

love yourself,
not the sugar

21 Day sugar detox recipe book

Compiled by
Carolyn Flanigan



a guide to permanetnt wieght loss and disease prevention

I have compiled these recipes,
from the many recipe books I
have in my cupboards, written
by chefs and the latest
nutrition researches & health
experts to help motivate
and inspire you, to be at your
best health always.



Health & Wellness

Carolyn Flanigan

Contents

breakfast 4

lunch 9

dinner 15

sides 21

immune boosters 27

sweet stuff 30



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Breakfast

eat like a king at
breakfast...

Scrambled eggs



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1. whisk eggs in a bowl
2. whisk cream, salt and pepper and set aside
3. melt butter in saucepan
4. pour all egg mixture into saucepan
5. gently stir egg mixture until curds form
6. just before egg is cooked, remove from heat & put on the lid
(eggs will continue to cook)
7. Serve with a sprinkle of herbs, salt pepper, cheese, avocado & tomato

No grain granola



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1 pack raw mixed nuts
(no dried fruit)
1 cup shredded coconut
½ cup pepitas
½ cup chia seeds
½ cup sunflower seeds
½ cup LSA
pinch pink salt
pinch nutmeg
drizzle of olive oil



1. Place mixed nuts in food processor and pulse until all nuts are chopped or reduced in size.
2. Place into a large baking tray
3. Add all other dry ingredients
4. Drizzle with olive oil
5. Bake for 15-20 mins in moderate oven.

No grain granola serving suggestions



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Serving suggestions;

Great for breakfast with milk

Add to yoghurt and berries for a great snack

Combine with coconut oil & rice malt syrup
& refrigerate to make snack bars for
on the go.

Note; I purchase my nuts from Aldi



recipe by Carolyn Flanigan

Mixed berry acai bowl



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- 1 cup unsweetened almond milk
- half cup ice
- 1 cup frozen mixed berries
- 1 teaspoon acai powder
- 1 banana, fresh or frozen
- 2 tsp chia seeds
- toppings, optional
- 2 tbsp granola
- 2 tbsp mixed berries or other fresh fruit



1. Place all ingredients, except toppings, in a blender jug and puree until smooth.
2. Pour into a bowl, add toppings, and serve immediately.

recipe by Ellie Flanigan

Lunch

a queen at lunch...



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Chicken Burrito Bowl

1kg sliced chicken thighs

1 red onion

2 garlic cloves

1 red capsicum

1 green capsicum

2 corn cobs (remove corn from cob)

fat for frying – ghee or lard

paprika, turmeric, salt & pepper, coriander

chicken stock

1. slice onion and garlic toss into pan with hot frying fat.
2. add chicken and spices to taste, when almost cooked add sliced vegetables, cook until tender.
3. Whilst chicken is cooking, prepare salsa & guacamole- see next page for recipe.

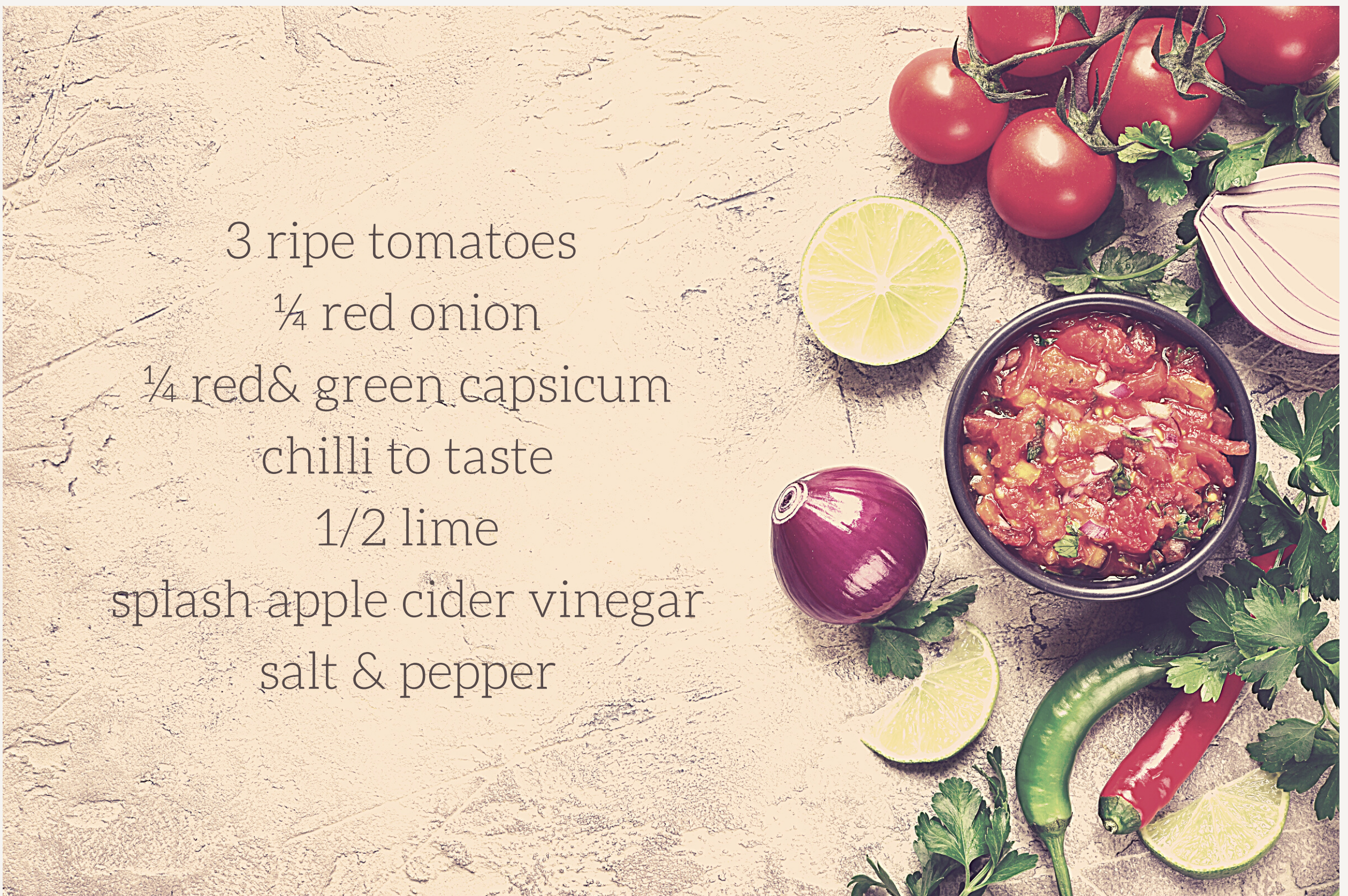
Chicken burrito salsa



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3 ripe tomatoes
¼ red onion
¼ red & green capsicum
chilli to taste
1/2 lime
splash apple cider vinegar
salt & pepper



1. blend all ingredients in food processor till chunky

Chicken burrito



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guacamole & toppings

1 lrg ripe avocado
lemon juice
 $\frac{1}{4}$ red onion

1. dice onion, chop avocado & add lemon juice
2. blend all ingredients in food processor till chunky



layer bowl with;
chopped lettuce, sliced cucumber
tomato, chicken, grated cheese, tomato
salsa, guacamole, sour cream, cheese,
chilli & coriander

recipe by Carolyn Flanigan

Four ingredients toasties



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broccoli & cheese melts;
steamed or roasted broccoli,
chopped sliced cheddar
sprinkle of seaweed dukkah

pink beet & goat's cheese;
roasted & sliced beetroot
crumbled goat's cheese
watercress, basil or spinach



layer up your ingredients between 2 slices of
good quality homemade sourdough bread.



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Stuffed sweet potatoes

2 tablespoon coconut oil
4 sweet potatoes- washed
1 teaspoon sea salt
120 g bacon, chopped
2 chicken breast fillets
1 cup broccoli florets
50 g brussels sprouts
2 tablespoons chicken bone broth
2 cups baby spinach leaves
sea salt & ground black pepper

1. preheat oven to 200dg C line baking tray
2. rub half the oil into the skin of the sweet potato & pat on salt
3. prick sweet potatoes with a fork a few times, place on tray and roast until tender.
4. cut potatoes in half length ways , careful not to cut all the way through
5. heat remaining oil in a large frying pan, over med-high heat
6. add bacon & fry until crispy
7. add chicken and remaining ingredients and saute
8. season with salt & pepper



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Dinner.

and a pauper at
dinner.

Zucchini bolognese



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2 tablespoons ghee/animal fat

1 onion diced

1 carrot diced

1 celery stalk diced

4 garlic cloves, finely chopped

550 g beef mince

200 ml dry red wine

2 tablespoons tomato paste

3 ripe tomatoes chopped

300 ml bone broth

pinch oregano

chopped thyme

sea salt & black pepper

2 large zucchini's spiralised into thin noodles

2 teaspoons grass fed butter

tablespoon grated parmesan

1.to make bolognese, heat oil in a large frying pan over medium-high heat

2.add onion, carrot, and celery and cook until soft

Zucchini bolognese cont...



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3. add garlic and cook until fragrant and lightly brown
4. add beef and brown for 5-6 minutes, stir to break up lumps
5. stir in wine and oregano, when wine has almost evaporated add tomato paste,, cook for 1 min
6. add chopped tomatoes, broth, thyme and salt & pepper
7. reduce heat to low and simmer, stirring occasionally for around 30 mins
- 8.heat butter in a smaller frying pan and add zucchini noodles, cook until soft, add salt & pepper
9. spoon noodles & bolognese into warm serving bowls and top with grated parmesan

Shepherds pie



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1 Kg. beef stewing/chuck steak - diced
1 medium onion
2 garlic cloves
1 litre of organic beef stock
good pinch mixed herbs
2 carrots
4 celery Sticks (leaves included)
ghee/ coconut oil or butter (for cooking)
paleo or buckwheat flour for thickening
5 large potatoes
dob of butter & half cup Milk
sea salt & pepper

Shepherds pie cont...



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1. chop onions & garlic into small pieces, add to pre heated pan with oil & butter & brown.
2. add beef to pan and brown
3. add chopped carrots & celery, herbs, beef stock & water
4. cover & cook for 3-4 hrs
5. peel and cube potatoes, steam until soft.
6. add flour to thicken beef gravy
7. place beef mixture into pie dish
8. mash potatoes with butter, milk, salt & pepper
9. place in moderate oven, cook for 30 mins or until golden brown

Serving suggestion- serve with salad, cauliflower rice or a nice glass of your favourite red wine

Butter chicken



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8 chicken thighs, skin on & cut into chunks

3 large ripe tomatoes

1 teaspoon fresh ginger

6 cloves of garlic, finely chopped

1 small mild chilli

half teaspoon cinnamon

2 teaspoons garam masala

pinch of pink salt

dash of ground cardamon

200 g butter

100 ml cream

6 tablespoons coriander, finely chopped

1. puree the tomatoes with the spices and salt in a food processor
2. brown the chicken pieces in a little butter
3. add the tomato mixture to the chicken and simmer for around 10 mins or until chicken is cooked through
4. remove from heat, add the butter, stir and allow to melt
5. add cream and coriander and mix until well combined
6. serve with cauliflower rice



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Sides

plate fillers with purpose

Sauerkraut



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1 star anise
1 teaspoon whole cloves
600g cabbage, green or red finely shredded
1 1/2 half teaspoons sea salt or 3 if not using stater
2 caraway seeds
2 tablespoons juniper berries fresh or dried
small handful of dill
half sachet vegetable starter culture (optional)



Sauerkraut cont...



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1. take a 1.5 litre preserving jar, washed, with airtight lid
2. place the star anise & cloves in a small piece of muslin, tie into a bundle and set aside
3. remove outer leaves of cabbage, choose one outer leaf of the cabbage and set aside
4. place cabbage in a large glass bowl, sprinkle salt, caraway, juniper & dill
5. massage the cabbage for 10 mins to release juices
6. dissolve starter (if using) in water according to packet instructions, add to cabbage mix with the bag of spices & mix well
7. fill prepared jar with cabbage mix, pressing down well with a large spoon to remove any air pockets. leave 2 cm of room free at the top and place the large outer leaf folded on top and push down to keep everything submerged
8. close lid and wrap a tea towel around the jar to block out any sunlight & store in an esky to maintain a consistent temp.
9. chill before eating. once jar is opened it will last up to 2 months in fridge providing kraut is kept submerged

Cauliflower rice



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1 head of cauliflower, florets & stems roughly chopped
2 tablespoons butter/ ghee
sea salt & freshly ground black pepper

1. place cauliflower into bowl of food processor and pulse until it resembles rice
2. melt butter/ghee in frying pan over medium heat
3. add cauliflower and cook for 4-6 mins until soft
4. season with salt and pepper

- great as a side dish for stir-fry, curries and to use as an alternative to rice.



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2 roasted cloves of garlic
2 egg yolks
1 teaspoon Dijon mustard
1 tablespoon apple cider
vinegar
juice of half a lemon
310 ml olive oil
sea salt & ground black
pepper



- 1.combine garlic, egg yolks, mustard, vinegar, lemon juice and oil in a glass jug or jar
- 2.using a hand held blender, blend until thick & creamy
- 3.add extra oil if it is too thick
- 4.season with salt and pepper
- 5.store in a air tight container in the fridge 4-5 days

Tomato ketchup



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180g tomato paste
1 tablespoon apple cider vinegar
1 garlic clove
1/2 onion
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 teaspoon honey
1/4 teaspoon ground cloves



1. mix tomato paste with 100 ml water in a small saucepan and place over medium heat.
2. bring to a simmer, remove from heat and stir through remaining ingredients until fully incorporated,
3. cool and store in an airtight glass jar on the fridge for up to 4 weeks.



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sweet stuff

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Apple crumble



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3/4 cup almond meal
1/2 cup coconut flour
1 cup desiccated coconut
150g butter
6 apples

1/4 cup sultanas or cranberries
1/4 cup filtered water

1 teaspoon arrowroot, mixed with 2 tsp water

1. preheat oven to 130dg
2. place filtered water and the sultanas in a saucepan, heat gently
3. slice apple and place in saucepan
4. cover and simmer until apple is soft (approx 10 min)
5. remove apple with slotted spoon add arrowroot to the remaining liquid & whisk until thick
6. pour sauce over apples and mix
7. place dry ingredients and butter in the food processor and process
8. the crumble can be served traditionally or deconstructed
9. if deconstructing, place crumble in a baking dish and bake approx 15 mins
10. for traditional crumble, place apple in a baking dish, cover with crumble and bake for 15 mins

Chocolate pudding



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1 tablespoon powdered gelatine
400 ml coconut milk
50 gm raw cacao powder
plus extra for dusting
1/4 teaspoon ground cinnamon
3 tablespoons honey or maple syrup
- to serve -
150 g whipped cream
coconut chips, crushed hazelnuts

1. mix gelatin with 3 tablespoons of water in a small bowl and set aside for 5 mins until gelatin to soften & expand
2. place coconut milk, cacao powder, cinnamon & honey in a saucepan over med heat & whisk to combine
3. bring to just below simmering point & remove from heat
4. add gelatin to the warm coconut mixture & stir until gelatin dissolves
5. transfer to ramekins or appropriate dish & place in the fridge for 1 hr to set
6. to serve spoon over whipped cream and top with coconut chips and hazel nuts



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immune boosters

"let food be thy medicine,
and medicine be thy food."

~Hippocrates

Greens detoxing juice



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1 hand ful of spinach
half a cucumber
2 celery sticks
tblsp spirulina powder
half cup frozen berries
half granny Smith apple
1 cup coconut water
squeeze of lime juice
pinch of pink Himalayan salt

- 1.chop all ingredients to fit into blender, add coconut water, lime juice, salt & blend together until smooth
2. pour into glass or jar and enjoy.
- 3.If you like it extra cold, serve with ice.

Immune boosting beetroot juice



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1 cup coconut water
1 fresh beetroot
2 celery sticks
small cucumber
juice of ½ lemon
small carrot
pinch of pink salt

1. chop all ingredients to fit into blender, add coconut water, lime juice, salt & blend together until smooth
2. pour into glass or jar and enjoy.
3. If you like it extra cold, serve with ice.

Beef bone broth



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2kg beef knuckle & marrow bones
3 tablespoons apple cider vinegar
1.5kg meaty beef rib or neck bones
2 onions
2 carrots, roughly chopped
2 leeks, white part only, rinsed & roughly chopped
6 thyme sprigs, tied together
1 teaspoon black peppercorns, crushed
1 garlic bulb, cut in half length-ways
2 large hand-fulls of flat leaf parsley,, leaves & stalks



Notes



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I hope you enjoy cooking and eating these recipes I have shared with you.

I keep it simple with quality ingredients found locally and in season.

Health doesn't need to be complicated or expensive so I hope you find that little changes can have a profound impact on your health and life.

Happy Health Carolyn Flanigan

Gillespie, D. (2016). Eat real food cookbook. Pan Macmillan.

Evans, P. (2016). The complete gut health cookbook. Plum

Wilson, S. (2015). I quit sugar Simplicious. Pan Macmilan

Cronau, C. (2015). The fat revolution cookbook. Purple Lotus Publishing.