



Bitter

&

Sour

Liver & Gallbladder Health  
Using Food as Medicine

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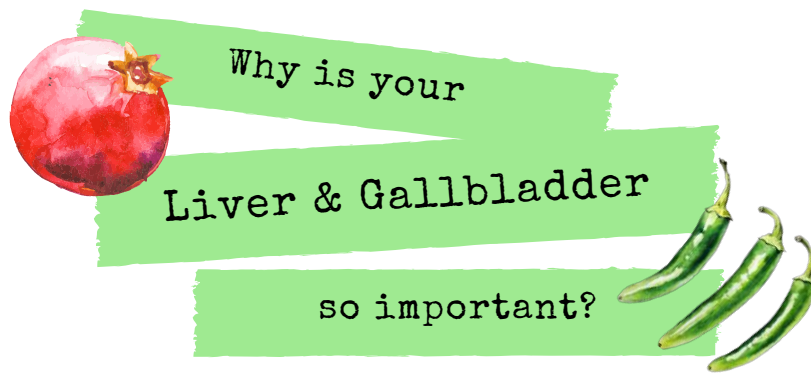
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In a time where it feels like everyone is talking about gut-health and its importance on our overall health, the liver and gallbladder often get forgotten about.

These two hepatobiliary organs, which also play a role in the digestive system, need to be working optimally; 24/7, especially in this modern-day world, filled with chemicals, toxins and processed foods.

If your gallbladder and liver get put under too much pressure, and aren't given the nutrients needed to do their job, this can cause down-stream issues for your health and wellbeing.

For example, the health of your gut and its microbiome requires adequate liver and gallbladder function. You can't have a happy gut without assistance from your liver and gallbladder! Bile from the liver and gallbladder are extremely important in food digestion and nutrient absorption. Without this step, the lower digestive tract becomes burdened.

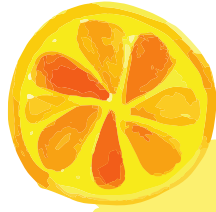
The liver is the detoxification centre of the body. Everything you eat, drink, touch, inhale, rub on your skin, every medication or supplement you take - these all need to be processed by your liver.

Your liver protects you and metabolises any substance, including your own hormones, that are potentially harmful in large amounts.

Liver detoxes are popular, and 'going on a detox' after a period of eating or drinking too much is common. But realistically, what we should be doing is supporting our hard-working liver every single day!

**If our liver is under-the-pump or struggling to do its job, things can escalate fairly quickly.**

Hormones can get thrown out of balance, we can start to feel easily fatigued, our mood can become 'fiery' or we can find ourselves irritated much more easily than normal. Food intolerances and sensitivities to chemicals and fragrances can set in. We start feeling encumbered and weighed down...



## Role of the Liver:



- **It cleans your blood** - the liver metabolises and neutralises alcohol, pharmaceuticals, environmental pollutants and other potentially toxic substances you come into contact with, every single day.
- **It regulates the supply of body fuel** - by producing, storing and supplying glucose to the brain, muscles and rest of the body. The liver also helps produce, store and export fat. Basically, the liver is the control house of your energy supply.
- **It plays a big part in blood sugar regulation and weight maintenance** - especially that stubborn abdominal fat; the dreaded 'spare tyre'.
- **It manufactures essential body proteins** - these transport important substances around the body, help blood clotting and provide important immune support that acts to prevent infection, stop autoimmune processes and dampen allergic responses.
- **It regulates hormonal balance** - including sex hormones, thyroid hormones and adrenal hormones secreted during the stress response.
- **It also regulates body cholesterol** - involved in the conversion of cholesterol into other important substances, such as bile acids, which aid in digestion of fats and fat soluble vitamins; vitamins A, D, E & K.



Energy  
Regulation



Daily  
Detox



Hormonal  
Balance



Blood  
Sugar

Tick the boxes below of those symptoms you experience often/currently. If you check off seven or more boxes, your liver could do with some care. Although, generally speaking, we should ALL care for our livers much more than we do, in order to PREVENT the development of symptoms and disease.

#### HEAD

- Headaches/Migraines
- Faintness
- Dizziness
- Insomnia
- Waking between 1-3 a.m.

#### EYES

- Watery or itchy
- Swollen, reddened or sticky
- Bags or dark circles
- Blurred or tunnel vision

#### EARS

- Itchy
- Earaches, ear infections
- Drainage from ear
- Ringing in ears/hearing loss

#### NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucous

#### MOUTH/THROAT

- Chronic cough
- Gagging
- Frequent need to clear throat/  
Hoarseness
- Loss of voice
- Swollen/discoloured tongue,  
gums, lips
- Canker sores (mouth ulcers)
- Coating on tongue

#### SKIN

- Acne/Dermatitis/Psoriasis
- Hives, rashes, dry skin
- Hair loss
- Flushing, hot flushes esp. face
- Overheating easily
- Excessive swelling
- Skin is itchy at night
- Bruise easily
- Redness of skin - esp. on palms

#### HEART

- Chest pain
- Irregular or skipped heartbeat
- Rapid or pounding heartbeat

#### LUNGS

- Chest congestion
- Episodes of Bronchitis
- Easily puffed

#### DIGESTIVE TRACT

- Nausea, vomiting
- Absence of hunger in the  
morning/skip breakfast
- Constipation (less than 1 BM  
per day)
- Diarrhoea or pale chalky poo
- Belching/passing gas often
- Heartburn/Indigestion
- Stomach/intestinal discomfort/  
pain
- Intolerance of fatty foods
- Food intolerances
- Bloating after meals

#### HORMONAL (Female)

- PMS

- PCOS/Endometriosis

#### MUSCLES/JOINTS

- Pain or aches in joints or  
muscles
- Stiffness/limitation of  
movement

#### WEIGHT

- Binge drinking/eating
- Cravings for certain foods
- Hard to lose weight/put on  
weight
- Water retention
- Compulsive eating

#### ENERGY/ACTIVITY

- Fatigue/sluggishness
- Hyperactivity
- Restlessness

#### MIND

- Poor Memory
- Confusion/Poor concentration
- Stuttering/Slurred speech
- Learning disabilities
- Brain fog
- Poor physical co-ordination

#### EMOTIONAL HEALTH

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability, frustration

#### OTHER

- Frequent illness/colds
- Frequent/urgent urination
- Genital itch/thrush
- High Cholesterol
- Dark coloured urine

### And the gallbladder?

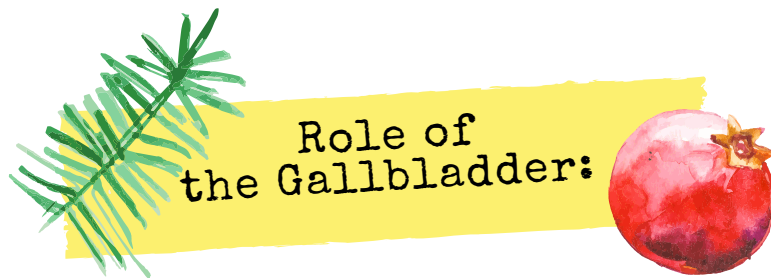
Unfortunately, we think so little of this small organ that it is often removed, being told that it has no true role in our health and wellbeing.

### This is simply not true.

The gallbladder **is** important. Perhaps not essential to our survival, but it does many things in the human body and these processes don't operate quite as smoothly when it is removed.

Again, daily support of this little organ is essential to prevent gallstones and inflammation. If we can keep this organ operating at its very best, not only will we save it from being removed, but we can improve our digestive, hormonal, cardiovascular and thyroid health.

### A healthy, happy gallbladder is a treasure!



- **It is essential to oestrogen balance** - Because the gallbladder acts as the liver's 'wing-man', poor gallbladder function can lead to rising oestrogen levels as result of the poor detoxification of this hormone and oestrogen metabolites.
- **It helps to regulate cholesterol** - Gallbladder releases bile, made up of bile acids and cholesterol, which aid in digestion of fats and fat soluble vitamins; vitamins A, D, E & K. It is thought that optimal bile release, due to good gallbladder function, can aid in the regulation of cholesterol levels.
- **A functioning gallbladder is essential to great digestion and improves your nutrient status** - We are not simply 'What we eat'... A more accurate statement is that we are 'What we eat, chew, digest and absorb'. The gallbladder, when working well, helps us absorb more nutrients from our food.



Healthy  
Cholesterol



Boost  
Nutrients



Hormonal  
Balance



Improve  
Gut Health

**What are some other signs you could have  
bile & gallbladder issues?**

- Cravings for fried or fatty foods
- Still feeling full after eating
- Craving sugar after a meal
- Itchy eyes / skin / dry eyes / hives / sneezing
- Bloating & indigestion - low stomach acid is also often seen to go hand in hand with poor bile/gallbladder issues
- Burping/belching
- Headaches - especially on the right side of the head
- Pain/tension in the right hand or shoulder
- It can also be felt in the right side of the neck or below the ribcage on the right hand side of the body



**Say 'Hi' to your Heroes:**

**Sour foods**

**Bitter Foods**

**Leafy green vegetables**

**Cruciferous vegetables**

**Fresh herbs and spices**

**Flavonoid-rich foods, high in anti-oxidants**

**Filtered water**

**Say 'Bye' to the  
bad-guys:**



**Excessive Alcohol**

**Refined Sugars & fruit juices**

**Refined/processed grains - e.g. breads/white flours**

**Chemicals, pesticides, herbicides & xenoestrogenic substances**

**Refined, processed oils and fats & fried foods**

**Artificial food additives**

**Highly-processed meats & dairy products**

## BITTER & SOUR TASTES

We have bitter receptors on our tongue; those taste buds that take you aback when you chew on some rocket or kale leaves.

We also have bitter receptors in other places in our body, such as the stomach!

But why? The modern understanding, which ties in nicely with traditional herbalist understandings, is that this bitter taste is essential to digestive health. Particularly as a trigger of digestive enzyme and bile release.

**Our modern day diet contains very little bitter flavour.  
Most processed foods are sweetened or salty.**

When you begin reintroducing bitter & sour flavours to your diet, remember that your taste buds have grown accustomed to much more bland or sweet / salty flavors. You are more likely to prefer the dominant presence of sugars and salts and this can cause you to find many new foods overly bitter or sour tasting. This will change. Building up slowly with small amounts of bitter & sour foods will change your taste preference over time.

**You may even find that you crave less sweet foods as a result!**

**Rocket leaves**

**Kale, Watercress & Chicory, Baby spinach**

**Endive & Radicchio**

**Cauliflower & Broccoli**

**Ginger & Turmeric**

**Citrus**

**Dark raw cacao**

**Apple cider vinegar**

**Fermented dairy (kefir)**

**Sauerkraut & pickled vegetables**



Grow some bitter, green leafy veggies in your garden or in pots. Pick handfuls and add them to each meal. Make a small starter dish; a handful of leaves dressed with a little flaxseed oil and lemon juice.





## LIFESTYLE RECOMMENDATIONS:



**REDUCE CHEMICAL  
EXPOSURE & GET  
EXERCISING  
OUTDOORS!**



**PRACTICE DEEP  
BREATHING,  
SINGING OR  
GARGLING TO  
INCREASE VAGAL  
TONE**



**MANAGE YOUR  
STRESS. MAKE TIME  
TO HAVE FUN AND  
RELAX!**



## BREAKFAST

**Start the day off with a squeeze of fresh lemon juice in some warm water, or a teaspoon of apple cider vinegar in warm water.**

**Sip this slowly before you eat breakfast. It will rehydrate you after your slumber, wake up your digestive system and stimulate your bile production thanks to the bitter and sour tastes.**

## THE NEW CEREAL

All store-brought cereals, granolas and mueslis contain ingredients that are on the 'bad-guy' list, no matter how 'healthy' they claim to be.

Most of them will contain refined fats/oils, grains, and sugars.

Making your own granola is pretty simple. The best thing about making your own is that YOU control what goes in; including how much sweetness is added. You can make up a batch and store it in a glass jar. Use it as a part of your breakfast routine... but don't make eating this every day a habit. Eating anything every day is a trap, it means you are limiting yourself from consuming a variety of nutrients! Add a dollop of yoghurt for protein and some fresh fruit for antioxidants.

### WAYS TO USE YOUR GRANOLA:

- With nut milk and fresh berries
- Sprinkle on some natural yoghurt & diced kiwi fruit
- Add it to chia pudding and fruit
- Top your smoothies with some granola for crunch
- Put on top of stewed fruit, such as apples and rhubarb or plums

## CRUNCH GRANOLA RECIPE

- 1 cup rolled wholegrain oats (or rolled quinoa/amaranth)
- 1/2 cup shredded coconut
- 1/2 cup roughly chopped macadamia nuts
- 1/3 cup organic pumpkin seeds (pepitas)
- 1/3 cup organic sunflower seeds
- 1/3 cup crushed walnuts
- pinch of sea salt flakes
- pinch of ground nutmeg
- 1 teaspoon ground cinnamon
- 1/2 cup pure maple syrup
- 1/2 cup cold-pressed extra-virgin coconut oil
  
- 1/2 cup of LSA (linseed/sunflower/almond meal) & 1/2 cup sulphite-free raisins / raisins / dates (or other dried fruit) to add AFTER cooking

Pre-heat the oven at 180 degrees celsius.

Mix all the dried ingredients (except the LSA & fruit) in a bowl to combine.

In a saucepan, over medium heat, melt the coconut oil with the maple syrup until liquid is combined. Add the liquid to the dry mix and stir.

On a large baking tray, lay down a sheet of baking paper.

Spread granola mix over the baking paper evenly.

Bake for 20 minutes, checking occasionally. If the granola browns too much on top, give it a 'stir' (i.e. move it around on the tray a little bit).

Cool. Add fruit and LSA and stir to combine.

Store in an airtight glass container.

## BITTER GREEN EGG- SCRAMBLE RECIPE

SERVES ONE

- 3 eggs, whisked
- 1/2 teaspoon turmeric (ground or freshly grated)
- 1 rasher of quality, preferably nitrate-free, bacon (optional), diced
- 1 small zucchini/ 1/2 large zucchini, spiralised
- 1/2 cup kale leaves, roughly chopped
- 1 tablespoon cold-pressed extra virgin coconut oil
- 1/4 avocado, sliced - to serve
- Some fresh rocket or fresh herb leaves to serve, such as chives or dill
- Sea salt/dulse flakes and freshly cracked pepper to serve

Whisk eggs and turmeric together in a bowl until well combined and then set aside.

Heat a small frypan over medium heat and add the oil, then cook the bacon to your liking. If you wish to make this recipe without the bacon, that is perfectly fine!

Place bacon aside. Add the zucchini and kale to the frypan and sauté until zucchini softens slightly and kale begins to wilt.

Place bacon back into the frypan. Then add the egg mixture.

With the back of a wooden spoon or spatula, gently push the egg mixture around the greens. Continue doing this, scraping the cooked egg gently from the bottom of the frypan.

When the eggs are cooked to your liking, remove scrambled eggs from pan and serve with avocado, fresh greens and sea salt / seaweed flakes & pepper.

**Eggs contain Choline, a fat that is essential to bile production and liver detoxification. Eggs are also a perfect protein, which provides the amino acids needed for liver detoxification.**

**The bitter leafy greens in this recipe will stimulate bile release.**

## BROCCOLI OMELETTE

**NOTE:** This recipe serves 2 (halve ingredients if you wish to serve 1)

- 4 eggs - whisked
- 1/2 cup goat's feta - crumbled
- Pinch chilli flakes or fresh chilli, chopped
- Black pepper - freshly ground
- Pinch of sea salt or dulse flakes
- 2 tablespoons extra-virgin olive oil
- 1/2 head of broccoli florets - chopped into small bits or use broccolini
- Handful of baby spinach, rocket leaves or kale
- 2 spring onions, sliced
- Some fresh herbs - dill, basil or chives (1/4 cup)
- 1/2 avocado, peeled & sliced

Combine eggs, feta, chilli & pepper in a bowl and mix.

Heat 1 tablespoon of olive oil in frypan over medium heat.

Add half of the broccoli and sauté for 1 minute, then add half spinach / kale and cook, stirring, for 2 minutes.

Pour half egg mixture into pan & cook for 3 minutes, or until the base of the omelette is firm and it has just set on top.

Flip the omelette over with a spatula and cook until the eggs are as cooked as you like.

Repeat with other half of mixture if you are making 2 serves.

Top with herbs and spring onions. Serve with sliced avocado and a squeeze of lemon juice.

**Broccoli is a member of the Cruciferous family of vegetables.  
This family of veggies contain compounds in them which suport liver detoxification.**

**Adding some veggies into your breakfast will also go a long way in boosting your  
over-all vegetable intake.**



## LUNCH

**Being prepared is half the battle when it comes to eating a healthy lunch. Most lunch options available from cafes and restaurants are either deep-fried or they contain large amounts of processed breads. Even salads can be dressed with unhealthy, processed vegetable oils.**

**Make your own salads & pack a home-made dressing made with olive oil or flaxseed oil.**

**On the weekend, make a batch of vegetable-rich soup to take to work. When making dinners, you can always make extra of things and use this as left-overs for lunch the next day.**

## BROWN RICE & TUNA SALAD

- 1/2 cup cooked brown rice or other pseudo grain (e.g. buckwheat groats cooked/quinoa cooked)
- 185g can tuna in olive oil/springwater, drained and flaked
- 1 tomato (if in season), diced
- 1/2 cup snow peas, sliced
- 1/2 cup fresh mint and coriander leaves, mixed and chopped
- 1/2 Lebanese cucumber, diced
- 1/4 red onion, finely diced or 2 spring onions, sliced
- 1/4 cup mixed raw nuts & seeds- e.g. pepitas, sunflower, cashews and walnuts

### **Salad Dressing Ingredients:**

- 1 tablespoon extra virgin olive oil or cold-pressed flaxseed oil
- 1 tablespoon apple cider vinegar
- 2 tablespoons lime or lemon juice
- sea salt/dulse flakes and pepper

1. Mix all the ingredients for the dressing in a small clean jar with a lid, shake to combine and leave aside.
2. Place all ingredients for the salad in a bowl.
3. Toss dressing through the salad, or keep dressing in the jar and do this just before eating.

**Serves 2**

## CAULI & CHICKPEA SALAD

- 1 to 2 tablespoons coconut oil, ghee or olive oil
- 1 head of cauliflower, cut into small, bite-sized florets
- 2 brown onions, finely sliced
- 1 garlic clove, crushed
- 150 grams unhulled tahini
- 200 grams natural goat's yoghurt
- Juice of 1 lemon
- 200 grams chickpeas (pre-cooked or canned - rinsed well)
- 50 grams sultanas or currants
- 1 bunch coriander, chopped
- 1 bunch parsley, chopped
- 1/2 bunch of basil or dill chopped
- 100 grams slivered almonds, to top salad

Heat 1 tablespoon of oil in a large fry pan over medium-high heat. Add cauliflower florets, in batches if needed. You don't want to put too much cauliflower in at once because then it won't 'fry', it will sweat. You want to cook the cauliflower so it becomes light brown but remains firm. Once cooked, set aside in a bowl.

Add remaining oil to the same pan. Add onion and fry until browned. Put with the cooked cauliflower.

In a separate bowl, whisk together the garlic, tahini, yoghurt and lemon juice. This is your salad dressing. If it is too thick add a little olive oil or flaxseed oil.

Add the cauliflower, onions, chickpeas and sultanas in a large mixing bowl. Stir through the dressing well.

Add herbs and stir through. Top with the almonds and serve.

**Like broccoli, cauliflower is a member of the Cruciferous family of vegetables.**

**Fresh, crushed, garlic is a sulphur containing herb which is brilliant for supporting liver health.**

## LEMON ZUCCHINI SOUP

- 1 tablespoon extra virgin coconut oil OR extra virgin olive oil
- 1 onion, chopped
- 1 leek (white part only), halved lengthways and sliced
- 2 cloves of garlic, crushed
- 2 teaspoons ground organic turmeric
- 1/2 teaspoon sea salt or dulse flakes
- Few grinds of freshly-cracked black pepper
- 1 kg zucchini, trimmed and chopped / diced
- 3 cups chicken broth / stock (preferably homemade, but if buying, choose a low salt version with minimal additives)
- Grated zest of 1 lemon
- 2 tablespoons of lemon juice (add more if you like a strong lemon flavour)
- 1 teaspoon apple cider vinegar
- 1 tablespoon wheat-free tamari
- 1/2 cup of additive-free coconut milk

Melt the oil in a saucepan over medium-high heat. Add onion, leek and garlic and cook, stirring frequently, for 5 minutes, or until softened. Add the turmeric and salt/pepper, then cook, stirring constantly, for thirty seconds.

Reduce the heat a little (to medium) and add the zucchini, then cook while stirring frequently for 5-6 minutes or until the zucchini begins to soften. If the turmeric begins to stick to the bottom of the pan, add a tablespoon or two of filtered water to stop it from burning.

Add the stock, zest, lemon juice, vinegar and tamari and bring to the boil. Then reduce heat to low and simmer for 20 minutes or until the zucchini is very tender and soft.

Remove from the heat and allow to cool slightly. Pour into a food processor or blender (you may need to do this in batches, depending on size of your blender).

Purée into a smooth consistency, or leave it a little chunky if you prefer, and then pour back into saucepan. Place over low heat, add the coconut milk, stir, heat through and serve. This soup can be frozen in portions, preferably in glass containers rather than plastic.



## DINNER



Dinners should be quick to prepare on weeknights. Focus on filling up half your plate with fresh, vibrant vegetables and plant foods.

Proteins included should be those that are easy to digest, such as baked/steamed fish or seafood, grilled chicken, organic tofu/tempeh and legumes.

On weekends, when you have more time, slow cook some grass-fed meat. This is important because slow cooking makes the meat easier to digest, taking pressure off the liver & gallbladder.

Casseroles and stews are also excellent base recipes for sneaking in extra vegetables, spices and herbs.

## SALMON & VEG STIR-FRY

### Serves 2

- 2 tablespoon extra-virgin coconut oil
- 1 clove of garlic, crushed
- 1/2 red onion, sliced
- 2 x salmon fillets (approx 150 grams each) cut into bite sized chunks
- 2 handfuls kale (remove stalks and chop)
- 1 cup broccoli florets
- 1/2 cup asparagus (if in season) or snow peas / sliced zucchini
- 1 carrot, sliced
- 1/2 red capsicum, sliced into strips
- Handful of seeds and nuts (raw)
- Handful of herb leaves to garnish, such as coriander or mint

Melt the coconut oil in a wok or frying pan over medium high heat. Pop in the garlic and onion. Stir until the onion has softened - don't let the garlic burn though! Add in the salmon pieces. Stir fry for 4 minutes.

Add in the veggies and cook until the greens go a bright vivid green and the carrots soften, but are still crisp. Dish up and top with seeds / nuts and fresh herbs. You can serve this with some cooked quinoa if you like.

## ROASTED ROOT VEGGIES

**Roast up some root vegetables as a side to your protein at dinner time. Add a dressing (see page 18) to make things interesting. You can always roast more than you need and add some to your salad for lunch the next day.**

### **BETROOTS:**

**To prepare:** Peel & Cut into halves or quarters (depending on their size).

**To roast:** Pop them on a baking tray (optionally lined with baking paper) with a splash of olive oil, sprinkle of sea salt and a little drizzle of balsamic vinegar. Bake in a 180 oC oven for 1 and a half hours; 1 hour covered with some baking paper, and 30 minutes without. You may need to turn your beets around in the pan a couple of times throughout the cooking process.

**Pep it up!** With some fresh thyme, marjoram or oregano

### **CARROTS:**

**To prepare:** Wash carrots and cut in half, lengthways.

Place on a tray (line it with baking paper if you like)

**To roast:** Sprinkle with a little sea salt, some ground black pepper and a drizzle of olive oil, and roast in a 200 oC oven for 45 minutes, or until turning slightly brown along edges. You may need to turn carrots over half way through cooking.

**Pep it up!** Drizzle of honey, fresh thyme leaves, some miso paste, a little sprinkle of ground cumin or coriander.

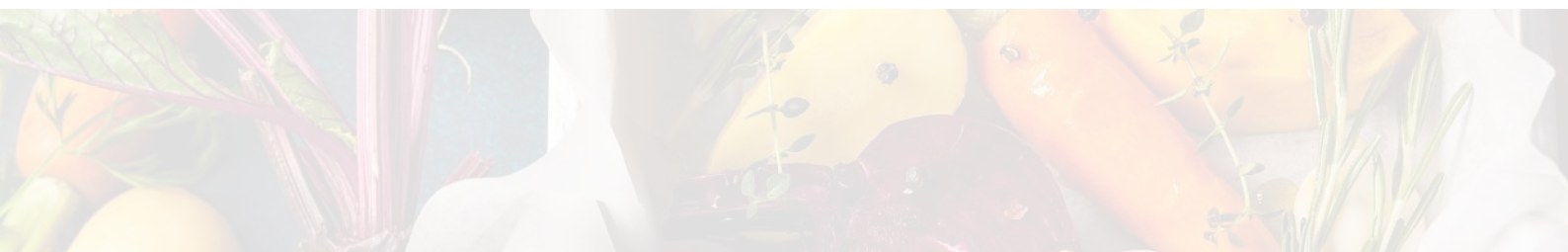
### **POTATOES:**

**To prepare:** Peel or scrub clean and cut into halves or quarters (depending on size of potato). Keep in a bowl of filtered water until ready to roast.

**To Roast:** Drizzle with olive oil, sprinkle with sea salt and freshly ground black pepper. Cook in 200 oC oven for 1 hour and 20 minutes or until golden brown.

You may need to turn the over/sake pan a couple of times throughout the cooking process.

**Pep it up!:** Fresh rosemary sprigs / leaves, smoked paprika, thyme leaves or some lime zest and juice.



## ROASTED VEGGIE DRESSINGS

### Chilli & Mint

Chop a small bunch of fresh mint leaves and mix with 1 tablespoon of apple cider vinegar, 2 tablespoons of raw honey, 1/2 a chopped red chilli and 4 tablespoons of flaxseed oil. Place all ingredients in a jar and shake to combine, then drizzle your spicy dressing all over your roasted vegetables of choice.

### Cumin, Thyme & Smokey Paprika

Add 2 tablespoons whole cumin seeds, a large handful of fresh thyme leaves and 1 tablespoon of smoked paprika, along with 4 tablespoons of olive oil, to a small frying pan. Heating the ingredients over medium heat until the thyme begins to crisp and the seeds become fragrant. Be careful not to burn!

Remove and drizzle over your pre-prepared roasted veg.

### Honey, Rosemary & Orange

Chop a few sprigs of rosemary and then add; 1 tablespoon raw honey, the juice of 1 orange and 4 tablespoons of flaxseed oil. Mix well (you can do this by placing ingredients in a clean jar and shaking), season with sea salt and pepper and drizzle over roast vegetables of choice.

Herbs and spices not only add flavour to your meals, they also add nutrients.

Some spices and herbs have additionally 'medicinal' properties. Thyme, for example, is an anti-microbial herb that can be effective in treating a sore throat when made into a tea with a little Manuka honey.

Turmeric is a medicinal herb used in the treatment of many liver and gallbladder conditions. It may also boost liver detoxification pathways. Rosemary is another herb with an affinity for the liver.



## GREEN LEAFY CHICKEN CASSEROLE

Serves 4

- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, crushed
- 1 onion, chopped
- 2 teaspoons organic ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 800 grams chicken thighs, cut in half
- 2 cups chopped leafy green vegetables & other veggies - e.g. kale, pak choy, spinach, bok choy, zucchini, broccoli, green beans
- 2 large portabello mushrooms or 4 brown mushrooms/shiitake mushrooms, sliced
- 2 tablespoons apple cider vinegar
- 2 tablespoons wheat-free tamari
- 2 tablespoons lemon juice
- 1/4 cup almond meal
- 3 cups chicken stock - preferably homemade (If store brought look for in with no additives/preservatives and low salt)
- Sea salt / dulse flakes and cracked black pepper to season

Preheat your oven to 170oC.

Heat oil in a flameproof casserole dish over medium heat on the stovetop. Add garlic & onion and cook for 5 minutes, or until onion starts to brown.

Add chicken & cook until just browned on both sides of the chicken pieces.

Add spices, turmeric, cumin & paprika, and stir well to coat chicken.

Cook for 2 minutes, while stirring. Add all the remaining ingredients.

Bring to the boil, then transfer to the oven.

Bake in oven for 30-40 minutes or until chicken is cooked and falling apart.



## SNACKS & DRINKS

**See snacks as an opportunity to boost your intake of nutrient dense foods. They should be handy, easy to transport and low in sugar.**

**Just remember, snacking is different to grazing. Snacks are best eaten in the intervals between main meals. Grazing throughout the day can lead to you skipping main meals, and this is not recommended.**

**When it comes to drinks, water should be your number one choice. Get at least 2 litres each and every day. If you exercise intensely or sweat more, then you must drink more.**

**Herbal teas that support liver and gallbladder health can be used to boost water intake. Dandelion root, St. Mary's thistle, Wood betony & Vervain can be mixed with other, more palatable herbs - like Spearmint, Ginger, Chamomile and Lemon balm.**

## GREEN SMOOTHIE

- kale leaves - remove stems
- 1cm knob of ginger
- 1 cup coconut water (young)
- Juice of 1/2 lemon
- 2 tsp chia seeds
- 1 green apple
- 1/2 avocado

Combine all the ingredients together in a blender and process until smooth.

Serves 2. Place extra serve in a mason jar for later in the day.

Note: The inclusion of avocado is for the quality fat content PLUS it also adds a creamy texture to a smoothie. Substitute kale for spinach or watercress, if you wish, or add both.

## GOLDEN MYLK

- 1 cup cashew milk/almond milk/additive-free coconut milk
- 1/2 teaspoon organic turmeric powder or grated fresh turmeric
- 1/4 teaspoon ground cardamon
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly grated ginger
- a pinch of freshly cracked black pepper (this aids turmeric to perform anti-inflammatory magic)
- 1 teaspoon extra virgin cold-pressed coconut oil (fat is needed to absorb turmeric)
- 1/4 teaspoon raw honey

Heat 'mylk' (i.e. nut milk) in a saucepan over medium heat for 2-3 minutes.  
DO NOT BOIL! You need to heat until it is just warm.

Add the spices, ginger, coconut oil and pepper then stir to remove any lumps.  
Remove from heat and pout through a fine sieve to remove the grated ginger.  
Stir in honey.

## SUNFLOWER & SESAME BLISS BALLS

- 1 and 1/3 cups of sunflower seeds
- 1/3 cup sesame seeds – plus extra to roll balls in at end
- 2/3 cup desiccated coconut
- 4 medjool dates, pitted and torn in half
- 3 Tablespoons lemon juice
- 1-3 Tablespoons lemon grated zest
- 1 Tablespoon of coconut oil

Throw in all ingredients, except for the coconut oil, into a food processor and pulse enough to smooch up the seeds so that they release oils and soften the mix.

If you have a high powered for processor, beware of pulsing it too long.  
Once you think it has been chopped up enough, grab a tablespoon-full of mixture and try to squeeze it into a walnut-sized ball. If it is too crumbly to stick together, add the coconut oil and pulse again until incorporated into mixture.

Roll into extra sesame seeds or coconut.  
Store in a glass jar in the fridge or in the freezer.



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The author of this ebook encourages you to consult a health professional before making any health changes, especially any changes related to a specific diagnosis or condition.

No information in this ebook should be relied upon to determine diet, make a medical diagnosis, or determine treatment for a medical condition.

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