



 *Whole life*
Vitality
Detox for Health

**Menu Plans
and Recipes**



Support your detoxification program with
easy, healthy recipe ideas and menu plans

MEDI  HERB®



Important

The Whole Life Vitality – Detox for Health program has been specially designed for use under the guidance of suitably qualified health care professionals, and is not suitable for everyone. Your practitioner will determine whether the program is suitable for you or needs to be modified for your personal circumstances.

Before starting this program, advise your practitioner if:

- You are pregnant or breastfeeding,
- Taking prescribed medicines,
- Have been diagnosed with a kidney disorder, diabetes, or any other health condition.
- You should also tell your medical doctor that you've decided to follow this program.

It is the responsibility of the qualified practitioner, relying on experience and knowledge of the patient, to determine dosages and the best treatment for each individual patient. Neither the publisher nor the authors assume any liability for any injury and/or damage to persons or property arising from this publication.

Whole Life Vitality

Detox for Health program

Menu Plans and Recipes



Congratulations on choosing to look after your health by doing the Whole Life Vitality - Detox for Health program!

This professionally designed program is a simple, short-term way to gently cleanse your body of toxic build up, and set you on the path to a cleaner diet and lifestyle. The program focuses on whole fresh foods and supplements that support your body's natural detoxification processes, giving you renewed energy and vitality. Your health care practitioner has recommended this program for you as a way to kick-start your return to optimal health and well-being. Think of it as a spring clean that you can do twice a year to revitalise your body and maximise your chances of avoiding health issues in the future.

What can you expect on the Whole Life Vitality - Detox for Health program?

If you're feeling apprehensive about detoxing, there's no need to worry!

This is definitely NOT one of those extreme detox programs involving fasting, colon cleansing, or eating weird foods. It's a common sense approach that's gentle and simple to follow.

Over the program, you'll be eating regular meals and snacks based on delicious whole foods and fresh, natural fruit and vegetables. Our health experts have carefully designed menu examples to make sure that you feel full and satisfied every step of the way. Your practitioner will guide you on the length of your detoxification program and diet and lifestyle recommendations that suit your individual circumstances.

Throughout the Whole Life Vitality - Detox for Health program you'll be:

- Providing your body with vital nutrients from fresh, organic foods
- Rehydrating your system with plenty of purified water
- Reducing the load on your body by avoiding sugar, processed foods, caffeine, nicotine, alcohol and non-essential drugs, and consequently freeing up your body's resources for the efficient processing of any accumulated toxins
- Enhancing the elimination of toxins and wastes via your liver and bowel through a simple diet of whole foods supported by appropriate herbal and nutritional supplements.

Some people may experience some minor physical discomfort during the first week of the program, however these symptoms tend to be mild and to pass quickly.

Your health care professional will be on hand to monitor your progress, answer your questions, and give you a pep talk every now and then, while also providing you with high quality nutritional and herbal supplements to support your efforts when appropriate.

Once you've completed the Whole Life Vitality - Detox for Health program, your health care professional may advise you to move on to the Whole Life Vitality - Eating for Health program, a comprehensive diet and lifestyle plan that's designed to aid weight loss, increase vitality and improve general health over the long-term.

Whole Life Vitality

Detox for Health Shopping List



Allowable Foods

Week One

Below are examples of ingredients for healthy eating during the detoxification process. Your practitioner will guide you on the right choices for your individual circumstances.

Vegetables

Choose organic, seasonal vegetables where possible. Include cruciferous vegetables, such as cabbage and broccoli, and leafy greens. Eat as many different coloured vegetables as possible to increase phytonutrients in your diet.

Fruit

Eat 3 serves of seasonal fruit per day (or as recommended by your health practitioner). Each serving should be equivalent to $\frac{3}{4}$ cup, or one small piece (e.g. an apple).

Other Allowable Foods

- Brown rice
- Organic yoghurt (no flavouring or sweeteners)
- Organic/Biodynamic Tofu (see note on soy)
- Raw nuts: almonds, cashews (unsalted), nut butters (not peanut butter)
- Nut milk/Rice milk (no added sugar)
- Apple cider vinegar
- Organic Tamari (wheat free soy sauce) (see note on soy)
- Rice crackers
- Organic/Biodynamic Tempeh (see note on soy)
- Tahini (sesame seed paste)
- Olive oil
- Worcestershire sauce (low salt) – a few drops
- Legumes e.g. Lentils & Chickpeas

Drinks

Drink at least 8-10 glasses of water per day, preferably filtered. Soda or mineral water can be substituted for up to two glasses of pure water per day. Other options include green tea, herbal teas, and dandelion root 'coffee', which aids liver function and the digestion of fats (consume black or with nut/rice milk). Fresh vegetable broth made with green vegetables, onions, garlic and herbs is also a good source of fluid.

Week Two

Continue to eat all the foods listed for Week 1 and add:

- Seafood and Fish, including Atlantic salmon, sardines and all varieties of white fish, but excluding large fish such as tuna, swordfish and shark, which may contain high levels of mercury. Smoked fish should also be avoided.
- Chicken and eggs – preferably organic and/or free range

Week Three

In Week 3, continue to eat all the foods listed for Weeks 1 and 2. In addition, you can now include lamb and veal.

Foods and Drinks to Avoid

- | | |
|---|---|
| ✗ Any foods not listed above | ✗ Salt |
| ✗ Coffee, tea and other sources of caffeine | ✗ Margarine |
| ✗ Dairy products (except natural yoghurt) | ✗ Fried food |
| ✗ All products containing wheat and/or yeast (including bread) | ✗ Processed foods with additives and preservatives |
| ✗ Sugar, including cakes, biscuits, lollies, ice cream, soft drinks | ✗ Non-essential drugs including over the counter painkillers and cough syrups |
| | ✗ Alcohol |
| | ✗ Cigarettes |



A Note on Canned foods

Look for canned food with BPA free lining where possible or limit canned foods to only once or twice per week



A Note on Soy foods

Conventionally grown soy-based foods such as tofu and tempeh may be a dietary source of a heavy metal called cadmium. Discuss with your health practitioner whether soy-based products are right for you and look for organic or biodynamic options where possible. Speak to your practitioner about whether coconut aminos are a suitable substitute for you.

The following menu plans and recipes are a guide to help make planning fresh, healthy and nutrient rich meals easy and affordable.

Always follow the advice of your health care practitioner when making dietary choices.

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Week 1 meal plan

	Breakfast	Morning tea	Lunch	Afternoon tea	Dinner
Day 1	Fruit salad with various fruits from the list of allowed foods, including green apple (Granny Smith) and pawpaw	Vegetable juice of your choice AND 1 piece of fruit	Quinoa stuffed mushrooms*	Carrot sticks with hummus*	Mixed vegetable stir-fry including mushrooms and steamed brown rice (Make extra for tomorrow's lunch)
Day 2	Sliced pawpaw or ½ grapefruit (sweetened with stevia if desired) AND Rice cakes/crackers with avocado, tomato and baby spinach leaves	Fresh fruit and a few almonds or other allowed nuts	Mixed vegetable stir-fry including mushrooms and steamed brown rice	Vegetable juice of your choice	Chickpea casserole*
Day 3	Quinoa Porridge* OR Cooked brown rice with fresh fruit	Carrot and celery sticks with hummus*	Chickpea and baby spinach salad* AND Vegetable juice of your choice	Vegetable juice of your choice	Nut falafel with tahini drizzle* AND A salad or coleslaw (Make extra falafel for tomorrow's lunch)
Day 4	Fruit salad with organic plain yoghurt and ground linseed, sunflower seed and almond meal (LSA mix)#	Vegetable juice of your choice	Nut falafel with tahini dressing*	Cooked brown rice mixed with stewed apples and organic plain yoghurt	Vegetable soup* and a salad of your choice (Make extra for tomorrow's lunch)
Day 5	Millet and apple porridge* AND Vegetable juice of your choice	Fresh fruit and a few almonds or other allowed nuts	Vegetable soup* AND A fresh salad of your choice	Carrot, capsicum and celery sticks with hummus* or guacamole	Quick & easy dahl* (Make extra for tomorrow's lunch)
Day 6	Rice cakes/crackers with avocado, tomato and baby spinach leaves	Carrot and celery sticks with hummus*	Quick & easy dahl*	Vegetable juice of your choice	Tomato basil soup* (Make extra for tomorrow's lunch) AND Fruit salad and organic plain yoghurt
Day 7	Fresh fruit salad with organic plain yoghurt and roasted slivered almonds	Rice cakes/crackers with avocado and tomato	Tomato basil soup* AND A green leafy salad with guacamole	Vegetable juice of your choice	Quinoa stuffed mushrooms*

* See Recipe section

LSA mix is a combination of ground linseeds (flaxseeds), sunflower seeds and almonds. It is available in health food stores or the health food section of your supermarket.

Week 2 meal plan

	Breakfast	Morning tea	Lunch	Afternoon tea	Dinner
Day 1	Bircher muesli* AND Vegetable juice of your choice	Carrot sticks with guacamole*	A 90 g tin of salmon with a salad of lettuce, tomato, diced yellow and red capsicum, red onion and cucumber with vinaigrette dressing made with balsamic vinegar	1 piece of fruit and a few almonds	Roast free range chicken with roast carrots, onions and parsnips and steamed green peas or beans
Day 2	An omelette with tomato, mushrooms and parsley	Rice cakes/crackers with sliced tomato and cucumber	Cold roast chicken with a salad of lettuce, rocket leaves, thinly sliced carrot, avocado and lime and chilli mayonnaise*	1 cup plain yoghurt containing 1 tablespoon of chopped almonds and ½ tablespoon of sunflower seeds	Chickpea casserole*
Day 3	Fresh fruit salad with organic plain yoghurt and LSA mix	1-2 rye crackers or slices of pumpernickel bread with guacamole	Chickpea casserole*	Vegetable juice of your choice	Grilled fish fillet topped with sliced fresh lime, served with stir-fried green beans, red capsicum, thinly sliced pumpkin and baby spinach leaves added at the end of cooking, OR with roast vegetable salad*
Day 4	2 boiled or poached eggs with grilled tomato and mushrooms	1 piece of fruit and a few almonds or other allowed nuts	Roast vegetable salad* with organic or biodynamic tofu AND Vegetable juice of your choice	Carrot and celery sticks with hummus*	Mixed vegetable stir-fry with chicken
Day 5	Millet and apple porridge*	Fresh fruit and organic plain yoghurt	Rice cakes/crackers with avocado, salad and hummus* AND 1 piece of fruit	Vegetable juice of your choice	Pan cooked salmon steak or fillet, served with salad or cooked vegetables
Day 6	Cooked brown rice with fresh fruit and organic plain yoghurt	Vegetable juice of your choice	Macadamia chicken salad*	1 piece fresh fruit and a few almonds or other nuts	Mediterranean vegetable soup* (Make extra for tomorrow's lunch)
Day 7	2 scrambled eggs with tomato, mushrooms, parsley and chives	Fresh fruit salad and organic plain yoghurt	Mediterranean vegetable soup*	Vegetable juice of your choice	Spicy chicken patties* AND A green leafy salad with lime and chilli mayonnaise* (Make extra for tomorrow's lunch)

* See Recipe section.

Week 3 meal plan

	Breakfast	Morning tea	Lunch	Afternoon tea	Dinner
Day 1	Bircher muesli*	Carrot and celery sticks with hummus*	Spicy chicken patties* AND A green leafy salad with lime and chilli mayonnaise*	1 piece of fresh fruit and a few almonds	Grilled lean lamb chops on a bed of sweet potato mash, served with steamed broccoli, yellow squash and carrot
Day 2	2 boiled eggs sliced onto rice cakes/crackers with tomato and parsley	Vegetable juice of your choice	Chickpea and baby spinach salad*	Fresh fruit and organic plain yoghurt	Roast free range chicken with roast pumpkin and sweet potato served with steamed broccoli
Day 3	Fresh fruit salad with organic plain yoghurt and LSA mix	Rice cakes/crackers with avocado and tomato AND/OR Vegetable juice of your choice	Cold roast chicken with leafy green salad and vinaigrette dressing	1 piece of fresh fruit and a few almonds or other nuts	Grilled fish fillet with steamed vegetables or salad
Day 4	Cooked brown rice with fresh fruit and a little organic plain yoghurt	Vegetable juice of your choice	Caesar salad* AND A rice cake/cracker with avocado	1 piece of fresh fruit and a few almonds or other nuts	Healthy fish cakes with seasoned carrot and beetroot salad*
Day 5	2 eggs scrambled with tomato, mushrooms, parsley and chives	1 piece of fresh fruit and a few almonds or other nuts AND/OR Vegetable juice of your choice	Healthy fish cakes with seasoned carrot and beetroot salad*	Carrot, celery and capsicum sticks with garlic yoghurt dressing*	Lamb casserole with lemon* (Make extra for tomorrow's lunch)
Day 6	Bircher muesli*	1 piece of fresh fruit and a few almonds or other nuts	Lamb casserole with lemon*	Vegetable juice of your choice	Pan fried salmon steak or fillet served with vegetables or salad
Day 7	Quinoa Porridge*	Fresh fruit salad with organic plain yoghurt	Seasoned carrot and beetroot salad* with a rice cake and hummus*	1 piece of fresh fruit and a few almonds or other nuts	Fish soup* OR chicken soup* AND Roast vegetable salad*

* See Recipe section.

Breakfast

Bircher Muesli (V, Vn)

Ingredients

- ½ cup rice flakes
- ½ cup apple juice
- ½ cup grated apple
- 1 tablespoon healthy yoghurt of choice e.g. natural dairy or coconut
- ½ lemon, juiced
- 1 teaspoon honey
- ½ cup chopped mixed berries, strawberries, blueberries, raspberries and sultanas
- 1 dessertspoon flaked almonds and sunflower seeds

Instructions

Soak rice flakes, seeds and nuts in apple juice. Leave in the fridge overnight. When ready to serve mix through yoghurt, fresh fruit and lemon juice.

Millet and Apple Porridge (V, Vn)

Ingredients

- ½ cup millet
- ½ Granny Smith apple, sliced
- 1 cup of water
- Pinch of cinnamon (optional)

Instructions

Place millet, sliced apple and water in a saucepan and cook on medium heat until the millet is soft. Add additional water if required. Serve with healthy yoghurt of your choice e.g. natural dairy or coconut.



Did you know?

The apple in these recipes is a good source of pectin. In addition to being the ingredient that helps jams and marmalades to set, pectin is a form of fibre that binds to toxins, enabling them to be removed from the body via the faeces. When consumed regularly, pectin may also help lower cholesterol levels.

Quinoa Porridge (V, Vn)

Ingredients

- 2 cups of cooked quinoa (follow cooking instructions on pack)
- Your choice of coconut milk, coconut water, rice milk or almond milk, enough to just cover the quinoa.
- 1-2 tablespoons of sweetener rice syrup, maple syrup or raw honey (optional)

Optional extras

- Add 1 teaspoon of cinnamon powder
- Add 1 teaspoon of cardamom powder
- Add 4 tablespoons of mixed raw or gently roasted nuts and seeds

Instructions

In a small saucepan, place the quinoa, sweetener, optional extras and milk of your choice and heat until just hot (but not boiling). Serve topped with the nuts or seeds and serve immediately or add slightly acidic fruits like citrus, pineapple, kiwifruit, passion fruit or berries.

Variations

- **Nut-free** - Leave out the nuts and top with a mix of seeds.
- **Low-fructose** - Use rice syrup as a sweetener. Serve with low-fructose fruits such as berries.

This delicious recipe is provided by www.wellnourished.com.au



Drinks



Vegetable Juice (V, Vn)

Drink one vegetable juice per day as a snack or with a meal.

Ingredients

- 4 large carrots
- 1 celery stick
- ¼ beetroot
- 2 cm piece of ginger
- A handful of parsley or mint

You can also add a handful of spinach or a small amount of pineapple. Place in juicer and drink within 24 hours.

Herbal Teas (V, Vn)

Drinking caffeine free herbal teas are another way to increase fluids during a detox program. Health food and tea stores have a variety of bagged and loose leaf teas to explore. Try and buy organic loose leaf teas where possible as some tea bags contain polypropylene. Try mixing a combination of different herbs to create your own unique blend. Some herbs to try include:

- Dandelion Root 'coffee'
- Peppermint
- Chamomile
- Ginger
- Nettle
- St Mary's Thistle
- Licorice Root
- Hibiscus
- Rooibus
- Lemongrass
- Hawthorn Berries, and
- Rosehips



Stocks and Soups

Vegetable Stock (v, vn)

You can use almost any vegetables when making a vegetable stock. It usually depends on what you have available and what has lost some of its freshness. Avoid or only use small amounts of strong-tasting vegetables such as silverbeet, broccoli, cauliflower and cabbage. You can also add a variety of herbs. You can also add herbs like bay leaves, black peppercorns and garlic for additional flavour.

To increase the nutritional value of the stock you can add a little seaweed (any kind will do). This will not add a salty or 'seaweed' taste to the stock but increases the mineral content of the stock.

To make the stock you simply place all the ingredients in a large saucepan and add enough water so that you have approximately half water and half solid ingredients. Bring to the boil and then simmer for around one hour. Allow to cool, then strain the liquid off and discard the boiled vegetable matter.

Chicken or Fish Stock

Ingredients

For fish stock - 1 kg fish scraps including the head and bones after fillets have been cut.

For chicken stock - 1 or 2 organic chicken frames leftover from roast chicken

1 large brown onion, cut roughly into large wedges

2 sticks celery, roughly chopped

1 large carrot, cut into four pieces

200 mL dry white wine (optional)

2 litres water

A mixture of herbs such as thyme, parsley, bay leaves and peppercorns

Instructions

Cook all ingredients together for at least 1 hour. From time to time, remove any scum that forms on the top. Allow to cool before straining through a fine cloth.

Tomato Basil Soup (v, vn)

(SERVES 4-6)

Ingredients

750 g very ripe tomatoes, chopped

1 large onion, finely chopped

1-2 cloves garlic, crushed

1 red chilli, seeded and finely chopped (optional)

750 mL vegetable stock

1 tablespoon lemon juice or white wine vinegar

2 tablespoons flat leaf parsley, chopped roughly

½ cup fresh basil leaves, torn into large pieces

Instructions

Heat a little extra-virgin olive oil in a large saucepan. Add onion, garlic and chilli, then cook, stirring, over a low heat until onion is transparent. Add tomatoes and cook until they are pulpy. Add the stock and lemon juice/vinegar and bring to the boil. Turn heat down, cover and simmer for approximately 30 minutes. Turn the heat off and stir in the parsley and basil leaves. Reserve a little of the basil to sprinkle over the soup once it is served.

You can have the soup as is or you can process it in a blender or food processor until smooth if preferred.

Variations

- Add 500 g roast capsicum or char-grilled capsicum (chopped) for a more exotic flavour.
- For a thicker soup, add 1-1½ cups of red lentils when you add the stock.
- For tomato and rosemary soup simply replace the basil with fresh rosemary and add in the last 10 minutes of cooking time. Use a little chopped parsley as a garnish on the soup when served.



Chicken Soup

(SERVES 4-6)

Ingredients

2 litres chicken stock
500 g chicken breast fillets (approximately)
½ bunch shallots, sliced finely
2 tablespoons grated fresh ginger root
2 teaspoons fish sauce (optional)
½ cup coriander leaves, roughly chopped

Instructions

Put stock in saucepan and bring to the boil. Add the chicken breast fillets, ginger, shallots and fish sauce and simmer until chicken is cooked and tender. Remove chicken from the broth and allow to cool, then shred chicken and return to the broth to reheat. Add most of the chopped coriander, reserving some for garnish when soup is served.

The soup can be served by itself, or poured over rice noodles that have been placed in the bottom of the soup bowls.



Did you know?

As you may be aware, the ongoing pollution of the world's oceans means that fish and seafood now contain mercury and other compounds detrimental to human health. But that doesn't mean you should stop eating fish – many are still low in mercury, and the health benefits they offer far outweigh the risks, presuming you follow the guidelines set by health authorities. Most adults should aim for 2-3 serves of fish per week, each approximately 150g (roughly the size of your palm).

Optimal choices include mackerel, trout and anchovies, and wild-caught (not farmed) salmon and sardines.

Speak to your practitioner about safe levels of swordfish, tuna, shark (flake), marlin, broadbill and orange roughy consumption.

Fish Soup

(SERVES 4)

Ingredients

1 kg mixed white fish fillets, cut into large pieces
6-10 green prawns, remove shell and vein
2 large onions, thinly sliced
1 leek, sliced
4 celery sticks, chopped
2 cups chopped tomatoes
3 large carrots, sliced
4 cloves garlic, crushed
1 potato, diced
15 sprigs fresh thyme
(in a muslin bag or tied together with string)
5 bay leaves
1½ cups flat leaf parsley, chopped
1¾ litres fish stock
Freshly ground black pepper and a little sea salt
(or substitute) to taste

Instructions

Heat a little extra-virgin olive oil in a heavy bottom saucepan and cook onions, garlic, leek and celery until they are soft. Add fish stock and all remaining vegetables and herbs, except the parsley. Bring to the boil, turn the heat down and simmer for about 1 hour. Add fish and prawns to the soup and simmer for a further 3 to 4 minutes until the prawns are cooked. Remove the thyme and bay leaves. Ladle into serving bowls.

Variations

- Add the juice and zest of two lemons for a tangy flavour.
- Add finely chopped red and green chillies for a spicy soup.
- Replace some of the fish with other seafood of your choice.



Vegetable Soup (v, vn)

Ingredients

2 large carrots, diced
2 medium brown onions, chopped
2 cloves garlic, crushed
2 stalks celery, chopped
2 cups diced pumpkin
1 parsnip, diced
1 turnip, diced
1 potato, diced
1 cup red lentils
3½ litres vegetable stock
2 tablespoons soy sauce or tamari
(see note on soy on Page 4)
Freshly ground black pepper to taste

Instructions

Heat a little extra virgin olive oil in a heavy bottom saucepan and brown the onions and garlic. Cook and continually stir until nicely brown but not burnt. Add vegetables, lentils, stock and soy sauce.

Bring to the boil, then turn the heat down and allow to simmer for approximately 2 hours on a very low heat.

Variations

- Add 2 cans of tomatoes, 6 sprigs of rosemary and 10 sprigs of thyme for a more Mediterranean flavour.
- Add finely chopped red chillies to spice it up a little.
- Add the juice of 2 lemons for a Middle Eastern flavour.
- Reduce the quantity of each vegetable a little and add 2 cups of cooked chickpeas or red kidney beans.



Mediterranean Vegetable Soup (v, vn)

Ingredients

1 tablespoon extra-virgin olive oil
1 onion, diced
1 carrot, halved lengthwise and sliced
2 stalks celery, sliced
3 cloves garlic, crushed
2 cups vegetable stock
2 cups water
400 g diced ripe tomatoes
1 tablespoon fresh basil, chopped
½ teaspoon dried oregano
Salt and pepper to taste
400 g cannellini or white beans
1 tablespoon fresh, chopped parsley (optional)

Instructions

Heat the oil in a heavy saucepan over medium heat. Add the onion, carrot and celery, and sauté until tender, about 5 minutes. Add the garlic, vegetable stock, water, tomatoes, basil, oregano, salt, pepper and beans.

Bring to a boil, reduce heat and simmer for 10 minutes. Serve sprinkled with parsley.

Salad Dressings, Dips and Sauces

Basic Mayonnaise (v)



Ingredients

- 2 free range egg yolks
- 1 cup extra-virgin olive oil
or organic cold pressed flaxseed oil
- 1 teaspoon Dijon mustard or
- ½ teaspoon Dijon mustard powder

Instructions

Place egg yolks, mustard and a teaspoon of oil in a food processor. Mix until all ingredients are well combined. Now, whilst the food processor continues to run, you need to very slowly drizzle the remaining oil through the top of the food processor.

Store in a sterilised jar in the refrigerator. It will keep for 4 to 5 days.

Garlic and Basil Mayonnaise (v)

Using the **Basic Mayonnaise** recipe, add 1 clove of garlic (crushed) and approximately 1 tablespoon of roughly chopped fresh basil to the eggs and mustard prior to mixing.

Basic Vinaigrette Recipe (v, vn)

Vinaigrette is simply a dressing made from oil and vinegar, with the proportions of each varying according to personal preference.

A mixture of 2 parts oil and 1 part vinegar works well and is a good starting point, but you may want to change the proportions depending on the type of salad ingredients you're adding the dressing to. (For example, you may want to increase the vinegar and make the dressing more acidic if your salad contains oily ingredients such as avocado, tuna, salmon or sardines).

It is recommended that you use extra-virgin olive oil or organic cold pressed flaxseed oil for vinaigrette. You can choose from a number of different vinegars such as apple cider vinegar, balsamic, red or white wine vinegars or you can use some of the flavoured vinegars. You can substitute citrus juices such as lemon or lime juice for the vinegar. The choices are endless and really only limited by your imagination.

Once you have made the basic vinaigrette you can then flavour it with different herbs and spices to complement the flavours in the salad.



Tip

We recommend having vinaigrette on your salad at least once a day while on the *Whole Life Vitality - Detox for Health* program. Why? The oil and acid it contains help lower the glycaemic index (GI) of any carbohydrates that are also present in your meal, reducing their impact on your blood sugar.

Garlic Yoghurt Dressing (V)

Put 1 cup of good quality plain yoghurt into a bowl, and add 1-2 cloves of garlic, crushed. Mix together and let it sit in the refrigerator for at least half an hour before using. This allows the garlic flavour to permeate the yoghurt. The amount of garlic you add will depend on personal taste.

You can use this dressing on salads, steamed vegetables, meat and fish. It can also be used as a dip for vegetable sticks. Try adding chilli or chopped fresh herbs for variation. Simply delicious!

Minted Yoghurt Dressing (V)

Using the **Garlic Yoghurt Dressing** recipe, add fresh mint leaves instead of the garlic.

Mint Sauce (V, Vn)

In a bowl mix together 2 tablespoons light soy sauce (or tamari) (see note on soy on Page 4), 4 tablespoons rice wine vinegar (or white wine vinegar), ½ cup chopped mint, 1 teaspoon minced fresh ginger root.



Lemon and Fennel Mayonnaise (V)

Using the **Basic Mayonnaise** recipe, add a teaspoon of fennel seeds to the eggs and mayonnaise. Mix until all ingredients are well combined and then add the juice of a half a lemon and a teaspoon of lemon zest. Then drizzle the oil as detailed in the Basic Mayonnaise recipe.

Lime and Chilli Mayonnaise (V)

Using the **Basic Mayonnaise** recipe, add some chopped red chilli to the eggs and leave out the Dijon mustard. Mix until all ingredients are well combined and then add the juice of a fresh lime and a teaspoon of lime zest. Then drizzle the oil as detailed in the Basic Mayonnaise recipe.

Hummus (V, Vn)

Ingredients

Hummus is often used as a dip or a sauce on kebabs but it can also be used as a dressing on salads.

- 250 g cooked chickpeas
- 1 teaspoon ground cumin
- 2 pinches sea salt or substitute
- 2 tablespoons tahini
- 3 tablespoons water
- 1 clove garlic, finely chopped or crushed
- 1 lemon, juiced
- Freshly ground black pepper to taste

Instructions

Blend the chickpeas to a fine puree. Add the cumin, salt, tahini, lemon juice, garlic, water, and a little pepper and blend again. Refrigerate and use as a dip, spread, dressing on salads, or on steamed vegetables.

Salads

Salads are a great way to get lots of fresh raw, or partially cooked, vegetables into your diet. They're ideal for hot summer days and evenings, and despite what you might think, never need to be boring if you include a wide selection of fresh ingredients available and a delicious homemade dressing. If you're concerned that salads aren't filling enough, simply add oily foods such as avocado, fish such as salmon or sardines, or nuts and seeds.

Caesar Salad

Ingredients

Cos lettuce leaves (baby cos leaves if available)
2-3 hard boiled eggs, cooled
Anchovy fillets (optional)

Dressing

Make **Basic Mayonnaise** recipe with the addition of a clove of crushed garlic and the juice of a lemon. Mix dressing through combined salad ingredients just prior to serving.



Did you know?

Notice anything odd about this recipe? It's missing two of the ingredients that are traditionally associated with a Caesar salad - the bacon and the parmesan cheese. Both ingredients are best avoided while detoxing, as they're high in saturated fat and salt. In addition, like many other smoked meats, bacon is usually prepared with chemicals that are believed to have negative health effects, so it has no place in your detox diet! If your Caesar salad seems a little bland without these ingredients, try adding some chopped cherry tomatoes and lightly cooked asparagus spears.



Greek Salad (v)

(SERVES 4)

Ingredients

4 medium size tomatoes (Roma tomatoes if available), cut into large pieces
½ medium red capsicum, cut into large pieces
½ medium green capsicum, cut into large pieces
2 Lebanese cucumbers, cut into large pieces
1 cup kalamata olives (you can use marinated kalamata olives for extra flavour)
1 small red onion, thinly sliced
120 g feta cheese* cut into large pieces
1 small green lettuce
½ teaspoon dried or 2 teaspoons fresh oregano

Instructions

Gently toss all ingredients (except oregano) together in a salad bowl. Drizzle with extra-virgin olive oil and sprinkle with oregano.

*Many supermarkets and delis have sheep's milk feta, which is very tasty and usually less salty than other varieties.



Roast Vegetable Salad (v, vn)

(SERVES 2)

Ingredients

1 cup each diced beetroot, carrots and yellow sweet potato
1 cup baby spinach leaves
1 cup mixed green salad leaves
½ cup toasted pine nuts or toasted slivered almonds
Freshly ground black pepper to taste and a little sea salt (or substitute)

Instructions

Preheat the oven to 200°C. Coat diced vegetables in a little extra-virgin olive oil, salt and pepper, mix and place in a single layer in a baking dish. Sprinkle with chopped fresh rosemary and thyme then bake until cooked through and nicely browned. Do not over cook. Remove from oven and allow to cool.

Mix with baby spinach leaves, mixed green salad leaves and toasted pine nuts. Dress with a vinaigrette of extra-virgin olive oil and balsamic vinegar just prior to serving.

Variation

- Cut a bulb of garlic in half, brush the cut sides with oil, and bake with diced vegetables. Once cooked and cooled pop the garlic cloves out of the skins and mix through the salad.



Seasoned Carrot & Beetroot Salad (v, vn)

(SERVES 4)

Ingredients

2 cups diced carrots (approximately 1 cm cubes)
2 cups diced beetroot (approximately 1 cm cubes)
½-¾ cup chopped fresh coriander leaves
1 teaspoon ground cumin
1 teaspoon sweet paprika
Zest of 1 lemon
1 clove garlic, crushed or chopped finely
Freshly ground black pepper to taste and a little sea salt (or substitute)

Dressing

1 lemon, juiced
½ cup extra-virgin olive oil

Instructions

Heat a little extra-virgin olive oil in a heavy bottom based frying pan and add garlic, spices and lemon zest (not the coriander leaves). Gently cook until very fragrant and then add carrot and beetroot pieces. Cook, stirring for a few minutes until well coated in oil and spices. Remove from the heat.

Add dressing and sprinkle with coriander leaves just before serving. This salad can be served warm or cold.



Did you know?

Whether consumed in juice or salad, beetroots have a long held reputation for helping to support the body's detoxification pathways. That might be because they contain betaine, a naturally occurring compound that may be beneficial for some types of liver dysfunction.

Salad Meals



Delicious Salmon Salad

Ingredients

- ½ bag mixed lettuce leaves
- ½ avocado
- 3-4 spears asparagus lightly steamed and cut into thirds
- Handful of green beans, cut into chunks
- 1 tablespoon salad dressing (olive or flax oil, with balsamic vinegar, garlic and seeded mustard)
- 1-2 small tins red salmon

Mix together gently. Cut the top off a mandarin or orange and squeeze juice over the salad. Eat the rest of the fruit for dessert.



Tip

Asparagus is an excellent food to include in your detox, whether you like to add it to a salad or eat it with a little cracked pepper as an appetiser. Their diuretic properties mean it enhances the production and excretion of urine, and has traditionally been regarded as a beneficial food for those with fluid retention.

Lettuce Wraps

Each protein portion should be equivalent in size to a deck of cards.

Chicken

- Barbecued or baked organic, free-range chicken fillets
- Large lettuce leaves
- ½ avocado
- 1 tomato sliced
- 1 shallot sliced
- ½ teaspoon of **Vinaigrette Dressing**
- Freshly ground black pepper

Place chicken in lettuce leaf and sprinkle with black pepper. Add avocado, tomato, shallots and 1 teaspoon of vinaigrette dressing. Wrap together in lettuce leaf.

Lamb

- Barbecue, bake or grill lean lamb
- Large lettuce leaves
- ½ lemon
- Minted Yoghurt Dressing** (see recipe page 15)
- Freshly ground black pepper

Place lamb in lettuce leaf, spread with yoghurt and chopped mint. Squeeze with lemon juice and sprinkle with pepper. Wrap together in lettuce leaf.

Fish

- Salmon (canned is fine)
- Large lettuce leaves
- 1 tablespoon yoghurt
- ½ lemon or lime
- Fresh fennel, sliced
- Freshly ground black pepper

Mix salmon with yoghurt. Place in lettuce leaf and squeeze over lemon or lime juice. Sprinkle with black pepper and fresh fennel. Wrap together in lettuce leaf.



Macadamia Chicken Salad

(SERVES 4)

Ingredients

- 3 cups mixed salad greens
- ½ cup halved macadamia nuts, lightly roasted
- 2 cups shredded cold roast chicken (breast and thigh)
- 1½ cups halved red cherry tomatoes
- 1 tablespoon chopped coriander leaves

Dressing

- 1 tablespoon macadamia oil or extra-virgin olive oil
- 1 lime, juiced
- 1 tablespoon plain yoghurt
- 2 teaspoons chopped chives

Instructions

Mix dressing ingredients together and toss through combined salad ingredients just prior to serving.

Warm Greek Lamb Salad

(SERVES 4)

Ingredients

- 400 g lean lamb strips (sold in supermarket/butchers already cut)
- 1 mixed lettuce, leaves torn into pieces
- 2 cups baby spinach leaves
- 1 medium tomato, chopped or
- 1 cup halved cherry tomatoes
- 1 cup sliced cucumber
- ½ cup sliced red onion
- ½ cup pitted olives
- ½ cup chopped flat leaf parsley
- Freshly ground black pepper
- ½ cup feta cheese
- Lemon zest from 1 lemon

Dressing

Make a vinaigrette dressing using extra-virgin olive oil, lemon juice, and balsamic vinegar. The vinaigrette should be ½ extra-virgin olive oil and ¼ each lemon juice and balsamic vinegar. Add 1-2 cloves of crushed garlic.

Instructions

Mix all salad ingredients together in a salad bowl. Heat a little extra-virgin olive oil in a wok or frying pan. Add the lamb strips and stir-fry for a few minutes. Remove from wok and allow to cool until it is just warm and then add to salad mix. Add vinaigrette dressing and toss through salad. Crumble feta cheese over the top of the salad and sprinkle with chopped parsley and cracked black pepper. Serve immediately.

Variations

- You can serve this salad cold rather than warm. If doing so allow the cooked meat to cool completely before adding to the salad mix. Add the vinaigrette, feta, parsley, lemon zest and pepper just before serving.

Chickpea Casserole (v, vn)

(SERVES 2-4)

Ingredients

750 g eggplant, cut into 1 cm cubes
2 medium carrots, sliced thickly
425 g tomatoes (1 can)
2 cups cooked chickpeas (canned is fine)
2 large onions, roughly chopped
2 cloves garlic, crushed
1 teaspoon ground cumin
1 teaspoon ground coriander seeds
Freshly ground black pepper
A little extra-virgin olive oil for cooking
Fresh broad leaf parsley, roughly chopped for garnish

Instructions

Sprinkle eggplant cubes with salt, place in a colander and put a weight on top, e.g. a heavy plate. Leave for about 30 minutes. Rinse and gently squeeze out any excess moisture.

Heat olive oil in a heavy saucepan or frying pan. Cook onions until lightly browned. Remove from pan. Add eggplant to the pan in small batches and cook until crisp. Return all eggplant and onions to the pan, add garlic and stir through for a few minutes over the heat. Add all other ingredients, cover and cook over a low heat for approximately 30 minutes, stirring occasionally.

Alternatively, add eggplant, onions and other ingredients to an ovenproof casserole dish and cook in a preheated oven (200°C) for 45 minutes.

Garnish with chopped parsley just before serving.



Did you know?

Along with lentils, peas and beans, chickpeas and other legumes are a valuable source of soluble fibre – which means they aid your detox by helping to maintain bowel function and excrete wastes. Soluble fibre also supports the health of the friendly bacteria in your bowel by providing the nutrition required for them to thrive.

Healthy Fish Cakes

Ingredients

Large handful of parsley
1 small red onion, peeled
1 clove garlic, peeled
500 grams of firm white fish (Snapper, Blue eye or mahi-mahi are types I've used), roughly diced
Zest one lemon
Juice half a lemon
Sea salt and black pepper, to taste

Coating

Sesame seeds (with a little sea salt mixed through)

Instructions

In a food processor, process the parsley, onion and garlic until finely chopped. Add the fish, seasoning, lemon and zest and process to a rough paste. If you don't have a processor, you can dice the ingredients finely and squeeze together with your hands. Roll with wet hands into patties. Dip into the sesame seeds and set aside (refrigerate) until ready to cook.

Over a moderate to a high burner, heat enough coconut oil, ghee or macadamia nut oil to coat the bottom of your pan. Cook the fish cakes for about 3-4 minutes on each side or until just brown.

Serve immediately with ½ cup of basic mayonnaise (see recipe page 14) and seasoned carrot and beetroot salad (see recipe page 17).

Variations

- **Thai fish cakes** - Add a 2cm piece of finely grated ginger, tablespoon of tamari (or coconut aminos for soy-free), red chilli to taste and lime juice and zest instead of lemon and serve with sweet chilli sauce.

This delicious recipe is provided by
www.wellnourished.com.au



Main meals



Spicy Chicken Patties

(SERVES 4) EACH PATTY IS EQUIVALENT TO ONE PROTEIN SERVE

Ingredients

500 g minced organic, free-range chicken
4 spring onions, finely chopped
1/3 cup finely chopped fresh coriander leaves
2 cloves garlic crushed
3/4 teaspoon cayenne pepper
1 egg white lightly beaten
1 tablespoon olive oil
1 lemon halved

Instructions

Mix together all ingredients except the oil and lemon, season with a little salt (or substitute) and pepper. Shape mixture into four patties. Refrigerate for 20 minutes before cooking.

Heat oil in a large frying pan over medium heat, add the patties and cook for about 5 minutes on each side, or until browned and cooked through.

Finish with a squeeze of lemon over patties when serving.

Lamb Casserole with Lemon

(SERVES 4)

Ingredients

1 kg cubed lamb suitable for casseroles
6 baby carrots, kept whole or
2 large carrots sliced into 2 cm pieces
2 large onions, cut into large wedges
1 red capsicum, chopped into large pieces
1 yellow (or green) capsicum, chopped into large pieces
3 sprigs fresh rosemary
2 cloves garlic, crushed (optional)
2 lemons, juiced
Grated zest of 2 lemons
1 3/4 cups lamb, beef, chicken or vegetable stock
8 pitted black olives
A little extra-virgin olive oil for cooking meat
2 tablespoons each chopped flat leaf parsley and thyme

Instructions

Heat olive oil in a large flameproof casserole dish and brown the lamb cubes. Do this in small batches so that the meat browns quickly without 'stewing'. Once you have finished browning the meat add the onions and garlic to the pan and stir until browned. Add all other ingredients to the pan, except the parsley and thyme, cover and cook in a preheated oven (180°C) for 1 1/2 hours.

At the end of cooking, stir in the chopped parsley and thyme and thicken with a little wheat flour, rice flour or corn flour if necessary.



Did you know?

Garlic, onions, spring onions, shallots and chives all belong to the Allium family of plants. Besides their pungent flavour, they all have something very important in common: they contain sulphur compounds that play a vital role in the liver's detoxification processes – that's why we've included garlic and onions in so many of the recipes in this book!



Minted Lamb Koftas

(WILL MAKE APPROXIMATELY 8 SKEWERS)

Ingredients

500 g lean lamb mince
2 large onions, chopped
1 large egg
3-4 chillies (red or green), chopped
2-3 cloves garlic, crushed or chopped
½ cup chopped parsley
½ cup chopped mint
1 teaspoon ground allspice
1 teaspoon ground cinnamon
A little black pepper to taste

Instructions

Process the onions, chillies, garlic, egg, allspice, cinnamon, black pepper, parsley and mint in a food processor until it makes a smooth mixture.

Add minced lamb and pulse to make a smooth mixture.

Mould the lamb mixture onto metal skewers and grill under a hot grill for approximately 10 minutes, turning as needed to prevent burning.

Alternatively, cook on a lightly oiled grill plate on top of the stove or on the barbecue.

Serve with **Hummus** or **Minted Yoghurt Dressing** and **Greek Salad** (see recipes).

Quinoa Stuffed Mushrooms (v)

(SERVES 4)

Ingredients

6 medium sized portobello or field mushrooms, stalks removed and set aside
1 cup cooked quinoa (½ cup uncooked will yield 1 cup)
½ small red onion or a bunch of spring onions finely diced
A large handful of spinach or kale leaves, finely chopped
1 tablespoon thyme leaves, picked off the stalks (or 1 teaspoon of dried)
100 grams soft feta or goats curd cheese, crumbled
½ cup (approx.) walnuts, roughly chopped
1 tablespoon chia seeds (optional)

For the dressing (optional):

One clove garlic, unpeeled (roasted with the mushrooms)
One small lemon, zest and 2 tablespoons of juice
4 tablespoons extra virgin olive oil

Instructions

Preheat your oven to 180° C.

Chop the mushrooms stalks up and combine in a bowl with the quinoa, onion, spinach or kale and thyme leaves. Now mix through the feta or goats curd. Taste and season with sea salt and freshly ground black pepper. Spoon onto the mushrooms, pressing it into place and then top with the walnuts and sprinkle with the chia seeds. Place them in a baking tray with the whole clove of garlic and roast for 20 minutes.

For the dressing mix together the zest, lemon juice and olive oil, and once cooked, squeeze out the soft centre of the roasted garlic and mix into the dressing. Serve with rocket and roast vegetable salad (see recipe page 17).

Variations

- **Nut-free** - substitute the walnuts with sunflower seeds or just omit altogether.
- Replace quinoa with brown rice or buckwheat.

This delicious recipe is provided by www.wellnourished.com.au

Quick & Easy Dahl (v)

Ingredients

1 large onion, peeled and diced
2 large cloves garlic, peeled and sliced or crushed
2-3 cm piece ginger, peeled and finely diced
1 large carrot, grated
1 small zucchini, grated
1 teaspoon cumin seeds, whole
1 teaspoon cumin seeds, ground
1 teaspoon coriander seeds, ground
2 teaspoon mustard seeds
2 teaspoon garam masala powder
1 teaspoon turmeric powder
350 grams tomatoes, roughly chopped
200 grams (1 cup) red lentils
400 grams tin coconut milk or cream (the cream gives a richer, creamier consistency)
350 grams (1 ½ cups) water, chicken or vegetable stock
3 tablespoons almond meal
Dried chilli, to taste
Sea salt, a good pinch (or more to taste)
Black pepper, to taste
1 lime, juice and zest to finish
Bunch of coriander, roughly chopped
I have a curry leaf tree and also add 5-6 leaves

Instructions

In a medium sized pot, over a low to moderate heat, add a little coconut oil or ghee. Sauté the onion, garlic, ginger and spices for two minutes. Now add the grated carrot, zucchini, tomatoes, lentils, coconut milk, water and almond meal. Season well, stir and leave to simmer for 15 to 20 minutes until the lentils are cooked and most of the moisture is absorbed. Finish with coriander leaves and lime. Season again if necessary (sea salt lift the flavours in this so make sure you add it) .

Serve this with brown rice or quinoa and either fresh or dried chilli so the heat can be adjusted by each individual.

Variations

- **Vegan** - Choose coconut oil and coconut milk.
- **Grain-free** - Serve over a baked potato or sweet potato, cauliflower rice or quinoa.
- **Nut-free** - Just leave the almond meal out.

This delicious recipe is provided by www.wellnourished.com.au

Nut Falafel with Tahini Drizzle (v)

(SERVES 4)

Ingredients

75 g (½ cup) raw cashew nuts
70 g (½ cup) sunflower seeds
1 tablespoon hulled tahini
Handful of mint leaves
1 teaspoon cumin, ground
10 cm piece of red capsicum, roughly chopped
1 large clove of garlic
Good pinch of sea salt
Ground pepper, to taste
Sesame seeds, for coating

Tahini Drizzle

3 tablespoons hulled tahini
Juice one small lemon
1 teaspoon honey or rice malt syrup
Good pinch of sea salt
Water, to thin the sauce

Instructions

Preheat oven to 220°. Place approx. ¼ cup of sesame seeds onto a plate.

To make the falafel balls, process all of the ingredients (except the sesame seeds) in a powerful food processor until it forms a coarse paste. Form balls (with about a tablespoon of paste) and roll into the sesame seeds. Place onto a lined baking tray and bake for about 20 minutes or until golden brown.

To make the Tahini drizzle, combine all of the ingredients adding enough water (tablespoon by tablespoon) to make a thick sauce.

Serve hot or cold in a lettuce leaf wrap or on a bed of salad.

Variations

- **Vegan and fructose friendly** - Choose rice malt as your sweetener (in the sauce).

This delicious recipe is provided by www.wellnourished.com.au





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