

Day 62

Recipes



Day 62 - (High carb)

We're on another high carb day today so you're going to include carbohydrates at breakfast, lunch and dinner!

The only fat you should consume on high carb days are your fish oils and coconut oil.

You should also increase your vegetable intake today.

I want you to eat lots of greens so try and go for a whole head of broccoli, lots of spinach and watercress today in order to nutrient load before your next fast tomorrow.

Breakfast:

- Bowl of quinoa or porridge with mixed berries/cinnamon or cocoa nibs in coconut milk

Or you could try Banana Smoothie (Recipe Below)

1 x krill oil. Greens drink.

Lunch:

- Any lean meat/chicken/fish with spinach, watercress, salad and quinoa, wholegrain rice or sweet potato.

Or you could try Turkey Soup (recipe below) (add additional veg to suit)

Dinner:

- Any lean meat/chicken/fish with lots of steamed vegetables especially greens, whole head of broccoli and quinoa, wholegrain rice or sweet potato.

Or you could try..... Butter Bean Stew (Recipe Below) (Add additional veg to suit)

1 x krill oil.

Remember you can add any natural herbs, spices to give your food some taste :-)

You must drink 2-3 litres of bottled or filtered water today.

Drink 2 cups of Green/Liquorice tea before lunch and drink 2 cups of Tulsi Tea in the late afternoon/early evening.

Before Bed:

Tulsi Tea

Recipes

Banana Smoothie

2 bananas
4 Celery Stalks
1 Apple
50g Spinach
½ cucumber
250ml Spring or Filtered Water
2-3 ice cubes

Method

1. Chop all the ingredients
3. Place in a high power blender with the water and ice.
4. Blend until Smooth
5. Serve immediately

Turkey Soup

1 tbsp coconut oil
1 large onion, halved and sliced into thin strips
1 red pepper, seeded and sliced into thin strips
2 tsp ground coriander
¼ - ½ tsp chilli flakes
3 tbsp brown rice
1½ litres hot turkey or chicken stock
250g turkey meat, cut into thin strips (leg meat will have the most flavour)
250g chickpeas, soaked over night
a handful of fresh coriander or flat leaf parsley, roughly chopped (optional)

Method

1. Heat the oil in a large pan.
2. Add the onion and fry for 5 minutes or so, stirring every now and then until it starts to soften.
3. To make the soup, add the red pepper, ground coriander, chilli and rice and stir round the pan for about a minute.
4. Pour in the hot stock.
5. Stir in the turkey and chickpeas and season well.
6. Bring to the boil, cover and simmer for 8-10 minutes, until the vegetables and rice are tender.
7. Stir in the coriander or parsley and it's ready.

(The soup may now be cooled and frozen for up to 1 month.)

Butter Bean Stew

800g Butternut Squash, cubed 600g
Courgette, sliced 3 x 400g tin
Butter Beans, drained
2 Onions, diced
4 Garlic Cloves, crushed
1 Lemon, juice & zest
1 ltr Vegetable Stock
1 tbsp Ground Cumin
1 tbsp Ground Coriander
1 tbsp Smoked Paprika
1 tsp Crushed Chillies
1 tbsp Mixed Herbs

Method

1. In large saucepan heat the cumin, coriander, paprika crushed chilled for 30 seconds while stirring. Add the olive oil & onions. Fry for 5 mins.
2. Next add mixed herbs, lemon zest & garlic. Cook for further min. Before adding squash & stock. Simmer gently for 10 mins.
3. Add the butter beans & cook for 5 mins. Before adding courgette & lemon juice. Stir & cover. Cook for 10 mins