



SPRING 2022

DETOX KITCHEN WELLNESS GUIDE

WELCOME

Welcome to Detox Kitchen, the home of healthy eating.

We are so glad you have chosen to be part of our community. Detox Kitchen was created out of a desire to help people feel more like themselves, to reconnect with how good, healthy, nutritious food can not only taste delicious and be a joy to eat but also to see and feel the transformational effect it can have on your health and wellbeing.

We look forward to hearing about your journey with us.

Lily and the team x



WHAT WE STAND FOR

NUTRITION - *That makes you feel amazing.*

We believe in the power of plant-based food. We know that greater diversity in what we eat can have a profound effect on our gut health and in turn our overall health.

Every dish is designed in accordance with our nutrition philosophy which puts fresh, wholefoods at the centre to achieve a wide range of positive health outcomes.

BALANCE - *A lifestyle, not a quick fix.*

We are all different and so it makes sense that our journey to good health is different too. We are not here to offer quick fixes or fads, we're here to show you that by weaving healthy, joyful habits into your everyday you will learn to see how great you can really feel, day in and day out.

TASTE - *That keeps you coming back for more.*

One of the greatest pleasures in life is food and we want to celebrate all the joy that food gives us.

KIND - *To our planet and people.*

Every decision we make is informed by the fact that we care about protecting the environment we live in and the people we employ and work with throughout our entire supply chain.



OUR NUTRITIONAL PHILOSOPHY

1. INGREDIENTS ARE PREDOMINANTLY SOURCED IN THE UK

We source 80% of all our ingredients from local UK suppliers. We know that by doing this we are getting the freshest ingredients that haven't travelled thousands of miles to get to our plates, thus preserving their nutritional benefit.

2. PREDOMINANTLY PLANT-BASED

Every dish contains 3-5 vegetables, meaning that they are always the star of the show. This ensures a wide variety of vitamins and minerals in each dish.

3. MACRO AND MICRO BALANCE

Balancing fat, protein and carbs with vitamins and minerals is an art form that we are proud to have mastered. When dishes are balanced in this way it ensures that you are getting the nutrients you need to balance blood sugar levels from one meal to the next.

4. 100% DAIRY FREE

We believe you can get enough calcium from plant-based sources such as rice and oat milks, pulses and dried fruit. These ingredients also provide further nutritional benefits from good levels of fibre, b-vitamins and iron.

5. 100% WHEAT FREE

Our daily diets have become heavily reliant on wheat, and most of what we consume is in a highly refined form that is quickly digested and causes rapid spikes in our blood sugar levels. Instead we opt for high fibre, amino-rich plant based complex carbohydrates that are highly nutritious.

1. REFINED SUGAR FREE

In today's modern diet it's often hard to avoid refined sugar which is why we do the hard work for you. We only use natural sugars from fruit and ensure they are always eaten with food rich in fibre in order to balance blood sugar levels.

2. NO NASTIES

Because we prepare everything fresh in our kitchens and deliver our meals within 24 hours of them being made, we don't need to use any preservatives or additives in our recipes. Meaning that you are always eating real food made from real ingredients.



YOUR JOURNEY TO FEELING GREAT

By sticking to our nutritional philosophy, the food we create can have a transformational affect on our customers' health and wellbeing. Here are the key improvements that can be seen through eating a predominantly plant-based, healthy, balanced diet.

1. Improves Energy Levels

2. Boosts Immunity

3. Improves Sleep Quality

4. Supports Gut health

5. Promotes healthy skin

6. Improves mental clarity

7. Regulates mood

8. Enables excess weight loss

OUR PILLARS OF HEALTH

We see health as a holistic cycle made up of four pillars: nutrition, sleep, movement and mind. The benefits of one pillar of health will not be optimally felt without the others, and neglecting one will have some effect on the others, and so on.

Whatever health goal you are looking to achieve, whether that's improving your gut health, managing your weight, increasing your energy, or simply eating more plants, we thought we would offer our holistic guidance on following a lifestyle that encompasses each part of your wellbeing, so that you can embark on a journey to feeling the best version of yourself.



THE FOUR PILLARS

Nutrition: At Detox Kitchen, healthy nourishment means following a balanced, whole-foods diet, bursting with flavour and full of diversity. We focus on providing meals using only nutrient-rich, seasonal produce, always cooked from scratch. All our food is dairy, wheat and refined sugar free, as ultimately this is food that you can trust and that will make you feel the best version of yourself.

Plants first: it is the plant varieties that are richest in fibre, which we need to feed our gut microbiome. Our microbiome ensures that we break down food properly, eliminate toxins, absorb all our nutrients properly, and much much more. Filling our plates with abundant, colourful food ensures that we are getting enough variation for our microbiome to flourish. Getting to love your greens is also so important, as these are powerhouses in growing good bacteria, reducing inflammation, balancing pH levels, boosting energy, losing weight and beating the bloat.

Sleep: Sleep has a truly positive impact on your health and wellbeing by allowing your body to rest, which encourages efficient reparation and detoxification overnight so that you wake feeling refreshed and revitalised.

Consistent sleeping patterns will not only improve the quality of our sleep but your gut bacteria too, which follows your circadian rhythm. What's more, proper sleep works wonders in reducing your stress-levels which has a direct impact on our gut health and microbiome.

Mind: Managing stress will also help to improve your health. Mental clarity is an essential part of your emotional journey to improved health and wellbeing. With a brighter mood, you may feel more empowered to build longer lasting healthy habits.

When it comes to nutrition, there is a possibility that a diet that is free of refined sugars will enhance brain function and mental health. And when it comes to your gut, a rise in stress hormones will affect the permeability of our intestine and absorption, causing bloating, pain and inflammation. The connection between our gut and our mood can also be made with the production of serotonin, which is a neurotransmitter that is produced in your gastrointestinal tracts. Therefore, it makes sense that good gut health doesn't just help you digest food, but also guides your emotions.

Movement: The way you move your body can make such a positive difference to both your physical and mental health, as it will not only help with your muscle strength, cardiovascular and respiratory health, but will also provide those endorphins we need for the ultimate mood-boost!

Plus, the more you move your body, the more blood flow will increase to help ease the muscles in your digestive system. Moving outside in nature in accordance with the patterns of daylight, could have greater benefits on your circadian rhythm so that you fall into a deeper, more regenerative sleep.

NUTRITIONAL HABITS

Intermittent fasting:

For many people, the benefits of intermittent fasting can be transformative on our gut health, inflammation levels, energy, weight management, mental clarity, to name a few. 50% of your energy is used for breaking down food. Therefore, fasting for up to 16 hours (don't worry you'll be sleeping for at least half of those) between our last meal of the day and our first meal the next day allows our body to recuperate and focus on other tasks - such as flushing out toxins, enabling us to wake feeling refreshed, rejuvenated and productive. This is akin to asking your body to run a slow, gentle jog overnight instead of a marathon! Fasting enables the body's enzyme system to concentrate on detoxifying and breaking down toxins in the body quickly and efficiently without heavy food digestion. It helps to reset and balance a healthy gut microbiome.

What's more, intermittent fasting can help to increase metabolic rate as your body will start to burn stored fat rather than glucose for energy. It's important to break your fast with an abundant meal, rich in fibre and protein, and with complex carbs and healthy fats to ensure a steady blood sugar level. Varied textures and a mixture of cooked and raw ingredients is also a way to master your metabolism by awakening your digestive system.

Habitual hunger:

We often hear the words 'listen to your gut'. And it's true! Intermittent fasting allows us to re-educate our bodies on differentiating between true and habitual hunger and satiation, by giving it the time to become more sensitive to our energy uptake mechanism. To keep yourself energised, you need to refuel and renourish when your body tells you to, not just because your routine dictates it. Your hunger levels will ebb and flow depending on what you get up to that day, as well as many other variables. So, that doesn't mean denying yourself anything, but giving yourself full nourishment so you can function to the best of your abilities.



Sugar:

Whilst we don't suggest restricting yourself from the occasional indulgence, refined sugar should be something you try and eliminate from your diet as much as you can. Aside from keeping your blood sugar, glucose and insulin levels steady so you don't crash, a diet low in sugars has been proven to boost your immune system. A good place to start is with breakfast. Try to eat something savoury before you have something sweet, or at least something high in fibre, as that will help to level out blood sugar levels.

If you tend not to have breakfast then try to break your fast with a savoury snack. Eating vegetables before a meal that might contain sugar is also proven to reduce sugar spikes. Instead of feeling like you are removing sugar try to reverse this perspective and see it as including more in your diet, more fibre, more veggies, more nutrients to help create a more balanced approach to eating.



Mindful eating:

Ask yourself if you're hungry before you eat, and note the difference between fancying something because you're tired, bored or emotional, and actual stomach growling hunger. This can take time to work out because many of us are programmed to eat when we often don't really need to. Getting used to recognising real hunger pangs is an important step to learning better eating habits.

Slow down, put that screen away, acknowledge and appreciate your food before you eat it - chew your food for longer than you are used to, breathe deeply between bites. These habits may seem unnatural at first, as I'm sure we are all party to the lunch-al-desko culture. However, they are all sustainable ways to appreciate and enjoy the nutrient-rich food on your plate as well as helping your digestion.

Science shows that when we eat mindfully we not only eat less, but may even absorb more of the important vitamins and minerals from our food, which of course has benefits throughout the body. Slowing down, focussing on what you are about to eat (the smells, tastes, colours and flavours) and chewing properly triggers the parasympathetic nervous system via the vagus nerve, which puts our gut into digest mode. Signals are sent from the brain to the gut to release acid into our stomach and enzymes into our intestine, which together ensure we break our food down properly. This in turn discourages indigestion, bloating, gas or changes to bowel movements that can be uncomfortable and sometimes even debilitating.

All of this makes us more sensitive to the way our food makes us feel rather than just whether we enjoy it, strengthening our intuition around food that uplifts us. Not to mention, the longer you take to eat your food, the more your body is likely to benefit from what you've eaten.

MINDFUL PRACTICES

Journaling:

One practice that we can never give enough credit when it comes to managing our emotions is journaling. Not only could this work wonders on your mental health, but also is a great way to track your health and wellness journey with. Hopefully you will start to recognise patterns and see what works for you and what doesn't, making faster progress as a result. And, did you know that journaling could also improve physical health? Writing in a journal for 15-20 minutes each day 3-5 times over a 4 month period has been proven to both lower blood pressure and improve liver functionality. Fancy that!

Daily rituals:

Now we are not suggesting you complete a lengthy list before 6am, as frankly no one has the time! However, a simple 5-10 minute ritual could have enough of an impact to totally transform and uplift your mood and consequently, your day.

Search for methods to curate an environment for a positive mind. For example, instead of reaching for your phone first thing, reach for a glass of water that you have ready by your bed each morning. Take your time to drink it slowly, breathing deeply between each sip. This is a simple form of meditation that can set you up for the day, whilst instantly reducing anxiety through natural, slow and gentle reflection. Similarly, when you finish work for the day, instead of flopping down on the sofa and scrolling, make your first intention to go on a quick walk outside, or light a candle and do a 20 minute yoga flow, or switch on your favourite playlist and have a dance! Whatever works for you to signal your brain to slow down and start to switch off.



HEALTHY HABITS

Set your intention:

Ask yourself why you are doing what you are doing. Is it eating more plants? Shedding excess weight? Becoming fitter so you can run 5k without stopping? Focus on the intrinsic goal rather than the extrinsic. The journey to that goal will be multifaceted and it can sometimes be easy to lose direction, but always keeping the original intention in sight will help you keep on track.

Self-compassion:

As mentioned earlier, your journey to reaching your goal may be a steady one and the direction will likely not be linear. And you may find that when you reach your goal, you want to set further intentions. But it is important to accept from the beginning that this is okay. There is a reason that 80-90% of diets fail, and that is because it is a natural human instinct to look for that ‘quick-fix’ and then to revert immediately back to your normal routine, which causes an opposite effect - both physiologically and psychologically. Forming smaller healthy habits that you are more likely to persist with is what will have the long-term effect you are looking for. Physical growth comes from personal growth.





Find joy in your habits:

That may be obvious but we are all prone to think there is a perfect way of doing things. For example, reading at bed may help many to wind down and sleep better, but you may dread picking up that book each night and will find that this habit is harder to keep up. If that doesn't spark joy for you, try and find another ritual that will help improve your quality of sleep and that you look forward to doing each evening. Likewise, when it comes to movement, try a different form of exercise each week until you find one that you really will look forward to doing and make that one part of your routine. Your health journey shouldn't be burdensome, but easy and enjoyable.

Environment:

Try and influence your environment as much as possible. Of course that will be harder on certain occasions but if you surround yourself with positive and encouraging people and settings, you will be fed with the positive energy that radiates around you and will be more likely to make the right choices that work with you and your body. If you are trying to cut down on refined sugar but shop in places that will likely promote lots of highly sugary items, you will be more likely to give in, especially if you are hungry. Set yourself up so that your willpower won't be challenged in the same way. At home, display tools to remind you of your intention and make you want to pursue it. For example, rather than having a box of sweets and chocolate in your kitchen, replace it with a fruit bowl that you keep filling with delicious, vibrant fruit. Or, if you are trying to move more, treat yourself to some lovely new activewear and lay it out as a visual reminder when you wake up.



PART II

PLANT DIVERSITY CHECKLIST:

When looking at fostering optimal probiotic bacteria numbers, we want as much variety as possible. Each different plant-based food we consume is rich in prebiotic fibre (as well as other nutrients) and this fuels those omnipotent microorganisms.

YOUR WELLNESS CHECKLIST:

In your wellness journal, fill in the number of different plant foods you have over a week. If you're likely to include the same 5 foods often, aim to increase your repertoire by 4-6 foods per week. Try and eat one food from each plant variety by checking off all the categories listed below each day as you might find you are eating lots of different foods but they are more veg than whole grains and nuts.

GUT HEALTH + PLANT DIVERSITY LIST:

Non-starchy veg:

- ☐ Artichoke
- ☐ Asparagus
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Courgette
- ☐ Cucumber
- ☐ Mushrooms
- ☐ Radish
- ☐ Peas
- ☐ Leafy greens

Healthy fats:

- ☐ Avocado
- ☐ Cashews
- ☐ Coconut oil
- ☐ Macadamia nuts
- ☐ Olives
- ☐ Olive oil
- ☐ Rapeseed oil
- ☐ Almonds
- ☐ Hazelnuts
- ☐ Chia seeds
- ☐ Flaxseeds
- ☐ Walnuts
- ☐ Sunflower seeds
- ☐ Pumpkin seeds

Starchy veg:

- ☐ Beetroot
- ☐ Carrot
- ☐ Parsnip
- ☐ Pumpkin
- ☐ Squash
- ☐ Sweet potato
- ☐ Turnip

Herbs & spices:

- ☐ Ginger
- ☐ Turmeric
- ☐ Peppermint
- ☐ Licorice or marsh-mallow root tea

Grains & Protein:

- ☐ Oats
- ☐ Brown rice
- ☐ Quinoa
- ☐ Sourdough rye bread
- ☐ Canned beans, chickpeas, lentils

Probiotic foods:

- ☐ Coconut or soy yoghurt
- ☐ Coconut kefir
- ☐ Sauerkraut
- ☐ Kimchi
- ☐ Water kefir
- ☐ Miso

OUR TOP 10 RECIPES

When adopting this style of eating, it's important that you consume your food and drink in a way that supports the benefits we are looking to achieve. Break your fast with an abundantly colourful, fibre and protein rich meal, with some slow burning carbs and healthy fats keeps your blood sugar nice and steady. Combining a diverse range of cooked ingredients with a touch of raw will help with the nutrient absorption process.

Have a snack to keep you going in the afternoon and curb the cravings and try to ensure this snack is rich in protein to prevent blood sugar fluctuations. Drink lots of water and fluids throughout the day to ensure you keep hydrated. Cold-pressed juices are a great way of absorbing the optimum amount of nutrients, whilst also giving your digestive system a bit of a break. Make yourself lovely dinner that will be easy and light on your digestive system, and won't leave you feeling sluggish before bed. Your systems won't be overworked at night, allowing your body to focus on other essential household tasks so that you wake feeling far fresher and rejuvenated. This can also enhance metabolic efficiency because your energy will come from a true source rather than a reliance on stimulants.

A Note on Fibre:

If you are prone to uncomfortable digestive symptoms or have been diagnosed with IBS or other digestive conditions, then it can take time for the gut to adjust to a higher fibre diet. There is no reason to be alarmed if this is the case - the extra fibre you are consuming is only doing good to your gut. It may just be that your digestive system needs to learn to release more enzymes to break down the lovely plant fibres and your microbiome should also begin to change for the better. Some people can find introducing new plant based foods (such as a new type of bean, or a new vegetable) one at a time can be helpful, over the period of a few months. We would suggest soaking your grains, nuts and seeds separately overnight in water, as this allows for easier absorption, and consequently better digestion. The grains will be good to go but if you wish to toast the nuts and seeds, simply leave these to dry for 3-5 hours before cooking.

OVERNIGHT OATS WITH POMEGRANATE AND ALMOND BUTTER

We love waking up to a big bowl of creamy oats in the fridge that we know we can just grab and make a bowl in minutes. You can easily vary the toppings for more diversity, as long as you are including different sources of healthy fats, which is key to helping you feel fuller for longer. When you make your overnight oats to last you for the next few days, you can easily make your snacks for the week at the same time, if following our recipe for baked oat squares, as the ingredients are very similar and so will save you time and prep!

Makes 3 servings.

Ingredients:

- 250g oats
- 3 tbsp coconut yoghurt
- 300ml oat milk
- 2 tbsp chia seeds
- 2 tbsp dried cranberries (optional)
- 2 tbsp goji berries (optional)
- 1 tsp cinnamon
- 3 tbsp maple syrup
- Pinch salt

To add:

- 1 tbsp toasted pecans
- 1 tbsp flaked almonds

To top:

- 1 tbsp almond butter
- 1 tbsp pomegranate seeds or berries

Method:

1. Mix all ingredients (except the nuts and toppings) together in a big bowl or container until all combined. Leave in the fridge overnight or for at least 3 hours to soak and thicken. The texture should be thick and creamy when ready. The oats will last for 3 days in the fridge in an airtight container.
2. When serving, add a 1/3 (about 4 tbsp) into a bowl. Stir in the nuts. If you find the mixture is too thick after a day in the fridge, add a little oat milk or water and mix in to thin. Top with a tbsp of almond butter and a handful of pomegranate seeds or berries to hand.



PROBIOTIC SMOOTHIE

A wonderful way to get all your vitamins, nutrients and probiotics in, first thing in the morning. Great for on-the-go or to sip slowly throughout the day. This smoothie is packed with goodness, but also happens to be delicious and seemingly indulgent with the added creaminess of the coconut yoghurt. You can always double up the recipe to make enough for 2 servings and have the second the following day to save you time.



Makes 1 serving:

Ingredients:

- 1 banana
- 2 handfuls of spinach
- 100g frozen blueberries
- 2 tbsp coconut yoghurt
- 150ml oat milk

Method:

1. Whizz all the ingredients in a blender until smooth. You can always add more oat milk or water to thicken if you wish.

SPRING VEG AND LENTILS WITH A GREEN GODDESS DRESSING

The freshest of fresh spring lunches. Oh, and this will only take you 15 minutes tops to make. This is just the thing to make yourself for a speedy, light lunch rather than just resorting to the usual sandwich. Wave goodbye to the sluggish post-lunch slump and hello to feeling light on your feet all afternoon. And the lentils and creamy dressing will keep you fuller too.

Serves 2

Ingredients:

- 500g cooked puy lentils
- 1 bunch asparagus, trimmed
- 1 courgette, sliced into half moons
- 100g radishes, sliced vertically
- 1 handful coriander, chopped

For the dressing:

- 2 tbsp coconut yoghurt
- 2 tbsp extra virgin olive oil
- 1 handful coriander
- 1 tbsp miso paste
- 1 tbsp maple syrup
- Juice of ½ lime
- Salt and pepper

Method:

1. Heat a glug of oil in a pan and add your asparagus spears and chopped courgette. Saute for 5-7 minutes on high heat, until slightly softened and a little charred. Add a splash of water if you prefer your asparagus less al-dente.
2. Make the dressing by blitzing the ingredients together in a mini food processor until smooth.
3. Divide the lentils into two and spoon onto a plate. Top with your spring veg, radishes, and then pour over your dressing, with coriander to garnish.





ROOT VEG SALAD WITH A MISO, GINGER & ALMOND BUTTER DRESSING

You'll be sure to feast with your eyes first with this one. But besides the assortment of rainbow root veg being a sight to behold, they will also be nice and easy on your digestive system. The sweet, caramel flavours are perfectly balanced with the creamy, but also sharp and tangy dressing and buttery toasted walnuts. Our tip is to toast the walnuts until slightly burnt, as this really lifts the flavours in the salad.

Serves 2

Ingredients:

- ½ celeriac, cut into 3cm chunks
- ½ butternut squash, cut into 3cm chunks
- 1 large beetroot, cut into 3 cm chunks
- 1 tsp cumin seeds
- 100g kale, massaged with a tbsp olive oil until slightly softened
- 100g walnuts, toasted
- 200g chickpeas, drained
- 1 tbsp sesame seeds

For the dressing:

- 1 tbsp almond butter
- 2 tbsp water
- 1 tbsp sesame oil
- 1 tbsp miso paste
- 1 knob of ginger, crushed
- Juice of ½ lemon
- 1 tsp turmeric
- Salt and pepper

Method:

1. Preheat your oven to 200 degrees celsius.
2. Put all your chopped veg and chickpeas in a baking tray and drizzle with olive oil, the cumin seeds and a pinch of salt. Roast in the oven for 30 minutes until soft and caramelised.
3. Make your dressing by whisking the almond butter, water and olive oil first until smooth. Add another splash of water if still too thick. Then add in the rest of the ingredients and whisk until smooth.
4. Build your salad by layering with kale, then the root veg, followed by the crispy chickpeas, drizzle with the dressing and finish with a scattering of sesame seeds.

MEXICAN CAULIFLOWER STEAKS

We are not sure if Mexican-style cauliflower is a done thing, but we are certainly wondering why it's taken us this long to create it. Allow us to bring something innovative, but so unbelievably vibrant and delicious to the table. We put all our favourite deep, smokey and citrusy flavours together in this dish to create a plate of dreams, with all the diversity you need for a healthy, thriving gut.



Serves 2

Ingredients:

- 1 whole cauliflower, cut vertically into steaks, 3 cm wide
- 1 tsp smoked paprika
- 100g cherry tomatoes, halved
- ½ red onion, diced
- 1 handful coriander, chopped finely
- ½ lime
- 1 tbsp olive oil
- 1 avocado, halved and sliced vertically into thin wedges
- ¼ red cabbage, shredded
- 100g black beans
- 100g sweetcorn
- Salt and pepper

For the dressing:

- 3 tbsp coconut yoghurt
- 1 tsp smoked paprika
- Juice of ½ lemon
- 1 clove garlic, crushed
- Salt and pepper

Method:

1. Preheat the oven to 200 degrees. Put your cauliflower steaks in a baking dish and add your smoked paprika, as well as some olive oil and salt. Roast in the oven for 35-40 minutes until cooked through and slightly charred.
2. Make your dressing by mixing all the ingredients together. Make the tomato salsa by mixing the cherry tomatoes, onion, half the coriander, juice of half a lime, olive oil and salt in a bowl and setting aside in the fridge to keep fresh.
3. When your cauliflower is cooked, wait for it to cool down slightly. Then, layer your salad starting with a base of black beans, sweetcorn and red cabbage. Top with the cauliflower and then the avocado and salsa. Spoon over the dressing and finish with some fresh coriander.

PARSNIP, CARROT & CANNELLINI BEAN SOUP

This take on a chunky, southern Italian soup makes for the perfect light dinner. The cannellini beans and starchy veg will keep you nourished and you'll find the soft, delicate flavours lovely and soothing before bed. You can also easily double up on the recipe and save the leftovers for lunch the next day. If you feel you need some extra sustenance, you can also add some cooked pearl barley, brown rice, or a slice of rye sourdough to mop up the sauce.

Serves 2

Ingredients:

- 2 tbsp rapeseed oil
- 1 large parsnip, chopped into 2cm chunks
- 2 large carrots, chopped into 2cm chunks
- 1 large onion, diced
- 2 cloves garlic, crushed
- 1 tsp oregano
- 2 bay leaves
- 400ml veg stock
- 1 tin cannellini beans
- Zest of ½ lemon
- Salt and pepper

For the salsa verde:

- 1 small handful mint
- 1 small handful parsley
- 4 tbsp olive oil
- 1 tbsp capers
- Juice of 1 lemon
- 1 clove garlic

To top:

- 1 tbsp pumpkin seeds, toasted
- 1 tbsp sunflower seeds, toasted

Method:

1. Add the rapeseed oil to a saucepan on medium to low heat and add the onion. Sauté for 5 minutes until translucent, add the garlic and sauté for a further 2 minutes. Add in the parsnip and carrots, oregano and bay leaves and cook for a further 3 minutes. Pour in the veg stock. When this comes to the boil, turn the heat down, cover and leave to simmer for 15 minutes.
2. Add in all the cannellini beans from the tin, including the liquid, as well as the lemon zest. Stir, then cover and leave simmering for a further 10 minutes.
3. Meanwhile, make your salsa verde by either finely chopping all the ingredients together on a board, adding the olive oil slowly until this forms a paste-like consistency. Otherwise, blitz in a food processor until well-combined, but not completely smooth.
4. By now your soup should have thickened, and the parsnips and carrots should be soft to the touch. Spoon into two bowls, and drizzle some salsa verde on the top, along with a sprinkling of toasted seeds for crunch.



KIDNEY BEAN FALAFELS WITH QUINOA, TENDERSTEM AND A PEA AND CASHEW DIP

We love a falafel that is super crispy on the outside and warm, doughy and delicately spiced on the inside.

Kidney beans work particularly well when blitzed as they are firmer but not as hard as other legumes, such as chickpeas which can often be too dry and grainy in texture. We use gut-friendly oats to bind the falafel together, as well some soft middle-eastern spices for a burst of flavour. We have then paired the falafel with fresh rocket, quinoa, a creamy pea and cashew dip, some crunchy tenderstems and a light vinaigrette to drizzle over. Again, you can always make more falafel than the recipe calls for to keep in the fridge for a quick snack, perhaps with some tahini sauce, or an addition to a salad for a speedy lunch.

Serves 2

Ingredients:

- For the falafel:
- 1 tbsp rapeseed oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 can kidney beans, drained
- 1 tsp ground coriander
- 2 tsp ras el hanout (or 1 tsp smoked paprika and 1 tsp cumin)
- 150g oats
- Salt and pepper

For the pea and cashew dip:

- 100g frozen peas
- 100g raw cashews
- 2 tbsp olive oil
- Juice of a lemon
- 1 clove garlic
- Salt and pepper

For the vinaigrette:

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp date syrup
- Salt
- 2 handfuls fresh rocket
- 400g cooked quinoa
- 100g tenderstem broccoli
- ½ pomegranate, deseeded
- 1 small handful coriander, chopped

Method:

1. Preheat your oven to 200 degrees celsius. Heat your oil in a pan and add the onion. Cook until translucent and add the garlic. Sauté for a further 2-3 minutes. Once cooked, tip into a food processor with the kidney beans, spices and oats and whizz until the mixture is half smooth, half chunky. Take a heaped tablespoon and roll into balls. Place on a baking tray and bake for 20-25 minutes, until crispy.
2. When the falafel is baking, make your pea and cashew dip. Boil a kettle and pour over the hot water over the peas in a dish. Leave to sit for 5 minutes and then drain and add to a food processor, along with the rest of the ingredients. Blitz until smooth and creamy.
3. Cook your tenderstem broccoli by adding a little oil to the same pan you used for your onion and garlic and sauté for 5-10 minutes on a high heat, making sure to stir the stems so that they don't stick or burn. You can also add a splash of water to help them along.
4. Lastly, whip up a simple vinaigrette by whisking all the dressing ingredients together until combined.
5. Plate up starting with a handful of rocket and a base of quinoa. Top with the tenderstem broccoli, falafel, a large spoonful of the dip, and then sprinkle the pomegranate seeds and fresh coriander over the top.





BIBIMBAP BOWL

‘Bibimbap’ in Korean means mixed rice. We love Korean flavours, as well as the creative element of piling a wholesome base of rice with a medley of fresh, colourful toppings. This punchy korean dressing, with a hint of chilli, is also our fail-safe addition to finish the perfect formula for the perfect Bibimbap bowl.

Serves 2

Ingredients:

- 400g brown rice, cooked
- ½ pack of firm tofu, chopped into 3cm squares
- 2 portobello mushrooms
- 2 tbsp tamari
- 1 tbsp rice vinegar
- 200g edamame
- 4 tbsp kimchi (see end of booklet for recipe)
- 1 small handful coriander, chopped
- 2 tsp toasted sesame seeds
- 1 fresh chili, deseeded and chopped (optional)

For the korean dressing:

- 2 tbsp miso paste
- 1 tbsp maple syrup
- 1 tsp korean (or regular) chilli flakes
- 1 tsp red pepper flakes
- 2 tbsp tamari
- 1 tbsp rapeseed oil
- 1 garlic clove, crushed
- 2 tbsp water

Method:

1. To make the pickled mushrooms, preheat the oven to 200 degrees celsius. Place the mushrooms whole on a baking tray and drizzle with a little oil. Roast for 15-20 minutes. Remove from oven and let cool for 10 minutes. Chop each mushroom into 8 pieces and transfer to a bowl. Add the tamari and rice vinegar and mix together. Leave to marinate for 5-10 minutes.
2. Cook your tofu by adding to a little oil in a pan on high heat. Stir constantly for 5-10 minutes until browned and slightly crispy.
3. Assemble your bibimbap bowls by spooning the rice into the base of a bowl. Top with the tofu, edamame, pickled portobello mushrooms, and a generous helping of kimchi. Pour over the dressing and top with the fresh coriander and sesame seeds. Add some fresh chili for a little extra heat if you'd like it!

SNACKS

Our approach to the perfect snack is to create a ‘mini-meal’. Which means putting together a couple of spoons of legumes or grains, a couple of spoons of probiotics, yoghurt and pickled veg is always a good pairing, a sprinkle of nuts or seeds, and then any seasoning or herb to hand for extra flavour. Not only will this provide an extra delicious bite, but will also work to tide you over until your next full meal and fill you with lots of essential vitamins, minerals and gut-friendly foods. This is why leftovers are always worth keeping - for extra delicious snack material that you can throw together in a bowl in minutes!

CRISPY CHICKEPEAS

Ingredients:

- 1 tin of chickpeas, drained
- 1 tbsp rapeseed oil
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp ground coriander
- Salt and pepper

Method:

1. Preheat your oven to 200 degrees celsius.
2. Mix all your ingredients together in a bowl and pour onto a baking tray. Bake for 35-40 minutes until golden and crispy.
3. Serve as a snack, with a couple of spoonfuls of coconut yoghurt, cherry tomatoes (or any other fresh veg you have in the fridge), some pickled onions (or other fermented food) and herbs.



PICKLED ONIONS

Ingredients:

- 1 red onion
- 2 tbsp lime juice
- 1 tbsp rapeseed oil

Method:

1. Fry the onions on medium-high heat in the oil until softened.
2. Soak in lemon juice and leave to cool.

5 MIN KIMCHI

Ingredients:

- 2 Chinese napa cabbage, quartered
- 20g sea salt
- 50g honey + 2 tablespoons extra
- 1 bulb of garlic, cloves separated
- 80g peeled ginger
- 1tsp dried chilli flakes
- 40ml tamari soy sauce
- 2 spring onions, sliced

Method:

1. Dissolve the salt and honey in 800ml of water and add the cabbage. Leave to soak overnight.
2. The next day drain the cabbage pushing all the water out. Blend 50ml of water with the garlic, ginger, chilli flakes, tamari, and extra honey until smooth.
3. Add the paste to a really large bowl and add the spring onion. Massage the marinade really well into the cabbage leaves.
4. Wedge into a 1 litre sterilised jar and leave out at room temp for 2-5 days depending on how warm it is in the house.
5. Leave in the fridge and consume within one month.



BAKED OAT BITES

This is just about the easiest snack you could make, using only 4 main ingredients. You can whip it up in minutes and it will last you the week, when stored in an airtight container. We love reaching for these oat bites when we get a little peckish in the afternoon or are craving something sweet, as the sweetness of the banana, maple syrup and berries hit the spot but don't overdo it with the sweetness. The recipe is also oil-free, making it seem light but nice and full until dinner. The natural sugars paired with the slow-release of fibre from the oats also help to balance our energy and insulin levels.

Makes 8 bites

Ingredients:

- 2 banana
- 300g oats
- 250ml maple syrup
- 1 tsp baking powder
- 1 teaspoon cinnamon
- Pinch of salt
- 100g blueberries (or any other berries to hand)

Method:

1. Preheat oven to 180 degrees celsius. Prep a 26cm baking dish by greasing with coconut oil.
2. Mash your banana in a bowl until it is a liquid-like consistency. Add in the oats and mix. Add in the maple syrup, baking powder and cinnamon, salt and mix until well combined. Add in half your blueberries and mix carefully, making sure the blueberries don't burst too much.
3. Pour the mixture into the baking dish and use a spoon to even out and press down the mixture. Top with the remaining blueberries.
4. Place the dish in the oven and bake for 25 minutes until golden and slightly crispy on top.



A full-page background image showing a person standing on the peak of a grassy, rocky mountain. The person's arms are raised in a gesture of triumph or achievement. The sky is a vibrant blue with scattered white clouds. The mountain slope is covered in green grass and patches of brown earth.

ONE LAST THING

Remember our health journeys will all be different, they won't be linear. There is no 'perfect' way to live. We just hope to offer some gentle and easy guidance towards a healthy lifestyle that will make you feel the best version of yourself.

Find the joy in good health by starting with the simple things. Tune into your intuition and listen to what your body needs. Sometimes it might be just as simple as: breathe, drink some water, stretch, eat a delicious, fresh meal filled with lots of veg, go for a walk, don't compare yourself to anyone else, cry or laugh, and have a good sleep.

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The image features a vibrant, abstract pattern of organic, flowing shapes in various colors including orange, green, dark blue, yellow, pink, and cream, set against a light green background. The pattern is dense and covers the entire right half of the image. On the left, there is a solid white vertical band.

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