nutra organics™



Wholefood Summer Cleanse.

A guide to cleanse your body & kitchen.

Let's get Started.

Many champagnes and cocktails to cheer in the New Year, extreme carb loading in the name of not letting Christmas leftovers go to waste, and finishing all those boxes of chocolate gifted from relatives is enough to send anyone deep into a food coma after the holiday season. You're most likely reading this because, let's be honest, you're feeling a little more mashed potato than skinny fry, a little more Shrek than Cinderella, and a little more sad saggy underwear than sassy panties, and the hope of cleansing away the holiday season's dietary sins is probably on your mind.

Every so often, we get ourselves into a cycle of over indulgence and start feeling a bit slothful. And never is this feeling more common and universally felt than right after the Christmas and New Year holidays. It's no wonder that more people join a gym and start a diet in January than any other month!

We have designed this Wholefood Cleanse Guide to give you real, healthy and achievable nutritionist and naturopath approved advice and recipes to kick start your cleanse, get you feeling back on top of your game, and set you up for a clean and healthy year.

The human body has been cleverly designed to cleanse itself with organs like the liver, skin, lungs and kidneys, and systems like the lymphatic, cardiovascular and digestive systems to name a few. These organs and body systems do an amazing job at keeping our internal environment relatively stable whilst we throw a huge variety of challenging environmental factors at it. However, these systems can become overwhelmed, especially during the holiday season, and then our energy, vitality, mental clarity, immune function and general health can be affected.

This cleanse guide is designed to support your body while it catches up with the backlog of over indulgence, by providing clean energy, fibre and a wide variety of nutrients that are essential to good health. These tips, which are designed to support your body during a cleanse are useful bits of advice to also incorporate into everyday life, so although a "cleanse" might be short term, we hope it will help you build some great long-term habits too.

*This guide is in no way designed to treat any medical conditions. Always seek advice from your medical professional when undertaking any dietary interventions

Nutritionist approved tips to help you cleanse like a boss.

1. CLEANSE YOUR KITCHEN

Cleansing the kitchen is the best place to start. Quite simply, if it's not there you won't eat or drink it on a whim, so setting up a healthy environment, free of junk, is increasing your chances of succeeding.

We have an entire blog dedicated to how to spring clean your pantry here, but the most important thing to do is go through your pantry, fridge and freezer and get rid of all the junk that's in there. We're talking: breads, crackers, pasta, cakes, biscuits, chips, deep fried foods, dairy, soft drinks, alcohol and coffee. So get rid of those, and pro tip, don't do it while you're hungry! You may just decide that the most appropriate of getting rid of all the junk is to just eat it.

Once you've done this, write a new shopping list, hit the supermarket, and fill that fridge back up with delicious and healthy wholefoods.

It's best to stock food at home in the same ratio that we plan on eating it (so it makes no sense to dedicate 50% of the pantry to chips, chocolate and other treats if we are trying to "eat clean" 80% of the time). During a cleanse, a majority of what you should buy will be fruit and vegetables! We recommend a ratio of approximately 50% vegetables, 25% fruit, 15% nuts and grains and 10% protein (meat, eggs, tofu or protein powders). However, these ratios aren't strict – like any eating plan you should always make it fit you, but this is a good guide.

If you're shopping at your local supermarket, do yourself a favour and don't bother walking up and down any aisles. Everything you need in your pantry is on the periphery! Nutra Organics also has a whole lot of staples in The Wholefood Pantry, so grab a few essentials like nuts, seeds and grains while you're shopping for your cleanse products.


Cleanse your
kitchen.
nutra organics
WITH MATCHA AND KALE
SUPER GREENS + REDS
wholefood multivitamin
CERTIFIED ORGANIC INGREDIENTS
600g
clean | 100's of essential nutrients | pre & probiotics | gene

2. DRINK WATER

Probably a rather obvious piece of advice – but drinking plenty of water is a massive help to anyone undergoing a cleanse. The human body is made up of approximately 70% water and it is needed for all the chemical reactions that take place in the body. Drinking plenty of water supports the kidneys in their all-important role of waste elimination. The kidneys filter blood at an average rate of about 140 litres per day and remove waste products (which you then get rid of in urine). If you aren't well hydrated, waste products build up and become concentrated. How much water you really need depends on many factors, including your body size and composition, your activity level and your environment. Whilst on a cleanse, aim for 3-4 litres of water per day, and space it out throughout the day.

3. EAT ALL THE VEGETABLES!

Eating meals that contain a large quantity and variety of vegetables will benefit you in so many ways. Vegetables are generally less dense in energy, but more dense in fibre, vitamins and phytochemicals. Fibre keeps you regular which is one of our best waste elimination systems, it also regulates the release of sugars into the blood stream and helps to support a healthy gut microbiome. A diet rich in vitamins and minerals supports all body systems! And phytochemicals also provide a wide range of benefits for the body.

With fruit and vegetables – the more variety and colour, the better. We aren't going for 5 serves a day here, we are over achievers, we want at least 10!

4. DITCH THE ALCOHOL

During a cleanse, this one is really important. Our liver is basically our master cleanse organ, so during a cleanse, it needs all the support it can get. The liver filters blood coming from the digestive system, stores glycogen, vitamins & minerals, and metabolises fat, proteins & carbohydrates to name a few. Basically, when we do a cleanse – it's the livers jobs we are trying to encourage. However – another job of the liver is to process alcohol, and because alcohol has a very toxic by-product (called Acetaldehyde), metabolising alcohol fully becomes the liver's top priority whenever we drink, which means all its other roles get switched off or massively slowed down until it is done dealing with the alcohol. So no alcohol!


Drink plenty
of water.

5. EXTEND YOUR FASTING HOURS

Especially if you are looking to shed a bit of extra body fat, extending your fasting hours is very effective. It's all about maximising your time in the "fat burn" zone, and to do this you need the help of a hormone called glucagon. Glucagon is a little hormone that shows up when "glucose is gone", meaning you have used up most of the glucose in your bloodstream. When glucose is gone, Glucagon signals for the body to mobilise its stored energy and you start "burning up" a bit of body fat.

Try to fast for at least 12 hours every day (up it to 16 hours sometimes if you are feeling really game). This could mean finishing dinner by 7:30pm and waiting until 7:30am before having breakfast. Adjust it to whatever times work in best with your lifestyle.

Pro tip – a bit of gentle exercise before breakfast will bring this to the next level. A half hour walk after fasting for 12 hours will definitely be utilising stored energy!

6. MOVE YOUR BODY

We are all very aware that exercise is good for your health and weight management. But how does it specifically help with a cleanse?

One of the most important parts about moving your body is something called interstitial fluid. Interstitial fluid is the fluid that our body cells are surrounded by. It provides nutrients to the cells and removes waste products. The kicker is: interstitial fluid doesn't move on its own. Because it's not contained within blood vessels, it isn't being moved around by "blood pressure". To get lymph fluid moving, and get those toxins out of our tissues, we have to contract our muscles so that the interstitial fluid returns to the bloodstream (via the lymph system) so that it can be filtered, and the toxins removed. If we don't move, our tissues literally just sit there bathing in their own toxins. Also, we can eliminate toxins through our sweat. Win win!

So as part of your cleanse, we're not suggesting that you to train for a marathon, but we definitely want you to be doing a decent bit of moving every day!

P.S massages also get the interstitial fluid moving, so if you were needing an excuse to treat yourself – this is it!


Move your
body.

7. CHOOSE SOME NUTRITIOUS SUPPLEMENTS TO INCREASE YOUR NUTRIENT INTAKE

One of the common mistakes on a cleanse is that you really limit variety in your diet. Don't fall into the trap of missing out on essential nutrients because you're "playing it safe" with the same foods every day. A really easy way to ensure you are still getting plenty of essential nutrients is to pick some great natural nutritional supplements to compliment your diet.

Quick mythbuster: a lot of 'detox' supplements out there claim to do all the detoxing work for your body. While it isn't true that products do the detoxing work, because it is only the liver that can rid your body of toxins (not products themselves), the goal of good quality nutritious supplements is to support your liver so that it can do its job even better.

8. KEEP IT GOING!

For the first couple of weeks, go hard on your cleanse! It will give you a great kick start, and you will feel the benefits really quickly! But remember, many of these changes are good changes for life. In general, we are huge fans of that 80:20 rule. Follow a healthy, varied, wholefood diet 80% of the time, but don't worry about it, and enjoy 20% of whatever you want too! By all means go for 100:0 for the first 2 weeks to get into it and start feeling and seeing changes right away, but life is for living and so long as you are doing right by your body most of the time, you deserve to treat-yo-self.

Being healthy and taking care of your body should never feel like a chore! Our goal is to empower you to make healthier choices to benefit your health, in a way that is delicious, achievable and totally sustainable.

Introducing Nutra Organics

Cleanse Products.



SUPER GREENS AND REDS

Super Greens + Reds is your ultimate whole food multivitamin! You can take your Super Greens + Reds as a capsule or take it in powder form and add it into any juice or smoothie to bring the nutrition to a whole new level! Containing a wide spectrum of phytonutrient rich greens, antioxidant rich reds, vegetables, fruits, pre and probiotics for gut support and plant protein, this product will ensure you are getting a good dose of all the essential goodness.



CLEAN PROTEIN

Our Clean Protein is a great addition to a cleanse. During a cleanse, it's easy to not get enough protein, but protein is still super important. Our Clean Protein is a complete protein, providing all the essential Amino Acids, contains Magnesium and Zinc, and contains pre and probiotics for gut health.

Nutra Organics Clean Protein uses sprouted and bio fermented proteins for easy digestion and utilisation. It tastes amazing and is easy to incorporate into all kinds of delicious foods.



ACAI BERRY BLEND

This blend of 8 superfruits will be your best friend during a cleanse. It's rich in antioxidants to help protect against free radical damage, gives a potent hit of nutrients, tastes amazing and is super easy to incorporate into smoothies, fruit salads and acai bowls, or just eat it by the spoonful - it tastes like a fruit tingle! Acai Berry Blend makes super healthy food feel like a treat.



CLEAN GREENS

Not only is Clean Greens a concentrated source of vitamin and mineral rich super greens, it also contains the algae Chlorella and Spirulina which are known for their ability to bind heavy metals and assist in their elimination. Clean Greens helps to regulate optimal pH in the body and is a source of Iodine which supports thyroid function (the thyroid is basically the control centre for metabolism, so it's very important to support it).



CLEAN ENERGY

Clean Energy will keep you feeling energised and motivated during your cleanse whilst also providing an great dose of B vitamins, your antioxidant vitamins A, C and E as well as Zinc and Manganese. Clean Energy is perfect for adding into cleansing juices or smoothies to get you going in the morning or getting you through an afternoon slump. Clean Energy also contains 60mg of caffeine per serve from green tea, yerba mate and green coffee bean extract, making it easier for you to give up your usual coffee fix.

Your cleanse menu.

Delicious meals & juices.

As a guide, we have created this Wholefood Cleanse Menu. Feel free to follow it religiously for a few weeks to start creating some great habits, or simply use it as some inspiration to build your own whole food menu.

CLEANSING JUICES

Anti-Inflam Jamu Juice
Cleansing Green Energy Juice
Ginger Beetroot Detox Juice
Immune Boost Juice

DELICIOUS SNACKS

Smokey Cashew Cheese Dip
Beetroot Hummus

NOURISHING BREAKFASTS

Green Cleanse pH Balance Smoothie
Acai Bowl
Spiced Apple Quinoa Porriage
Get Up and Glow Smoothie

LIGHT LUNCH & DINNERS

Rainbow Salad
Cruciferous Vegetable Salad
Summer Poke Bowl
Broccoli Slaw
Rainbow Rice Paper Rolls
Agedashi Tofu
Vegan Rainbow Tacos
Flourish Bowl











Eat the rainbow

Cleansing Juices.

Juices can be a great tool for a cleanse, as they contain a concentrated dose of vitamins, minerals and antioxidants. They also contain energy that is very accessible for the body, meaning that the gut and liver have the opportunity to rest, regenerate and focus on the elimination of toxins rather that the constant breakdown and utilisation of food. If you are wanting to incorporate juices into your cleanse, we recommend swapping out just one meal a day with juice. Here are 4 classic juice options to add to your cleanse artillery.



Anti-Inflam Jamu Juice.

Jamu Juice is a traditional Indonesian anti-inflammatory health tonic. Can be served hot or cold.

INGREDIENTS

3cm piece of fresh turmeric root
3cm piece of fresh ginger root
1 cup cold filtered water
1/4 cup warm water
1 tbsp manuka honey
squeeze of lemon or lime to taste

METHOD

Mix honey into the warm water until fully dissolved. Juice the fresh turmeric and ginger, then mix in with honey and cold water (or hot if you would prefer it as a hot drink). Add lemon or lime to taste.
Serves 1



Cleansing Green Energy Juice.

This super hydrating juice helps to calm the stomach and gastrointestinal system with apple and mint. Our Clean Energy will turn this juice into the perfect morning get-up-and-go drink, and provides a huge dose of nutrients to get you started.

INGREDIENTS

2 green apples
Small bunch of mint leaves
1 large handful of spinach leaves
Juice from 1½ limes
½ cucumber
1 serve (2 tsp) Nutra Organics Clean Energy Apple + Mint (for added nutrients and a boost of energy)

METHOD

Juice together the apples, mint, spinach and cucumber. Afterwards, squeeze in the juice from the limes and thoroughly mix in the Apple + Mint Clean Energy.
Serves 1



Ginger Beetroot Detox Juice.

This juice is a powerful tonic. It combines the anti-inflammatory, stomach settling properties of ginger, with the powerful antioxidants and vitamins of beetroot. Parsley and lemon are also associated with improved detoxification. The addition of our Super Greens + Reds makes this an all around nutritional powerhouse!

INGREDIENTS

2 large beetroot
3 apples
4cm fresh ginger
1 handful of parsley
Juice of 1 lemon
1 serve (3 tsp) of Nutra Organics Super Greens + Reds

METHOD

Juice together the beetroot, apples and ginger. Afterwards, squeeze in the juice from the lemon and thoroughly mix in the Super Greens + Reds.
Serves 1



Carrot, Orange and Ginger Immune Boost Juice.

This juice is a great source of Beta Carotene and Vitamin C. It supports immune function and helps to reduce inflammation.

INGREDIENTS

3 large organic carrots
2 large oranges
Juice of 1 lemon
4cm fresh ginger
4cm fresh turmeric (or one teaspoon of ground turmeric)
1 serve (2 tsp) of Nutra Organics Vital Veggie Power (don't let the fact that this product is for kids fool you – it is intense nutrition for adults too!)

METHOD

Juice together the carrots, oranges, ginger and turmeric. Afterwards, squeeze in the juice from the lemon and thoroughly mix in the Vital Veggie Power.
Serves 1

Nourishing Breakfasts.

Breakfast is your opportunity to start the day with a good dose of vitamins and minerals. After a good overnight fast, eating a delicious and nutritious breakfast will increase your energy, motivation and your chances of sticking to the cleanse guidelines!



Green Cleanse pH Balance Smoothie.

This green smoothie is the perfect start to your day. Our Clean Greens provides a wide range of nutrients to ensure you're getting plenty of the good stuff. Pineapple contains an enzyme called bromelain, which aids digestion and helps to fight inflammation.

INGREDIENTS

1 cup of fresh baby spinach
2 cups of fresh or frozen diced pineapple (if you use fresh, add a handful of ice into the blend)
1 frozen banana (diced)
1 tsp fresh grated ginger
1 tbsp Nutra Organics Clean Greens
Juice from 1 lime (add less if you are sensitive to the taste of lime)
150ml water (adjust depending on desired consistency)

METHOD

Combine all ingredients in a blender and blend until smooth. Feel free to adjust the quantities of any ingredients to allow for personal preference.
Serves 1.



Spiced Apple Quinoa Porridge.

This breakfast is a filling and satisfying way to start the day! Quinoa is one of the few plant based "complete proteins" as it provides all 9 essential amino acids. Walnuts provide a source of healthy fats, and apple and banana provide some good energy to get you started. Cinnamon is also a known thermogenic, which helps to support fat metabolism.

INGREDIENTS

1/2 cup The Wholefood Pantry Tricolour Quinoa
1 cup water
½ cup grated apple
¼ cup chopped walnuts (or nuts of your choice)
½ teaspoon of cinnamon (adjust to taste)
½ banana (or other fruit of your choice)
Splash of almond milk (or non dairy milk of your choice)

METHOD

Measure ½ cup of quinoa into a small saucepan and rinse until water runs clear, then add 1 cup of water. Place on heat and bring to a gentle boil, and boil for a further 5 minutes (stirring occasionally to prevent quinoa from burning). Strain quinoa, then put in a bowl and mix in apple, walnuts and cinnamon, top with chopped banana and add a splash of almond milk.
Serves 1.



Antiox Acai Bowl.

This super simple Acai bowl is delicious and packed full of antioxidants and vitamins. It's your best friend as a quick nutritious breakfast, or if you're having any sweet treat cravings.

INGREDIENTS

2 tsp Nutra Organics Acai Berry Blend
100ml Pomegranate Juice
1 frozen banana
Toppers of your choice

METHOD

Combine all ingredients in a blender and blend until smooth. Serve in a bowl and top with fruit of your choice. Add your toppings and enjoy!
Serves 1



Get Up and Glow Smoothie.

Combine your beauty routine with a nutritious easy breakfast that will keep you going for hours! This get up and glow smoothie combines our Collagen Beauty with our Clean Protein so you're able to start your day on the right note. Healthy fats from your nut butter, energy from banana and a good source of protein to sustain you into the day!

INGREDIENTS

1 frozen banana
1 tbsp nut butter
1/2 cup coconut milk
1-2 tbsp Clean Protein Exotic Vanilla
2 scoops Collagen Beauty
3/4 ice cubes
1/2 cup water
pinch of salt
Toppings: Cinnamon & Dried Rose Petals

METHOD

Add all ingredients into a blender and blitz until smooth. Top with a little cinnamon and dried rose petals.
Serves 1.
Note: If you're sensitive to protein you can always use a little less Clean Protein (as Collagen Beauty is also high in protein). Listen to your body, it's important to do what works for you!

Delicious Snacks.

The best snacks to have on hand during a cleanse to keep the munchies at bay include fruit, nuts, hard boiled eggs, natural popcorn, and veggie sticks with nut butters and clean dips. When you try our favourite ever dip below, you won't ever feel like you're missing out on all the other anti-cleanse snacks like chips and chocolate. It's that good!



Smokey Cashew Cream Dip

This dip is so damn tasty, it tastes like it can't be healthy. Delightfully creamy, infused with the perfect level of smokiness that tastes like bacon, and completely satisfying. Make this in bulk to eat with veggie sticks every time you're feeling peckish!

INGREDIENTS

2 cloves of garlic
½ tsp The Wholefood Pantry Himalayan Crystal Salt
2 tbsp The Wholefood Pantry Nutritional Yeast
2 cups The Wholefood Pantry Cashews
1 tsp smoked paprika
¼ cup lemon juice (if you don't have lemons use ACV)
¼ cup water as needed

METHOD

Soak cashews for 1 hour to soften. Add all ingredients to your food processor and process until combined, add more water if needed. Serve with fresh vegetables for dipping.



Beautiful Beetroot Hummus.

This beautiful colour dip will have you tickled pink! Super bright and totally yum, a little prep and then it's into the blender and ready in minutes.

INGREDIENTS

2 tsp cumin
250g beetroot
1 tbsp olive oil
1/2 cup water
1 lemon, juice and zest
2 cans (3 cups) chick peas
3 cloves garlic
1/4 cup tahini
Black and white sesame seeds
2 tsp The Wholefood Pantry Himalayan Salt
2 tbsp Chicken Bone Broth or Vegetable Broth (vegan)

METHOD

Preheat the oven to 200 degrees.
Peel and cut beetroot into 2cm chunks. You can add a little coconut oil or butter into the beetroot for the roasting - roast for about 30 mins. Once soft (ish) set aside to cool for 10 mins.
Pop roasted beets into a high powered blender and whizz until a paste. Add all the other ingredients and blend for about 1-2 mins to combine and become smooth.

Light Lunch & Dinners.

With lunches and dinners – large portions of plants are the name of the game! Make sure you include a serving of protein with at least one meal a day (either some fish, a lean cut of organic, free range meat, organic, free range eggs, a combination of beans and grains or tofu – we have included a good recipe for some tofu if you need a little inspiration). So if you are using our salad recipes, make sure you include a good protein source on the side at least once a day!



Clean Rainbow Salad.

Eating the rainbow is always a great way to know you are getting a good variety of nutrients and this salad has it all. Red cabbage, broccoli, kale, carrots and capsicum provide a huge hit of vitamins and minerals. The avocado and fresh olive oil provides a delicious serve of healthy fats. The vitamin C content of this salad will also enhance the absorption of iron (there's a decent bit of iron present in kale). Oh, and it tastes amazing!

INGREDIENTS

Dressing -
1/3 cup extra virgin olive oil
1/2 cup fresh lemon juice
1 tbsp fresh grated ginger
2 tsp whole grain mustard
2 tsp The Wholefood Pantry Maple Syrup
Pinch of The Wholefood Pantry Himalayan Crystal Salt

Salad -
2 cups finely chopped red cabbage
2 cups broccoli florets (cut small)
2 cups finely chopped kale
2 grated carrots
1 large finely chopped red capsicum
2 sliced avocados
1/2 cup finely chopped parsley
1 cup walnuts (or other nuts of your choice)
1 tbsp The Wholefood Pantry Linseeds

METHOD

Combine cabbage, broccoli, capsicum, kale and carrots to a large bowl.

Mix all ingredients for the dressing, pour over the salad and toss until the dressing is evenly distributed.

Add parsley, avocado, flax seeds and walnuts and toss again.



Cruciferous Vegetable Salad

Cruciferous vegetables are well known for a range of health benefits as they are rich sources of vitamins, minerals and disease-fighting phytochemicals. This recipe includes a huge dose of the super-veggies, so get it in you!

INGREDIENTS

1 large (or 2 small) broccoli heads
1 head cauliflower
2 cups grated carrot
1/2 cup The Wholefood Pantry Sunflower Kernels
1 cup The Wholefood Pantry Sultanas
1/2 cup finely chopped fresh parsley
4-6 tbsp fresh lemon juice, to taste
Salt & pepper to taste (1/4-1/2 tsp salt and lots of pepper)
The Wholefood Pantry Maple Syrup, to drizzle on before serving

METHOD

Very finely chop (or blitz in a food processor) the broccoli and cauliflower heads (remove stems – save the stems to use in another dish as they are still very nutritious).
Stir in the sunflower seeds, sultanas, and parsley. Add lemon juice and seasonings to taste.
Drizzle with a small amount of maple syrup if desired.



Salmon Poke Bowl.

This is a super healthy complete meal! The salmon gives you a good serve of healthy fat, omega 3 and high quality protein. Quinoa also provides a complete protein source and avocado gives more of your healthy fats. The kale, cabbage and alfalfa sprouts add in more vitamins, phytochemicals and minerals. This dish will have you feeling like a culinary genius, but it's super easy and so tasty!

INGREDIENTS

400g Salmon (we used hot smoked salmon from our local salmon guy)
1 cup fresh kale
1 cup fresh purple cabbage
1 1/2 cups The Wholefood Pantry Quinoa
½ cucumber
1 handful of alfalfa sprouts
1 tbsp kimchi
1 large ripe avocado
½ cup grated beetroot
Handful of snow peas
1-2 radish
black sesame seeds to garnish

For the sauce
1/3 cup black sesame oil
1/4 cup tamari sauce
1 tsp fresh grated ginger
2 tsp The Wholefood Pantry maple
half a juiced lime

METHOD

Mix together all ingredients for the sauce.
Measure 1 ½ cup of quinoa into a medium saucepan and rinse until water runs clear, then cook to packet instructions and allow to cool.
Finely chop kale and cabbage, grate the beetroot, thinly slice the cucumber, radish and avocado then add to bowls. Break apart salmon into portions. Add kimchi and alfalfa sprouts to bowls. Drizzle over over a little sauce.
Eat straight away.



Broccoli Slaw.

Sometimes you've just got to take it back to the basics, if you're craving the simpler things in life then look no further than our Broccoli Slaw. Simple, quick, and bursting with crunchy freshness you'll be enjoying this quicker then you can say "cruciferous".

INGREDIENTS

1 head of broccoli, cut into small florets, stems cut into matchsticks
12 Brussels sprouts slice into rings
1 green apple, cut into matchsticks
2 radishes, cut into matchsticks
1 handful of mint leaves, torn
1 handful of parsley, torn
½ cup The Wholefood Pantry Raw Almonds
1/3 cup lemon juice
¼ cup extra virgin olive oil
The Wholefood Pantry Pink Himalayan Crystal Salt
Pepper

METHOD

Chop your almonds and toast in a dry pan over a medium heat until lovely and roasted.

To make your dressing combine olive oil and lemon juice and season with salt and pepper.

Combine your remaining ingredients into a large bowl and toss gently.

Top with toasted almonds and dressing and enjoy!



Rainbow Rice Paper Rolls.

The easiest, yummiest way to get every colour of the rainbow in your belly! Rice Paper Rolls are so fun to make with the family. Chop up on your ingredients, and lay it all out on the dinner table for everyone to DIY. The satay dipping sauce makes the colourful morsels taste next level.

INGREDIENTS

Fresh herbs: mint & Thai basil
Carrot, chopped into matchsticks
Cucumber, sliced lengthways
Avocado, finely sliced
Purple cabbage, capsicum & snow peas finely sliced
1 packet rice paper rolls

For the sambal
1 cup The Wholefood Pantry Basmati Rice
3 tsp Vegetable Broth Garden Veggie
1 cup The Wholefood Pantry Desiccated Coconut
2 kaffir lime leaves, super finely sliced
1 small red onion, finely chopped
The Wholefood Pantry Pink Himalayan Crystal Salt
1 small clove of garlic, finely chopped
Coriander, to taste
1 tbsp ginger, grated
Juice of 1 lime
1 fresh red chilli, finely chopped
1 tbsp of fish sauce
(use coconut aminos if vegan/vegetarian)

For the satay sauce
3 tbsp peanut butter
1/2 lime, juiced
2 tbsp water
1 tbsp grated ginger
1 tbsp tamari

METHOD

To make the basmati brown rice Salad which will fill your rice paper rolls, prepare your rice to packet instructions, adding 2 tsp of Vegetable Broth and your pumpkin which will cook at the same time.

To make your coconut sambal combine desiccated coconut, kaffir lime leaves, red onion, pinch of salt, garlic, coriander, ginger, lime juice, red chilli and fish sauce.

To make your satay dipping sauce, combine your ingredients together and mix until smooth paste forms.

To assemble your rice paper rolls, prepare the rice paper as per packet instructions the add your choice of fillings, making sure to include your brown rice salad.



Agedashi Tofu

This deliciously light dashi broth with subtle tastes of umami, perfectly compliments the delicate silken tofu and makes for a wonderfully light summer broth.

INGREDIENTS

2 tbsp Chicken Broth - Hearty Mushroom
1 large piece of Kombu
2 cups water
3 tbsp mirin
3 tbsp tamari
1 block silken tofu
2 tsp ginger - picked or fresh grated
1/2 cup The Wholefood Pantry Coconut Oil
1/4 cup The Wholefood Pantry Tapioca Flour
Spring onions finely sliced
Black sesame seeds

METHOD

To make the dashi place water and kombu in a saucepan and heat. Before it reaches boiling point remove the kombu.

Add in chicken broth, mirin and tamari, bring to boil and then reduce heat to low simmer.

Heat coconut oil in a small fry pan. Cut silken tofu in half then firmly press with a paper towel to absorb excess liquid.

Lightly dust tofu with tapioca flour then place into the coconut oil, turning so that each side forms a crust. Drain on paper towel.

Pour dashi into a bowl, then add in the tofu. Top with ginger, sping onions and sesame seeds.

Note: Kombu is a type of dried kelp that can by purchased at Asian supermarkets.



Vegan Rainbow Tacos.

A wise person once said that a balanced diet is a taco in each hand. Or maybe it was a meme... Whatever the case, we think it's a good idea! Especially when it comes to vegan rainbow tacos! This dish is perfect for entertaining, or to feed the tribe at dinner time.

INGREDIENTS

10 mini soft wholemeal tacos
1 large sweet potato - cut into chips
1 cauliflower cut into 1 cm thick floret steaks
1/4 purple cabbage finely shredded
1 avocado, halved and sliced
2 whole corn cobs
1/3 cup pink sauerkraut

For Chimicurri
Olive oil
1 tsp ground cumin
1 cup of parsley leaves - finely chopped
1 cup of coriander leaves - finely chopped
2 garlic cloves - minced
Juice and zest of one lime
2 tbsp of smoked paprika
1/2 cup pickled Jalapeños - chopped

For Maple BBQ Sauce
1 cup of tomato paste
1 tsp onion powder
1.5 tsp garlic powder
2 tsp pepper
1/4 cup apple cider vinegar
2 tbsp worcestershire sauce
1 tsp mustard powder
2 tbsp water
1/4 cup The Wholefood Pantry Pepitas
2 tbsp + a pinch of The Wholefood Pantry Himalayan Crystal Salt
7 tbsp The Wholefood Pantry Maple Syrup (just under 1/2 cup)

METHOD

Preheat oven to 200°C. Place the sweet potato on a baking tray, drizzle with oil, ground cumin and a sprinkle of salt. Roast for 30 minutes or until golden. Remove the tray and dust the roasted sweet potato chips with a pinch of smoked paprika. Set aside.

Meanwhile drizzle the cauliflower steaks with a little olive oil and salt, place into a pan on medium heat and fry on both sides until golden and slightly charred.

Meanwhile peel corn, and char it on open gas flame or a dry hot pan, turning until charred all round. Shave off corn kernels with a knife and set aside.

Place tomato sauce, onion powder, garlic powder, maple syrup, 2 tsp pink Himalayan crystal salt, pepper, apple cider vinegar, worcestershire sauce, mustard powder, water & 1 tbsp smoked paprika in a small saucepan on a medium heat, cook for 5 minutes stirring frequently, set aside.

Add parsley leaves, coriander leaves, garlic cloves, lime juice & zest, 1 tbsp smoked paprika, pickled jalepenos & pinch of pink Himalayan crystal salt into a bowl and stir to combine to make chimichurri.

To serve, lay our all ingredients onto plates on a table and let the DIY taco making begin!



Flourish Bowl.

This delicious bowl is all about helping your insides to flourish and is perfect for lunch or as a light weeknight meal. With The Wholefood Pantry organic staples always on hand, you'll be able to pull this dish together with whatever veggies you have on hand. Extra points for enjoying with a nice glass of kombucha.

INGREDIENTS

2 wedges of Kent pumpkin, sliced into moons
1 sweet potato, cut into chunks
1 cup baby spinach
1/2 head of a small broccoli, cut into florets
1 avocado, cut in half
1 tsp fresh ginger, grated
1 clove of garlic, grated
1-2 tbsp extra virgin olive oil
2 tbsp miso paste
2 tbsp sesame oil
1 tbsp apple cider vinegar
1/4 cup filtered water
1 tsp fennel seeds
1 cup The Wholefood Pantry Quinoa
1 tsp The Wholefood Pantry Pink Himalayan Crystal Salt
The Wholefood Pantry Pepitas
The Wholefood Pantry Hemp Seeds
The Wholefood Pantry Sunflower Kernels
1 tbsp The Wholefood Pantry Brown Rice Syrup

METHOD

Roast pumpkin and sweet potato, seasoning with olive oil, fennel seeds, and salt, at 200C for 30 minutes or until tender and caramelised.

Cook quinoa according to packet instructions.

Toss broccoli florets in a hot pan with a little oil and salt until al dente.

To make the miso probiotic dressing combine miso paste, sesame oil, brown rice syrup, fresh ginger, garlic, apple cider vinegar and filtered water in a jug and stir until well combined. Bring all ingredients together, dividing into bowls, top with nuts and seeds, drizzle over the dressing.


SUPER GREENS + REDS
Clean GREENS
ALKALISE | DETOX
Clean ENERGY
RAW | ALKALISING | FULLO
WITH CAMU CAMU
ACAI BERRY BLEND
powerful antioxidants
Clean ENERGY
RAW | ALKALISING | FULLO
TUMERIC GINGER VANILLA
CLEAN PROTEIN
Organic Pea Blend
TRAIN RECOVER TONE

