
immediately.

* I use Pulsin's Brown Rice protein powder or a
couple of tbsp of hulled hemp seeds





QUINOA PORRIDGE WITH STEWED PEAR OR APPLE AND CINNAMON

185g quinoa rinsed
500ml plant-based milk
1 cinnamon stick
2 tsp vanilla paste
1 tbsp honey or pure maple syrup
1 apple or pear grated
95g blueberries
30g walnuts coarsely chopped or other nuts

Rinse quinoa under fresh running water and drain.
Place in the bowl of a slow cooker.
Add the milk and stir to combine.
Add the cinnamon stick, vanilla, honey/maple syrup, apple, blueberries and walnuts and stir to combine.
Turn slow cooker onto 'low' and allow to simmer for 6-8 hours (overnight is ideal) .
Serve with extra milk or even low fat, natural yoghurt and a drizzle of extra honey.



Slow cookers and the temperature they reach vary greatly. This can influence the time taken to cook dishes like this porridge. The general rule of thumb with seeds like quinoa is 1 cup of seeds to 2.5 cups of liquid. If you find that your porridge is cooking too quickly or starting to burn, you may need to add more liquid to the mix. Half a cup of water or milk mixed into the crock pot should help prevent any further burning.



CHOCOLATE CHIA PUDDING

Serves 2

4 tbsp Chia seeds
240ml Plant milk of your choice –
almond/coconut/oat (can add more if too stiff)
¼ tsp Vanilla extract
3-4 tbsp Maple syrup or honey (or less if too
sweet)
3 tbsp cacao powder
Small handful of Berries (blueberries, raspberries,
chopped strawberries)
Tiny pinch of salt

Toppings

Mixed nuts and seeds
Cacao nibs
Coconut yoghurt
Granola



Add the chia seeds, plant-based milk, vanilla paste and maple syrup to a large mixing bowl and whisk to combine. Sift in the cacao powder to avoid clumps, then whisk until the cacao powder is completely dissolved.

Allow the pudding to sit on the counter for 5 minutes, then whisk again. Cover and refrigerate for overnight to thicken.

Divide into individual jars/bowls or store in the fridge until ready to serve. Serve with fresh blueberries, strawberries, cherries and a 1-2 tsp cacao nibs.

BUCKWHEAT CREPES WITH FRUIT

300g buckwheat flour
700ml cold water
½ tsp sea salt
1 tsp coconut oil

Optional (for a sweet version)
1 tsp Vanilla Extract
2-3 tbsp coconut sugar



1

In a large mixing bowl, add flour and salt (also sugar if used). Whisk to combine.

Whisk cold water and vanilla extract into the batter. It should be slightly thick, lightly brown. Set aside for 10-15 minutes at room temperature before using.

Heat a frying pan (26 cm) over medium heat, add 1 tsp coconut oil in the pan, tilt to spread. Don't keep too much oil on the pan, or the crepe will fry.

Add ½-1 ladle of batter in the pan, tilting the pan and rotating at the same time to evenly spread the batter all over.

If the pan is too hot, the batter can split, so make sure the pan is warm, not producing steam (this means the pan is overheated).

Cook for 2-3 minutes on one side on medium heat or until the sides of the crepes get crispy and unstick from the pan easily.

Use a long flat spatula to slip under the crepe and flip on the other side. Cook for an extra 1 minute on the other side and cool down on a plate. Meanwhile, re-grease the pan, and repeat the steps above to cook the remaining crepe batter.

2

Serve with fruit (blueberries, strawberries or mango) for a sweet breakfast. Or add some savoury toppings like tofu scramble, spinach, roasted red pepper, and courgette.

You can store the cooked crepes in the fridge on a plate sealed with plastic wrap.

Store the uncooked crepe batter for up to 24 hours in the fridge in a sealed container.

SWEET POTATO PANCAKES

Medium sweet potato
230ml milk
½ teaspoon cinnamon
½ teaspoon vanilla extract
1 large egg
115g spelt flour
2 teaspoon baking powder
¼ teaspoon salt

Serve With
2 medium banana
1 cup yogurt, vanilla, low-fat
4 tablespoon maple syrup

1

Cook sweet potato (this can be done the night before). You will need 130g mashed.

Blend first five ingredients in a blender, until smooth.

Whisk together the flour, baking powder and salt. Add the sweet potato mixture and stir just until combined.

Add more milk if needed for the consistency of pancake batter.

Pour the batter onto a hot griddle greased with coconut oil. Flip the pancakes when they begin to bubble and are golden brown on both sides.

Serve warm topped with sliced bananas, yogurt, and a drizzle of maple syrup.



2

Serve with fruit (blueberries, strawberries or mango), chocolate chips or bacon.

You can store the cooked pancakes in the fridge on a plate sealed with plastic wrap. Store the uncooked batter for up to 24 hours in the fridge in a sealed container.



LUNCH



CHICKEN AND SQUASH PATTIES

- 680g ground chicken
- 1 small butternut squash peeled and grated
- 2 tbsp buckwheat flour
- 1 small onion finely chopped
- 1 large handful parsley chopped
- 2 tsp grated orange peel
- 1 tsp paprika
- ½ tsp salt
- ¼ tsp freshly ground pepper
- 1 large egg, beaten
- 1 tbsp olive oil

Combine chicken, squash, flour, onion, parsley, orange peel, paprika, salt, pepper, and egg until well blended. Add extra flour if the mixture is too wet.

Shape chicken mixture into patties, each about 2 inches in diameter.

Heat oil in a large non-stick frying pan over medium heat. Cook patties in batches until browned on both sides and completely cooked, about 6 – 8 minutes per side. Serve with mixed salad, coleslaw and wedges.



FLAXSEED BUNS

150g ground flaxseeds
1tsp bicarbonate of soda
Just under ½ tsp salt
A pinch of black pepper
3 eggs beaten
½ tbsp maple syrup
2 tbsp lemon juice or apple cider vinegar
3 tbsp melted butter or coconut oil
3 tbsp water
½ tsp dried herbs
1 tbsp sesame seeds to sprinkle on top (optional)

1

Preheat the oven to 180 degrees and line a baking sheet with baking paper.

Mix the dry ingredients together in a bowl using a fork.

Beat in the remaining ingredients (except sesame seeds) and leave the batter to rest for 5 mins to thicken up.

Take 4-5 tablespoons of batter and shape into a bun with your hands. Place on the baking sheet and sprinkle with sesame seeds

(if using) and gently press them in.

Bake in the oven for 20-22 mins until the buns spring back to touch.

Remove from oven and place on wire rack to cool completely, then slice in half and fill.





FLAXSEED BUNS - FILLINGS

Tuna and fennel

1 tin tuna in spring water
1 tbsp capers roughly chopped
1 fennel bulb thinly sliced
1 small bunch of flat leaf parsley roughly chopped
2 tbsp extra virgin olive oil
1-2 tsp apple cider vinegar or lemon juice
Pinch of sea salt and pepper

Sardine and Avocado mash

1x 120g tin sardines in extra virgin olive oil
1 ripe avocado
Pinch of cayenne pepper (optional)
Watercress
Salt and pepper

Mash sardines and avocado flesh together in a bowl with a fork. Season with salt, pepper and cayenne. Spread on buns and top with watercress.



Other options for bun fillings are;

Hummus, grated carrot and spinach, avocado and alfalfa sprouts
edamame hummus or cashew coriander dip





CAULIFLOWER PIZZA

1 Medium Cauliflower
100g Ground Almonds
100g Oats
2 Eggs
½-1 tbsp Oregano
Salt and Pepper

Turn oven on to 200 degrees
Place the washed cauliflower in the food processor – blitz until it looks like rice.
Mix all the ingredients in a large mixing bowl.
Line baking trays with grease proof baking paper.

The mixture will be a little crumbly until cooked. Flatten out the mixture on baking trays using back of a spoon - the pizza bases should be about 1cm thick (I usually make about 4 to 5 bases per recipe, they are quite filling)





QUINOA BOWL WITH VEGGIES

80g cooked quinoa
¼ tsp black pepper
fresh mint leaves and coriander leaves (small handful)
½ small butternut squash or pumpkin
4 florets broccoli
1 tsp ghee, coconut oil or olive oil
¼ tsp cumin seeds
one handful of veggies (bell peppers and kale)



Heat the ghee in a pan and add the cumin seeds.

Warm the seeds until they pop, and then add the veggies. Sauté until cooked.

Add the pepper, mint leaves and coriander leaves.

Finally add cooked quinoa. Serve warm.

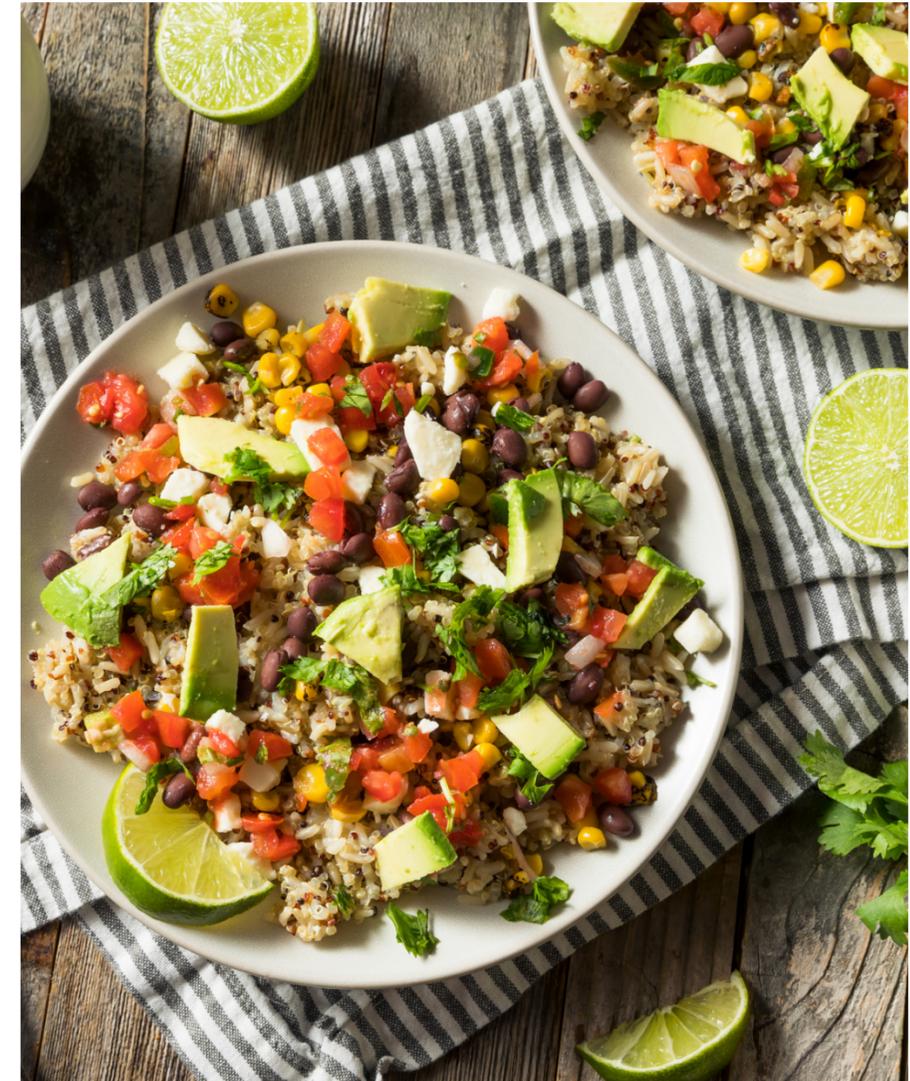
Serve with piece of steamed salmon or mackerel or chicken



FAJITA BOWL

160g cooked brown rice or quinoa
1 leek finely chopped
2 garlic cloves finely chopped
1 red chilli, deseeded and thinly sliced (optional)
1 tsp ground cumin
1 tsp smoked paprika (optional)
3 mixed peppers, deseeded and sliced
1 courgette chopped
1 tin black beans drained and rinsed
40g sweetcorn
olive oil
salt and black pepper
Avocado sliced
wedge of lime

SERVES 2



Sauté the leek and garlic with a little salt for 5 minutes.

Stir the spices through and cook for 1 minute. Add the peppers and courgette and cook for 5 mins then add the black beans and sweetcorn then cook for a further 5 mins.

Add cooked brown rice/quinoa to bowls with the fajita mix, sliced avocado and mixed leaves, squeeze of lime.



TUNA SALAD WRAPS

2 tins tuna (drained)
3 tbsp mayonnaise
1 stalk of celery finely chopped
1 green apple grated
3-4 spring onions sliced
Salt and Pepper to taste
12 large lettuce leaves or raw greens such as
spring greens or kale (stems removed)
1/2 avocado chopped

Mix the tuna with the mayonnaise until it's thoroughly combined.

Add the celery, apple and spring onions, mix again. Season with salt and pepper.

Fill the lettuce or greens of your choice with the mixture and avocado.





BEETROOT FALAFEL SALAD

400g tin chickpeas
150g cooked beetroot
1 tsp olive oil
1 onion
½ tsp sea salt
4 cloves garlic, crushed
handful fresh coriander leaves chopped
1 tsp cumin
1 tsp ground coriander
¼ tsp black pepper
1 tbsp sesame seeds
1 tsp sunflower seeds
1 tbsp pumpkin seeds

Pre-heat your oven to 200c.

Fry the leek in the oil for 3-4 minutes until softened. Sprinkle in the salt, add the minced garlic and cook for one more minute, then remove from heat.

Place the cooked beetroot, onion, garlic, chickpeas and fresh coriander into a food processor and pulse for 10-15 times until the mix is roughly broken down and sticky. Stir in the ground cumin, ground coriander, pepper and sesame seeds, Scoop out the falafel mix and roll into bite-sized balls, placing them onto a lined baking tray. Give them a little squeeze from the top to shape them into mini patties (for an extra crunch you can roll them in extra sesame seeds).

Transfer the tray to the preheated oven and bake at 200c for 12-15 minutes or until golden and crunchy.

Serve with a salad of mixed leaves, cucumber, tomatoes and pumpkin/sunflower seeds.



wear gloves if you don't want to stain your hands!



BEETROOT AND GINGER SOUP

2 inch ginger piece, peeled and chopped
1 carrot, finely chopped
1 parsnip, finely chopped
2 small beetroots, chopped
1 onion, finely diced
½ lemon, juice only
1 tsp coconut oil
2–3 fresh sage leaves
A pinch sea salt
Hemp, Sunflower and pumpkin seeds, to garnish

Add ginger, beetroot, carrot, parsnip and onion into a medium sauce pan, cover with purified water and gentle simmer over low heat for 10 minutes.

Transfer into the blender, add the sage and coconut oil and process to obtain a smooth liquid.

Season with salt.

Distribute into serving bowls, garnish with fresh sage and mixed seeds and serve warm.





IMMUNE BOOSTING SOUP & SEEDED MUFFINS

- 1 tbsp coconut oil
- 2 sticks of celery
- 2 cloves of garlic, crushed
- Small piece of fresh ginger, grated
- 2 tsp garam masala
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 3 large carrots, peeled and chopped
- 3 large sweet potatoes, peeled and chopped
- 100g red lentils (rinsed)
- 1.2 litres vegetable stock

Heat the oil in a large pan and add the celery, garlic and ginger.

Cook on a medium heat for 5 minutes.

Add the garam masala, cumin and turmeric, stir well and cook for couple of minutes.

Stir in the carrots, sweet potatoes and lentils and make sure everything is coated in the spices. Pour in the stock, bring to the boil and simmer for 25 minutes until the vegetables are soft and the lentils are cooked. Blend then Serve.





IMMUNE BOOSTING SOUP & SEEDED MUFFINS

75g brown rice flour
75g oat flour (I just run some oats through the coffee grinder/food processor)
50g buckwheat flour
½ tsp garlic powder
1 tsp mixed herbs
Salt and pepper to taste
1 tsp baking powder
250ml almond milk
1 tsp apple cider vinegar
2 tbsp flaxseeds + 4 tbsp water
1 large carrot, grated
1 small courgette, grated
3 tbsp mixed seeds (sunflower/pumpkin/flax)



Preheat the oven to 180°C and lightly grease a 6-hole muffin tray
Mix the flours, garlic powder, herbs, seasoning and baking powder in a bowl.
Whisk together the milk and apple cider vinegar and leave to stand for 5 minutes. In a separate bowl or cup mix the flaxseed and water and leave to stand for 5 minutes to thicken.
Pour both the milk and flaxseed mixture into the dry ingredients along with the grated carrots and courgette, stir well to combine.
Spoon the mixture into the muffin tray to reach the top, sprinkle the seeds over the top of each muffin to lightly cover. Bake for 20 minutes until risen and firm to touch.



SPINACH AND COCONUT SOUP

2tbsp Coconut oil (or olive oil)
1 Onion chopped
2 Garlic Cloves chopped
2 Green or Red Chillies, seeded and chopped
2 tsp Ground Cumin
1 tsp Ground Coriander
½ tsp Turmeric
570ml Veg Stock
570ml Coconut milk
500g Spinach (I usually use 300g Spinach and 200g Kale)
½ Juice of Lime or Lemon
Salt and Pepper



In a large saucepan heat coconut oil. Add the Onion and gently fry for couple of minutes.
Add the garlic and chillies and fry for another minute or so.
Add the spices and gently fry for another minute. Add veg stock and coconut milk and bring to a gentle simmer.
Add Spinach/Kale cook until it has reduced into the liquid.
Zap mixture with blender, then add lime/lemon juice, salt and pepper.
Serve with life changing crackers or loaf.



DINNER

SPICED ROASTED CHICKEN THIGHS WITH WATERCRESS SALSA VERDE

Spice Roasted Chicken Thighs

2 Red Peppers deseeded and roughly chopped
1 large cauliflower cut into equal sized florets
2 medium fennel bulbs or 3 large carrots roughly chopped
2 tsp ground cumin
2 tsp ground turmeric
A pinch of cayenne pepper or chilli powder (optional)
1 tbsp ghee or coconut oil
4 large chicken thighs (skin on and bone in)
Salt and Pepper

Watercress Salsa Verde

80g Watercress
30g Fresh parsley leaves
2 garlic cloves
2 tbsp capers
4 anchovies or handful of pitted black olives
3 tbsp lemon juice or 2 tbsp apple cider vinegar
1 tsp strong mustard
300ml extra virgin olive oil

Preheat the oven to fan 200 degrees and line a large baking tray with baking paper.

Spread the prepared vegetables on the baking tray and season with salt and pepper.

Mixed the ground spices in a bowl with the ghee or coconut oil and a big pinch of salt and pepper and rub onto the chicken thighs. Place the thighs on the prepared baking tray between the vegetables or on top if space is tight.

Roast in the oven for 25-30 minutes until the chicken is cooked through. Halfway through cooking toss everything together. Raise the oven temperature to fan 220 for the last 5 minutes to crisp up the skin of the chicken. Remove from the oven and leave to rest for 5 minutes.

Meanwhile, prepare the Watercress Salsa Verde. Blend all the ingredients together in a small bowl of a food processor until chunky or smooth (which ever you prefer) and season with salt and pepper.

Plate up the chicken and vegetables and spoon over a generous amount of the Watercress Salsa Verde to serve.





SWEET POTATO AND RED LENTIL CURRY

3 finely chopped cloves garlic
1 onion chopped
1-inch piece of ginger (or more if you like ginger)
1-2 finely chopped chili's depending on how spicy you like it (seeds removed) Optional
1 tbsp ground Cumin
1 tbsp ground Coriander
1 tsp ground Turmeric
1 tbsp Garam Masala
2 large sweet potato chopped into cubes
500ml vegetable stock
60g red lentils (rinsed)
2 large handfuls of spinach – to be added just before serving
1-2 hardboiled eggs per person (omit if you don't like eggs – sounds odd but a lovely accompanying side)



Heat large pan with 1 tbsp of coconut oil or ghee.
Add all ingredients in order and cook until lentils and sweet potato are tender.
Add Spinach
Serve with brown rice or broccoli/cauliflower rice and sliced hardboiled eggs.



FISH CAKES

- 2 Mackerel fillets or salmon (can use frozen)
- 2 Medium potatoes
- 2 Spring Onions (optional)
- Handful of spinach chopped
- Large handful of chopped fresh Parsley
- 1 Egg
- 1 tbsp buckwheat or brown rice flour
- Salt and Pepper
- 1-2 tbsp coconut oil



Peel, chop and boil potatoes until just tender.
Grill mackerel fillets until just cooked and remove skin.
Chop kale/spinach and spring onions whilst potatoes and fish are cooking.
Mash potato roughly with the fish, kale/spinach, onions and parsley.
Add egg and flour – add more flour if mixture is still too wet.
Using floured hands and floured plate make mixture into patties and coat lightly on either side with flour.
In a large frying pan heat coconut oil to a medium/high heat and cook patties until golden on either side.



LENTIL LASAGNE WITH BASIL CASHEW BECHAMEL

- | | |
|--|--|
| 1 tbsp olive oil | ½ tbsp Worcestershire sauce |
| 1 medium onion finely chopped | 2 dried bay leaves |
| 1 large carrot peeled & finely chopped | 250g cooked puy lentils (tinned lentils if you prefer) |
| 2 stalks of celery finely chopped | 1 tsp sea salt |
| 3 cloves of garlic finely chopped | ½ tsp black pepper |
| 2 tsp dried oregano | Basil Bechamel |
| 350g chestnut mushrooms chopped | 200g cashews (soaked 1 hour and rinsed) |
| 2 x 400g tins of chopped tomatoes | 1 lime juiced |
| 2 tbsp tomato puree (paste) | 100ml vegetable stock |
| ½ tsp balsamic vinegar | 150ml olive oil |
| 500ml vegetable stock | 25g fresh basil |
| 1 tsp light soy sauce | Lasagne sheets (GF) or Courgette slices |



Place the cashews in a bowl and cover with water to soak while you make the ragu.

Heat 1 tbsp olive oil in a large sauté pan. Add the onion, carrot and celery. Cook over medium heat for at least 5 minutes, stirring occasionally to avoid burning.

Add the garlic and dried oregano, stir, and cook for a minute. Add the rest of the ragu ingredients.

Reduce the heat and simmer for 20 minutes. Stir regularly to avoid sticking to the bottom of the pan.

To make bechamel sauce add all the ingredients to a blender, blend until you have a smooth sauce. You may need to scrape the sides a couple of times.

Spread a small amount of the ragu on the base of your casserole dish. Place lasagne sheets over the ragu, to cover the sauce but not overlap too much.

Spread half the ragu over the lasagne sheets. Then pour some of the bechamel sauce ragu. Top with lasagne sheets.

Repeat for another layer. Finish the lasagne with a layer of lasagne sheets. Pour the remaining bechamel sauce over the pasta.

Bake in the oven at 170°C (335°F) Fan, 190°C (375°F) conventional oven, uncovered for 25 to 30 minutes. Turn the casserole dish once halfway through cooking. Once the top of the lasagne is golden and bubbling remove it from the oven and leave it to cool slightly before serving with a large mixed salad.



MILLET PILAF

200g millet (preferably soaked overnight or for a few hours)

700ml vegetable broth/stock

1 medium onion

25g fresh parsley leaves chopped

1 tomato chopped

1 red pepper de-seeded and chopped

3 spring onions chopped (salad onions)

1 tsp cumin

1 tsp turmeric

Salt and pepper

1 Lemon juiced

Lightly toasted Almond slivers or
pumpkin/sunflower seeds

In a saucepan over a low heat, sauté the onion and red pepper for 5 mins, add the spices and fry for another minute.

Add the millet and vegetable stock, and cook for 20-25mins, stirring occasionally, until all the stock has been absorbed and the millet is fluffy.

Once cooked stir in the parsley, tomato, lemon juice and nuts/seeds.

Season with salt and pepper.

Serve warm with salmon, mackerel or chicken

Can be stored in the fridge for up to 4 days.



This flavourful dish can be modified to include your favourite vegetables.



BROWN RICE KHICHDI

- 130g brown rice
- 150g yellow lentils
- ¼ tsp ground turmeric
- 1250ml water
- 2 handfuls of frozen vegetables (peas, carrots, sweetcorn, green beans)
- 1 tablespoon ghee or coconut oil
- ⅓ cup small cauliflower florets
- 1 teaspoon cumin seed
- 2 teaspoons minced garlic
- 3 tablespoons minced ginger
- ¼ cup roughly chopped fresh coriander
- ½ red chili finely diced (optional)
- ground cumin for garnishing
- salt and pepper added to taste
- plain coconut yogurt (optional)
- chutneys (optional)



Rinse and drain the brown rice and yellow lentils (do this 3 times). Place the rice and lentils in a saucepan, then add water, turmeric, a pinch of salt, and bring the mixture to a boil. Reduce and simmer. Cook while stirring often until the rice and lentils are tender. Add the frozen mixed vegetables, cauliflower, and then cook for 10 minutes. Check that the veggies are tender before turning off the heat. Using a frying pan, heat your ghee on medium heat. Add whole cumin seeds to the ghee and let it crackle for 30 seconds. Add chili, ginger, and garlic to the ghee and sauté for 30 seconds. When the ghee sauté starts to brown, add in the lentil and rice mixture. Pour in water to get a thick porridge consistency and add salt and pepper to taste. Serve the meal with ground cumin, chopped cilantro, yogurt, and chutneys.



DRINKS



CUCUMBER AND LEMON WATER

1 cucumber, peeled and cored
1 lemon, sliced
2 litres purified water or mineral water



Cut the cucumber into 4 long strips and place in a glass pitcher with the lemon slices.
Cover with water and ice if desired.
The cucumber and lemon will last all day.
After you finish drinking the water just add more to the pitcher.



HERBAL TEAS

Nettle,
Jasmine
Dandelion
Spearmint
Lavender
Yerba mate
Ginger,
Hibiscus,
Lemon balm
Lemon grass
Clove
Cinnamon
Fenugreek
Peppermint
Chamomile
Red clover
Chicory.





SNACKS

BUCKWHEAT WRAPS

250g Buckwheat Flour
1 egg
¼-½ tsp Sea Salt
750ml water

Filling options

Fried Black beans with garlic,
chili and cumin
Guacamole
Hummus and falafel salad
Bacon, egg and avocado –
weekend treat 😊



Whisk together flour, salt, egg and water and leave to stand (for better digestion you can do this the night before and add 1 tbsp apple cider vinegar – this will help break down the starch).

Bring a lightly greased pan, about 20cm in diameter, up to a medium-high heat.

Pour/ladle batter into pan (like you would making pancakes) – enough to fill the pan and thin enough to wrap around your filling.

CINNAMON AND BANANA LOAF

4 large ripe bananas
60g coconut flour
1 tbs cinnamon
1 pinch salt
4 medium eggs
50g/3 tbs coconut oil, melted
1 teaspoon vanilla extract
1 ½ tsp bicarbonate of soda
1 tbsp ACV (apple cider vinegar)
½ tbsp maple syrup for the batter plus ½ tbsp for the top

Skin the bananas. Weigh out 350g and mash until smooth. Reserve the leftover banana. Preheat oven to fan 180°C and line a loaf tin (12cmx23cm/900g) with baking parchment.

Whisk the dry ingredients together, then stir in the eggs, mashed banana and the rest of the wet ingredients using only ½ tbsp maple syrup and mix until smooth. Alternatively throw everything into a food processor and blend until smooth.

Pour the batter into the lined loaf tin. Decorate the top with slices of reserved banana* and drizzle with the remaining ½ tablespoon of maple syrup.

Bake at 180°C for 50 – 60 mins or until a knife comes out clean. Cool on a rack completely before turning out of the tin.



*Tip – You could also top this with walnuts, goji berries, pumpkin seeds – or anything else that takes your fancy!



CURRIED LENTIL CRACKERS

40g chickpea flour
20g cooked lentils
35g ground sunflower seeds
2 tbsp balsamic vinegar
1 tbsp coconut oil
1 ½ tsp curry powder
1 tsp cumin
½ tsp maple syrup or honey
sea salt to taste



In a food processor process all the ingredients. Lightly oil a baking tray with coconut oil. spread the mixture on the tray as thinly as possible. (Or if you like thicker crackers, don't spread the mixture as thin and bake for about 10 mins longer.)

Recipe makes enough dough to fill approximately one standard-size (11-15inch) baking tray.

Score mixture with a knife to mark desired cracker size before baking.

Bake for 30 mins. Remove from oven and let cool. Serve with hummus or guacamole.





FLAXSEED AND ALMOND FLATBREAD

100g Ground Flaxseeds
50g Ground Almonds
1 tsp baking powder
¼ tsp sea salt
2 eggs
1 tbsp olive oil
4tbsp water



Mixed ingredients together in order above and spread mixture (1-2cm thick) on a lined baking tray.

Cook in oven at 200 degrees for 15 mins.

Take out of the oven, flip flat bread over and cook for a further 5 mins.

Let it cool slightly and then enjoy.



CASHEW AND CORIANDER DIP

80g cashews (soaked 1 tsp cinnamon)
25g fresh coriander
2 limes juiced
100ml plant-based milk (almond or oat)
1 tsp apple cider vinegar
salt

Place all the ingredients in a blender and blend.

Serve with crackers or sliced vegetables (cucumber, carrot, peppers, celery)





EDAMAME HUMMUS

250g edamame shelled and thawed if frozen
125g cooked chickpeas (drained & rinsed if tinned)
½ avocado, peeled and chopped
1 clove garlic finely chopped
30g tahini
30g freshly squeezed lemon juice
1 tbsp olive oil
salt and pepper
60ml water



Add all the ingredients to a blender and blend.

Serve with crackers and sliced vegetables (cucumber, carrot, peppers, celery)





HASH BROWNS

2 medium sweet potatoes
2 medium carrots
1 tin kidney beans drained and rinsed
1 egg
1 tbsp buckwheat flour
½ cumin
salt and pepper
1-2 tbsp coconut oil or ghee



Grate the sweet potato and carrot into a large mixing bowl.
Drain and rinse kidney beans, then mash into the sweet pot/carrot mixture.
Add the remaining ingredients and mix until combined.
Heat oil in the frying pan, medium/high.
Make the mixture into little patties and fry until slightly golden on each side.
Serve with a green salad.

QUINOA AND SWEET POTATO FRITTERS

2 Medium Sweet potatoes peeled and sliced
100g Quinoa
150ml Water
Spring onions chopped
Large handful of spinach chopped
½ tsp turmeric
1 egg
1 tbsp buckwheat or brown rice flour
salt and pepper
1-2 tbsp coconut oil

Rinse quinoa until water runs clear, add to medium pan with sweet pots and water.

Cook with lid on, on a low heat until quinoa is fluffy and sweet potato is soft. (I usually put the quinoa in the pan first and then add water, and place sweet pots on top to steam). About 15-20 mins, be careful the quinoa doesn't burn on the bottom of the pan.

Once quinoa is cooked add mixture to a large bowl, mash potato roughly and let cool.

Add the spring onions, spinach, turmeric, egg and flour to the quinoa/sweet pot mixture (add more flour if mixture is still too wet).

In a large frying pan heat coconut oil to a medium heat

Scoop out tablespoon of mixture, place in the pan and flatten to form medium patties. Cook patties until golden on either side 3-5mins either side.

Serve with green salad or keep as a handy snack option





MANGO AND GINGER ENERGY BALLS

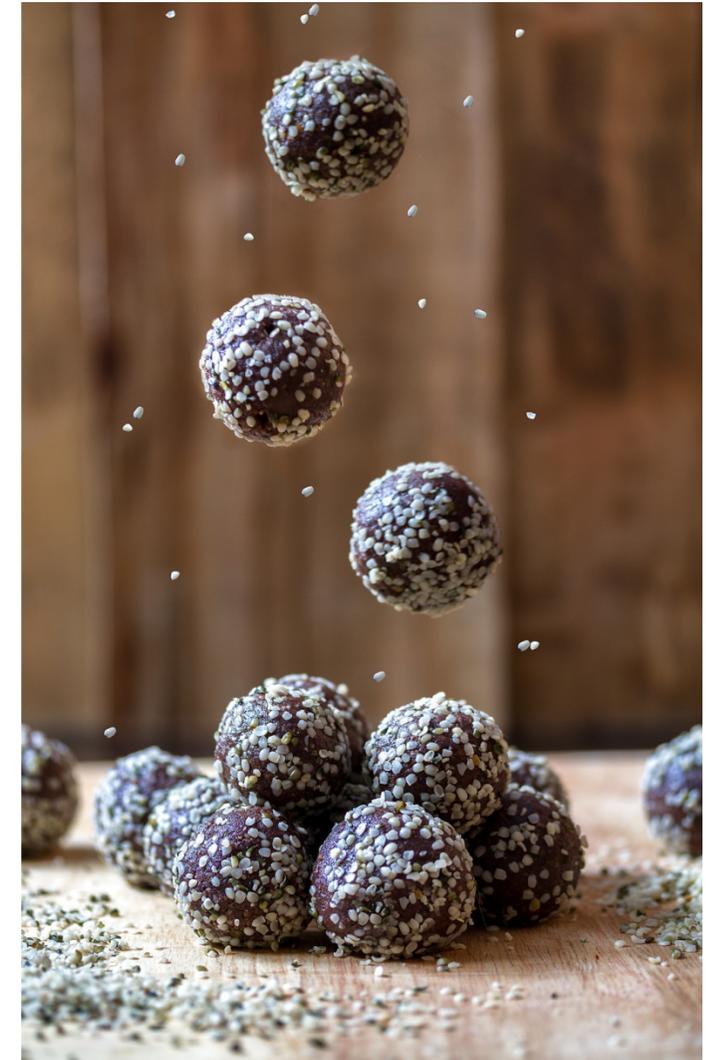
100g dried mango
100g unsalted cashew nuts
25g oats
8 pitted deglet noir dates
½ tbsp of fresh ginger grated
3 tbsp melted coconut oil
½ tsp vanilla extract
pinch of sea salt
desiccated coconut

Put all other ingredients in a blender except for the desiccated coconut. Whizz to a paste.

Scatter desiccated coconut on a plate.

When ready to roll the energy balls, spoon 2 teaspoons of the mixture.
Using your hands, form medium size balls. Roll in the desiccated coconut.

This recipe makes around 12 energy balls. Store them in the fridge in an airtight container.



SAUERKRAUT

Finely shred 1 white or red cabbage (wash if required, organic would be best).

Grate couple of carrots (Or any veg of your liking – lots of recipes online.)

Layer in a glass/ceramic bowl with a 1tbsp sea salt – let rest for 10mins

then massage until reduced by half and liquid has come out of the veg.

Place the vegetable mixture in a sterilised kilner jar press down so there is no air – add liquid from the bowl.

Either place piece of muslin over the top or close lid (kilner jars self-burp sometimes) and let rest for at least a week.

Keep burping the jar (let built up air out otherwise the jar could explode) and make sure mixture is pressed down to remove any air.

Some people put oil on top to completely seal the veg in or you can by a fermenting jar – but personally I don't think this is necessary.





SMOOTHIES



AVOCADO FREEZE

1/2 avocado, peeled, pitted and sliced
1 tbsp freshly squeezed lemon juice
1 cup frozen cherries, pitted
1 cup orange juice
Protein Powder, greens powder

Combine all the ingredients in a blender and drink immediately.



Avocado is one of the richest plant sources of glutathione, a potent antioxidant that can detoxify environmental pollutants. It also contains vitamin E, another antioxidant, and enough oil to ensure that this fat soluble vitamin is absorbed



BEETROOT SMOOTHIE

- ½ cup fresh orange juice
- ½ cup probiotic yoghurt (Yeo Valley)
- ½ banana
- ½ cup chopped beetroot (small cubes)
- 1 cup blueberries (wild)
- 1 tsp grated ginger
- 1 tbsp raw honey/maple syrup

Blend all the ingredients. Enjoy



Beetroot is an excellent source of immune-boosting nutrients.
They help encourage your body's natural detoxification by supporting liver and kidney function.



BERRY SMOOTHIE

- ½ cup strawberries
- ½ cup blackberries
- ½ cup blueberries (wild)
- ½ cup raspberries
- ¼ cup oat milk
- 1 tbsp chia or hemp seeds
- 1 orange (peeled)

Blend all the ingredients. Enjoy



This smoothie is packed full of berries that are loaded with antioxidants and vitamins. Wild Blueberries help boost brain function. Mounting research is showing that Wild Blueberries can aid cognitive function in kids and older adults.

the orange gives you vitamin C and chia seeds are a great source of omega 3 and iron which aid immune function.





HEMSLEY GREEN MACHINE

1 ripe avocado (or half avocado and half banana)
2 large handfuls of spinach or kale (stems removed)
10 fresh mint leaves
1 tsp turmeric (ground)
1 tbsp chia or flaxseeds
1 tbsp coconut oil
2 tbsp lemon or lime juice
700ml water (I use coconut water – I find it tastes nicer)

Combine all the ingredients in a blender and drink immediately.



 serves 2 – 400ml each



recipe taken from the book "XXXXXXX" by
Hemsley & Hemsley

MANGO SMOOTHIE

250ml oat milk
1 large banana
1 large orange (peeled)
¼ tsp turmeric
100g mango (frozen)
¼ tsp cinnamon

Blend all the ingredients. Enjoy



Bananas contain prebiotics, which feed gut bacteria.

Cinnamon contains powerful antioxidants.



MOOD BOOSTING SMOOTHIE

2 organic carrots, chopped
½ lemon juiced
120ml plant-based milk (almond or coconut) or orange juice
100g frozen pineapple
1 ripe banana
1 tbsp flaxseeds (linseeds)
½ tsp organic turmeric powder or piece of fresh turmeric root
1 cm piece fresh ginger root
½ tsp pure vanilla extract

Add all the ingredients to blender and blend until smooth and creamy. Drink chilled.





DRESSINGS



GINGER CARROT DRESSING

115 ml apple cider vinegar
1 small carrot grated
60ml hemp oil or Extra virgin olive oil
2 tsp freshly grated ginger
½ tsp fresh squeeze lemon or lime juice



Blend all the ingredients in a blender. The flavours will take about a day to combine completely.
Store in the fridge for up to a month.

(makes about 1 cup/230 ml)



LEMON AND GARLIC DRESSING

2 tbsp lemon juice
1 tbsp apple juice
1 tbsp tamari
1 tsp dried dill
½ tsp salt
½ tsp pepper
2 cloves garlic, pressed, or ½ tsp garlic powder
2 tsp olive oil

In a small bowl, combine all of the ingredients except the olive oil.

Whisk the mixture and then continue to stir as you slowly add the olive oil.





TECHNIQUES

DRY BRUSHING

The skin is the largest organ in the body. It has many important functions including absorption of nutrients, protection and the elimination of wastes through the sweating reflex. Healthy skin can excrete pounds of waste from the body daily.

Dry brushing is a great way to stimulate your lymphatic system and improve circulation.

It will help with detoxification by increasing lymphatic flow and draining, which helps rid the body of toxins.

It's easy to do – simply use a natural bristle brush and gently brush your skin in circular motions towards the heart. Start at your feet and move up toward your heart.

The main collection of lymph nodes are found behind your elbows, knees, either side of the throat, under the arms and in the groin area, so pay special attention to these areas when brushing.





EPSOM SALT BATHS

Epsom salt has reportedly been used for over 400 years.

Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate. Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits such as relieving muscle soreness, and relaxation, as well as many beauty, household, and gardening-related uses.

To make an Epsom salt bath, you can:

1. Use 2 cups of Epsom salt for a standard-size bathtub with warm water.
2. Pour the salt under the running tap. This allows for the salt to dissolve faster and mix fully into the bath.
3. Soak in the tub for at least 12 minutes (or 20, for constipation).

For added aromatherapy benefits, add essential oils like lavender, rose, or tea tree to your bath (always perform a patch test before trying a new essential oil). Or take more than 12 minutes to really relax and enjoy some personal time.

If you don't like baths you can make a foot soak with it





FAR INFRARED SAUNA

Using a far infrared sauna is also helpful for detoxification.

The far infrared waves penetrate deep into the body and cause an increase in core temperature, which will help boost lymphatic flow and elimination through sweating.

It's important to drink plenty of water before, during and after using a sauna because it can further enhance elimination through the kidneys and the skin.

