



AF  
HEALTH

Vegan  
30 Day Reset

# Vegan 30 Day Reset

When your computer starts running slowly, applications are freezing and you can't even move the cursor, it needs a reset. Sometimes we need to do the same thing with our bodies.

Our fast paced modern lives, lack of sleep, stress and processed foods negatively effect our hormones, immune system, fat storage and appetite. So if you have issues with weight loss, autoimmunity, gut pain, skin or any other health complaint, we need to hit your reset button.

So whats the best way to do this? You commit to a 30-day period where you eliminate foods that people are most often allergic to or intolerant of, and focus on the safe, nourishing foods high in vitamins, minerals and antioxidants.

## How Does It Work?

The reset phase is designed to reduce inflammation, improve digestion, burn fat, identify food sensitivities, reduce allergic reactions, boost energy, regulate blood sugar, improve skin complaints and stabilise mood.

It almost seems too good to be true, but it works. No other therapy comes remotely close to accomplishing all of these goals in such a short period of time. By removing the foods that most commonly cause problems, you allow your body to rest and recover from any irritation and damage it has sustained over the years.

After completing the 30 day reset you'll have a bit more leeway to go off the rails every now and then. (After all, there's more to life than food!) But the reset phase is not one of those times. This is where you gather your strength and buckle down for the next 30 days.

# So What Do I Eat?

The diet is based on foods that our ancestors ate for over 250,000 years. Human genetics have evolved over this time period to thrive on foods that have been found in their raw natural form. It includes lots of vegetables, fruit, nuts, seeds, herbs & spices. It eliminates processed & most packaged foods. The next few pages will outline foods that can be eaten and foods that have to be avoided during the next 30 days.

**Eat mostly plants:** Make vegetables and fruits about 75% of your plate at every meal. Focus on low glycemic options, as these don't spike your blood sugar levels and keep energy levels stable throughout the day. Vegetables contain huge amounts of fibre which help maintain a healthy digestive system.

**Eat healthy fats:** Healthy fat's are extremely important in this diet. The human brain is made from over 60% fat. [Restricting fats in the diet results in poor cognition, poor immune function, anxiety, depression and dementia.](#) Essential fatty acids can not be produced in the body and must be obtained from the diet. The best sources are nuts, seeds & avocado.

**Avoid dairy:** For the next 30 days you need to eliminate dairy from your diet completely. Dairy is often problematic in people with anxiety, depression, immune disorders and digestive disturbances.

**Avoid alcohol:** This can be a tricky one for lots of people. Alcohol is very damaging to the liver and gut lining, so during the 30 day reset alcohol must be avoided. Just remember this is only for 30 days.

**Avoid gluten:** Gluten sensitivity is a real thing despite what some sceptics may say on the media. More and more [scientific evidence](#) is uncovering the mechanisms behind gluten sensitivity. During the next 30 days all gluten must be strictly avoided.

**Avoid Vegan replicated foods:** Foods that mimic animal product food such as cheese & meat are highly processed and do not have a place in the 30 day reset.

**Limit consumption of grains, beans & legumes:** Many grains & legumes contain proteins called lectins. These are known to cause digestive, autoimmune and mental health issues in susceptible people. Grains also contain very high amounts of carbohydrates which cause blood sugar dysregulation. The 30 day reset allows for 1/2 cup of white rice or quinoa at each meal but completely restrict all other grains, beans & legumes.



# Approved Foods

## Vegetables

Almost all vegetables are acceptable on the 30 day diet with some exceptions. Vegetables with a high starch content, such as potatoes and pumpkin, tend to have low nutritional value in comparison to the amount of starches/carbs/sugars they contain. If you are on a weight loss plan, these foods should be avoided.

## Starchy Vegetables

Eat these in moderation if you are on a weight loss plan, or better yet, avoid them all together.

- Potato
- Beetroot
- Sweet Potato
- Pumpkin

## Non-Starchy Vegetables

Eat as much of these as you like.

- Broccoli
- Zucchini
- Cabbage
- Capsicum
- Cauliflower
- Herbs
- Eggplant
- Onions
- Garlic
- Lettuce / Baby Spinach
- Asparagus
- Avocado
- Artichoke hearts
- Brussels sprouts
- Carrots
- Spinach
- Celery
- Tomato

## Oils

- Olive oil
- Coconut oil
- Macadamia oil
- Avocado oil
- Sesame seed oil (but do not heat)



## Nuts & Seeds

Peanuts and cashew nuts are technically a legumes and can cause issues in some people. These are not to be eaten during the 30 day reset. Focus on the nuts and seeds listed below.

- Almonds
- Pecans
- Hazelnuts
- Cashews
- Sesame seeds
- Pine Nuts
- Pumpkin seeds (pepitas)
- Sunflower seeds
- Macadamia nuts
- Walnuts

## Fruit

Fruits do contain large amounts of carbohydrates so if you're looking to lose weight, you'll want to cut back on your fruit intake and focus more on the vegetables. Aim for a maximum of two serves of fruit per day. Berries such as strawberries and blueberries contain the least amount of sugar.

- Apple
- Avocado
- Blackberries
- Papaya
- Peaches
- Plums
- Mango
- Lychee
- Blueberries
- Grapes
- Lemon
- Strawberries
- Watermelon
- Pineapple
- Mandarin
- Raspberries
- Cantaloupe
- Tangerine
- Figs

## Grains

Most grains & legumes contain proteins called lectins. These are known to cause digestive, autoimmune and mental health issues in susceptible individuals. Grains also contain very high amounts of carbohydrates which cause blood sugar dysregulation. The 30 Day Vegan reset allows for 1/2 cup of rice or quinoa per meal.

- 1/2 cup cooked white rice per meal  
OR
- 1/2 cup cooked quinoa per meal

# Non-Approved Foods

Most importantly, here's what not to eat during the 30 days. Omitting all of these foods and beverages 100% for 30 days will help you eliminate cravings, lose weight, heal the digestive tract, reduce systemic inflammation, rejuvenate your skin and clear your mind. You will also discover how these foods impact the way you think, look and feel.

## Dairy

- Cheese
- Milk
- Powdered milk
- Yogurt
- Dairy spreads
- Dips with dairy
- Ice cream
- Frozen Yogurt
- Butter
- Iced coffee

## Drinks

- Soft drinks
- Diet soft drinks
- Fruit juices
- Sports Drinks
- Sugar free sports drinks
- Alcohol

## Grains

- Cereals
- Bread
- Muffins
- Toast
- Sandwiches
- Wraps
- Wheat Thins
- Crackers
- Oats / Porridge
- Corn
- Wheat
- Pancakes
- Hash browns
- Beer
- Pasta
- Fettuccine
- Lasagna
- Most supermarket sauces

## Beans & Legumes

- Beans
- Peas
- Soy beans
- Peanuts
- Cashew Nuts
- Soy Sauce
- Miso
- Tofu

## Artificial Sweeteners

- Aspartame
- Erythritol
- Glycerol
- Sucralose
- Xylitol
- Saccharin
- Sorbitol

## Snacks

- Chips
- Corn chips
- Cruskits
- Ice Cream
- Biscuits
- Pastries
- Chocolate
- Pizza

## Energy Drinks

All energy drinks, even sugar free ones

## Alcohol

All alcohol, remember it's only for 30 days

## Sweets

- All chocolate bars
- Ice Cream
- Biscuits
- Pastries
- Soft Drinks
- Muesli Bars

## But I Love Bread, Pasta and Pizza

Everyone loves bread, pasta and pizza! However they make a large portion of the population very sick by raising blood sugar levels, irritating your digestive tract and promoting auto-immunity.

Grains, particularly gluten containing grains are addictive. They contain molecules that activate your opioid receptors, the same receptors that work on heroin and morphine. This is why most people could take or leave corn chips and rice but find it hard to resist bread and pizza.

Unfortunately I don't make the rules in biology, I'm just trying to show you how the rules work.



# Meal Preparation

In order to successfully complete the 30 day reset you MUST plan meals ahead of time. This includes planning your breakfast, lunch, dinner and snacks. Failure to do this will likely result in you choosing un-approved foods.

The 30 day reset is about wholesome natural unprocessed foods. If you get caught without prepared food your options are limited. If you find yourself in this situation it's best to find a supermarket and buy some nuts, fruit and vegetables like carrot.

I highly recommend using the weekly meal planner found a few pages over.

# Meal Timing

During the reset, it's important to stabilise your blood sugar and hunger levels. Often people don't eat in the mornings in an attempt to reduce calories. By lunch/dinner time the brain sends strong hunger signals which tend to lead to poor food choices.

If the brain thinks it's starving it will tell you to eat the most calorie dense foods you can find. This is why a bag of chips looks much more appetising than an apple.

Having a steady supply of calories throughout the day tells the brain that there is an abundance of food available. This helps reduce cravings and lowers your chance of binge eating. That apple will start to look more appetising.

After the 30 day reset your metabolism will completely change and meals can be skipped without any strong binge eating urge. To reduce cravings and binge eating it's important for you to set an eating schedule. See the example below

|                 |   |
|-----------------|---|
| 7am - Breakfast | Remember this diet is not about calorie restriction. It is about resetting your metabolism. You can eat as much as you want within the guidelines of the Vegan AF Health reset. |
| 10am - Snack    |   |
| 1pm - Lunch     |   |
| 4pm - Snack     |   |
| 6pm - Dinner    |   |
| 8pm - Snack     |   |

# Protein Intake

To ensure you have adequate protein during the Vegan 30 day reset, it's advised to supplement with a high quality vegan protein powder. AF

## Side Effects

Transitioning to a diet high in vitamins and minerals may cause some noticeable side effects. Your body will begin to naturally detoxify and cellular physiology will begin to change. During this adjustment period, you may notice fatigue, headaches & cranky moods. If you experience any of these symptoms, look at the side effects as a positive shift in the right direction. If you're exercising, lower the intensity until this phase has passed. Once the side effects were off, you'll start to feel an abundance of energy and mental clarity.



## Example Meal Plan

On the following pages you will find an example of how to implement this diet. If you prefer to follow a template then you can use this example. If you prefer to create your own meals then stick to the approved food list, and avoid the unapproved foods.

From experience, following this template has the best compliance rate, as it minimises choice and temptations. Simply follow the weekly meal plan and repeat each week. You will find all recipes on the following pages.

If the meal plan doesn't fit your taste, schedule or lifestyle, just pick and choose meals from the listed recipes. If there are some ingredients you do not like, swap them. For example swap capsicum with broccoli or Brussels sprouts with carrot. The 30 reset is extremely flexible, all you need to do is follow the eating guidelines outlined on the pages before.

# Weekly Meal Plan

Recipes for all meals on following pages

|           | BREAKFAST                                      | LUNCH   | DINNER   | SNACK                  |
|-----------|--|---|--|------------------------|
| MONDAY    | Banana and handful of nuts                     | Left over Mediterranean Baked Sweet Potatoes  | Zucchini Noodles with Avocado Sauce (make extra for lunch for tomorrows lunch) | Protein Shake + Apple  |
| TUESDAY   | Chia seed pudding                              | Left over Zucchini Noodles with Avocado Sauce | Cucumber Tomato & Avocado Salad (make extra for lunch tomorrow)                | 2 Handfuls of nuts     |
| WEDNESDAY | Protein shake with banana                      | Left over Cucumber Tomato & Avocado Salad     | Stir-fry vegetables with rice (make extra for lunch tomorrow)                  | 2 Pieces of fruit      |
| THURSDAY  | Nut Porridge                                   | Left over Stir-fry vegetables with rice       | Roasted Vegetables (make extra for lunch tomorrow)                             | Carrot & Celery Sticks |
| FRIDAY    | Fried Mushrooms with avocado, onion and tomato | Left over Roasted Vegetables                  | Coconut Curry (make extra for lunch tomorrow)                                  | Protein Shake + Apple  |
| SATURDAY  | Coconut & Almond Cereal                        | Left over Coconut Curry                       | Cauliflower Soup (make extra for lunch tomorrow)                               | 2 Handfuls of nuts     |
| SUNDAY    | Sweet Potato Hash Browns                       | Left over Cauliflower Soup                    | Mediterranean Baked Sweet Potatoes (make extra for lunch tomorrow)             | Protein Shake + Apple  |



| Weekly Meal Planner |           | What am I eating? | What do I need to buy? |
|---------------------|-----------|-------------------|------------------------|
| Monday              | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |
| Tuesday             | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |
| Wednesday           | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |
| Thursday            | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |
| Friday              | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |
| Saturday            | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |
| Sunday              | Breakfast |                   |                        |
|                     | Lunch     |                   |                        |
|                     | Dinner    |                   |                        |
|                     | Snacks    |                   |                        |

# So are you ready to start?

This 30 day reset has the potential to change your life and dramatically improve your health. Unfortunately many people run out of motivation just before they're about to see and feel the results.

To keep your motivation in check, I want you to complete the sentences below, go into as much detail as possible.

Im doing this 30 day reset because .....

Completing the 30 day reset will be easy for me because .....

When in a difficult situation, such as having dinner with friends, eating out, or being tempted by non approved foods, I'll handle the situation by .....

Im starting the 30 day reset on this date .....

I WILL complete the 30 day reset by this date .....

Your Signature .....

Todays Date .....

## Stick this on fridge or bathroom mirror

For a printable copy visit

**[alexfisherhealth.com.au](http://alexfisherhealth.com.au) -> Login -> AF Programs -> Vegan 30 Day Reset**

# Breakfast

## Chia Seed Pudding

**Prep Time:** 10 Minutes  
**Total Time:** 10 minutes

### INGREDIENTS

Makes 1 Serve

- 1/4 Cup Chia Seeds
- 1/2 Cup Almond Milk or Coconut Milk
- 1 Teaspoon Honey (optional)
- Any fruit of your choice



This chia seed pudding is a super easy recipe that you can adapt to create new variations with different ingredients. You can make chia seed pudding ahead of time (a few hours prior or overnight), however the chia seeds will puff up and be ready within 15 minutes. Try experimenting by adding different nuts, seeds, shredded coconut, cacao, vanilla and other fruits and berries. Prepare this at night for breakfast the next day, or let chia seeds soak while getting ready in the morning.

1

- Place Chia Seeds, Almond Milk, Fruit, Honey (optional), in a glass
- Top with Almond Milk and stir

2

Let the mixture sit for 15 minutes until it becomes thick

3

Eat right away or top with berries, nuts & seeds.



# Nut Porridge

**Prep Time:** 10 Minutes

**Total Time:** 10 minutes



## Equipment

- Food Processor or blender

## INGREDIENTS

Makes 1 to 2 Serve

- 1/2 cup almonds
- 1/2 cup pecans
- 1/2 banana
- 1 / 4    t e a s p o o n  
cinnamon
- 1/8 teaspoon salt
- 1 / 4    c u p    o f  
unsweetened almond  
milk
- 1/4 cup of berries  
(optional)

1

Place all ingredients  
(except berries) into  
food processor and  
blend until desired  
consistency.

For crunch porridge  
only slightly blend

2

Warm mixture in  
saucepan until hot.  
Add more almond  
milk if required.

Top with berries  
(optional)

# Fried Mushrooms with Avocado, Onion & Tomato

**Prep Time:** 10 Minutes

**Total Time:** 15 minutes



## INGREDIENTS

Makes 1 serve

- 1 Avocado diced
- 4 Mushrooms chopped
- 1/2 Onion chopped
- 4 Cherry Tomatoes or 1/2 normal tomato (optional)

1

Add 1/2 Tablespoon of olive oil to frying pan on medium heat

2

Add chopped mushrooms, onions and tomatoes. Cook for 4 minutes or until done

3

Serve with avocado + salt & pepper to taste



# Coconut & Almond Cereal

**Prep Time:** 10 Minutes

**Total Time:** 30 Minutes



## INGREDIENTS

Makes 2 cups

- 1 cup coconut flakes
- 1 cup sliced almonds
- 4 tablespoons psyllium (optional)
- 2 tablespoons chia seeds, whole or ground (optional)

1

Preheat your oven to 180°C.

Spread almonds on a baking tray and toast for about 10 minutes.

Stir and cook for another few minutes until the almonds are just lightly golden

2

Cool the almonds on the tray then toss in the coconut, psyllium (if using) and chia (if using).

Store in an airtight container in the pantry for a few months

**Note:** Make a big batch to eat throughout the week



# Sweet Potato Hash Browns

**Prep Time:** 5 Minutes  
**Cook Time:** 10 minutes



## INGREDIENTS

Makes 1 serve

- 1 Medium Sweet Potato
- 1/2 Onion diced
- Salt & Pepper
- Olive Oil

1

Grate Sweet Potato and dice onion, combine together in bowl

2

Heat Olive Oil in frying pan over medium heat

3

Add sweet potato and gently push down with spatula, cook for 2-3 minutes, or until the edges are crispy. Flip and cook an additional 2-3 minutes. Serve immediately.

**Note:** You can make 1 big hash brown or several small ones

# Lunch & Dinner

## Zucchini Noodles With Avocado Sauce

**Prep Time:** 10 Minutes

**Total Time:** 10 minutes

These delicious zucchini noodles (or zoodles) with avocado sauce are ready in 10 minutes. Besides, this recipe requires just 7 ingredients to make.

This recipe calls for a Spiralizer, if you don't have one use a vegetable peeler - [see the video here](https://goo.gl/3MqL1g) ( <https://goo.gl/3MqL1g>)

### Equipement

- Spiralizer or vegetable peeler
- Blender

### INGREDIENTS

Makes 1 serve

\*Double the recipe if having for lunch the next day

- 1 zucchini
- 1 1/4 cup basil (30 g)
- 1/3 cup water (85 ml)
- 4 tbsp pine nuts or other nuts
- 2 tbsp lemon juice
- 1 avocado
- 12 sliced cherry tomatoes



1

Make the zucchini noodles with spiralizer or peeler

2

Blend all ingredients except tomatoes in blender until smooth

3

Combine noodles with avocado sauce and tomatoes in mixing bowl.

**Note:** Feel free to use any veggies or fresh herbs you have on hand. You can also spiralize other veggies like carrots, beet, butternut squash, cabbage, etc  
Best to eat fresh, but can be stored in fridge for 1 to 2 days.

# Cucumber Tomato Avocado Salad

**Prep Time:** 10 Minutes

**Total Time:** 10 minutes



## INGREDIENTS

Makes 1 serve

\*Double the recipe if having for lunch the next day

- 1 large tomato diced
- 1/2 Continental Cucumber diced
- 1/4 red onion, sliced
- 1 ripe avocado
- 1 Tbsp olive oil
- 1/2 lemon juiced
- 1/4 bunch coriander chopped
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper

1

Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped coriander into a large salad bowl.

2

When ready to eat, toss salad with 1 Tbsp olive oil and juice of 1/2 lemon (if having for lunch tomorrow keep the dressing separate). Add salt and pepper to your liking



# Stir Fry Vegetables With Rice

**Prep Time:** 10 Minutes

**Total Time:** 15 minutes



## INGREDIENTS

Makes 1 serve

\*Double the recipe if having for lunch the next day

- 1/4 head broccoli chopped
- 1 carrot chopped
- 1/2 red capsicum chopped
- 1/2 onion chopped
- 4 mushrooms chopped
- 1/2 cup cooked white rice
- 2 Tbs olive oil
- 1 tsp Tamari (or gluten free soy sauce)

1

Add 2 Tbsp olive oil to frying pan and put on medium to high heat

2

Cook onions for 2 minutes then add remaining ingredients and cook for further 5 minutes

# Salted Roasted Vegetables

**Prep Time:** 10 Minutes  
**Total Time:** 50 min (cooking time)



## INGREDIENTS

Makes 1 serve

\*Double the recipe if having for lunch the next day

- 1 Carrot chopped
- 1/2 red capsicum chopped
- 3 Brussel Sprouts halved
- 1/4 broccoli chopped
- 1/2 onion quartered
- 1/4 sweet potato diced
- Sprig of rosemary (optional)
- 2 Tbsp olive oil
- 2 big pinches of salt

1

Place all ingredients in oven tray and toss in olive oil and salt

2

Cook on 180° for 30 to 40 minutes. Take out of oven when cooked to your liking.

Add salt and pepper to taste

**Note:** Experiment with this dish by using other vegetables in the house such as beetroot, zucchini and garlic cloves. Cook up a big batch and have in salads during the week.



# Mediterranean Baked Sweet Potatoes

**Prep Time:** 15 Minutes

**Cook Time:** 25 Minutes



## INGREDIENTS

Makes 1 serve

\*Double the recipe if having for lunch the next day

- 1 Sweet potato halved length ways

## SAUCE

Makes lots

- 1/4 cup (60 g) Tahini
- Juice of 1/2 lemon
- 3 cloves garlic, minced (1 1/2 Tbsp)
- Water or unsweetened almond milk to thin
- Salt & Pepper to taste

## TOPPINGS (optional)

- 1/4 cup (45 g) cherry tomatoes, diced
- 1/4 cup (15 g) chopped parsley, minced

1

Preheat oven to 200°C and line large baking tray with aluminium foil - Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet - Bake for 25 to 30 minutes

2

Prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin so it's pourable. Taste and adjust seasonings as needed.

3

Serve flesh side up and top with cherry tomatoes & parsley then drizzle sauce over the top.



# Easy Coconut Curry

**Prep Time:** 15 Minutes

**Cook Time:** 25 Minutes



## INGREDIENTS

Makes 2 serves

- 1 Onion Diced
- 4 Cloves Garlic Minced
- 1/2 cup broccoli
- 1/2 cup diced carrots
- 1/4 cup diced tomatoes
- 1/3 cup snow peas halved
- 1 Tbs curry powder
- 400g full fat coconut milk
- 1 cup water
- Salt & Pepper to taste
- 1/2 cup cooked quinoa or rice

1

Add all ingredients except quinoa/rice into saucepan and simmer for 25 minutes

2

Serve with rice or quinoa

# Cauliflower Soup

**Prep Time:** 15 Minutes

**Cook Time:** 25 Minutes



## Equipment

Blender / Food Processor

## INGREDIENTS

Makes 4 - 6 serves

- 2 Tbsp Olive Oil
- 2 cloves minced garlic
- 2 cups thinly sliced leeks (white part only)
- 1 large cauliflower chopped
- 7 cups (1.6L) vegetable stock
- 1/4 cup slivered almonds
- 1/2 cup cooked quinoa or rice (optional)
- Salt to taste

1

In a large saucepan, heat the oil over medium heat and sauté the garlic, leeks, and 1/4 teaspoon of salt for about 3 minutes, until the vegetables are soft. Add the cauliflower and sauté for another minute.

2

Add the vegetable stock, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for 20 to 30 minutes, until the cauliflower is completely soft.

3

Add almonds and pour soup into blender in batches and blast on high for about 1 minute, until smooth and creamy - Serve and enjoy (add salt & pepper to taste)

# Snacks

Snacks are often the primary cause of people failing their healthy eating plans. Instead of reaching for that chocolate bar & chips, have these instead. It will take discipline to eat these over processed hyper-palatable foods, but within a week you will start to enjoy them more and more.

## Apple & Black Tea

This is a very simple snack, that has the best bang for your buck. Apples and black tea are one of the most powerful natural appetite suppressants

## Fruit

Have any fruit you want just stay away from dried fruit, they have preservatives and low water content. This means you can eat much more without feeling full

## Nuts

These are a great snack that you can take anywhere. Just be careful, nuts are extremely easy to overeat. Keep it to 1 or 2 handfuls per day.

## Carrot & Celery Sticks

Carrot and celery sticks are super crunchy and very filling. A great quick and easy snack to take anywhere. Chop some up before going to work.

## Dill Cucumbers / Pickles

A yummy go to snack to keep in the fridge. They contain almost no calories and help keep the cravings away. Make sure there is no added sugar, read the ingredients.

## Avocado

A super filling healthy snack. Just halve it and eat with a spoon.

# Drinks

When we want a snack, often we are simply looking for a treat and not really hungry. Try having a drink and see if that hits the spot.

## Water

Aim for 1.5 to 2 litres per day. The easiest way to achieve this is to carry a water bottle with you everywhere.

## Coffee

If stress and anxiety is not an issue for you, then coffee can be a great treat to see you through until the next meal. Remember this is a dairy free diet, so drink it black or have some nut milk with it. Most cafes have almond or coconut milk as an option, these are fine.

## Tea

Black & herbal tea's are an excellent choice, they contain antioxidants and zero calories.

## Nut Milks

Almond and Macadamia milk is extremely delicious and contains almost no calories. It truly is a guilt free treat. Always check the ingredients and make sure there is no added sugar. In the supermarket look for the unsweetened versions.

## Soda Water + Lemon or Lime

A nice refreshing drink that hits the spot and has no calories. This is a great drink on a hot summer day or when out with friends.

# Sauces

## Olive Oil

Perfect to drizzle over salad & vegetables to add a little extra flavour.

## Vinaigrette

A delicious salad dressing that's super simple to make. In a cup pour 50% olive oil and 50% vinegar then add salt and pepper to taste. Store in fridge to use as a salad dressing. Give this a good stir or shake before using

## Dijon Mustard

Add some zing to your salad, vegetables or celery & carrot sticks. Dijon mustard will turn an average meal into a taste sensation.

## Pesto

This can be added to anything. It tastes so good it can be eaten on it's own. This sauce is perfect to have with carrot and celery sticks.

### Ingredients

Makes 1 batch

- 2 garlic cloves chopped
- 2 cups of basil leaves
- 1/4 cup pine nuts
- 1/2 cup olive oil
- Squeeze of lemon juice
- Salt to taste

1

Place the basil, garlic, pine nuts and lemon juice in a blender or food processor and process until finely chopped.

2

While the motor is running, gradually add the olive oil and process until combined. Season to taste with salt.

**Notes:** Use right away or transfer to a jar, cover with thin layer of olive oil and store in a refrigerator. If you want to freeze the pesto, put into ice cube trays. Freeze until solid, then transfer cubes to a freezer bag for up to 3 months.

# Easy Guacamole

A mashed up avocado by it's self is a tasty sauce, however, adding a few ingredients can really spice things up. This is great with carrot & celery sticks, salads or as a side dish.

## Ingredients

Makes 1 batch

- 1 Avocado
- 1/2 tomato diced
- 1/4 onion diced
- Squeeze of lemon juice
- Salt & pepper to taste

1

Mash Avocado to a paste in a bowl or mug

2

Add diced onion, tomato, lemon juice, salt and pepper

**Notes:** Avocado browns easily when in contact with oxygen. To stop the browning place guacamole in a small bowl, place avocado pit into the centre, then squeeze lemon juice over the top. Seal with glad wrap and keep in fridge.