

Recipe Book

Every dish for the ten days, with the numbers behind it.

Breakfast

Plum & Pear Stew with Greek Soy Yogurt + Hemp & Seeds

2 servings

Prep time: 5 minutes · Cooking time: 15 minutes · Total time: 20 minutes

INGREDIENTS

3 medium ripe plums (300 g), pitted and quartered
2 medium pears (300 g), peeled, cored, and sliced
120 ml / ½ cup water
1 Tbsp. molasses
1 small cinnamon stick
1 strip lemon zest (optional, for brightness)
400 g / 2 cups Sojade Greek-style soy yogurt (200 g per serving)
20 g / 2 Tbsp. toasted pumpkin seeds
20 g / 2 Tbsp. toasted sunflower seeds
20 g / 3 Tbsp. hemp hearts

DIRECTIONS

1. Place plums, pears, water, molasses, cinnamon, and lemon zest in a small pan. Bring to a gentle simmer over low–medium heat. Cover and cook for 12–15 minutes until the fruit softens but still holds its shape. Stir occasionally. Remove cinnamon and zest.
2. Spoon 200 g Greek soy yogurt into each bowl. Top with warm or cooled plum–pear stew.
3. Sprinkle with pumpkin seeds, sunflower seeds, and hemp seeds before serving.

NUTRITION, APPROX., PER SERVING

Energy: 365 kcal
Protein: 21 g
Fat: 15 g
Carbohydrates: 33 g (of which sugars 16 g)
Fibre: 7 g
Rich in: plant protein, omega-3 (ALA), calcium, iron, magnesium, antioxidants

NOTES & VARIATIONS

- Use pears that are slightly underripe for firmer texture in the stew.
- Works well as a high-protein breakfast bowl or have a small portion as a snack.

High-Protein Oatmeal with Fruit & Pecans

2 servings

Prep time: 5 minutes · Cooking time: 6 minutes · Total time: 11 minutes

INGREDIENTS

50 g / ½ cup rolled oats
250 ml / 1 cup unsweetened soy milk
200 g / 1 cup Greek-style soy yogurt (100 g per serving)

1 small apple (100 g), chopped
20 g / 2 Tbsp. pecans, chopped
½ Tsp. cinnamon
1 Tsp. molasses (optional, for minerals and light sweetness)

DIRECTIONS

1. In a small pan, combine oats and soy milk. Cook gently over low–medium heat for 5–6 minutes until creamy. Stir in cinnamon and remove from heat.
2. Divide oatmeal into bowls and top each with 100 g Greek soy yogurt.
3. Add chopped apple and sprinkle with pecans. Drizzle with molasses if using. Serve warm.

NUTRITION, APPROX., PER SERVING

Energy: 350 kcal
Protein: 20 g
Fat: 13 g
Carbohydrates: 38 g (of which sugars 11 g)
Fibre: 6 g
Rich in: plant protein, calcium, iron, magnesium, antioxidants

NOTES & VARIATIONS

- Swap the apple with 1 handful fresh blackberries (50 g) or another local, seasonal fruit (pears, plums, currants) depending on the season.
- Toast pecans lightly for more depth of flavour.
- To further boost protein, stir 1 Tsp. hemp protein powder into the oats while cooking.
- Enjoy as a standalone breakfast or have a small serving as a snack.

Savoury Brown Rice Porridge with Miso, Wakame & Milk Thistle

2 servings

Prep time: 5 minutes · Cooking time: 12 minutes · Total time: 17 minutes

INGREDIENTS

150 g / 1 cup cooked short-grain brown rice
500 ml / 2 cups filtered water (or light vegetable broth)
1 Tbsp. white miso paste
1 Tbsp. dried wakame, soaked and chopped
1 Tbsp. milk thistle seeds
1 Tsp. toasted sesame oil (optional, for depth)
1 spring onion (15 g), finely sliced, for garnish
1 Tbsp. toasted sesame seeds, for garnish

DIRECTIONS

1. Place cooked rice and water/broth into a saucepan. Simmer gently for 10–12 minutes, stirring until the rice breaks down and porridge thickens.
2. Turn off the heat. Dissolve miso paste in a small spoonful of warm broth, then stir into the porridge (do not boil once miso is added). Stir in wakame and milk thistle seeds.
3. Ladle porridge into bowls. Drizzle with sesame oil if using. Garnish with spring onion and sesame seeds.

NUTRITION, APPROX., PER SERVING

Energy: 190 kcal
Protein: 7 g
Fat: 6 g
Carbohydrates: 28 g (of which sugars 2 g)
Fibre: 4 g
Rich in: fibre, calcium, magnesium, B vitamins, antioxidants

NOTES & VARIATIONS

- For a complete breakfast add a protein side, e.g.
- [Pan-Seared Mackerel with Ginger Dressing] provides ~25 g protein per serving.
- [Simple Silken Tofu with Tamari & Daikon] provides ~10 g protein per serving.
- Further add a side of mushrooms and greens such as pak choi, spinach, or tender stem broccoli to make this a lunch.

Scrambled Tofu with Toasted Sweet Potato Slices

2 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

250 g / 9 oz firm tofu, pressed and crumbled
 2 medium sweet potatoes (400 g), sliced into 1 cm rounds
 2 Tbsp. soy milk (unsweetened)
 1 Tbsp. nutritional yeast
 1 Tbsp. tamari
 1 Tsp. sesame oil (or olive oil)
 ½ Tsp. turmeric powder
 1 spring onion (15 g), finely sliced
 Sea salt and black pepper, to taste

OPTIONAL TOPPINGS

1 Tbsp. hemp seeds (per serving)
 1 Tbsp. toasted pumpkin seeds (per serving)

DIRECTIONS

1. Preheat oven to 200°C / 400°F. Place sweet potato slices on a lined tray. Bake for 20–25 minutes, turning once, until golden and slightly crisp at edges. (Air fryer option: 190°C / 375°F for 15–18 minutes).
2. Heat sesame oil in a pan over medium heat. Add crumbled tofu, tamari, nutritional yeast, turmeric, soy milk, and black pepper. Stir and cook for 5–6 minutes until hot and lightly golden.
3. Stir in spring onion at the end.
4. Serve scrambled tofu with roasted sweet potato slices. Sprinkle with hemp and pumpkin seeds if using.

NUTRITION, APPROX., PER SERVING WITH SEEDS

Energy: 420 kcal
 Protein: 27 g
 Fat: 15 g
 Carbohydrates: 45 g (of which sugars 11 g)
 Fibre: 9 g
 Rich in: plant protein, calcium, iron, vitamin A, antioxidants

NOTES & VARIATIONS

- Without seeds, protein is ~22 g per serving. Add hemp/pumpkin seeds to raise it above 25 g.
- Add chopped spinach, kale, or fresh herbs into the tofu scramble for extra greens.
- For a sharper flavour, stir ½ Tsp. Dijon mustard into the scramble.

Almond & Chia Protein Parfait

2 servings

Prep time: 10 minutes · Cooking time: 0 minutes (resting 4 hrs) · Total time: 4 hours 10 minutes

INGREDIENTS

50 g / ½ cup rolled oats

300 ml / 1 ¼ cups unsweetened almond milk
300 g / 1 ½ cups Greek-style almond yogurt (150 g per serving)
25 g / 2 ½ Tbsp. chia seeds
25 g / 4 Tbsp. hemp seeds
2 Tsp. whole milk thistle seeds
100 g / 1 cup fresh seasonal fruit (berries, apple, or pear), chopped
½ Tsp. cinnamon
1 Tsp. molasses (optional, for minerals and light sweetness)

DIRECTIONS

1. In a jar, combine oats, almond milk, chia seeds, cinnamon, and whole milk thistle seeds. Refrigerate overnight or for at least 4 hours.
2. When ready to serve, divide into bowls or jars. Top each with 150 g Greek almond yogurt, fruit, and hemp seeds. Drizzle with molasses if using.

NUTRITION, APPROX., PER SERVING

Energy: 360 kcal
Protein: 25 g
Fat: 15 g
Carbohydrates: 33 g (of which sugars 11 g)
Fibre: 10 g
Rich in: plant protein, omega-3 (ALA), calcium, magnesium, vitamin E, antioxidants

NOTES & VARIATIONS

- Using whole milk thistle seeds keeps the dish slightly crunchier and adds a nutty undertone. For smoother digestion, you can lightly crush the milk thistle seeds before adding.
- This is a complete breakfast. To have as a snack, reduce portion size.

Miso Soup with Silken Tofu, Soba & Mushrooms

2 servings

Prep time: 10 minutes · Cooking time: 8 minutes · Total time: 18 minutes

INGREDIENTS

100 g / 3.5 oz soba noodles (100% buckwheat)
250 g / 9 oz silken tofu, crumbled
1 Tbsp. white miso paste
1 Tbsp. dried wakame, soaked and chopped
150 g / 1 ½ cups mushrooms (shiitake, chestnut, or button), sliced
1 spring onion (15 g), finely sliced
1 Tbsp. toasted sesame seeds
Nori flakes, for topping (optional)
750 ml / 3 cups light fish or vegetable broth

DIRECTIONS

1. Bring a separate saucepan of water to the boil. Add the soba noodles and cook according to packet instructions, usually 4 to 5 minutes. Drain and rinse thoroughly under cold running water to remove excess starch. Set aside.
2. Meanwhile, bring the broth to a gentle simmer. Add the mushrooms and wakame, and cook for 3 to 4 minutes until tender.
3. In a small bowl, dissolve the miso paste with a ladle of hot broth, then stir it back into the pot. Do not allow the soup to boil once the miso has been added.
4. Add the cooked soba noodles and crumbled silken tofu. Heat gently until just warmed through.
5. Ladle into bowls and garnish with spring onion, sesame seeds, and nori flakes if using. Serve warm.

NUTRITION, APPROX., PER SERVING

Energy: 350 kcal
Protein: 25 g
Fat: 10 g
Carbohydrates: 40 g (of which sugars 4 g)
Fibre: 7 g
Rich in: complete plant protein, iodine, calcium, magnesium, antioxidants

NOTES & VARIATIONS

- This is a complete breakfast. Serve with a side of steamed greens (pak choi, kale) to make this a balanced lunch.

Quinoa & Lentil Salad with Steamed Vegetables and Pickle

2 servings

Prep time: 15 minutes · Cooking time: 30 minutes · Total time: 45 minutes

INGREDIENTS

100 g / ½ cup 55, rinsed
100 g / ½ cup puy or green lentils, rinsed
300 ml / 1 ¼ cups filtered water (for quinoa)
400 ml / 1 ⅔ cups filtered water (for lentils)
150 g / 1 cup broccoli florets
150 g / 1 cup carrots, cut into batons
150 g / 1 cup courgette, sliced
2 Tbsp. olive oil
2 Tbsp. lemon juice
1 Tbsp. tamari sauce
1 Tsp. Dijon mustard
1 Tbsp. toasted pumpkin seeds
2 Tbsp. fresh parsley or coriander, chopped
Sea salt and black pepper, to taste
Quick Pickle
1 small cucumber (120 g / 4 oz.) (or daikon, turnip, or beetroot), thinly sliced
2 Tbsp. rice vinegar
1 Tsp. molasses
½ Tsp. sea salt

DIRECTIONS

1. Cook quinoa in 300 ml / 1¼ cups water: bring to a boil, cover, and simmer 12–15 minutes until fluffy.
2. Cook lentils in 400 ml / water: bring to a boil, then simmer for 20–25 minutes until tender but not mushy. Drain.
3. Steam broccoli, carrots, and courgette for 5–7 minutes until bright, crisp-tender.
4. For the pickle: combine cucumber slices, rice vinegar, molasses, and salt. Let sit for at least 10 minutes.
5. In a large bowl, whisk olive oil, lemon juice, tamari, and mustard into a dressing.
6. Toss quinoa and lentils with dressing, parsley, pumpkin seeds, and season to taste.
7. Serve salad with steamed vegetables on the side and cucumber pickle for freshness.

NUTRITION, APPROX., PER SERVING

Energy: 415 kcal
Protein: 22 g
Fat: 14 g
Carbohydrates: 53 g (of which sugars 7 g)
Fibre: 14 g
Rich in: plant protein, fibre, magnesium, iron, vitamin C, antioxidants

NOTES & VARIATIONS

- Add roasted beetroot or fennel for more earthy sweetness.
- For vegans, this is a complete breakfast, lunch or dinner. For extra protein, sprinkle 1 Tbsp. hemp seeds or serve with grilled tofu/tempeh. For breakfast, you can omit the steamed vegetables.
- For non vegans, this recipe can be a breakfast (you can omit the steamed veg). Paired with fish or chicken, this makes a hearty lunch.

Lunch and dinner

Whole Mung Bean & Brown Rice Kichadi

4 servings

Prep time: 15 minutes · Cooking time: 75 minutes (stovetop) / 25 minutes (pressure) · Total time: 90 minutes (stovetop) / 50 minutes (pressure)

INGREDIENTS

200 g / 1 cup whole green mung beans, soaked overnight

150 g / ¾ cup short-grain brown rice, rinsed

1. 5 L / 6 cups water

1 Tbsp. ghee, sesame oil, or coconut oil

1 Tsp. cumin seeds

1 Tsp. mustard seeds

1 Tsp. ground coriander

½ Tsp. ground turmeric

½ Tsp. ground ginger (or 2.5 cm / 1-inch fresh ginger, grated)

1 small carrot, diced

1 small courgette/zucchini, diced

1 handful seasonal greens (e.g., spinach, kale, or chard), chopped

½ Tsp. sea salt, or to taste

Fresh coriander (cilantro) & lime wedges for garnish

SLOW COOKING METHOD (STOVETOP)

1. Heat ghee/coconut oil in a large pot. Add cumin and mustard seeds; toast until fragrant and popping.
2. Stir in turmeric, coriander, ginger. Add carrots and courgette; sauté 2–3 mins.
3. Add soaked mung beans, rice, and water. Bring to a boil, reduce heat, and simmer covered for 60–75 mins, until beans and rice are soft and porridge-like.
4. In the last 10 minutes, add leafy greens. Stir well and season with salt.
5. Serve warm, garnished with fresh coriander and lime juice.

PRESSURE COOKER (INSTANT POT)

1. Set cooker to Sauté, add ghee/coconut oil, toast cumin + mustard seeds.
2. Add spices, carrots, courgette, mung beans, rice, and water/broth. Stir well.
3. Cook on High Pressure for 20–25 mins (manual setting).
4. Allow natural release for 10 mins before opening lid. Stir in leafy greens.
5. Season and serve with coriander + lime.

NUTRITION, PER SERVING, APPROX.

Calories: 310 kcal

Protein: 14 g

Carbohydrates: 52 g

Fibre: 12 g

Fat: 6 g

Magnesium, iron, folate, potassium abundant from mung beans & greens

NOTES & VARIATIONS

- Soup version: Blend partially or fully, add water or broth for desired consistency.
- Cleansing Option: Add ½ Tsp. asafoetida (hing) to aid digestion.
- Spice Variation: Add ½ Tsp. cinnamon or cardamom for warmth, or fresh curry leaves if available. Seasonal Additions: Add diced pumpkin, spinach, or fennel bulb for autumn; asparagus or peas for spring.
- Broth Base: Substitute part of the water with vegetable broth for added depth.
- Extra Protein Boost: Stir in 1 Tbsp. hemp seeds or pumpkin seeds before serving.

Baked tempeh sushi rolls

(3 servings)

Prep time: 25 minutes · Cooking time: 25 minutes · Total time: 50 minutes

INGREDIENTS

200 g tempeh / 7 oz, cut into strips
4 Tbsp. tamari or coconut aminos
1 Tbsp. toasted sesame oil
1 Tbsp. rice vinegar
120 g short-grain brown rice / ½ cup uncooked
240 ml water / 1 cup (for rice cooking)
2 Tbsp. rice vinegar (for sushi rice seasoning)
1 cucumber, julienned (approx. 100 g / 1 cup)
1 carrot, julienned (approx. 80 g / ¾ cup)
1 avocado, sliced
4–5 sheets nori (toasted seaweed)
Optional garnish: sesame seeds, pickled ginger, tamari for dflipping

METHOD

1. Bake the tempeh
 - Preheat oven to 190°C / 375°F.
 - Whisk tamari, sesame oil, and 1 Tbsp. rice vinegar in a small bowl.
 - Toss tempeh strips in the marinade, spread on a parchment-lined tray, and bake for 20 minutes, turning halfway, until golden and slightly crisp.
2. Prepare the sushi rice
 - Rinse the rice under cold water until the water runs clear. Cook with 500 ml / 2 cups water in a saucepan or rice cooker until tender (about 35–40 min stovetop). If using a pressure cooker, use 250 ml / 1 cup water; pressure cook for 1 min and release pressure naturally for 2 min
 - While still warm, fold in 2 Tbsp. rice vinegar. Let cool until just warm to the touch.
3. Assemble the rolls
 - Place a sheet of nori shiny side down on a bamboo mat or clean tea towel.
 - Spread a thin layer of seasoned rice over the nori, leaving 2 cm / 1 inch bare at the top edge.
 - Arrange baked tempeh, cucumber, carrot, and avocado in a line across the centre.
 - Roll tightly, using the mat to help seal. Moisten the bare edge of nori with water to close.
 - Slice into 6–8 pieces with a sharp knife.
4. Sprinkle with sesame seeds and serve with tamari and pickled ginger.

NUTRITION, PER SERVING, 3 SERVINGS TOTAL

Calories: 330 kcal
Protein: 18 g
Fat: 17 g
Carbohydrates: 27 g
Fibre: 6 g

NOTES & VARIATIONS

- Variations: Add blanched asparagus or steamed kale or courgette for extra greens. Replace avocado with roasted beetroot strips for a seasonal twist. Use cauliflower rice instead of brown rice for a dinner option (no starch). Otherwise this should be a lunch.
- Serve with tamari sauce (dip), miso soup and a pickle. Add baked tempeh and steamed veggies on the side if you're hungry.
- Storage: Best eaten fresh, but can be stored in an airtight container in the fridge for a couple of days. Rice will harden, so bring to room temperature before eating.

Ginger–Miso Braised Chicken with Root Vegetables

2 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

340 g chicken thighs, boneless and skinless, cut into chunks
150 g / 1 cup carrots, sliced into thick rounds
150 g / 1 cup parsnips, chopped
80 g / 1 small onion, sliced
1 Tbsp. white miso paste
1 Tbsp. tamari
1 Tbsp. mirin
1 knob fresh ginger, grated (10 g)
250 ml / 1 cup filtered water
1 Tbsp. toasted sesame seeds
10 g / 2 Tbsp. chopped parsley or spring onion

DIRECTIONS

1. In a pot, sauté onion, carrot, and parsnip with a splash of water for 5 minutes.
2. Add chicken, ginger, tamari, mirin, and water. Cover and simmer gently for 20 minutes until chicken and vegetables are tender.
3. Stir in miso paste at the end (do not boil after adding).
4. Garnish with sesame seeds and parsley or spring onion.

NUTRITION, APPROX., PER SERVING

Energy: 330 kcal
Protein: 30 g
Fat: 11 g
Carbohydrates: 26 g (of which sugars 7 g)
Fibre: 5 g
Rich in: probiotics (miso), beta-carotene, iron, antioxidants

NOTES & VARIATIONS

- Swap parsnip for swede, turnip, or celeriac depending on the season.
- Add a strip of kombu while simmering for extra mineral depth, removing before serving.
- Serve with cauliflower rice, steamed broccoli, or young leaves salad with broccoli sprouts to make it a complete lunch.

Squash & Chickpea Stew

NEW FOR AUTUMN 26

4 servings

Prep time: 15 minutes · Cooking time: 45 minutes · Total time: 60 minutes

INGREDIENTS

400 g / 2½ cups cooked chickpeas (or 160 g dried, soaked and cooked)
300 g squash (butternut or kabocha), in large pieces
2 small onions (~200 g), peeled and left whole
2 large carrots (~250 g), halved lengthways
2 garlic cloves, whole
1 tsp. ground cumin
½ tsp. ground turmeric
40 g / ¼ cup raisins
750 ml / 3 cups vegetable stock
1 Tbsp. olive oil
Sea salt

DIRECTIONS

1. Warm oil in a heavy pot and let whole garlic cloves, cumin and turmeric sizzle gently for a few seconds, until fragrant.
2. Add squash, whole onions and carrots. Turn them in the spices.
3. Add chickpeas and raisins, cover with stock. Cook over a medium heat for 15 minutes.
4. Lower the heat and simmer gently, uncovered, for a further 30 minutes, until the stock has body and the squash is soft at the edges. Salt to taste at the end.

NUTRITION, APPROX., PER SERVING

Energy: 250 kcal
Protein: 10 g
Fat: 7 g
Carbohydrates: 40 g (of which sugars 18 g)
Fibre: 16 g
Rich in: plant protein, fibre, iron, folate, beta-carotene, antioxidants
With a serving of cooked grain alongside (150 g brown rice or quinoa):
450 kcal, 16 g protein, 8 g fat, 83 g carbohydrate, 18 g fibre.

NOTES & VARIATIONS

- Serve with cooked grain (quinoa, brown rice or millet) for a complete lunch or dinner.
- The whole onions turn silky and sweet; halve them to serve.
- Keeps three days in the fridge and freezes beautifully; the flavour deepens overnight.

Protein dishes

Pan-Seared Mackerel with Ginger Dressing

2 servings

Prep time: 10 minutes · Cooking time: 8 minutes · Total time: 18 minutes

INGREDIENTS

340 g / 2 fillets mackerel (170 g each), skin on
2 Tbsp. tamari
1 Tbsp. rice vinegar
1 Tbsp. mirin
1 knob fresh ginger, grated (10 g)
1 spring onion, finely sliced (15 g)
1 Tbsp. toasted sesame seeds

DIRECTIONS

1. Heat a cast iron frying pan over medium heat. Place mackerel fillets skin-side down in the dry pan. Cook for 4–5 minutes until the skin is crisp and some oil has been released. Flip and cook for another 2–3 minutes until just cooked through.
2. In a small bowl, mix tamari, rice vinegar, mirin, and grated ginger into a dressing.
3. Serve mackerel hot, drizzled with the dressing and topped with spring onion and sesame seeds.

NUTRITION, APPROX., PER SERVING

Energy: 340 kcal
Protein: 32 g
Fat: 22 g
Carbohydrates: 4 g (of which sugars 2 g)
Fibre: 1 g
Rich in: omega-3, vitamin D, selenium, antioxidants

NOTES & VARIATIONS

- You can substitute mackerel with sardines or trout.
- Serve alongside brown rice, buckwheat or quinoa and sauerkraut or pickled daikon as a savoury breakfast. Add steamed greens such as pak choi, spinach, or kale for lunch. For dinner, omit the grains.

Equinox Teriyaki Salmon

2 servings

Prep time: 10 minutes · Cooking time: 10 minutes · Total time: 20 minutes

INGREDIENTS

340 g / 2 salmon fillets (170 g each), skin on
2 Tbsp. tamari sauce
2 Tbsp. mirin
1 Tbsp. rice vinegar
1 Tbsp. molasses
1 knob fresh ginger, grated (10 g)
1 clove garlic, finely grated (optional)
1 spring onion, finely chopped (15 g)
1 Tbsp. toasted sesame seeds

DIRECTIONS

1. In a small bowl, whisk together tamari, mirin, rice vinegar, rice syrup, ginger, and garlic (if using).
2. Heat a cast-iron frying pan over medium heat. Place salmon fillets skin-side down and cook for 4–5 minutes until skin is crisp.

3. Flip the fillets, pour in the teriyaki sauce, and cook for another 3–4 minutes, spooning the sauce over the salmon until it becomes slightly glazed.
4. Serve hot, garnished with spring onion and sesame seeds.

NUTRITION, APPROX., PER SERVING

Energy: 380 kcal
 Protein: 34 g
 Fat: 23 g
 Carbohydrates: 8 g (of which sugars 4 g)
 Fibre: 1 g
 Rich in: omega-3, vitamin D, selenium, antioxidants

NOTES & VARIATIONS

- Replace salmon with trout or mackerel for variation.
- Serve with steamed seasonal greens (pak choi, kale, or broccoli) and miso soup for a balanced dinner. Add some grain or steamed starchy vegetable to make it a lunch.

Detox Mas Piyazi (Turkish Mung Bean Salad)

Servings: 4

Prep time: 20 minutes · Cooking time: 25 minutes · Total time: 45 minutes

INGREDIENTS

150 g / $\frac{3}{4}$ cup whole mung beans, soaked overnight
 50 g / $\frac{1}{2}$ cup walnuts, roughly chopped
 4 Tbsp. extra virgin olive oil
 2 Tbsp. pomegranate molasses (or lemon juice to taste)
 1 Tsp. sumac
 1 Tsp. sea salt
 4 stalks spring onions, finely sliced
 3 cloves garlic, minced (or 2 sprigs fresh green garlic)
 1 bulb fennel, finely sliced (option: substitute with 1 medium beetroot, roasted & diced)
 2 sprigs fresh mint (10 g / $\frac{1}{4}$ cup chopped)
 1 bunch fresh parsley (60 g / 1 cup chopped)
 50 g / $\frac{1}{4}$ cup green olives, pitted & finely sliced
 100 g / 1 cup pomegranate seeds

METHOD

Cooking mung beans:

- Standard: Place soaked mung beans in a pot with 1 L / 4 cups water, bring to a boil, and cook 20–25 mins until soft but not mushy. Drain and cool.
- Pressure cooker: Add beans and 500 ml / 2 cups water. Cook on high pressure for 8 mins, natural release 10 mins. Drain and cool.

Salad assembly:

1. In a large bowl, combine cooked mung beans, walnuts, salt, sumac, pomegranate molasses (or lemon), and 2 Tbsp. olive oil. Toss gently.
2. In a skillet, warm remaining 2 Tbsp. olive oil. Add half the spring onions, half the garlic, half the fennel (or beetroot), and half the olives. Sauté 5 mins until fragrant. Remove from heat, cool slightly, and fold into the mung bean mix.
3. Add remaining raw spring onions, garlic, fennel (or beetroot), and olives to the bowl for fresh crunch.
4. Stir in parsley, mint, and pomegranate seeds. Taste and adjust seasoning.

NUTRITION, PER SERVING, WITH FENNEL VERSION

Calories: 290 kcal
 Protein: 11 g
 Fat: 18 g
 Carbs: 24 g
 Fibre: 9 g

NOTES & VARIATIONS

- Variation 1: Beetroot option: Roast 1 small beetroot at 200°C (400°F) for 35–40 mins, peel and dice, then fold into salad instead of fennel. Adds earthy sweetness and deeper colour.
- Variation 2: Add toasted pumpkin seeds in place of walnuts for a nut-free option.
- Variation 3: Replace pomegranate seeds with dried cranberries for a different seasonal touch.
- Optional add-ins: Chopped cucumber, celery leaves, or a squeeze of orange juice for brightness.
- Storage: Keeps 3 days in the fridge in a sealed container.
- To serve: Best at room temperature. If refrigerated, let sit out 15 mins before serving to revive flavours. Accompany with lettuce and sprouted seeds salad (for veg) and cooked buckwheat, rice, steamed pumpkin, or roasted sweet potato (for carb).

Simmered Chicken with Daikon, Mushrooms & Tamari

2 servings

Prep time: 10 minutes · Cooking time: 20 minutes · Total time: 30 minutes

INGREDIENTS

340 g chicken breast, skinless, cut into bite-sized pieces
 250 g / 2 cups daikon, peeled and sliced into rounds
 150 g / 1 ½ cups nameko mushrooms, sliced (shiitake also works well, but you can use any mushroom)
 2 Tbsp. tamari
 2 Tbsp. mirin
 2 Tbsp. rice vinegar
 1 knob fresh ginger, sliced (10 g)
 400 ml / 1 ⅔ cups filtered water
 2 spring onions, finely chopped (30 g)

DIRECTIONS

1. Place daikon, mushrooms, and chicken pieces in a medium pot.
2. Add water, ginger, tamari, mirin, and rice vinegar.
3. Bring to a gentle simmer and cook for 20 minutes until chicken is tender and daikon is soft.
4. Serve topped with chopped spring onions.

NUTRITION, APPROX., PER SERVING

Energy: 285 kcal
 Protein: 33 g
 Fat: 7 g
 Carbohydrates: 14 g (of which sugars 4 g)
 Fibre: 3 g
 Rich in: lean protein, selenium, vitamin C, antioxidants

NOTES & VARIATIONS

- Replace daikon with turnip or swede if not available.
- You can use dried mushrooms (shiitake, black fungus). Soak in boiling water for 10 min before use.
- Add a strip of kombu to the broth for extra depth of flavour, removing before serving.

- Serve with steamed pak choi or broccoli to make it a dinner. Add short-grain brown rice or buckwheat for a balanced lunch.

Simple Silken Tofu with Tamari & Daikon

1 serving

Prep time: 10 minutes · Cooking time: 0–3 minutes · Total time: 10–13 minutes

INGREDIENTS

150 g / ½ packet Clearspring silken tofu
 1 Tsp. tamari sauce
 1 Tsp. rice vinegar
 1 Tsp. mirin
 1 Tsp. freshly grated ginger
 20 g / ¼ cup finely grated daikon (or any other radish)
 10 g / 2 Tbsp. chopped spring onion
 1 Tsp. toasted sesame seeds

DIRECTIONS

Gently break the tofu block into a small bowl. Drain the liquid.
 Mix tamari, rice vinegar, mirin, and grated ginger to make a dressing. Pour dressing over tofu.
 Top with grated daikon, spring onion, and sesame seeds. Serve chilled or at room temperature.

NUTRITION, APPROX.

Energy: 160 kcal
 Protein: 12 g
 Fat: 9 g
 Carbohydrates: 9 g (of which sugars 3 g)
 Fibre: 3 g
 Rich in: plant protein, calcium, isoflavones, antioxidants

NOTES & VARIATIONS

- For a stronger flavour, add a few drops of toasted sesame oil.
- Swap daikon for grated carrot or cucumber if not available.
- This dish can also be served warm: lightly cook the silken tofu for 2–3 minutes in its juice or a little water before adding toppings.

Leek, Smoked Tofu & Squash Bake

NEW FOR AUTUMN 26

2 servings

Prep time: 15 minutes · Cooking time: 30 minutes · Total time: 45 minutes

INGREDIENTS

2 large leeks (~250 g white part only), in thin strips
 300 g squash, peeled, in thin slices
 300 g smoked tofu, in slices the same thickness as the squash
 20 g / 2 Tbsp. ground almonds
 1 Tbsp. olive oil
 Sea salt
 Optional homemade oat cream: 30 g / ⅓ cup gluten-free oats blended smooth with 150 ml water and a pinch of salt

DIRECTIONS

1. Sauté leeks gently with the oil and a pinch of salt until soft.
2. Layer an ovenproof dish: squash, smoked tofu, leek. Repeat if you have enough left.

3. Pour over oat cream if using, and scatter with ground almonds.
4. Bake at 180°C (350°F) for 20 minutes, until the squash yields to a knife.

NUTRITION, APPROX., PER SERVING

Energy: 485 kcal without oat cream (540 kcal with oat cream)
Protein: 34 g without oat cream (36 g with oat cream)
Fat: 26 g without oat cream (27 g with oat cream)
Carbohydrates: 32 g (of which sugars 13 g) without oat cream (43 g with oat cream)
Fibre: 8 g without oat cream (9 g with oat cream)
Rich in: plant protein, calcium, iron, magnesium, beta-carotene

NOTES & VARIATIONS

- Without the optional oat cream the dish is naturally lighter.
- The smoked tofu carries the dish; no other seasoning needed beyond salt.
- The almonds give a golden crust.

Sweet & Sour Tempeh with Onion & Dried Apricots

NEW FOR AUTUMN 26

2 servings

Prep time: 10 minutes (plus soaking the apricots) · Cooking time: 30 minutes · Total time: 40 minutes

INGREDIENTS

250 g tempeh, sliced
2 large onions, finely sliced
8 dried apricots (~50 g), soaked 20 minutes in warm water, then chopped
Juice of ½ lemon (or 1 tsp. umeboshi paste)
1½ Tbsp. olive oil
Sea salt
1 Tbsp. toasted flaked almonds, to serve

DIRECTIONS

1. Brown tempeh slices in a pan with 1 Tbsp. of the oil. Set aside.
 2. Add onions to the same pan with the remaining oil and a pinch of salt. Cook over a low heat for 15 minutes, until soft and sweet.
 3. Add the apricots, cover, and let them release their juices, about 5 minutes.
 4. Return tempeh to the pan, fold everything together, and leave on the lowest heat for 10 minutes so the flavours settle into each other.
 5. Finish with lemon juice or umeboshi; the sour that answers the sweet.
- Scatter with the toasted almonds.

NUTRITION, APPROX., PER SERVING, WITH THE ALMONDS

Energy: 417 kcal
Protein: 29 g
Fat: 20 g
Carbohydrates: 31 g (of which sugars 21 g, from the fruit and onions)
Fibre: 12 g
Rich in: fermented plant protein, fibre, iron, potassium, vitamin E

NOTES & VARIATIONS

- The apricots bring the sweet and the fibre; no sweetener comes near it.
- Serve with steamed greens and a grain for a complete meal.

- Umeboshi is a salted, aged Japanese plum. Its sourness stimulates the digestive juices and bile flow, and it is traditionally taken to settle a heavy stomach and support the liver. A little goes a long way; use it in place of the lemon when you want the sourness deeper and more savoury.

Carbohydrate dishes

Fried Mochi with Molasses & Sesame

2 servings

Prep time: 5 minutes · Cooking time: 6 minutes · Total time: 11 minutes

INGREDIENTS

- 1 Tsp. toasted sesame oil
- 1 piece Clearspring brown rice mochi (50 g)
- 1 Tsp. molasses
- 1 Tsp. toasted sesame seeds

DIRECTIONS

1. Heat a dry non-stick pan over medium heat. Add sesame oil. When oil is hot add mochi and cook for 3–4 minutes per side until puffed and golden.
2. Transfer to a plate, drizzle with molasses, and sprinkle with sesame seeds.
3. Serve warm.

NUTRITION, APPROX., PER SERVING

Energy: 195 kcal
 Protein: 3 g
 Fat: 6.5 g
 Carbohydrates: 31 g (of which sugars 6 g)
 Fibre: 1.5 g
 Rich in: iron, calcium, magnesium, plant minerals

NOTES & VARIATIONS

- For a savoury variation, replace molasses with a drizzle of tamari and garnish with nori flakes.
- Best served alongside green tea for balance.
- Add a side of grilled fish or tempeh for a savoury breakfast. Further add steamed veggies and miso soup for a lunch option. Lovely as a lunchtime dessert.

Roasted Butternut Squash with Yin and Yang Sauces

4 servings

Prep time: 15 minutes · Cooking time: 35 minutes · Total time: 50 minutes

INGREDIENTS

- 1 medium butternut squash (about 1 kg), peeled, deseeded, and cut into cubes
- 2 Tbsp. olive oil
- Sea salt, to taste
- Sesame—Miso & Nori Sauce (yang, warming)
- 2 Tbsp. white miso paste
- 2 Tbsp. tahini
- 1 Tbsp. tamari
- 1 Tbsp. rice vinegar
- 2 Tbsp. warm water (to loosen)
- 1-2 Tbsp. pickled sushi ginger, finely chopped

1 Tsp. nori flakes
 Avocado—Coriander Sauce (yin, cooling)
 1 medium avocado
 3 Tbsp. fresh coriander leaves, chopped
 2 Tbsp. lime juice
 2 Tbsp. toasted pine nuts
 3 Tbsp. water (to blend)
 Sea salt, to taste

DIRECTIONS

Oven method

Preheat oven to 200°C / 400°F.

Toss butternut squash cubes with olive oil and sea salt. Spread evenly on a lined baking tray.

Roast for 30–35 minutes, turning once, until golden and tender.

Air fryer method

Preheat air fryer to 190°C / 375°F.

Toss butternut squash cubes with olive oil and sea salt.

Cook for 20–22 minutes, shaking halfway, until crisp on edges and soft inside.

Sauces

For Sesame—Miso & Nori Sauce: whisk miso, tahini, tamari, rice vinegar, warm water, sushi ginger, and nori flakes until smooth.

For Avocado—Coriander Sauce: blend avocado, coriander, lime juice, pine nuts, water, and salt until creamy.

NUTRITION, APPROX., PER SERVING

With Sesame—Miso Sauce: 225 kcal | 6 g protein | 11 g fat | 27 g carbs | 6 g fibre

With Avocado—Coriander Dip: 260 kcal | 5 g protein | 15 g fat | 26 g carbs | 8 g fibre

NOTES & VARIATIONS

- Garnish sesame—miso sauce with extra nori flakes or toasted sesame seeds.
- Garnish avocado dip with extra coriander leaves and a sprinkle of pine nuts.
- Both sauces can be stored in the fridge for 2–3 days.
- Add cooked edamame, tofu or tempeh cubes to make it a savoury breakfast. Add further veggies and pickles to make it a lunch.

Millet Salad

2 servings

Prep time: 10 minutes · Cooking time: 20 minutes · Total time: 30 minutes

INGREDIENTS

100 g / ½ cup millet
 1 onion, diced (100 g / 1 cup)
 1 carrot, diced (100 g / 1 cup)
 80 g / ½ cup sweetcorn kernels (approx. ½ fresh corn cob, steamed)
 2 Tbsp. almond butter
 1 Tbsp. rice vinegar
 Sea salt, to taste

DIRECTIONS

1. Cook millet in 240 ml / 1 cup water until tender, about 20 minutes. Cool slightly.
2. Dice onion and carrot, then blanch or steam lightly if desired.
3. Combine millet, onion, carrot, and sweetcorn in a bowl.
4. Stir in almond butter, rice vinegar, and salt to taste.

NUTRITION, APPROX., PER SERVING

Energy: 290 kcal
Protein: 8 g
Fat: 9 g
Carbohydrates: 44 g (of which sugars 6 g)
Fibre: 6 g
Rich in: plant protein, fibre, magnesium, B vitamins

NOTES & VARIATIONS

- Spring: Add steamed asparagus tips or peas for freshness.
- Autumn: Add roasted beetroot or fennel for earthy sweetness.
- This is a carb side. Pair with a protein (tofu, tempeh, or fish) to make it a breakfast. Further add sautéed vegetables, miso soup, and a pickle to make it a lunch. You can put the protein in the miso soup, if desired. It's an easy way to warm everything up.

Steamed Pumpkin with Sesame Dressing

2 servings

Prep time: 10 minutes · Cooking time: 10 minutes · Total time: 20 minutes

INGREDIENTS

300 g / 2 cups pumpkin, peeled and cubed
1 Tbsp. molasses
1 Tbsp. lemon juice
1 Tbsp. toasted sesame oil
2 Tsp. toasted sesame seeds (black if available)
1 Tsp. Nori flakes (optional)

DIRECTIONS

1. Steam pumpkin until tender, about 10 minutes.
2. In a small bowl, whisk together molasses, lemon juice, and sesame oil.
3. Drizzle dressing over pumpkin before serving. Sprinkle with toasted sesame seeds and nori flakes.

NUTRITION, APPROX., PER SERVING

Energy: 190 kcal
Protein: 3 g
Fat: 9 g
Carbohydrates: 26 g (of which sugars 12 g)
Fibre: 5 g
Rich in: beta-carotene, calcium, magnesium, antioxidants

NOTES & VARIATIONS

- Spring option: Replace pumpkin with any squash.
- This is a carb side. Pair with a protein (tofu, tempeh, or fish) to make it a breakfast. Further add sautéed vegetables, miso soup, and a pickle to make it a gentle lunch. Swap sautéed vegetables for a bright salad in Spring.

Roasted Seasonal Veggies with Sesame–Miso Drizzle

4 servings

Prep time: 15 minutes · Cooking time: 30 minutes · Total time: 45 minutes

INGREDIENTS

300 g / 2 cups carrots, cut into batons
300 g / 2 cups parsnips, cut into batons

250 g / 2 cups Brussels sprouts, halved
 250 g / 2 cups beetroot, peeled and cubed
 1 Tbsp. olive oil
 Sea salt, to taste
 Sesame—Miso Drizzle
 1 Tbsp. white miso paste
 1 Tbsp. tahini
 1 Tbsp. rice vinegar
 1 Tsp. grated fresh ginger
 1 Tbsp. lemon juice
 2–3 Tbsp. warm water, to thin
 Topping
 1 Tbsp. toasted sesame seeds
 1 Tsp. nori flakes (optional, for minerals)

DIRECTIONS

1. Preheat oven to 200°C / 400°F. Place carrots, parsnips, Brussels sprouts, and beetroot on a lined tray. Toss with olive oil and a pinch of salt. Roast for 25–30 minutes, turning halfway, until tender and caramelised. (Air fryer option: Toss vegetables with oil and salt, then air fry at 200°C / 400°F for 15–20 minutes, shaking halfway through.)
2. In a small bowl, whisk together miso, tahini, rice vinegar, ginger, lemon juice, and water until smooth.
3. Serve roasted vegetables drizzled with sesame—miso sauce. Sprinkle with toasted sesame seeds and nori flakes.

NUTRITION, APPROX., PER SERVING

Energy: 200 kcal
 Protein: 6 g
 Fat: 9 g
 Carbohydrates: 26 g (of which sugars 11 g)
 Fibre: 8 g
 Rich in: beta-carotene, folate, antioxidants, probiotics (from miso)

NOTES & VARIATIONS

- Spring: Replace parsnips with asparagus or courgette.
- Autumn: Keep root vegetables for grounding.
- Top with a spoon of ground milk thistle seeds for a liver-supportive detox boost.
- In solid food phases, pair with a protein (tofu, tempeh, or fish) and another vegetable side (rocket and watercress salad or steamed greens for a lunch).
- Leftovers can be blended with hot water or broth into a roasted vegetable miso soup, perfect for the liquid phase.

Millet & Leek Arepas

NEW FOR AUTUMN 26

3 servings (about 9 small arepas)

Prep time: 20 minutes (plus 15 minutes resting) · Cooking time: 25 minutes · Total time: 60 minutes

INGREDIENTS

200 g / 1 cup millet, rinsed
 200 g / 1 cup cooked brown lentils (cook a full 3 cups and keep the rest for soups and other meals)
 375 ml / 1½ cups water
 1 large leek (white part only), finely diced
 1 Tbsp. olive oil
 Sea salt

DIRECTIONS

1. Cook millet in the water with a pinch of salt until fully absorbed, about 15 minutes. Rest, covered, for 10–15 minutes.
2. Sauté leek in oil with a pinch of salt until tender.
3. Mix leek and lentils through the warm millet and knead briefly until it holds together as a pliable dough.
4. Shape into walnut-sized balls and flatten into little cakes.
5. Cook on a hot, dry griddle or pan for 3–4 minutes each side, until golden and crisp at the edges.

NUTRITION, APPROX., PER SERVING OF 3 AREPAS, WITH LENTILS

Energy: 370 kcal
 Protein: 13 g
 Fat: 8 g
 Carbohydrates: 57 g (of which sugars 1 g)
 Fibre: 11 g
 Rich in: plant protein, magnesium, B vitamins, iron, slow-release carbohydrate

NOTES & VARIATIONS

- The lentils lift the protein and help the cakes hold together; cook a full 3 cups and keep the rest for soups and bowls through the week.
- Lovely alongside the soups and veloutés, or with hummus and greens.
- They reheat well on a dry pan; make a batch for the days ahead.

Squash, Leek & Lemon Wholegrain Risotto

NEW FOR AUTUMN 26

2 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

300 g / 1½ cups cooked wholegrain rice (al dente)
 1 large leek, finely chopped
 200 g squash, in small cubes
 500 ml / 2 cups hot vegetable stock, added gradually
 Zest of ½ lemon, plus a few drops of juice
 A handful of fresh flat-leaf parsley, chopped
 1½ Tbsp. olive oil
 Sea salt
 100 g frozen peas or shelled edamame

DIRECTIONS

1. Sauté leek with the oil and a pinch of salt until soft.
2. Add squash cubes. Cook until a little coloured.
3. Stir in rice, then add hot stock a ladle at a time, stirring, until the risotto turns creamy.
4. Add peas or edamame for the final 3–4 minutes.
5. Finish with lemon zest and juice, parsley, and a last pinch of salt.

NUTRITION, APPROX., PER SERVING

Energy: 400 kcal with peas (435 kcal with edamame)
 Protein: 11 g with peas (14 g with edamame)
 Fat: 12 g with peas (16 g with edamame)
 Carbohydrates: 67 g (of which sugars 11 g)
 Fibre: 9 g
 Rich in: slow-release carbohydrate, vitamin C, folate

NOTES & VARIATIONS

- This is a carbohydrate dish; give it a protein companion. Two easy ways: hummus and crudité as a starter, or a Sojade Greek-style soy yogurt for dessert.

- Top with toasted seeds and sauerkraut to add nutrition.

Vegetable dishes

Shaved Fennel, Apple & Rocket Salad

2 servings

Prep time: 15 minutes · Cooking time: 0 minutes · Total time: 15 minutes

INGREDIENTS

1 ½ Tbsp. apple cider vinegar
1 Tbsp. lemon juice
Sea salt and ground black pepper, to taste
1 Tsp. Dijon mustard
2 Tsp. molasses
3 Tbsp. olive oil
750 g / 1 large fennel bulb, trimmed and shaved thinly with a mandoline or sharp knife
142 g / 5 oz baby rocket (arugula)
1 medium apple, cored and thinly sliced
30 g / ¼ cup shelled and salted pistachios, finely chopped

DIRECTIONS

1. In a glass jar with a lid, combine apple cider vinegar, lemon juice, salt, pepper, mustard, molasses, and olive oil. Close lid and shake to emulsify.
2. Add fennel (except fronds), rocket and apple to a large bowl. Season lightly with salt and pepper.
3. Toss salad with dressing and half of the pistachios until well coated.
4. Garnish with remaining pistachios and reserved fennel fronds before serving.

NUTRITION, APPROX., PER SERVING

Energy: 310 kcal
Protein: 5 g
Fat: 24 g
Carbohydrates: 21 g (of which sugars 11 g)
Fibre: 7 g
Rich in: vitamin C, vitamin K, fibre, antioxidants, healthy fats, iron (from molasses)

NOTES & VARIATIONS

- Swap apple for pear, peaches depending on seasonality.
- Toast pistachios lightly before chopping for a deeper flavour. Swap pistachio with walnut or sliced almonds as a variation.
- Excellent on its own as a snack. Served alongside grilled fish or tofu for a dinner. Add cooked buckwheat for a lunch.

Roasted Brussels Sprouts with Molasses–Balsamic Dressing & Crunchy Kasha

2 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

300 g / 3 cups Brussels sprouts, trimmed and halved
1 Tbsp. olive oil
Sea salt and ground black pepper, to taste
1 Tbsp. balsamic vinegar

1 Tsp. molasses
 1 Tsp. tamari sauce
 1 Tsp. Dijon mustard
 1-2 Tsp. freshly grated lemon zest
 2 Tbsp. toasted kasha (buckwheat groats) (optional)
 2 Tbsp. dried cranberries (unsweetened)

DIRECTIONS

Oven method

1. Preheat oven to 200°C / 400°F.
2. Toss Brussels sprouts with olive oil, salt, and pepper. Spread evenly on a baking tray.
3. Roast for 20–25 minutes, turning halfway, until golden and crisp on the edges.

Air fryer method

1. Preheat air fryer to 190°C / 375°F.
2. Toss Brussels sprouts with olive oil, salt, and pepper.
3. Cook for 12–15 minutes, shaking basket halfway through.

Finishing

4. In a small bowl, whisk together balsamic vinegar, molasses, tamari, Dijon mustard, and lemon zest.
5. Drizzle dressing over roasted sprouts while warm.
6. Sprinkle with toasted kasha and cranberries before serving.

NUTRITION, APPROX., PER SERVING

Energy: 215 kcal
 Protein: 6 g
 Fat: 9 g
 Carbohydrates: 30 g (of which sugars 14 g)
 Fibre: 9 g
 Rich in: vitamin C, vitamin K, magnesium, antioxidants, plant minerals

NOTES & VARIATIONS

- Swap kasha for toasted pumpkin seeds or sunflower seeds for crunch.
- Replace cranberries with 40 g / ¼ cup fresh pomegranate seeds for more juiciness.
- Use umeboshi vinegar instead of balsamic for a macrobiotic variation.
- Serve alongside grilled fish, tofu, steamed edamame, or tempeh for a dinner. Add 100% buckwheat soba noodles to make this a lunch.

Roasted Spaghetti Squash with Vegan Pesto

4 servings

Prep time: 10 minutes · Cooking time: 40 minutes · Total time: 50 minutes

INGREDIENTS

1 small spaghetti squash (about 1.2 kg), halved lengthwise and deseeded
 1 Tbsp. olive oil
 Sea salt and black pepper, to taste
 Vegan Pesto
 30 g / 1 cup fresh basil leaves, loosely packed
 60 ml / ¼ cup olive oil
 30 g / ¼ cup pine nuts, lightly toasted
 1 small garlic clove
 2 Tbsp. nutritional yeast
 Sea salt, to taste

DIRECTIONS

Oven method

Preheat oven to 200°C / 400°F.

Rub squash halves with olive oil, sprinkle lightly with salt, and place cut side down on a lined tray. Roast for 35–40 minutes until tender. Scrape flesh with a fork into spaghetti-like strands.

Air fryer method

Preheat air fryer to 190°C / 375°F.

Rub squash halves with olive oil and salt. Place cut side down in basket.

Cook for 25–30 minutes until tender. Scrape into strands with a fork.

Pesto

Blend basil, olive oil, pine nuts, garlic, nutritional yeast, and salt in a food processor until smooth.

Toss pesto with the roasted spaghetti squash strands.

NUTRITION, APPROX., PER SERVING

Energy: 210 kcal

Protein: 5 g

Fat: 14 g

Carbohydrates: 19 g (of which sugars 5 g)

Fibre: 5 g

Rich in: vitamin A, vitamin C, vitamin K, magnesium, healthy fats

NOTES & VARIATIONS

- Top with toasted pine nuts or extra basil leaves before serving.
- For a dinner meal, add one of the following (per serving):
- 100 g crumbled tempeh (provides ~20 g protein per serving)
- 120 g cubed tofu, lightly pan-seared (provides ~18 g protein per serving)
- 100 g cooked chopped chicken breast (provides ~25 g protein per serving)
- You can keep half the spaghetti squash to add to other dishes and soups and use the leftover pesto as a veggie dip for a snack or as a topping for soups.

Roasted Cabbage Steaks with Sesame–Tamari Drizzle

2 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

½ medium green or purple cabbage (about 500 g), cut into 3 cm thick “steaks”

1 Tbsp. olive oil

Sea salt and black pepper, to taste

1 Tbsp. tamari sauce

1 Tsp. rice vinegar

1 Tsp. toasted sesame oil

1 Tsp. molasses

1 Tbsp. toasted sesame seeds

DIRECTIONS

Oven method

Preheat oven to 200°C / 400°F.

Brush cabbage steaks with olive oil and season with salt and pepper.

Roast for 20–25 minutes, flipping once, until tender and edges are crisp.

Air fryer method

Preheat air fryer to 190°C / 375°F.

Brush cabbage with olive oil and season.

Cook for 15–18 minutes, flipping halfway.

Finishing

In a small bowl, whisk tamari, rice vinegar, sesame oil, and molasses.

Drizzle sauce over roasted cabbage steaks. Sprinkle with toasted sesame seeds before serving.

NUTRITION, APPROX., PER SERVING

Energy: 160 kcal
Protein: 5 g
Fat: 9 g
Carbohydrates: 16 g (of which sugars 7 g)
Fibre: 6 g
Rich in: vitamin C, vitamin K, manganese, antioxidants

NOTES & VARIATIONS

- Garnish with fresh coriander, broccoli sprouts or chopped spring onions.
- Serve alongside tofu, tempeh, lentils or white fish for a dinner option. Add a starchy vegetable or grains for lunch.

Braised Leeks with Lemon & Hazelnut Gremolata

2 servings

Prep time: 10 minutes · Cooking time: 20 minutes · Total time: 30 minutes

INGREDIENTS

3 medium leeks (about 400 g), white and light green parts only (keep green parts for soups), cleaned and halved lengthwise
1 Tbsp. olive oil
200 ml / $\frac{3}{4}$ cup filtered water or light vegetable stock
1 Tbsp. lemon juice
Zest of $\frac{1}{2}$ lemon
2 Tbsp. chopped fresh parsley
20 g / 2 Tbsp. toasted hazelnuts, finely chopped
Sea salt and black pepper, to taste

1. Directions
2. Heat olive oil in a pan over medium heat. Place leeks cut side down and sear for 3–4 minutes until lightly golden.
3. Add water or stock, cover, and braise gently for 15 minutes until leeks are tender.
4. Meanwhile, prepare gremolata by mixing lemon zest, parsley, and hazelnuts.
5. Drizzle braised leeks with lemon juice and top with gremolata before serving.

NUTRITION, APPROX., PER SERVING

Energy: 180 kcal
Protein: 5 g
Fat: 11 g
Carbohydrates: 18 g (of which sugars 5 g)
Fibre: 5 g
Rich in: folate, vitamin A, vitamin C, fibre, antioxidants

NOTES & VARIATIONS

- Replace hazelnuts with almonds or walnuts as desired.
- Add a splash of tamari to the braising liquid for a deeper flavour.
- Serve warm or at room temperature alongside a grilled fish or tempeh for dinner. Add a grain like quinoa for lunch.

Wakame Seaweed And Carrot Salad

2 servings

Prep time: 10 minutes · Cooking time: 0 minutes (soaking 10 min) · Total time: 20 minutes

INGREDIENTS

10 g / 2 Tbsp. dried wakame, soaked in warm water for 10 minutes, drained, and chopped
120 g / 1 small cucumber, cubed
80 g / 1 medium carrot, grated

1 spring onion (15 g), finely sliced
 1 Tbsp. toasted sesame seeds
 Dressing
 1 Tbsp. rice vinegar
 1 Tsp. tamari sauce (or yuzu)
 1 Tsp. sesame oil
 1 Tsp. molasses (or rice syrup for lighter sweetness)
 ½ Tsp. grated fresh ginger

DIRECTIONS

1. Prepare wakame by soaking until rehydrated, then squeeze out excess water and chop.
2. Combine wakame, cucumber, carrot, and spring onion in a bowl.
3. In a small jar, whisk together rice vinegar, tamari, sesame oil, molasses, ginger, and lime juice.
4. Pour dressing over salad, toss well, and let sit for 5 minutes for flavours to meld.
5. Garnish with toasted sesame seeds before serving.

NUTRITION, APPROX., PER SERVING

Energy: 115 kcal
 Protein: 4 g
 Fat: 6 g
 Carbohydrates: 13 g (of which sugars 5 g)
 Fibre: 4 g
 Rich in: iodine, calcium, vitamin C, vitamin K, magnesium

NOTES & VARIATIONS

- Add a few thin slices of radish for colour and freshness.
- Serve as a starter, or as part of a meal to add freshness. Use 2 servings to make it a vegetable side.

Sautéed Mushrooms with Seasonal Greens

2 servings

Prep time: 10 minutes · Cooking time: 8 minutes · Total time: 18 minutes

INGREDIENTS

150 g / 1 ½ cups shiitake or button mushrooms, sliced
 150 g / 2 cups seasonal greens (kale, cavolo nero, or spring spinach), chopped
 1 Tsp. toasted sesame oil
 1 Tsp. tamari
 1 Tsp. rice vinegar
 1 Tsp. grated fresh ginger
 1 Tbsp. toasted sesame seeds
 Sea salt, to taste

DIRECTIONS

1. Heat sesame oil in a pan over medium heat. Add mushrooms and sauté 4–5 minutes until softened.
2. Add greens and cook gently for 2–3 minutes until just wilted.
3. Stir in tamari, rice vinegar, and ginger. Toss briefly to coat.
4. Serve warm, topped with sesame seeds.

NUTRITION, APPROX., PER SERVING

Energy: 120 kcal
 Protein: 6 g
 Fat: 5 g
 Carbohydrates: 12 g (of which sugars 4 g)
 Fibre: 5 g
 Rich in: iron, magnesium, antioxidants

NOTES & VARIATIONS

- Spring: Use tender spinach or watercress.
- Autumn: Swap in kale or pak choi for grounding.
- Add strips of nori or wakame for extra minerals.
- In solid food phases, serve as a vegetable side with a protein (tofu, tempeh, or fish) for dinner and a grain (brown rice, buckwheat) for lunch.
- In liquid food phases, chop finer and simmer briefly in miso broth as a light soup.

Sauerkraut

Makes 1 large jar (about 1 litre)

Prep time: 20 minutes · Cooking time: 0 minutes (fermentation 5–10 days) · Total time: 20 minutes hands-on

INGREDIENTS

1 medium green or white cabbage (1 kg / 10 cups shredded)

1 Tbsp. sea salt (non-iodised)

1–2 Tsp. caraway seeds (optional, traditional for flavour)

DIRECTIONS

1. Remove outer leaves from cabbage and set aside. Quarter cabbage, remove core, and slice thinly.
2. Place shredded cabbage in a large bowl. Sprinkle with sea salt. Massage with clean hands for 5–10 minutes until liquid begins to release and the cabbage softens.
3. Pack cabbage tightly into a sterilised glass jar, pressing down firmly so the liquid (brine) rises to cover it. Leave at least 2–3 cm headspace at the top.
4. Place one of the reserved outer leaves on top of the cabbage to keep it submerged. Weigh down with a clean fermentation weight or small sterilised glass.
5. Cover jar with a cloth and secure with an elastic band, or use a fermentation lid.
6. Leave to ferment at room temperature (18–22°C / 65–72°F) for 5–10 days. Press down daily to keep cabbage submerged. Taste after 5 days; continue fermenting until tangy to your liking.
7. Once ready, seal with a lid and refrigerate. Keeps for several months.

NUTRITION, APPROX., PER 100 G

Energy: 20 kcal
 Protein: 1 g
 Fat: 0 g
 Carbohydrates: 4 g (of which sugars 2 g)
 Fibre: 2 g
 Rich in: vitamin C, vitamin K, probiotics, antioxidants

NOTES & VARIATIONS

- Using a mandolin or food processor for shredding will make it a lot easier and faster.
- Variation — Carrot & Ginger Kraut: Replace 200 g / 2 cups of the cabbage with grated carrot and add 1 Tbsp. freshly grated ginger. This creates a sweeter, warming kraut that's especially suited to autumn and winter.
- Use red cabbage for a vibrant purple kraut.
- Ensure cabbage stays submerged under brine to prevent mould.
- Sauerkraut is a probiotic digestive aid—enjoy a small serving alongside grains, soups, or vegetable dishes.

Grated Beetroot Salad

2 servings

Prep time: 15 minutes · Cooking time: 0 minutes · Total time: 15 minutes

INGREDIENTS

200 g / 2 medium raw beetroots, peeled and grated
 1 medium carrot, peeled and grated (100 g / 1 cup)
 1 small apple, cored and grated (100 g / 1 cup)
 2 Tbsp. lemon juice
 1 Tbsp. toasted sesame oil (or olive oil)
 1 Tsp. rice vinegar
 1 Tbsp. toasted pumpkin seeds or sunflower seeds
 Fresh parsley or dill, chopped (for garnish)
 Sea salt, to taste

DIRECTIONS

1. Peel and grate beetroot, carrot, and apple. Place in a mixing bowl.
2. In a small bowl, whisk together lemon juice, sesame oil, and rice vinegar.
3. Pour dressing over grated vegetables and apple. Toss gently to coat.
4. Season with a pinch of sea salt.
5. Serve topped with toasted seeds and fresh herbs.

NUTRITION, APPROX., PER SERVING

Energy: 180 kcal
 Protein: 4 g
 Fat: 9 g
 Carbohydrates: 22 g (of which sugars 14 g)
 Fibre: 6 g
 Rich in: folate, vitamin C, antioxidants, fibre

NOTES & VARIATIONS

- Spring: Add shredded fennel or radish for freshness.
- Autumn: Add grated ginger or orange zest for warmth.
- Fermenting the grated beetroot + carrot with salt for 2–3 days makes a probiotic kraut-style version.
- In solid food phases, serve as a refreshing side with protein (tofu, tempeh, or fish) for dinner.

Add a carb of your choice to make it a lunch.

- In liquid food phases, enjoy the grated mix blended with water or carrot juice as a detox drink.

Spinach Goma-ae (Sesame Spinach Salad)

4 servings

Prep time: 10 minutes · Cooking time: 1 minute · Total time: 11 minutes

INGREDIENTS

300 g / 10 oz fresh baby spinach (or 250 g / 9 oz frozen spinach, thawed and drained well)
 2 Tbsp. toasted white sesame seeds
 1 Tbsp. miso paste (white or yellow works best)
 2 Tsp. tamari sauce
 1 Tsp. molasses

DIRECTIONS

1. Bring a large pot of water to boil.
2. Blanch fresh spinach for 1 minute, then drain and rinse under cold water. If using frozen spinach, thaw fully and squeeze out excess water.
3. Squeeze spinach well to remove as much liquid as possible, then chop into bite-sized lengths.
4. In a mortar, grind toasted sesame seeds until coarse and fragrant.
5. Add miso, tamari, and molasses. Mix into a thick dressing.
6. Toss spinach with sesame dressing until well coated.
7. Refrigerate until ready to serve, or enjoy at room temperature.

NUTRITION, APPROX., PER SERVING

Energy: 95 kcal
Protein: 5 g
Fat: 6 g
Carbohydrates: 7 g (of which sugars 2 g)
Fibre: 3 g
Rich in: calcium, iron, vitamin K, magnesium, antioxidants

NOTES & VARIATIONS

- Garnish with whole toasted sesame seeds for crunch.
- Add a pinch of nori flakes for extra minerals.
- Works as a standalone snack, or as one of two vegetable sides for a dinner with tofu, tempeh, or grilled fish as a protein. Serve with miso soup for roundedness. Add a starchy vegetable or cooked grain for a lunch.

Lemony Courgette Noodles with Fresh Thyme

2 servings

Prep time: 10 minutes · Cooking time: 3 minutes · Total time: 13 minutes

INGREDIENTS

2 medium courgettes (300 g), spiralised into noodles or peeled into ribbons with a peeler
1 Tbsp. olive oil
2 Tbsp. lemon juice
1 Tsp. freshly grated lemon zest
1 Tsp. tamari sauce
1 clove garlic, finely minced
1 Tbsp. fresh thyme leaves, chopped
Sea salt and black pepper, to taste
2 Tbsp. toasted pine nuts

DIRECTIONS

1. Pat spiralised courgettes dry with a kitchen towel to remove excess moisture.
2. Heat olive oil in a large pan over medium heat. Add garlic and cook for 30 seconds until fragrant.
3. Add courgette noodles and toss gently for 2–3 minutes until just tender (do not overcook).
4. Stir in lemon juice, lemon zest, tamari, and fresh thyme. Season with salt and black pepper.
5. Remove from heat and sprinkle with toasted pine nuts before serving.

NUTRITION, APPROX., PER SERVING

Energy: 150 kcal
Protein: 4 g
Fat: 10 g
Carbohydrates: 12 g (of which sugars 5 g)
Fibre: 4 g
Rich in: vitamin C, vitamin A, manganese, antioxidants

NOTES & VARIATIONS

Add fresh parsley, mint or basil for extra freshness.

Top with a spoonful of vegan pesto for a richer version.

For dinner, add 100 g tempeh cubes, 120 g tofu slices, or 115 g raw chicken per serving, pan-fried with olive oil and tossed with the noodles. For lunch add a fried mochi as dessert.

Griddled Kale with Tamari

NEW FOR AUTUMN 26

2 servings

Prep time: 5 minutes · Cooking time: 8 minutes · Total time: 13 minutes

INGREDIENTS

200 g kale leaves, stems trimmed, gathered into 4 flat clusters

1 tsp. olive oil

1 tsp. tamari

A twist of black pepper

DIRECTIONS

1. Blanch kale in boiling water for 2 minutes. Drain and press very dry; wet leaves steam instead of charring.
2. Heat a griddle or heavy pan with the oil until properly hot.
3. Lay each cluster flat and press it onto the griddle with a spatula. Brown for a few minutes each side, until the edges char and crisp.
4. Drizzle with the tamari and finish with black pepper.

NUTRITION, APPROX., PER SERVING

Energy: 53 kcal

Protein: 3 g

Fat: 4 g

Carbohydrates: 1 g (of which sugars 1 g)

Fibre: 4 g

Rich in: vitamin K, vitamin C, calcium, sulforaphane precursors

NOTES & VARIATIONS

- The char is the twist: blanch first, dry well, and do not move it about on the griddle.
- A scatter of toasted sesame seeds makes it a goma-ae cousin.

Soups & broths

All soups can be served as a vegetable side dish in the solid food phase. You can have 1/2 serving as a snack. In the liquid phase you can have as much as you need at mealtimes. Bone broth, fish broth and vegetable broth (with or without miso) can be consumed liberally during the entire detox except during the water fast.

Bone broth

Makes ~2 L / ~2 US quarts

INGREDIENTS

- 1 kg organic beef, chicken or venison bones (marrow, knuckle, or joints)
- 2 Tbsp. apple cider vinegar
- 2 carrots, broken into halves (200 g)
- 2 celery branches, broken into halves (120 g)
- 1 onion, halved, skin on (150 g)
- 3 garlic cloves, skin on
- 1 piece kombu (5 cm strip) (optional, for added minerals)
- 2 bay leaves
- 1 Tsp. whole black peppercorns
- 2. 5–3 L filtered water

TO SERVE

- Sea salt
- Lemon / lime juice and zest to taste (add before serving)
- Chopped fresh herbs

DIRECTIONS

Stovetop

1. Add bones, vinegar, vegetables, and herbs into a large pot. Cover with water by 5–7 cm.
2. Bring to a boil, then reduce to the gentlest simmer. Skim off foam in the first hour.
3. Simmer: chicken bones 12–18 hrs; beef and venison bones 24–36 hrs. Add water if needed.
4. Strain, cool, remove fat (save for cooking later) and store in glass jars (up to 7 days refrigerated or freeze).

PRESSURE COOKER

1. Add all ingredients to pot. Fill with water (do not exceed Max Fill).
2. Lock lid, set to High Pressure, 120 minutes, natural release.
3. Strain and store.

NUTRITION, PER 240 ML / 1 CUP

Energy: 40–50 kcal
 Protein: 9–10 g (collagen + amino acids)
 Fat: 0–1 g
 Carbohydrates: 0 g
 Fibre: 0 g
 Rich in minerals (calcium, magnesium, phosphorus), glycine, proline, glutamine.

NOTES & VARIATIONS

- Use mixed bones (joints, knuckles, marrow) for richer collagen content.
- Add lemon and lime zest, fresh herbs (parsley, thyme) in the last hour for flavour and antioxidants.
- For a lighter broth, use only chicken carcasses or wings.
- Add lemon / lime juice, sea salt, chopped fresh herbs to serve.
- Use as a light protein, mineral and hydration boost throughout the detox. Also great as base for soups during detox liquid days.

Fish Broth (Miso Soup Base)

Makes ~2 L / ~2 US quarts

INGREDIENTS

1 kg fish bones, heads, frames (from white fish; remove gills)
 2 carrots, broken into halves (200 g)
 2 celery branches, broken into halves (120 g)
 1 leek (120 g, sliced)
 1 knob ginger, sliced
 1 piece kombu (5 cm strip)
 1 bunch parsley stems (optional)
 2 L / 2 US quarts filtered water

TO SERVE

Sea salt or tamari sauce
 Lemon / lime juice and zest to taste OR miso paste (1 Tsp. Per 240 ml / 1 cup, for miso soup)
 Chopped fresh herbs (spring onion and chive are best for miso soup)
 Toasted sesame seeds (optional)

DIRECTIONS

Stovetop

1. Rinse bones, place in pot with the other ingredients and water.
2. Bring just to a boil, skim foam, reduce to lowest simmer. Cook for 45–60 minutes only.
3. Strain, cool, and store (3 days in fridge or freeze).

PRESSURE COOKER

1. Add ingredients to pot. Cover with water (not above Max Fill).
2. Lock lid, set to High Pressure, 30 minutes, natural release.
3. Strain and store.

NUTRITION, PER 240 ML / 1 CUP

Energy: 25–30 kcal
 Protein: 6–7 g (amino acids)
 Fat: 0 g
 Carbohydrates: 0 g
 Fibre: 0 g
 Excellent source of iodine, selenium, calcium, and trace minerals.

NOTES & VARIATIONS

- Add fennel and lemon peel for a lighter, Mediterranean-style broth.
- Avoid oily fish bones (salmon, tuna) as they can create a bitter taste.
- Use as a base for miso soup or vegetable soups during detox liquid days.
- Fishmongers at farmers markets will often happily give you fish carcasses at no cost. You can also keep your leftover fish bones in the freezer to make this soup later on.

Vegetable Miso Soup (Miso Soup Base)

3 servings

Prep time: 10 minutes · Cooking time: 20 minutes · Total time: 30 minutes

INGREDIENTS

2 carrots, diced (200 g / 1 ½ cups)
 200 g / 2 cups early pumpkin, diced (Spring alternative in the notes)
 2 celery stalks, diced (100 g / 1 cup)
 1 strip dried wakame and / or 1-2 fish heads and bones
 1 onion, diced (100 g / 1 cup)

3 Tbsp. white miso paste
2–3 fresh mint leaves, for garnish

DIRECTIONS

1. Place carrot, pumpkin, celery, wakame and fish (if using), and onion into a pot. Cover with water. Bring to a boil, reduce heat, and simmer gently for 20 minutes. Remove from heat.
2. To serve, dissolve miso paste (1 Tbsp. Per serving) in a small amount of hot broth in a serving bowl, then add more soup (do not boil once miso is added). Top with fresh mint.

NUTRITION, APPROX., PER SERVING IF 3 SERVINGS

Energy: 90 kcal
Protein: 4 g
Fat: 2 g
Carbohydrates: 16 g (of which sugars 5 g)
Fibre: 4 g
Rich in: vitamin A, vitamin C, iodine, magnesium, antioxidants

NOTES & VARIATIONS

- For Spring, replace pumpkin with asparagus, fennel, or courgette to keep the soup light and seasonal.
- Add finely grated fresh ginger for a spicier warmth.
- Garnish with parsley, coriander, or spring onions if mint isn't available.
- Refrigerate leftover and warm up a portion as needed.
- This is a rounding vegetable side that can be added to any meal or consumed as a light snack.

Add cooked brown rice or soba noodles and a protein (silken tofu, edamame, grilled mackerel, leftover cooked chicken) to make it a savoury breakfast or lunch.

- In the liquid phase, blend or strain the vegetable out.

Courgette, Cashew and Basil Soup

2 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

1 Tbsp. olive oil
1 onion, chopped (100 g / 1 cup)
2 medium courgettes, chopped (300 g / 2 cups)
50 g / ½ cup raw cashews, soaked for at least 2 hours
500 ml / 2 cups filtered water or light vegetable broth
2 Tbsp. fresh basil leaves (10 g)
Sea salt and black pepper, to taste

DIRECTIONS

3. Heat olive oil in a pan. Add onion and sauté gently for 10 minutes until soft. Add courgettes and cook for another 5 minutes.
4. Drain cashews and add to the pan along with water or broth. Simmer for 10 minutes until courgette is tender.
5. Add basil and blend until smooth and creamy. Season with salt and pepper before serving.

NUTRITION, APPROX., PER SERVING

Energy: 230 kcal
Protein: 7 g
Fat: 16 g
Carbohydrates: 15 g (of which sugars 6 g)
Fibre: 4 g
Rich in: vitamin C, vitamin K, magnesium, healthy fats

NOTES & VARIATIONS

- Spring: Add a handful of fresh peas or asparagus tips before blending for brightness.

- Autumn: Garnish with toasted pumpkin seeds for extra warmth and crunch.
- In solid food phases, serve as a vegetable side with protein (tofu, tempeh, or fish) and a grain like brown rice or millet.
- In liquid food phases, enjoy as a complete blended meal.

Beet & Parsnip Soup

4 servings

Prep time: 10 minutes · Cooking time: 30 minutes · Total time: 40 minutes

INGREDIENTS

2 Tbsp. avocado oil or olive oil
1 onion, chopped (100 g / 1 cup)
3 garlic cloves, minced
1 Tbsp. fresh ginger, peeled and finely chopped
3 large beets, peeled and diced (450 g / 3 cups)
1 medium parsnip, peeled and diced (100 g / 1 cup)
940 ml / 4 cups vegetable broth (more as needed for texture)
Sea salt and black pepper, to taste
Garnish
Coconut cream or yogurt
Parsley
Black sesame seeds
Cracked black pepper

DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onion and cook for 3–4 minutes until softened. Add garlic, ginger, salt, and black pepper. Cook for 1–2 minutes until fragrant. Add beets, parsnip, and vegetable broth. Bring to a boil, then reduce to low heat, cover, and simmer for 25–30 minutes until beets are fork-tender.
2. Transfer soup to a blender and blend until smooth and creamy.
3. Serve hot, garnished with coconut cream or yogurt, parsley, sesame seeds, and extra cracked black pepper.

NUTRITION, APPROX., PER SERVING

Energy: 180 kcal
Protein: 4 g
Fat: 7 g
Carbohydrates: 28 g (of which sugars 12 g)
Fibre: 7 g
Rich in: folate, manganese, antioxidants, vitamin C

NOTES & VARIATIONS

- Spring: Add fresh dill or lemon zest for brightness.
- Autumn: Garnish with roasted chestnuts for a grounding touch.
- In solid food phases, this soup can be served as a vegetable side with protein (tofu, tempeh, or fish). Add a portion of brown rice or buckwheat for a balanced lunch.
- In liquid food phases, enjoy as a complete blended meal.

Courgette Cream with Shiitake

2 servings

Prep time: 10 minutes · Cooking time: 20 minutes · Total time: 30 minutes

INGREDIENTS

1 onion, sliced into half moons (100 g / 1 cup)
2 medium courgettes, chopped (300 g / 2 cups)
150 g / 1 ½ cups shiitake mushrooms, sliced
1 Tsp. tamari sauce
1 Tbsp. olive oil
Sea salt, to taste

DIRECTIONS

1. Heat ½ Tbsp. olive oil in a pan. Add onion and sauté gently over low heat for 15 minutes until soft. Add courgette, 120 ml / ½ cup water, and a pinch of salt. Cook on very low heat until soft. Blend onion and courgette mixture until smooth.
2. In a separate pan, sauté shiitake in ½ Tbsp. olive oil for 2 minutes. Add tamari and cook briefly.
3. Serve courgette cream topped with shiitake.

NUTRITION, APPROX., PER SERVING

Energy: 170 kcal
Protein: 6 g
Fat: 9 g
Carbohydrates: 19 g (of which sugars 8 g)
Fibre: 5 g
Rich in: vitamin C, potassium, antioxidants

NOTES & VARIATIONS

- Spring variation: Replace shiitake with asparagus tips or tenderstem broccoli
- Autumn: Add chestnuts for a richer flavour.
- In the solid food phases this is a vegetable side. Pair with a protein (tofu, tempeh, or fish) to make it a full dinner. Further add brown rice or roasted pumpkin cubes for a dinner.
- In the liquid food phase, this is a complete meal. Chew very well to aid digestion

Apple & Celery Velouté

2 servings

Prep time: 10 minutes · Cooking time: 20 minutes · Total time: 30 minutes

INGREDIENTS

1 onion, chopped (100 g / 1 cup)
200 g / 2 cups chopped celery
3 medium apples, chopped, divided (2 cooked, 1 raw for topping)
1 Tbsp. olive oil
Sea salt, to taste

DIRECTIONS

1. Place 2 apples in a small pan with a splash of water. Cook until soft, about 10 min.
2. Meanwhile Heat olive oil in a pan, add onion, and sauté for 10 minutes until soft. Add celery and cooked apple. Cook gently for 10 minutes.
3. Blend mixture until smooth.
4. Serve topped with raw apple cubes for freshness and contrast.

NUTRITION, APPROX., PER SERVING

Energy: 160 kcal
Protein: 3 g
Fat: 7 g
Carbohydrates: 25 g (of which sugars 16 g)
Fibre: 6 g
Rich in: vitamin C, potassium, antioxidants

NOTES & VARIATIONS

- Spring: Swap one apple for fennel bulb for a fragrant version.
- Autumn: Add roasted chestnuts, warming flavour.
- In solid food phases, serve as a vegetable side with a protein (tofu, tempeh, or fish) as a dinner.

Add brown rice or roasted pumpkin / parsnip to make it a lunch.

- In liquid food phases, this velouté can be enjoyed as a standalone meal. Chew very well to aid digestion.

Carrot, Squash & Coriander Soup

3 servings

Prep time: 10 minutes · Cooking time: 25 minutes · Total time: 35 minutes

INGREDIENTS

1 Tbsp. olive oil
 1 onion, chopped (100 g / 1 cup)
 2 medium carrots, peeled and chopped (200 g / 1 ½ cups)
 250 g / 2 cups butternut squash, peeled and cubed
 1 garlic clove, minced
 1 knob fresh ginger, grated (10 g)
 750 ml / 3 cups vegetable broth
 2 Tbsp. fresh coriander leaves, chopped (plus extra for garnish)
 1 Tbsp. lemon juice
 Sea salt and black pepper, to taste
 Detox Topping
 1 Tbsp. toasted pumpkin seeds
 1 Tsp. ground milk thistle seeds
 Fresh coriander leaves

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add onion and sauté for 5 minutes until softened. Add carrots, squash, garlic, and ginger. Cook for 5 minutes, stirring occasionally. Pour in vegetable broth, bring to a boil, then reduce heat and simmer for 20 minutes until vegetables are tender.
2. Add coriander and lemon juice, then blend until smooth and creamy.
3. Serve hot, topped with pumpkin seeds, milk thistle seeds, and extra coriander leaves.

NUTRITION, APPROX., PER SERVING

Energy: 180 kcal
 Protein: 5 g
 Fat: 8 g
 Carbohydrates: 25 g (of which sugars 9 g)
 Fibre: 6 g
 Rich in: beta-carotene, vitamin C, magnesium, antioxidants

NOTES & VARIATIONS

- Spring: Replace squash with courgette and add a handful of fresh peas.
- Autumn: Add a pinch of cumin or turmeric for warmth.
- In solid food phases, serve as a vegetable side with protein (tofu, tempeh, or fish). Add brown rice for a full lunch.
- In liquid food phases, enjoy as a blended soup with detox-supportive coriander and milk thistle topping.

“Cheesy” Broccoli Soup

4 servings

Prep time: 15 minutes · Cooking time: 30 minutes · Total time: 45 minutes

INGREDIENTS

1 Tbsp. olive oil
 1 onion, chopped (100 g / 1 cup)
 ½ cup celery, chopped (50 g)
 ⅓ cup carrots, chopped (40 g)
 1 medium parsnip, peeled and diced (100 g / 1 cup) (detox-friendly alternative to potato)
 450 g / 1 lb broccoli (stems diced, florets chopped, divided)
 4 garlic cloves, minced
 750 ml / 3 cups vegetable broth
 ½ cup raw cashews, soaked 2–4 hrs
 1 ½ Tsp. apple cider vinegar
 ½ Tsp. Dijon mustard
 2 Tbsp. nutritional yeast (optional, for a “cheese-like” flavour)
 1 Tbsp. fresh dill
 1 Tbsp. lemon juice
 Sea salt and black pepper, to taste
 Topping
 1 cup reserved broccoli florets, roasted
 2 Tbsp. toasted pumpkin seeds, sunflower seeds or milk thistle seeds
 Fresh parsley or dill, to garnish

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add onion, celery, carrots, broccoli stems, salt, and pepper. Sauté for 10 minutes until softened. Add parsnip and garlic, stir, then add vegetable broth. Simmer for 20 minutes until parsnip is tender. Let cool slightly.
2. Reserve 1 cup broccoli florets for topping. Steam remaining broccoli florets in a basket over 1 inch simmering water for 5 minutes until tender. Roast reserved florets on a baking sheet at 200°C / 400°F in oven with a drizzle of oil and a pinch of salt for 10–12 minutes until browned (air fryer: 200°C / 400°F for 8–10 minutes).
3. Transfer soup to a blender with cashews, apple cider vinegar, mustard, and nutritional yeast (if using). Blend until smooth and creamy. Add steamed broccoli, dill, and lemon juice. Pulse to incorporate, keeping some texture.
4. Serve topped with roasted broccoli, toasted seeds, and fresh herbs.

NUTRITION, APPROX., PER SERVING

Energy: 220 kcal
 Protein: 8 g
 Fat: 13 g
 Carbohydrates: 20 g (of which sugars 6 g)
 Fibre: 7 g
 Rich in: vitamin C, folate, calcium, antioxidants

NOTES & VARIATIONS

- Spring: Add a handful of fresh peas before blending.
- Autumn: Garnish with roasted chestnuts or use a little miso paste for a deeper savoury note.
- In solid food phases, serve with protein (tofu, tempeh, or fish) as a dinner and further add a grain (brown rice, quinoa) to make it a lunch.
- In liquid food phases, enjoy as a creamy, blended meal.
- ½ serving can serve as a snack.

Creamy Mushroom Soup

4 servings

Prep time: 15 minutes · Cooking time: 30 minutes · Total time: 45 minutes

INGREDIENTS

1 Tbsp. olive oil
1 onion, chopped (100 g / 1 cup)
2 garlic cloves, grated
450 g / 1 lb white button mushrooms, sliced
225 g / 8 oz cremini mushrooms, sliced
½ Tsp. sea salt
Freshly ground black pepper, to taste
750 ml / 3 cups vegetable broth
1 Tbsp. tamari
1 Tbsp. fresh thyme leaves (plus extra for garnish)
70 g / ½ cup raw cashews, soaked 2–4 hrs (detox replacement for cream)
1 Tbsp. lemon juice
2 Tbsp. fresh dill or parsley, chopped (for freshness)
Topping
1 cup sliced mushrooms, roasted or air fried until crisp
Fresh parsley or dill, to garnish
Drizzle of truffle oil (optional)

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, salt, and pepper. Sauté for 5 minutes until softened. Add mushrooms in two batches, cooking until softened and lightly browned (about 10 minutes total). Stir in broth, tamari, and thyme. Cover and simmer for 15 minutes.
2. Allow soup to cool slightly. Transfer two-thirds (or all) to a blender with soaked cashews and lemon juice. Blend until creamy.
3. Return blended soup to pot with remaining chunky soup. Stir in dill or parsley.
4. Serve hot, topped with roasted mushrooms, fresh herbs, and a drizzle of truffle oil (if desired).

NUTRITION, APPROX., PER SERVING

Energy: 160 kcal
Protein: 7 g
Fat: 10 g
Carbohydrates: 18 g (of which sugars 5 g)
Fibre: 5 g
Rich in: selenium, vitamin D, antioxidants, magnesium

NOTES & VARIATIONS

- Spring: Add steamed asparagus tips or peas as a topping.
- Autumn: Add roasted chestnuts for a deeper, nutty flavour.
- Use silken tofu instead of cashews for a lighter protein-rich option.
- In solid food phases, pair with a protein (tofu, tempeh, or fish) for dinner and further add a grain (brown rice, buckwheat) or starchy veg for a lunch option.
- In liquid food phases, enjoy as a complete blended meal.
- 1 serving can also serve as a snack soup.

Yellow Split Pea Soup

5 servings

Prep time: 10 minutes · Cooking time: 45 minutes

INGREDIENTS

1 Tbsp. olive oil
 1 onion, chopped (100 g / 1 cup)
 2 celery stalks, diced (100 g / 1 cup)
 3 garlic cloves, minced
 200 g / 1 cup yellow split peas, rinsed
 1 medium parsnip, peeled and diced (100 g / 1 cup)
 400 g / 2 ½ cups fresh or frozen corn kernels
 960 ml / 4 cups vegetable broth
 480 ml / 2 cups filtered water (or more as needed)
 1 Tsp. sea salt, more to taste
 100 g / ¾ cup cashews, soaked 2–4 hrs (for cashew cream)
 1 ½ Tbsp. apple cider vinegar
 Freshly ground black pepper, to taste
 Topping (optional)
 Fresh chives or parsley, chopped
 Extra steamed corn kernels
 Toasted pumpkin, sunflower or milk thistle seeds

DIRECTIONS

1. Prepare cashew cream: blend soaked cashews with 160 ml / ⅔ cup water and ¼ Tsp. salt until smooth. Set aside ¾ cup for soup.
2. Heat olive oil in a large pot over medium heat. Add onion and celery, sauté 5–7 minutes until softened.
3. Add garlic and cook for 1 minute until fragrant.
4. Stir in split peas, parsnip, corn, broth, water, and salt. Bring to a boil, then reduce heat, cover, and simmer 45 minutes, stirring occasionally, until peas are tender.
5. Partially blend with an immersion blender (or blend half the soup in a blender and return).
6. Stir in cashew cream and apple cider vinegar. Adjust salt and pepper to taste.
7. Serve hot with optional toppings.

NUTRITION, APPROX., PER SERVING

Energy: 300 kcal
 Protein: 13 g
 Fat: 12 g
 Carbohydrates: 38 g (of which sugars 7 g)
 Fibre: 11 g
 Rich in: folate, magnesium, vitamin C, antioxidants

NOTES & VARIATIONS

- Spring: Swap corn for peas or broad beans.
- Autumn: Add cumin or coriander seed for warmth.
- In solid food phases, serve with a protein (tofu, tempeh, or fish) for dinner; add brown rice or quinoa for lunch.
- In liquid food phases, blend until fully smooth for an easier-to-digest meal.
- ½ serving can serve as a snack soup.

Leek & Turnip Soup

4 servings

Prep time: 15 minutes · Cooking time: 30 minutes · Total time: 45 minutes

INGREDIENTS

1 Tbsp. olive oil
 4 large leeks, white and light green parts only, cleaned and chopped (1.1 kg / 2 ½ lb)
 1 Tsp. sea salt
 Freshly ground black pepper, to taste

500 g / 4 cups turnip, peeled and chopped (detox-friendly swap for potato)
3 garlic cloves, grated

1. 4 L / 6 cups vegetable broth (or optional leek top broth, see below)

3 sprigs fresh thyme, bundled

300 g / 1 pack silken tofu (or 100 g / ¾ cup cashews, soaked 2–4 hrs)

1 Tbsp. lemon juice (optional, for brightness)

Chopped fresh chives, for garnish

OPTIONAL LEEK TOP BROTH

Dark green tops from 4 large leeks (1.1 kg / 2 ½ lb)

3 L / 12 cups water

8 fresh thyme sprigs

5 garlic cloves, smashed

1 Tbsp. sea salt

1 Tbsp. black peppercorns

DIRECTIONS

1. (Optional broth) Place leek tops, water, thyme, garlic, salt, and peppercorns in a large pot.

Bring to a boil, then simmer 30 minutes. Strain and measure 6 cups broth for the soup.

2. Heat olive oil in a large pot over medium heat. Add chopped leeks, salt, and pepper. Cook 8–10 minutes, stirring occasionally, until softened but not browned.

3. Add turnip, garlic, broth, and thyme bundle. Simmer 20 minutes, or until turnip is tender.

Remove thyme.

4. Blend soup with silken tofu (or cashews) until smooth and creamy. Return to pot and adjust seasoning. Stir in lemon juice if using.

5. Serve hot, garnished with chives.

NUTRITION, APPROX., PER SERVING, WITH SILKEN TOFU

Energy: 235 kcal

Protein: 9 g

Fat: 9 g

Carbohydrates: 28 g (of which sugars 8 g)

Fibre: 6 g

Rich in: vitamin K, folate, magnesium, antioxidants

NOTES & VARIATIONS

- Spring: Add fennel or peas for freshness.
- Autumn: Add roasted chestnuts or a spoon of white miso for depth.
- Silken tofu provides extra protein; cashews give a richer, nuttier flavour.
- In solid food phases, serve as a vegetable side with protein (tofu, tempeh, or fish). Add brown rice or quinoa for a lunch.
- In liquid food phases, enjoy as a complete blended soup.
- ½ serving can also work as a snack soup.

Celery & Leek Detox Velouté

Servings: 2

Prep Time: 10 minutes · Cook Time: 20 minutes · Total Time: 30 minutes

Celery is a natural detoxifier, helping flush excess proteins and water while stimulating the kidneys to eliminate toxins and salts. Paired with leek—rich in mucilaginous compounds that support digestion—this soup is light, cleansing, and soothing for the digestive system.

INGREDIENTS

4 celery stalks (200 g / 2 cups), chopped

4 medium leeks (600 g / 5 cups), white + light green parts and cleaned roots, chopped

1 knob fresh ginger (10 g), grated (juice extracted)
 750 ml / 3 cups filtered water or light vegetable broth
 1 Tbsp. toasted sesame oil
 1 Tbsp. fresh parsley, chopped (for garnish)
 Sea salt, to taste
 Topping
 1 Tbsp. toasted pumpkin or sunflower seeds
 1 Tsp. ground milk thistle seeds (optional, for liver support)
 Fresh parsley or coriander leaves

DIRECTIONS

Wash the leeks thoroughly, including roots if attached. Soak roots briefly to release dirt, then chop into large pieces. Heat sesame oil in a medium pot over medium heat. Add leeks with roots and a pinch of sea salt. Sauté briskly for 3–4 minutes. Add chopped celery, cover with water or broth, and simmer for 15 minutes until vegetables are tender. Blend until smooth, adjusting water to desired consistency. Grate the ginger, squeeze out the juice, and stir it into the soup just before serving. Serve hot, topped with toasted seeds, milk thistle, and fresh parsley or coriander.

NUTRITION, APPROX., PER SERVING

Energy: 140 kcal
 Protein: 4 g
 Fat: 6 g
 Carbohydrates: 18 g (of which sugars 7 g)
 Fibre: 5 g
 Rich in: potassium, vitamin C, vitamin K, detoxifying phytonutrients

NOTES & VARIATIONS

- Spring: Add a handful of peas or spinach before blending.
- Autumn/Winter: Add ½ parsnip or turnip for extra grounding.
- A splash of lemon juice will brighten the flavour and support detox.
- In the solid food phase, serve as a vegetable side alongside one more vegetable and a protein (tofu, tempeh, or fish) for dinner. Further add a grain (brown rice, buckwheat) or starchy vegetable for a lunch. You can have 1 serving as a standalone snack as well as it is quite low in calorie.
- In the liquid food phase, enjoy as a complete blended soup.

Sweet Vegetable Broth

NEW FOR AUTUMN 26

4 servings (1 cup each; makes ~1 litre)

Prep time: 10 minutes · Cooking time: 40 minutes · Total time: 50 minutes

INGREDIENTS

300 g squash, in medium pieces
 1 onion, quartered
 2 carrots, in chunks
 2 cabbage leaves, torn
 1 strip kombu (for minerals)
 1 litre / 4 cups water

DIRECTIONS

1. Put all the vegetables and the kombu in a pot with the water.
2. Bring to a gentle simmer, cover, and cook over a low heat for 40 minutes.
3. Strain, and drink the broth hot. The vegetables can go into a soup or be eaten separately outside the liquid days.

NUTRITION, ESTIMATED, PER SERVING; THE BROTH IS STRAINED, SO ONLY WHAT LEACHES INTO THE WATER COUNTS

what leaches into the water counts)
Energy: 15 kcal
Protein: 0 g
Fat: 0 g
Carbohydrates: 3 g (of which sugars 2 g)
Fibre: 0 g
Rich in: minerals (the kombu adds iodine and trace minerals) and the gentle, steadying sweetness of slow-cooked vegetables

NOTES & VARIATIONS

- A cup in the afternoon settles energy and sweet cravings, on the liquid days especially.
- Keeps three days in the fridge; reheat gently, never boil hard.

Parsnip & Onion Velouté

NEW FOR AUTUMN 26

4 servings

Prep time: 10 minutes · Cooking time: 55 minutes · Total time: 65 minutes

INGREDIENTS

2 large onions, in fine julienne
2 medium parsnips (~300 g), thinly sliced
2 Tbsp. olive oil
Sea salt
Water, just enough to partially cover
To serve: freshly chopped parsley and toasted hemp seeds

DIRECTIONS

1. In a heavy-bottomed pot, cook onions with the oil and a pinch of salt over the lowest heat, partially covered, for 20–25 minutes, until soft and almost melting. This slow start is the whole dish.
2. Add parsnips and stir well.
3. Add just enough water to partially cover, and cook gently for a further 30 minutes.
4. Blend until thick and silky. Salt to taste.
5. Serve scattered with parsley and toasted hemp seeds.

NUTRITION, APPROX., PER SERVING, WITH PARSLEY AND HEMP SEEDS

Energy: 165 kcal
Protein: 4 g
Fat: 10 g
Carbohydrates: 15 g (of which sugars 9 g)
Fibre: 6 g
Rich in: fibre, folate, potassium, plant protein and omega-3s from the hemp, the deep natural sweetness of slow cooking

NOTES & VARIATIONS

- Do not rush the onions; the sweetness is built through the slow cooking.
- The hemp seeds and parsley are not a garnish; they carry protein, omega-3s and vitamin C into a soup that would otherwise have little.
- A swirl of flax oil to serve adds omega-3s (never heat it).

Smoothies

All smoothies can be served as a vegetable side dish in the solid food phase. You can have 1/2 serving as a snack. In the liquid phase you can have as much as you need at mealtimes. Berry, Chia, and Mint Smoothie

Berry, Chia, and Mint Smoothie

Prep time: 5 minutes · Cooking time: 0 minutes (freezing overnight) · Total time: 5 minutes hands-on

INGREDIENTS

150 g / 1 cup sliced strawberries
 60 g / ½ cup raspberries
 75 g / ½ cup grated beet (from 1 medium beet)
 15 g / ⅓ cup mint leaves
 10 g / 1 Tbsp. chia seeds
 240 ml / 1 cup unsweetened almond milk

DIRECTIONS

1. Place berries, beet, mint, and chia seeds in resealable plastic bag or freezer-safe jar. Freeze overnight or longer.
2. When ready to prepare, add frozen ingredient and almond milk to blender. Blend until smooth.

NUTRITION, APPROX.

Energy: 170 kcal
 Protein: 6 g
 Fat: 6 g
 Carbohydrates: 25 g (of which sugars 13 g)
 Fibre: 11 g
 High in: vitamin C, folate, manganese, omega-3 (ALA)

Raspberry and Peach Smoothie

INGREDIENTS

375 g / 1 ½ cups plant yoghurt (Sojade Greek Style soy or Nush Protein Natural Almond Milk Yoghurt for higher protein; COCOS Organic Vanilla Coconut Yoghurt or Coconut Collab Vanilla Coconut Yoghurt for higher fat)
 60 g / ½ cup raspberries
 10 g / 1 Tbsp. hemp seeds
 150 g / 1 medium peach, peeled and quartered
 120 g / ½ cup ice

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

NUTRITION, APPROX., IF USING ALMOND YOGURT

Energy: 330 kcal
 Protein: 18 g
 Fat: 15 g
 Carbohydrates: 29 g (of which sugars 17 g)
 Fibre: 7 g
 Rich in: plant protein, vitamin C, vitamin E, magnesium, omega-3 (ALA)

Berry Blast Smoothie

1 serving

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

50 g / ½ cup blueberries
50 g / ½ cup strawberries
40 g / ¼ cup raspberries
40 g / ¼ cup blackberries
10 g / 1 Tbsp. toasted almonds
75 g / ½ cup almond, soy, or coconut yogurt

DIRECTIONS

1. Place berries, almonds, and yogurt in a blender. Blend until smooth and creamy.
2. Serve immediately as an energising drink.

NUTRITION, APPROX., PER SERVING IF USING SOY YOGURT

Energy: 190 kcal
Protein: 6 g
Fat: 7 g
Carbohydrates: 27 g (of which sugars 18 g)
Fibre: 8 g
Rich in: vitamin C, antioxidants, fibre

NOTES & VARIATIONS

- Add fresh mint leaves for brightness.
- You can use frozen berries.

Apple and Oat Smoothie

1 serving

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

1 apple, cored and chopped
120 g / ½ cup plant yoghurt
25 g / ¼ cup rolled oats
15 g / 2 Tbsp. pecans
1 g / ¼ Tsp. cinnamon
1 g / ¼ Tsp. nutmeg
120 g / 1 cup ice cubes

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

NUTRITION, APPROX., IF USING ALMOND YOGURT

Energy: 300 kcal
Protein: 10 g
Fat: 11 g
Carbohydrates: 42 g (of which sugars 20 g)
Fibre: 7 g
Rich in: manganese, vitamin E, fibre, antioxidants, plant protein

Spinach and Kiwi Smoothie

1 serving

INGREDIENTS

120 g / 4 cups spinach leaves, stems discarded
2 large kiwis, peeled
¼ avocado (25 g)
1 Tbsp. Tahini
⅛ Tsp. sea salt
½–1 Tsp. lime zest
¼ Tsp. chlorella powder
120 g / 1 cup ice cubes

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

NUTRITION, APPROX.

Energy: 230 kcal
Protein: 7 g
Fat: 13 g
Carbohydrates: 22 g (of which sugars 12 g)
Fibre: 9 g
Rich in: vitamin C, vitamin K, folate, magnesium, plant-based calcium

Equinox Green Goddess

1 serving

INGREDIENTS

70 g / ½ cup frozen cauliflower rice (or 2 florets)
150 g / 1 cup cucumber chunks
½ large avocado (60 g)
150 g / 1 medium green apple, chopped
120 ml / ½ cup orange or tangerine juice
120 g / ½ cup vanilla plant yoghurt
15 g / ¼ cup mint leaves
¼ Tsp. chlorella powder

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

NUTRITION, APPROX., IF USING ALMOND YOGURT

Energy: 300 kcal
Protein: 11 g
Fat: 14 g
Carbohydrates: 34 g (of which sugars 20 g)
Fibre: 10 g
Rich in: vitamin C, chlorophyll, vitamin K, antioxidants, plant protein

Berry Cocoa protein smoothie

1 serving

INGREDIENTS

150 g / 1 cup frozen mixed berries
40 g / ½ cup broccoli sprouts

10 g / 1 Tbsp. hemp seed hearts
10 g / 1 Tbsp. sunflower seeds
5 g / 1 Tbsp. cocoa powder
240 ml / 1 cup soy milk
Pinch of sea salt

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

NUTRITION, APPROX.

Energy: 210 kcal
Protein: 11 g
Fat: 8 g
Carbohydrates: 26 g (of which sugars 12 g)
Fibre: 7 g
Rich in: protein, antioxidants, magnesium

Lime, Pear & Green Energy Smoothie

1 serving

INGREDIENTS

½ lime's juice (approx. 1 Tbsp.)
½ pear (75 g)
¼ avocado (25 g)
20 g / 1 cup spinach, loosely packed
1 knob fresh turmeric (10 g)
1 knob fresh ginger (10 g)
1 Tbsp. tahini
2 Tbsp. raisins
200 ml / ¾ cup almond milk
250 ml / 1 cup kefir water
1 Tsp. chlorella powder
120 g / 1 cup ice cubes

NUTRITION, APPROX.

Energy: 250 kcal
Protein: 8 g
Fat: 14 g
Carbohydrates: 26 g (of which sugars 15 g)
Fibre: 7 g
Rich in: vitamin C, iron, magnesium, antioxidants

Mango, Chard & Pomegranate Smoothie

1 serving

INGREDIENTS

½ mango (100 g)
¼ avocado (25 g)
2 Tbsp. pomegranate seeds (20 g)
30 g / 1 cup young chard leaves, loosely packed
1 Tbsp. flflaxseeds (10 g)
5 macadamias (15 g)
2 Tbsp. raisins (15 g)
250 ml / 1 cup water kefir

120 g / 1 cup ice cubes

NUTRITION, APPROX.

Energy: 270 kcal
Protein: 5 g
Fat: 13 g
Carbohydrates: 32 g (of which sugars 20 g)
Fibre: 8 g
Rich in: vitamin A, omega-3 (ALA), potassium, polyphenols

Tropical Chard & Coconut Smoothie

1 serving

INGREDIENTS

½ mango (100 g)
30 g / 1 cup chard leaves, loosely packed
2 Tbsp. desiccated coconut (15 g)
2 Tbsp. pistachios (20 g)
½ lime's juice (approx. 1 Tbsp.)
250 ml / 1 cup coconut water

NUTRITION, APPROX.

Energy: 290 kcal
Protein: 6 g
Fat: 17 g
Carbohydrates: 25 g (of which sugars 16 g)
Fibre: 6 g
Rich in: manganese, vitamin K, healthy fats, electrolytes

Green Peace Smoothie

1 serving

INGREDIENTS

½ avocado (50 g)
½ courgette, raw or lightly steamed (75 g)
30 g / 1 cup kale leaves, loosely packed
2 dates (30 g)
1 Tbsp. flflaxseeds (10 g)
2 Tbsp. pistachios (20 g)
1 Tbsp. coconut cream (15 g)
250 ml / 1 cup water
120 g / 1 cup ice cubes

NUTRITION, APPROX.

Energy: 310 kcal
Protein: 7 g
Fat: 20 g
Carbohydrates: 23 g (of which sugars 14 g)
Fibre: 9 g
Rich in: vitamin E, calcium, plant omega-3, antioxidants

Courgette & Pomegranate Nourish Smoothie

1 serving

INGREDIENTS

½ courgette, raw (75 g)
¼ avocado (25 g)
1 Tbsp. tahini (20 g)
½ lemon's juice (approx. 1 Tbsp.)
1 Medjool date (15 g)
1 Tbsp. flflaxseeds (10 g)
2 Tbsp. desiccated coconut (15 g)
2 Tbsp. pomegranate seeds (20 g)

NUTRITION, APPROX.

Energy: 240 kcal
Protein: 6 g
Fat: 14 g
Carbohydrates: 22 g (of which sugars 12 g)
Fibre: 8 g
Rich in: calcium, vitamin C, fibre, plant lignans

Juices

If you don't have a juicer and you would like to have some during your detox, you can purchase organic cold press juices online e.g. Press, ... Make sure to choose the low sugar ones (low fruit, high veg). Autumn Equinox Detox Juices

Autumn Equinox Detox Juices

Autumn Root Glow

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

2 medium carrots (200 g)
1 medium beetroot (150 g)
1 small apple (100 g)
1 knob fresh ginger (10 g)
½ lemon, skin on

NUTRITION, APPROX., PER SERVING

Energy: 95 kcal
Protein: 2 g
Fat: 0 g
Carbohydrates: 22 g (of which sugars 12 g)
Fibre: 3 g
Rich in: beta-carotene, folate, vitamin C, antioxidants

NOTES & VARIATIONS

Root-based, grounding, and blood-building—perfect for autumn detox.
Add a pinch of cinnamon for warmth.
Can be slightly diluted with water for a lighter version.

Beet–Carrot–Fennel with Dill & Lemon

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

360 g beetroot, scrubbed

360 g carrot

180 g fennel bulb

½ lemon, skin on

6–9 sprigs fresh dill

NUTRITION, APPROX., PER SERVING

Energy: 95 kcal

Protein: 2 g

Fat: 0 g

Carbohydrates: 22 g (of which sugars 12 g)

Fibre: 4 g

Rich in: folate, potassium, antioxidants, detoxifying betaine

NOTES & VARIATIONS

- Dill supports digestion, fennel eases bloating while beet/carrot ground energy.
- Add ginger for warmth.
- Use beet greens if available for added minerals.

Cabbage–Celery–Apple with Parsley & Ginger

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

450 g green cabbage

6 celery stalks (360 g)

¾ green apple (120 g)

18–24 parsley stems

15 g fresh ginger

NUTRITION, APPROX., PER SERVING

Energy: 70 kcal

Protein: 3 g

Fat: 0 g

Carbohydrates: 14 g (of which sugars 7 g)

Fibre: 4 g

Rich in: vitamin C, vitamin K, chlorophyll, digestive enzymes

NOTES & VARIATIONS

- Best in autumn when cabbage is abundant.
- Swap parsley for coriander for a more aromatic finish.
- Gentle liver-supportive juice. Parsley + ginger warm digestion in colder months.

Perfect grounding blend for autumn; turmeric supports inflammation balance.

Pumpkin–Carrot–Turmeric with Orange Zest

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

360 g raw pumpkin or butternut, peeled
360 g carrot
15 g fresh turmeric root (or ¾ tsp powder)
½ orange, skin on

NUTRITION, APPROX., PER SERVING

Energy: 85 kcal
Protein: 2 g
Fat: 0 g
Carbohydrates: 19 g (of which sugars 8 g)
Fibre: 4 g
Rich in: beta-carotene, curcumin, vitamin C

NOTES & VARIATIONS

- Add a dash of black pepper to enhance turmeric absorption.
- Ideal warming juice for autumn mornings.

Kale–Cucumber–Pear with Mint & Lime

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

120 g kale, stems removed
450 g cucumber
¾ ripe pear (120–150 g)
12–15 mint leaves
½ lime, skin on

NUTRITION, APPROX., PER SERVING

Energy: 80 kcal
Protein: 3 g
Fat: 0 g
Carbohydrates: 17 g (of which sugars 9 g)
Fibre: 5 g
Rich in: chlorophyll, vitamin K, magnesium, digestive enzymes

NOTES & VARIATIONS

- In autumn, use kale for grounding; in spring, swap for spinach.
- Add cucumber peel for extra minerals if organic.

Daikon–Carrot–Beet Tops with Thyme & Lemon

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

360 g daikon (or mild radish)
300 g carrot
60–90 g beet greens

3–6 sprigs fresh thyme

½ lemon, skin on

NUTRITION, APPROX., PER SERVING

Energy: 60 kcal
Protein: 2 g
Fat: 0 g
Carbohydrates: 13 g (of which sugars 6 g)
Fibre: 4 g
Rich in: vitamin C, sulphur compounds (detox), digestive enzymes

NOTES & VARIATIONS

- Daikon helps break down fats and clear stagnation.
- Add parsley root for a more earthy autumn twist.

Spring Equinox Detox Juices

Cucumber–Fennel–Apple with Mint & Lemon

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

540 g cucumber

240 g fennel bulb (plus fronds)

¾ small green apple (120 g)

15–18 mint leaves

½ lemon, skin on

NUTRITION, APPROX., PER SERVING

Energy: 65 kcal
Protein: 2 g
Fat: 0 g
Carbohydrates: 15 g (of which sugars 8 g)
Fibre: 3 g
Rich in: vitamin C, potassium, anethole (from fennel)

NOTES & VARIATIONS

- Excellent cooling juice for spring liver support.
- Add cucumber peel for extra minerals if organic.

Spinach–Celery–Herb with Lime & Ginger

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

180 g spinach

6 celery stalks (360 g)

24–30 parsley or coriander stems

½ lime, skin on

15 g ginger

NUTRITION, APPROX., PER SERVING

Energy: 70 kcal
Protein: 3 g
Fat: 0 g
Carbohydrates: 13 g (of which sugars 6 g)
Fibre: 5 g
Rich in: chlorophyll, magnesium, iron, antioxidants

NOTES & VARIATIONS

- Use coriander for liver detox or parsley for kidney support.
- Add a pinch of spirulina for extra spring cleansing.

Radish–Watercress–Cucumber with Dill & Lemon

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

240 g radishes
120 g watercress
420 g cucumber
6–9 dill sprigs
½ lemon, skin on

NUTRITION, APPROX., PER SERVING

Energy: 55 kcal
Protein: 2 g
Fat: 0 g
Carbohydrates: 11 g (of which sugars 5 g)
Fibre: 4 g
Rich in: sulphur compounds, chlorophyll, vitamin C

NOTES & VARIATIONS

Radish and watercress are classic spring liver tonics.

Asparagus–Fennel–Green Apple with Tarragon

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

360 g asparagus
240 g fennel bulb
¾ small green apple (120 g)
6–9 tarragon sprigs

NUTRITION, APPROX., PER SERVING

Energy: 70 kcal
Protein: 3 g
Fat: 0 g
Carbohydrates: 14 g (of which sugars 7 g)
Fibre: 4 g
Rich in: vitamin K, rutin, digestive enzymes

NOTES & VARIATIONS

- Tarragon enhances bile flow, perfect for spring cleansing.
- Add parsley for a more mineral-rich flavour.

Little Gem–Cucumber–Kiwi with Sorrel

3 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

3 Little Gem or romaine hearts (270 g)

360 g cucumber

1½ small kiwis (90–100 g), peeled

9–12 sorrel leaves (or 3 tsp lemon juice)

NUTRITION, APPROX., PER SERVING

Energy: 60 kcal

Protein: 2 g

Fat: 0 g

Carbohydrates: 13 g (of which sugars 7 g)

Fibre: 3 g

Rich in: vitamin C, oxalic acid (detoxifying), chlorophyll

NOTES & VARIATIONS

- Sorrel adds cleansing sharpness—use sparingly if sensitive.
 - Replace sorrel with lemon balm for a gentler spring version.
-

Snacks

Ideally, snacking should be avoided to allow the digestive function to rest and for the upper tract to empty (and cleanse) itself between meals (through a process known as MMC - migrating motor complex - which requires min 4 hours of fasting before its "flushing mechanism sets off"). However, if you are used to a grazing type of eating (little and often), your body will need time to adapt to having only 3 main meals per day and an occasional, small snack can help the transition. All breakfasts, soup, smoothies and leftovers from this programme's recipes can be used as a snack in smaller quantities. As a guideline, 1/2 serving is about the right amount, or a small bowl the size of your hand. Other options include:

- Some of the beverages from this programme (see beverage section)
- 3 celery sticks (120g) + 2 tbsp almond butter (32g) · 80–160g / 1–2 cups raw vegetables + 60 g / ¼ cup hummus
- Wholegrain rice cake + miso tahini spread
- Small handful nuts and seeds + 1 serving seasonal fruit (avoid tropical fruits as they are much higher in sugar, unless you live there)
- 60g / ½ cup berries and 120 g / ½ cup chia seed pudding (made with plant milk)
- 180 g / ¾ cup plain plant yoghurt + 120 g / 1 cup raspberries + sprinkle of cinnamon
- 1 medium green apple (180g) + 1 Tbsp. almond butter
- ½ medium avocado (65g) and 1 medium carrot (60g / ½ cup chopped)
- 250 g / 3 cups mixed vegetables (carrot, broccoli, cauliflower, pea pods) + dressing
- Miso soup + baked sweet potato (120g / ½ cup mashed)
- 155g / 1 cup cooked shelled edamame + dressing
- 150g / 1 cup cooked mung beans + dressing
- 100 g / ½ cup cooked quinoa + ⅓ medium avocado (45g)
- 100 g / ½ cup cooked millet + ½ medium avocado (65g) mashed + dressing
- 100 g / ½ cup cooked quinoa + ⅓ medium avocado (45g)
- 100 g / ½ cup cooked brown rice + sprinkle of toasted sesame and nori flakes + ½ tsp sesame oil (2.5g) + tamari sauce

Green Pea Hummus

2 servings

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

200 g / 1 ½ cups green peas (frozen), defrosted in hot water for 30 minutes

1 Tsp. tahini

1 Tbsp. lemon juice

2–3 ice cubes

Sea salt, to taste

DIRECTIONS

Place peas, tahini, lemon juice, and ice cubes in a blender.

Blend until smooth and creamy, like hummus.

Adjust salt and lemon to taste.

Serve with fresh crudités.

NUTRITION, APPROX., PER SERVING

Energy: 120 kcal

Protein: 6 g

Fat: 3 g

Carbohydrates: 18 g (of which sugars 5 g)

Fibre: 6 g

Rich in: plant protein, vitamin C, fibre, antioxidants

NOTES & VARIATIONS

- Spring: Add fresh mint leaves for brightness.
- Autumn: Blend in roasted beetroot for a warming, earthy version.
- In solid food phases serve with crudités or steamed veg sticks to make a snack.
- In liquid food phases, blend with more warm broth to create a light pea soup.

Baked Pears with Melting Almond Hearts

NEW FOR AUTUMN 26

4 servings

Prep time: 10 minutes · Cooking time: 30 minutes · Total time: 40 minutes

INGREDIENTS

4 ripe pears (~700 g)

45 g / 3 Tbsp. almond butter

½ tsp. coarse sea salt

½ tsp. cinnamon

DIRECTIONS

1. Halve the pears and remove the seeds, leaving a small hollow.
2. Fill each hollow with almond butter mixed with the sea salt, and dust with cinnamon.
3. Bake at 180°C (350°F) for 30 minutes, until the pears are soft and fragrant.

NUTRITION, APPROX., PER SERVING OF 2 HALVES

Energy: 127 kcal

Protein: 3 g

Fat: 6 g

Carbohydrates: 17 g (of which sugars 17 g, all from the fruit)

Fibre: 5 g

Rich in: fibre, vitamin E, magnesium, natural sweetness

NOTES & VARIATIONS

- Ripeness is the recipe: a truly ripe pear needs nothing added.
- Lovely warm after the evening meal in the preparation and integration phases.
- Serve with yogurt as a snack, or fold into porridge.
- Apples work just as well as pears.

Dressings

Miso dressing

4 servings (≈ 20 ml / 1½ Tbsp. per serving)

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

2 Tbsp. white miso paste
2 Tbsp. rice vinegar
1 Tbsp. toasted sesame oil
1 Tbsp. tahini
1–2 Tbsp. water, to thin

DIRECTIONS

Whisk miso, rice vinegar, sesame oil, and tahini in a small bowl. Add water gradually until the desired consistency is reached.

NUTRITION, APPROX., PER SERVING

Energy: 55 kcal
Protein: 2 g
Fat: 4 g
Carbohydrates: 3 g (of which sugars 1 g)
Rich in: calcium, magnesium, probiotics, healthy fats

NOTES & VARIATIONS

- Add grated ginger, garlic, or chopped spring onion for warmth.
- Pairs well with steamed greens, rice bowls, or tofu.
- 1 serving is the equivalent of 1 Tsp. Fat. Since you can have 2 Tsp. Fat in a meal, you could have 2 servings dressing or 1 serving dressing + 1 Tbsp. Seed sprinkle.

Tofu mayonnaise

6 servings (≈ 30 ml / 2 Tbsp. per serving)

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

300 g / 1 pack Clearspring silken tofu
2 Tbsp. extra virgin olive oil (EVOO)
1 Tbsp. mirin
1 Tbsp. lemon juice
1 Tsp. Dijon mustard
Sea salt, to taste

DIRECTIONS

3. Place silken tofu in a colander lined with a clean cloth or paper towel. Drain overnight in the fridge to remove excess water.
4. Transfer drained tofu to a blender. Add olive oil, mirin, lemon juice, mustard, and sea salt. Blend until smooth and creamy.
5. Chill in the fridge for at least 30 minutes before serving.

NUTRITION, APPROX., PER SERVING

Energy: 55 kcal
Protein: 3 g
Fat: 4 g
Carbohydrates: 2 g
Rich in: plant protein, calcium, vitamin E

NOTES & VARIATIONS

- Add 1 clove garlic and fresh herbs (parsley, thyme, dill, or similar) to vary flavour.
- Use as a dip for veggie sticks for a snack or salad dressing base.
- Keeps for up to 7 days in the fridge in a sealed jar.
- 1 serving is the equivalent of 1 Tsp. fat. Since you can have 2 Tsp. fat in a meal, you could have 2 servings mayo or 1 serving mayo + 1 Tbsp. Seed sprinkle or 1 Tsp. oil.

French Mustard Dressing

4 servings (≈ 20 ml / 1½ Tbsp. per serving)

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

1 Tbsp. Dijon mustard
2 Tbsp. apple cider vinegar
2 Tbsp. extra virgin olive oil (EVOO)
1 Tsp. molasses (optional, for sweetness)
Sea salt and black pepper, to taste

DIRECTIONS

Whisk Dijon mustard, apple cider vinegar, and molasses in a small bowl. Slowly whisk in olive oil until emulsified. Season with salt and black pepper to taste.

NUTRITION, APPROX., PER SERVING

Energy: 55 kcal
Protein: 0 g
Fat: 5 g
Carbohydrates: 2 g
Rich in: healthy fats, trace minerals

NOTES & VARIATIONS

- Add finely chopped shallot or fresh herbs for extra flavour.
- Works well with leafy green salads, steamed vegetables, or grain bowls.
- Keeps for up to 7 days in the fridge in a sealed jar.
- 1 serving is the equivalent of 1 Tsp. Fat. Since you can have 2 Tsp. Fat in a meal, you could have 2 servings dressing or 1 serving dressing + 1 Tbsp. Seed sprinkle.

Balsamic Vinaigrette

4 servings (≈ 20 ml / 1½ Tbsp. per serving)

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

2 Tbsp. balsamic vinegar
2 Tbsp. extra virgin olive oil (EVOO)
1 Tsp. Dijon mustard
1 Tsp. molasses

Sea salt and black pepper, to taste

DIRECTIONS

Whisk balsamic vinegar, mustard, and molasses together in a small bowl. Slowly whisk in olive oil until blended. Season with salt and black pepper to taste.

NUTRITION, APPROX., PER SERVING

Energy: 55 kcal
Protein: 0 g
Fat: 5 g
Carbohydrates: 2 g
Rich in: antioxidants, trace minerals, healthy fats

NOTES & VARIATIONS

- Add fresh thyme or oregano for extra depth.
- Excellent with roasted vegetables, leafy greens, or whole grains.
- Keeps for up to 7 days in the fridge in a sealed jar.
- 1 serving = 1 Tsp. fat. You can have 2 servings in a meal or combine 1 serving with 1 Tbsp. seed sprinkle.

Lemon dressing

4 servings (≈ 25 ml / 1½ Tbsp. per serving)

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

1 lemon, juice and zest
2 Tbsp. extra virgin olive oil (EVOO)
1 Tsp. molasses (optional, for balance)
Sea salt and black pepper, to taste

DIRECTIONS

Whisk lemon juice, zest, and molasses together in a small bowl. Slowly whisk in olive oil until blended. Season with salt and black pepper to taste.

NUTRITION, APPROX., PER SERVING

Energy: 50 kcal
Protein: 0 g
Fat: 5 g
Carbohydrates: 2 g
Rich in: vitamin C, antioxidants, healthy fats

NOTES & VARIATIONS

- Variation: add ½ Tsp. freshly grated ginger for warmth or 1 Tbsp. finely chopped fresh mint for a refreshing twist.
- 1 serving ≈ 25 ml / 1½ Tbsp.
- Keeps for up to 7 days in the fridge in a sealed jar.
- 1 serving = 1 Tsp. fat. You can have 2 servings in a meal or combine 1 serving with 1 Tbsp. seed sprinkle.

Avocado–Herb Dressing

4 servings (≈ 25 ml / 1½ Tbsp. per serving)

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

1 ripe avocado
2 Tbsp. lemon juice

2 Tbsp. extra virgin olive oil (EVOO)
 2 Tbsp. fresh parsley, chopped
 2 Tbsp. fresh coriander or dill, chopped
 2–3 Tbsp. water, to thin
 Sea salt and black pepper, to taste

DIRECTIONS

Place avocado, lemon juice, olive oil, and herbs into a blender. Blend until smooth, adding water gradually to reach desired consistency. Season with salt and black pepper.

NUTRITION, APPROX., PER SERVING

Energy: 95 kcal
 Protein: 1 g
 Fat: 9 g
 Carbohydrates: 4 g
 Fibre: 3 g
 Rich in: vitamin E, vitamin C, magnesium, healthy fats

NOTES & VARIATIONS

- Variation: add 1 clove garlic or ½ Tsp. grated ginger for depth.
- Works beautifully with grain bowls, steamed vegetables, or as a creamy salad dressing.
- Keeps for up to 2 days in the fridge in a sealed jar (best fresh due to avocado).
- 1 serving = 1 Tsp. fat. You can have 2 servings in a meal or combine with a seed sprinkle.

Carrot–Sesame Dressing

4 servings (≈ 20 ml / 1½ Tbsp. per serving)

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

1 medium carrot, chopped (70 g / ½ cup)
 1 Tbsp. toasted sesame seeds
 1 Tbsp. toasted sesame oil
 1 Tbsp. rice vinegar
 1 Tsp. tamari
 1 Tsp. grated fresh ginger
 2–3 Tbsp. water, to thin

DIRECTIONS

Place carrot, sesame seeds, sesame oil, rice vinegar, tamari, and ginger in a blender. Blend until creamy, adding water gradually to adjust consistency.

NUTRITION, APPROX., PER SERVING

Energy: 60 kcal
 Protein: 1 g
 Fat: 5 g
 Carbohydrates: 3 g
 Fibre: 1 g
 Rich in: beta-carotene, calcium, antioxidants

NOTES & VARIATIONS

- Variation: add 1 Tsp. miso paste for extra umami.
- Perfect with shredded cabbage, cucumber salads, or over steamed greens.
- Keeps for up to 4 days in the fridge in a sealed jar.
- 1 serving = 1 Tsp. fat. You can have 2 servings in a meal or combine with a seed sprinkle.

Detox Chimichurri

Makes ~1 cup / 240 ml

INGREDIENTS

60 g / 1 cup fresh parsley, finely chopped
 30 g / ½ cup fresh coriander (cilantro), finely chopped
 15 g / 3 tbsp fresh oregano leaves, chopped (or 1 tbsp dried)
 9 g / 3 garlic cloves, minced
 120 ml / ½ cup extra virgin olive oil
 45 ml / 3 Tbsp. apple cider vinegar
 Zest of 1 lemon + 30 ml / 2 Tbsp. lemon juice
 ½ tsp sea salt (or to taste)
 ¼ tsp freshly ground black pepper

DIRECTIONS

1. Finely chop the herbs and garlic manually and combine in a bowl or use a food processor/ blender for a smoother consistency.
2. Stir in olive oil, vinegar, lemon zest, and lemon juice.
3. Season with salt and pepper. Adjust acidity with more lemon if desired.
4. Allow to rest for at least 30 minutes before serving.

NUTRITION, PER 1 TBSP.

Energy: ~60 kcal
 Protein: 0 g
 Fat: 7 g (mostly monounsaturated)
 Carbohydrates: 0.5 g
 Fibre: 0 g

NOTES & VARIATIONS

- Can be made quickly in a food processor or blender for convenience. Roughly chop the herbs first.
- Add herbs liberally: dill, mint, basil, and sage also work beautifully.
- Traditionally includes chilli flakes, but this detox-friendly version omits nightshades.
- For a lighter dressing, replace half the olive oil with water (shake before use).
- Keeps for up to 5 days in the fridge in a sealed jar.

Beverages

Turmeric Latte

1 serving (≈ 200 ml / ¾ cup)

Prep time: 5 minutes · Cooking time: 3 minutes · Total time: 8 minutes

INGREDIENTS

200 ml / ¾ cup unsweetened almond, soy, or coconut milk

1 Tsp. raw pressed turmeric juice or ½ Tsp. turmeric powder

Pinch of ground cinnamon

¼ Tsp. liquorice powder, molasses, or stevia leaf powder (optional, for sweetness)

DIRECTIONS

Warm plant milk gently in a pan and froth until creamy. Stir in turmeric juice or powder. Sprinkle with cinnamon and add optional sweetener if using.

NUTRITION, APPROX., PER SERVING

Energy: 65 kcal
Protein: 3 g
Fat: 4 g
Carbohydrates: 5 g

NOTES & VARIATIONS

- Swap cinnamon for cardamom for variation.
- Can be enjoyed as a light snack. Not suitable during a water fast.

Chai Latte

1 serving (≈ 250 ml / 1 cup)

Prep time: 5 minutes · Cooking time: 10 minutes · Total time: 15 minutes

INGREDIENTS

250 ml / 1 cup water

2 black peppercorns

1 cinnamon stick (or ½ Tsp. ground cinnamon)

1 pinch ground nutmeg

2 cloves (or ¼ Tsp. clove powder)

3 cardamom pods, crushed

100 ml / ½ cup unsweetened almond, soy, or coconut milk (optional)

¼ Tsp. liquorice powder, molasses, or stevia leaf powder (optional, for sweetness)

DIRECTIONS

Bring water to a boil in a small pan. Add spices and simmer for 10 minutes. Strain, then serve as is, or top with frothed plant milk and optional sweetener.

NUTRITION, APPROX., PER SERVING, WITHOUT MILK

Energy: 15 kcal
Protein: 0 g
Fat: 0 g
Carbohydrates: 4 g

NOTES & VARIATIONS

- Warming and grounding, excellent for cool mornings.

- With plant milk, this can serve as a snack beverage. Without milk, this can be an uplifting drink during a water fast.

Beetroot Latte

1 serving (≈ 200 ml / $\frac{3}{4}$ cup)

Prep time: 5 minutes · Cooking time: 3 minutes · Total time: 8 minutes

INGREDIENTS

120 ml / $\frac{1}{2}$ cup beetroot juice (fresh pressed or bottled, unsweetened)

100 ml / $\frac{1}{2}$ cup unsweetened almond, soy, or coconut milk, frothed

$\frac{1}{4}$ Tsp. liquorice powder, molasses, or stevia leaf powder (optional, for sweetness)

DIRECTIONS

Warm beetroot juice gently in a pan.

Pour into a cup and top with frothed plant milk.

Add sweetener if desired.

NUTRITION, APPROX., PER SERVING

Energy: 70 kcal

Protein: 3 g

Fat: 3 g

Carbohydrates: 10 g

NOTES & VARIATIONS

Can be enjoyed as a snack due to higher calories. Pairs well with a small handful of nuts or seeds.

Black Sesame Latte

1 serving (≈ 200 ml / $\frac{3}{4}$ cup)

Prep time: 5 minutes · Cooking time: 3 minutes · Total time: 8 minutes

INGREDIENTS

200 ml / $\frac{3}{4}$ cup unsweetened almond, soy, or coconut milk, warmed

1 Tbsp. black sesame seeds, lightly toasted

$\frac{1}{2}$ medjool date (10 g), pitted

$\frac{1}{4}$ Tsp. liquorice powder, molasses, or stevia leaf powder (optional, for sweetness)

DIRECTIONS

Add warm milk, sesame seeds, and date to a blender. Blend until smooth and frothy.

Sweeten further if desired.

NUTRITION, APPROX., PER SERVING

Energy: 120 kcal

Protein: 4 g

Fat: 7 g

Carbohydrates: 10 g

NOTES & VARIATIONS

- High in healthy fats, it makes a satisfying snack drink. Add a pinch of cinnamon or cardamom for warmth.
- Swap black sesame with white sesame as preferred.

Dandelion “Coffee”

1 serving (≈ 200 ml / ¾ cup)

Prep time: 5 minutes · Cooking time: 5 minutes · Total time: 10 minutes

INGREDIENTS

1 Tsp. roasted dandelion root granules (or blend such as Oztibrew Organic Dandelion & Burdock Root Coffee Alternative)
 200 ml / ¾ cup hot water
 Optional: 50–100 ml plant milk (almond, soy, or coconut)
 Optional: molasses, liquorice powder, or stevia leaf powder

DIRECTIONS

Brew roasted dandelion root in hot water for 5 minutes. Strain. Serve black, or with plant milk and optional sweetener.

NUTRITION, APPROX., PER SERVING, WITHOUT MILK

Energy: 10 kcal
 Protein: 0 g
 Fat: 0 g
 Carbohydrates: 2 g

NOTES & VARIATIONS

- A grounding coffee alternative that supports detox (Dandelion is a bitter that stimulates bile ow and contains soluble fibre that nourishes the beneficial gut bacteria, and is rich in antioxidants.
- Burdock is a natural diuretic, blood sugar regulator, and it stimulates lymphatic drainage).
- With milk and sweetener, it can be a light snack. Without milk, it can be enjoyed during a water fast.

Citrus Infusion

1 serving (≈ 250 ml / 1 cup)

Prep time: 5 minutes · Cooking time: 5 minutes · Total time: 10 minutes

INGREDIENTS

Peel of 1 lemon, lime, orange, or grapefruit (choose 1 or mix)
 250 ml / 1 cup hot water

DIRECTIONS

Place citrus peel in a cup or teapot. Pour over hot water and steep for 5–10 minutes.

NUTRITION, APPROX., PER SERVING

Energy: 5 kcal
 Protein: 0 g
 Fat: 0 g
 Carbohydrates: 1 g

NOTES & VARIATIONS

- Add a slice of fresh ginger for warmth.
- Refreshing and digestive, best between meals. Suitable for a water fast also.

Mint & Cucumber Water

2 servings (≈ 500 ml / 2 cups)

Prep time: 5 minutes · Cooking time: 0 minutes · Total time: 5 minutes

INGREDIENTS

½ cucumber, cubed (100 g)

6 fresh mint leaves
500 ml / 2 cups filtered water

DIRECTIONS

Combine cucumber and mint in a jug with filtered water. Infuse for at least 30 minutes before serving.

NUTRITION, APPROX., PER SERVING

Energy: 10 kcal
Protein: 0 g
Fat: 0 g
Carbohydrates: 2 g

NOTES & VARIATIONS

- Very cooling and hydrating, ideal for Spring.
- Add a squeeze of lime juice for brightness.
- Suitable for a water fast.

Anti-inflammatory ginger, turmeric and lemon shot / infusion

4 servings (≈ 25 ml / 1 ½ Tbsp. per serving)

Prep time: 10 minutes · Cooking time: 0 minutes · Total time: 10 minutes

INGREDIENTS

3 small pieces fresh turmeric root, sliced (30 g)
1 medium ginger root, sliced (30 g)
Peel of 1 lemon
Juice of ½ lemon
100 ml / ½ cup filtered water (for blending)

DIRECTIONS

1. Place turmeric, ginger, and lemon peel in a blender. Add water and blend to a smooth purée.
2. Strain through a fine mesh sieve or nut milk bag and transfer to a glass jar. Refrigerate for up to 3 days.
3. For a shot: mix 2 Tbsp. of the juice with a little water and fresh lemon juice.

For an infusion: add 2 Tbsp. purée to a tea strainer. Place it in a cup, cover with hot water.

Remove strainer and stir in a little fresh lemon juice before drinking.

NUTRITION, APPROX., PER SERVING AS A SHOT

Energy: 20 kcal
Protein: 0 g
Fat: 0 g
Carbohydrates: 4 g (of which sugars 1 g)
Rich in: vitamin C, curcumin, gingerols, antioxidants

NOTES & VARIATIONS

- Can be enjoyed as a morning tonic or between meals for anti-inflammatory support.
- Add a pinch of black pepper to enhance turmeric absorption.
- Sweeten lightly with molasses, liquorice powder, or green stevia leaf powder if desired.
- Works well in both solid and liquid food phases. During a water fast, avoid adding molasses.

Kombu Dashi Infusion (Mineral Broth)

2 servings (≈ 250 ml / 1 cup per serving)

Prep time: 5 minutes (plus 30 minutes soaking) · Cooking time: 5 minutes · Total time: 10 minutes hands-on (+ 30 minutes soak)

INGREDIENTS

1 strip dried kombu (10 g)
500 ml / 2 cups filtered water

1. Directions

Place kombu in a saucepan with filtered water. Let soak for 30 minutes.
Slowly heat until just before boiling, then remove kombu (do not boil, as it becomes bitter).
Serve warm as a mineral-rich broth.

NUTRITION, APPROX., PER SERVING

Energy: 10 kcal
Protein: 0 g
Fat: 0 g
Carbohydrates: 1 g
Rich in: iodine, magnesium, calcium, trace minerals

NOTES & VARIATIONS

- Add a few drops of tamari for umami depth.
- Drink warm in the morning or as a light evening tonic.
- Especially supportive in Spring for mineral replenishment after Winter.
- Can be used as a base for miso soup or vegetable broth.
- Suitable and recommended during a water fast.

Schisandra Berry Infusion

2 servings (≈ 250 ml / 1 cup per serving)
Prep time: 5 minutes · Cooking time: 15 minutes · Total time: 20 minutes

INGREDIENTS

2 Tbsp. dried schisandra berries (10 g) (Tree Harvest)
500 ml / 2 cups filtered water

DIRECTIONS

Bring water to a boil. Add schisandra berries and simmer gently for 15 minutes. Strain and serve warm, or chill for a refreshing infusion.

NUTRITION, APPROX., PER SERVING

Energy: 15 kcal
Protein: 0 g
Fat: 0 g
Carbohydrates: 4 g
Rich in: antioxidants, lignans, adaptogenic compounds

NOTES & VARIATIONS

- Schisandra berries are powerful adaptogens rich in lignans and antioxidants that support liver detoxification, boost energy and mental clarity, and help the body adapt to stress. Known as the “five-flavour berry” (sweet, sour, salty, bitter, pungent) they are ideal in Spring and Autumn for liver and adrenal support.
- Can be sweetened lightly with molasses, liquorice powder, or stevia leaf if desired.
- You can eat the hydrated berries, plainly, or add them creatively to yogurt and other dishes.
- Enjoy warm for grounding or chilled for a refreshing detox drink. Suitable for a water fast.