

# MODERE DETOX

## RECIPES

### BREAKFAST RECIPES

#### BRIDIE'S VEGGIE OMELETTE

½ cup spinach, chopped  
½ cup mushrooms, sliced  
¼ cup green capsicum, diced  
¼ cup tomatoes, diced  
2 eggs (free range)  
1 tbs milk, A2 or unsweetened soy milk  
¼ cup low-fat mozzarella cheese (optional)  
1 tsp olive oil

Heat olive oil in skillet or small fry-pan

Add spinach, mushrooms, green capsicum and tomatoes, cook for 1-2 minutes

Whisk eggs and milk together, add to vegetables

Once the omelette starts to set, layer the cheese on top

Fold omelette in half and cook until vegetables and cheese are heated through

Serve

#### ROLLED OATS WITH FRESH APRICOTS

¾ cup whole grain rolled oats  
1 tbs of Chocolate Shake Pea Protein  
½ cup milk, A2 or unsweetened soy milk  
2 apricots, diced

Blend Chocolate Shake Pea Protein with choice of milk and cook oats until creamy

#### FRIED EGGS AND BACON

2 eggs (free range)  
2 slices bacon (Nitrite free - E250)  
1 slice bread, spelt or whole grain

#### SCRAMBLED EGGS AND SMOKED SALMON

2 eggs (free range)  
½ palm smoked salmon (no sugar variety)  
2 small tomatoes  
3 medium mushrooms  
1 tsp olive oil

Heat a fry-pan and add the olive oil spread

Slice the tomato and mushrooms in half and place flesh side down in pan to one side; then beat eggs in a bowl and add them to other side of the pan, mixing with a spatula until scrambled and cooked

Serve scrambled eggs with smoked salmon and a side of the grilled tomato and mushroom

### LUNCH RECIPES

#### HAM AND SALAD WRAP

1 medium whole grain wrap  
1 palm lean nitrite free ham (or other cooked meat)  
1 medium tomato, sliced  
Spinach leaves, handful  
1 tbs tzatziki

#### BBQ CHICKEN SALAD

1 palm BBQ chicken, shredded (free-range)  
1 tomato, diced  
¼ cup avocado, diced  
½ cup cucumber, diced  
¼ cup of rocket  
1 tbs reduced-fat feta, diced  
1 tsp lemon juice  
1 tsp olive oil

Combine diced tomato, avocado, cucumber and feta in a bowl

Drizzle with lemon juice and olive oil, stir to coat

Add shredded chicken

Serve

### TUNA PASTA

70g whole grain pasta  
1 palm of canned tuna in spring water  
½ (80g) red capsicum, sliced  
2 artichoke hearts, drained  
½ small red onion  
1 handful baby spinach  
1 tsp olive oil  
Pinch Himalayan salt & pepper

Slice a red capsicum in half, length ways

Heat a fry-pan, and place half the red capsicum in skin side down, grill for 10 minutes then place to the side to cool

Bring a saucepan of water to the boil

Add the pasta, stir once, and cook for 10-12 minutes (or according to packet instructions)

Heat the olive oil in the fry-pan; add the onion and sauté 5 minutes or until the onion is soft

Cut the artichoke hearts into quarters and add to the pan with the tuna and grilled capsicum (sliced), tossing to combine

Add the spinach to the fry-pan and allow to wilt, then remove the fry-pan from heat

Season to taste

Drain the pasta and add the vegetable mixture, stirring

Serve



# MODERE DETOX

## RECIPES

---

### DINNER RECIPES

#### LAMB ROAST

1 roast lamb  
1 cup parsnips, peeled and sliced  
1 cup broccoli  
1 cup pumpkin, cubed  
1 tbs olive oil  
Preheat oven to 180oC

Once heated (about 5 minutes), cook the lamb with the olive oil in a roasting dish until cooked (or if juices run clear when pricked with a fork)

Steam the vegetables and serve with the roast lamb

Serve

Note - Remainder of roast lamb can be used for snacks or in other recipes

---

#### CHICKEN STIR-FRY

1 palm skinless chicken breast, strips (free range)  
1 cup bok choy, chopped  
1 cup bean sprouts  
1 small red chilli, sliced  
Ginger, grated (2cm piece)  
½ tsp garlic powder (gluten free)  
1 tbs soy sauce (gluten free)  
1 tsp sesame oil

Heat oil in wok

Add chicken and cook on high until slightly browned

Add ginger and garlic powder, stir through and cook for 1 minute

Add bok choy, chilli and bean sprouts; cook until bok choy is wilted

Add soy sauce and cook for 1 minute

Serve

---

#### GRILLED CHICKEN WITH PEAR, ROCKET AND WALNUT SALAD

1 palm chicken breast, grilled (free range)  
½ pear, sliced  
1 cup rocket leaves  
¼ cup walnuts, chopped  
1 tsp olive oil  
1 tsp balsamic vinegar  
Parmesan cheese (optional)

Heat fry-pan (medium heat) and cook chicken (7-10 minutes each side)

Slice the pear and chop the walnuts, add them to a bowl

Toss in the rocket leaves, and then drizzle with olive oil and balsamic vinegar, mix

Serve salad, topped with parmesan cheese (optional), alongside grilled chicken on a plate

---

#### SNACKS

This recipe will make a number of servings so you can store in the fridge

#### MODERE HUMMUS

600g can drained chickpeas rinsed (or soak dry bean overnight and then cook)  
3 garlic cloves, crushed  
50mL organic coconut oil  
1 tbs tahini paste  
1 tsp ground cumin  
Juice of 1 lemon

In a food processor add chickpeas, garlic, coconut oil, tahini paste, cumin and lemon juice until smooth

Depending on thickness you can add ¼ cup (60mL) of water and blend again

Garnish with sweet paprika

---

#### ACTIVATED NUTS

Raw, unsalted, organic nuts are preferred

Almonds or Brazil nuts are ideal as alkalising, other nuts are more acidic to the body

This recipe will make a number of servings so you can store in the fridge)

Soaking nuts will make nuts more digestible

4 cups mixed almonds and Brazil nuts

2 tsp Himalayan salt

Filtered water

Dissolve salt in filtered water

Cover nuts with salted water

Soak in a warm place overnight

Rinse nuts until the water is clear

If dehydrating, place in dehydrator or alternatively in an oven set at 65° for 12 hours or until completely dry and crisp, turning occasionally

---

#### PPX FUDGE

1 tbs Chocolate Shake Pea Protein  
2 tsp of organic cacao

Mix with 50-100mL of unsweetened soy milk or A2 milk, till fudge like consistency. Add to your favourite blueberry and berry mix