

# Metabolic Balance recipes



  
metabolic balance

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# Pumpkin Soup

Pumpkin soup is a real classic in fall. With this recipe you can cook a simple variation, which you can reinvent time and again with different combinations of herbs and spices.

Serve immediately and enjoy!

## Ingredients:

1 serving pumpkin

1 tbsp. chopped onions

1 chopped garlic clove

Salt , freshly ground pepper

300 ml vegetable broth

Rapeseed oil

**Methods:** Brown the onions and garlic in oil,

sauté the washed, seeded and chopped pumpkin

for about 5 minutes and season with salt and

pepper. Add vegetable broth and gently simmer

for 20 minutes. Purée and season to taste. The

soup can be enhanced with some coconut milk (in later Phases, when close to goal).

Depending on your liking and taste, you can add different combinations of ginger, lemongrass, rosemary, curry or other delicious herbs and spices and season with salt and pepper. Delicious!





# Cabbage-Apple | Recipe

## Ingredients:

1 serving chicken breast

1 serving savoy cabbage

1 apple

Spices: sea salt, black pepper,  
turmeric, ground caraway,

1 pinch of cinnamon,  
some (fresh) ginger

75 ml vegetable broth

1 TBsp. (rapeseed) oil

Apple cider vinegar

Herbs: parsley

**Methods:** Wash the chicken breast, pat dry and cut into thin strips. Clean the savoy cabbage, cut into thin strips, wash and drain. Wash apple, remove the core, quarter and cut into thin slices. Wash parsley, shake dry and chop finely. Brown chicken breast in oil, and season to taste. Remove from the pan and set aside. Place the savoy cabbage in the pot, sauté and season well, deglaze with vegetable broth and simmer gently. When there's only a little liquid left in pot, season the cabbage, add the apple slices, cooked chicken breast and chopped parsley, bring again to the boil and serve. Enjoy!



# Vegetable Skewers with Crunchy Seeds

Delicious skewers: cauliflower-onion-fennel skewer with crunchy seeds

**Ingredients:**

2/3 serving pumpkin seeds  
1/3 serving sunflower seeds  
1 portion of vegetables  
(we used cauliflower,  
onion and fennel)  
Spices: salt, pepper  
and paprika

**Methods:** Clean the vegetables, peel, dice roughly and blanch in hot water. Season with salt, pepper and paprika.

Heat a pan without fat and sauté the vegetable cubes. Remove from the heat and carefully pierce onto wooden skewer, alternating with cauliflower, onion and fennel cubes. Keep the skewers warm.

Toast the pumpkin and sunflower seeds in a pan without oil. Place the vegetable skewers in the toasted seeds and careful coat all the vegetables.







# Stuffed Bell Peppers

## Ingredients:

1 portion of vegetables  
(including one bell pepper,  
onion and pumpkin)  
1 small clove of garlic  
1 serving mozzarella cheese  
spices: salt, pepper

**Methods:** Wash the bell pepper, scoop out the stem and seeds generously. Peel and dice the onion. Wash, clean, peel, blanch and chop the pumpkin into small cubes.

Heat a pan with 1 TBsp. of water and sauté the diced onion until translucent. Those who are already in phase 2 with oil, should use oil instead of water. Peel the garlic, press through a garlic press and add to the onion. Add the pumpkin, salt and pepper. Gently stir-fry until soft. Carefully fill the bell pepper. Finally, add the mozzarella and toast in a toaster oven (or oven) until the cheese melts and bubbles.

# Stuffed Artichokes

## Ingredients:

1 serving cooked ham  
1 serving vegetables  
(artichokes and mushrooms)  
1 lemon  
spices & herbs: salt, freshly  
ground pepper, freshly  
chopped parsley  
olive oil or coconut oil

**Methods:** Remove the scale-like leaves from the artichoke and break off the stalk. This requires a little effort, but please do not cut it off, as the inedible fibers will be removed from the bottom by the breaking (it's also called "hay"). Cut off the upper first third and remove the middle leaves, now you can remove the inedible "hay" (with small artichokes you have very little of it). Place the cleaned artichokes immediately in lemon water.

Cut ham and mushrooms into small cubes and sauté in oil, season with salt and pepper. Remove from pan, add parsley, fill artichokes and place in a pot with some oil. Cover and cook at low heat for about 35-45 minutes, pour some water over the filling from time to time to prevent it from drying out.







# Kohlrabi Viennese Style

Metabolic Schnitzel

**Ingredients:**

1 serving Kohlrabi

(turnip cabbage)

Spices: salt, pepper,

a dash of nutmeg

1 serving rye crisp bread

1 serving egg(s)

**Methods:** Wash, clean and slice the Kohlrabi

(turnip cabbage). Blanch in boiling salt water, remove, drain and season with salt, pepper and nutmeg.

Grind the crispbread with a hand blender or kitchen aid to flour and whisk the egg. Season the Kohlrabi slices, cover with egg and rye crisp bread and fry on both sides.

Whisk the remaining egg, salt, pepper and fry to scrambled eggs.

# Warm Lentil & Spinach Salad

**Prep time:** 15 mins,  
**Total Time:** 40 mins.

*This can be adapted to MB plan by using vegetables from your own plan and individual weights. If on strict phase omit oil. Cheese in relaxed phase only.*

## Ingredients:

¾ to 1 cup green or brown lentils  
2 cups water  
3 tbsp of oil  
3 shallots or 1 small white onion  
1 large carrot (1/4" dice)  
1-2 stalks celery (1/4" dice)  
1 red bell pepper (1/4" dice)  
2 tsp chopped fresh flat-leaf parsley  
(ok to omit if you like)  
2 tbsp balsamic or sherry vinegar  
6 ounces (about 2 cups) baby spinach,  
chopped or whole (your choice)  
4 ounces fresh goat cheese or feta  
Salt and fresh ground pepper to taste.

**Methods:** Either cook lentils on the stove or in pressure cooker.

Sautee vegetables in skillet with choice of oil until softened (don't over-cook, they should be a little crunchy). Stir in parsley if using, add vinegar and a little olive oil. Transfer to large bowl, add lentils and spinach, season with salt and pepper to taste. If using feta, use less salt. Crumble cheese on individual plates as per each person's taste.

Tastes great cold the next day too.





# Goat Curry (treat)

## Ingredients:

500g goat meat (I prefer the baby goat and back leg with the bones)

### For the marinade:

4-5 cloves of garlic minced  
1.5 inch ginger minced  
2 tbsp yogurt  
2 tsp turmeric powder  
few sprigs of cilantro,  
2 green chillies paste

### For the curry:

2 medium sized onions or 4 to 5 shallots finely chopped  
1 tomato finely chopped or tomato paste  
1 inch cinnamon  
5 pods green cardamom  
1 black cardamom  
5 pcs cloves  
2 dried red chillies (optional)  
2 bay leaves  
1 to 2 tbsp Ghee  
1/2 cup coconut milk  
1/2 cup water or as needed for the desired gravy  
Sea salt to taste  
1 or 2 potatoes cut into chunks (little bit bigger than bite sized), I keep the skin  
1 tbsp roasted coriander powder  
2 tsp garam masala  
1 tsp kashmiri chilli powder or paprika  
Garnish: cilantro, mint, scallions, green chillies,  
1/2 tsp garam masala

**Methods:** Coat all the meat pieces with the marinade, making sure to get into all the nooks and crannies of the meat. Cover and allow the mutton to marinate in the refrigerator for about 8 hours.

Heat cast iron saucepan, add the fat and add all the whole spices.

As they start to crackle, add the onions and fry them on medium flame for about 15 minutes until they are light brown in colour. Keep the flame medium to low, depending on whether your onions are sticking to the pan or not, and stir often. Add the ground spices, tomatoes and fry further until the raw aroma is gone.

Add the meat and increase the flame to high and mix it well till the onion mixture is well coated. Fry the meat on high flame till browned, 5-15 minutes. Add sea salt and the water. Bring it to boil. lower the heat cover and set your timer for 45 minutes. Check on the meat that its not sticking to the pan.

After 45 minutes add the potatoes, stir and cover.

let the potatoes cook for 20 minutes, add the coconut milk and cook further for 10 minutes.

\*\*\*\*every meat is different but if the its good quality it should cook in 1 hour and half.

Spoon it in a your favourite bowl, garnish and Enjoy with steamed rice, #cauliflower rice #wholegrains of your choice and don't forget the veggies as they will cut down the acidity of the protein.

For Metabolic Balance readers yogurt can be replaced with thick coconut milk or can be completely omitted based on the phase you are in. If you do not have onions, you can use onion powder in the marinade till onions are added back. Stick to your fats on your individualized plan or strict phase replace the fats with the broth. If you don't have goat on your plan, try it with poultry, other meats, tofu or protein mushrooms cooking time will vary. Or this can be a treat.

# Mango meets mushrooms

## Ingredients:

1 portion Mango  
(side halves with the skin)  
1 portion of the mushrooms (protein)  
1 portion of veggies (*in this picture  
celery, chayote, green beans and olives*)  
*you may choose to divide the veggies veg/  
and lettuce on the side*

## Dressing:

1 tbsp Extra virgin olive oil  
(if no olive oil on your individualized  
plan, switch to flax oil)  
1 tsp balsamic vinegar  
1 tsp lemon juice or  
Apple cider vinegar  
1 tsp honey or maple juice  
(strict phase of Metabolic-Balance  
add 1 tbsp pulverized mango)  
Salt, some piri piri chilli powder, mint,  
cilantro, scallions

**Methods:** On a hot grill, grill the mango,  
mushrooms. Cook or steam the other veggies on a  
pan with of neutral oil like avocado. Some can be  
kept raw. On your dinner plate, arrange the grilled  
mango, mushrooms and other vegetables on top.  
Whisk the dressing and pour on the mangos and  
mushrooms. Garnish and Bon appetit!

**Variations:** As a side dish, choose button  
mushrooms for grilling and choose another  
protein to complete the meal. Cod would be  
lovely with this dish. Replace mango with peaches  
or pears for a different look and taste.

Make your own variations.







# Vegetable Lentil Soup

**Ingredients:**

1 serving lentils

1 serving vegetables

(pumpkin, broccoli, leek)

Spices: chili, 1 clove of garlic,  
salt, pepper, curry powder,  
marjoram, ½ tbsp. chopped  
parsley

250 ml vegetable stock

**Methods:** Wash the lentils, cook with fresh water until al dente and drain. Wash, clean and chop the vegetables. Sauté the vegetables with a little oil, garlic, chili and fill up with vegetable stock, add the lentils, season to taste and cook until soft. Add fresh parsley before serving.

Enjoy with a serving of fresh sourdough  
Rye bread!

# fruity avocado apple salad

## Ingredients:

½ apple

½ avocado

Spices: salt, pepper from the mill, 1 TBsp. apple cider vinegar, ½ TBsp. olive oil, ¼ tsp. sesame seeds

**Methods:** Brown sesame seeds in a dry pan.

Wash, core and chop the apple.

Halve the avocado, remove the stone and separate the pulp from the skin with a tablespoon.

Dice the pulp. Mix together apple cider vinegar, sea salt, pepper and olive oil to a dressing.

Combine the apple and avocado cubes with the dressing and sprinkle half of the sesame on top.

Enjoy with your protein!







# Parsnip yogurt soup

**Ingredients:**

1 serving yogurt

1 serving vegetables  
(parsnip, leek)

5 cm (2") ginger

300 ml vegetable stock

Spices: salt, pepper, sweet  
paprika powder, a little oil

**Methods:** wash and clean the vegetables and cut them into rough pieces. Brown the leek and the chopped ginger in oil and add the parsnips. Sauté everything for about 5 minutes, deglaze with broth and simmer for 10 minutes. Then season to taste and puree in a blender. Put approx. 2 Tbsp. of yogurt aside (for your protein bite) and stir the rest into the soup. Finally season to taste and before serving season the remaining yogurt with paprika and garnish the soup with it.

# Fennel and Soybeans soup

## Ingredients:

1 serving of soybeans  
(and soy sprouts)  
1 handful of savory  
1 serving of fennel  
1 tsp. of chopped lovage  
fresh parsley  
wild chive  
salt & pepper

**Methods:** Soak the soybeans in water overnight. Rinse off the next day. Place in a large saucepan and add in fresh water. Add the savory to the cooking water and cook the soybeans until soft (see package instructions).

Wash and clean the fennel, if necessary remove the outer leaves, cut into small cubes. Add to the soybeans and simmer for another 10 minutes or until soft.

Wash lovage, parsley and chives, spin dry and chop finely. Season the soybeans with salt, pepper and your chopped herbs. Enjoy!





# Vegetable Broth

## Ingredients:

1 serving of vegetables  
(carrots, leek, fennel, celery,  
cabbage, onion) or other root  
veggies on hand

fresh parsley  
Real salt  
Pepper  
fresh ginger  
fresh garlic  
fresh parsley chopped

Herbs like : thyme, rosemary,  
oregano, marjoram

**Methods:** Wash and chop the vegetables to even sized chunks. Add all the vegetables with the spices and herbs to a large heavy based pot. Pour in 1 liter (34 fl.oz.) of cold water, bring to the boil, simmer lightly for about 1 hour and leave to steep for half an hour. Lastly add the parsley and garlic. Simmer for another 10 mins.

Finally pour everything through a fine sieve and season to taste.

It's best to prepare a larger amount and freeze it in several servings. Then you'll always have fresh vegetable broth.



# Carrot Ginger soup

## Ingredients:

1 tbsp coconut oil or Ghee  
1/2 inch piece fresh ginger,  
peeled and chopped  
500 gm carrots,  
peeled and chopped  
2 cups vegetable broth  
1/2 cup spinach finely chopped  
1/8 to 1/4 th tsp. of cayenne pepper  
1 tsp turmeric powder  
Some parsley or cilantro to garnish  
Sea Salt  
Goat cheese, per the plan  
Raw honey (optional) - for MB  
nutrition plan during relaxed  
phase only  
Lemon juice

**Methods:** In Stockpot, heat up the fats of your choice sauté the onions till translucent and not brown, add the chopped carrots ginger, turmeric,, cayenne, sea salt and the broth. Bring it to boil and once carrots are slightly soft, Blend it in your blender. I used #vitamix, be careful to start at a very low setting as the mixture will be very hot. Pour it back in the pot, add some cheese and spinach. Let the cheese warm up and dissolve.

Pour the soup in your favourite bowl, drizzle some crumbs goat cheese and parsley.  
Drizzle some melted honey and lemon juice and slurp way.





# Spice-Roasted Pumpkin

## Ingredients:

1 serving of pumpkin  
3 tbsp. oil  
1 tsp, garam masala  
1 tsp, ground coriander  
1 tps. Ground cumin  
1 tps. Cinnamon  
1 tps. Smoked Paprika  
2 tps. Salt  
Black pepper

(optional)

Fresh cilantro, to serve  
Lime wedges, to serve

**Methods:** Pre-heat oven to 400 F. Combine the pumpkin chunks with the oil and spices in a large roasting tray and coat well. Place the pumpkin in the oven and allow to roast for 45 minutes or until the pumpkin is cooked through and starting to caramelize. Remove from the oven and serve with fresh cilantro and a squeeze of fresh lime juice.

# Eggplant schnitzels

with shiitake mushrooms

## Ingredients:

1 serving eggplant

1 serving shiitake mushrooms

Spices: sea salt, freshly ground pepper

Herbs: 1 TBsp. chopped parsley or for those who love coriander also

1/4 TBsp. of coriander

Olive oil to sauté

**Methods:** Wash eggplant and take off the two ends. Cut eggplant lengthwise into 3 cm thick slices. Salt and leave to stand for about 10 minutes for the water to be drawn out.

In the meantime, wipe the mushrooms with a piece of kitchen towel (do not wash) and slice finely. Rinse eggplant slices with cold water and squeeze them flat with your hands.

Fry in olive oil and keep warm.

Gently sauté the mushrooms in the oil and season to taste.

Arrange eggplant slices on a plate with mushrooms and parsley. Yummy!







# Curly Kale with Spicy Mango

## Ingredients:

1 serving vegetables  
(curly kale, the white part  
of leek, button mushrooms)

1 serving diced mango

Spices: sea salt, freshly ground  
black pepper, 1 clove of garlic,  
1 chili pepper (to taste), 2cm  
(about 1") fresh ginger root, 2  
whole green cardamom pods,  
some coconut oil, 50 ml  
vegetable stock

**Methods:** clean, wash and coarsely chop the  
cabbage. Halve leek, wash and finely chop. Clean  
mushrooms with kitchen towel and cut in quarters.  
Halve the chili pepper lengthwise and remove  
seeds, cut into fine cubes. Peel garlic and ginger  
and dice finely. Heat the oil and gently sauté garlic,  
ginger and leek until translucent, add chili and  
cracked cardamom pods. Add mushrooms and cook  
for 3 minutes. Add the chopped cabbage and cook  
for another 3 minutes. Deglaze with vegetable  
stock and simmer for 5 minutes, season with salt  
and pepper to taste.

Add half a serving of diced fresh mango (you can  
enjoy the rest of the mango as a dessert). Bring to  
the boil again and season to taste. Serve with the  
protein of your choice.

# Fennel, endive and apple Salad

## Ingredients:

3 simple ingredients of sliced fennel, endive and apple drizzled with flax oil, sea salt, black pepper. Garnish with fennel greens.

**Methods:** The bitterness of endive and Licorice taste of fennel and sweetness of an apple made this a beautiful salad.





# Salmon patties

## Ingredients:

Salmon (take the weight specified on your #metabolicbalance individualized plan)  
Chopped onions  
Sea salt  
Garlic powder or freshly minced garlic  
Paprika  
Sea Salt  
Chopped fresh parsley  
Avocado (optional)  
Rye bread crumbs (rye crackers ground)  
Oil

**Methods:** put salmon in processor and chop finely or in chunks, remove into bowl.

add salt, pepper, garlic powder, paprika, chopped onions, shallot, chopped parsley etc.

add a little rye breadcrumbs at a time until it starts coming together. Make your patties, and place on heated griddle. Cook through and serve.

\*Option is to also add a little mashed avocado to help with the binding process.



# Avocado meets mango

## Ingredients:

Avocado, mango, red onions,  
red pepper, cilantro and lime

Season it with turmeric powder, sea  
salt, cayenne.

**Methods:** Perfect with a side of grilled fillet of  
fish or a protein of your choice. I had it with my  
eggs this morning for brunch



# Mango ice cream

## Ingredients:

Frozen mangos blended with coconut cream, sea salt along with pinch of cardamom and saffron for ethnic kulfi like flavour

**Methods:** All you need is a blender!



# Shepard's pie

## Ingredients:

650 g grass fed organic ground beef

*(Poultry, lamb or vegetarian option will be grated firm tofu or mushrooms)*

1 medium zucchini, shredded

1 medium carrot, shredded

1 yellow onion, chopped

1/2tsp of each of these:

black pepper, sage, rosemary,  
thyme, oregano

1 tsp coriander ground

2 garlic cloves minced

1 inch ginger minced

1 tsp chilli powder

1/2 cup chopped parsley

1 tbsp Ghee or coconut oil

**Crust:** 2 to 3 potatoes and

1/2 cauliflower head also boiled till  
tender enough to mash

1/2 a cup oats milk or coconut milk

1 tbsp Ghee or coconut oil+ 1 more

Sea salt and black pepper

1/4 tsp nutmeg

**Methods:** In a hot cast iron pan melt the preferred healthy fat of your choice, add onions, garlic, ginger, sauté for a bit, add zucchini and carrots and stir till dry. Add the ground meat and all the seasonings and herbs. Sauté till browned and dry

Heat the oven to 350 F. Mash the potatoes, cauliflower with a potato masher, choice of fat and milk. Add the seasonings and whisk or blend with a hand whisker till smooth.

In a choice of your casserole (9-12 inches) spread the meat and evenly. Spread the mashed cauliflower even on top. Using a fork form peaks, dot it with rest of the fat. Cover the pot with aluminium foil and bake for 30 minutes, remove the foil and bake it further for 15-20 minutes till the top is slightly brown.

Enjoy with a side of salad. In my kitchen, my salad was chopped pears, massaged kale, julienned romaine, fennel sliced thin, thinly sliced red onions, pomegranate, EVO, I like to put the fennel greens. It gives a yummy Licorice flavour. Add other seasonings and herbs of your choice. Or keep it simple with sea salt and pepper.







# Spiced muffins

## Ingredients:

### Dry Stuff :

1 and 1/2 cups spelt flour  
1/2 cup almond flour  
1 tbsp ground flax  
1 tsp baking powder and  
1 tsp baking soda  
1 tbsp cinnamon  
1/4 tsp nutmeg  
1/2 tsp sea salt

### Wet stuff:

2/3 cups of honey or coconut sugar  
1/4 cup of Ghee or coconut oil  
1 egg or Flax egg  
1 pear seeds removed and blended  
with 2 cups of carrots  
1/3 cup of almond milk or oats milk  
or coconut milk or water  
1 tbsp Apple cider vinegar  
Additions (optional) 2 tbsp raisins,  
2 tbsp sunflower seeds, 1 tbsp  
desiccated unsweetened coconut.

## Methods: Heat the oven to 350 F

Line the muffin tray or a cake pan with parchment paper. In a bowl, whisk the honey and egg till smooth and silky. Add the Ghee and whisk it further. Add all the other wet ingredients except for apple cider vinegar. Mix it well. Add the Apple cider vinegar. Mix gently. Add the flours and mix until no lumps are visible.

Add the additional ingredients. Mix gently and scoop out the mixture in the muffin tray or cake pan and bake for 35 minutes or till the middle is baked. Do a toothpick test.

Cool it for 10-15 mins

This will be an amazing breakfast treat for #metabolicbalance followers as on Metabolic Balance we treat guilt free after the strict phase

# Cashew Mango Coconut Balls

## Ingredients:

70g dried mangoes  
(soak for approx. 30 min)  
70g cashews  
(if possible, also soak beforehand)  
35g grated coconut  
additional grated coconut to cover  
the outside of the balls

## Methods:

Soak dried mango and drain well.

Combine the cashew nuts, mango and grated coconut in a processor until you have a uniform mix. Form little balls and roll them in additional coconut flakes.





# Roasted butternut squash and pepper soup

## Ingredients:

Butternut squash, peeled and diced  
1 red pepper and other coloured peppers (no green pepper)  
1 tomato  
1 shallot or onions  
2 garlic cloves  
Mineral rich salt, my favourite is always Redmond Real Salt  
Black pepper or crushed red pepper  
1 tbsp coconut oil

To finish: 1 cup of vegetable broth, 1/4 cup coconut milk, more veggies broth or water needed for the consistency you desire, fresh curry leaves broken in pieces (optional), try your favourite herb, sage or thyme also would be nice

**Methods:** Heat the oven at 375 F, place all the veggies with the coconut oil and the seasonings and roast for 20-25 minutes or until the squash is fork tender. Add all the roasted veggies in a blender, 1 cup of vegetable broth, coconut milk and blend till smooth in blender.

Heat the soup in a pot, do not boil. Pour in your choice of bowl. Garnish with crushed pepper, broken curry leaves or the choice of your herb and slurp away.

**\*\*Tip** for my Metabolic Balance clients, measure your portion raw for the veggies, oils and coconut oil is phase dependent. On strict phase. When roasting add in vegetable broth and not the coconut oil. Stir in a portion of goat cheese or blend in soft sprouted tofu. Coconut milk is completely okay in relaxed phase of the plan.



# Rye Bread with 100% Rye Flour

## Ingredients:

### *Sourdough / Pre Dough:*

60 g Sourdough Starter

(see recipe <https://youtu.be/vr5blklmhrk>)

270 g Rye Flour

300 ml Water

6 g Salt

### *Bread Dough:*

100 % of the Sourdough from above,  
made the day before

300 g Rye Flour

162 ml Boiling Water

24 g Honey (can be omitted)

7 g Salt

## Methods:

Making The Sourdough : Mix the Sourdough Starter (see recipe on the blog:

<http://mygerman.recipes/how-to-make-and-feed-sourdough-starter/> with the water, salt and rye flour.

Cover and place in a warm area at about 30°C for 24 hours.

### Making the Bread Dough :

Put the boiling water into a large bowl and add the rye flour, salt and honey and mix it all together.

Now add the Sourdough that you started the day before. If your sourdough starter is rather young and the sourdough seems to be not very active, add a little yeast to the dough. Mix everything with your hands until all flour is incorporated. Cover and let rise for an hour or until it has increased its size by one third. Place a good amount of flour on a large board and put the dough on top of it. Begin folding the dough from the top to the center, rotate it 90° and again fold the top of the dough to the center. Continue to do this until you made it two to three times around.

Dust a proofing basket or bowl with a thick layer of rye flour and put the dough into it. Let rise until it has almost doubled its size (about 1 hour). After the first 30 minutes: Preheat the oven to 250°C / 482 °F with the baking sheet in it. When the hour is over: Flip the bread onto the hot baking sheet and place it in the oven. Then reduce the heat to 230°C / 446°F. Bake for about 60 minutes or until the bread has the preferred color and sounds hollow if you knock on its bottom. Let the bread cool completely before cutting it. Even better: Wait one day to increase the taste.



# Cottage cheese Spread

## Ingredients: (for 1 serving)

1 Portion vegetable (onion, bell pepper, salad)

1 clove of garlic

Fresh herbs, fresh pepper

1 Portion cottage cheese

Salt, Paprika/red pepper powder

**Methods:** Peel onion and chop it finely. Wash peppers and cut them into very small cubes.

Wash lettuce and let it dry.

Peel garlic and chop it finely. Wash the herbs and chop them finely. Put a bite of the cheese aside to begin the meal with. Grate the remaining cheese. Mix the vegetables and herbs with the cheese.

Add half teaspoon water to make the spread creamy. Season it with salt, pepper and paprika. Enjoy the spread with a slice of rye crisp bread.



# Stuffed peppers

**Ingredients:** (for 1 serving)

1 Portion of vegetable (bell pepper,  
onion, leaf spinach)

1 small clove of garlic

Salt, fresh pepper

1 Portion mozzarella

**Methods:** Wash peppers, cut stem and remove  
the seeds. Peel onion and chop into small pieces.  
Wash the spinach, drain and chop it.

Heat pan, put one tablespoon water and steam  
the onion.

Peel garlic, press it or chop it finely and add it to  
the onions. Add the spinach, salt and pepper. Stuff  
the peppers with the spinach mass and put in a  
roasting pan. Add 2 tablespoons of water.

Cut mozzarella into thin slices and places on the  
pepper. Preheat the oven to 250 ° C and bake the  
pepper 5 to 10 minutes.





# Eggplant Casserole

## Ingredients: (for 1 serving)

1 Portion vegetable  
(eggplant, tomato, onion, celery)  
1 clove of garlic  
200 ml vegetable stock  
Dry oregano, thyme, and sage  
Salt, Chilli, Paprika  
Ground coriander, Cumin  
1 Portion feta cheese/ cottage cheese

**Methods:** Wash and clean the eggplant. Cut it into thick slices and sprinkle it with salt. After 10 minutes put it in a casserole dish.

Blanch, peel, halve, remove the seeds and chop the flesh of the tomato. Peel onion and garlic. Cut onion into quarters and narrow columns, finely chop the garlic.

Wash the celery and cut it into small cubes. Heat a pan (with oil from Phase 3) and sauté onion and garlic in. Add the celery and stew it shortly. Add the tomato pieces. Add the broth, herbs and spices and cook it for a while. Put the tomato sauce over the eggplant slices.

Crumble the feta cheese over it. Preheat the oven to 220 ° C and bake the casserole for 30 minutes.



# Cabbage cheese rolls

**Ingredients:** (for 1 serving)

1 Portion white cabbage

Salt, Fresh pepper

Ground caraway

Parsley

1 Portion feta cheese or  
cottage cheese

**Methods:** Wash the cabbage and take the leaves off. Boil salt water with caraway, preserve and blanch the leaves. Take it out and drain it well.

Wash, spin dry and chop parsley. Season the cabbage leaves with salt and pepper. Then stuff them with the cheese. Put parsley over it.





# Crisp bread Bruschetta

## Ingredients: (for 1 serving)

1 Portion vegetable (½ tomato, yellow bell pepper, chopped onion)

Fresh basil, Cider vinegar

Salt, pepper

1 Portion rye crisp bread

1 Portion mozzarella

**Methods:** Wash and chop tomato and pepper. Wash basil leaves and chop finely, about half.

Heat a frying pan and cook the onion, tomato and bell pepper pieces in it. Mix the chopped basil and season with a dash of vinegar, salt and pepper. Cook it 5 minutes.

Spread the tomato mixture on the crispbread. Dice the mozzarella and place on the tomato mixture. Garnish with the remaining basil leaves.



# Zucchini Kidney Bean Salad

**Ingredients:** (for 1 serving)

1 serving of kidney beans

1 serving of vegetables (zucchini,  
green onions, 1/2 tomato)

1 garlic clove, 1/4 chilli

Granulated vegetable broth (1 tsp)

Salt, pepper, thyme

Organic Apple Cider Vinegar

**Methods:** Soak the beans overnight in cold water. The next day, drain. Cook the beans in fresh water for about 1 hour.

Wash Zucchini and green onions, and slice them. Dice the tomato. Peel garlic and chop finely. Clean and chop the chilli. Heat a frying pan and cook the Zucchini with garlic, chillies and broth. Mix tomato and spring onion and season with salt, pepper, vinegar and thyme.

Mix all ingredients together and let the salad marinate for about 1 hour before serving.



# Black Lentil Salad

## Ingredients: (for 1 serving)

1 serving of black lentils  
1 serving of vegetables  
(celeriac, spring onion, mushrooms)  
1 serving papaya (not too ripe)  
Fresh ginger, Freshly chopped parsley  
Organic apple vinegar  
Mustard (without sugar)  
Salt and pepper  
Granulated vegetable broth (1tsp)

**Methods:** Wash lentils and cook without salt or spices for about 18 minutes.

Wash celery and chop it finely. Wash the spring onion. Wipe the mushrooms with a cloth and slice both of them.

Peel papaya, remove the seeds and grate the fruit flesh coarsely.

For the dressing peel the ginger and grate it finely. Mix the vinegar, mustard and ginger and season with salt, pepper and broth.

Mix lentils with vegetable and dressing mix.

Allow the salad to marinate for 1 hour. Sprinkle with parsley before serving.



# Kidney beans / Rajma Cutlets

**Ingredients:** (for 1 serving)

1 Serving of Kidney bean

1 Serving of veggies (parsnips,  
spring onion, carrot, pumpkin)

Salt, pepper, coriander seeds,  
cumin, thyme

1 clove of garlic

1/4 chili pepper

**Methods:** Kidney beans soak overnight in cold water. The next day, drain and cook with fresh water without salt in about 60 minutes or pressure cook for 30 minutes. Wash Vegetable, peel if required and chop them. Heat a pan without fat in it and cook the vegetables. Season them with salt and pepper. Take cooked beans, drain and puree them with some cooking broth. Add the vegetable and mash them together. Roast coriander seeds and cumin seeds lightly in a greaseless pan. Pound them in a pestle and mortar. Peel garlic and chop it finely. Clean chili pepper and chop it. Mix all the spices with the mashed beans and vegetables. From this mixture make small spheres and flatten them. Heat a Nonstick Skillet without fat and roast the cutlets. To tighten the cutlets roast them in the oven at 100 ° C for about 10 minutes.







# Lentils With Vegetables Pasta

## **Ingredients: (for 1 serving)**

1 Serving of lentils

Grained vegetable stock (1 tsp).

Cumin, thyme, 1 pinch of nutmeg

Organic apple cider vinegar

1 serving of vegetables

(carrot, radish, Zucchini).

Salt, pepper

**Methods:** Wash lentils. Bring to a boil without salt, and cook over low heat for 15 to 20 minutes. When they are soft, add vegetable stock, caraway, thyme, nutmeg and 1 dash vinegar flavour.

Wash the vegetable and peel them with a vegetable peeler into thin strips. Blanch the vegetable ribbons in salted water.

Drain and let dry. Mix the lentils with the vegetable pasta and season with salt and pepper.

# Spicy Bean Pot

**Ingredients:** (for 1 serving)

1 serving of white beans/ Kidney Beans (Rajma) / Black Eyed peas (Lobia)

1 serving of vegetables (french beans, 1/2 tomato, yellow pepper)

Garlic, 1 red chilli

granulated vegetable broth (1tsp)

Salt, pepper, ground cumin

**Methods:** Soak beans overnight in cold water.

The next day, pour off the soaking water and cook the beans with fresh water for about 45 minutes (If rajma cook for 60 minutes, if lobia then for 30 minutes. If cooking in the pressure cooker then cook for half the time).

Wash the vegetables and clean them. Slit green beans in half. Cut tomato and bell pepper into small cubes. Peel garlic and chop finely. Wash and chop the chilli.

Heat a pan without fat and cook the beans with water, savory broth powder and cook for about 8 minutes. Add tomato and pepper cubes. Season with garlic, chilli, salt, pepper and cumin. Stir the cooked beans into the vegetables.





# Chickpea soup with Mint

## Ingredients: (for 1 serving)

1 Serving of chickpeas  
Mint tea / (tea bag)  
1 Serving Vegetables  
(1 / 2 tomato, pumpkin, 1 tsp Onion)  
1 Clove of garlic.  
1/2 Chili pepper powder  
Vegetable Stock 200 ml  
Red chili pepper, cumin  
1 tbsp Fresh chopped mint

**Methods:** Soak chickpeas overnight. The next day, drain the soaking water and boil the chickpeas in mint tea, until they are soft. It takes about 45 minutes.

Wash the vegetables. Dice tomato. Peel Pumpkin and dice it. Peel and chop garlic. Clean and chop chili pepper.

Boil the vegetables in the broth and then cook over medium heat. Season with garlic, chili, red chili pepper and cumin.

Drain Chickpeas. Mix with the vegetables. Before serving, stir the chopped mint.



# Chicken Curry

**Ingredients:** (for 1 serving)  
1 portions of vegetables  
(mushrooms, leeks, onion or  
cauliflower for example)  
1 chicken breasts (according to  
your protein weight)  
1 tsp of turmeric  
1 tsp of mild or medium curry  
powder  
1 tsp of Garam Masala  
1/2 tsp of ground cumin  
1/2 tsp of ground ginger  
1 cloves of garlic

**Methods:** If you are using cauliflower, parboil the  
floreets and keeps the water you boiled them in.  
Heat the spices in a dry frying pan until fragrant  
(watch out that you don't burn them!) Add garlic  
and stir.

Add the vegetables and coat with spices. Add  
some oil (if using - phase 3), and pour in some  
stock to loosen up. Cook covered for a few  
minutes until spices and liquid are well combined  
and the vegetables are coated with the resulting  
paste.

Add the diced chicken. Cook until the chicken is  
cooked, stirring regularly. You can add more  
liquid if you want more of a sauce. Serve with  
some toasted rye bread to mop up the juices.





# Basil & Rocket Marinated Chicken

## Ingredients: (for 1 serving)

1 allowance of chicken breast –  
chopped

Rocket salad (lettuce allowance)

Handful of basil leaves (washed)

1/2 tsp chopped garlic

200 ml water

1 tablespoon oil (if using)

**Methods:** Place some rocket salad leaves, basil leaves and garlic in a blender.

Add the water & oil and blend. Put the chopped chicken in a bowl and pour over the marinade. Stir until the chicken is coated.

Cover and leave for a few hours.

Place everything in a sauté pan and cook on a med heat until the chicken is cooked through.

Serve it hot or cold with rest of the lettuce allowance.

# Chicken Soup

**Ingredients:** (for 1 serving)

1 portion of chicken or turkey  
breast

1 portion of vegetables  
(celery, kohlrabi, leek, carrot, bell  
pepper, green onions, broccoli)

1 clove of garlic

300 ml chicken broth

Salt and pepper

Paprika, Parsley

**Methods:** Wash the meat under cold running  
water and cut it into small pieces.

Cut the vegetables according to your plan in small  
pieces. Peel and chop the garlic.

Put the meat, vegetables and garlic in a pot and  
cover it with water or stock. Cook it gently for 30  
to 40 minutes. Season it with salt, pepper, paprika  
and parsley.







# Salad with Chicken / turkey strips

## Ingredients: (for 1 serving)

1 Portion of vegetables (lettuce, cucumber, radish, tomato, onion)

1 Portion of chicken/ turkey breast

Salt, Freshly ground pepper, Curry powder

1 Apple

Organic apple cider vinegar

**Methods:** Wash and drain the lettuce and vegetable. Chop the vegetable into small pieces. Peel and finely chop the onion.

Cut the chicken breast into thin strips. Heat a pan and cook the chicken strips.

Add a little water if required. Season it with salt, pepper and curry powder.

Cut the apple, add it to the meat and cook shortly. Mix everything and drizzle cider vinegar over it.

**Tip:** Instead of apple, pineapple is also tasty with poultry.

# Chicken with ginger

**Ingredients:** (for 1 serving)

1 Portion of vegetables (onion, 1/2 tomato, button mushrooms)

1 small chili pepper, fresh ginger,

1 clove of garlic

1 serving of chicken breast

(Oil from Phase 3)

150 ml chicken broth

**Methods:** Peel and dice the onion. Clean mushrooms and chop it in small pieces.

Peel and dice the tomato. Clean and cut the chili. Peel the ginger and cut it into strips. Peel and finely chop the garlic.

Cut the chicken breast into thick strips. Heat a wok (with oil from Phase 3) and cook the meat with the onion.

Add mushrooms, ginger and chilies. Season it with chicken broth and garlic. Add tomato.

**Tip:** Instead of mushrooms and tomato, you can use carrot and zucchini.





# Chicken curry

## **Ingredients: (for 1 serving)**

1 Portion of vegetables  
(eggplant, bell pepper, onion)  
1 Portion chicken breast fillet  
Salt, Basil  
(Oil from Phase 3)/ (1 tbsp coconut  
cream from Phase 3)  
150 ml vegetable stock  
Organic apple cider vinegar,  
(1tsp soy sauce from Phase 3)

**Methods:** Wash, peel and chop the eggplant.  
Add salt and wash it with water. Wash, peel and  
chop the bell pepper.

Peel and dice the onion. Cut the meat into  
cubes or thick strips. Heat a pan with a little  
water/ vegetable stock and cook the meat.

After 5-10 minutes add the vegetable and  
coconut cream (from phase 3) to the meat.

Boil it with stock and water, until the meat is  
soft. Finely chop basil and add it to this curry.

Add vinegar and (soy sauce from phase 3) to  
the curry.



# Chicken with tomato

**Ingredients:** (for 1 serving)

1 Portion of chicken breast

1 Portion of vegetables

(onion, tomato, spring onion)

1 small garlic clove, Green chillies,  
Ginger

Salt and pepper, Chili powder,  
Cumin Seed

**Methods:** Wash, pat dry and cut the meat into pieces. Peel and chop the onion. Peel and cut the tomato.

Wash and cut the spring onions into rings. Finely peel and chop the garlic. Finely chop the green chili. Peel and cut the ginger. Heat a pan. Add cumin seeds, then add onions and cook them till transparent. Add ginger and garlic.

Add the tomato pieces, the spring onion and all the herbs.

Add the meat to it. Add the seasoning.

Add a little bit of water and cook it for 15 to 20 minutes.





# Waldorf salad with chicken

## Ingredients: (for 1 serving)

1 serving of chicken breast  
salt, freshly ground pepper

1 apple

1 serving of vegetables  
(Celery, Lettuce)

Organic apple cider vinegar

**Methods:** Wash, peel and chop the eggplant.

Add salt and wash it with water. Wash, peel and chop the bell pepper. Peel and dice the onion.

Cut the meat into cubes or thick strips. Heat a pan with a little water/ vegetable stock and cook the meat. After 5-10 minutes add the vegetable and coconut cream (from phase 3) to the meat.

Boil it with stock and water, until the meat is soft. Finely chop basil and add it to this curry. Add vinegar and (soy sauce from phase 3) to the curry.

# Fenugreek Chicken with Vegetables

**Ingredients:** (for 1 serving)

Chicken breast: 200gm

Garlic paste: 1/2tsp

Capsicum: one small

Onion: one small

Red Bell Peppers: half

Broccoli: Few florets

Salt: ½ tsp (according to taste)

Crushed Black pepper (½ tsp)

Dried Fenugreek (1tbsp)

**Methods:** Wash and chop the chicken breast into small pieces.

Cut onion and capsicum into strips. Take a pan and put it on flame. Add a little garlic paste. Stir and allow it to cook for a few seconds. Add the chicken breast pieces. Add salt and black pepper and allow to cook. When the chicken is about to get cooked, add the dried fenugreek powder.

Once cooked, take out the chicken pieces in a plate and put onions in the pan, add the chopped vegetables. Allow to cook for a few minutes. Add the chicken pieces and stir. Add some more salt and black pepper as per taste. Serve hot.







# Fish Curry

## Ingredients: (for 1 serving)

1 portion fish filet  
1 portion tomatoes  
Dried chilli pod  
Fresh Ginger  
2 tbsp Curcuma  
2 tbsp Cumin  
2 tbsp paprika powder  
Mustard powder  
Salt

**Methods:** Cut fish into bite size pieces. Wash tomatoes and cut into quarters.

Rinse and clean the chilli and chop into small pieces. Peel and chop the Ginger. Put a little water in a pan and heat up. Cook herbs at a low heat, constantly stirring.

Add tomatoes and cook shortly while stirring. Add about 50 ml water, allow to cook and add salt. Place the fish pieces in pan.

Allow to cook at medium heat with lid slightly open until done.

# Fish-Filet Julienne

**Ingredients:** (for 1 serving)

Fish filet (protein portion)  
zucchini, leeks, tomatoes  
salt, pepper to taste  
balsamic vinegar

**Methods:** Preheat oven 355° F (180° C), wash vegetables (except the tomato) and cut in very fine strips, blanch quickly.

Wrap tomatoes in aluminum foil and bake for 20 min. Spice fish, set into a baking dish and bake with tomatoes or alternatively: boil in frying pan with very little water.

Add balsamic vinegar to vegetables to your liking and serve with tomatoes and fish.





# Tuna – Zucchini rolls

## Ingredients: (for 1 serving)

1 serving of veggies  
(Zucchini, leek, spring onion)  
Salt, Pepper, Basil  
1 Serving of tuna  
(out of the box without oil)  
Organic apple cider vinegar

**Methods:** Wash Leek, clean and cut into long thin strips. Blanch in salted water, wash in ice water and drain in a colander.

Wash Zucchini and longitudinally peel the pulp with a potato peeler. Salt the zucchini strips and allow to stand briefly.

Wash Spring onion, clean and cut into thin slices. Wash, dry, and chop the basil.

Puree Tuna, season with salt and pepper. Mix in the spring onion and basil. Coat the Zucchini strips with the tuna mix and tie together with Leek strips. Rolls seasoning with pepper and sprinkle with vinegar.

Refrigerate at least 1 hour. Garnish with basil before serving.



# Lamb Kebabs

**Ingredients:** (for 1 serving)

130g or your allowances of lean lamb mince

1 tsp of dried thyme (or you can use fresh thyme too!)

1/2 tsp of dried cumin

1/2 tsp of ground chilli or

chilli flakes

salt and freshly ground pepper

**Methods:** Mix all the spices into the lamb mince.

You can either divide the mixture into two and make two burger patties, or shape the meat around barbecue skewers.

Either grill or fry until cooked through.

Serve with spinach, avocado and green olive salad or other vegetables according to your nutrition plan allowance.





# Meatloaf (beef/ lamb)

## Ingredients: (for 1 serving)

1 protein portion of lean ground beef/  
ground lamb  
Salt, pepper  
Coriander, Basil, oregano  
1 portion vegetables  
(frozen mixed vegetables, onion)

**Methods:** Cut onions and add to ground beef/  
ground lamb.

Blend the frozen vegetables with a hand  
blender and add the vegetables to the beef.  
If taking fresh vegetables wash them, chop  
them and then put on slow heat. Cover them  
with a lid till they get a little soft/ semi-cooked.

Add seasonings and then mix and shape  
into a loaf/ patty. Bake in loaf pan at 350° for  
30-45 minutes (Cooking beef to taste).

If using lamb cook at 200o for 20-25 minutes or  
till cooked. Let stand for 5 minutes before  
turning out of pan, slicing and serving.

# Lamb with Eggplant

**Ingredients:** (for 1 serving)

1 portion of lamb meat

1 clove of garlic, coriander

1 serving of vegetables (1/2 hot pepper, eggplant, tomato, onion)

Salt, freshly ground pepper, chili powder

Turmeric, garam Masala, curry powder

**Methods:** Cut the meat into 2.5 cm cubes.

Peel garlic and chop it coarsely.

Wash and chop the peppers.

Put the meat in a pot, cover it with water and add the spices. Cover and cook it for about 30 minutes.

Wash the eggplant, cut it into cubes and salt it. Leave it for 15 minutes, then rinse off the skin under cold water.

Peel and chop the tomato. Peel the onion and chop it finely. Add the vegetables to the meat and cook it another 30 minutes. Sprinkle coriander over it.





# Apple Oat Hearts

**Ingredients: (for 1 serving)**

1 Apple pureed  
35g Rolled Oats  
50ml milk

**Methods:** Mix the apple, oats and milk. Add cinnamon and a vanilla (from a vanilla bean). Place the mixture into a baking form.

Bake in a preheated oven at 180 C for 35 minutes.



# Apple Cinnamon Oatmeal

**Ingredients:** (for 1 serving)

Allotted amount of whole milk\*  
(protein portion)

1 portion rolled oats

1 cup water

1 apple, cored and chopped

1 tsp ground cinnamon

**Methods:** Combine the water, and apples in a saucepan. Bring to a boil over high heat, and stir in the rolled oats and cinnamon.

Return to a boil, then reduce heat to low, and simmer until thick, about 3 minutes. Spoon into serving bowls, and pour milk over the cooked oatmeal or enjoy milk on the side.

**Tip:** The recipe works well for the unsweetened soy milk also (if it is on your personalized meal plan). You may use chopped dried prunes instead of apples if you want.





# Baked Mushrooms with Thyme

**Ingredients: (for 1 serving)**

1 ½ tbsp minced onion

½ tsp minced garlic

¼ tsp dried thyme

1 tbsp olive oil (from 3rd phase)

Fresh mushrooms quartered

Salt and pepper to taste

**Methods:** Preheat oven to 375 degrees F.

Whisk together the onion, garlic, thyme and olive oil in a large bowl.

Add the mushrooms and toss to coat; season to taste with salt and pepper.

Transfer mushroom mixture into a small baking dish, cover, and bake for 35 minutes, stirring occasionally.



# Shiitake mushroom with salad

**Ingredients:** (for 1 serving)

1 Portion Shiitake Mushrooms

1 Portion Vegetables

(1 tbs cubed shallot, rocket salad,  
avocado, ½ tomato)

Organic apple vinegar

75 ml Vegetable Stock

Salt, Pepper

Thyme/ chive rolls

**Methods:** Wash the mushrooms Depending on the size cut them into quarters or halves. Heat non-stick pan without any fat or oil, put in the mushrooms and place a lid on top. Allow them to cook.

Cut shallots into cubes. Add these to the pan and let cook. Add a little vinegar and add stock. Season with Thyme. Put the lid and allow to cook for 5 minutes at medium heat.

Meanwhile wash rocket salad and sort. Cut avocado and tomato into cubes. Arrange on a plate. Season mushrooms to taste with salt and pepper, place on the plate and sprinkle with chive.

**Tip:** The lid is placed on the mushrooms so that they fry evenly on the whole surface. If not, they will simply simmer in their own juice and not turn brown.





# Oyster/ Shiitake mushroom with ginger sauce

## Ingredients: (for 1 serving)

1 Portion Mushrooms  
1 Spring Onion  
Fresh Ginger  
Tabasco  
150 ml Vegetable Stock  
Salt, Pepper  
1 tsp. Curcuma  
1 tbsp freshly chopped chives

**Methods:** Clean Mushrooms with a paper towel or the edge of a knife, but don't wash. Cut into slightly smaller pieces.

Wash spring onion and slice into long pieces. Peel approx. 1 cm ginger and chop.

Heat non-stick pan without oil or fat and fry lightly. Remove from pan and place aside.

Add Shiitake and ginger to pan and fry for about 5 min. Season with salt, pepper and a splash of tabasco. Add Curcuma and pour vegetable stock over.

Allow to boil and add spring onion. Sprinkle with chive rolls.

# Mushroom Cutlets

**Ingredients:** (for 1 serving)

Oyster Mushrooms (Fresh or dried)- your amount (If taking dried mushrooms, take 1/5th of the quantity recommended)

Vegetables (Carrots, capsicum, onion, cabbage or choose from your list)

Salt – to taste

Red chili powder- to taste

Garam Masala- 1/4th tsp

Amchur( Dried mango powder)- a pinch (optional)

Rye flour 25g or more according to your allowance

Water ( for soaking)

Oil- if on Phase 3

**Methods:** Wash the mushrooms. In case using dried mushrooms, break them to small pieces and grind them. Soak the powdered mushrooms and sieve/ strain them after 15-20 min.

Wash and chop the vegetables finely and put them in a pan. Allow to cook a little (without oil) till their water evaporates. Put these vegetables into a bowl.

Add the sieved mushroom. Add salt, spices and 20 gm of rye flour or a slice of rye bread for binding.

Mix well all the ingredients and make small patties/ cutlets. Cook these patties in an oven or air fryer till brown or crisp.







# Shiitake mushrooms with lettuce

**Ingredients: (for 1 serving)**

Mixed greens (Iceberg, head lettuce, arugula, spinach, dandelion, etc)

Water, salt, balsamic vinegar

Fresh herbs (chives, basil, chervil, parsley)

Shiitake mushrooms

½ onion, Salt & pepper

**Methods:** Wash greens, mix arrange on a plate with vinegar, salt, water. Sprinkle with herbs.

Finely chop onion, mix with mushrooms, add salt & pepper and cook in coated frying pan. Add to the salad and eat right away.

Serve with red pepper and tomato tossed in (fresh) or a side dish of red pepper and tomato (cooked).

# Pumpkin soup with shiitake

**Ingredients:** (for 1 serving)

Pumpkin, Carrot

1 tbsp. chopped onions

Fresh ginger,

1 tsp curry powder, salt, pepper,

250 ml vegetable stock

1 Portion shiitake mushrooms,

2 tbsp lemon juice (phase 3)

**Methods:** Peel the pumpkin, remove the seed and cut the pulp into small pieces.

Wash, peel and cut the carrot into cubes. Put the pumpkin, carrot, onion and ginger with 2 tbsp water in one pot and steam it for three minutes.

Flavour it with curry powder and put the vegetable stock in. Cook it 20 minutes with medium heat. Wash the shiitake mushrooms, remove the shafts and cut it in small pieces.

Heat a pan without fat and cook the mushrooms for 2-4 minutes.

Mash the vegetable with the stock and cook it 5 more minutes at lower temperature. Put the shiitake in the soup.





# Oyster/ Shiitake mushroom soup

## Ingredients: (for 1 serving)

1 Portion Mushrooms  
1 Portion Vegetables (asparagus, leek)  
350 ml Vegetable Stock  
Salt, Pepper, 1 pinch of Nutmeg  
freshly chopped parsley

**Methods:** Clean Mushrooms with a paper towel or the edge of a knife, but don't wash. Cut into thin slices.

Wash asparagus, peel from the head down and cut off the blunt ends.

Wash leek in streaming tap water. Chop asparagus and leek into small pieces.

Cook vegetables in pot of vegetable stock until soft. Add oyster mushrooms and simmer.

Add salt, pepper and nutmeg and sprinkle with parsley.

**Tip:** use cauliflower and broccoli instead of asparagus



# Saute Mushroom and vegetable delight

**Ingredients:** (for 1 serving)  
1 Portion Dried Oyster/Shittake  
Mushrooms  
Spring Onion, Capsicum, Carrot  
Shredded cabbage  
Fresh Ginger and Garlic paste  
Salt, Red crushed Pepper  
Oregano Seasoning

**Methods:** Take dried mushrooms and cut them into slightly smaller pieces. Soak them in water for about half an hour. Boil them in water with a little salt for 10-15 minutes or pressure cook them (2-3 whistles). Wash spring onions and slice into long pieces. Chop carrot and cabbage. Peel approx. 1cm ginger and 3-4 garlic cloves and grind them to a fine paste. Heat the non-stick pan without oil. Dry Roast the ginger and garlic paste in the heated pan. Add the mushrooms and chopped vegetables and stir. keep it a low flame for 10 minutes and add salt, pepper and oregano seasoning.

**Tip:** You can add the recommended oil portion if in Metabolic Balance Phase III. Vegetables in the recipe can be substituted according to your respective plans.





# Asia-carrot salad

## Ingredients: (for 1 serving)

1 Portion of soy sprouts

1 Portion of carrots

(Oil from phase 3)

Salt, pepper, Curry powder

Cider vinegar

(Soy sauce from phase 3)

**Methods:** Wash the soy sprouts. Wash carrots, peel and coarsely grate.

Heat a pan with a little water (oil from Phase 3) and fry the soy sprouts and grated carrots in it briefly. Season it with curry powder, salt, pepper, vinegar (and soy sauce from Phase 3).

Let cool and serve on a plate.

**Tip:** This is a complete meal, as the sprouts are the protein. Begin with some soy sprouts. For dessert, eat a fruit, an apple or pine apple.

# Sprouts and cress dip

**Ingredients:** (for 1 serving)

1 Portion sprouts (Alfalfa, radish sprouts, garden cress)

1 garlic clove

Cider vinegar

Salt, pepper and mustard powder

**Methods:** Wash and chop the sprouts and put it in a bowl. Peel the garlic, press it and add it.

Mix a little bit of water with vinegar, mustard powder, salt and pepper and add this to the sprouts and cress.

**Tip:** This dip tastes especially delicious to artichokes. Therefore wash fresh artichokes, remove stems and cut the leaf. Cook it in salted and a splash of vinegar water for 25 to 35 minutes.





# Salad with sprouts

## Ingredients: (for 1 serving)

1 Portion vegetable/ lettuce  
(Iceberg, lollo rosso, bell pepper)  
1 Portion sprouts  
Salt, pepper  
(Olive oil/ ghee from phase 3)  
Cider vinegar  
Green chillies chopped (optional)

**Methods:** Wash and dry the lettuce.  
Tear the leaves.

Wash the bell peppers, remove the seeds and cut it into cubes. Put all the vegetables and lettuce in a bowl.

Take a pan. Put some turmeric and add the sprouts. Season with salt, pepper. Put a lid and allow cooking for 5-10 minutes.

Add these cooked sprouts to the lettuce bowl. Add some apple cider vinegar. Add some more spices if desired.



# Apple Pancake

**Ingredients:** (for 1 serving)

1 Portion egg

1 Apple

1 Shot/1 Tbsp of soda water

Salt, Vanilla, Cinnamon

**Methods:** Beat egg with soda water. Season it with salt and some vanilla.

Wash apple, remove the core and grate the flesh.

Heat nonstick pan cook the grated apple briefly. Spread it. Add the whisked egg in and spread over the apple as to make a pancake.

Sprinkle Apple Pancakes with cinnamon before serving. Enjoy it for breakfast.





# Eggs and Broccoli Salad

## Ingredients: (for 1 serving)

1 serving of egg  
1 serving of vegetables (mushrooms,  
1/2 tomato, broccoli, avocado)  
1 serving of Mango  
Salt, pepper  
Organic apple cider vinegar  
1 Spring onion greens

**Methods:** Boil egg in vinegar water  
for 10 minutes.

Clean mushrooms and cut into slices. Dice the  
tomato. Clean broccoli, divide into florets,  
blanch in salted water and drain.

For the dressing, peel the mango, loosen the  
flesh from the core and chop. Loosen the flesh  
of the avocado out of the shell. Puree the  
mango and avocado together. Season the puree  
with salt, pepper and vinegar. If the dressing is  
too thick, thin with a little water.

For the salad, peel the eggs and cut into slices.  
Mix egg slices with the vegetables and pour the  
dressing. Sprinkle with spring onion greens.

**Tip:** If you cook eggs in vinegar and water, they  
do not burst.



# Eggs in Spinach Nest

**Ingredients:** (for 1 serving)

2 Eggs (protein portion)

1 Tbsp. onions

Spinach

Salt, Pepper, Nutmeg

**Methods:** Wash and chop spinach. Using little water, fry onion. Add chopped spinach to it. Steam, until soft.

Spice with salt, pepper and nutmeg.

Using a spoon, make a small pit into the middle of the spinach. Let raw eggs (w/o shell) slowly slide into the pit.

Cover pan with a lid keep simmering until eggs are cooked.

**Tip:** You can also bake this dish. Layer a baking tray with baking paper. Put the cooked spinach and make a nest. Pour the raw eggs into the centre. Slide tray into the pre heated oven. Bake at 200 C for about 15 minutes.





# Omelette

## Ingredients: (for 1 serving)

2 whole eggs

½ tsp salt

1 tbsp water

Canola oil (only after phase 2)

Sliced vegetable mushrooms

Fresh spinach leaves

1 tsp grated garlic

**Methods:** Whip first three ingredients together in a bowl. Set aside. Put small amount of canola oil in skillet and spread to coat skillet with paper towel (oil is not allowed on phase 2. Use small amount of water.)

Lightly saute sliced mushrooms, spinach leaves and grated garlic. Remove vegetables from pan before they are overcooked.

Wipe pan carefully with paper towel to recoat the skillet. Allow to heat before introducing egg mixture.

When egg cooks half-way through, flip eggs. Place vegetable mixture over one half of cooked eggs and flip second half to cover egg/vegetable mix. Serve immediately with rye crispy crackers and a serving of fruit.

# Vegetable Soup

## with Poached Egg

**Ingredients:** (for 1 serving)

1 tbsp. vinegar

1 serving egg

1 Serving of veggies

(cauliflower, cabbage, leek, carrot)

350 ml vegetable stock

Salt, pepper

1 tbsp. chopped spring onion green

**Methods:** In a pot heat 1 liter of water with vinegar to about 70° C, i.e. the water should start to sparkle. Crack an egg into a small cup, then place the cup near the surface of hot water and gently slide the egg into the water. With a spoon nudge the egg white closer to its yolk. This will help the egg whites hold together. Turn off the heat. Cover. Let sit for 4 minutes, until the egg whites are cooked. Lift the egg out of the pan with a slotted spoon. Wash vegetables, clean and chop. Cook in the broth (vegetable stock) and season with salt and pepper. Add the poached egg to the vegetables and let it go for another 2 minutes. Before serving sprinkle some spring onion greens.

**Tip:** Vegetables serving may include cabbage, pumpkin, parsnips and broccoli – if it matches with your food list.





# Apple & Pumpkin Salad

## Ingredients: (for 1 serving)

1 serving of grain mix

1 serving Pumpkin

1 Apple

Fresh ginger

Salt, Cinnamon

**Methods:** Heat a non-stick skillet with no fat, roast the grain mix.

Wash pumpkin, remove the seeds and remove only the hard parts of the shell. Finely grate the pumpkin flesh.

Wash apples, remove the core and grate the flesh as well. Peel the ginger. Grate it.

Reheat pan and roast pumpkin and apple in it briefly. Add ginger. Season it with cinnamon and salt. Finally, sprinkle the roasted grains on it.

**Tip:** Ginger makes for a spicy flavour. Those who like it more sharply spiced can add chillies.



# Grains chutney

**Ingredients:** (for 1 serving)

1 Portion mango

Fresh ginger

½ Portion sunflower seeds

4 drops of chili paste

1 knife point of mustard

1 tbsp apple cider vinegar

Salt

(2 tbsp. Oil from phase 3)/

(Grated coconut from phase 3)

½ Portion pumpkin seeds

**Methods:** Peel the mango and chop it into small pieces. Peel the ginger and grate it finely. Put the sunflower seeds in a blender and grind it to flour.

Fry it in a pan (with the grated coconut from Phase 3). Add the mango cubes to the pan.

Season it with ginger, chili paste, mustard powder, vinegar and salt.

If needed add approximately 50 ml of water (oil from Phase 3.). Place it on a plate and put the pumpkin seeds over it.

**Tip:** This preparation can be used as a spread and tastes delicious with raw vegetables such as carrot, turnip and celery. Instead of mango, pineapple or apple can also be used.





# Spread with seed mix

## Ingredients: (for 1 serving)

1 Portion vegetable (Onion, avocado)

1 clove of garlic

Salt, pepper

1 Portion seed mix

**Methods:** Peel the onion and garlic, chop it finely and put it in a bowl.

Put the avocado in a bowl.

Mix everything with a hand blender. Season it with salt and pepper.

Add the seed mixture to it. Use this spread on rye bread.

**Tip:** The seed mixture is allowed from the second phase in metabolic balance consist of sunflower seeds and pumpkin cores. You can make a spread made from sunflower seeds, pumpkin seeds and enjoy with whole or pureed pumpkin seeds.



# Pumpkin and Ginger Soup

## Ingredients: (for 1 serving)

1 serving of grain mix  
1 teaspoon black sesame  
1 serving of vegetables (pumpkin,  
1 tablespoon diced onion)  
1 sprig rosemary  
1 garlic clove  
1/2 red chili pepper  
Fresh ginger  
300 ml vegetable broth  
Salt, pepper

**Methods:** Heat a non-stick frying pan, roast in it the grain mix and then remove.

Toast the sesame well. Wash, peel and roughly chop the pumpkin.

Pluck rosemary needles from its arm and chop finely. Peel garlic and chop finely.

Wash and chop the chilli. Peel the ginger and grate finely.

Put Vegetable broth in a saucepan and add all spices. Add pumpkin and onion. Cook till they are soft.

Puree the vegetables and season with salt and pepper. Before serving, mix the grains and sesame seeds to the soup.

**Tip:** If taking the soup to the office, fill it in a thermos and pack the seeds and grains separately.





# Mandelade muffins

## Ingredients: (for 1 serving)

30 g almonds  
20 g sunflower seeds  
1 apple  
Cinnamon

**Methods:** Soak the almonds and sunflower seeds overnight.

In the morning set a few seeds aside to eat first before eating your muffin.

Crush the almonds and sunflower seeds with a hand pounder.

Grate an apple finely and mix with the seeds.

Fill muffin cups with the mixture and place in a 200 degree oven and bake for 15 minutes.

Let them cool and then sprinkle them with a bit of cinnamon. Eat your apple muffins with an espresso or your favourite tea.

# Baked Apple

**Ingredients:** (for 1 serving)

1 Serving of almond and  
sunflower seed mixture  
1/2 teaspoon cinnamon powder  
1 Pinch of cocoa powder.  
1 large Apple

**Methods:** For Mandelade preparation, soak  
almonds and sunflower seeds in cold water  
overnight.

The next day, sieve them to remove excess water.  
Puree and season with cinnamon and cocoa  
powder.

Wash apple and cut out the core. Take a pot with  
little water in it and cook the hollowed-out apple.

Preheat the oven to 200 ° C.  
Fill the prepared mandelade in the apple and  
put it in a baking dish.

Roast in a hot oven for 10 to 12 minutes.







# Cabbage soup with smoked tofu

## Ingredients: (for 1 serving)

1 Portion of vegetable (onion, leek, white cabbage, cauliflower, carrot, bell pepper)

1 glove of garlic

Fresh ginger

Salt, pepper, Curry powder

Caraway seeds

100 ml vegetable stock or water

Coriander

1 Portion smoked tofu

**Methods:** Peel the onion, wash the rest of the vegetables and cut everything in small pieces. Peel the garlic and chop it finely.

Peel the ginger and chop finely.

Mix the onion and leek and steam it in a saucepan.

Put 2 tablespoons of water. Season it with curry powder, cumin and garlic. Add the stock, the remaining vegetables and the ginger.

Cook it with a medium heat and simmer it for as long as the vegetables are soft.

Meanwhile, wash and chop the coriander leaves. Dice the tofu. Add both to the vegetable and cook the soup for about 5 minutes.

# Smoked tofu with carrots

**Ingredients:** (for 1 serving)

1 Portion smoked tofu

1 Portion carrots

Fresh ginger

Soy sauce (phase 3)

Salt, pepper, Curry powder

**Methods:** Cut tofu into 3 cm cubes.

Wash and slice the carrot into thin strips.

Peel the ginger and chop it finely.

Heat a wok (with oil from Phase 3) and cook the carrots and the ginger.

Stir tofu and fry it for about 2 minutes  
(Add some soy sauce from Phase 3.)

Season it with salt, pepper and curry powder.

**Tip:** This recipe tastes good with Zucchini also.





# Fried vegetable with Tofu

## Ingredients: (for 1 serving)

1 Portion Tofu

1 portion vegetables

(carrot, bell pepper, cabbage)

Salt, pepper

Curry powder

**Methods:** Peel the onion, wash the rest of the vegetables and cut everything in small pieces. Peel the garlic and chop it finely.

Peel the ginger and chop finely. Mix the onion and leek and steam it in a saucepan.

Put 2 tablespoons of water. Season it with curry powder, cumin and garlic.

Add the stock, the remaining vegetables and the ginger.

Cook it with a medium heat and simmer it for as long as the vegetables are soft.

Meanwhile, wash and chop the coriander leaves. Dice the tofu. Add both to the vegetable and cook the soup for about 5 min.



# Asian Tofu

**Ingredients:** (for 1 serving)

½ Portion button mushrooms  
(vegetable)

1 Portion Tofu or smoked Tofu

½ Portion vegetable (black salsify,  
carrots, spring onion, hearts  
of palm)

Ginger, 1 garlic clove

1 chili, Fresh pepper

(Oil from phase 3),

(Soy sauce from phase 3)

**Methods:** Wash and slice the mushrooms.

Cut the tofu in small pieces and rub it with salt  
around. Wash and clean the vegetables.

Cook the salsify in salted water until it is soft. Cut  
the spring onion in rolls, the carrot into thin strips  
and the palm heart into slices.

Peel and chop the ginger and garlic.

Clean and cut the chili pepper into thin slices.  
Heat a wok (with oil from Phase 3) and sear the  
tofu.

Take it out and cut it into 3 centimetre big cubes.  
Add spring onion, ginger and garlic in a wok and  
let it get glassy.

Stir in the remaining ingredients and the tofu  
for 2 minutes. Season it with salt, and pepper (soy  
sauce from phase 3)





# Tofu recipe

## South Indian style

### Ingredients: (for 1 serving)

Tofu- 100 g

Vegetables- your portion

(carrot, capsicum & cabbage)

1 Tbsp Ghee/ canola oil (phase 3)

1/4tsp mustard seeds

Few curry leaves

Salt (1/4th tsp), turmeric (a pinch) , red  
pepper powder (1/4th tsp)

**Methods:** Take a sauce pan and heat it. Put oil.  
Put the pan on medium flame.

Add mustard seeds and let sputter for a few  
seconds. (In case you are on phase 2, you may  
add the seeds to the pan without oil. It still  
tastes wonderful).

Add chopped vegetables and curry leaves.

Chop tofu into small pieces and add to the  
vegetables in the pan.

Add salt and turmeric and red pepper powder.

Put a lid and let cook for 3-4 minutes. Remove  
the lid and stir.

Serve hot with rye bread or rye chapatti.

# Natural Yoghurt with Fruit

**Ingredients:** (for 1 serving)  
Fruit (1 serving of apple)  
Yogurt (3.5% fat) – 1 serving

**Methods:** Quarter and core the apple. Cut the quarters into thin wedges and sauté them in a hot pan with or without water. Sprinkle them with cinnamon.

Place the yoghurt into a small bowl and add the cinnamon apples. Add extra cinnamon.

**Tip:** Add grated apple/ diced papaya (raw without sautéing) to yoghurt.

Can use any other fruit from your personal fruit list (papaya/ Kiwi/ Raspberries/ Strawberries/ any other fruit).

A smoothie can be prepared by mixing yoghurt with any of the frozen fruits in a blender.





# Crunchy Fruit Muesli

## Ingredients: (for 1 serving)

1 slice whole grain rye bread

1 apple

Cinnamon

1 serving of yogurt

(plain yogurt or soy yogurt)

**Methods:** Cut whole grain bread into small cubes. Take a non-stick pan without oil and roast the bread cubes in it.

Wash the apples, remove the seeds and cut the flesh into small pieces.

Spice the apple pieces with cinnamon. Then mix apple and bread cubes with yogurt.

**Tip:** Finely grate the apple and then it can be stirred well in the yogurt.



# Mocha Yoghurt

**Ingredients:** (for 1 serving)

1 portion natural yoghurt (3.5% fat)

1 tsp instant coffee

Cinnamon (a pinch)

If desired ½ apple

**Methods:** Mix yoghurt, coffee powder and cinnamon. Grate apple and mix in.





# Mango Yoghurt “Ice Cream”

**Ingredients: (for 1 serving)**

1 portion natural yoghurt  
160 g frozen mango  
Pinch of cinnamon  
Small amount of pure vanilla  
(without added sugar)

**Methods:** Make this recipe the day before.

Place frozen mango, cinnamon and vanilla into  
blender and puree.

Stir into yoghurt.

Freeze for several hours.

Remove from freezer one half hour before  
breakfast (thaw to ice cream consistency)



# Mango Yogurt Drink

**Ingredients:** (for 1 serving)

1 Portion of fruit (soft mango)

1 Serving of yogurt

(plain yogurt or soy yogurt)

100 ml of ice cold soda water

1 Pinch saffron threads

**Methods:** Peel Mango, remove the pulp from the core and cut into small cubes.

Mix Mango cubes in the yogurt and puree with a blender.

Mix ice-cold soda water with the Mango cream.

Fill the drink into a glass and decorate with saffron threads.

Tip: in phase 3, stir in coconut milk.





# Herb curd

## Ingredients: (for 1 serving)

1 Portion curd

Mineral water

1 clove of garlic

Parsley, cress, chive

Salt, red pepper, black pepper,  
curry powder

**Methods:** Stir the curd with some mineral water until it gets creamy.

Peel the garlic and wash the herbs.

Chop both finely and mix it with the curd.  
Season it with salt and spices.

**Tip:** Eat it with stripes of cucumber, cabbage, tomato and bell pepper.

# Sandwich Italia

**Ingredients:** (for 1 serving)

1 Portion vegetable  
(½ tomato, rocket)

1 Portion curd or cream cheese

1 Portion rye bread

Salt, pepper

Cider vinegar

**Methods:** Mix the curd or the cream cheese until it gets creamy and put a bite aside to start the meal with.

Wash half tomato and chop it finely.

Mix the tomato pieces with the remaining curd or cream cheese.

Wash and spin dry the rocket.

Spread each slice of crisp bread with tomato cheese / tomato cream cheese and place top it up with rocket leaves.

Season it with salt, pepper and a few drops of vinegar.

