



'A Place of Clarity'

Stabilisation Phase recipes

No grains, flour, rice, noodles, cereal, pasta, potato, taro, dried fruit or sugar

Salad dressing

Use as many of the ingredients as you wish from your Protocol "Essential Dressing" but it is now important to introduce healthy oil like olive and avocado.

Mayonnaise

2 large egg yolks, 3 Tbsp of lemon juice, ¼ tsp sea salt, white pepper, 1 cup extra 1

Put the eggs yolks, lemon juice, salt and pepper into a food processor and blend until smooth then add the oil a few drops at a time. After about 1/3 of the oil has been blended you can pour the oil a little faster. Once all the oil has been blended you can add any extras you want like Dijon mustard. It will keep for 1 week in the fridge.

Ranch Dressing

¾ cup mayonnaise, ¼ cup butter milk or plain unsweetened yoghurt, ½ tsp garlic powder, ¼ tsp cayenne pepper, ¼ tsp cracked black pepper, 1 clove minced garlic.

Avocado dressing

1 avocado peeled and stoned, juice of 1 lemon, juice of ½ orange, 1 small onion and 1 clove garlic chopped finely, a handful of fresh herbs (mint, parsley or basil), ground pepper and salt.

Blend in food processor. Will only keep one day in refrigerator.

Sweet ginger dressing

1 cup tofu, juice of 1 lemon, zest of lemon finely shredded, stevia to taste, 1 tsp freshly grated ginger root, 1 clove of crushed garlic, 1 Tbsp red wine, 1 tsp vegetable stock.

Blend in food processor. Add more wine to adjust thickness.

Wild carrot dressing

3 large carrots washed and cut into small pieces, 10 chives chopped, 1 tsp vegetable stock, 1 cup blanched almonds (preferably soak overnight in 2 cups water), 2 tsp chopped parsley.

Blend and leave thick as a dip or thin with water for salads or vegetables.



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Tomato spiced dressing

$\frac{3}{4}$ cup tomato juice, $\frac{1}{4}$ cup lemon juice, 1 tsp mustard powder, 1 clove crushed garlic, 1 Tbsp Bragg seasoning, 1 Tbsp Balsamic vinegar, a dash of cayenne pepper, 1 finely chopped spring onion, 2 tsp dried herb of choice or 1 Tbsp fresh finely chopped. (marjoram, basil, thyme, dill) Combine and shake before use.

Caesar salad dressing

Juice of 3 medium lemons, $\frac{1}{2}$ garlic clove crushed, 4 Tbsp extra virgin olive oil, few dashes of Worcestershire sauce, 1 free range egg.

Blend and pour over Cos lettuce leaves, hard boiled eggs, 12 anchovy fillets cut into thirds, cold cooked chicken and top with grated parmesan cheese.

Tzatziki Sauce

Plain thick full fat Greek yoghurt, 1 cucumber, 4 cloves garlic, sea salt, ground pepper, 3 Tbsp extra virgin olive oil, fresh or dry dill.

Shred cucumber and put in a paper towel to press out water. Blend everything and refrigerate 1 hour before use to enhance flavour

Salads

Enjoy adding new ingredients like:

$\frac{1}{2}$ dozen hard boiled eggs, 1 cup of thinly sliced raw button mushrooms, 200grams sliced ham, tinned salmon, 100grams shaved parmesan cheese, olives, sun-dried tomato, capsicum, feta cheese, green beans, toasted sunflower and pumpkin seeds.

By the time you get to Stabilisation Phase you may be missing breads and crackers. It is important to maintain low carbohydrate to stabilise the weight you have lost, so think...Nuts and Seeds.

Linseed crackers (the other name is flaxseed)

Pre-heat oven to 200 C

1 cup of Linseed meal, 1 cup of water, 2 Tbsp Bragg seasoning (soya will do), salt, fresh minced herbs, 1 clove minced garlic, a little ginger, chilli powder, cayenne (optional)

Soak linseed in water for 1 $\frac{1}{2}$ hours. It should be gelatinous and gooey, not too runny and not too thick. Add more water if needed. Add Braggs, salt, minced herbs, garlic, ginger, chilli powder, cayenne pepper.

Blend together and spread on baking paper over oven trays, about $\frac{1}{8}$ inch thick. Push edges in. Bake 15-20 minutes until the centre is no longer soft and edges are brown. It will crisp up as it cools completely. Cut into pieces to make crackers.



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Tomato Capsicum Linseed Crackers

Mix in the food processor: 1 cup of Linseed meal with ½ chopped capsicum, ½ cup sun-dried tomato, 2-6 cloves garlic, ¼ tsp salt, ¼ cup water. Add more water as required. Spread and cook as above.

Meryl's nut muesli

2 cups of raw rolled oats, 1 cup dried coconut, 1 cup of almond meal, 1 cup of roughly chopped nuts of choice (raw almonds, cashews, macadamias), ½ cup of sun flower seeds, ½ cup chopped pumpkin seeds, ¼ cup lightly toasted sesame seeds (hot dry pan) Serve with milk, plain unsweetened yogurt and fresh fruit/ berries.

Alternatively, add a grated apple and soak overnight in milk
Once Stabilisation is complete combine oil, butter and honey to toast mix in the oven and add dried fruit of choice.

Live muesli

2 Tbs raw buckwheat soaked overnight or sprouted over 2-3 days, 3 tsp coconut oil, 1 grated apple or fruit of choice in season, juice of one orange, stevia, ½ tsp powdered cinnamon, nutmeg and/or fresh grated ginger, ½ cup almond or rice milk, yoghurt.

Mix together the soaked buckwheat and coconut fat using a fork to cream it all together. Combine with the orange juice, fruit, almond milk and/or yoghurt. Sweeten with a few drops of Stevia, sprinkle with cinnamon, nutmeg or ginger and serve immediately.

Nut crusted fish (tuna or harpuka steaks work well for this)

Pre heat oven to 220 C. Grease baking dish.

Grind about 120 grams of nuts to a rough powder and add salt, pepper and herbs of choice. Melt 2 Tbsp coconut oil and 2 Tbsp butter. Dip fish in the oil and then into the nut mixture, pressing to make sure the nuts hold. Bake 6-10 minutes. You do not need to turn the fish.

Marinated Tofu

Marinate firm strips of Tofu overnight in:

2 Tbsp Bragg's seasoning or Soya sauce, 1 Tbsp Olive oil, 4 cloves crushed garlic, 1 tsp finely chopped ginger, 1 Tbsp lemon juice, ½ tsp wasabi or hot mustard, stevia.

Fry in olive or coconut oil until brown.



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Wild Rice (wild rice was a staple of the Native American Indians and is not a grain or even a rice)

1 ½ cups washed wild rice, 4 cups water, 1 tsp salt, ¼ cup butter, 4 slices diced bacon, 1 small onion chopped, ½ cup sliced celery, ½ cup sliced fresh mushrooms, ¼ tsp pepper, ½ cup salted cashew nuts.

Bring rice to the boil in water and salt. Simmer and cook covered for 45mins until tender. Fluff with a fork and simmer a further 5 minutes.

Fry bacon until crisp and drain on paper towel. Sauté onion, celery and mushrooms in butter. Mix with rice. Add salt, pepper and cashew nuts.

Stuffed mushrooms

Three large flat mushrooms, a few sprigs of fresh marjoram, 1 small onion, 1 small carrot, 3 Tbsp of canned diced tomatoes in juice or fresh tomato, one bread stick or slice of double baked bread.

Wiz all ingredients in food processor. Stuff mushrooms.
Bake at 180C approx 7 minutes until cooked.

Manu's Pumpkin Soup

1 whole pumpkin peeled and cubed, 2 medium diced onions, 4 cloves sliced garlic, 3 Tbsp rice bran or grape seed oil, 1 Tbsp turmeric, 1 tsp dried thyme or sprig of fresh, 1 Tbsp curry powder, 1 tsp salt, ground pepper, cream.

Place oil in large pot. Sauté onions and garlic. Add turmeric, salt and pepper and cook at medium heat. Add curry powder and cook. Add thyme and more oil if required. Add cubed pumpkin and coat with spiced mixture stirring occasionally for 10 minutes. Add two litres of chicken stock or water and bring to boil. Simmer for 45 minutes to blend flavours. Use kitchen wand to blend to smooth soup or transfer to food processor if you do not have one. Serve with cream poured into the centre of each bowl.

Cheesy cauliflower mash

Steam cauliflower until soft and puree in a food processor. Add 1 cup grated tasty cheddar, ¼ cup sour cream, salt and pepper and serve.

Variations: Add grilled onions and blue cheese Parmesan cheese and Italian herbs. Smooth mix onto baking paper and bake at 180 C until brown layer with vegetables, mushrooms and Swiss cheese and bake as a pie.



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Eggplant/Zucchini Lasagna

1 Zucchini thinly sliced lengthwise, 1 med eggplant, 1 tub ricotta cheese, 1 small ball mozzarella cheese, tomato herb/ spaghetti sauce (sugar free), gluten free sausage or spicy chorizo sausage, chopped mushrooms, 1 tsp dried basil, pinch of oregano, parmesan cheese to taste, salt and pepper.

Thinly slice eggplant, lay on paper towels and salt both sides until droplets of water release. Pat dry.

Mix ricotta cheese with herbs, parmesan, salt and ground pepper. Grate mozzarella and set aside.

Lay egg plant on bottom of baking dish and smooth a layer of ricotta mix over it. Sprinkle with mushrooms, sausage and tomato sauce. Sprinkle with mozzarella.

Lay zucchini slices and continue to repeat procedure until oven dish is full. Top with tomato sauce and additional mozzarella cheese. Bake at 180 C for 30 minutes until brown on top.

Miracle noodles

For those of you missing noodles, go to your Asian supermarket and ask for a noodle made from Yam flour. They are actually made from a Japanese plant called konnyaku imu. Starch free and very low calorie. They are in a fluid filled bag in the fridge.

Cook fast in boiling water, rinse before they get sticky and toss sauce of choice through them or add to hot and sour soup or laksa (coconut cream based spicy soup)



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Stabilisation Phase Deserts

Use these recipes after the Stabilisation Phase if you are keen to maintain your weight loss and energy levels or you have Diabetes.

Chocolate Sauce

2 Tbsp virgin coconut oil or butter, 3 Tbsp cocoa powder, stevia to taste.

Melt oil/butter and mix in cocoa and stevia. Add more butter or cocoa to get desired consistency. Dip fruit whilst hot or add chopped nuts and flavoured extract (mint, orange, almond) and put in fridge to harden.

Cheesecake

1 large tub of cream cheese, small tub sour cream, 4 eggs, 1 Tbsp vanilla, ¼ cup powdered stevia or approx 12 drops.

Blend cream cheese, sour cream, stevia and eggs. Add vanilla. Bake in a springform pan in a water bath at 180C for 1 hour. Prick with fine skewer to see when done (comes out clean)

Variations: Add peanut butter, pumpkin, or pureed banana to the batter.

Almond Macaroons

2 egg whites, 1 tsp vanilla essence, 50 grams finely ground almonds, 50 grams finely shredded dried coconut, 1 Tbsp almond flavoured liqueur or use 1 tsp essence, stevia to taste, pinch of salt, coconut oil or butter for greasing the baking sheet.

Preheat oven to 145C. Mix almonds, coconut, almond liqueur and salt then lay aside.

Beat egg whites and gently fold in the almond mixture. Roll into balls the size of large marbles, place on greased baking sheet and bake 20-25 minutes or until golden brown but soft on the inside.

Protein Fudge Treats

50 grams dried coconut and further 25grams for rolling, 50 grams finely ground walnuts or almonds, 100 grams plain or vanilla micro-filtered whey protein powder, 1 heaped Tbsp coconut fat or almond butter, 60 grams cocoa powder, stevia to taste, small quantity of iced water.

Mix everything but the water.(Keep 25 grams of coconut separate) Using your fingers work it together well, gradually adding water a little at a time until you get a malleable dough, then form it into balls. Roll in the extra coconut until coated. Refrigerate overnight. They will keep 3-4 days.



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Raspberry Chocolate Mousse

120 mls water, 2 tsp unflavoured gelatine, 120 grams unsweetened baker's chocolate grated, stevia extract to taste, 240mls of cream, 1 tsp pure vanilla extract, 1 cup fresh or frozen raspberries.

Heat the water to boiling and add the gelatine stirring until dissolved. Toss in grated chocolate and stevia. Mix well, remove from heat and set aside. Beat cream in a chilled mixing bowl until almost thick. Add vanilla and beat again. Fold in the chocolate mixture and pour into separate serving bowls. Garnish with fresh Raspberries and chill for a minimum of ½ an hour.

Piecrust (high in omega 3 fatty acids. Use for various deserts like cheese cake or delete stevia for savoury dishes like quiche)

60 grams ground linseed (flax seed), 180 grams finely ground almonds (a coffee grinder works best), stevia to taste, 1 tsp lemon juice, a pinch of salt, 2-4 Tbsp iced water, 1 ½ Tbsp of melted coconut oil.

Soak linseed in lemon juice and 2 tsp of iced water for 20 minutes. Mix together with a fork and set aside.

In another bowl mix stevia, salt, almonds and melted coconut oil. Put the seed and nut mixture together and stir with fingers until thoroughly mixed. Put into a 9" flan pan and press the mixture into the bottom and sides. Prick with a fork and bake at 160C for 15 minutes. Cool and ready to fill.

Lemon Cream Pie (Piecrust filling. Experiment with pumpkin, strawberries, rhubarb or chocolate)

125 grams unflavoured gelatine, 120 mls fresh lemon juice, 1 tsp lemon zest, 200 grams sour cream, 450 grams cottage cheese, 200mls whipped cream, 1 cup of fresh berries (raspberries, blueberries, blackberries, strawberries) crushed and sweetened with stevia.

Heat half of the lemon juice in a saucepan and sprinkle with gelatine, stirring over low heat until dissolved.

Mix stevia with the cottage cheese and blend in the sour cream, remainder of the lemon juice and zest. Mix in the gelatine lemon mixture and blend well.

Cool in refrigerator until the mixture thickens but does not set. Fold in the whipped cream. Fill the pie crust and chill for several hours. Serve with crushed berries as a topping.



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Protein Whip

200mls cream, 1-2 scoops of micro-filtered whey protein, stevia to taste (white powder works best so does not end up green), pure vanilla, or coffee, or flavoured essence.

Whip all ingredients until thick. Serve chilled.

If you have a dairy allergy, double the whey protein and whip with $\frac{3}{4}$ cup almond or rice milk.

Key Lime Pie

Yoghurt, Stevia, Vegetable Glycerine, Vanilla, Juice of one lime
Blend and refridgerate.