



# EVOLUTION TO WELLBEING

## 10 DAY SUMMER CLEANSE

November 2006

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## EATING GUIDELINES

- Be conscious of everything you put into your body. Eat simply, naturally and sufficiently. Don't over or under eat.
- You may substitute meals to work with your own lifestyle but try to follow the planner which ensures you will have enough of all the food groups that you need.
- Cook to retain nutrients – steam, bake or stir-fry lightly. Do not deep fry
- Add flavourings that are natural
- Eat organic food where possible
- Drink plenty of water, but don't drown yourself.
- Chew Well. Eat with full attention. Enjoy your meal
- Don't confuse been nutritionally satisfied with being bloated. After these meals I expect you could quite easily eat more. Wait an hour if still hungry have a snack and make your next portion a little larger.
- Eating good quality food, in correct amounts will satisfy your nutritional needs and reduce the impact on your system. If not feeling sleepy at your normal hour, you may have to get used to the new you.
- Try to avoid using the microwave
- Eliminate:
  - Coffee
  - Alcohol
  - Other stimulants
  - Chocolate bars, lollies and cakes
  - Fast food
  - Processed, pre-packaged and tinned food
  - Cigarettes
  - Hot Ginger tea is recommended for daily consumption during the cleanse to assist in removal of toxins

### New healing and powerful foods to include:

- Kudzu – a white powder ground from a root vegetable. Kudzu reduces mucus, lines the intestinal tract and helps the body to eliminate thereby supporting relief of cold and flu symptoms and constipation or diarrhea imbalance. Kudzu is a natural thickener and adds a creamy quality to food
- Miso – is a live food made from natural fermentation of soy beans and other grains. It is an important source of essential mineral salts, vitamin B and enzymes that stabilize digestion and strengthen the nervous constitution. To create miso soup, simply mix miso paste with a small quantity of soup or boiling water in a bowl to create a paste. Then add soup into that bowl and serve. Wherever possible try not to boil the miso as this destroys the enzymes and minerals
- Sea vegetables are crucial to the macrobiotic approach. They are the richest source of calcium, iron, iodine and other essential minerals. They may seem unusual at first but they are delicious when cooked correctly. Kombu works in thick stews and wakame, arame and hijiki are great in soups, salads and grain and help to strengthen blood, skin and hair.

To quote the Dalai Lama “ Approach cooking and love with reckless abandon!”

## SUPPORTING YOURSELF WHILST CLEANSING & SPECIFIC CONDITIONS

- Miso – aim to have a cup or bowl of miso soup each day (see cleanse outline for more info on why miso is so great)
  - Miso in the morning before breakfast – supports digestive weakness, susceptibility to colds and flu, difficulty in letting go emotionally and mentally
  - Miso in the evening, 10 minutes before dinner – supports anxiety, bone strength, lack of confidence or security, bladder or kidney weakness
  - Simple miso recipe
    - 1 bowl water
    - some chopped chive or spring onion
    - ¼ sheet nori, passed over a flame if possible or wakame chopped up
    - miso paste
    - Bring water to the simmer and add chives or spring onions for 20 seconds. Turn it off and fold in the miso paste to taste. Serve and crush nori over the top to garnish or cut in wakame.
- Low blood sugar levels
  - Be particularly focused on eating regularly throughout the cleanse.
  - It also helps to regulate blood sugar by having protein with each meal
  - If you need to adjust this menu plan for LBS please discuss with Jo
- Sugar cravings
  - Craving sugar usually indicates weak spleen energy. To support this during the cleanse, make a pot of pumpkin and adzuki bean stew and have 1 cup each day. Treat this as medicinal not as a meal substitute.
  - Pumpkin and Adzuki Bean stew
    - 1 cup adzuki beans (soaked overnight)
    - 2 cups chopped pumpkin
    - 1 tablespoon sp sesame oil
    - 1 stick celery (optional)
    - 1 strip kombu (seaweed)
    - sea salt
    - Cover beans with water. Add Kombu and salt. Bring to simmer for about 30-40 mins until beans are chewable. Add pumpkin to the beans, or sauté them separately with celery until just tender and then add to the beans.
- Sluggish digestive system and grains
  - If you know that your digestive system is weak i.e. prone to constipation and diarrhea, or if you become bloated by eating more whole grains than usual. Try chewing grains very slowly and thoroughly or substitute brown rice for jasmine rice.
- Feeling headachy or achy from the cleanse
  - Munch on umeboshi plums, they are salty and intense but they work to draw energy down

## SNACKS

- Soup -\_Make a big pot of soup to have on hand throughout the cleanse. You can have some as lunch or dinner, or mid afternoon snack if you are feeling hungry between meals. Below are some recipe ideas.
- Mix Almonds, Brazil nuts, Cashews and currants, sunflower seeds and Pepitas
- Piece of fruit
- Piece of whole grain toast with avocado and fresh tomato

### ***Spring Vegetable soup (8 portions)***

3 spring onions  
Corn from 2 cobs  
5 cups sliced Chinese cabbage  
3 carrots (cubed)  
Half head cauliflower (cut into flowerettes)  
Sliced bok choy  
Tamari  
Dash rice vinegar  
Sesame oil (or alternative oil for frying)

Heat oil in pan or wok. Sauté the spring onions and veges (except bok choy). Add enough boiling water to just cover the veges. Bring to the boil and then simmer until veges are soft. Add bok choy and seasoning. Stir in and serve

### ***Creamy corn chowder (serves 6-8)***

3 cobs corn  
4 cups vege stock or water  
2 bay leaves  
1 onion, diced  
2 stalks celery, chopped  
1 potato peeled  
1 tsp sea salt  
1 tablespoon kudzu or arrowroot  
Handful green beans, trimmed and thinly sliced on the diagonal  
1 tbsp umeboshi vinegar  
1 tbsp chopped fresh dill to garnish (optional)

Remove kernels from the corn cobs but keep the cobs. Bring 3 cups of vege stock to the boil in a large saucepan over high heat. Add the bay leaves, onion and corn cobs. Reduce the heat and simmer for 2-3 minutes. Add half the corn kernels, celery, potato and sea salt and continue to simmer for 10 minutes or until the veges are tender. Meanwhile, place the remaining 1 cup of stock or water in a blender, along with remaining corn kernels and the kudzu, and puree until smooth and creamy.

Discard bay leaves and corn cobs from the saucepan and stir in the puree. Bring the mixture to the boil, stirring constantly. Add the green beans and continue to simmer for 2-3 minutes. Add the umeboshi vinegar and dill.

## BREAKFASTS

3 different breakfasts which may be rotated each day or find the one you like best and stick to it.

### ***Whole grain porridge***

¼ cup brown rice  
¼ cup millet  
2 cups water  
½ chopped apple  
Pinch cinnamon  
Pinch salt

Mix ingredients together in a casserole dish and cover. Bake in the oven at 100 deg Celsius for 6 hours (i.e. overnight)

### ***Rolled oat porridge***

1 cup oats  
¼ apple chopped  
Pinch cinnamon  
1 tbsp mixed raw nuts – chopped up  
Soy or rice or dairy milk

Place oats in pot on heated stove and add boiling water and stir. Add sliced apple and pinch of salt and cook for 5 – 10 mins. Once cooked garnish with nuts and cinnamon and add soy or rice milk to for additional liquid

### ***Muesli***

Muesli  
Piece of fresh fruit chopped up  
Soya, rice or low fat milk

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## DAY 1

### ***Day 1 lunch – Mega wrap***

(The mega wrap is included in each cleanse that we do because it is versatile and filling. It also makes an easy start to the cleanse)

- Step 1: Bread (Thin unleavened bread) - Mountain Bread or lavache bread
- Step 2: Core Ingredients - tomato, cucumber, avocado, mushroom
- Step 3: Choose your leaves - Baby Spinach, rocket, mixed leaves
- Step 4: Choose your protein – white low fat cheese e.g. feta or ricotta, smoked salmon, tuna, organic chicken breast (Buy from Sam's the Butcher, Bondi Road next to Kemeny's)
- Step 5: Condiments – Tahini, fresh extra virgin olive oil, black pepper
- Step 6: Wrap, roll and eat!

## **Day 1 Dinner – Buckwheat Pancakes with Scrambled Tofu**

Notes: remember to soak adzuki beans for tomorrow night

½ cup buckwheat flour  
½ cup whole meal flour  
Sea salt  
Cold pressed oil  
350 g hard tofu  
1 carrot  
1 small onion  
½ bunch bok choy  
Tamari  
½ bunch watercress  
Juice of ½ lemons  
1 tbsp brown rice vinegar

### Pancakes

Mix dry goods first. Add enough water to make a smooth batter. Let it rest for 1 hour. Use a non stick or cast iron frying pan to make the pancakes. Heat up a little oil in frying pan. Put in mixture, fry on both sides and serve straight away

### Scrambled tofu

Clean and wash veges. Cut carrots and onions into very small cubes, slice bok choy and scramble tofu between your fingers. Heat up the oil in a frying pan and sauté veges until soft. Add tofu, salt, tamari and cook for a few minutes. Wash watercress, use only the leaves, and discard the stalks. Combine watercress with lemon juice and vinegar. Put watercress on top of pancakes and then the scrambled tofu. Serve straight away.

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## DAY 2

### **Day 2 Lunch – Mega Salad**

(Another favourite for each cleanse that we do because it is so versatile and easy to make)

Step 1: Core Ingredients – tomato, cucumber, avocado, olives , 1 hard-boiled egg

Step 2: Choose your leaves - baby Spinach, rocket, mixed leaves

Step 3: Choose your protein – seared tuna or tofu (slice, marinate & sear in fry pan)

Step 4: Add a legume (Easiest to buy canned, rinse, and add to salad, keep remainder in container in fridge) – Chickpeas, Kidney Beans or Lima beans

TIP: Add also Pips &/or sunflower seeds as they combine with legumes to make whole protein.

Step 5: Add a vegetable for taste - Baked sweet potato (cut in to small cubes), baked Zucchini, baked Mushroom, blanched asparagus (Boil water, drop asparagus, heat until water reboils, cut, add)

Step 6: Condiments – Fresh Extra virgin olive oil, balsamic vinegar, Sea salt

## **Day 2 Dinner – adzuki bean bake (serves 4)**

Notes: make enough to have as left overs for lunch on day 3

### Part 1

1 cup adzuki beans (soaked overnight)  
1.5 or 2 cups of brown rice  
a little bit of seaweed

### Part 2

Pumpkin  
Green vegetable (anything from broccoli to bok choy)  
Any other vegetable you wish

### Part 3

A block of tofu  
2 tbsp thin  
juice of 1 lemon  
1/3 cup miso or olives

Heat oven to 180 degrees.

Put Part 1 in a pot and cover with water, bring to boil and then simmer until rice and beans are cooked (about 30 mins)

Chop up Part 2, and steam the veggies until they are just cooked. Blend up Part 3 until it is thick and smooth. Take a casserole dish and put rice and beans (part 1) in the bottom, then layer on the veges (part 2) and smooth tofu paste (part 3) over the top. Bake for 10-15 minutes

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## DAY 3

### **Day 3 lunch – Left over adzuki bean bake with garden salad**

Heat up bake in oven if possible. About 15 – 20 mins on 180 degrees should do the trick.

Make garden salad with ingredients of your choice. Use all natural ingredients for salad dressing, no pre-purchased salad dressings.

### **Day 3 dinner – whole steamed fish in traditional Chinese manner with steamed greens and rice (serves 6)**

#### Rice – cook enough rice to have with lunch tomorrow

Cook up brown rice (1 cup rice to 2 cups water) – bring to boil with a pinch of salt and allow to cook on medium heat for 30 – 45 mins. You can also add a half strip of Kombu for added nutrients.

#### Greens

Steam your favourite greens to serve with fish. Some suggestions are – broccoli, asparagus, bok choy and spinach.



### Fish

3 cm knob ginger, cut into thin strips

½ bunch spring onions, very finely sliced diagonally

6 small bream, snapper or other firm white-fleshed fish, scaled, gutted and washed

2 tbsp toasted sesame oil

2 tbsp tamari

Combine the ginger and spring onions and set aside. Steam the fish for approximately 7 minutes. Place the fish on a large serving. Sprinkle the spring onions and ginger over the fish. Heat the oil slowly until it is very hot. Pour the hot oil over the fish (it should sizzle and release the flavours from the aromatic ginger and spring onions). Sprinkle the tamari over the fish. Serve immediately

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## DAY 4

### ***Day 4 lunch – Roast vege & corn salad with rice.***

Roast pumpkin, potato, carrots and mushrooms with olive oil, garlic, salt and pepper. Boil 1 corn cob until ready and cut in chunks on the cob. Mix up a green salad with leafy greens & cucumber. Wait for roast veges & corn to cool slightly and mix it all together with your favourite dressing.

Using left over brown rice from last night – mix in some pepitas, lemon juice, olive oil and umeboshi vinegar (all to taste) and have with roasted vege salad.

### ***Day 4 dinner – Sunshine lentil stew with brown rice***

Note – make enough stew to use left over lentil mixture in lentil burgers tomorrow. Wash grains for tomorrow night.

### Rice

Cook up brown rice (1 cup rice to 2 cups water) – bring to boil with a pinch of salt and allow to cook on medium heat for 30 – 45 mins

### Sunshine lentil stew (serves 2-3)

1 cup red lentils, washed

1 bay leaf

1 tbsp sesame oil

1 teaspoon ground cumin

½ teaspoon ground turmeric

2 garlic cloves, finely sliced

1 large onion, finely sliced

Sea salt

1 large carrot, diced

1 cup peeled and diced pumpkin

2 stalks celery

Handful fresh coriander

1 table spoon lemon juice

### Sunshine lentil stew - method

Place lentils, bay leaves and 3 cups of water in a saucepan and slowly bring to the boil. Boil for 1 minute, skimming of any foam that rises to the surface. Reduce the heat, cover and simmer for 15 minutes.

Meanwhile, heat the sesame oil in large frying pan. Add the cumin and turmeric and sauté for 20 seconds. Add the garlic, ginger, onion and a pinch of sea salt. Sauté for 1 minute. Add the carrot, pumpkin and celery and continue to sauté for 2-3 minutes.

Add the veggie mixture to the cooked lentils along with another pinch of sea salt. Continue to simmer for 15 minutes, or until the veges are tender. Taste-test and add more seasoning if desired.

Just before serving, stir through the coriander and lemon juice. Serve with brown rice.

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## DAY 5

### ***Day 5 lunch – Lentil burgers***

Left over lentil stew

Handful rolled oats

Lettuce

Tomato

Cucumber

Grated carrot

Olive oil

Salt and pepper to taste

Heat up left over lentil stew and add a handful of rolled oats to thicken. Roll mixture into a pattie and fry lightly on both sides. Prepare a sourdough bun with a sprinkling of olive oil, lettuce, tomato, cucumber and carrots and salt and pepper to taste. For extra moisture you can add the following dressing:

#### Dressing

3 tsp grain mustard

2 tbsp umeboshi vinegar

2-3 tbsp cold pressed olive oil

### ***Day 5 dinner– Baked grains with bean sprout salad***

#### Baked grains

2 cups selected grains (e.g. 1 cup brown rice, ½ cup millet, ½ cup barley) – washed, rinsed and then set aside to dry

4 cups water

Pinch sea salt

Strip Kombu

Set oven to 200 degrees. Dry roast grains until nutty fragrance is strong. Place in a casserole dish and cover with 4 cups of boiling water. Add a pinch of sea salt and a strip of Kombu, the place lid on and beak for one hour.

### Bean sprout salad

Bag bean sprouts

1-2 tablespoons miso

1-2 tablespoons of lemon juice

Small amount of toasted sesame oil

Wash sprouts and place in a pot boiling salted water for a quick parboil. Remove and cool in cold water. Mix remaining ingredients together for dressing and toss sprouts in dressing.

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## DAY 6

### ***Day 6— Salad with tinned salmon and bread***

Salad of lettuce, rocket, tomatoes, mushrooms, fresh herbs, cottage cheese, slices of pear and chopped walnuts. Serve with a small tin of salmon in spring water and a small slice of spelt sourdough or pumpernickel.

### ***Day 6 dinner - Herbed macaroni (serves 4-6)with steamed veges***

Notes: Make enough to have as left overs tomorrow

#### Steamed veges

Steam your favourite veges aiming to having a rainbow of colour. Some suggestions are corn, carrots, pumpkin, broccoli and cauliflower. Drizzle with olive oil, salt and pepper.

#### Macaroni

500g spelt macaroni

1 cup frozen peas

3 table spoons olive oil

2 table spoons unbleached flour

1 heaped teaspoon vege bouillon

1 cup soy milk

1 cup fresh bread crumbs

½ teaspoon dried oregano

½ teaspoon dried basil

1 tablespoon tamari

Bring a large saucepan of water to the boil and add macaroni. Cook according to the instructions on the packet, adding the peas 3 minutes before end of cooking time. Drain and run under cold water.

Pre heat the oven to 190 degrees. Heat 2 tablespoon of olive oil in a small saucepan over medium heat and add the flour. Stir for 1 minute. Add vegetable bouillon and stir for 10 seconds. Slowly drizzle in the soy milk and 1 cup of water, stirring constantly to avoid lumps. Once all the liquid is incorporated, allow the sauce to simmer for 5 minutes, stirring occasionally.

Place the cooked macaroni and peas in a casserole dish and pour over the sauce.

Mix together the breadcrumbs, the remaining 1 tablespoon of olive oil, the herbs and the tamari and sprinkle over the pasta. Bake on the top shelf of the oven for 20 minutes, or until breadcrumb crust is golden and crispy.

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## DAY 7

### ***Day 7 lunch – Left over herbed macaroni with salad***

Heat herbed macaroni by baking in oven if possible. Put together a green salad with home made dressing to accompany macaroni.

### ***Day 7 dinner – almond crusted fish with sweet potato (serves 1)***

Note: soak lima beans for tomorrow night

1 large sweet potato, scrubbed and cut into long thin batons  
Extra virgin olive oil  
Vegetable salt  
2 tablespoons almond meal  
¼ tsp finely chopped fresh thyme  
1 teaspoon finely chopped parsley  
½ teaspoon finely grated lemon zest  
Freshly ground black pepper to taste  
1 x 180g fillet white fish such as snapper or cod  
1 egg white, lightly beaten

Preheat the oven to 200 degrees and lightly grease an oven tray.

Steam sweet potato for approximately 10 minutes. Toss steamed sweet potato in 1 table spoon of olive oil , sprinkle with salt spread onto prepared tray. Bake on top shelf for 12 minutes.

Mix together almond meal, herbs, lemon zest, pinch of salt and pepper. Drizzle one teaspoon olive oil and mix well. Brush the fish a little egg white and coat with with almond meal mixture. Place alongside the sweet potato. Turn the fries and bake for a further 12 minutes or until the fish cooked and the fries are tender. Serve immediately.

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## DAY 8

### ***Day 8 lunch – Soup with sour dough bread***

Heat up or make your favourite soup recipe. Serve with sour dough bread with some olive oil.

## ***Day 8 dinner – Lima bean and vegetable casserole with brown rice***

Note: prepare enough stew and rice to have left overs for lunch tomorrow

Prepare brown rice. Allowing 30 – 40 mins for rice to simmer.

1 cup lima beans soaked overnight  
1 stick Kombu  
3 stalks celery  
1 cup green beans  
2 carrots  
1 head broccoli  
1 spring onion  
1 bunch leafy greens  
1 cup sprouts of any kind  
tamari and sea salt

Cover lima beans with water, add kombu, bring to boil and reduce heat to simmer. When beans are  $\frac{3}{4}$  cooked add sea salt and simmer. Wash and cut veges into different shapes. Bring a little water to boil and add celery, beans, carrots, onions and cook for a few minutes. Then add salt. Put lima beans on top, stew together until cooked. Add broccoli, greens and sprouts and bring back to boil for a few minutes. Adjust seasoning.

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## DAY 9

### ***Day 9 lunch – left over lima bean stew with rice***

Heat lima beans on stove if possible. Re heat rice by placing in xxx?? And running hot water through it for a few minutes

### ***Day 9 dinner – Biodynamic white rice with marinated vegetables***

3 cups short grained biodynamic white rice  
5  $\frac{1}{2}$  cups water  
1 tsp sea salt  
150 g sundried tomatoes, finely sliced  
50 g small salted capers  
150 g Ligurian (small black) olives  
200g marinated artichoke hearts, cut into quarters  
80 ml extra-virgin olive oil  
Freshly ground pepper

Place the rice, water and pinch of salt together in a large pan. Cover with a well fitting lid. Bring to boil over high heat and then turn very low and simmer for 35 minutes. Remove the pan from heat. DO NOT uncover for a further 15 minutes. Then turn out into a large bowl to cool a little. Mix all the remaining ingredients through the rice. Leave for 30 mins – 1 hour and serve at room temperature.

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## DAY 10

### ***Day 10 lunch – Your favourite lunch all over again!!***

Select your favourite lunch from any of the recipes provided and treat yourself all over again.

### ***Day 10 dinner – stir fry Asian greens with Tofu (or organic chicken) with brown or jasmine rice***

Prepare rice and allow time for cooking

Wok fry onion with garlic, ginger, olive oil, chili, Soya sauce, dash fish sauce, teaspoon of rice syrup. Add Protein – chicken or tofu. Add Carrot, zucchini, squash,

When nearly done add plentiful bok choy, including stem and fresh basil. Stir fry until wilted

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YOU MADE IT TO DAY 10.

WELL DONE!!