

Revitalise ~ Rejuvenate ~ Look Good ~ Feel Great



Clean Eating For Life!

14 Day Refresh

Spring ~ Summer Edition

**the barefoot naturopath**

Designed & Created by:

Anne-Marie McDonald B.Nat

Naturopath & Nutritionist

Spring...

Winter creeps upon on us and then suddenly we realise we have slipped into some naughty old habits and put on a few extra kilos. It's that time of year, when we dust off the joggers, step in to the sun, and tell ourselves it's time to get back into our healthy lifestyles. Where to start? Right here is the refresh you need to get back on track.

This 14 day refresh is designed to help cleanse your body, mind and soul, and get back to the best, healthiest version of yourself. The most common phrases I hear when my clients have completed this program are... "I can't believe how much energy I have", "The whole family loved it too!", and "I am feeling so much better, it was just the kick into gear I needed to get back to a healthy lifestyle".

I hope you enjoy this refresh as much as I, my family and my clients do.

Wishing you joyful eating,

Anne-Marie McDonald

Naturopath & Nutritionist

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Clean eating isn't just for hippies, health gurus and those on a spiritual journey!

Cleansing or clean eating is an opportunity to focus on you, a time out for self, and a little extra care in considering what is going into your mouth every day, onto your skin and hair, and how much fresh air you can get into your lungs. Cleansing means a little more thought about how you can be the healthiest version of yourself both physically, and mentally. It means less rushing around mindlessly and more thoughtful consideration about what you are here on earth to do and how you can enjoy the best health to achieve the things you desire.

Unfortunately, it's a toxic world we live in and no person is exempt from exposure to toxins. We are exposed every day from:

- ✎ Lifestyle factors (nutrition, tobacco use, physical activity, etc.)
- ✎ Naturally occurring exposures (ultraviolet light, radon gas, infectious agents, etc.)
- ✎ Medical treatments (chemotherapy, radiation, immune system-suppressing drugs, etc.)
- ✎ Workplace exposures (chemicals in printing ink, photocopiers, fumes from car exhausts, industrial carpets, cleaning products etc.)
- ✎ Household exposures (cleaning products, body care and hair care products, carpets, polishes and furniture finishes, water supply)
- ✎ Pollution - If you can smell a fume or toxic odour, then you are absorbing it!

With this in mind, you have two choices. You can allow toxins to accumulate in your body and deal with the problems when they arise; or you can be proactive and do what you can to minimise your exposure and enhance your body's means of getting rid of the toxic junk. A regular "spring clean" or cleanse is like a maintenance check for your body, mind, lifestyle and environment.

Your refresh fortnight can be the best gift you will give yourself this year as it will allow you to schedule prioritised time out to care for yourself. Before you know it you will be back in the swing of eating fresh and clean new recipes, taking time for epsom salt bath soaks and massages, enjoying easy digestion and glowing skin, and you might even drop a few winter kilos!

While this clean eating refresh is suitable for most, if you are pregnant or breastfeeding, diabetic, have major kidney problems or special dietary needs, please book in for a consultation with a [qualified naturopathic practitioner or nutritionist](#) to customise a program to suit you specifically.

There may be specific herbal and nutritional supplements that can be used to enhance the effectiveness of your cleanse. [Talk to your practitioner about the best options for your needs.](#)

Rules for cleansing the body now and beyond...

While you are following this 14 day reboot, it's a great idea to also reduce your exposure to toxins by:

- ♥ Filter the water you drink, even if it's tank water. If taking water to work or school, use a stainless steel or glass water bottle rather than plastic.
- ♥ Exercise to work up a sweat most days. Sweating is a form of detoxification.
- ♥ Replace hair and body products with toxin free alternatives. For example, coconut oil makes a great hair moisturiser and can be used to make an easy deodorant. Plant based shampoo and conditioner comes in all types.
- ♥ There are heaps of natural, toxins free and often less expensive ways to clean your home, clothes and yard. Start making small changes, and before you know it you will have a chemical free home.
- ♥ During your cleanse, you should avoid the following foods. *If you slip up, don't stress, just review your plan and keep going.* It is better that you have a go, than not do it at all for fear of not being able to do the plan perfectly. Any lessening of toxin exposure and any amount of clean eating is a gift to your body.

Steer Clear Of...

- ✗ Sugar, including cakes, biscuits, chocolate, lollies, ice-cream, puddings, soft drinks, and store bought juices.
- ✗ Table salt and refined cooking salt
- ✗ Non-organic, processed or cured animal products such as beef, pork, minced meat, ham, salami and other deli meats.
- ✗ Tuna, farmed salmon, shark and other large deep sea fish such as swordfish, marlin, king mackerel & tinned meats or fish
- ✗ Shellfish
- ✗ Dairy products, except organic or biodynamic natural yoghurt or organic butter
- ✗ White flour products, white rice, white pasta.
- ✗ Gluten containing foods – anything with wheat, barley, or rye.
- ✗ Chips, biscuits, crisps. (except those specified in allowed in the eating plan)
- ✗ Jam and fruit spreads
- ✗ Oils such as canola, vegetable oil, peanut oil, margarine, cottonseed, corn, soybean, safflower, grape seed oil, fried foods, duck fat.
- ✗ Alcohol, Coffee, black tea, flavoured milk drinks.
- ✗ Cigarettes or recreational drugs
- ✗ Non-essential medications such as pain killers, antihistamines, cough syrups etc.

If you've never done a detox or cleanse before, there is a possibility that you may experience a few unpleasant symptoms in the first few days as toxins are released into the blood stream and eliminated. Stopping the intake of sugar and caffeine can also cause withdrawal symptoms in some individuals.

Common symptoms include muscle aches, joint pains, flu-like symptoms, headaches, lethargy, nausea, flatulence, changed bowel habits and skin breakouts. If you have any

concerns at all, please contact your practitioner as soon as possible to clarify or adjust the program to suit your unique needs.

Golden Rules for a Healthy Life

Our eating habits are as important as our food choices in achieving and maintaining health. Worry and hurry are the enemies of digestive health.

- ♥ Chew your food well.
- ♥ Eat regularly. Skipping meals is counterproductive to energy and weight management.
- ♥ Eat your larger meal at lunch time where possible. Have your last meal no later than 7:30pm
- ♥ Avoid over eating – it takes up to 20 minutes from when you start eating for your stomach to register that you have eaten. Take more time to chew and eat slowly, and you will eat less, naturally.
- ♥ Eat consciously – savor your food, relax before you eat, turn off the TV, acknowledge the taste, and the vitality and nutrition that food will provide your body.
- ♥ Achieve fluid balance. Try not to drink excessively during your meals. 1 glass of fluid is adequate. Aim for about 8 glasses of water or herbal tea between meals.
- ♥ Ensure you are emptying your bowels daily – this is a key waste removal system, if you are not emptying your bowels, toxins will reabsorb back into your blood stream and your gut lining will become irritated.
- ♥ Prepare – plan your meals ahead and shop regularly to ensure there are plenty of fresh healthy food choices. Avoid last minute rush meals or shopping sprees- as this is when bad food choices tend to occur.
- ♥ Go 50% raw with your fruit and vegetables.
- ♥ ¾ of your daily intake should be vegetables and fruit. This helps to keep your diet predominantly alkalising, which means less inflammation and better long term health.
- ♥ For healthy weight management – limit grains/cereal/bread intake to 1 serve daily. Choose whole, unprocessed, and low gluten where possible.
- ♥ Variety - eating a wide range of foods gives you a better spectrum of nutrients. Avoid eating the same foods every day. Eat foods that are in season to get optimal nutrient levels.
- ♥ Exercise, it is essential for good health. Do what you enjoy, and continually challenge yourself.
- ♥ 90% for the body 10% for the soul – ensure that you are eating foods in the healthy range 90% of the time and allow the odd treat to satisfy your mind, soul and social life, 10%. We are all human!
- ♥ Achieve a minimum of 7 hours of quality sleep each night; any less won't allow your body to heal effectively.
- ♥ Move your body every 20 minutes in some way. Sitting for longer than this creates inflammation in the body.

- ♥ Take time to relax. Take time to walk barefoot on the grass, breathe fresh air, appreciate nature, enjoy your family.
- ♥ Complete a cleanse once or twice a year to reboot and keep you on track.
- ♥ Don't sweat the small stuff. Laugh! It truly is the best medicine.

Mind ~ Body ~ Spirit

Have you ever noticed how disconnected and flustered you can feel when you have been rushing around, juggling too many balls at once? Have you ever caught yourself "hearing" that your kids or someone is talking to you, but not actually taking in what they have said, because your mind is elsewhere? It's a terrible feeling, and over time it can really take a lot of energy and create unnecessary stress. Most of the time, all we need to do is slow down, be mindful and present in each moment, and remember to breathe fully, but for some reason we forget to do this in the chaos of daily life.

Part of committing to a short cleanse is the great opportunity to really hone in on other areas of our life that need refreshing or reassessing. For example during a cleanse you can make the time to take an epsom salt bath, walk barefoot on the grass, and really put time and love into the foods you are preparing for yourself and the family. The result will be you feel refreshed, in both mind and body at the end of the program. Consider this training for recognising when you need to stop and readjust things to help live a happier healthier life more consistently. Cleansing is a blessing in disguise!

- ♥ *Walk, stand, lay or sit on the grass for 10 minutes each day and just ponder the beauty of your surroundings.*
- ♥ *Make time to soak in an epsom salt or lavender bath at least once per week. If you don't have a bath tub, enjoy a foot soak.*
- ♥ *Treat yourself to a massage; it can help rid your body of both physical toxins, and stress or tension.*
- ♥ *Disconnect from the media – TV, radio, internet, phones, social media networks, newspapers etc. and practice just "Being".*
- ♥ *Keep a thought journal to cleanse your mind. Each night before sleep, allow any thoughts that pop into your head to flow out onto a page. It doesn't need to make any sense at all, and it's not for anyone else to read, it's just to rid yourself of unnecessary mind junk.*
- ♥ *Meditate and practice breathing fully and completely. If you need some help to get started with this, there are plenty of resources available online. A simple YouTube search of guided meditations for relaxation will provide you with hundreds of options to choose from.*
- ♥ *Read some books on personal development and growth.*
- ♥ *Watch some documentaries about health such as the Food Matters series including Food Matters, Hungry for Change, Fat Sick and Nearly Dead etc.*
- ♥ *Renew your spiritual practice, whether it be prayer, attending church, sitting in nature or meditation.*
- ♥ *Take 10 deep breaths all the way to the bottom of your stomach every day.*
- ♥ *Give and receive hugs every day.*

♥ *Laugh, smile and dance whenever you can and share this with others!*

The Key to Success is Preparation & Planning!

DO...

- ♥ Review your meal plan, write your shopping list and have everything on hand you need for week 1 of the cleanse. Then repeat this process at the beginning of week 2.
- ♥ Plan to get up a little earlier each day
- ♥ Look ahead in your diary and family schedule so you can plan the easier meals on days where life is more hectic.
- ♥ Stick to the plan, but be dynamic.
- ♥ Remove temptations such as tea, coffee, chocolates, lollies, biscuits, alcohol from your environment.
- ♥ Clear away clutter from your work areas, keep your living space tidy and inviting.
- ♥ Learn to say NO
- ♥ Understand that not everyone will be on board with what you are doing to improve your health, and not everyone will want to participate. Make choices for your highest good, and set a good example for the rest.

DO NOT...

- ✗ Leave your meal plan and shopping to the last minute, when you are hungry and in a rush. This will lead to poor choices and crankiness.
- ✗ Attend parties or family gatherings empty handed. Bring your own share plate with some of the healthy snack choices from this book or fresh fruits and vegetables, nuts and dried fruit. This way you won't get caught hungry with no good options to eat. You'll be surprised how many people will enjoy your plate!
- ✗ Eating in front of the TV or at your work desk doesn't allow you to appreciate your food, and you will tend to overeat.

Life is a moving, breathing thing. We have to be willing to constantly evolve.

Perfection is constant transformation

~ Nia Peeples



Clean Eating For Life – 14 Day Meal Planner – Week 1

ALL FOOD & DRINKS	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
On waking	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar
Exercise	30 minute brisk walk	30 minute resistance exercise (Inc. warm up and stretch down)	30 minute brisk walk	30 minute resistance exercise (Inc. warm up and stretch down)	30 minute brisk walk	30 minute resistance exercise (Inc. warm up and stretch down)	Rest Day
Breakfast	Vegetable Juice or Green Smoothly of choice.	1 cup fresh fruit salad with 2 Tbsp Natural Yoghurt, 1 Tbsp Chopped Nuts, & 1 Tbsp Chia Seeds 1 Cup Green or Detox Tea	Vegetable Juice or Green Smoothly of choice.	4 Organic rice cakes OR 2 thin slices of ESSENE bread with either Tahini & Banana OR Avocado & Tomato	Green Juice or Green Smoothly of choice.	Fruity Coconut Quinoa Porridge OR Bircher Muesli	Zucchini & Mushroom Omelette OR 2 Poached Eggs on Sweet Potato Toast with Avocado & Saurkraut
Morning Tea (Optional)	1 Small handful of raw nuts 1 Cup of Detox Tea 1 Piece Fruit if desired	Vegetable Juice of choice (make at breakfast and bring to work in a glass jar or thermos)	1 Small handful of raw nuts 1 Cup of Detox Tea 1 Piece Fruit if desired	Vegetable Juice of choice (make at breakfast and bring to work in a glass jar or thermos)	1 Cup Natural Yoghurt with ¼ Cup fresh fruit, 1 Tbsp Sunflower Seeds. 1 Cup of Green Tea	Vegetable Juice or Smoothly of choice	Protein Muesli Bar Slice OR ¼ Cup Natural Yoghurt & ½ Cup Berries 1 Cup of Green Tea
Lunch	Tomato & Lentil Salad 1 Cup Green Tea	Leftover Vege Stirfry	Leftover Soup with 2 Rice Cakes topped with Avocado 1 Cup Green Tea	Leftover Chickpea Vegetable Bake OR Roast Vege Salad with Activated almonds	Leftover Vegetable Bolognese OR Greek Salad with Goat/Sheep Feta	Buckwheat Turkey Rissoles with mesculin salad	Chickpea & Baby Spinach Salad 1 Cup Detox Tea
Afternoon Tea (Optional)	Carrot sticks with 2 tablespoons Heavenly HOMMUS	Guacamole with Carrot, Capsicum, Green Beans or Celery Sticks	1 Cup Natural Yoghurt with ¼ cup Fresh Berries	2 Fudgy Nut Butter Balls 1 Cup of Green Tea	Raw vegetable sticks with Heavenly HOMMUS	1-2 Pieces of Fruit & 8 Raw Nuts 1 Cup Green Tea	Vegetable Juice of Choice
Dinner	Mixed Vegetable Stir-Fry with 2 Tbsp Brown Rice	Mediterranean Vegetable Soup	Chickpea Vegetable Bake	Vegetable Bolognese on Brown Rice	Almond Crusted Fish with Green Beans and Broccoli	Spiced Pumpkin and Carrot Soup	Tasty Chicken Rissoles with Green Leaf Salad
Snack	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea

PLUS 3 Litres of filtered water DAILY

Meals typed in **BOLD** font have recipes included within this book.

Clean Eating For Life – 14 Day Meal Planner Continued – Week 2

ALL FOOD & DRINKS	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
On waking	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar	Glass of water with lemon, lime or apple cider vinegar
Exercise	30 minute brisk walk	30 minute resistance exercise (inc warm up and stretch down)	30 minute brisk walk	30 minute resistance exercise (inc warm up and stretch down)	30 minute brisk walk	30 minute resistance exercise (inc warm up and stretch down)	Rest Day
Breakfast	Vegetable Juice or Green Smoothly of choice.	Zucchini & Mushroom Omelette	Vegetable Juice or Smoothly of choice.	Fruity Coconut Quinoa Porridge	Vegetable Juice or Green Smoothly of Choice	Wholemeal Spelt Pancakes with Berries OR Stewed Red apple & Yoghurt	1 Cup Fresh Fruit Salad with 2 Tbsp Chopped Nuts, 1 Tbsp Chia Seeds & 1 Cup Detox Tea
Morning Tea (optional)	1 Cup Natural Yoghurt with ¼ cup Fresh Fruit, 1 Tbsp Sunflower Seeds & 1 Cup Detox Tea	Vegetable Juice or Smoothly of choice (make at breakfast and bring to work in a glass jar or thermos)	1 Small handful of raw nuts & 1 Cup of Herbal Tea	Vegetable Juice	1 Cup Natural Yoghurt with ¼ cup Fresh Fruit, 1 Tbsp Sunflower Seeds & 1 Cup Detox Tea	2 Bliss Balls & 1 Cup of Herbal Tea	Protein Muesli Bar Slice
Lunch	Greek Salad OR Leftover Chicken Patties and Green Leaf Salad	Leftover Vegetable Curry OR Chickpea & Baby Spinach Salad	Brown Rice & chicken nibbles with Japanese Dressing OR Leftover Lentil & Quinoa Soup	Chicken & Lettuce Wraps	Quinoa Salad & 1 Cup Detox Tea	Chicken & Macadamia Salad	Spiced Carrot & Beetroot Salad with Turmeric Brown Rice & 1 Cup Detox Tea
Afternoon Tea (optional)	1 Small handful of Raw Nuts 1 Cup of Detox Tea 1 Piece Fruit if desired	2 Fudgy Nut Butter Balls 1 cup herbal tea	1-2 Pieces of Fresh Fruit & 1 Cup of Detox Tea	Guacamole and Vegetable Sticks.	1 Small handful of Raw Nuts 1 Cup of Detox Tea	Spiced sweet potato chips with Tahini Yoghurt Dip	Vegetable Sticks with Heavenly Hommus
Dinner	Vegetable Curry	Lentil & Quinoa Soup	Roast Free Range Chicken with Roast Sweet Potato & Pumpkin & Steamed Broccoli. (Save some breast for tomorrow)	Sesame Oat Burgers on lettuce wraps with grated raw beetroot & carrot	BBQ Mallow Organic Lamb Chops with Sweet Potato Mash & Steamed Greens	Vegetable Bolognese on Brown Rice with either steamed Green Beans or Cauliflower	Quinoa Stuffed Eggplant with Green Leaf Salad
Snack	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea	Detox or Calming Tea

Exercise is amazing!

Did you know that when you sweat, you are releasing toxins! So the more you sweat, the cleaner you are on the inside.

As a lover of exercise and sports, I often forget to take the perspective of those who don't enjoy exercise. The thing that we have in common though, is that we all want to improve ourselves in some way. What I have learnt is that finding some movement you love doing is so much better for your wellbeing than an hour at the gym or the next marathon. If it so happens, that you love running, then do that. But, if you prefer dancing, walking, gardening, carrying buckets of water, climbing stairs, kicking a ball with your kids, then do that! The key is getting your heart rate up, making it challenging enough to allow your body to sweat a bit, and using as many muscles as you can so you fire up your metabolism and strengthen your bones.

A lovely lady I know, who is overwhelmed by the idea of exercise or running, discovered she likes to chase her daughter around the kitchen bench. What she decided to do was to do this every day in the first week for 1 minute. The next week she would set a timer and run around the bench with her daughter for 2 minutes. Each week she has been increasing the routine by 1 minute and by the end of a year, she will be able to run continuously for 52 minutes (hopefully not just around the kitchen bench) which is a great way to ease into running almost without even knowing it!

Here are a couple of suggestions you might like to start on during your clean eating detox program, and build from there. Each night before you go to bed put your exercise gear in a place you will trip over it. Eg. shoes, socks, shorts and shirt near your bed or at the doorway. Set your alarm for 30minutes earlier than usual, and do your exercise before your brain has a chance to talk you out of it. In no time at all you will be feeling and looking fabulous!


“You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.”

- Ralph Marston


I like to move it, move it!


Pick an option, or a different option for each day from the following list:

(Be sure to do some warm down stretches at the end of each session)

 Walk for 30 minutes each day. Pick up your pace or add some hills as you get fitter.


 Have Sunday off.

 Jump on the trampoline with your kids for 10 minutes every day.


 Make a home exercise circuit – create 5 stations:

- Station 1 – Squats
- Station 2 – Sit ups or crunches
- Station 3 – Lunges
- Station 4 – Push Ups
- Station 5 – Star Jumps

Set a timer for 60 seconds, do as many eg. Station 1 squats as you can in 60 seconds, have a 10 second rest, and then spend 60 seconds on station 2, 10 second rest, 60 seconds station 3 etc until you complete the 5 -stations. Repeat the entire set 3 times.

 Swimming for 30 minutes.

 Cycling for 30 minutes, outdoors or on a stationary bike indoors.

 Add incidental exercise to your weekends by choosing family outings that are active eg. Hiking, cycling, swimming, or plan some garden makeovers or mow the lawn with a push mower.

If in doubt, join a gym, exercise with a buddy who loves to workout, play with your kids outdoors, or hire a personal trainer. No excuses...Move that Body if you want to be Healthy!



Recipes

Clean Eating Smoothlys

These are some of my absolute favourite “smoothlys” to cleanse with, bursting with flavour and all of the good stuff packed inside! Be sure to add enough liquid to achieve the desired thickness. You may find that pre-soaking any nuts used in the recipes will help with blending.

Almond Milk

- 2 Small Handfuls of Almonds
- 2 Cups Chilled Filtered Water
- 1 Tsp Apple Cider Vinegar or Lemon Juice

Soak almonds in 1 cup filtered water, with Apple Cider Vinegar or Lemon Juice overnight. Drain off water and place in a blender with remaining 2 cups of chilled filtered water. Blend on high until smooth and frothy.

Green Goddess Smoothly (Serves 2)

- 1 Lebanese Cucumber
- ¼ Pineapple
- 1 Large Handful Baby Spinach or Rocket
- Juice of 1 Lime
- ½ Ripe Avocado
- 1 Tbsp Vital Greens or Green Powder
- 1 Cup Cold Filtered Water

Blend until smooth.

The Hulk – Green Smoothly (Serves 2)

- 1 Banana or 1 Ripe Avocado (Peeled and Deseeded)
- 2 Tsp Raw Honey
- 1 Tbsp Vital Greens or Green Powder
- 1 Tbsp Raw Cacao
- 1 Tbsp Coconut Oil
- 1 Tbsp Chia Seeds
- 2 Cups Homemade Almond Milk

Blend until smooth.

Berry Bang Smoothly (Serves 2)

- 1 Handful Almonds (Soaked Overnight)
- 1 Cup Chilled Filtered Water
- 1 Cup Organic or Biodynamic Natural Yoghurt
- 1 Small Banana
- ½ Cup Fresh or Frozen Berries
- 1 Tbsp Chia Seeds
- 1 Tbsp Coconut Oil
- 1 Tbsp Raw Honey

Blend until smooth.

Peaches & Cream Smoothly (Serves 2)

- 3 Cups Fresh Chopped Peaches
- 2 Cups Almond Milk
- 1 Frozen Banana
- 1 Tbsp Chia Seeds
- 1 Tbsp Goji Berries
- 1 Tbsp Fresh Lemon Juice
- ½ Tsp Vanilla Extract

Blend until smooth.

Chocoholics Anonymous (Serves 2)

- ¼ Cup Medjool Dates (Pitted)
- 2 Tbsp Nut Butter (Homemade or freshly ground from health food shop)
- 3 Tbsp Cacao Nibs
- 2 Tbsp Chia Seeds
- 1 Tbsp Cacao Powder
- ¼ Tsp Cayenne Pepper
- ¼ Tsp Cinnamon
- 1 Tsp Vanilla Extract
- 1 ½ Cup Chilled Water
- 2 Cups Ice

Blend until smooth.

Choc-Banana Recovery Smoothly (Serves 2)

- 1 Frozen Banana
- 1 Cup Organic or Biodynamic Natural Yoghurt
- ¼ Cup Almond Milk
- 1 Tbsp Raw Cacao
- 1 Tbsp Honey

Blend until smooth.



Vegetable Juices

For these recipes you will need a cold press juicer or centrifugal juice extractor (aka a vegie juicer) unless stated otherwise, put all ingredients through your juicer.

I use the Oscar Neo cold press juicer to make these recipes. It also makes nut butters, healthy ice-creams, pestos, fruit and nut balls and much more.

2 Carrot Gold (Serves 2)

- ½ Lemon (Skin On)
- 1 Green Apple
- 2 Carrots
- ¼ Raw Beetroot
- 1 Stick Celery (With Leaves)
- ½ Thumb Sized Fresh Ginger

Wash all fruit and veg and juice.

Simplicity Juice

- 2 Large Carrots
- 1 Small Beetroot
- 1 Medium Grapefruit or Ruby Grapefruit

Wash all fruit and veg and juice.

Super Green Juice

- 2 Apples
- 1 Celery Stick
- 1 Large Handful Baby Spinach or Rocket or Silverbeet
- ½ Small Cucumber
- ¼ Lemon (Skin On)
- 1 Tbsp Vital Greens or Green Powder
- ½ Avocado

Juice all ingredients except the Vital Greens and Avocado. Add Avocado and Vital Greens to juice and blend until smooth.

The Barefoot Naturopath uses...the
amazing...

Oscar Neo
Cold Press Juicer!



Super Skinny Juice

1 Ruby Grapefruit
1 Small Green Apple
¼ Raw Beetroot
1cm Cube Fresh Ginger
1 Tbsp Apple Cider Vinegar
1 Stick Celery (With Leaves)
1 Handful Fresh Parsley
Pinch Ground Cayenne/Chilli Powder

Juice all ingredients except Ground Cayenne or Chilli. Add these ingredients to the juice at the end!

The Motion Maker Juice

2 Medium Carrots
½ Large Beetroot
1cm Cube Fresh Ginger
2 Medium Green Apples

Wash all fruit and vegetables, juice and enjoy

The “If All Else Fails” Tonic

1-2 teaspoons raw honey
2 tablespoons hot water
¼ teaspoon ground ginger
1 teaspoon apple cider vinegar
Juice of 1 small lemon
1 cup water warm water
Pinch cayenne or chilli

Dissolve honey, ginger and cayenne in the hot water. Add to this the lemon juice, water, and apple cider. Serve warm or iced. (If giving to the kids leave out the ginger and chilli and replace with a pinch of cinnamon.)

JUICE
LOVE
HAPPINESS

Breakfast Recipes

Fruity Coconut Quinoa (Keen-wah) Porridge (Serves 2)

1 Cup Quinoa Grain (Rinsed and Drained)
½ Small Apple (Peeled and Grated)
½ Small Banana (Chopped)
½ Tsp Ground Cinnamon
1 Cup of Water
½ Cup Coconut Milk
Pinch of Salt

Place water, coconut milk and quinoa in a medium sized saucepan on the stove. Bring to the boil, and then add cinnamon, grated apple, banana and salt. Reduce to a simmer and cover. Cook for about 15 minutes stirring occasionally.

To serve: top with 2 tablespoons organic or biodynamic natural yoghurt, 1 tablespoon chia seeds and fresh or frozen berries. You could also add ½ teaspoon of coconut sugar or raw honey if more sweetness is desired.

Bircher Muesli (Serves 2)

2 Cups Whole Oats
2 Small Apples (Peeled and Grated)
2 Cups Fresh Apple Juice or Coconut Milk
12 Dates (Finely Chopped)
½ Tsp Ground Cinnamon

Combine oats, apple, apple juice or coconut milk, dates and cinnamon in a bowl. Cover and allow to soak overnight in the fridge.

To serve: Drain off any excess liquid and serve with chopped banana or fresh berries and 1 Tbsp of organic or biodynamic natural yoghurt.

Zucchini & Mushroom Omelette (Serves 2)

4 Free Range Eggs
1 Clove Garlic (Crushed)
½ Cup Button Mushrooms (Finely Sliced)
½ Cup Zucchini (Grated)
1 Small Onion (Finely Chopped)
1 Tbsp Olive Oil

In a frying pan heat ½ Tbsp of oil and sauté garlic and mushroom until browned. Add zucchini and onion and cook until soft. Remove from heat and set aside. In a bowl, whisk eggs, and add seasoning to taste.

Add remaining oil to frying pan, and add ½ of the egg mixture and allow to cook until almost set. Layer ½ the vegetable mixture evenly over the egg and using an egg flip, fold in half. Slide omelette onto serving plate, and repeat with remaining mixture.

Note – This recipe works best in a non stick pan.

Poached Eggs on Sweet Potato Toast with Avocado (Serves 2)

- 4 Free Range Eggs
- 1 Cup White Vinegar
- 2 Cups Boiling Water
- 1 medium sweet potato sliced into 5 -8mm thick slices or rounds (toast in your toaster or sandwich press as you would bread – just on a slower temp for longer)
- 1 Ripe Avocado (Deseeded and Mashed)
- Salt & Pepper

To Poach the Eggs:

Place water and white vinegar in a small deep saucepan and bring to a rolling boil. Once the water and vinegar mix is boiling rapidly, using a whisk or fork, stir quickly in circular motion to create a whirlpool in the water. Once you have your whirlpool swirling, crack eggs into the centre. Cook the eggs for 2-3 minutes, depending how runny you like them. Once the eggs have cooked, using a slotted spoon, remove from water and allow to drain on some paper towel.

To Assemble:

Spread mashed avocado onto the sweet potato toast slices, and top with poached eggs. Sprinkle with seasoning to taste, and enjoy!

Wholemeal Spelt Pancakes (Serves 4)

- 1 Cup Wholemeal Spelt Flour
- 1 Tsp Gluten Free & Aluminium Free Baking Powder
- ½ Tsp Ground Cinnamon
- 1 Tsp Natural Vanilla Essence
- 2 Tbsp Raw Honey
- 1 Cup coconut or Almond Milk
- 1 Egg
- Pinch of Sea Salt
- Coconut Oil



In a mixing bowl, whisk together egg, honey, cinnamon, vanilla and milk. Whilst you are still whisking, slowly add the flour, baking powder and sea salt, until you have a batter like consistency (Add more milk or flour if required).

Heat a small amount of coconut oil in a moderately hot frying pan, and pour in the batter to form your pancakes. Cook until small air bubbles appear and start to burst on the surface, then using an egg flip, flip your pancakes and continue to cook until golden and cooked through. Repeat until all of your batter is used up.

Serve with warmed stewed apple, OR ¼ cup of fresh or frozen berries, and 2 Tbsp of organic or biodynamic natural yoghurt.

Lunch or Dinner Recipes

Green Leaf Salad (Serves 2)

2 large handfuls Cos Lettuce
2 large handfuls baby spinach
1 ½ cups snow peas (topped & tailed with string removed)
1 large carrot grated coarsely
½ cucumber sliced
3 tablespoons apple cider vinegar
2 tablespoons olive oil
Sea salt/herb salt to taste.

Place all vegetable ingredients in a large salad bowl. Drizzle with vinegar, oil and sea salt. Toss to combine.

Easy Vinaigrette

¼ cup apple cider vinegar
¼ extra virgin olive oil
½ teaspoon sea salt

Shake together and drizzle on salads as needed.

Brown Rice (Serves 2)

1 Cup Brown Rice
2 Cups Filtered Water
Pinch of Salt

Place brown rice into a saucepan with filtered water and a pinch of sea salt. Bring to the boil and then place the lid on tightly and turn the heat down to a simmer. Rice should cook within 20 – 30 minutes. Check occasionally to ensure no sticking occurs.

Tomato & Lentil Salad (Serves 1)

150g Red Cherry Tomatoes
150 g Yellow Cherry Tomatoes (If Available)
¾ Cup Brown Lentils (Cooked, Rinsed and Cooled, or ORGANIC Tinned)
½ Cucumber (Diced)
½ Avocado (Diced) - Optional
½ Cup Flat Leaf Parsley (Roughly Chopped)
½ Cup Coriander Leaves (Roughly Chopped)

Dressing:

1 Tbsp Lemon Juice
2 Tbsp Extra Virgin Olive Oil

Combine all salad ingredients together in a serving bowl and drizzle with olive oil and lemon juice, toss to combine and enjoy!

Mixed Vegetable Stir-Fry (Serves 4)

- 1 Medium Onion (Sliced)
- 1 Choy Sum or Bok Choy (Asian green vegetable – Chopped Roughly)
- 1 Punnet Enoki or Shimeji Mushrooms (or 2 Cups Quartered Button Mushrooms)
- ½ Cup Raw Cashews
- 1 Cup Snow Peas (Ends and String Removed)
- 1 Large Carrot (Julienned)
- 1-2 Medium Zucchini (Cut Lengthways and Sliced Diagonally)
- 2 Tsp Grated Fresh Ginger
- 1 Clove Garlic (Crushed)
- 2 Tbsp Coconut Oil
- 2 Tbsp Tamari
- 1 Cup Cooked Brown Rice
- Sea Salt and Pepper to Taste

Heat oil in a large wok or frying pan, fry onion, garlic, ginger until fragrant and onion is transparent. Add carrot and cashews and continue to fry for 2 minutes. Add remaining vegetables and tamari and cook until the greens are bright in colour, tender but still have crunch. You may need to add ¼ cup of water to prevent sticking. Season as desired and serve hot on 2 tbsp of cooked brown rice per person.

Mediterranean Vegetable Soup (Serves 2-4)

- 1 Tbsp Extra Virgin Olive Oil
- 1 Onion (Diced)
- 1 Carrot (Halved Lengthwise and Sliced)
- 2 Celery Stalks with leaves on (Sliced)
- 3 Cloves Garlic (Crushed)
- 2 Cups MASSEL Vegetable Stock
- 2 Cups Water
- 400g Ripe Tomatoes (Diced)
- 1 Tbsp Fresh Basil (Chopped)
- ½ Tsp Dried Oregano
- Sea Salt and Pepper
- 400g Cannellini or White Beans (Soaked Overnight and Cooked OR Organic Tinned)
- 1 Tbsp Fresh Parsley (Chopped).

Heat the oil in a heavy based saucepan over medium heat. Add the onion, carrot and celery, and sauté until tender. Add the garlic, vegetable stock, water, tomatoes basil, oregano, salt, pepper and beans. Bring to the boil, then reduce heat and simmer for 10 minutes.

Serve sprinkled with chopped parsley. Suitable for freezing/leftovers.

Chickpea & Vegetable Bake (Serves 4)

750g Eggplant (Cut into 1cm Cubes)
2 Medium Carrots (Thickly Sliced)
450g Tomatoes (Diced)
2 Cups Chickpeas (Cooked OR 2 Tins Organic)
2 Large Onions (Roughly Chopped)
2 Cloves Garlic (Crushed)
1 Tsp Ground Cumin
1 Tsp Ground Coriander Seeds
½ Tsp Ground Turmeric
Freshly Ground Black Pepper
1 Tbsp Extra Virgin Olive Oil
Fresh Chopped Parsley for serving.

Preheat oven to 200°C. Coat the inside of a large, deep, oven proof casserole dish (preferably one with a lid) with olive oil. Combine all ingredients (except parsley) in the casserole dish, cover with lid or foil and place in the oven for about an hour (or until cooked and caramelised), stirring occasionally. Serve with freshly chopped parsley.

Roast Vegetable Salad with Activated Almonds (Serves 2)

1 Cup Each Beetroot, Carrot and Yellow Sweet Potato (Cubed)
1 Cup Baby Spinach Leaves
1 Cup Mixed Green Salad Leaves
½ Cup Pine Nuts & OR Slivered Almonds (Toasted)
Fresh Rosemary or Thyme (Dried is OK)
1 Tbsp extra virgin olive oil

Preheat the oven to 200°C. Coat diced vegetables in a little extra virgin olive oil, salt and pepper. Stir through and place in a single layer in a baking dish. Sprinkle with rosemary and thyme and bake until cooked through, but not mushy. Remove from oven and allow to cool slightly.

While the vegetables are baking, toast the nuts in the oven or a frypan – being careful not to burn them .

Combine baked vegetables and nuts, salad leaves in a bowl and drizzle with a teaspoon of olive oil, and a dash of balsamic vinegar (or lemon juice) before serving.

Vegetable Bolognese (serves 4)

2kg Roma Tomatoes
½ Cup Semi-Dried Tomatoes
2 Cloves Garlic (Crushed)
1 Large Brown Onion (Diced)
1 Medium Red Capsicum (Chopped)

200g Button Mushrooms (Chopped)
3 Tsp Paprika
½ Cup Fresh Parsley (Chopped)
⅓ Cup Fresh Basil (Chopped)
2 Tsp Fresh Rosemary (Chopped)
1 Tin Organic Brown Lentils (Drained)
½ Cup Organic Tomato Paste
½ Cup MASSEL Vegetable Stock
Sea Salt and Cracked Pepper to Taste
1 Cup Cooked Brown Rice

Cut tomatoes into halves lengthways and bake in a hot oven, flesh side down on baking paper. Roast until skin blisters, and remove from oven, once cool, remove skin.

Place a large, heavy bottom saucepan over medium heat and coat base with just enough extra virgin olive oil. Fry onions, paprika, semi dried tomatoes a little salt and pepper and cook until onions are soft and transparent. Add crushed garlic, mushrooms, capsicum and ½ the parsley and cook for 2-3 minutes, then reduce the heat. Add in the roasted tomatoes, tomato paste and ½ vegetable stock. Cook over low heat for approximately 30 minutes, adding a little extra liquid during cooking if necessary. Finally add in chopped herbs, lentils and cook for a further 10 minutes. Serve on 2 heaped tbsp of brown rice per person.

Greek Salad (Serves 2)

2 Large Handfuls Mesculin Green Salad Mix
½ Raw Beetroot (Grated)
1 Punnet Cherry Tomatoes (Halved)
200g Goats Milk Fetta OR Avocado if Fetta is Unavailable (Cubed)
½ Cup Pitted Black Olives
½ Small Red Onion (Thinly Sliced)
½ Cup Button Mushrooms (Sliced)

Dressing:

3 Tbsp Extra Virgin Olive Oil
1 ½ Tbsp Balsamic Vinegar
¼ Tsp Dried Oregano

Place all salad ingredients into a bowl and toss with the dressing. Enjoy!

Almond Crusted Fish - A tasty fish dish (Serves 4)

4 Hand Sized Portions of White Fish
1 ½ Cups Raw Almonds (Blitzed into a coarse meal)
2 Tbsp Extra Virgin Olive Oil
2 Tbsp Organic Butter
2 Handfuls Each of Green Beans and Broccoli Florets.

Clean, wash and dry fish. Melt butter with oil in a frying pan and coat the fish in the oil mixture. Place almond meal onto a flat plate, and press the oiled fish into the almond mixture on both sides to form a crust. Place the fish onto a tray lined with baking paper and bake in preheated oven at 200°C until cooked through (Approx 25 minutes).

Steam the green vegetables in a small amount of water, drain and serve with the fish.

Chilli Honey Chicken Bites (Serves 1)

- ½ Cup Tamari
- 1-2 Tbsp Honey
- 150g free range chicken breast (Cubed)
- ¼ Tsp Chilli Paste (Optional)
- 2 Cloves Garlic (Crushed)
- 1 Tsp Fresh Ginger (Grated)
- 1 Tbsp Coconut Oil OR Sesame Oil

Combine tamari, chicken, chilli paste, honey, garlic and ginger in a bowl. Heat oil in a fry pan and throw in the chicken mix. Fry until liquid has mostly been absorbed by the chicken and it is cooked through. Ideal as a snack or in a salad or stir fry.

Chickpea & Baby Spinach Salad (Serves 2)

- ½ Avocado
- 2 Cups Chickpeas (Cooked OR Tinned)
- 2 Large Handfuls Baby Spinach or Mesculin Salad
- ¾ Cup Cherry Tomatoes (Halved)

Dressing

- ½ Cup Fresh Lemon Juice
- Sea Salt and Pepper to taste
- 2 Tbsp Extra Virgin Olive Oil OR Flaxseed Oil
- 1 Tsp Dijon Mustard (Optional)

Combine salad ingredients in a bowl. Whisk dressing ingredients in a cup. Drizzle the dressing over the salad and enjoy.



Spiced Pumpkin & Carrot Soup (Serves 3-4)

2kg Pumpkin (Chopped)
2 Large Carrots (Chopped)
1 Small Sweet Potato (Chopped)
2 Cloves Garlic (Crushed)
1 Large Onion (Chopped)
2L MASSEL Vegetable Stock
½ Tsp Ground Coriander
½ Tsp Ground Cumin
½ Tsp Ground Turmeric
¼ Tsp Ground Nutmeg
1 Tbsp Raw Honey
1 Tbsp Fresh Ginger (Grated)
1 Tbsp Extra Virgin Olive Oil

Heat oil in a large saucepan and sauté onions, garlic, spices, honey and ginger until fragrant. Add stock and vegetables and bring to the boil, then cover with a lid and reduce to a simmer. Cook until vegetables are very soft. Allow to cool a little and process with a stick blender or food processor until smooth. Serve with a dollop of organic or biodynamic natural yoghurt and a sprinkle of freshly chopped parsley.

Tasty Chicken Rissoles (Serves 3-4)

500g Organic OR Free Range Chicken Mince
4 Eschallots (Finely Chopped)
½ Cup Coriander (Finely Chopped)
2 Cloves Garlic (Crushed)
¾ Tsp Cayenne OR Chilli Powder (Optional)
1 Egg White (Lightly Beaten)
1 Tbsp Extra Virgin Olive Oil
1 Lemon (Halved)

In a bowl, combine chicken, eschallots, coriander, garlic, cayenne, and egg white, and mix well. Season with a little sea salt or vegetable salt (e.g. Herbamare). Shape mixture into rissoles and refrigerate for 20 minutes.

Heat oil in a large frying pan over medium heat, add the rissoles and cook until lightly browned and cooked through. Serve with a squeeze of lemon juice and steamed vegetables or a green salad.



Vegetable Curry (Serves 4)

- 1 Tbsp Extra Virgin Olive Oil
- 1 Onion (Chopped)
- 1 Tbsp Fresh Ginger (Grated)
- 1 Tbsp Fresh Turmeric (Grated) OR 1 Tsp Ground Turmeric Powder
- ½ Tsp Ground Cumin
- ½ Tsp Ground Coriander
- ½ Tsp Garam Masala
- 1 Cup Organic Coconut Milk
- 1 Cup MASSEL Vegetable Stock
- 1 ½ Cups Red Lentils
- 2 Cups Pumpkin (Cubed)
- 1 Cup Green Beans (Chopped)
- ½ Cup Sultanas
- 1 Cinnamon Stick
- 1 small cauliflower

Heat oil in a large saucepan, add the onion, ginger, turmeric and ground spices. Cook, stirring until onion softens. Add the coconut milk, stock, lentils, pumpkin, green beans, sultanas and cinnamon and simmer gently until the lentils and pumpkin are soft. Add the cauliflower and heat through until just tender. Remove the cinnamon stick prior to serving.

Enjoy hot, tastes even better re-heated the next day!

Lentil & Quinoa Soup (Serves 4)

- 1 Tbsp Extra Virgin Olive Oil
- 1 Large Onion (Diced)
- 2 -3 Medium Carrots (Diced)
- 1 Tin Organic Brown Lentils
- 1 Heaped Tbsp Curry Powder
- 5 Silverbeet Leaves OR Kale OR Spinach (Shredded)
- ¾ Cup Quinoa
- 3L Water with 4 Tsp Massels Vegetable Stock Powder

In a heavy based saucepan sauté onions and carrots with olive oil and curry powder until onion is transparent. Add lentils, silverbeet, water, and Quinoa. Bring to the boil then reduce to a simmer for about 20 minutes or until Quinoa is tender. Add salt and pepper to taste, and serve hot.

Brown Rice with Chicken Nibbles & Japanese Dressing (Serves 4)

- 1 Cup Cooked Brown Rice
- Zest of one Lemon
- 1 Inch Cube Fresh Ginger
- 1 Tbsp Raw Honey
- ¾ Tsp Cayenne (Optional)
- ¾ Tsp Sea Salt
- 1 Tbsp Lemon Juice (Preferably Freshly Juiced)
- ¼ Cup Rice Vinegar
- ⅓ Cup Tamari
- 2 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Sesame Oil
- 500g free range chicken tenderloins, cut into cubes
- ¼ Cup Fresh Coriander Leaves (Chopped)
- 3 Eschallots (Finely Sliced)
- 1 Lebanese Cucumber (Peeled, cut in half lengthways and finely sliced)
- ¼ Cup Sesame Seeds (Toasted) – For Garnish

To make the dressing combine the lemon zest, ginger, honey, cayenne, and salt in a food processor (or use a hand blender) and process until smooth. Add the lemon juice, rice vinegar, and tamari, and pulse to combine. With the machine running, drizzle in the oils.

Grill the chicken in a well-seasoned (use coconut, sesame or avocado oil) skillet over medium-high heat for a few minutes, until the pieces are browned on all sides and cooked through.

In a large mixing bowl, combine the brown rice, the coriander, eschallots, cucumber, and about ⅓ cup of the dressing. Toss until well combined. Add the chicken and toss again gently. Serve topped with the toasted sesame seeds.

Chicken & Lettuce Wraps (Serves 2)

- 1 Cooked Chicken Breast (Shredded)
- 1 Cup Carrot (Grated)
- 2 Tbsp Guacamole OR Hommus
- ½ Cup Tomato (Diced)
- 2 Large Flat Lettuce Leaves

Place half the ingredients on to each lettuce leaf. Roll into a wrap and enjoy.

Sesame Oat Burgers (Serves 4)

- 2 Tsp Extra Virgin Olive Oil
- 2 Large Onions (Finely Diced)
- 2 Cloves Garlic (Finely Diced)
- 1 Cup Sweet Potato (Grated)
- 2 Cups Carrot (Grated)
- 1 ½ Cups Rolled Oats (Blitzed in a food processor)
- 1 Cup Sesame Seeds
- ½ Cup Psyllium Husks OR Wholemeal Spelt Flour
- 4 Tsp Tamari
- ½ Cup Fresh Parsley (Chopped)
- 1 Egg
- 2 Tsp Sesame Oil

Heat the oil in a large frypan and sauté onion, garlic, sweet potato and carrot until soft. Remove from heat. Combine oats, vegetables, sesame seeds, psyllium or flour, tamari and parsley and mix well. Beat together the egg and sesame oil and combine with the patty mix. Using wet hands, form into patties. Place on a lined baking tray, and bake at 180 degrees for about 20 minutes, turning once.

Sweet Potato Mash (Serves 2)

- 2 Cups Sweet Potato (Chopped)
- 2 Cups Water
- 1 Tbsp Organic or Biodynamic Natural Yoghurt
- Sea Salt and Pepper to taste

Place water and sweet potato in a saucepan and bring to the boil, place a lid on the saucepan, and allow to cook until sweet potato is soft and cooked through. Drain sweet potato and mash with a fork or potato masher. Add yoghurt and salt and pepper to taste.

Chicken & Macadamia Salad (Serves 2)

- ½ Cup Macadamia Nuts (Roughly Chopped and Lightly Toasted)
- 1 Large Free Range Chicken Breast
- 1 Lebanese Cucumber (Washed and Sliced)
- 1 Celery Stalks (Finely Sliced)
- 3 Handfuls Mixed Salad Greens OR Mesclun Mix
- 1 Tbsp Coriander Leaves (Chopped)
- ½ Avocado (Sliced)
- ½ Cup Button Mushrooms (Sliced)

Dressing

- 1 Tbsp Macadamia Oil or Flaxseed Oil or Extra Virgin Olive Oil.
- Juice of 1 Lime or Lemon
- 1 Tbsp Organic or Biodynamic Natural Yoghurt
- 2 Tsp Chives (Chopped)

Grill or pan fry chicken breast and allow to cool in the fridge. Shred the cooked chicken breast with your hands or a fork.

Mix dressing ingredients together and toss through combined salad ingredients with the shredded chicken breast. Serve immediately.

Spiced Carrot & Beetroot salad with Turmeric Brown Rice (Serves 2)

- 2 Cups Carrot (Diced)
- 2 Cups Raw Beetroot (Diced)
- ½ Cup Fresh Coriander (Chopped)
- 1 Tsp Ground Cumin
- 1 Tsp Sweet Paprika
- Zest of 1 Lemon
- 1 Clove Garlic (Crushed)
- Sea Salt and Black Pepper to taste
- ⅓ Cup Cooked Brown Rice (Add 1 Tsp Turmeric to the water whilst cooking)

Heat a little olive oil in a heavy bottom based frying pan and add garlic, spices and lemon zest. 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 and remove from heat. Add dressing and sprinkle with coriander leaves. Enjoy warm or cold served with ¼ cup turmeric brown rice.

Spiced Quinoa Stuffed Eggplant (Serves 6)

- 2 Cups Quinoa
- 2 Star Anise
- 2 Bay Leaves
- 4 Cups MASSEL Vegetable Stock
- 2 Tsp Garam Masala
- 2 Tbsp Ground Cumin
- 1 Tbsp Organic Butter OR Coconut Oil
- 1 Green Apple (Peeled and Sliced)
- 1 Pear (Peeled and Sliced)
- Sesame oil
- 280g Feta Cheese (Cubed)
- 1 Cup Almonds (Skin On and Chopped)
- 6 Medium Eggplants (Cut in half length ways. Cut around the inside of the skin to remove flesh, leaving about half a centimetre with the skin. Cut the flesh into small cubes and save) Brush the eggplant “shell cases” with olive oil, ready for stuffing and baking.
- Juice of ½ Lemon
- 2 Tbsp Fresh Mint Leaves (Chopped)

In a pot, bring stock to the boil, add quinoa, star anise and bay leaves; simmer gently for 3 to 5 minutes, then cover and allow to simmer for a further 5 minutes. Take off heat, cover and allow cooling so Quinoa soaks up remaining stock.

In a large fry pan or wok melt butter, and add 2 teaspoons of sesame oil. Caramelize the apple, pear, and eggplant cubes in the frypan. Then add cumin, garramasala, nuts, feta and quinoa (remove the bay leaves and star anise). Stir for 3-5 minutes or until cooked through.

Remove from heat and stir lemon and mint through the stuffing mixture. Stuff the eggplant shells with Quinoa mixture and bake in a moderate oven until eggplant shells are cooked and tender. Approximately 30-40 minutes. Delicious served hot or cold.

You may also like to use this recipe to stuff capsicums, mushroom or zucchini!

Snacks & Sides

Heavenly Hommus (Serves 6)

- 2 Cups Chickpeas (Cooked and Cooled or Organic Tinned)
- ¼ Cup Lemon Juice
- ¼ Cup Extra Virgin Oil
- 2 Tbsp Unhulled Tahini
- ½ Tsp Paprika
- ½ Tsp Turmeric
- 1 Tsp Sea Salt
- 2 Cloves Garlic (Crushed)
- ½ Cup Water
- 3 Tbsp Toasted Sesame Seeds (Optional)

To Toast Sesame Seeds:

Place in a non-stick fry pan (dry) and shake over heat until they start to turn brown.

Place all ingredients except sesame seeds into a food processor or blender and process until smooth. Add the sesame seeds and process just enough to combine into the hommus. Add extra water if a softer texture is desired.

Use as a dip or for toppings on pasta dishes in place of parmesan cheese or on sandwiches instead of butter. May be frozen in portions.

Tip: *To prepare dried chickpeas for eating soak overnight in water with a ½ teaspoon of bicarb soda. After soaking for at least 4 hours, discard the water and rinse the chickpeas in fresh running water, drain well. In a saucepan place your chickpeas with twice as much water as chickpeas and place on a hot stove to bring to the boil. Once the water is boiling, reduce to a simmer and place a lid on the saucepan. Cook for approximately 40-60 minutes or until tender. Drain off any excess water and your chickpeas are ready to use and less likely to cause gas or bloating. It's good to prepare a larger batch than required so you can then refrigerate or freeze some for use at a later date for faster preparation.*

Broccoli Chips (Serves 2)

- 1 Head Broccoli (Washed and cut into florets)
- ¼ Cup Coconut Oil (Melted)
- Sea Salt

Line a baking tray with non-stick paper or use a silicon baking sheet. Arrange your broccoli florets in a single layer on the tray. Using a pastry brush, brush each piece of broccoli with coconut oil. Sprinkle with sea salt. Bake in a moderately hot oven until the broccoli flowers become crispy. Eat warm, while still crispy.



Guacamole (Serves 2)

- 1 Large Ripe Avocado
- 1 Tbsp Organic or Biodynamic Natural Yoghurt (I use Barambah or Jalna Biodynamic)
- ¼ Red Onion (Finely Diced)
- 1 Tbsp Fresh Lemon Juice
- Sea Salt & Pepper to taste

In a small bowl peel and mash avocado. Add to it the remaining ingredients and mix to a thick, lumpy dip. Keep chilled and enjoy with veg sticks or crackers. Can also be used on sandwiches or as a mayonnaise alternative for salads.

Eat fresh, not suitable for storing or freezing.

Figgy Fibre Bliss Balls (Makes Approx. 15)

- ½ Cup Walnuts
- ½ Cup Cashews
- ½ Cup Chia Seeds
- ½ Cup Dried Figs
- ½ Cup Dried Dates
- 1 Tbsp Tahini
- 2 Tbsp Raw Cacao
- 1 Tbsp Flax Oil or Coconut Oil
- 1 Tbsp Organic Maple Syrup or Honey
- (You may need a little water if mixture is too dry to press together)

Place all ingredients into a food processor and blitz until combined well. Take teaspoonsful of the mixture and press in your hands, and then roll to make a ball. Store in an airtight container in the fridge until ready to eat.

Spiced Sweet Potato Chips with Tahini Yoghurt Dip (Serves 2)

- 1 Medium Sweet Potato (Cut into Chips)
- 1 Tbsp Coconut Oil (Melted)
- Paprika
- Nutmeg
- Sea salt

Preheat the oven to 200°C. Place the sweet potato in a bowl and toss well with coconut oil and seasonings to coat. Place on a baking tray lined with non-stick baking paper, spread out in a single layer. Bake for 15 minutes then turn each chip with tongs to bake the other side. Bake a further 15-20 minutes or until golden and crisp on the outside. Serve warm-hot with tahini yoghurt dip.

Tahini Yoghurt Dip

- ½ Cup Organic Greek Style Unsweetened Natural Yoghurt
- 1 Tsp Raw Honey
- Paprika
- 1 Tbsp Tahini Paste

Mix all ingredients in a small bowl until well combined. Refrigerate until ready to serve.

Sneaky Clean Treats

(Emergency Allowance = 1 serve of 1 item per week)

Mango Chia Puddings (Serves 4)

- 1 Ripe Mango
- ½ Cup Chia Seeds
- ½ Cup Coconut Milk
- 1 Tsp Organic Vanilla Extract

Blitz mango flesh, and coconut milk with a blender, stir in chia seeds and vanilla and pour into small ramekins or glasses and refrigerate overnight.

Healthier Homemade Chocolates (Serves 12)

- 100g Raw Cacao Butter
- 6 Tbsp Raw Cacao
- 2 Tbsp Pure 100% Maple Syrup
- Pinch of Sea Salt
- ¼ Tsp Ground Cardamom

In a glass bowl over a hot water bath, melt the cacao butter gently. Whisk in the remaining ingredients until a smooth runny mixture is achieved. Pour the chocolate mixture into silicon moulds or chocolate moulds and set in the refrigerator.

Optional: Add shredded coconut, oils such as orange or peppermint, ground chilli, crushed nuts or any other flavours to the warm mixture prior to pouring for endless variations.

Enjoy!

Fudgy Nut Butter Protein Balls (Makes Approx. 15)

- ½ Cup Organic Nut Butter
- ½ Cup Protein Powder
- 1 Tbsp Raw Cacao
- 12 Dried Dates
- 1 Tsp Organic Vanilla Extract
- ¼ Cup Oats

Place all ingredients in a food processor and blitz until combined. Mixture should form a dry dough like consistency. If the mixture is a little too crumbly, add 1 tsp of water at a time until it comes together. Take one heaped teaspoonful of mixture at a time and roll into balls. These little goodies will keep in the fridge for up to 2 weeks!



Dairy Free Berry Cheesecake (Serves 16)

For the Base

- 1 Cup Raw Walnuts
- 1 Cup Shredded Coconut
- 2 Tbsp Coconut Oil (Melted)
- 2 Tbsp Raw Honey

For the Filling

- 1 Cup Raw Cashews (Soaked for one hour in filtered water)
- 1 Cup Raw Macadamia Nuts (Soaked for one hour in filtered water)
- 1 ½ Cups Fresh or Frozen Berries
- 1 Cup Coconut Milk
- ½ Cup Coconut Oil (Melted)
- Juice and Rind of 1 Lemon
- 2 Tbsp Raw Honey
- 1 Tsp Organic Vanilla Extract

Line a 20cm spring form cake tin and grease the edges with coconut oil.

In a food processor, blitz the walnuts and coconut into a fine meal. Transfer to a mixing bowl and stir in the coconut oil and honey. Press into the cake tin, and place into the freezer to set.

In the food processor, blend together drained soaked cashews, coconut milk, coconut oil, honey, lemon juice, lemon rind and vanilla extract. This will take approximately 5 minutes, and the mixture should be smooth and silky.

Pour the filling into the pre prepared base, and top with 1 cup of berries, pushing the berries into the mixture so that they are completely covered. Place cheesecake in the freezer for approximately 2 hours to set.

Garnish with remaining berries and a little lemon rind. Leftovers can be stored in an airtight container in the freezer.



Congratulations!

On your completion of this 2 week Clean Eating for Life Refresh program. I hope you have enjoyed the journey, and can take what you have learned with you into your future of wellness.

“ *Most People Have No Idea How Good Their Body Is Designed To Feel* ”

~Kevin Trudeau



W: www.thebarefootnaturopath.com.au

E: info@thebarefootnaturopath.com.au

Facebook: <https://www.facebook.com/thebarefootnaturopath/>

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