

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

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

FRUIT AND QUARK

- Choose ¼ cup of your favourite fruit from the Food List and mix with a small serve of nuts a quark

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



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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

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

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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

MODERE SMOOTHIE

1 tbs Chocolate Shake Pea Protein
2 tsp of organic cacao

Mix with 50-100mL of unsweetened soy milk or A2 milk in a blender until the right consistency is achieved. Add to your favourite blueberry and berry mix well.

VEGETABLE SOUP WITH ATLANTIC SALMON PIECES

1 palm size serve Atlantic Salmon
3 cups of natural vegetable stock
2 stalks of celery, chopped
1 onion, chopped
1 clove garlic, crushed
1 chilli
1 cup of fresh coriander, chopped
Toasted sesame seeds

Saute' onion and garlic in coconut oil then add salmon pieces

Lightly brown the salmon

Add celery chilli and saute' for another 1 minute

Add the stock and sprinkle toasted Sesame seeds on top of soup.

PROTEIN SMOOTHIE BOWL

2 Kale leaves, thick stems removed

A handful of spinach

1 avocado, skin and seed removed

100 ml coconut water

200 ml unsweetened almond milk

2 date, pitted and chopped

1 tbs pistachio, coarsely chopped

12 raspberries

1 tbs almond flakes

Coconut flakes, pine nuts, chia seeds (optional)

Place the first 6 ingredients in the food processor, blitz until smooth. Pour into cereal bowl and top with raspberries, almond flakes and pistachios. May also add some coconut flakes, pine nuts and chia seeds, etc.

Serves 2