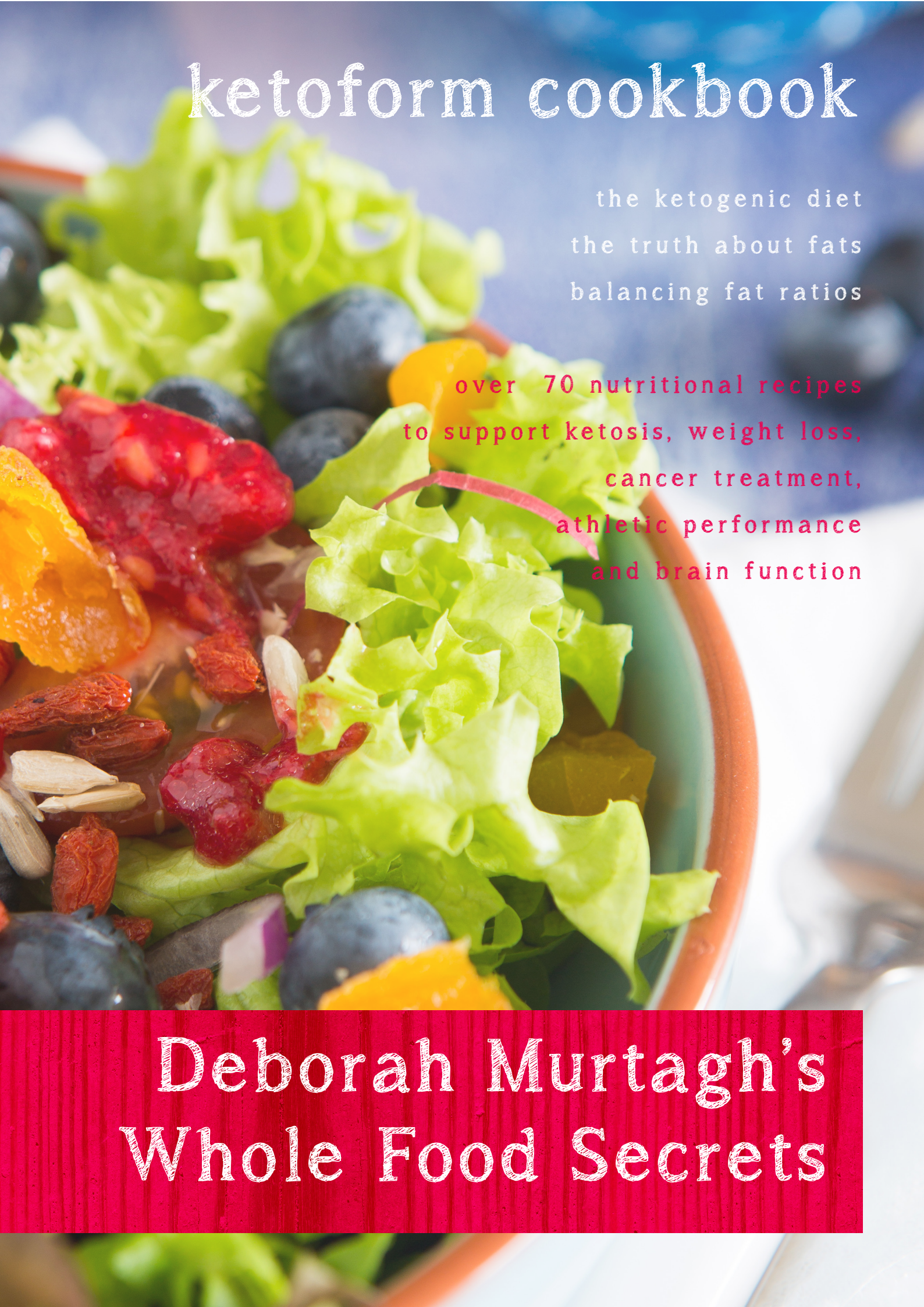

ketoform cookbook

the ketogenic diet
the truth about fats
balancing fat ratios

over 70 nutritional recipes
to support ketosis, weight loss,
cancer treatment,
athletic performance
and brain function

Deborah Murtagh's Whole Food Secrets

Whole Food Secrets™
Ketoform Recipe Book

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smoothies

The rule of thumb is to have 60% fruit and 40% greens (Volume)

No Bananas while on Active Phase

Add of an avocado per serving of fat

Try NOT have the same green two days in a row

Use ONLY organic ingredients

Always drink with plenty of fresh water, especially when you first start drinking green smoothies! You will detox.

START SLOWLY – If you aren't used to having a very clean diet starting slowly is very important, Start with a glass a day.

Green smoothies can be used a HCG breakfast if you use your fruit portions for the day along with 100grams of green leaves and plenty of water. Then combine with a protein based meal such as a omelet for lunch.

Refer to your fruit and greens guide to know what's what

Place the following combination in your Blender and whiz until smooth. Most serve 4 depending on water content.

drinks

afternoon delight

1 ripe avocado

½ small cucumber, skin on

2 golden kiwifruit, tip and tail removed but skin on

2 big handfuls spinach leaves

Hanful of mint leaves

Chia see to top

500 ml water

strawberry daiquiri

1 Punnet strawberries

1 avocado

1 organic apple

1 large bunch spinach

600 mls water

get up and go brunch

2 Kiwi fruit

1 orange, peeled

½ bunch kale

2 tbsp. chia seed

500 mls water

drinks

green mint fruit salad

1 apple or

1 pear

1 kiwifruit

¼ avocado

Handful of mint

½ bunch silverbeet

500 mls water

green only

1 Bunch spinach, stems and all

1 splash yacon syrup (optional)

300 mls water

mouth watering cashew hummus

My goodness this is so delicious! It is superior to chickpea hummus and very nutritious!

1 cup cashews, soaked overnight in water, strained

Juice of two lemons

3 tsps tahini paste

½ tsp Himalayan salt

4 cloves garlic

Place all ingredients in a food processor and whizz until desired consistency.

Cover and refrigerate.

condiments

debs salsa

If you have a tin of tomatoes, you always have a 3 min snack if people decide to pop in unannounced! If you don't have coriander growing in the garden you can either buy it fresh from the supermarket or just use extra dried coriander although the flavour won't be as 'fresh'. Speaking of fresh, don't buy ready made salsa, it's not as high in nutrients nor is it as tasty!

Tomatoes while they are an acid food, they are actually highly alkaline in the body. We should aim to have 80% alkaline foods & 20% acid forming foods in our diet for good health. in the west we tend to have the opposite so getting tomatoes & even citrus like lemons which are also highly alkaline is excellent for you!

4-5 raw deep red vine ripened tomatoes

handful fresh coriander leaves

1 tsp ground cumin

1 tsp ground coriander

½ tsp salt

1 small red chilli

½ small red finely chopped onion

Whiz it all in the blender. Yum, will keep in the fridge for days.

Serve with cucumber slices!

herby paste

This is my favourite thing to munch on in summer, there are no rules to use whatever array of fresh herbs you can find.

I do find that including sage and mint makes a particularly lovely concoction!

Fresh herbs carry so many wonderful healing properties and should be consumed every day in your diet. I find that by making pastes it is easy to enjoy large quantities without having to munch all day!

2 massive handfuls of fresh herbs (about 2 packed cups)

¼ cup cold pressed oil, such as flaxseed, olive or avocado. Flax is the best choice.

1/8 cup of organic apple cider vinegar (the only healthy vinegar)

Pinch of Himalayan Salt

Place all ingredients into a food processor and whizz into a paste.

Store in a glass jay in the fridge and enjoy of crackers, salads, and vegetables.

condiments

lacto- fermented vegetables

Lacto-fermented pickles and vegetables are highly nutritious, extremely nourishing and full of beneficial bacteria as well! This is the best way of using up left over garden produce and almost any vegetable can be preserved this way.

Sally Fallon author of Nourishing Traditions uses yoghurt whey in her pickles and I find that garlic loves yoghurt whey. You can also use kefir whey if you leave it long enough to curdle and separate. (The clear stuff in whey, the solid is cream cheese) Whey is optional but is known to speed up the fermentation process and possibly adds to the variety of probiotics that result.

If you choose not to use whey, no problem, just use additional salt.

There are so many ways of doing this and you can really experiment with making your own delicious variety, but simply put we need to learn this art, teach others how to do it and keep this food in our diets forever!

Our grandparents would have preserved all their food like this.

Kimchi which is the most famous food to come out of Korea is their version but they also include clams, or oysters or other seafood to the cabbage and vegetables and ferment them together - not sure about that one! Sauerkraut of Germany is also well known.

lacto- fermented vegetables

1 large mason jar

Vegetable grater attachment for food processer (can be done by hand but it might take a while!)

Himalayan Salt

Organic vegetables such as cabbage both red and green, kale, carrots, beetroot, diakon radish, spring onions, leeks, small amount of onion, garlic

Chili flakes if you like it spicy!

1-2 tsp Rapadura sugar or honey (to feed the bacteria)

Water

Whey, lactobacillus plantarum, or Caldwell's Culture starter

NOTE: Garlic can be added and is delicious; however garlic is known to block quorum sensing. This is highly beneficial of course against some strains of bad pathogenic bacteria, however it is unknown how it affects good bacteria.

Finely grate all the vegetables, or very finely slice ones that cannot be grated.

Chunk up garlic if using and finely chop some of it for flavour.

Sprinkle well with salt (usually 1 tbsp per 1 litre of packed vege)

Sprinkle vegetable bouillon or spices if using

Place them in a large clean deep oven tray and crush and massage with your hands until all the juices have been removed.

Pack them firmly into the mason jar and using your fist packed down firmly as air is not good for the bacteria to thrive in. Pour the juices on top and ensure all the vegetables are below the liquid line.

Place lid on jar and sit at room temperature for several days until it starts bubbly and fermenting. This could take anywhere from 2 days in summer to a week or more in winter.

Beware that the tops will pop like champagne and the vege may be fizzy for a while, this is a sign the bacteria are doing what they are meant to.

Some recommend letting the pressure out occasionally.

Place in the refrigerator where they will keep for a very long time!

Troubleshooting:

If black mold appears, scrape this off but don't throw away the bottom vege, they will be fine!

For more information visit this link:

http://www.westonaprice.org/foodfeatures/lacto.html

dressings

mayonnaise

good pinch of salt

1 garlic clove

2 egg yolks or 1 whole egg

2 tbsp apple cider vinegar

1 tsp yacon

¾ cup olive oil

½ cup flaxseed or hemp oil

Variation

Good handful of fresh garden herbs, to taste

1. Add your garlic, egg, salt, and vinegar into your food processor or blender and turn on until the garlic is blitzed.

2. Mix the oils together then slowly pour into the blender is a thin steady stream.

3. As soon as all your oil has blended in, turn off the blender immediately.

4. Store in a glass jar in the fridge.

Troubleshooting: If your aioli splits this simply means you have tried to force too much oil into the fat of the egg yolk so it won't emulsify properly. Simply remove mixture from your blender and begin again by whipping up 2 egg yolks, then drizzle the split mixture back into your egg slowly.

wasabi mayo

Yum! This is stunning with tuna, beef carpaccio! Wasabia japonica is the plant name for the Japanese horseradish which in Japan is a traditional folk remedy for longevity. It also contain anti-histiminic properties making it great for allergies. True wasabi powder is called SawaWasabi and is grown here in New Zealand as well as Japan. Sawa wasabi contains protein, fibre, vitamins B6 and C, and the minerals calcium, magnesium, potassium and manganese. Sawa Wasabi also contains a stable group of compounds called glucosinolates. These compounds are changed by enzymes to the bioactive unstable isothiocyanates (ITCs) if water is present which have been largely studied to be anti-carcinogenic.

1 clove of garlic

good pinch of salt

2 egg yolks or 1 whole egg

2 tbsp apple cider vinegar

¾ cup olive oil

½ cup flaxseed or hemp oil

1 tsp prepared wasabi, to taste

1. Add your garlic, egg, wasabi, salt, and vinegar into your food processor or blender and turn on until the garlic is blitzed.

2. Mix the two oils together then slowly pour into the blender is a thin steady stream.

3. As soon as all your oil has blended in, turn off the blender immediately.

4. Store in a glass jar in the fridge.

Troubleshooting: If your aioli splits this simply means you have tried to force too much oil into the fat of the egg yolk so it won't emulsify properly. Simply remove mixture from your blender and begin again by whipping up 2 egg yolks, then drizzle the split mixture back into your egg slowly.

dressings

herby dressing

This is one of my most favorite summer dressings. It is simply to make and keeps in the refrigerator for several weeks. Ensure all your are oils quality virgin, cold pressed oils.

Ingredients

1 egg

2 tbsp. Braggs apple cider vinegar

1 tsp. yacon (or maple or honey)

Pinch of salt& pepper to taste

2 cups of fresh herbs e.g. basil, mint, sage, parsley or combination (Mint is always awesome)

½ cup light virgin cold pressed olive oil or avocado oil

¼ cup omega 3 rich oils such as flax and walnut

¼ cup macadamia

1. Place all the ingredients into a high-powered blender and whiz until thick and creamy.
2. Place into glass bottle and store in the refrigerator.

strawberry (or raspberry) vinagrette

4-6 large strawberries (or equivalent in raspberries)

¼ cup apple cider vinegar (or red wine or balsamic vinegar)

½ cup macadamia oil

3 tbspyacon syrup (maple may be used, but higher GI)

1. Place all the strawberries into your blender and blitz until pureed.
2. Add remaining ingredients and whiz to combine.
3. Will keep in the refrigerator for 1-2 weeks.

dressings

ceasar salad dressing

4-6 anchovies

1 clove garlic

¼ cup flaxseed oil

¼ macadamia oil

¼ cup dried parmesan

1 juice juiced

1 tsp. yacon

2 egg yolks

3 tbsp. caper berries

Freshly cracked pepper, to taste (don't be shy)

1. Place all the ingredients accept the capers into the blender and blitz until smooth.
2. Add the capers and pepper and pulse until the capers are chopped but still with a little texture.

blue cheese salad dressing

½ cup homemade mayonnaise

½ cup crumbled blue cheese (about 120 grams)

½ cup sourcream (or homemade crème fraiche)

Juice of 1 lemon

Cracked pepper, to taste

Pinch of salt, if require, this will depend on the salt in your cheese

Place all the ingredients into your blender of food processor and blend until smooth.

dressings

aioli

This is the easiest thing to make, don't buy it! You will save a lot of money making it also, it costs around $3 a batch & you will field around 4ooмls.

Use this as a raw vege dip for get a daily dose of omega 3.

It's a fantastic way to eat raw garlic, which acts like an antibiotic in the body so this is a great recipe for colds and flu.

NOTE: Garlic grows in flavour over time! If you are making this dish to eat immediately then add more garlic, if you are refrigerating it add less.

This will store in the fridge for a good week, if in a clean sealed jar, to be honest it may last longer but I wouldn't know as my family eats it too quickly!

4-8 cloves of garlic

good pinch of salt

2 egg yolks or 1 whole egg

2 tbsp apple cider vinegar

¾ cup olive oil

½ cup flaxseed or hemp oil

1. Add your garlic, egg, salt, and vinegar into your food processor or blender and turn on until the garlic is blitzed.

2. Mix the two oils together then slowly pour into the blender is a thin steady stream.

3. As soon as all your oil has blended in, turn off the blender immediately.

4. Store in a glass jar in the fridge.

Troubleshooting: If your aioli splits this simply means you have tried to force too much oil into the fat of the egg yolk so it won't emulsify properly. Simply remove mixture from your blender and begin again by whipping up 2 egg yolks, then drizzle the split mixture back into your egg slowly.

herby vege crackers

1 Cup organic sundried tomatoes, soaked in cold water for 24 hours, retain soaking water

2 small dried chilies, soaked in water for 24 hours

2 organic carrots, scrubbed and roughly chopped

2 cups sunflower seeds, soaked for 24 hours, drained
3 cups golden linseed, soaked overnight with the tomatoes

1 red capsicum

1-2 courgettes

2 tbsp unpasteurized miso, optional

Splashing of tamari, or shoyu

2 tbsp garlic granules or 4 cloves chopped garlic or garlic powder

1 tsp onion powder (optional)

1-3 tsp cumin seeds (optional)

1 tbsp dried oregano

1 dsp Himalayan salt

Place all ingredients in a food processor, and blend into a smooth paste. Taste and adjust seasonings to suit.

Place 1/3 mixture onto a sheet of baking paper and spread lightly, then place another sheet on top. Using a rolling pin carefully roll the mixture evenly into a thin ¼ inch rectangle. Carefully peel back the top sheet and then smooth down with larger knife. Score the mixture into cracker sizes and the baking sheet and crackers onto a baking tray. Repeat with the remaining mixture on two other trays.

Dehydrate in a fan oven at 50◦ for 8-18 hours, until crisp. Flip over and break along the scored lines, to speed up the process.

Tip: Add other dried flavours like basil, mixed herbs, paprika, cumin, ginger, whatever you are inspired to add!

snacks

raw wraps

One version of a raw wrap is to take one mixture of the raw crackers, and divide it into ¾ cup portions. Spread each ¾ cup portion onto the soft sheet of your Excalibur dehydrator, or onto baking paper if you are using your oven, and spread it around into a large even circle.

Dehydrate for a few hours until the top is set and you are able to flip it and peel off the baking sheet. Continue to dehydrate for a couple more hours until its dry on both sides, but still pliable. You can store these in the fridge until ready to use. They will keep for a week.

variations

You can just about anything to raw crackers and wraps. The base is really only the soaked linseed. Try adding the following:

Smoked chilies

Frozen sweet corn

Organic celery

Red onion

Fresh tomato

Pickled red capsicum

Chia seed

Almond, walnuts, cashews, sunflower seeds, pumpkin seeds

Any herbs and spices! (smoked paprika or rosemary is nice too!)

BE CREATIVE! You can't go wrong!

coconut bread - serves 15

This bread can be introduced in week five. And is strictly limited to 1 serving per day, instead of one serving of fruit. Each loaf must be sliced into 15 even slices, which may be frozen. This is quite nice with a little coconut oil on top, or you could make a herby paste which is delicious on coconut bread!

This bread is high in fibre so can be very useful if your bowel action has been a little slow!

1 cup coconut flour

2/3 cup of melted coconut oil, or butter

2 grated courgettes

1 tbsp dried mixed herbs (optional)

7 eggs

2 tbsp. Yacon syrup (optional)

2 tsp. baking powder

½ tsp. salt

1. Preheat your oven to 170°c or 325°f
2. Grease a small loaf pan and add a layer of baking paper width ways.
3. In a mixing bowl add your flour, salt and baking soda. Whiz until combined.
4. Make a well and add the eggs, yacon syrup and coconut oil then whisk briskly until smooth and combined.
5. Add the courgettes and stir to combine.
6. Add to your loaf pan and bake for 40 mins.
7. Leave to cool in the pan for a 10 minutes before removing, otherwise it might break.
8. Slice and serve with your favourite toppings! I love mine with lashings of butter and pesto!
9. Garnish with fresh desiccated coconut if you'd like to make it look pretty!

snacks

keto-chocolates

These are so delicious and the most devine way of eatiing your fats! You can be creative with these and use this chocolate to coat macadamia nuts or simply add chopped nuts to them! Theses are very grand topped with cacao nibs!

350gm of Organic Cold Pressed Coconut Oil

50 gm of cacao butter

¾ cup yacon

1 tsp Real Vanilla Extract, optional

¾ cup Organic Cocoa Powder (raw if you want this to be 100% raw)

Cacao nibs to top (optional)

1. Gently soften the coconut oil by placing the jar into a hot water bath.

2. In a double boiler gently melt your cacao butter but try not to overheat.

3. Whiz all the ingredients in your blender until smooth, taking care not to overheat the oil or it will separate.

4. Pour into silicon ice cube or chocolate moulds and top wtih cacao nibs if using.

5. Place into the freezer to set.

kale Chips

These are the rave in the raw food world! You can change the flavours up and put your own slant on them. I love lime and chilli, but garlic is delicious too!

Having a good dehydrator makes these a breeze to make. If you don't own a dehydrator use your oven if it goes as low as 40-50 but not any higher. Put your oven onto fanbake and use a wire rack to place your chips on so the air can circulate around them.

Basic Dressing

½ cup tahini paste

Juice of one lemon

2 cloves of garlic

¼ cup of water

pinch salt

Topping (Optional)

1 tbsp nutritional yeast

1 tsp Dulse Flakes

1. Blend all the dressing ingredients together.
2. Massage dressing into each piece of kale.
3. Place on the tray in a single layer and sprinkle with Dulse Flakes and Nutrition Yeast. Dehydrate for 4 hours, then turn and continue to dehydrate until they're crispy!
4. If you own an Excalibur, place onto the teflex sheets until they are practically dry. Then remove the teflex sheet and turn chips over onto the mesh mat and finish drying until they are crisp.
5. If you don't own an dehydrater; place onto an over rack in the oven on the lowest heat setting and fanbake slowly over several hours until crisp.

Warning: These often don't make it out of the dehydrator – keep children and husbands away! These delicious parcels are addictive!

snacks

berry keto-muffins

I whipped these up this morning and am so delighted with them! I am sure these will become your new favourite muffin. I decided to run the nutritional data on these and was pleased to see these are only 31% low GI carb: 53% fat: 16% protein. In fact each muffin contains 8 grams of protein, 11 grams of good fats and 6 Net Carbs. So one of these may be enjoyed each day, but you are best to leave these until week 3, once your body is in a more stable ketogenic state.

1/2 cup coconut flour

1 good cup of almond flour

12 large frozen blackberries or boysenberries

1 1/2 cups culture buttermilk (or yoghurt)

1/2 cup yacon

25 drops of Nu Naturals Orange Nu-Stevia

1/4 cup chia seed

3 eggs

1 tsp vanilla

1-2 tsp Plum or Raspberry Fresh-As powder for antioxidants (optional)

Olive oil cooking spray (optional)

1. Preheat your oven to fanbake 170 C
2. In a minxing bowl whisk to together your eggs, yacon, Orange Nu-Stevia, vanilla and cultured buttermilk.
3. Whisk in your sifted coconut flour and almond flour until smooth.
4. Add your Fresh-As powder if using.
5. Place 12 cupcake cases into a muffin pan and spray with olive oil cooking spray.
6. Fill your cases with even amounts of mixture and place one frozen berry on top of each muffin.
7. Bake for 25 mins.
8. Enjoy fresh or you can freeze these too!

homemade broth

'A good stock will resurrect the dead' an old proverb

If there is one thing you do (apart from drinking green smoothies) it's to give your family bone broth every day. This is not just about nutrients; it's about healing the body from the inside out. It's estimated over 70% of us (I believe it's much higher) have some form of leaky gut caused by modern processed diets. The best way to heal the gut long term is to drink broths that are high in minerals that reduce gut inflammation and thicken and strengthen the integrity of the gut wall, leading to better absorption of nutrients from all your foods.

There is one rule for making a good broth – simmer it for days on end using organic meat bones.

The point to a good broth, is not only for flavor as it's become known for in modern cooking, but for its therapeutic healing qualities obtained by the high levels of minerals that are extracted from the bones during the long simmering time.

In order to achieve this, bones must simmers for at least 24 hours, preferably 36-48 hours for bigger bones. Instead of leaving elements on overnight, turn it off before bed and turn it on first thing in the morning. It will stay hot over night if you are brewing 10 litres, or you can brew it in a large slow cooker.

NOTE: Ensure you strain your broths well while still warm (not too hot though or you'll burn yourself!). If they cool completely, you will not be able to separate the bones and vegetables from the jellied broth. A proper broth will turn to jelly when cold!

asian broth soup – serves 4

You can add just about anything to this, it is simply fabulous! You can't help but feel light & healthy after eating it. It's great for entertaining as the prep is done earlier, it's a case of just throwing it all together at the last minute.

Make a stock base:

In a large stock pot add one litre of homemade stock

Add 1/4 to 1/2 a cup of fish sauce
One 7cm piece of wakame or kombu seaweed
1/2 cup Kikkoman soy sauce (Naturally brewed soy sauce – msg free!)

1-2 sliced fresh chillies to taste

4-5 cloves of garlic sliced

a small cube of ginger grated & then squeeze in the juice & discard the pulp. The ginger should be subtle not over bearing.

1-2 chicken breast, skin off, sliced into 1/2 cm strips

1/3 cup of rice wine or mirin (in a Japanese cooking section in supermarkets or whole foods stores, ensure the rice wine contains NO MSG, preservatives etc and is completely natural)

2 sliced carrots, cut on an angle

1) Bring to boil & simmer for a few mins til chicken is lightly cooked through.

2) Remove wakame, and add the veges below:

1 sliced red capsicum

1 sliced yellow capsicum

1 cup button mushrooms

few shitake mushrooms (optional)

1 or 2 sliced courgettes

small broccoli heads

what ever else you like!

3) Squeeze in the juice of two limes & stir about.

4) Once vege is just tender but crisp, serve & top with a handful of sprouted mung beans.

5) I like to sprinkle mine with black sesame seeds & chili powder & half a lime.

Variations: For a completely different flavour try adding a good pinch of saffron flakes, & and chopped bacon. Use smoked garlic instead of plain garlic. Yummy!

Use HCG allowed vegetables, and change the meat to 80 grams to allow for the few calories in the broth. This is to be on the save side.

soups

chicken broth

2-4 organic chicken carcasses

6 organic carrots, chunked, tops and all

3 organic onions, peel and chucked

1 tbsp juniper berries

1 bay leave

1 to 2 tsp salt

8 liters water, more to top up

Place all ingredients in a large stock or crock pot and gently simmer for 1full day.

NOTE: Chicken bones take less time than other bones to break down. As long as the cartilage is really soft, its ready.

Strain while still warm, then cool, bag in zip lock bags, date and freeze.

fish broth

Whole fish carcasses, enough to third fill a 10 litre stock pot (heads and bones, fillets removed)

3 organic onions, peel and chucked

1 tbsp salt

1 tbsp apple cider vinegar

This is a winter job as it may attract flies! Like chicken bones, fish broths can be made in day.

Simmer for 8 hours.

Strain thoroughly, cool, bag and freeze.

beef, lamb or pork broth

1-2 kgs quality mixed bones including shin (beef shin is the best of all for broth)
6 organic carrots, chunked, tops and all
3 organic onions, peel and chucked
1 tbsp apple cider vinegar
1 tbsp juniper berries
1-2 bay leaves
1 to 2 tsp salt
8 liters water, more to top up

Brown the meat bones in the oven first until the fat runs out and the flavours and aroma a released. Remove bones from the oven tray with tongs and place all remaining ingredients in a large stock or crock pot and gently simmer for 1-2 days.

Strain while still warm, then cool, bag in zip lock bags, date and freeze.

debs hot and sour thai soup

Serves 4-6

This is a good flavour alternative for those a bit more adventurous. I recommend you expose your children to dishes like this that challenge both the pallet with new tastes and the tongue with new textures.

The fungi in this is available at the Asian warehouse. Tremella Fuciformis is a pretty white fungi known in Chinese Medicine for nourishing Yin (feminine) energy, supplementing the kidneys, nourishing the lungs, tonifying the brain and relieving mental strain and making the skin tender and fair.

6-8 Cups bone broth (pork if you have it)
¼ cup fish sauce
juice of 2 limes
2-3 tbsp Rice Wine Vinegar
3 tbsp tamari
8 kefir lime leaves, very thinly sliced
2 red chillies finely sliced (seeded if you don't want it hot)
½ jar lemongrass, drained (or fresh if you have it)
Bunch spring onions (white ends sliced)
1 large carrot, finely diced
1 green capsicum, deseeded and diced
1 handful Tremella Fuciformis, rehydrated and sliced
1 handful shitake mushrooms, rehydrated, and sliced
1 stick Kombu, cut in half (used just to flavour broth and impart iodine)

Combine all the ingredients, bring to the boil and serve.

Add thin slices of Chinese Pork tenderloin and serve.

miso (raw)

Miso is very high in nutrients and is a fabulous mid afternoon boost. It's a fabulous alternative to coffee, especially in winter.

1 TSP Raw Unpasturized miso

Pinch Himalayan Salt

Shredded raw nori (optional)

Sliced spring onions (optional but delicious)

Mix miso with hot water that's just under boiling point. If it's boiling it will 'burn' the miso. Add spring onions and nori. Enjoy!

superfood salad

3 cups of mixed lettuce leaves

1 small red onion, half mooned and finely sliced

8 strawberries, sliced

2 fresh apricots, pitted and diced

1 pomegranate, used the seeds and juice

2 tbsp goji berries, soaked in hot water to soften

½ cupful fresh blueberries

¼ sunflower seeds

6 cherry tomatoes, quartered

Dressing

40mls Pomegranate molasses

40mls flaxseed or hempseed oil

Place the lettuce and onions into your serving bowl and toss.

Layer your fruits and berries on top and sprinkle the pomegranate seeds and sunflower seeds on top.

salads

cauli taboulli

¼ to ½ cauliflower, pulsed in your food mixer until resembles couscous

2-3 bunches or parsley

1 bunch mint

100gms cherry tomatoes, quartered

juice of 1-2 lemons

30mls flaxseed oil

30gm slivered almonds, optional

1) Mix the cauli, parsley, mint into a bowl.

2) Mix together the flaxseed oil and the lemon juice then coat the salad with this mixing through with your fingers.

3) Add the cherry tomatoes and the top with the almonds.

This will keep in the refrigerator for a few days!

quick lemon chicken salad

This is my favourite fast meal during Active Phase, you can do this with any meat of course. It's clean and fresh, quick and very easy!

70 grams mixed baby salad leaves or mesclun salad

Few thin slices of red onion

2 cherry tomatoes cut into quarters

Few chives, chopped

Handful or parsley, finely chopped

1 capful (1 tsp) Organic Apple Cider Vinegar

1 small lemon

100 grams chicken

Optional Smoked garlic salt

1. Cook your meat with no fat as usually then chop into small pieces and cover with the lemon juice.

2. Sprinkle with the garlic salt and Himalayan salt.

3. Arrange your lettuce leaves in your bowl and sprinkle of the Apple Cider Vinegar and mix through with your fingertips.

4. Layer your chicken on top, then arrange your tomato quarters and red onion.

5. Top with the chopped parsley and finally the chives.

6.

Tip: If you have any edible flowers in the garden like calendulas, pansies, violas etc, place a few petals on top to make it sexy!

thai salad - serves 4

We dined at a vineyard the other day and I ordered a Thai salad that was rather disappointing and my taste buds were demanding to be satisfied so I came back to our apartment and whipped this one up.

Start the day before if you want to add the marinated raw monkfish.

Fish (optional) this will make four servings of the fish
1 tin organic coconut milk
400 gram monkfish
juice of 6-8 limes

Thinly slice the monkfish and spread in the bottom of a dish. Cover in lime juice and mix thoroughly and top with the coconut cream and combine well. Cover dish with glad wrap and marinade over night. This fish is served raw as it 'cooks' in the lime juice.

Noodle Salad - this is per serving
½ a packet of kelp noodles
½ packet mung bean sprouts – the full long white sprout
½ long red chili, finely diced
3 fresh kefir lime leaves, very finely sliced
1 large handful fresh mint leaves
1 large handful of fresh coriander leaves
¼ cup fish sauce
1 tbsp yacon
1 tbsp toasted sesame oil
¾ cup of toasted peanuts (Omit when on HCG active phase)

1) Prepare the noodles by placing in a colander and rinsing under cold running water.

2) Make the dressing by combining fish sauce, sweet chili sauce and sesame oil, then pour over the noodles and combine with your fingers until the noodles are evenly coated.

3) Add mung bean sprouts and combine again. Set aside to marinate while you prepare the remaining ingredients.

4) Add remaining ingredients and set aside.

Note, if you are making this in advance leave the mint and coriander leaves out until you are ready to serve. To serve make a bed of crispy lettuce leaves, top with the noodles salad and top with drained monk fish. Top with a good handful of microgreens and serve.

burmese salad

Base:

2 red onions VERY finely sliced with a mandolin

2-3 cups very finely sliced bok choy, or savoy cabbage

Kelp noodles, optional

4 fresh kefir lime leaves, finely sliced

1-2 red chilies finely sliced

Dressing:

½ cup fish sauce

½ cup fresh squeezed lime juice

Splash tamari

1 tsp toasted sesame oil

Leave to marinade for a while before serving.

Serve with any kind of meat, but delicious with eye fillet steak cooked med rare and thinly sliced.

Topping: (Omit when you are on the Active Phase of HCG)

2 handfuls pumpkin seeds fried and popped in garlic oil

zoe's raw detox salsa cups

These are made using cucumber cups, they look fantastic and taste divine and best of all if my 9 year old created them, you can make them.

½ cup almonds (preferably soaked, sprouted then dehydrated)

1 punnet sweet cherry tomatoes or a few larger ones vine ripened

1 small red chili, seeds removed

1 tsp yacon (optional)

¼ tsp Himalayan Salt

1 large bunch of parsley

1 raw beetroot, peeled and diced

1-2 cloves of garlic

1 lemon, peeled and chopped

2 long telegraph cucumbers

Small bunch spring onions.

Prepare the cucumbers by cutting into 3cm lengths, then slice off the skins and scoop out half the seeds with a melon baller or teaspoon, turning them into little cups. Place on a serving platter.

Place the remaining ingredients except the spring onions into your food processor and whizz until quite smooth.

Pile spoonfuls into the cucumber cups and garnish with finely sliced spring onions!

blue cheese & walnut salad

1 large organic granny smith apple

Juice of one lemon
1 large bunch of fresh watercress, stalks removed
½ cup of walnuts, crispy, or lightly toasted without burning
1 tsp of maple syrup

100 grams blue cheese, crumbled
½ red onion, finely chopped in to thin half moons
large handful of fresh mint leaves, shredded
8 organic apricots, sliced
4 rashers of streaky bacon, cooked and thinly sliced

1. Core and thinly slice your apple and coat in the juice of your lemon
2. Arrange your watercress and mint leaves on your platter
3. Carefully place your red onion around your watercress followed by your apricots and bacon
4. Toss your walnuts with the maple syrup and place on top
5. Top with your blue cheese and serve with the dressing on the side

dressing

4 tbsp. macadamia oil

Juice of one lemon
4 cloves of garlic, sliced and fried

1. Combine together and allow the garlic to infuse in the oil before serving

buffalo mozzerella & tomato salad

1 round of fresh buffalo mozzarella
4 fresh vine ripened tomatoes, deep red

Handful of fresh basil leaves
flaked sea salt
fresh cracked pepper
Highest quality olive oil

1. Slice your mozzarella and layer on a flat plate or platter with thick slices of your tomato
2. Top with your salt and pepper.
3. Place your basil leaves around the plate, layering with your tomato and cheese
4. Drizzle with olive oil and serve!

moroccan lamb and cauli couscous – serves 2

Moroccan Spice Mix (all of these are ground spices)

Mix together and store in an airtight container

2tsp ginger

2tsp cardamom

2tsp mace

1tsp cinnamon

1tsp allspice

1tsp coriander

1tsp nutmeg

1tsp turmeric

½ tsp black pepper

½ tsp white pepper

½ tsp cayenne pepper

½ tsp anise seeds

¼ tsp cloves

200 grams of trimmed fat free lamb, cut into large bite sized pieces

2 tsp Moroccan spice mix

moroccan lamb and cauli couscous cont.

½ large cauliflower, finely chopped in food processor to the size of couscous

½ red onion, finely diced

½ red capsicum, finely diced

2 pickled lemons in brine, finely diced

2 Spring onions, finely sliced

1 tsp coconut oil

zest of ½ orange

1 tsp ground cinnamon

2 tsp slivered almonds

handful of fresh coriander

handful of fresh mint leaves

2 cups fresh baby spinach leaves

1) Coat the lamb with the spice mix and set aside

2) Gently fry the onion and capsicum in the coconut oil until soft

3) Meanwhile heat another frying pan until hot and add the lamb cubes. Leave them for 2 minutes on the first side and then turn over and continue to cook for another minute, then turn to cook any other sides. Once medium rare, remove from heat and place into a plate, cover and rest. Do not overcook!

4) Meanwhile, add the cauliflower to the onion and capsicum and stir constantly for a few minutes then add the cinnamon, orange zest and pickled lemon. Stir for several minutes longer until softened, but still a little crunchy. If the pan gets too dry you can add a few drops of water, but you are best to keep it as a dry mixture.

5) When the couscous is almost done, stir through the spring onions.

6) To serve spread the spinach leaves on the center of your plate, tops with ½ of the couscous, then place the mint on top and place to fresh mint and coriander on top.

debs raw nori lunch roll

These are disgustingly healthy!!!! But an amazing way of getting a power dose of nutrients.

One batch of Mouth Watering Cashew Hummus (Omit when on Active Phase of HCG)

Cauliflower couscous

Raw macrobiotic nori sheets

Mung bean sprouts

Fresh herbs like coriander

Very Finely sliced baby pak or bok choy and or red cabbage

Sliced peppers
Red Onion
Culture Vegetables or Kimchi
Thin Japanese omelette

Any other stuffing you fancy!

Roll your ingredients tightly in nori roll as you would sushi, slice in half on a diagonal angle then dip into the sauce and enjoy!

Ginger Sauce
few tablespoons water, finely grated ginger to taste, diluted in a little water. You could add ½ tsp of tahini for creaminess, but no more than ½ tsp!

If you would like the recipe for raw cashew hummus for your next phase

beef carpaccio

Carpaccio is an Italian meat dish made with very thin slices of raw meat or fish traditionally served with lemon juice and olive oil, and topped with shavings of Parmesan and rocket.

Now if the thought of raw meat makes you squeamish I promise you that not only is this one of the healthiest way of eating meat, it's light and totally delicious. Carpaccio is not what you would expect at all so do be brave and give it a go! It will be sure to impress any Christmas canapé platter!

1 500gm piece of fresh eye fillet steak, fat trimmed

Splash of avocado oil

Rock salt and cracked pepper to taste

1) Rub your whole piece of eye fillet in the oil and season with salt and pepper.

2) In a very hot pan sear the outside of the fillet for 30 seconds each side. You may need to roll this around to ensure all sides of the rounded fillet are seared.

3) Remove from the pan and wrapped very tightly in glad wrap making a scroll. Place into the freezer immediately and leave to rest there for 20 mins.

4) By now the meat would have cooled and all the juices settled. Slice very finely (it will not be bloody at all). Serve either as above, or stuffed with traditional basil and pinenut pesto with rocket!

seared tuna & mint puree canape

If you are entertaining this summer and want something delicious and visually stunning, or if you want to make a healthy meal out of it, try this gorgeous and sexy dish! There are four simple elements to this dish, a slice of cucumber, the green mint mash, the seared tuna which should be served medium rear, the it's topped with mango salsa and sango sprouts and drizzled in zesty lime dressing.

1 large tuna steak cut into 1 inch square strips

¼ cauli flower

50 mls plain unsweetened yoghurt

big handful of mint leaves

Juice of one lime plus ¼ tsp fine zest

1 tbsp Avocado oil (olive or flaxseed)

½ red Onion, finely diced

½ mango, finely diced

½ red chili, finely diced

small handful of coriander leaves

Handful of sango sprouts

1 cucumber, sliced into 1/3 cm rounds

1) Heat a little coconut oil in a hot pan and sear the tuna strips for about 10 seconds each side, remove and place in refrigerator to rest.

2) Gently steam your cauliflower then once softened place in your blend with the mint and yoghurt and season with a little salt and pepper and whizz until very smooth

3) Mix together your salsa by adding the mango, red onion, coriander leaves and chili with the lime zest, juice and avocado oil.

4) To assemble slice your rested tuna into ½ inch slices. Place 1 tsp of puree under each tuna strip, top with 1tsp salsa and garnish with sango sprout.

5) You can either layer these around one plate if they are to be eaten with a forl, or for entertaining place these into a dressing spoon, or place them into small little dishes.

thai tiddbits

This is truly one of those stunning dishes that is such an experience you will never forget it! And it is an amazing talking point for guests! You will end up craving these flavours and I promise one bite and it will be your favourite summer canapé! Forget cheese and crackers, this dish optimizes healthy eating and clean crisp summer flavours!

1-2 bunches of cos lettuce, spinach leaves or other lettuce, leaves must be fresh and crispy and about 10cm long

One batch of Thai Peanut Sauce, (See recipes)

Filling: Arrange these fillings in separate little bowls, or on a large plate with the peanut sauce in the middle.

Finely dice or cube the following and arrange in separate piles around a large platter:

½ cup freshly roasted unsalted peanuts
¼ cup small dried shrimp
chopped in half
1/2 cup roasted unsweetened coconut chips or shredded coconut
1/3 cup diced ginger, the size of a small pea
1/4 cup shallots of red onion
diced
1 lime cut into small peanut sized wedged, skin on and all!
4 heads pickled garlic, or raw garlic, cut into small pea sizes
green chilies, cut into thin half circles
½ cup coriander leaves

To roast coconut, place unsweetened fresh or dried shredded coconut in a dry cast iron pan over medium heat. Stir frequently until the coconut shreds are evenly a golden brown and very fragrant. Then roast your peanuts, I soak and dehydrate my peanuts before using them and have a stock in a jar ready to go.

Pickled garlic is available in jars from Southeast Asian markets however your own lacto-fermented garlic is optimal.

Arrange the spinach or lettuce leaves and filling ingredients on a large serving platter.

NOTE: To Serve, take a spinach or lettuce leaf, smear a little sauce on the leaf and then fill it with ONE piece of everything, roll or wrap up, stuff the entire little leaf packet into your mouth and chew everything all at once. Enjoy the explosion of flavours!

salsa chicken - serves 1

100 grams skinless, boneless chicken breast

½ cup salsa (see recipe)

Salt and pepper to taste

Optional: Fresh parmesan and basil leaves to serve.

1) Slice the chicken into thick strips.

2) Add chicken breast to sauce and bring to a steady boil.

3) Simmer gently for 15 to 20 minutes or until the chicken is no longer pink inside and the juices run clear.

4) Serve with fresh parmesan and shredded basil leaves.

poached egg salsa - serves 1

¾ cup salsa

1 large egg

25 grams finely grated parmesan

Smoked garlic salt and cracked pepper

1) Preheat your oven to 180 degrees C

2) Whizz the salsa until it's a smooth soupy texture

3) Heat gently in a pan until boiling

4) Pour into a ramekin

5) Crack the egg into a small bowl and gently place this into the centre of the hot salsa soup

6) Top with the parmesan, salt and pepper

7) Bake for a few minutes until the egg is baked the white is hard and the yolk is still a little runny and the parmesan is melted.

8) Serve immediately!

9) Maybe served with a grissini stick or melba if you need some crunch.

chinese pork tenderloin

1 pork tenderloin or replace with monkfish
3 tbsp hoisin sauce (MSG Free) (This can be omitted on Active Phase)
2 tbsp tamari
2 tbsp finely diced fresh ginger
4 large cloves garlic, finely diced

Mix everything together and marinade for several hours or overnight. Pan fry tenderloin whole with a lid, turning and basting in the left over sauce every few minutes until cooked.
Leave to rest before slicing and adding to your soups.

miso glazed salmon

4tsp. Fish sauce

2 tsp. Miso paste

1 tsp. grated Ginger

Salmon Fillet, your allowed portion

1. Combine fish sauce, miso and ginger in a large bowl

2. Cut the salmon into large cubes and marinate in soy, honey and miso mix for ten minutes

3. Pan fry the salmon cubes in a frying pan in a little coconut oil, or grill

4. Serve on shredded lettuce, cucumber and add a squeeze of lemon

meatballs in tomato sauce

tomato sauce (enough for 2 servings)

1/2 onion (optional)

4 tomato's

kelp salt

20 ml braggs cider vinegar

2 cloves crushed garlic

1/2 cup water

Chop everything finely and cook in a pot with a lid so you don't loose anything to evaporation.

meatballs

100 g lean beef fillet

100 g courgettes

1 garlic clove

cracked pepper

a little fresh thyme

Pulse all ingredients together in your food processor, or just chop all finely together to form a mince. Rolls into approx. 5 balls and fry in coconut oil just till brown on the outside and still raw in the middle.

Place half your tomato sauce in a one portion ovenproof ramekin. Add your meatballs and pop in oven to cook for 5 -7 mins. Let rest 5 mins and eat.

Top with a serving of parmesan if desired.

cauliflower pizza

Base

1 medium cauliflower

1 onion

1 tsp. garlic powder

3 tbsp. fresh pizza herbs (optional)

2 tbsp. dried oregano

3 tbsp. coconut flour

1 tspxanthum gum (optional, mixed into your coconut flour)

1 tsp salt

1 cup mozzarella cheese

2 small eggs (1 large)

1. Place your cauliflower into your food processor and whizz until it resembles rice. Don't over process or it will puree!

2. Cut your onion into pieces and place into the food processor and whiz until it combines but doesn't juice!

3. In a large pan heat some olive oil and stir fry on a medium heat your cauli and onion mixture along with your fresh herbs. Continue to stir.

4. Once your cauliflower has cooked and is soft (about 10 mins) place your mixture into a mixing bowl and combine well with remaining ingredients.

5. Line a shallow baking dish with baking paper and firmly spread your mixture on top until it's about 2 cm thick.

6. Bake in a preheated 200c oven for 20 minutes, or until golden around the edges.

(NOTE: It's best cooked on a hot pizza stone if you have one)

7. Remove from the over and turn your oven up to its hottest temperature while you prepare your toppings.

Topping

Zito tomato paste

½ green capsicum

½ cup diced mushrooms

6 rashers of free-range bacon, cut into pieces

1/8 cup dice jalapeño peppers

1 cup mozzarella

1. Place a layer of paste over your base.

2. Top with mushrooms, capsicum, jalapeño and top with your cheese.

3. Place your raw bacon on top and sprinkle with your oregano.

4. Cook for 8 to 14 minutes until your cheese begins to brown.

stuffed lamb kofta balls

250 grams ground lamb or goat

¼ cup chopped pine nuts (optional)

1 small onion finely chopped

2 cloves garlic, crushed

1 tsp ground cumin

1 tsp ground coriander

1 small red chilli deseeded & finely chopped

2 tsps fresh finely grated ginger

1 egg

2 tbsp. coconut or almond flour, to bind

1/2 to 1 packet feta cheese, cut into 1-2 cm cubes

Oil or ghee for baking.

DRESSING

2 cups plain yoghurt

½ cucumber, peeled, deseeded & finely chopped

big handful of finely chopped fresh mint

1 clove garlic, crushed

1 small red chilli, deseeded & finely chopped

juice from one juicy lemon

1. Mix all ingredients together except feta.
2. Take one piece of feta & coat in meatball mixture.
3. Make them small bite sized, or golf ball sized slightly flatten & put onto a skewer in pairs.
4. Bake at 170° for 20 mins or until cooked.

Dressing:

1. Make a yoghurt cheese by placing a few sheets of paper towels into a sieve over a bowl, pour in the yoghurt & leave for several hours or over night until the water separates & drains leaving a thick yoghurt.
2. Mix remaining ingredients with the yoghurt & chill for a couple of hours before serving if you have time.
3. Serve the kofta balls will a light green salad & dipping bowl of spicy yoghurt dip, or on an antipasto platter or as part of a tapas menu.

cauli naan

This is one of my favourites! You will just love this recipe!

The key is to cook the cauliflower very well and ensure you create a very smooth puree. These are delicious brush and heated with garlic butter and served with homemade butter chicken, or used as a wrap for lunches.

1 small cauliflower, florets (550 gm)

2 eggs

5 tsp. psyllium

1 tsp. xanthum gum

¼ tsp. Himalayan salt

1. In a pot of boiling water cooked the cauliflower until very soft.

2. In your blender or food processor place all the ingredients and blend until very well combined.

3. Leave to rest for ten minutes. Your dough shouldn't be wet, if it is add more psyllium.

4. Divide your dough into 4-6 rolls and using coconut flour to prevent sticking, roll each piece of dough thin as you can keeping a round shape. Ensure your wraps are well dusted each side and ensure you are very gentle with them! Then shake off excess flour and place into a pan that's been heated to a medium heat. Cook for 1-2 minutes each side until golden brown. It will look like a naan bread.

5. Remove and place onto a cooling rack. You can either use straight away, or freeze. You can reheat by placing back into a warm pan.

carb free, grain free lasagna pasta!

This is a wonderful recipe that is high in fibre and contains virtually no carbs. There is 17 g of carbs in 2 tbsp. of coconut flour, with 11 g of fibre giving a net carb value of 6 g per recipe. This recipe could easily feed 4 people giving you a very low net-carb of 1.5g.

Ingredients

½ cup psyllium husks

2 tsp. xanthum gum

4 eggs

3tbsp coconut flour, plus more for dusting

150 grams of cream cheese, full fat

1. Place all your ingredients into food processor and whizz until smooth.

2. Leave to rest for 10 to 15 mins.

3. Remove from the food processor; your dough should not be sticky. If it is place it back into your food processor and whizz again with an additional 1-2 tbsp of psyllium.

4. You can either roll out now, or wrap in cling film and place in the refrigerator to use the following day or two.

5. To roll out; cut your dough into quarters and using coconut flour lightly dust your counter and roll out thinly. You can either use immediately or dry it as you would fresh gluten pasta.

6. To make,roll your prepared pasta sheets thinly and use/bake as you would fresh lasagna sheets.

raw pasta

This is a easy to make 5 min meal that may be served hot or cold.

For this you will require a vegetable spirilizer which not only makes salads fun to eat, especially for children, it offers a low carb pasta alternative that is totally delicious. Texture is everything when it comes to food, and that's why this is my favourite way of eating courgettes!

2 large straight courgettes,
spirilized into thin long noodles

pasta sauce

1 kg fresh vine ripened tomatoes

2 cloves of garlic

½ tsp. salt to taste

1 cup fresh basil leaves

2 sprigs of thyme (or 1 tsp dried)

1 sprig oregano (or ½ tsp dried)

1 red capsicum, finely diced

2 tsbp zito tomato paste (optional)

1 red onion, finely diced

¼ cup olive oil

1. Place your tomatoes, salt, basil, thyme and oregano into your blender and blitz until smooth.

2. Gently fry your onion, capsicum and garlic in a little of the olive oil (don't let it get too hot).

3. Add your tomato mixture and simmer for a couple of minutes to release the flavor of the herbs.

4. Allow to cool for 5 minutes then place all your ingredients back into your blender and blast until smooth and hot.

5. Either serve immediately or store in a glass jar (not plastic) for later use. This will also freeze well or you can bottle this for long-term storage.

meals

creamy coconut chicken hotpot- serves 3

½ medium head of cauliflower

30 g low lactose yoghurt

8 g Harissa powder

25 g Silverbeet, finely chopped

¼ Parsley, finely chopped

7 g Oyster Mushrooms, dried, crushed into smaller pieces (optional)

200 grams, chicken breast, skinless

¼ onion, finely diced

28 g Parmesan, finely grated

2 tbsp. coconut, dried, shredded

1. Precook your skinless chicken breasts by either gently frying under cover, or by steaming. Cool slightly and shred finely.

2. Gently fry the onion in a little water until soft.

3. Steam your cauliflower then blend together with the harissa and yoghurt until a smooth creamy puree.

4. Finely slice the silverbeet and parsley and combine with the cauliflower puree, shredded chicken breast, oyster mushrooms, salt and cracked pepper, and onion.

5. Place into 3 small ramekins.

6. Mix the shredded coconut with the finely grated parmesan, and top the chicken hot pots with this.

7. Fanbake at 170 degrees for 12 to 15 minutes until hot and golden.

african beef skewers

100g Beef fillet, minced in food processor
1 small red onion, finely chopped
1 clove of garlic, crushed
½ tsp. ground cinnamon
1 tsp. preserved lemon, finely chopped
½ tbsp.fennel seeds, toasted
Himalayan salt
Ground black pepper

1. Mix all ingredients together in a bowl, pounding the mixture well with your hand to combine.

2. With damp hands (to stop the mixture sticking to your hands) shape small amounts into little sausages.

3. Fry gently in a little hot coconut oil until brown on all sides and cooked through. Skewer and serve warm with dipping sauce made by mixing harissa into a little yogurt and cauli cous cous.

meals

easy chicken noodle bowl

100g Lean chicken Breast

1 cloves garlic, crushed

½ tsp grated fresh ginger

1 tsp fish sauce

¼ cup water

½ tsp tamari

50 g button mushrooms, thinly sliced

Chilli

40g Iceberg lettuce Shredded

10g mung beans

Fresh mint and coriander

1 tsp sesame seeds

Kelp Noodles, handful

Himalayan salt and ground black pepper

1 Mix chicken in food processor till minced

2 To a hot pan, add sesame seeds, toast and then add a little coconut oil , then mushrooms and chicken mince, cook 1 min.

3 Add garlic, ginger, Tamari, fish sauce and water. Salt, pepper and chilli to taste and then fresh chopped coriander and mint.

4. In a noodle bowl, place Iceberg lettuce, 50g chopped kelp noodles and then the Chicken mix (this should have a bit of sauce in it.). Top with mung beans and eat.

spicy coconut king prawns with lime miso dipping sauce - serves 2

You could cook these for a dinner party, they are yum!

200g / 12 king prawns, raw, skinned and veined with tails

2 tbsp coconut flour,

4 tbsp fine desiccated coconut

2 egg whites

good pinch of cayenne pepper

1 tsp dried ground garlic, optional

1) Rinse and pat dry the prawns with paper towels

2) Coat with the coconut flour

3) On the same plate as the left over coconut flour, add the dried coconut, cayenne and garlic and mix with the left over coconut flour

4) Whisk the egg whites together well with a fork

5) Dip the coated prawns into the egg white and then lightly coat in the dried coconut mixture and place on a baking tray. Repeat until all the prawns are coated.

6) Bake in a hot preheated over at 200 degrees for 12 mins or until the prawn meat is cooked. Serve with the Lime Miso Dipping Sauce.

lime miso dipping sauce

2 tbsp miso

2 tbsp fish sauce

1 tbsp Rice Wine Vinegar

1 -2tbsp lime juice

2 tbsp low fat yoghurt

Mix well together and serve!

the most delicious pizza ever!

Given I am famous amongst friends and family for making the best Italian pizza with Italian flour and homemade cheeses, this was going to be a challenge! However on my first attempt – success! Even my fussiest child LOVES this. It's gluten free and dairy free, and loaded with vegetables and fibre! Try this simple version, but of course you can change your own flavours to suit.

base – makes 2 large

2 cups of sprouted and dehydrated almonds, freshly ground into almond flour
2 cups (about ¾ of an average sized) butternut pumpkin
3 eggs
1-2 tablespoons of dried oregano (or half that of fresh)
1 teaspoon of Himalayan salt
4 tablespoons rich organic tomato paste

Combine all the ingredients and the press ½ the mixture each onto 2 peices of baking paper. Each pizza should measure about 35cm round. Bake in a 170° c oven for about 30 mins. If you like, you can flip the base over for the last 5-10 minutes of cooking. Use fresh or freeze.

sauce

1 ½ small jars of rich organic tomato paste
2 teaspoons of fresh or dried oregano, or basil

topping

4-6 garlic cloves to taste, peeled and sliced
2-3 courgettes thinly sliced lengthways
1 large red or green pepper, cored, and diced
1 to 2 cups of finely diced button mushrooms
½ red onion, finely sliced into half moons
¼ eggplant, sliced and chopped into pieces
Handful of whole cherry tomatoes
1 pinch of salt
good splashing of olive oil to marinade
Handful of fresh basil leaves (more for top once baked if desired, or top with homemade pesto)

Spread tomato paste and herbs on top of the prepared pizza bases. Finely spread ½ the vegetable marinade over each pizza base, and bake in a hot 180° C oven until courgette and eggplant are well cooked and the top is golden. About 12 mins. MEATLOVERS: Add homecured bacon, and probiotic salami slices for a real authentic tasting pizza.

debs divine salmon and cucumber tart with pink caviar

Okay, if you are having special guest, this EASY and extremely impressive dinner will award you culinary compliments blowing away any food critic! What's more, this dish is so pretty to look at making it a visual extravaganza! And it's a raw food to boot! Salmon is not considered a health food nowadays so I limit how often I eat it, but I do enjoy this as a treat.

2 large short cucumbers, peeled, deseeded and cut into fine 2 cm matchsticks or fine julienned using a mandolin
½ to 1 tsp made wasabi to taste
Finely grated zest and juice of 1 lime
Pinch of Himalayan salt
1 teaspoons tamari

Combine and marinade for 30 mins

250 grams freshest salmon steak, chopped into 1 cm dices
½ to 1 tsp made wasabi to taste
1-2 teaspoons tamari
Juice ½ lime

Combine and marinade for 30 minutes in the fridge

debs divine salmon and cucumber tart with pink caviar cont.

1-2 avocado depending on size, Chopped into 1 cm pieces

1 small jar salmon caviar to plate with fresh chives and cream cheese or probiotic Neuchâtel

6 tapered ramekins lined with glad wrap

In the bottom of the 6 lined ramekins divide evenly and press the salmon firmly in to the mold.

For the next layer squeeze the juices from the cucumber retaining the juices, then press into the ramekins on top of the salmon taking care to be firm but not disturb the salmon.

Place the chopped avocado into the remaining cucumber juices and toss to prevent browning. Then drain and press into the top of the ramekins.

Bring the glad wrap that is hanging over the sides onto the top of the avocado gently to cover, then refrigerate for a good 30 mins until ready to serve.

To plate, peel back the glad wrap off the avocado and pull over the outside of the ramekins, take your clean white serving plate and flip the ramekin on top of the center of the plate. Gently pull the plastic wrap as you lift the ramekin off to reveal the molded dish. Gently remove the plastic wrap.

Spoon a teaspoonful of salmon caviar around the tart onto the white plate. Top with a rounded teaspoon of Neuchatel and poke two long sprigs of chives out the top of the cheese, pressing them into the salmon to secure them. Serve immediately and enjoy!

garlic roasted marrow

It is said that marrow is something you either love or hate, but I have yet to find someone who doesn't love this dish. Considered offal, marrow is sweet and full of anti-inflammatory immune building, cancer killing nutrients that strengthen bones, ligaments and cartilage as well as the brain. Marrow is also a potent source of collagen, which cooks down into gelatine making marrow a powerful anti-ageing food. Forget collagen building facial creams and botox; you are far better off to ingest this dish weekly than you are paying for expensive anti-ageing treatments! Marrow produces 500 billion blood cells that transport oxygen to the body, marrow contains lymphocytes, which support your immune system and it is a major source of stem cells, which repair your body. Collagen also heals the villi in the gut helping to protect the body from leaky gut syndrome. Marrow, makes up 4% of your total body mass, is also a rich source of calcium, sulphur, iron, potassium, phosphorus and magnesium! Alkylglycerols found in marrow (also in mothers milk and shark oil) inhibit cancer growth by selectively killing cancerous cells.

Ask your butcher to prepare two femur beef bones by removing the thick ends of the bone, (these can be cut into pieces for stock) then ask him to cut the bone lengthways down the middle so the marrow is exposed on both sides.

You do not want marrow rounds, as the fat will fall out of the bottom when roasting. Long pieces are best.

Whole milk to soak the bones

Continued over page....

garlic roasted marrow cont...

3 cloves of chopped garlic per piece of marrow

To serve

2-3 thin slices of lightly toasted sourdough ciabatta per piece of marrow

2-3 tbsp. Italian flat leaf parsley per piece of marrow

1. Soak your prepared marrow in cold whole milk for several hours or overnight.

2. Drain from the milk and carefully run under cold water to rinse. Discard the milk.

3. Place your marrow onto a baking tray marrow side up. Sprinkle with salt and pepper and place into your hot 200°C oven for 15 minutes.

4. Remove and sprinkle your garlic over the marrow and return to the oven to bake for a further 10 to 15 minutes.

5. Remove from the oven and check to see if your marrow is cooked through, there should be no signs on pinkness in the base of the marrow against the bone.

6. Serve topped with your parsley and additional fresh cracked pepper, with your sourdough ciabatta.

dessert

vanilla poached pears with vanilla cream

2 cups T Lead T Restful Tea (www.tleaft.co.nz)

4 tsp Yacon syrup

1 tsp Vanilla powder

2 tsp preserved Lemons (optional)

6 large Pears

Fresh mint (thinly sliced)

1. Peel pears, cut in half lengthways and remove core (can use a melon baller)

2. Boil tea and add vanilla, yacon syrup and lemons. Reduce to a simmer.

3. Poach the fruit for 2-3 minutes each side or until they begin to soften (but still firm enough to retain their shape)

These keep immersed in the syrup for up to one month

vanilla cream

Seeds from 1 vanilla pod

1 cup low fat greek yoghurt

1 tsp nativia (optional)

Blend together and use only 1 tbsp to top on fruit on occasion.

coconut crepes

These are a nice Sunday brunch option when you feel like something a little different. You can omit the nativia and add a little pinch of salt to make them savory and serve with mushrooms, onion and garlic.

2 level tbsp coconut flour

1 egg

2 egg whites

1 tsp nativia

2/3 tsp cinnamon

½ tsp vanilla extract, optional

1 tsp coconut oil

1 cup raspberries

2 tbsp greek yoghurt

Place your coconut flour, eggs, cinnamon, vanilla and nativia into your blender and whizz on high for about 30 seconds until well combined and light and fluffy.

Meanwhile place your frozen berries into a pan and let them heat through and soften.

Heat a small nonstick crepe pan and add 1/3 tsp of coconut oil.

Pour in 1/3 of the batter into the pan and gently fry for a min until firm enough to flip, then cook other side for a few seconds until done, but don't over cook them.

Repeat until all three crepes are done.

Stuff with your berries and top with a dollop of yoghurt and serve immediately.

You can dust with Erythritol icing sugar if you like!

dessert

blueberry sorbet - serves 4

Oooh . There's nothing quite like the smell of fresh blueberries. Something quite magical happens when you eat them your body feels so light and renewed, it sort of rewards you for being so kind to it. This is so good I'd even eat it for breakfast!

2 cups frozen blueberries

1 cup ice

2 tbsp erythritol icing sugar

Juice of 1 lemon

Good pinch of cinnamon, to taste (optional)

1. Place all the ingredients into your high powered blender and blitz to make a smooth sorbet consistency.

2. You may need to stir a few times during blending to ensure it whizzes smoothly.

NOTE: If it's too soft you can place in the freezer for a few minutes to firm. But if left too long it will turn into an ice block so watch carefully!

Serve immediately.

Forget taking a weight loss pill! If you want to free yourself of belly fat and reduce your risk of cardiovascular disease, these berries provide a delicious alternative! Catechins found in blueberries activate fat-burning genes in abdominal fat cells to assist weight loss. Also blueberries are loaded with phytonutrients that function as both antioxidants and anti-inflammatory compounds in the body.

chi jelly

500 mls of sugar free stevia sweetened Chi

4 sheets of gelatin

Variation:

You may add fresh fruit to these and/or replace 1 cup of Chi with one cup of sweet reisling dessert wine for something a little special!

1. Place your gelatin sheets into cold water to soften for several minutes
2. Gently warm 1 cup of chi in a pot until it's warm to touch, but not hot.
3. Drain and squeeze the gelatin sheets and whisk into the warmed Chi.
4. Whisk in the remaining Chi, then pour into 6 x 75 ml molds.
5. Refrigerate for several hours or overnight.
6. Place each mold into hot water for a few seconds, then turn onto a plate and serve immediately.

dessert

coconut pandan panna cotta

Pandan leaves are found in the frozen section of your local Asian supermarket. They are naturally sweet and add an authentic flavour to any Asian desert. The leaves are used to infuse rather than used whole. This is a delicious low carb desert and because of it's richness only a small serving is required.

3 pandan leaves, tied in a knot

1 400 ml tin of coconut cream

150 ml fresh cream

1 tbsp. coconut sugar or yacon

1 tsp. vanilla seed gel, or essence

4 sheets of Equagold gelatin leaves

1. Begin by soaking your gelatine leaves in cold water.

2. Prepare 6 100ml panna cotta moulds or ramekins by gently whipping with a little coconut oil.

3. Then in a small pot gently warm your coconut milk with your sugar, pandan leaves and vanilla.

4. Don't boil your coconut cream but once it is starting to froth turn off the heat and allow the pandan and vanilla to infuse in the coconut cream for 10 mins or so until you are happy with the sweetness.

5. Once the coconut cream mixture has cooled to about 60°c or is warm to touch, not hot, add your gelatine leaves and whisk to dissolve.

6. Add your cream to this mix and then place into your moulds.

7. Place into your refrigerator for several hours until set.

8. To serve place your moulds into hot water for a few seconds then turn onto your serving plate and tap to release your mould. Gently lift from one side slightly first to release the suction. If they don't release, carefully run a small sharp paring knife around the inside of the mould.

dessert

brain food

net carbs

Net carbs (NC)are a more accurate measurement of the impact carbohydrates have on blood sugar levels. Fibre slows down the digestive speed of carbohydrates, therefore by taking into account the fibre content of carbohydrates, we are able to establish more accurately the blood glucose load. I have listed a few flour alternatives here to demonstrate the difference in the macro-nutrient nutritional values of commonly used flours. While I don't recommend starches and standard gluten free alternative flours, I have included them here to demonstrate why we avoid them.

To compare that flour here is a quick look at alternative options:

	Carb	Fibre	Net Carbs	Fat	Protein	Glycemic Load (<10)	
Coconut flour (GF)	17 g	11 g	6 g	5 g	4 g	3	Best
Buckwheat flour (GF)	20 g	3 g	17 g	4 g	1g	10	Sparingly
Chickpea flour (GF)	16 g	3 g	13g	6 g	2 g	8	Minimum use
White Rice flour (GF)	22 g	1 g	21 g	2 g	0 g	16	Avoid
Arrowroot flour (GF)	25 g	1 g	24 g	0 g	0 g	17	Avoid
Rye Flour	22 g	4 g	19 g	3 g	0 g	16	Avoid
Sesame Flour (GF)	7 g	0 g	7 g	9 g	10 g	3	Good
Whole wheat flour	20 g	3 g	17 g	4 g	0 g	10	Sparingly
Almond Flour (GF)	6 g	3 g	3 g	14 g	6 g	0	Best

From this you can see why we use coconut and almond flours.

While on a ketogenic diet it's important to start with a low daily NC intake, then after 3 weeks you can increase this by 5 g NC per week while continuing to test your ketone levels until you find your carb tolerance.

notes

brain food

Nutritional Ketosis - what's the buzz?

More than just a diet, using fat to fuel the body instead of carbohydrates has scientifically proven to improve biomarkers of age, optimise weight loss and reverse chronic diseases, including some cancers.

Not only does the ketogenic diet offer a potential cure for diabesity (diabetes + obesity), it may provide a solution for endurance athletes, who as they age are gaining weight and no longer reaching peak performance levels.

Big claims? Indeed. However, new long-term research into this way of eating is shattering old-school paradigms on nutrition, and is changing the way we view and approach our modern diet.

Over the past decade I have spent 80 percent of my time in nutritional ketosis. I am living proof that a long-term ketogenic diet works. If my schedule is demanding (it usually is) or if I am public speaking and need to be at my best, I will ensure I reach nutritional ketosis leading up to and during the event. It is while I am in this fat-adapted state that I perform at my absolute best. Moreover, for the past decade my weight hasn't fluctuated more than 3kgs, not bad for a woman in her 40s.

In a ketogenic state I have untold energy and my brain function and IQ are optimised. As a weightloss coach for nearly two decades, I am convinced that for a majority of overweight people (there are exceptions), this way of life improves health and wellbeing in a myriad of ways. Most people suffering with obesity are in more often than not, sensitive to carbohydrates, so limiting carbohydrate intake makes sense.

What is Nutritional Ketosis?

The term Nutritional Ketosis was coined by Dr Stephen D. Phinney some 30 years ago to clarify confusion particularly among physicians, between ketosis induced by carbohydrate restriction and ketosis caused by the absence of insulin in type 1 diabetes, which leads to ketoacidosis.

Ketones in extremely high levels can be a toxic byproduct of fat metabolism. However in very low doses they are also a useful substrate for healthy fat metabolism and weight loss. There is no more risk of ketoacidosis in healthy individuals by inducing nutritional ketosis, as there is inducing diabetic coma through extreme blood sugar levels in healthy individuals. A healthy body will keep these levels in a healthy range.

The ketogenic diet has been around since the beginning of time. It refers to the fuel source your body survives on. The standard western supermarket diet is high in carbohydrates and as your body digests these carbohydrates, they are converted into glucose (sugar) then glucose molecules fuel each cell in your body. When we reduce our carbohydrate intake to a minimum (usually five to 10 percent of daily caloric intake) there is no longer enough glucose to fuel the body, so the body very cleverly goes looking for a second fuel source. It turns to stored fat cells and or dietary fat, and the liver converts this fat into ketones. Ketones then become the primary fuel for each cell in your body. This is called fat-adaptation, and the clinical term for this is to say you are in a ketogenic state, or your body is in nutritional ketosis. And the side-effects can be extremely positive.

Ketosis and cancer

It is interesting that many cancer cells do not have the ability to adapt to using ketones as fuel and in return quite literally starve to death. Hence the ketogenic diet has sparked enormous interest in cancer research.

We still don't know how cancer kills us exactly but what we do know is that robs us of glucose (sugar, our fuel source).

Cancer loves sugar; it robs our body of it and feasts upon it. Eventually it can do this to an extent that by the time someone has cancer throughout their body, it quite literally starves them to death, which is why we see wasting away towards the end of life with cancer.

Ask any oncologist if their cancer patients are sugar addicts. The problem is that it is not the patient themselves who desire the sugar; it is the cancer in their bodies robbing them of it and demanding more.

While cancer remains a mystery, some theories have emerged that cancer is in fact a fungus. Whether it is or not, it can act like one in the body; it overtakes us and gains strength from sugar. I have coached many cancer patients through my cancer ketogenic dietary protocol with great success. At this level it can be quite a technical nutritional approach and does require an experienced person to guide them into reaching optimal ketogenic levels while maintaining an alkalised state which is also important for cancer. (Yes the two are possible).

Is ketosis a natural metabolic state?

Many traditional nutrition experts believe that nutritional ketosis is actually the natural state of Paleolithic man, given how restricted our carbohydrate and sugar intake was historically. The macronutrient ratios of a ketogenic diet are 65 percent fat, 30 percent protein and 5 percent carbohydrate (from daily caloric intake).

The carbohydrates that are consumed consist of low-glycemic high-fibre vegetables with some fruit.

Adequate protein levels are consumed to maintain, build and repair muscle mass, however too much protein is not advised.

The rest of our diet is made up of nutrient-dense fats that fuel the body; such as nuts and seeds including their oils, avocado, olive and coconut oils and animal fats such as butter, lard, cream and soft cheeses. And in case you are wondering, yes, you can drink wine if you follow this protocol correctly.

One could argue that hunter-gatherers naturally ate very similar to this and certainly the most studied ketogenic diet is that of the Inuit. Called the Inuit Paradox, their native diet consists of high-fat/high-protein with basically no fruits or vegetables. The Inuit have extremely low levels of the world's biggest killers – heart disease and cancer.

Neurological benefits

The ketogenic way of eating also provides enormous levels of satiety (fullness after a meal), as the body becomes deeply nourished when we eat this way and therefore our brain isn't constantly looking for nourishment. High carb diets make you hungry.

Another benefit is that obtaining a ketogenic state optimises brain function. In fact this diet has proven to reduce symptoms of neurological disorders such as Parkinson's disease, Alzheimer's

disease, brain cancer, autism, and multiple sclerosis. It has long been used to treat childhood epilepsy and ketosis has clinically proven to significantly reduce seizures.

The paradigm shift

It is obvious to see that the low-fat/high-carb diet has truly been one of the biggest dietary blunders in history; it has led to unprecedented rates of obesity, heart disease and chronic illness. Simply put – we were wrong.

Fat doesn't make you fat or unhealthy – carbohydrate (sugar) does. For most of us, the suggestion that high-fat diets may actually be healthy seems totally contradictory to everything we've been told about nutrition, as experts have endorsed low-fat/high-carb over 60 years. But it's time every health professional took the time to research thoroughly the evidence that has been brought to light. It takes a brave clinician indeed to change opinion and admit we all had it very wrong, but it must and will eventually happen.

The politics

Food is political, in fact our western dietary guidelines originated with the United States Department of Agriculture (USDA); they were designed to support agriculture not human nutrition. Therefore a shift in the public consensus will be one shrouded in politics, because in order to change we must first admit we were wrong.

The truth is not only are high-carb diets are killing us, but fat is actually healthy. The billion-dollar-a-year statin drug (cholesterol lowering) cartel along with the power of the grain and sugar (processed foods) industries will spark a food and nutrition debate that will span decades. This really is the new tobacco.

There is hope

Sweden has become the first country to officially reject the low-fat/high-carb diet and has publicly announced new dietary guidelines to support low-carb/high-fat nutrition advice. The Swedish Council on Health Technology Assessment provided a two-year study analysing 16,000 nutrition studies published through May 2013. So there is hope that other countries may eventually change. The first to lead will be countries that allow science over politics to prevail. However it is a known fact that currently politics wins over science.

The cholesterol myth

The leading question is "what about cholesterol? Won't this cause heart disease and cause heart attacks?"

While this is still a mainstream attitude by most health professionals, the answer is no, dietary cholesterol has no impact of the body's cholesterol levels. So next time your doctor suggests you lower your butter intake, ask them if they in fact they mean you should lower your sugar intake. The cholesterol myth is that dietary fat causes heart disease, however this is a hypothesis that to this day has never been scientifically validated.

Why don't dieticians and doctors currently promote this diet?

Professionals frequently recommend the ketogenic diet however it is not yet accepted as a mainstream protocol. The reason is both political and a matter of education. This diet is shrouded in controversy against old-school science verses modern scientific research. So low-carb diets have remained fringe concepts, because it is not only hard for us to admit we were wrong, but also it's easy to criticise what we don't understand. If we studied one philosophy and adopted that as our belief, it is very difficult to change what has been ingrained in us. We don't have to learn new information opting for wilful ignorance instead.

ketogenic tips

Eat lean protein, not too much 2-3 times a day.

Focus on green leafy and high-fibre vegetables, raw is best. Include micro-greens and sprouts as these are nutrient-dense and alkalising.

Eat some raw low glycemic index fruits, mostly citrus and berries, but not too much at once.

Enjoy nuts and seeds including their oils and milks.

Include fat at every meal including avocado, duck-fat, lard, butter, olive oil, coconut oil and soft cheeses.

Home-made mayonnaise and oil-based dressing should be used with every meal.

The use of a little apple cider vinegar in water can help the body maintain and alkalised state.

Avoid vegetable oils such as canola, grapeseed and soy oils; these are high in omega 6 and can be pro-inflammatory.

Avoid all grains, sugars and processed foods.

Ketosis for weight loss

Without being aware, most people today have become carb-sensitive. Our blood sugar levels are on a constant rollercoaster resulting in highs and lows in energy.

If you are a mid-afternoon napper or snacker, you will know what I mean. But high blood sugar also contributes to many chronic degenerative diseases, including heart disease.

Other symptoms of carbohydrate intolerance are bloating, sleepiness after eating, physical and mental fatigue, depression and fat storage. Due to a life on the high-carb diet carb sensitivity is now a common problem. The ketogenic diet provides the solution.

endurance exercise and ketosis

"Studies of elite athletes adapted to low-carb diets have uncovered one unexpected finding – their extraordinary ability to produce energy at very high rates purely from the oxidation of fat," Tim Noakes wrote in the British Journal of Sports Medicine.

Noakes and his colleagues, Drs Jeff Volek and Stephen Phinney, said the field of low-carb sports performance is under-investigated and in need of further exploration. Meanwhile, in nine out of 11 low-carb performance studies a low-carb diet proved better than, or just as effective as, a high-carb diet for endurance performance.

Many athletes report greater endurance and increased performance in this state, largely put down to the fact the body will fuel not only off dietary fat, but also stored fat. We can store more fat as fuel than we can glycogen from carbohydrate consumption. In other words fat is nutrient-dense and we require much less of it, as it takes longer to burn. Carbohydrate levels must be topped up during endurance events whereas fat doesn't require topping up – your body will efficiently burn your body's fat stores for prolonged periods of time.

Why carb fueling doesn't work long-term

For many athletes the long-term effects of carb-fueling can result in adverse biomarkers of age, such as elevated body fat percentage, high cholesterol and increased blood sugar levels leading to inflammation. Inflammation is linked to chronic disease.

A diet containing simple carbohydrates can easily result in a slightly elevated insulin level, which in turn can paradoxically result in an inability to oxidise fat. So despite all your exercise, an elevated insulin level can create an environment where your body cannot access its internal fat stores. This is commonly observed in my clinic with clients, who despite intense exercise, fail to lose weight.

In carb sensitive individuals, no amount of exercise will result in weight loss while you are fueling it with carbohydrate. In fact you will become inflamed and your body will retain water as well as fat. The key is nutritional coaching that induces a ketogenic state – I see stubborn weight loss completely overturned with this approach.

Will it work with you?

So far I have worked with thousands of patients coaching them into a ketogenic fat-adapted state. Rarely will I see this protocol not work for health, endurance and weight loss.

Occasionally a client with a pre-existing metabolic condition may not easily reach ketosis. These issues are generally resolved by addressing these conditions first. However I have yet to see a client who hasn't dramatically improved energy levels, cognitive thinking and emotional stability on a ketogenic diet.

This is a highly disclipined dietary approach and one that is difficult to learn for a novice, hence I recommend seeking professional advice.

At my clinic we offer professional eight-week coaching packages, whereby almost daily contact is offered so clients stay both motivated and inspired to achieve their goals. We find that intimate coaching allows the client to focus on enjoying the process, while we worry about tweaking the details, so results are optimised. There is a healthy way to approach this diet and a very unhealthy way, so ensuring your body gets the nutrients it requires while on this protocol it is the key to long-term success.

My advice – give it a go. You have nothing to lose but fat and brain fog.
Author - Deborah Murtagh printed in Fitness Journal November 2014 edition

the truth about fat

Whole Food Secrets and traditional diets promote the theory of; the closest thing to nature. Fats should come from foods that are naturally high in fat, such as animals, seeds and nuts. Plant based fats should be able to be cold pressed and extracted from the first pressing.

The closer the food is to its natural state the more easily the body can digest it & generally the more nourishment you obtain from it. With every food you consume keep asking yourself, how processed is this food? How close to its natural state is it? Has this food been in our diets for more than 50 years & does it therefore have a proven track record of being a beneficial food?

When I first started teaching students to go back to butter instead of margarine, to use full fat milk instead of skim milk, that small amounts of cream in your diet is beneficial for you, and that coconut fat, clarified butter (ghee) and animal fats are the best fats for high temperature cooking, they are initially very sceptical and mistrustful to say the least! Why?

In the case of fats, there is a lot of misconception about what fats are safe, healthy, good, or bad. The public have been dutifully brainwashed to believe that both low fat diets and newfangled fats are better for us than traditional fats.

Heart disease kills more people in NZ than any other cause, 1 in 2 women will develop heart disease, more women than men. We are constantly exposed to advertising telling us what's good for our heart, but where is that information coming from, and who are the people saying it? It almost becomes an emotional debate, especially to the health conscious or to anyone living with someone with high cholesterol or heart disease because they have been good responsible consumers and have heeded the advice of 'experts'. The truth is not found by listening to anyone selling their own agenda. Mary Enig is a world renowned scientist and expert on fats whom some 50 years ago argued publicly on the dangers of trans fats, only now they (the FDA & Heart Foundation) have listened and have finally issued health warnings on trans fats. In fact New York restaurants are now banned from using trans fats. Those who listened to Dr Enig 50 years ago will be grateful they did.

It's highly important and fascinating to learn the history of fats and the conspiracy around them. Traditionally we used primarily saturated fats such as tallow, lard, butter, coconut oil. However during WW2 the main supply of coconut oil was cut off to the rest of the world. This caused a worldwide shortage of cooking oil and created a lucrative opportunity to whoever could produce an alternative. Canola was born. But initial attempts to sell canola oil failed and a multimillion dollar marketing campaign was conceived to convince consumers that canola oil was superior to coconut oil. This is when we were told that saturated fat is BAD for us and that polyunsaturated fats were GOOD. The poorer islands could not compete with the millions of dollars being pumped into the promotion of polyunsaturated fats (canola) and the demise of coconut oil. This was the beginning of the 'Cholesterol Myth' and the 'war on fat' began. I will quickly point out here that evidence points to sugar as being at the root of cholesterol and I highly recommend book The Cholesterol Myth by Dr Uffe Ravnskov, MD, PhD. Today Monsanto, the most notorious chemical manufacturing giant who contaminated the globe with carcinogenic chemicals such as 245-T, DDT, PCB's, and also gave us other evils such as Agent Orange, Aspartame and Bovine Growth Hormones, own a monopoly over canola oil. Canola oil was one of their first big Genetically Engineered Roundup Ready crops. One would need to write a novel to scrap the surface of this arguably evil company however to generalise; anything they are trying to sell you or have you conform too should be the very thing you make your mission in life to avoid!

notes

It is important to note here that after being convinced we should use of polyunsaturated fats, heart disease did not decline, but rather increased. It is also important to note that in countries that consume the highest amounts of coconut oil, have the lowest heart disease in the world. Sadly today the FDA and Heart Foundation still insist that all saturated fat is bad for us, science and wisdom however proves otherwise.

More & more evidence has been emerging on the health benefits of two saturated fats, Ghee (used for centuries in Ayurvedic medicine & cooking), an Indian folk remedy well known for its ability to transport herbs to the cell walls, and coconut oil has demonstrated in studies to actually be combative against cancer & candida, as well as diabetes.

Experts say that the large amount of palmitic acid and the myristic acids present in coconut oil, ghee & butter have an anti-diabetogenic action as they stimulate glucose mediated insulin secretion. It is said that no cholesterol lowering approach can give even a fraction of these health benefits accrued from ghee & coconut oil, yet statin drugs are still a billion dollar a year business and there is talk about adding them to municipal water supplies in America. While coconut oil received some uneducated bad press a decade ago & many people to this day believe it is still a bad fat, there is now an astounding amount of scientific evidence supporting the health benefits of coconut fat. We also now know that coconut oil metabolises more like a carbohydrate than a fat. It breaks down very quickly in the body as a useable form of energy making it an excellent fat for keto-adapted people who are fuelling their body from ketones instead of glucose.

Consumers need to be aware of companies giving a false impression of a food being healthy when in actual fact it isn't. Did you know that you only need 1% natural ingredients to call a product natural? Also check the fat content of foods you buy. If the fat is listed near the top of the ingredient list you know it is probably quite high in fat. Look at the percentage on the label and avoid trans fats, margarines, rapeseed, canola & soy oil. If the label reads 'vegetable oil' it is likely to be one of these. Both Canola and Soy oil are usually Monsanto's GE oils. A point to note here is most restaurants and takeaway outlets are proud to use canola oil. It is in these foods many people consume the most fat in their diets, and this is fat you have no control over.

Whole Food Secrets promotes the use of a wide range of fats, depending on what you are cooking & how the food is being prepared. Some oils are well suited to high temperatures while others are not. Once oil / fat smokes, it is considered carcinogenic & shouldn't be consumed. The best fats for frying which have a high smoke point are, ghee (clarified butter), coconut oil & animal fats.

We do not promote the use of Rice Bran Oil. It is a newfangled oil which takes a huge amount of chemical processing to extract the oil from rice bran and is merely a bi-product of rice production and a way for companies to make money out of an otherwise unusable waste product.

Major health hazards seen presently that are attributed to fault fat intake, could be avoided by reverting to time-tested traditional fats such as those used in the Indian diet such as ghee & coconut oil. Many people comment to me that islanders are generally an obese population and therefore dismiss coconut oil as being good for weight. However islanders no longer consume their traditional fats and since westerners converted them to our modern fats their obesity and rates of diabetes soared. It may surprise you to learn that traditional islanders were a lean and very fit race. The coconut is their traditional diet may have also prevented diabetes.

notes

a fat imbalance

It is important to note here that the ratio of omega 6 to omega 3 is important to consume in balance on a daily basis. Our ratio of these fats traditionally very different than it is today and that has been linked to a rise in degenerative diseases. In 2006 the American Journal of Clinical Nutrition published a article on the role of polyunsaturated fatty acids and its role in inflammation and inflammatory diseases where they found an excess of omega 6 found primarily in vegetable oils and polyunsaturated fat, promotes tumour growth, heart attacks, thrombotic stroke, arrhythmia, arthritis, osteoporosis, inflammation, mood disorders, obesity, and cancer. It has also been linked to depression.

What ratio of omega 6 to 3 should we consume? Traditional people consumed as high as a 1:1 ratio of Omega 6:3 and experts conclude that the ideal balance is 1:2, 6:3. So what ratios is the average westerner consuming? A staggering ratio of 21:1, 6:3. That's a massive increase of omega 6 in our diet over the past several decades, 20 times what our ancestors consumed.

By eliminating vegetable oils from the diet wherever possible, you will restore your fat balance. However given how rarely we consume omega 3 fats today I recommend you supplement your diet with 1 tsp high quality fermented cod liver oil or high-dose Krill oil each day. And make your own salad dressings and mayonnaise using flaxseed, hempseed oils and macadamia oils. I combine mine with cold pressed olive oil as the base. Read every label of any processed food you purchase and avoid buying salad dressing completely unless they are top shelf dressing made with cold pressed virgin olive oil, these are very hard to find are usually quite pricey. Making your own is the best option.

Why your body needs saturated fat

Saturated fats that have longed been demonized have recently been let of the hook. With soring rates of obesity, cancers and heart disease the attention has now shifted toward sugar and carbohydrates, and rightfully so. The low-fat, high-carb lifestyle is killing us and did nothing but pour fuel on the fire!

A 2010 meta-analysis published I the American Journal of Clinical Nutrition reviewed 21 studied relating to the risk of heart disease, stroke and saturated fats concluded that: "…there is no significant evidence for concluding that dietary saturated fat is associate with an increased risk of coronary heart disease or stroke and cardiovascular disease."

In fact emerging evidence is suggesting humans should have a diet of between 50 and 70% fat! The key to this remaining healthy however is maintaining the correct ratio of Omega 6:3.

Saturated fats were once considered a non-essential dietary fat because the body naturally produces it. It does so however because it requires it! In fact sat fats are highly anti-inflammatory, they help heal the gut, provide building blocks for cell membranes, hormones, and hormone-like substances, and they act as carriers for important fat-soluble vitamins A, D, E and K, and are required for the conversion of carotene to Vitamin A and for mineral absorption. Caprylic acid is antiviral, protecting the immune system, and palmist and stearic acids help lower cholesterol levels.

Interestingly I will point out here that there is now question whether cholesterol itself is bad for us, and even if the demonised Low Density Lipids (LDL) are even bad for us!! We could have had this entire picture wrong for decades! Cholesterol is only a problem if other precursors are present such as high homocysteine levels. This along with c-reactive protein should be tested to ascertain if high cholesterol is in fact unsafe. These tests must be requested in New Zealand! Most Doctors here fail to look holistically and are too quick to prescribe statin drugs, when in actual fact this could be damaging to health!

Cooking oil production

Refined oils have been through a process that involves the use of chemicals to make physical changes to the oil. Refining produces a clear, stable, neutral cooking fat which should have no place in wholefood cookery. Unrefined, cold-pressed oils that have only been pressed once have a very high content of unsaturated fatty acids, enzymes, hormones, and nutrients and are liquid gold for cooking and health.

To obtain good quality oil, it is important to have high quality ingredients. There is no point in using special pressing techniques if the oil-giving plants are poor quality, have been raised on artificial fertilisers, grown in soil polluted by chemicals, and had their leaves, fruits, or seeds sprayed with chemicals. Even if the oil seeds are well protected by nature, as in the case of grape seeds, pumpkin seeds or nuts, the effects of chemical sprays can penetrate through the protective layers around the seed.

For the best oil, only organically grown seeds or fruits should be put in the press. This has led to partnerships between oil producers & farmers, although some farmers have obtained the equipment to produce their won oil. Oil giving fruits or seeds most be stored in cool, dark surroundings. Before pressing takes place, the seeds and kernels are carefully sorted to remove and impurities. In the case of nuts or sunflower seeds, it is necessary to remove the shells, During the sorting process there are a few other factors which are important; how likely the seeds are to germinate, the amount of moisture they contain, and the smell of the seeds.

Continuous pressing means that the oil cannot be stored for very long, but should be bottled as soon after pressing as possible. Pressing is usually carried our a few days before distribution. Oil can be obtained most easily when the seeds are at a temperature of 68□F (20□C); if they are below this temperature then they should be warmed up before pressing takes place.

Pressing is done mechanically, usually in a spiral press, which grinds the seeds or fruits with a continual action from a screw, which gradually increases the pressure. Smaller pressers ensure that the temperature of the seeds does not increase significantly because the pressure increases at a slower rate. With smaller pressers the oil extraction process takes longer, but the quality, flavour and nutritional content of the oil is significantly higher than that of oil produced from a larger press.

Not every cold-pressed oil remains cold during pressing. Usually four-fifths of the volume of oil becomes no hotter than 100□F (40□C), but towards the end of the pressing, the temperature can rise to more than 130□F (50□C). This has a negative effect on the flavour and the vitamin content of the oil, but with good equipment and careful supervision this rise can be avoided.

The oil is left to stand for a few days & becomes cloudy. It is then passed through a paper filter and collected for immediate bottling, thus ensuring that the oil retains its natural characteristics and all its nutrients. Oil obtained by these gentle methods has an intense, distinctive flavour.

Cold-pressed oils, in contrast to industrially produced oils, are a valuable culinary ingredient.

oil processing

Oil Seeds and fruits Cleaning Shelling Extraction by chemical solvent cold Pressing Or heat or heat pressing over 350□F (180□C) Treatment to remove cloudiness By filter with a centrifuge & solvent Acidity removal with caustic soda, soda or soap Bleaching with clay Flavour neutralisation with steam treatment	Oil seeds and fruits Thorough Sorting to remove impure material Shelling Filtering through paper filter

brain food

the healing power of coconut - the fat that makes you thin!

Coconut oil has so many health benefits there are too many to mention. This really is the healthiest oil for frying as it has a high smoke point.
It is highly nutritious, high in fibre, minerals and vitamins, and is classified as a 'functional food' because it has so many benefits.

Coconut oil has been used as both a food and a medicine for centuries in many cultures throughout the world. Traditional forms of medicine use coconut oil for a wide variety of health problems, ranging from the treatment of burns and constipation to gonorrhea and influenza. Modern medical research is now confirming the effectiveness of coconut oil for many of these conditions. Research over the past several decades has demonstrated that the medium-chain fatty acids in coconut oil are digested and metabolized differently from those of other fats. This difference gives the oil many health benefits obtained from no other source. It is thought is metabolizes more like a carbohydrate rather than fat.

Coconut oil has a reputation in New Zealand as being a 'Bad' fat due to its high levels of saturated fat. However all saturated fat is not the same. The saturated fat in coconut oil is a medium chain fatty acid, the vast majority of fatty acids found in food are long-chain-fatty-acids. Medium chain fatty acids protect against heart disease, and do not have a negative effect on cholesterol.

Coconuts bad reputation came during WW2 when the supply of coconut oil, was cut off from western countries. It was during this time that canola oil flourished into production. However consumers did not want this newfangled oil and it didn't sell. A multimillion dollar campaign was born branding coconut oil as a bad fat! Sadly the coconut oil companies from third world countries, didn't have money to fight back and coconut was branded as 'BAD'.

Research into coconut oil over the past few decades has shown only fabulous health benefits of consuming coconut. In Mary Enig and Sally Fallon's book, Eat Fat, Loose Fat, they recommend eating 1 tablespoon of coconut oil, 30 minutes before each main meal. This nourishes the body and satiates the body.

scientifically proven benefits of coconut:

Coconut kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses

- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhoea, and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections
- Expels or kills tapeworms, lice, giardia, and other parasites
- Provides a nutritional source of quick energy
- Boosts energy and endurance, enhancing physical and athletic performance improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids
- Improves insulin secretion and utilization of blood glucose
- Relieves stress on pancreas and enzyme systems of the body
- Reduces symptoms associated with pancreatitis
- Helps relieve symptoms and reduce health risks associated with diabetes
- Reduces problems associated with malabsorption syndrome and cystic fibrosis
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth
- Helps protect against osteoporosis
- Helps relieve symptoms associated with gallbladder disease
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers
- Improves digestion and bowel function
- Relieves pain and irritation caused by haemorrhoids
- Reduces inflammation
- Supports tissue healing and repair
- Supports and aids immune system function
- Helps protect the body from breast, colon, and other cancers
- Is heart healthy; improves cholesterol ratio reducing risk of heart disease
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease
- Helps prevent periodontal disease and tooth decay
- Functions as a protective antioxidant
- Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease
- Does not deplete the body's antioxidant reserves like other oils do
- Improves utilization of essential fatty acids and protects them from oxidation
- Helps relieve symptoms associated with chronic fatigue syndrome
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement)
- Reduces epileptic seizures
- Helps protect against kidney disease and bladder infections
- Dissolves kidney stones
- Helps prevent liver disease
- Is lower in calories than all other fats
- Supports thyroid function
- Promotes loss of excess weight by increasing metabolic rate
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats

- Helps prevent obesity and overweight problems
- Applied topically helps to form a chemical barrier on the skin to ward of infection
- Reduces symptoms associated the psoriasis, eczema, and dermatitis
- Supports the natural chemical balance of the skin
- Softens skin and helps relieve dryness and flaking
- Prevents wrinkles, sagging skin, and age spots
- Promotes healthy looking hair and complexion
- Provides protection form damaging effects of ultraviolet radiation form the sun
- Helps control dandruff
- Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do
- Has no harmful or discomforting side effects
- Is completely non-toxic to humans

deb's tips for increasing coconut consumption

- Add dried coconut to your cereals
- Use coconut as a pie crust
- Make coconut rice
- Make coconut fudge
- Use coconut milk as a smoothie base
- Use coconut cream in soups
- Bake organic grains and seeds in coconut cream such as short grain brown rice, whole millet and white quinoa
- Eat it off the spoon
- Add 1 tablespoon to a glass of warm water and drink 30 mins before each meal
- Use as your main frying oil
- Add to raw food slices, desserts and fudge!

For research documents and other information relating to the benefits of coconut oil visit the following websites:
www.mercola.com
http://www.westonaprice.org/knowyourfats/index.html
http://www.coconutresearchcenter.org

High-heat cooking oils
(most stable fats, slow oxidation rate)

% SFA	%MUFA	%PUFA	Omega 6 : 3 ratio	Smoke point (unrefined) F/C	Shelf life (months) once opened
Butter **Grass fed, hormone and antibiotic free. Butter has a medium to low smoke point**					
65	32	3	1:1	350/175	2-4 weeks in the fridge
Chicken fat **Loads of flavor, render from a slow cooked chicken. Pastured chicken (1.5:1) has a better 6:3 ration than grain fed animals (12:1)**					
30	45	21	12:1	375/190	12
Cocoa butter **Has one of the longest shelf life's of 2-5 years. It is a highly stable fat**					
60	33	3	3:1	365:185	24-60
Coconut Oil **Very low in PUFA, and very stable. High in fat burning Medium Chain Fatty Acids (MCT's)**					
87	6	2	2:1	350 – 450 / 175-230	12-24
Duck fat **Delicious flavor! Grass fed animals have a 1.5:1) grain fed 12:1**					
33	50	13	12:1	375/190	12
Goose fat **Grass fed animals have a 1.5:1) grain fed 12:1**					
28	57	11	12:1	375/190	12
Ghee (clarified butter) **Clarification removes casein and lactose and becomes stable at higher heat**					
65	32	3	1:1	485/250	12
Lard and bacon fat (pork fat) **Low in PUFA, good source of vitamin D. Do not consume hydrogenated lard containing trans fats**					
40	45	11	12:1	365/185	12
Red Palm Oil (sustainable) **Very low in PUFA, and a stable oil high in vitamin A, CoQ10 and vitamin E**					
522	39	10	2:1	450/230	12

Cold use & light cooking
(moderately stable and moderate oxidation rates)
Use cold pressed, extra virgin oils (first press)

% SFA	%MUFA	%PUFA	Omega 6 : 3 ratio	Smoke point (unrefined) F/C	Shelf life (months) once opened
Avocado Oil **Lovely in salads with a good source of vitamin E and high in heart friends MUFA.** **Also great used topically for skin and hair** **Okay for light cooking**					
11	71	14	12:1	520/270	12
Extra Virgin Olive Oil **Lovely salad dressing of best used to make aioli & as a dipping oil** **Okay for light cooking but do not use to fry your steak!**					
14	73	11	11:1	375/190	6
Macadamia Oil **Great fat for ketosis because of its 6:3 ratio** **Okay for light cooking**					
16	83	1	2:1	410/210	6/12

Cold use only
(unstable fats and fast oxidation)
These fats should be stored in the fridge once opened

% SFA	%MUFA	%PUFA	Omega 6 : 3 ratio	Smoke point (unrefined) F/C	Shelf life (months) once opened
Almond Oil **High in MUFA but also contains Omega 6** **Use sparingly**					
7	65	15	28:1	430/220	6 - 12
Fish oil **Fish oil contains no omega 6 fatty acids and should be used as a dietary supplement especially while on a ketogenic diet, however I prefer Krill oil for it's outstanding ratio of 6:3**					
20/30	27/57	15/40	1:6 /1:8	235/110	12
Flaxseed oil **Short shelf life of 2 months but can be used on furniture thereafter,** **so do use quickly and store in the fridge.** **Touted as a good source of vegetarian omega 3 due to its high ALA content, however the body cannot convert this into the type of omega 3 your body requires (DHA and EPA)**					
9	9	9	9	9	9

Cold use only - continued (unstable fats and fast oxidation)

These fats should be stored in the fridge once opened

% SFA	%MUFA	%PUFA	Omega 6 : 3 ratio	Smoke point (unrefined) F/C	
Hazelnut Oil High in MUFA but also high in PUFA – use sparingly					
10	75	15	15:1	425/215	3
Hemp Seed Oil Similar to flaxseed oil the omega 3 in hemp seed doesn't convert into the required omega 3 It is also unstable like flaxseed oil, so be careful not to consume if it is over a few months old or smells rancid					
10	15	75	2.5:1	225/110	2 -4
Kril Oil Best omega 3 and highly recommended as a long-term daily supplement					
20/31	27/58	15/41	1:12	235/110	12
Pistachio Oil High in MUFA but also Omega 6 – use sparingly					
15	54	31	31:1	325-300/110-150	2-4
Pumpkin Seeds Oil High in omega six and should never be heated Use sparingly This oil may also interfere with blood clotting medications					
17	20	63	29:1	250/120	6-12
Peanut Oil Never cook with peanut oil – not strictly a paleo food as it's a legume and contains alfatoxin, phytates and lectins Very high in omega 6 and not recommended apart from sparingly to flavor Asian salads					
17	46	32	34:1	275-300/135-150	6
Sesame Oil Contains unique anti-oxidants that are not destroyed by heat. It's a good source of vitamin E and K, high in omega 6, so use for flavor in salads but not as main oil					
15	40	45	45:1	400/200	2-4
Walnut Oil Very unstable oil very high in omega 6 Use sparingly					
9	28	63	7:1	320/160	2-4