

# THREE TIDES

NATURAL HEALTH

INSIDE OUT PROGRAM  
WEEK 2 PLAN & RECIPES

INSIDE OUT PROGRAM - WEEK 2 - MEAL PLANS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b>	2x glasses of lemon water	2x glasses of lemon water	2x glasses of lemon water	2x glasses of lemon water	2x glasses of lemon water	2x glasses of lemon water	2x glasses of lemon water
	Omelette with capsicum, Spanish onion, tomato, herbs and goats cheese.	Mixed Berry and coconut yoghurt with hemp seed.	Chia pudding in a jar. Green tea	Omelette with capsicum, Spanish onion, tomato, herbs and goats cheese.	Green Smoothie* Green tea	Orange segments with flaxseed and coconut yoghurt.	Beetroot smoothie* ½ cup cantaloupe
<b>Snack</b>	6x walnuts	Liver Juice: Beetroot, celery, apple, carrot & ginger.	Celery sticks 1-2 with almond butter.	Liver Juice: Beetroot, celery, apple, carrot & ginger.	Boiled egg 6x walnuts or pecans	Green smoothie*	Celery sticks 1-2 with almond butter.
<b>Lunch</b>	½ avocado with broccoli sprouts and tinned salmon.	Quinoa vegetable salad*	Asian Salad with added chicken	Tofu scramble with mixed sweet potato, capsicum and mushroom	Mexican Bean Salad with quinoa, avocado and spicy salsa*	LO beetroot and chicken salad.	Detox green soup* Add ½ cup cooked quinoa.
<b>Snack</b>	Bone broth/ veg broth with herbs.	Cucumber sticks and sweet potato hummus	Bone Broth or Veg Broth	6x walnuts	Bone Broth or Veg Broth	Mixed nuts and seeds.	Bone Broth or Veg Broth
<b>Dinner</b>	Dejon steak with sautéed kale	Asian baked fish with steamed greens*	Sweet Potato coconut risotto*	Salmon with roasted cherry tomato and steamed greens.	Balsamic roasted beets and poached chicken and rocket.	Asparagus, kohlrabi and radicchio salad with seasoned fish pattie. ½ cup fresh berries.	Turmeric and tomato salmon with cauliflower rice.*

Leftover –LO

\* - Indicates recipe included

Green Tea Emphasis: Aim for 1-3 cups per day, served hot or cold

## Inside Out - Recipes

### BEETROOT SMOOTHIE

Sounds a bit ordinary but is a skin superstar and tastes awesome:

1 cup (235 ml) organic unsweetened coconut milk, or unsweetened almond milk

½ cup (112.5 g) peeled, sliced raw beet

½ cup (65 g) chopped carrots

½ cup (50 g) chopped celery

½ cup (85 g) chopped pear

½ cup (75 g) frozen blueberries

¼ cup (36 g) Almonds

1 tbs of hemp seed or green banana flour

#### Directions

Blitz in a blender or Nutribullet, combine all the ingredients and blend until smooth. Pour into a tall glass and enjoy cold.

### GREEN SMOOTHIE

1 cup (235 ml) brewed chamomile or cold green tea

· 1 cup (30 g) fresh organic spinach

· 1/2 cup (75 g) seedless green grapes

· 1/2 cup (42.5 g) pineapple

· 1/4 medium organic green apple

· 2 tablespoons (30g) hemp seeds

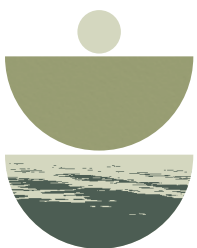
· 1 teaspoon ground chia seeds

· 1 teaspoon chopped fresh mint & parsley

· Fresh lime juice, to taste

#### Directions

Blitz in a blender or Nutribullet, combine all the ingredients and blend until smooth. Pour into a tall glass and enjoy cold.



## Inside Out - Recipes

### DETOX GREEN SOUP

- 1 tablespoon of coconut oil
- 1 chopped onion
- 2 medium zucchini chopped
- 1 small bunch of spinach, carefully washed
- 4 cups broccoli florets
- 4 cups low sodium veggie broth
- 2 cup filtered water
- 1 head of garlic peeled and roughly chopped
- 1 teaspoon grated ginger
- ½ bunch parsley
- ½ bunch coriander

#### Directions

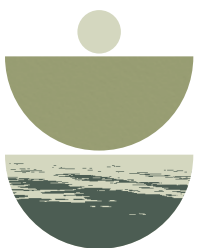
1. Melt coconut oil in a large pot over a medium heat. Add in onion with a pinch of salt and cook until the onion is translucent and fragrant (about 5 minutes).
2. Add in zucchini, broccoli, veggie broth and water. Make sure that there is enough liquid to come about 1 inch over the veggies. Bring everything to a boil and then reduce down to a simmer and cook for ten minutes or until the broccoli is tender.
3. Turn off the heat and toss in the garlic, spinach and ginger. Pop on a lid and let the soup sit until it is cool enough to handle.
4. Working in batches, add the soup to a blender along with a small handful of the parsley, coriander. Blend until creamy. Transfer the soup into a storage container or into a pot and repeat until you have blended all the soup.

### SWEET POTATO COCONUT RISOTTO

- 1 large sweet potato
- 1 tablespoon olive oil
- ½ onion, minced
- 1 clove garlic, minced
- 1 cup raw buckwheat
- 1 cup coconut milk \_ Ayum
- ½ cup vegetable broth (or water)
- ½ teaspoon salt
- ¼ teaspoon turmeric
- ¼ teaspoon smoked paprika
- Garnish: toasted coconut, fresh parsley

#### Directions

- Add 2 cups of sweet potato mix to the blender and process until smooth, about 30 seconds. Set aside.
- Heat the olive oil in a large fry-pan over medium heat. Add the minced onion and garlic, and cook for 5 minutes, or until soft. Add the buckwheat kernels and toast them for 2-3 minutes, until lightly toasted.
  - Stir in the coconut milk, sweet potato purée, vegetable broth or water (if using water you might have to add more salt), salt, turmeric and smoked paprika.
  - Bring to a boil and let simmer for 20-25 minutes until the buckwheat is soft but still a bit chewy.
  - Season with salt and pepper to taste.



## Inside Out - Recipes

### ROAST VEGETABLE & QUINOA SALAD

for 4 servings

- ½ cup zucchini (75 g), cubed
- ½ cup sweet potato (100 g), cubed
- 1 cup cherry tomato (200 g), halved
- ½ red onion, diced
- ½ cup sliced capsicum
- ½ lemon, for juice
- 4 tablespoons olive oil, divided
- 1 teaspoon garlic salt, to taste
- pepper, to taste
- 4 cups cooked quinoa
- 1 tablespoon apple cider vinegar
- ¼ cup fresh parsley (10 g), chopped

#### Directions

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Add the zucchini, sweet potato, tomatoes, onion, and capsicum to the baking sheet.
3. Drizzle with the lemon juice and 2 tablespoons of olive oil, then season with garlic salt and pepper. Toss to coat evenly, keeping the vegetables separate on the pan.
4. Roast for 15-20 minutes, or until fork tender.
5. Transfer the roasted vegetables to a large bowl, and add the quinoa. Toss well.
6. In a small bowl, mix together the remaining 2 tablespoons of olive oil and apple cider vinegar. Pour over the veggies and quinoa, and toss to coat.
7. Garnish with parsley.

### ASIAN BAKED FISH

Serves 1

- 1 tsp olive oil
- ½ tsp sesame oil
- 1 tbsp grated fresh ginger
- 1 tsp chili flakes
- 150 grams white fish

#### Salad

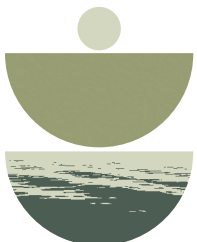
- 2 spring onions
- 60 grams cherry tomatoes
- 50 grams cucumber
- 50 grams bean shoots or snow peas
- 100 grams baby spinach
- 2 tbs sesame seeds
- 20 g fresh coriander

Dress with 1 tbsp olive or avocado oil, 1 tsp mustard and 1 tbs lemon/lime juice.

#### Directions

1. Place a layer of parchment paper over a large piece of foil...place fish and cover with ginger, chilli and oils. Bring the edges of the foil together and seal tight, making like a little tent for the fish to steam in.
2. Chop all vegetables for the salad, except the spring onion, into bite-sized pieces.
3. Place fish parcel into hot oven and cook for approximately 15 minutes, do not open package to check.
4. Fry the spring onion for a minute in the same pan.
5. Assemble salad on place and then open foil package and gently slide the backed fish only the plate. Drizzle with a little tamari for seasoning if desired.

Serve with ¼ cup rice noodle/ cauliflower rice or brown basmati rice



## Inside Out - Recipes

### MEXICAN BEAN SALAD WITH AVOCADO & QUINOA

Serves 4

3 cans of black beans or 4 ½ cups cooked black beans, rinsed and well-drained

2 ears of corn, shucked

1 orange, yellow or red bell pepper, chopped

1 cup chopped red onion (from 1 small onion)

1 cup cooked and cooled quinoa

½ avocado diced

½ cup finely chopped fresh coriander (about 1/2 medium bunch)

1 medium jalapeño, finely chopped (keep the seeds for heat if you'd like, or remove them for mild flavor) or 2 tablespoons finely chopped pickled jalapeño

#### Dressing:

½ teaspoon lime zest (from 1 lime, preferably organic)

2 tablespoon lime juice (about 1 lime), to taste

¼ cup extra-virgin olive oil

¼ cup white wine vinegar

½ teaspoon chili powder

½ teaspoon ground cumin

#### Directions

1. In a large serving bowl, combine all of the ingredients (except avocado) and toss to combine. Taste, and adjust as necessary until the flavors really pop—I usually add another teaspoon or two of vinegar (you can use lime juice instead, for more mild flavor). Garnish with avocado.
2. Cover and chill to enhance the flavors—preferably for at least 2 hours, or overnight. Leftovers keep well for up to 4 days or so; you might want to wake up the flavors with an extra squeeze of lime juice or tiny splash of vinegar.

### TURMERIC & TOMATO ONE POT SALMON

Serves 2

300g of Atlantic salmon or 2 small pieces (skin off)

1tsp coconut oil

½ cup of diced onion

1 tsp of grated ginger

1tsp of turmeric powder

½ cup chopped tomato

1 can of coconut milk

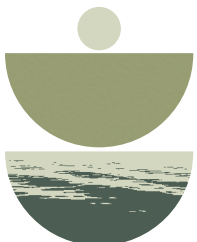
½ cup sliced capsicum

½ cup of broccoli florets cut small

Mixed herbs for garnishing and S&P to taste

#### Directions

- In a heavy based pan sauté onion and herbs in small amount of coconut oil. Wait for spices to become fragrant and then add coconut milk and tomato. Simmer for a few minutes and then simply lay salmon pieces in sauce and coat with sauce...add a little water if it has reduced too quickly. Add in capsicum, broccoli, asparagus whatever veg you like and season.
- Put lid on the pan to help steam for 8-10 minutes.
- Serve with ¼ cups of quinoa and garnish with fresh herbs



NOURISH. HEAL. BALANCE

THREE TIDES

NATURAL HEALTH

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