

Recipe Book & Shopping List (Gluten-Free)



■ Why we choose these foods?

According to Ayurveda, the three pillars to achieve health are Food, Sleep and Emotional balance. In fact, food is considered to be the best medicine and therefore we have chosen these recipes to prepare your body and mind for a deep cleansing detox and the strengthening of your immune system.

The spices used in the food and teas are renowned for their anti-inflammatory properties and for reducing oxidative stress in the tissue which in turn enhances your immune system. All the vegetables, fruits and spices used are a good source of Vitamin A, C and D and also improve your immune system. The included herbal teas reduce cravings, improve your digestion and re-vitalize every system in your body.

Kitchadi Dhal, the key food in this program is a traditional Ayurvedic meal and is a combination of grains, lentils and vegetables. It is an Ayurvedic superfood that includes Amino acids and all the micro nutrients needed to build your immune system, flush toxins from the body, improve digestion, ease bowel evacuation and rejuvenate the digestive system.

We hope you enjoy our selection of foods and recipes in this program!

■ Options for people who prefer not to cook

If you prefer not to cook, you can still enjoy the benefits of this program. We still highly recommend that you prepare your own juices, teas and breakfast as the recipes are simple. However, for lunch or dinner you may substitute any of the options below from any healthy Indian vegetarian restaurant as long as the food is cooked using ghee, coconut oil or olive oil and is free of any preservatives, MSG, etc.

- Basmathi/red/brown rice with steamed vegetables.
- Basmathi/red/brown rice with mixed vegetable curry.
- Basmathi/red/brown rice with spinach & dal curry (yellow lentil or green mung bean).
- Mixed vegetable soup with tofu or mixed vegetable soup with some lentil such as yellow/red lentil or green mung bean curry.
- Khichadi dal.
- The recommended vegetables are carrot, spinach, beetroot, daikon radish, mushroom, zucchini, beans, and pumpkin.

DETOX DAY

We recommend that you prepare herbal drinks, lunch and dinner on Detox Day (Day 5) as they are very simple to make and are important to follow as prescribed for best results.

If you choose this option and prefer to order lunch and dinner from outside, only buy the items in brown/marked with asterisks (*) in the shopping list on the following pages.

SHOPPING LIST

If you prefer to order lunch and dinner from outside, only buy the items in brown color/marked with asterisks (*).

VEGETABLES		
Tofu - 75 g	Mushroom - 100 g	Green beans - 200 g
Leek - 200 g	Tomato - 500 g	Kale - 50 g (breakfast only: 20 g)*
Garlic clove - 30 g	Broccoli - 500 g	Celery - 300 g (breakfast only: 30 g)*
Zucchini - 500 g	Pumpkin - 200 g	Tamarind - 6 g or lime - 2 pcs
Eggplant - 100 g	Spinach - 200 g	Cucumber - 200 g*
Daikon - 150 g	Green bell pepper - 150 g	Coriander leaves - 30 pcs
Onions - 800 g	Red bell pepper - 100 g	Basil leaves - 20 pcs
Carrot - 900 g (breakfast only: 50 g)*	Ginger - 100 g (herbal drink only: 50 g)*	Curry leaves or bay leaves - 30 pcs (herbal drink only: 15 pcs)*
Beetroot - 200 g		
GRAINS & LENTILS		
Yellow lentils or mung bean lentils - 500 g	Rice (basmati, brown, or red rice) or quinoa - 600 g (120 g for detox)*	Kidney beans - 50 g
Quinoa - 300 g*	Rice flour - 100 g*	
DRIED FRUIT/NUTS/SEEDS		
Pumpkin seeds - 50 g	Almond or hazelnut - 50 g*	Dates or prunes - 250 g*
Apricot - 10 pcs*	Chia seeds or flax seeds - 50 g (breakfast only: 10 g)*	Raisins - 50 g*
SPICES		
Mustard seeds - 20 g	Cumin seeds - 50 g	Rock salt - 50 g
Pepper powder - 50 g (herbal drink only: 10 g)*	Turmeric powder - 100 g (herbal drink only: 50 g)*	Palm sugar - 50 g (breakfast & herbal drink only: 30 g)*
Cumin powder - 50 g (herbal drink only: 10 g)*	Fennel powder - 20 g (herbal drink only: 5 g)*	Chamomile - 10 g (herbal drink only: 5 g)*
Coriander powder - 50 g (herbal drink only: 4 g)*	Cinnamon powder - 50 g (breakfast & herbal drink only: 15 g)*	Oregano or thyme - 25 g (herbal drink only: 5 g)*

FRUIT		
Banana - 3 pcs*	Strawberry - 200 g*	Lime or lemon - 3 pcs*
Avocado - 300 g (breakfast only: 150 g)*	Orange - 400 g or Pomegranate - 150 g*	Kiwi or strawberry or grapefruit - 200 g*
Papaya or green apple - 200 g*		
OTHERS		
Soy milk or almond milk - 750 ml*	Olive oil - 150 ml	
Coconut milk - 50 ml	Edible organic castor oil - 50 ml*	
Ghee† - 300 ml (if not available, replace with coconut oil, olive oil or vegetable oil) (breakfast only: 30 g)* Or 500 g butter if you prefer to prepare ghee by yourself according to our recipe.	Vegetable stock† - 3 litre (organic/vegan and does not contain preservatives or salt)	
	Coconut oil or sesame oil - 100 ml (for oil swishing)*	

† Please note that some of our recipes use ghee and vegetable stock. If you would like to prepare these by yourself at home, please refer to the ghee recipe at the end of this booklet and the vegetable stock recipes on day 1 and day 6. The vegetable stock is made in two batches, so you will have a fresh batch on day 6, the day after your detox.

Equipments needed:

- Measuring cups and spoons
- Saucepan
- Pan
- Blender

■ DAILY MENU

Day 1

Juice

Cucumber, Ginger, Lime

Breakfast

Quinoa Porridge

Herbal Drink

Digestive Tea with Cumin, Fennel, and Ginger

Lunch

Rice and Spinach Dal Curry

Dinner

Appetizer: Zucchini Soup

Main course: Vegetable Stir-fry

Day 3

Juice

Kale, Celery, Carrot

Breakfast

Rice Flour Porridge with Raisins

Herbal Drink

Digestive Tea with Basil, Cumin, and Cinnamon

Lunch

Appetizer: Rasam

Main course: Quinoa Salad

Dinner

Appetizer: Beetroot Soup

Main course: Khichadi Dal

Day 5

Herbal Drink

Ginger Water

Detox Day Herbal Tea

Lunch

Rice/Quinoa Porridge

Dinner

Rice/Quinoa Porridge

Day 2

Juice

Papaya or Green Apple

Breakfast

Quinoa Pancakes

Herbal Drink

Digestive Tea with Coriander, Chamomile, and Ginger

Lunch

Appetizer: Rasam

Main course: Tofu Fried Rice

Dinner

Appetizer: Pumpkin-ginger Soup

Main course: Khichadi Dal

Day 4

Juice

Kiwi or Strawberry or Grapefruit

Breakfast

Quinoa Porridge

Herbal Drink

Digestive Tea with Cumin, Fennel, and Ginger

Lunch

Appetizer: Rasam

Main course: Khichadi Dal

Dinner

Appetizer: Carrot-ginger Soup

Main course: Tamarind Rice or Lemon Rice

Day 6

Juice

Orange or Pomegranate

Breakfast

Quinoa Porridge

Herbal Drink

Golden Milk

Immune Tea

Lunch

Khichadi Dal

Dinner

Appetizer: Mixed Vegetable Soup

Main course: Khichadi Dal

Day 7

Juice

Avocado with Dates or Prunes

Breakfast

Rice Flour Porridge with Raisins

Herbal Drink

Golden Milk

Immune Tea

Lunch

Rice/Quinoa

Mung Bean Curry

Dinner

Appetizer: Broccoli Soup

Main course: Vegetable Stir-fry with Tofu

Notes:

- For lighter meals, you can choose to have only one course for dinner. On Day 1, you can skip either the soup or the Vegetable Stir-Fry. On Days 2, 3 and 4, you can skip the soup. On Day 6 dinner, you may skip the Khichadi Dal. On Day 7, you can skip either the soup or Vegetable Stir-Fry with Tofu.
- For a quicker preparation of Khichadi Dal with a rice cooker or pressure cooker, please refer to the end of this booklet.
- Rice is used in some of the recipes but you may substitute it with quinoa.
- Your schedule will indicate when you'll be cooking lentils or quinoa, please soak them the night before for faster preparation.

■ DAY 1

BREAKFAST

Juice: Cucumber, Ginger, Lime

Ingredients - 1 portion

1 cup or 150 g cucumber, peeled and sliced
1 tbsp ginger
1 tbsp lime or lemon juice
1/2 cup or 100 ml water

Method

Put cucumber slices, ginger, lemon/lime juice, and water into a blender and blend. Strain (optional) and drink before breakfast.

Quinoa Porridge

Ingredients - 1 portion

2 1/4 cups or 500 ml water
1/4 cup or 50 g quinoa, soaked overnight
1 tbsp palm sugar
5 raisins, diced
1/2 cup or 100 ml soy milk or almond milk

Toppings

4 strawberries, diced (or other fruits)
4 almonds or 5 hazelnuts, crushed
1 tsp chia seeds or flax seeds
1 apricot, diced

Method

Combine quinoa and water in a saucepan, cover with a lid. Cook over medium heat, stirring occasionally, for about 20 minutes. Add palm sugar, raisins, soy milk/almond milk and cook for another 10 minutes, until quinoa is soft. Turn off the heat. Add any of the extra healthy toppings and enjoy!

HERBAL DRINK

Digestive Tea with Cumin, Fennel, and Ginger

Ingredients - 2 portions

1/2 tsp cumin powder
1/2 tsp fennel powder
4 slices fresh ginger, crushed
3 1/2 cup or 800 ml water

Method

Pour the water into a medium-sized vessel and place it on the stove over medium heat. Add the ingredients one by one and let boil until reduced to half (around 400 ml). Strain the herbal tea and keep warm in a thermos. Drink one glass each at 11:00 and 16:00.

LUNCH

Rice and Spinach Dal Curry

Ingredients - 1 portion spinach dal curry

1 3/4 cup or 400 ml water
1/4 cup or 50 g yellow lentils, soaked overnight
1/4 tsp turmeric powder
Salt and pepper to taste
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/4 tsp or 1 inch ginger, minced
1/2 cup or 30 g spinach, chopped

Method

Wash the soaked lentils, put in a pressure cooker or a pot with water, turmeric, salt, and pepper over medium heat. Cook for 3-4 minutes. If using a pot, cook until the dal becomes soft and mushy. Set aside.

In a pan, heat the ghee/oil. Fry the cumin seeds, then add the chopped ginger and fry for a minute.

Return the cooked lentils to the heat and add the spice mixture. Add the chopped spinach, cook over medium heat till the spinach becomes soft. Add water if needed, depending on how thick or thin you want the dal to be.

Ingredients - 1 portion rice/quinoa

1/4 cup or 40 g rice or quinoa (soaked overnight)
3/4 cup or 180 ml water
(If using red rice, use 1 1/2 cup or 350 ml water)

Method

Boil the water in a saucepan over medium heat. Add the rice/quinoa once the water starts boiling and cover the saucepan with a lid. Check after 20 minutes if the rice is well-cooked (40 minutes if using red rice, 30 minutes if using quinoa). Turn off the heat and keep the saucepan covered until time to serve.

You can use your own conventional method to cook rice in a rice cooker or pressure cooker. Cooking time may vary for rice and quinoa.

DINNER

Vegetable Stock (first batch)

Prepare on day 1 for day 1 to 4, optional.

Ingredients - 4 cups or 1 liter of stock

6 cups or 1.5 liter water
1/2 cup or 90 g carrots, diced
1 1/3 cup or 150 g onion, diced
1/2 cup or 25 g celery, sliced
1/2 cup or 50 g leek, sliced

Method

Heat the water in a pot. When it begins to boil, add the vegetables and let simmer for 45 minutes. Drain and discard the vegetables.

Let it cool down and store in an airtight container in the fridge. Take out the required amount 30 minutes before use.

Zucchini Soup

Ingredients - 1 portion

1 1/2 cup or 200 g zucchini
1/2 tsp thyme or oregano
2 tbsp ghee or oil
2 tbsp or 20 g onion, minced
1 garlic clove, crushed
1/4 tsp or 1-2 cm ginger, sliced
3/4 cup or 200 ml vegetable stock
Salt and pepper to taste

Method

Slice the zucchini into medium-sized slants and sprinkle with thyme/oregano. Grill the zucchini in a pan using ghee/oil. Set aside.

Heat ghee/oil in a pot, sauté onion, garlic, and ginger, stirring for 2 minutes. Add zucchini, stir for 1-2 minutes. Add vegetable stock and bring to a boil, reduce heat to medium-low, simmer for 5-10 minutes. Season with salt and pepper. Set aside for 5 minutes to cool slightly.

Blend until smooth. Return to pan over low heat for 3 minutes. Adjust the consistency of soup by adding extra vegetable stock if needed. Serve warm.

Vegetable Stir-fry

Ingredients - 1 portion

1 tsp olive oil or ghee
2 tbsp or 20 g onion, diced
1 tbsp or 3 cloves of garlic, minced
1/3 cup or 60 g carrot, sliced thin
1/3 cup or 40 g daikon, sliced thin
1/4 cup or 30 g red bell pepper, sliced thin
1/2 cup or 30 g mushroom, chopped
1 cup or 50 g spinach, chopped
1/2 cup or 60 g broccoli, chopped
Salt and pepper to taste

Method

Heat olive oil/ghee in a pan, sauté onion and garlic. Stir for 3 minutes. Add carrot, daikon, bell pepper, mushroom, spinach, and broccoli, stirring until well cooked. Season with salt and pepper. Serve with olive oil as topping (optional).

■ DAY 2 MENU

BREAKFAST

Juice: Papaya or Green Apple

Ingredients - 1 portion

1 cup or 100 g papaya or green apple, peeled
5 raisins
2 dates or prunes
3/4 cup or 200 ml water

Method

Put the fruit, raisins, dates/prunes, and water into a blender and blend. Serve in a glass and drink before breakfast.

Quinoa Pancakes

Ingredients – 1 portion (3 pancakes)

1/4 cup or 50 g quinoa, soaked overnight
1/4 cup or 60 ml water
1/8 tsp salt
1 tbsp ghee or oil for coating the pan
10 thin slices of banana
10 thin slices of strawberry

Method

Using a blender, mix the quinoa with water and salt until it becomes a soft batter, preferably no lumps. Heat a non-stick pan or cast-iron skillet over medium heat. The pan should be ready for the batter as soon as it has been mixed.

Put ghee/oil in the pan and spread it around to coat. Ladle the batter onto the hot surface in the desired size, about 4-5 inches wide.

Reduce the heat to medium-low. Put banana and strawberry slices on one half of the pancake, then fold the other side over. Allow the pancake to cook for 2-3 minutes, until nicely brown.

Garnish with banana and strawberry slices.

You should get 3-4 pancakes with this recipe.

HERBAL DRINK

Digestive Tea with Coriander, Chamomile, and Ginger

Ingredients

1/2 tsp coriander powder
1/2 tsp chamomile powder
4 slices crushed fresh ginger
3 1/2 cup or 800 ml water

Method

Pour the water into a medium-sized vessel and place it on the stove over medium heat. Add the ingredients one by one and let boil until reduced to half (around 400 ml). Strain the herbal tea and keep warm in a thermos.

Drink one glass each at 11:00 and 16:00.

LUNCH

Rasam

Ingredients - 1 portion

3 cloves garlic
1 tsp cumin powder
1 tsp black pepper
2 tsp coriander leaves
1 tbsp coconut oil
1/4 tsp mustard seeds
6 curry leaves or bay leaves
1/2 tsp salt or to taste
1/2 cup tomato, chopped
1/4 tsp turmeric powder
1 3/4 cup or 400 ml water

Method

Blend garlic, cumin, black pepper, coriander leaves together and put the mix into a small bowl.

Heat coconut oil in a pan, add mustard seeds and curry leaves, fry for 1 minute. Temper over low heat so spices don't burn.

Add the blended mixture to the pan and heat for 2 minutes, season with salt. Add tomato, turmeric powder, and water. Cover the pan with a lid for few minutes and cook for 8-10 minutes over medium heat.

Turn off the heat, let the soup rest for a while and then enjoy it with your meal.

Tofu Fried Rice

To make it tastier, use basmati rice

Ingredients - 1 portion

1/4 cup or 50 g rice or quinoa (soaked overnight)
1 3/4 cup or 400 ml water
1-2 tbsp ghee or oil
3 tbsp or 30 g onion, minced
2 cloves garlic, minced
1/4 cup or 20 g tofu, shredded
1/4 cup or 30 g carrot, sliced
1/4 cup or 30 g broccoli, diced
1/4 cup or 30 g red bell pepper, diced
1/2 cup or 30 g mushrooms, chopped
1/4 tsp turmeric powder
1/3 cup or 20 g spinach
salt and pepper to taste

Method

Wash and rinse the rice/quinoa and put into a rice cooker or a pot, add water. Cook until the rice/quinoa softens. In a saucepan, sauté onion, garlic, tofu, and carrot with ghee/oil and stir until soft.

Add broccoli, bell pepper, mushroom, turmeric powder, and spinach and stir for 5 minutes. Add the rice and mix well. Season with salt and pepper.

DINNER

Pumpkin-ginger Soup

Ingredients - 1 portion

1 tbsp olive oil or coconut oil
1/4 cup or 20 g onion, minced
3 garlic cloves, minced
1 tbsp or 5 g ginger, sliced
1 cup or 130 g pumpkin, peeled and seeded, cut into 3 cm pieces
3/4 cup or 200 ml vegetable stock
Salt and pepper to taste

Method

Heat oil in a medium pan, sauté onion, garlic, and ginger until soft. Add pumpkin and keep stirring for 2 minutes. Add vegetable stock.

Season with salt and pepper. Bring to a boil and simmer uncovered for 15 minutes. The pumpkin should be soft.

Set aside for 5-10 minutes to cool slightly. Blend everything until smooth, return to heat for 3 minutes. Adjust the consistency of soup by adding extra vegetable stock if needed.

Khichadi Dal

Ingredients - 1 portion

1/4 cup or 50 g yellow lentils, soaked overnight
1/4 cup or 50 g rice or quinoa (soaked overnight)
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/2 tsp or 1/2 inch ginger, minced or grated
1/4 cup or 20 g onion, sliced
1/4 tsp turmeric powder
1/2 cup carrot, diced
1/4 cup or 30 g green beans, diced
3 1/2 cup or 800 ml water
1/4 cup tomato, chopped
Salt and pepper to taste

Method

Wash soaked yellow lentils and rice/quinoa together. Heat the ghee/oil in a pressure cooker or a pan. Add cumin, when it pops, add ginger and onion. Stir well, when onions turn translucent, add turmeric powder. Stir for about 2 minutes. Add carrot and beans.

Drain the rice/quinoa and yellow lentils and add them to the pressure cooker/pan. Stir for a minute. Pour the water and let it boil for a while. Then add tomato, stir and season with salt and pepper.

Close the lid tightly and pressure cook the khichadi over high heat for 6-7 whistles or cook in the pot until rice/quinoa and vegetables are soft. If the khichadi becomes too thick, add some water and stir well. Keep simmering on low heat till you get the right consistency.

Top with 1 tbsp ghee for serving.

■ DAY 3 MENU

BREAKFAST

Juice: Kale, Celery, Carrot

Ingredients - 1 portion

1/2 cup or 20 g kale
1/3 cup or 30 g celery
1/2 cup or 50 g carrot
1 tbsp ginger
2 tbsp lemon/lime juice
3/4 cup or 200 ml water

Method

Put kale, celery, carrot, ginger, lemon/lime juice into a blender. Add water and blend. Strain (optional) and drink before breakfast.

Rice Flour Porridge with Raisins

Ingredients - 1 portion

1 3/4 cup or 300 ml water
1/4 tsp cinnamon powder
1/4 cup or 50 g rice flour
1/2 cup or 100 ml soy milk or almond milk
10 raisins
4 dates/prunes, finely diced
1 banana, peeled and sliced
2 strawberries, sliced

Method

Cook water with the cinnamon powder over medium heat. When the water has boiled add the rice flour little by little to avoid lumps cook for 10 minutes. Add soy milk or almond milk, raisins, and dates /prunes. Turn the heat to low. Stir until hot and smooth for the next 5 minutes. Remove from heat. Garnish with strawberries and banana, serve warm.

HERBAL DRINK

Digestive Tea with Basil, Cumin, and Cinnamon

Ingredients - 1 portion

6 leaves thai basil or basil
1/2 tsp cumin powder
1/2 tsp cinnamon powder
3 1/2 cups or 800 ml water

Method

Pour the water into a medium-sized vessel, put the vessel on the stove over medium flame. Add the ingredients one by one and let boil until it reduced to half (around 400 ml). Strain the herbal tea and keep warm in a thermos.

Drink one glass each at 11:00 and 16:00.

Rasam

Ingredients - 1 portion

3 cloves garlic
1 tsp cumin powder
1 tsp black pepper
2 tsp coriander leaves
1 tbsp coconut oil
1/4 tsp mustard seeds
6 curry leaves or bay leaves
1/2 tsp salt or to taste
1/2 cup tomato, chopped
1/4 tsp turmeric powder
1 3/4 cup or 400 ml water

Method

Blend garlic, cumin, black pepper, coriander leaves together and put the mix into a small bowl.

Heat coconut oil in a pan, add mustard seeds and curry leaves, fry for 1 minute. Temper over low heat so spices don't burn.

Add the blended mixture to the pan and heat for 2 minutes, season with salt. Add tomato, turmeric powder, and water. Cover the pan with a lid for few minutes and cook for 8-10 minutes over medium heat. Turn off the heat, let the soup rest for a while and then enjoy it with your meal.

LUNCH

Quinoa Salad

Ingredients - 1 portion

3 cups or 700 ml water or as required
1/4 cup or 35 g kidney beans
2 tbsp or 25 g quinoa, soaked overnight
1/3 cup or 30 g red and green bell pepper, diced
1/4 cup or 60 g broccoli
100 g or 1/2 medium-sized avocado, mashed (as an alternative, you can make Beetroot Sauce for the dressing)
1 tbsp olive oil

1/3 cup or 30 g spinach
1 tbsp lemon/lime juice
Salt and pepper to taste
2 tbsp or 25 g toasted pumpkin seeds

Method

Cook the kidney beans with 1 cup of water, quinoa with 1 cup of water, the bell peppers and broccoli with 1 cup of water—in separate saucepans over medium heat. Once all ingredients are well cooked, switch off the heat and drain the excess water. Keep the vegetables in separate bowls.

Prepare mashed avocado or make Beetroot Sauce using the recipe below.

Heat a pan with oil and sauté spinach.

Mix the mashed avocado or Beetroot Sauce, kidney beans, bell peppers, broccoli, quinoa, olive oil, lemon/lime juice, salt, and pepper in a mixing bowl and set aside. Arrange the sautéed spinach on a plate, tumble the quinoa mixture on top, finish with toasted pumpkin seeds.

Beetroot Sauce (optional)

Ingredients - 1 portion

1 tbsp ghee or oil
1 tsp onion, chopped
1 tsp garlic, minced
1/2 cup or 50 g beetroot
1/2 cup or 100 ml water
Salt and pepper to taste

Method

Place a frying pan on low heat, add ghee/oil. Add onion and garlic and stir well until light yellow in color. Add beetroot and water to this mixture, close the lid and simmer for 10 minutes. Turn off the heat and let it cool down. Transfer the mixture into a blender and blend until smooth. If the sauce is too thick, add some water.

DINNER

Beetroot Soup

Ingredients - 1 portion

1 tbsp coconut oil or ghee
1/4 cup onion, minced
3 cloves garlic, minced
1 cup or 150 g beetroot, peeled and chopped
1 1/4 cup or 300 ml vegetable stock

1/2 tsp turmeric powder
1/2 tsp salt

Method

Warm coconut oil/ghee in a saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 3 minutes. Stir in chopped beetroot and cook for 1 minute.

Pour in the vegetable stock and season with salt and turmeric powder. Bring to a boil and let simmer for 15 minutes till tender. Remove from heat and set aside for 5-10 minutes to cool slightly. Blend everything until smooth, return to heat for 3 minutes.

Khichadi Dal

Ingredients - 1 portion

1/4 cup or 50 g yellow lentils, soaked overnight
1/4 cup or 50 g rice or quinoa (soaked overnight)
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/2 tsp or 1/2 inch ginger, minced or grated
1/4 cup or 20 g onion, sliced
1/4 tsp turmeric powder
1/2 cup carrot, diced
1/4 cup or 30 g green beans, diced
3 1/2 cup or 800 ml water
1/4 cup tomato, chopped
Salt and pepper to taste

Method

Wash soaked yellow lentils and rice/quinoa together. Heat the ghee/oil in a pressure cooker or a pan. Add cumin, when it pops, add ginger and onion. Stir well, when onions turn translucent, add turmeric powder. Stir for about 2 minutes. Add carrot and beans.

Drain the rice/quinoa and yellow lentils and add them to the pressure cooker/pan. Stir for a minute. Pour the water and let it boil for a while. Then add tomato, stir and season with salt and pepper.

Close the lid tightly and pressure cook the khichadi over high heat for 6-7 whistles or cook in the pot until rice/quinoa and vegetables are soft. If the khichadi becomes too thick, add some water and stir well. Keep simmering on low heat till you get the right consistency.

Top with 1 tbsp ghee for serving.

■ DAY 4 MENU

BREAKFAST

Juice: Kiwi or Strawberry or Grapefruit

Ingredients - 1 portion

1 cup or 200 g kiwi or
1 cup or 150 g strawberry or
1 cup or 150 g grapefruit
5 raisins
2 dates or prunes
1/2 cup or 100 ml water

Method

Put the chosen fruit, raisins, and dates/prunes into a blender. Add water and blend. Serve in a glass and drink before breakfast.

Quinoa Porridge

Ingredients - 1 portion

2 1/4 cups or 500 ml water
1/4 cup or 50 g quinoa, soaked overnight
1 tbsp palm sugar
5 raisins, diced
1/2 cup or 100 ml soy milk or almond milk

Toppings

4 strawberries, diced (or other fruits)
4 almonds or 5 hazelnuts, crushed
1 tsp chia seeds or flax seeds
1 apricot, diced

Method

Combine quinoa and water in a saucepan, cover with a lid. Cook over medium heat, stirring occasionally, for about 20 minutes. Add palm sugar, raisins, soy milk/almond milk and cook for another 10 minutes, until quinoa is soft. Turn off the heat. Add any of the extra healthy toppings and enjoy!

HERBAL DRINK

Digestive Tea with Cumin, Fennel, and Ginger

Ingredients - 2 portions

1/2 tsp cumin powder
1/2 tsp fennel powder
4 slices fresh ginger, crushed
3 1/2 cups or 800 ml water

Method

Pour the water into a medium-sized vessel and place it on the stove over medium heat. Add the ingredients one by one and let boil until reduced to half (around 400 ml). Strain the herbal tea and keep warm in a thermos. Drink one glass each at 11:00 and 16:00.

LUNCH

Rasam

Ingredients - 1 portion

3 cloves garlic
1 tsp cumin powder
1 tsp black pepper
2 tsp coriander leaves
1 tbsp coconut oil
1/4 tsp mustard seeds
6 curry leaves or bay leaves
1/2 tsp salt or to taste
1/2 cup tomato, chopped
1/4 tsp turmeric powder
1 3/4 cup or 400 ml water

Method

Blend garlic, cumin, black pepper, coriander leaves together and put the mix into a small bowl.

Heat coconut oil in a pan, add mustard seeds and curry leaves, fry for 1 minute. Temper over low heat so spices don't burn.

Add the blended mixture to the pan and heat for 2 minutes, season with salt. Add tomato, turmeric powder, and water. Cover the pan with a lid for few minutes and cook for 8-10 minutes over medium heat.

Turn off the heat, let the soup rest for a while and then enjoy it with your meal.

Khichadi Dal

Ingredients - 1 portion

1/4 cup or 50 g yellow lentils, soaked overnight
1/4 cup or 50 g rice or quinoa (soaked overnight)
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/2 tsp or 1/2 inch ginger, minced or grated
1/4 cup or 20 g onion, sliced
1/4 tsp turmeric powder
1/2 cup carrot, diced
1/4 cup or 30 g green beans, diced
3 1/2 cup or 800 ml water
1/4 cup tomato, chopped
Salt and pepper to taste

Method

Wash soaked yellow lentils and rice/quinoa together. Heat the ghee/oil in a pressure cooker or a pan. Add cumin, when it pops, add ginger and onion. Stir well, when onions turn translucent, add turmeric powder. Stir for about 2 minutes. Add carrot and beans.

Drain the rice/quinoa and yellow lentils and add them to the pressure cooker/pan. Stir for a minute. Pour the water and let it boil for a while. Then add tomato, stir and season with salt and pepper.

Close the lid tightly and pressure cook the khichadi over high heat for 6-7 whistles or cook in the pot until rice/quinoa and vegetables are soft. If the khichadi becomes too thick, add some water and stir well. Keep simmering on low heat till you get the right consistency.

Top with 1 tbsp ghee for serving.

DINNER

Carrot-ginger Soup

Ingredients - 1 portion

1 tbsp ghee or oil
1 tbsp onion, minced
2 garlic cloves, minced
1 tsp or 5 g ginger, sliced
1/2 cup or 40 g carrot, diced
1 1/4 cup or 300 ml vegetable stock
1/4 tsp salt

1/4 tsp pepper
Coriander leaves

Method

Heat ghee or oil in a pan, then sauté the onion for 2-3 minutes until softened. Add garlic and ginger, stirring cook for 2-3 minutes. Add the carrot and vegetable stock. Bring to a boil and simmer for 15 minutes. Stir until carrots are softened, season with salt and pepper, and add chopped coriander leaves.

Tamarind Rice

Ingredients - 1 portion

6 g pitted tamarind
2 tbsp or 30 ml water
1/3 cup or 60 g rice or quinoa (soaked overnight)
2 1/4 cups or 500 ml water
2 tbsp ghee or oil
1/8 tsp mustard seeds
4 curry leaves or bay leaves
1/2 tsp or 3 g ginger, minced
1/2 tsp coriander powder
1/4 tsp turmeric powder
1/2 tsp cumin seeds
Salt and pepper to taste

Method

Soak tamarind in 2 tbsp water for 30 minutes. Shred it well and filter the water without the tamarind pieces.

Cook rice/quinoa in water in a saucepan over medium heat. Stir occasionally. Check the rice/quinoa after 20 minutes. If well-cooked, turn the heat off and set aside.

Then heat the ghee/oil in a pan and add the mustard seeds, curry or bay leaves, and fry the mixture until the spluttering stops. Add ginger, coriander powder, turmeric powder, pepper, and cumin seeds. Fry the mixture for another minute. Add tamarind water and salt, let boil for 2 minutes. Stir the mixture continuously and add the rice/quinoa, mix well in the pan and heat up for 3 minutes.

Lemon Rice

Ingredients - 1 portion

1/3 cup or 60 g rice or quinoa (soaked overnight)
2 1/4 cups or 500 ml water
2 tbsp ghee or oil
1/2 tsp mustard seeds
4 curry leaves or bay leaves
1/2 tsp or 3 g ginger, minced
1/2 tsp coriander powder
1/4 tsp turmeric powder
Pepper to taste
1/2 tsp cumin seeds
4 tbsp limes or lemons juice
a pinch of salt

Method

Cook rice/quinoa in water in a saucepan over medium heat. Stir occasionally. Check the rice/quinoa after 20 minutes. If well-cooked, turn the heat off. Strain excess water and set aside.

Heat the ghee/oil in a pan and add the mustard seeds, curry/bay leaves and fry the mixture until the spluttering stops. Add ginger slices, coriander powder, turmeric powder, pepper, and cumin seeds. Fry the mixture for another minute.

Add lime/lemon juice with 100 ml water and salt, let boil for 2 minutes. Stir the mixture continuously and add the rice/quinoa, mix well in the pan and heat up for 3 minutes.

DAY 5 (DETOX DAY) MENU

HERBAL DRINKS

Ginger Water

Ingredients - 1 portion

2 tbsp or 20 g ginger, peeled and crushed
8 cups or 2 liter water

Method

Boil water and ginger in a medium-sized vessel for 10 minutes, keep it in a thermos, take 1/2 cup of ginger water every 15 minutes after taking the Detox medicine.

Detox Day Herbal Tea

Ingredients - 1 portion

1/4 tsp cumin powder
1/4 tsp fennel powder
2 slices fresh ginger, crushed
1 3/4 or 400 ml water

Method

Pour the water into a medium-sized vessel and place it on the stove over medium heat. Add the ingredients one by one and let boil until reduced to half (around 200 ml). Strain the herbal tea.

Drink one glass at 16:00.

Electrolyte Water (optional)

If you have more than 10 bowel movements by 4 pm, drink electrolyte water.

Ingredients

4 tsp lime or lemon juice
1 tbsp palm sugar or 2 tsp honey
1/2 tsp salt
4 cups or 1 l lukewarm water

Method

Add lime/lemon juice in water, add palm sugar/honey and salt one by one and mix well. Drink half a glass of this every half an hour.

LUNCH AND DINNER

Rice/Quinoa Porridge

Ingredients - 1 portion

2 3/4 cups or 600 ml water
1/3 cup or 60 g rice or quinoa (soaked overnight)

Method

Boil the water in a saucepan over medium heat. Add the rice/quinoa once the water starts boiling. Stir occasionally. Check after 20 minutes, if done.

DAY 6 MENU

BREAKFAST

Juice: Orange or Pomegranate

Ingredients - 1 portion Orange Juice

400 g or 2 oranges

Method - Orange juice

Cut the orange horizontally and put it into a squeezer or use juicer. Drink before breakfast.

Ingredients - 1 portion Pomegranate Juice

3/4 cup or 150 g pomegranate
3/4 cup or 200 ml water
5 raisins (optional)
2 dates or prunes (optional)

Method - Pomegranate juice

Put the pomegranate seeds, raisins, dates/prunes, and water into a blender and blend. Strain into a glass (optional) and drink before breakfast.

Quinoa Porridge

Ingredients - 1 portion

2 1/4 cups or 500 ml water
1/4 cup or 50 g quinoa, soaked overnight
1 tbsp palm sugar
5 raisins, diced
1/2 cup or 100 ml soy milk or almond milk

Toppings

4 strawberries, diced (or other fruits)
4 almonds or 5 hazelnuts, crushed
1 tsp chia seeds or flax seeds
1 apricot, diced

Method

Combine quinoa and water in a saucepan, cover with a lid. Cook over medium heat, stirring occasionally, for about 20 minutes. Add palm sugar, raisins, soy milk/almond milk and cook for another 10 minutes, until quinoa is soft. Turn off the heat. Add any of the extra healthy toppings and enjoy!

HERBAL DRINK

Immune Tea

Ingredients - 1 portion

1 3/4 cup or 400 ml water
1/4 tsp cinnamon powder
1/4 tsp turmeric powder
1/4 tsp coriander powder
4-5 basil leaves or 1/2 tsp oregano/thyme

Method

Pour the water into a medium-sized vessel, heat on medium flame. Add the ingredients one by one and let boil until reduced to half (around 200 ml). Strain and drink it at 11:00.

Golden Milk

Ingredients - 1 portion

7 tbsp or 50 g turmeric powder
1 tbsp or 10 g black pepper
4 tbsp or 40 g ghee/oil
1/2 cup or 100 ml soy/almond milk, boiled

Method

Heat a small frying pan on low flame for 1 minute. Add the turmeric powder and black pepper and heat it for 2-3 minutes or until the colour starts changing to a very light brown. Add the ghee/oil into the pan and stir well. Heat it for 3 minutes on the same low flame.

Let it cool down and store in an airtight container. This can be kept for 30 days.

Add 1 teaspoon of this mixture to 100 ml of warm boiled milk and drink at 16:00.

This Golden Milk can be taken daily for a month.

LUNCH

Khichadi Dal

Ingredients - 1 portion

1/4 cup or 50 g yellow lentils, soaked overnight
1/4 cup or 50 g rice or quinoa (soaked overnight)
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/2 tsp or 1/2 inch ginger, minced or grated

1/4 cup or 20 g onion, sliced
1/4 tsp turmeric powder
1/2 cup carrot, diced
1/4 cup or 30 g green beans, diced
3 1/2 cup or 800 ml water
1/4 cup tomato, chopped
Salt and pepper to taste

Method

Wash soaked yellow lentils and rice/quinoa together. Heat the ghee/oil in a pressure cooker or a pan. Add cumin, when it pops, add ginger and onion. Stir well, when onions turn translucent, add turmeric powder. Stir for about 2 minutes. Add carrot and beans.

Drain the rice/quinoa and yellow lentils and add them to the pressure cooker/pan. Stir for a minute. Pour the water and let it boil for a while. Then add tomato, stir and season with salt and pepper.

Close the lid tightly and pressure cook the khichadi over high heat for 6-7 whistles or cook in the pot until rice/quinoa and vegetables are soft. If the khichadi becomes too thick, add some water and stir well. Keep simmering on low heat till you get the right consistency.

Top with 1 tbsp ghee for serving.

DINNER

Vegetable Stock (second batch)

Prepare on day 6 for day 6 and 7, optional.

Ingredients - 2 cups or 500 ml of stock

3/4 cup or 75 g onion, diced
1/4 cup or 45 g carrots, diced
3/4 cup or 25 g leek, sliced
1/4 cup or 15 g celery, sliced
3 1/4 cups or 750 ml water

Method

Heat the water in a pot. When it begins to boil, add the vegetables and let simmer for 45 minutes. Drain and discard the vegetables.

Let it cool down and store in an airtight container in the fridge. Take out the required amount 30 minutes before use.

Mixed Vegetable Soup

Ingredients - 1 portion

1 tbsp or 15 ml virgin coconut or olive oil
1 tbsp or 10 g onion, diced
1 tsp or 1 garlic clove, minced
1 tbsp or 15 g tomato, diced
2 tbsp or 15 g carrot, diced
1 3/4 cup or 400 ml vegetable stock
1 tbsp or 10 g tofu, diced
1 tbsp or 10 g eggplant, diced
1 tbsp or 10 g zucchini, diced
1 tbsp or 10 g green french beans, sliced
1 2 tbsp broccoli, chopped
1/4 tsp dried basil
Salt and pepper to taste
1/4 tsp fresh basil, oregano, or thyme (optional)

Method

Heat the oil in a saucepan over medium heat. Add onion and garlic, and cook until golden brown for about 3 minutes. Add tomato and carrot, cook for another 2 minutes. Add vegetable stock and cook until they begin to soften, about 15 minutes. Add tofu, eggplant, zucchini, and beans. Stir well and cook for another 15 minutes over medium heat.

Then add broccoli, dried basil/oregano/thyme, and salt and pepper to taste. Add vegetable stock if needed and bring to a boil.

Reduce the heat to low and simmer for 10 minutes. Ladle into a bowl and top with chopped basil/oregano/thyme (optional).

Khichadi Dal

Ingredients - 1 portion

1/4 cup or 50 g yellow lentils, soaked overnight
1/4 cup or 50 g rice or quinoa (soaked overnight)
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/2 tsp or 1/2 inch ginger, minced or grated
1/4 cup or 20 g onion, sliced
1/4 tsp turmeric powder
1/2 cup carrot, diced
1/4 cup or 30 g green beans, diced
3 1/2 cup or 800 ml water
1/4 cup tomato, chopped
Salt and pepper to taste

Method

Wash soaked yellow lentils and rice/quinoa together. Heat the ghee/oil in a pressure cooker or a pan. Add cumin, when it pops, add ginger and onion. Stir well, when onions turn translucent, add turmeric powder. Stir for about 2 minutes. Add carrot and beans.

Drain the rice/quinoa and yellow lentils and add them to the pressure cooker/pan. Stir for a minute. Pour the water and let it boil for a while. Then add tomato, stir and season with salt and pepper.

Close the lid tightly and pressure cook the khichadi over high heat for 6-7 whistles or cook in the pot until rice/quinoa and vegetables are soft. If the khichadi becomes too thick, add some water and stir well. Keep simmering on low heat till you get the right consistency.

Top with 1 tbsp ghee for serving.

DAY 7 MENU

BREAKFAST

Juice: Avocado with Dates or Prunes

Ingredients - 1 portion

1 cup or 150 g avocado
5 raisins
2 dates or prunes
1 cup or 200 ml water

Method

Put avocado, raisins, dates/prunes, and water into a blender and blend. Serve in a glass and drink before breakfast.

Rice Flour Porridge with Raisins

Ingredients - 1 portion

1 3/4 cup or 300 ml water
1/4 tsp cinnamon powder
1/4 cup or 50 g rice flour
1/2 cup or 100 ml soy milk or almond milk
10 raisins
4 dates/prunes, finely diced
1 banana, peeled and sliced
2 strawberries, sliced

Method

Cook water with the cinnamon powder over medium heat. When the water has boiled add the rice flour little by little to avoid lumps cook for 10 minutes. Add soy milk or almond milk, raisins, and dates /prunes. Turn the heat to low. Stir until hot and smooth for the next 5 minutes. Remove from heat. Garnish with strawberries and banana, serve warm.

HERBAL DRINKS

Golden Milk

If you have made this Golden Milk on Day 6 as prescribed, you can still use the remaining dry mixture. To drink, add 1 teaspoon of this mixture to 100 ml warm boiled milk.

Ingredients - 1 portion

7 tbsp or 50 g turmeric powder
1 tbsp or 10 g black pepper
4 tbsp or 40 g ghee/oil
1/2 cup or 100 ml soy/almond milk, boiled

Method

Heat a small frying pan on low flame for 1 minute. Add the turmeric powder and black pepper and heat it for 2-3 minutes or until the colour starts changing to a very light brown. Add the ghee/oil into the pan and stir well. Heat it for 3 minutes on the same low flame.

Let it cool down and store in an airtight container. This can be kept for 30 days.

Add 1 teaspoon of this mixture to 100 ml of warm boiled milk and drink at 11:00.

This Golden Milk can be taken daily for a month.

Immune Tea

Ingredients - 1 portion

1/4 tsp cinnamon powder
1/4 tsp turmeric powder
1/4 tsp coriander powder
4-5 basil leaves or 2 g oregano/thyme
1 3/4 cup or 400 ml water

Method

Pour the water into a medium-sized vessel, heat on medium flame. Add the ingredients one by one and let boil until reduced to half (around 200 ml). Strain and drink it at 16:00.

LUNCH

Rice/Quinoa

Ingredients - 1 portion rice/quinoa

1/4 cup or 40 g rice or quinoa (soaked overnight)

3/4 cup or 180 ml water
(If using red rice, use 1 1/2 cup or 350 ml water)

Method

Boil the water in a saucepan over medium heat. Add the rice/quinoa once the water starts boiling and cover the saucepan with a lid. Check after 20 minutes if the rice is well-cooked (40 minutes if using red rice, 30 minutes if using quinoa). Turn off the heat and keep the saucepan covered until time to serve.

You can use your own conventional method to cook rice in a rice cooker or pressure cooker. Cooking time may vary for rice and quinoa.

Mung Bean Curry

Ingredients - 1 portion

1/4 cup or 60 g yellow lentils, soaked overnight
2 1/4 cup or 1/2 liter water
Salt to taste
1 tsp oil/ghee
1/2 tsp cumin seeds
4 bay leaves or curry leaves
1 tbsp or 30 g onion, minced
1/2 tsp grated ginger
1/4 tsp coriander powder
1/4 tsp pepper
1/4 tsp turmeric powder
1 tbsp or 10 g tomato, chopped
2 tsp or 10 ml coconut milk
Coriander leaves

Method

Wash the soaked lentils, place it in a pan and add water. Season with salt. Cook until completely soft. If you press the lentils with your fingers they should mash easily. Set aside.

Heat oil/ghee in a pan. Add cumin, when it pops, add bay/curry leaves, onion, and ginger. Cook until golden. Add coriander powder, pepper, and turmeric powder, mix well. Add tomato and cook until mushy. Add 1/2 cup or required amount of water, bring to a boil for 5 minutes.

Add the cooked lentils and mix well. Add coconut milk, season with salt. Simmer for 5 minutes. Turn the heat off and garnish with coriander leaves.

DINNER

Broccoli Soup

Ingredients - 1 portion

1 tsp olive oil
1 tbsp onion, minced
1 tsp or 1 garlic clove, minced
1 cup or 100 g broccoli, copped
1 3/4 cup or 300 ml vegetable stock
Salt and pepper to taste
5 basil or coriander leaves

Method

Heat olive oil in a medium saucepan over medium-high heat. Add onion and garlic. Cook while stirring for three minutes or until onion has softened. Add broccoli and cook for five minutes. Stir frequently. Add vegetable stock, season with salt and pepper, and bring to a boil.

Reduce heat to medium-low. Simmer for 15 minutes or until broccoli is tender. Add coriander leaves and stir through.

Turn off the heat and set aside to cool slightly, then blend until smooth. Return to pan over low heat for 3 minutes.

Vegetable Stir-fry with Tofu

Ingredients - 1 portion

1 tbsp olive oil/ghee
2 tbsp or 20 g onion, sliced
1 tbsp or 3 cloves garlic, minced
1/3 cup or 60 g carrot, thinly sliced
1/3 cup or 40 g daikon, thinly sliced
1/4 cup or 30 g red and green bell pepper, sliced
1/3 cup or 20 g tofu, shredded
1 cup or 60 g broccoli, chopped
1 cup or 50 g spinach, chopped
Salt and pepper to taste

Method

Heat olive oil/ghee in a pan, sauté onion and garlic. Stir for 3 minutes. Add carrot, daikon, bell pepper, tofu, spinach, and broccoli, stirring until well cooked. Season with salt and pepper. Serve with olive oil as topping (optional).

OPTIONAL RECIPES

Khichadi (Quicker Option)

Ingredients - 1 portion

1/4 cup or 40 g yellow lentils, soaked overnight
1/4 cup or 40 g rice or quinoa (soaked overnight)
1/2 tsp cumin seeds
1/2 tsp or 1/2 inch ginger, minced or grated
1/4 cup or 10 g onion, sliced
1/4 tsp turmeric powder
1/4 cup tomato, chopped
1/2 cup carrot, chopped
1/4 cup or 20 g green beans, chopped
Salt and pepper to taste
2 3/4 cups or 600 ml water
1 tbsp ghee or oil

Method

Wash soaked yellow lentils and rice/quinoa together. Drain the water. Add the rice/quinoa, yellow lentils, cumin seeds, ginger, onion, turmeric powder, tomato, carrot, beans, salt, pepper, and water into a pressure cooker or rice cooker. Close the lid tightly and pressure cook over high heat for 6 whistles or cook in the rice cooker until rice/quinoa and vegetables are soft, it takes about 20 minutes.

If the khichadi becomes too thick, add some water and stir well. The consistency can be adjusted as per your choice by adding less or more water. Top with 1 tbsp ghee/oil before serving.

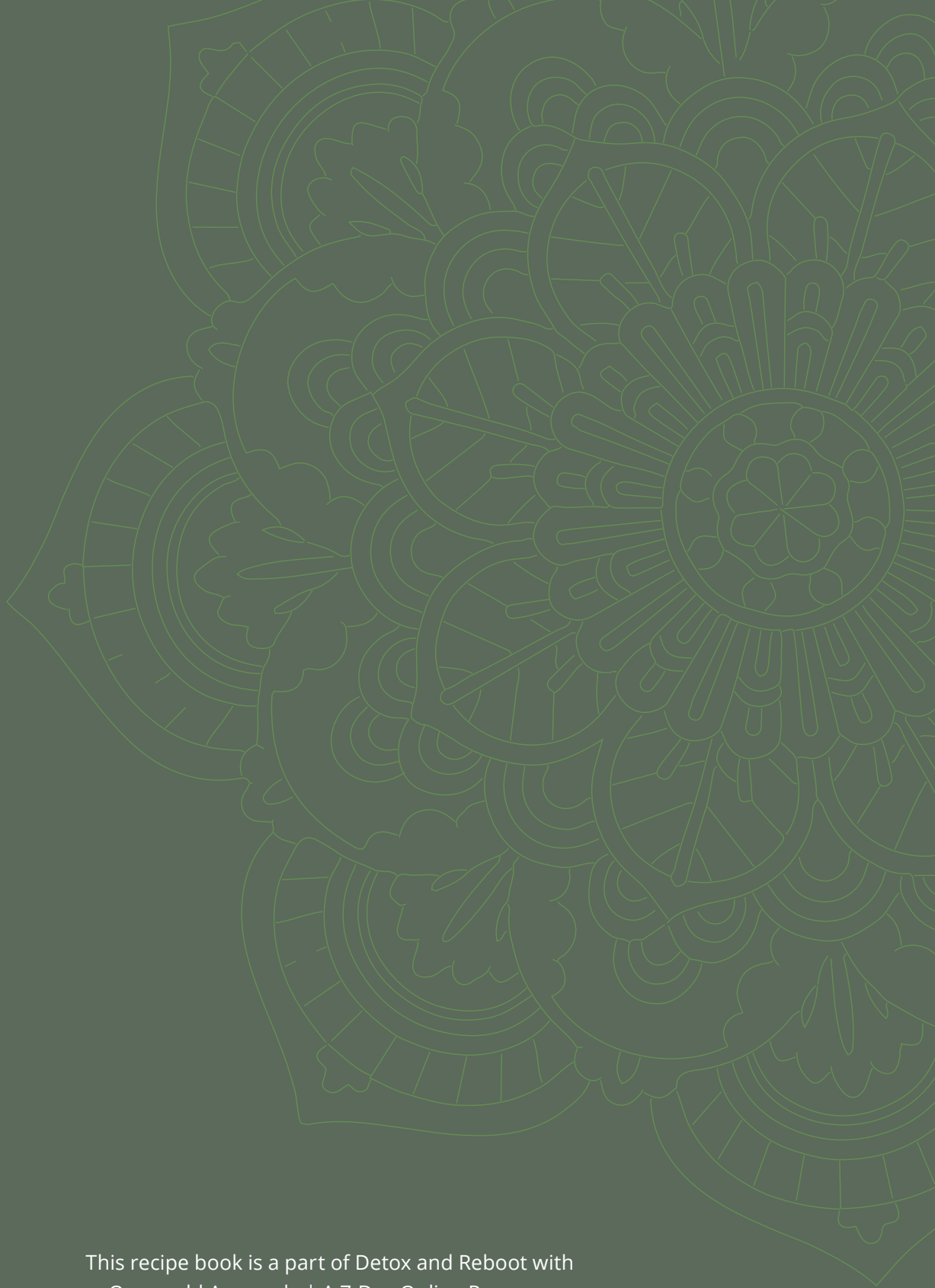
Ghee

Ingredients

500 g butter

Method

Heat a medium-sized frying pan over high heat for 2 minutes. Put the butter into the pan. When it starts melting and frothing (in about 5 minutes), reduce to low heat. Stir continuously for another 5 minutes. Once the froth is settled or when you can see the clear golden layer of ghee in the pan, if any solid residue in the base bottom layer please discard that and take the clear ghee. Let cool for a while and then transfer into an airtight container without any moisture inside. The final product ghee will be around 400 g or 1 3/4 cup.



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