



MEAL PLAN & Recipes

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7 Day Detox Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
Day 1	Carrot Cake Protein Smoothie	Green Goddess "Curry" – save Leftovers for Wednesday	Butternut Squash Soup with Persimmon – save leftovers for Tuesday	Toasted Kale Chips / Roasted Cauliflower Crunchies
Day 2	Breakfast Quinoa Bowls – save leftovers for Thursday	Leftover Butternut Squash Soup with Persimmon Salad	Hearty Veggie Soup- save leftovers for Saturday	Roasted Cinnamon Sweet Potatoes
Day 3	Cranberry Oatmeal Smoothie	Green Goddess "Curry"	Avocado Kale Salad with Toasted Kale Chips - save leftovers for Thurs	Crispy Chickpeas / Dairy Free Mayan Hot Chocolate
Day 4	Breakfast Quinoa Bowls	Leftover Avocado Kale Salad with Toasted Kale Chips	Cozy Winter Pasta with Fennel Salad - save leftovers for Friday	Crispy Chickpeas / Roasted Cinnamon Sweet Potatoes
Day 5	Cranberry Oatmeal Smoothie	Leftover Cozy Winter Pasta and Fennel Salad	Stir Fry with Coconut Lime Quinoa – save leftovers for Sat	Apple Cinnamon Chia Pudding
Day 6	Carrot Cake Protein Smoothie	Hearty Vegetable Soup with Sautéed Greens	Coconut Lime Quinoa with Brussels Sprouts – save leftover sprouts for Sun	Kale Chips / Apple Cinnamon Chia Pudding
Day 7	Breakfast Quinoa Bowls	Adzuki Refried Bean Lettuce Cups	Apple and Cabbage Salad with Winter Quinoa	Brussels Sprouts/ Sweet Potato Dream Shake



7 Day Detox Shopping List

Produce

4 cups baby spinach
 4 bunches of kale
 2 heads butter lettuce or 6 little gems
 1 cup savoy cabbage
 1 cup purple cabbage
 1 bunch Swiss chard
 8 baby bok choy
 2 celery stalks
 9 carrots
 4 white onions
 5 leeks
 4 sweet potatoes
 1 butternut squash
 1 bunch of radishes
 2 fennel bulbs
 2 medium heads of broccoli
 2 medium heads of cauliflower
 3 cups green beans
 1 ½ cups sugar snap peas
 8-10 Jerusalem artichokes, chopped
 24 large brussels sprouts
 1 package of enoki or shitake mushrooms
 5 avocados
 5 limes
 6 lemons
 1 banana
 3 apples
 1 green apple
 1 blood orange
 3 persimmons
 1 cup strawberries (frozen)
 1 head of garlic
 8 shallots
 2 bunches of coriander
 2 sprigs mint
 3 bunches of parsley
 2 sprigs rosemary
 1 ginger root

Grains, Beans and Canned Goods

2 lbs of quinoa
 1 15oz can of adzuki beans (Organic)
 4 15oz cans of chickpeas (Organic)
 2 15oz cans of white beans (Organic)
 2 x 15oz cans full fat coconut milk

20 oz vegetable broth
 1 package gluten-free oats)
 1 gluten free vegetable stock cubes

Condiments

Sliced almonds
 Walnuts
 Shelled pistachios
 Pumpkin seeds
 Sunflower seeds
 Coconut oil
 Apple cider vinegar
 Extra virgin olive oil
 Whole grain mustard
 Sea salt
 Pepper
 Coriander
 Ground ginger
 Turmeric
 Cumin
 Garlic powder
 Cinnamon
 Vanilla
 Cashew butter
 Almond butter
 Coconut aminos
 Gluten-free Tamari
 Mirin (or Rice Wine Vinegar)
 Liquid stevia

Refrigerated Section

2 cartons of unsweetened almond milk
 1 carton unsweetened cranberry juice
 small container of ghee

Miscellaneous

Protein Powder – plant based protein powder
 Raw Cacao Powder
 Chia Seeds
 Hemp seeds

Do check what you have at home before you go shopping and amend where necessary

Breakfast

Cranberry Oatmeal Smoothie

[Serves 1]

INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup frozen strawberries
- ½ cup almond milk
- ¼ cup rolled oats (GF)
- squirt of stevia (Optional)
- ½ tsp of cinnamon (Nature's Sweetener)

Blend and enjoy!



Carrot Cake Protein Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop plant protein powder - Cytoplan has a great one.
- ½ banana
- 1 teaspoon cinnamon
- 3 carrots, shredded

Blend and enjoy!



Breakfast Quinoa Bowls

[Serves 2]

INGREDIENTS

1/2 cup quinoa
 1 apple, chopped
 1 persimmon, chopped (or pomegranate)
 2 tablespoons mint, chopped
 Zest and Juice of 1 lime
 1 tablespoon sliced almonds or hemp seeds

Soak the quinoa for at least an hour or overnight and discard the water. Combine soaked quinoa with 1 cup water in a small pot. Bring to a boil and then cover and simmer for 20 minutes. When quinoa is done cooking, mix with all the remaining ingredients and enjoy!



Green & Glorious Breakfast Smoothie

[Serves 1]

INGREDIENTS

1/2 bunch kale
 1 handful spinach
 1/2 cucumber
 1 persimmon, sliced
 1/2 cup coconut water

Wash the vegetables & fruit
 Blend and enjoy!



Chocolate Mint Smoothie

[Serves 1]

INGREDIENTS

1 cup almond milk
 1 large handful spinach
 1/2 banana
 2 - 4 tablespoons raw cacao (to your taste)
 2 tablespoons fresh mint
 squirt of stevia
 1/2 cup ice (optional)

Blend and enjoy!



Lunch

Green Goddess "Curry"

[Serves 4]

INGREDIENTS

2 tablespoons coconut oil
 1 onion, peeled and diced
 1 teaspoon turmeric
 1/2 teaspoon cumin, coriander & ginger
 1/8 teaspoon cinnamon
 1 cup green beans
 1 medium broccoli, cut into florets
 1/2 cup snow peas
 Small handful of brussels sprouts, halved
 2 cups chickpeas, cooked or canned
 1 x 15oz can of unsweetened coconut milk
 4 cups vegetable broth
 2 bunches of any type of greens, washed and cut (kale, bok choy, spinach, chard, turnip greens, etc.)
 Salt and pepper to taste
 Fresh coriander for garnish



In a large pot heat coconut oil and sauté onions and spices until the onions are soft (about 6-8 minutes) (Be aware of the aromas combining). Add the vegetables, chickpeas, and coconut milk. Bring to simmer and add the vegetable broth. Simmer until the vegetables are tender (about 15 minutes). Add the greens and just wilt, then season with salt and pepper.

Serve with brown rice. Garnish with coriander.

Sautéed Greens with Garlic and

Parsley

[Serves 2]

INGREDIENTS

1 tablespoon of ghee
 3 cloves of finely chopped garlic
 juice and zest of one lemon
 1 bunch dark, leafy greens such as kale
 1/2 cup vegetable broth
 handful of chopped parsley
 salt and pepper



Heat the ghee, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and cook for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in parsley just before serving

Adzuki Refried Bean Butter Lettuce Cups (No cooking meal - Yay!)

[Serves 2]

INGREDIENTS

1 15oz can of Adzuki Beans, drained and rinsed
 1/2 chopped onion
 small handful of coriander, chopped
 1 teaspoon cumin
 8 butter lettuce leaves (these make really nice cups, romaine works as well)
 1 avocado
 1 lime
 Sea salt and red pepper flakes (optional)



Mash beans, onion, coriander and cumin together in a bowl. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt and red pepper flakes.

Apple and Cabbage Salad

[Serves 4]

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INGREDIENTS

1 head of butter lettuce or 2/3 x little gem
1 green apple, chopped
1 cup chopped purple cabbage
2 tablespoons hemp seeds
2 tablespoons sunflower seeds

Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

Dressing:

INGREDIENTS

¼ cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2/3 cup extra virgin olive oil
¼ cup coriander, chopped
1 teaspoon pepper
sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.



Dinner

■ ■ ■ Butternut Squash and Sweet Potato Soup

[Serves 4]

INGREDIENTS

1 butternut squash, peeled, deseeded and diced
 1 sweet potato, peeled and diced
 2 carrots, trimmed, peeled and sliced
 1 fennel bulb, trimmed and chopped
 6 shallots, peeled and finely sliced
 1 gluten-free vegetable stock cube pped
 4-6 tbsp pumpkin seeds



Bring a large pan half-filled with water to the boil. Add the squash, sweet potato, carrots, fennel, shallots and stock cube. Bring to the boil, then lower the heat and simmer for 10-12 minutes.

Remove from heat and add the garlic. Allow to cool, and then strain the vegetables into a large bowl to keep the stock.

Add half the stock to the vegetables and blend in a food processor or with a hand-held blend to desired consistency.

Reheat the soup gently, adding more reserved stock if necessary.

Divide between warmed soup bowls and serve garnished with the parsley, radishes and pumpkin seeds if desired.

■ ■ ■ Spinach and Persimmon Salad with Parsley Mustard Dressing

[Serves 2]

INGREDIENTS

4 cups baby spinach
1 persimmon, cut into cubes
2 baby leeks, thinly sliced
½ cup white beans, drained and rinsed
¼ cup pine nuts or sliced almonds

Mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

3 tablespoons apple cider vinegar
½ cup extra virgin olive oil
2 cloves garlic, minced
1 tablespoon whole grain mustard
2 tablespoons chopped parsley
salt and pepper to taste

Whisk all ingredients together and dress your salad.



Avocado Kale Salad

[Serves 4]

INGREDIENTS

2 large bunches of kale
2 tbsp coconut oil
3 tsp coconut aminos or gluten free tamari
4 avocados, chopped
¼ cup pumpkin seeds

Wash and chop kale.



Melt coconut oil in a large pan over medium-high heat. Add kale and stir fry for 5 minutes. The kale should be tender and bright green. When the kale is done cooking, toss with the coconut aminos. Serve with avocado and pumpkin seeds on top.

Hearty Veggie Winter Soup

[Serves 4 with leftovers]

INGREDIENTS

3 tablespoons extra virgin olive oil
3 leeks, green parts removed and thinly sliced
2 carrots
1 fennel bulb, thinly sliced
4 cloves of garlic, minced
2 fresh rosemary sprigs, leaves removed and chopped
1 cup of thinly sliced savoy cabbage
6 cups of vegetable stock
1 15oz can of white beans, drained and rinsed
Handful of parsley (flat leaf), chopped
Sea salt and pepper



In a large soup pot, heat the oil over medium low heat, add leeks, carrots, and fennel and cook until leeks are soft and slightly browned, about 5-8 minutes. Add the garlic, rosemary and cook for another minute. Add the cabbage and sauté another minute. Add stock and bring to a boil. Add the beans and cook on low for 10 – 15 minutes, until veggies are tender. Stir in the parsley and season with salt and pepper.

■ ■ ■ Cozy Winter Pasta

[Serves 4]

INGREDIENTS

1 can of garbanzo beans or chick peas
 1 medium head of broccoli
 ½ cup extra virgin olive oil
 3 cloves garlic, minced
 1 package of kelp noodles
 1 leek, thinly sliced
 1 cup of maitake or shitake mushrooms
 1 handful chopped parsley
 1 spring of chopped rosemary
 salt and pepper



Heat oven to 400°. Toss the broccoli in 3 tablespoons of olive oil, garlic, and salt. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. Chop the noodles coarsely, so they easily separate. Then, sauté the noodles with 2 tablespoons of olive oil over medium heat for 10 minutes.

While broccoli cooks, heat 2 tablespoons of oil in a sauté pan and cook leeks until melted, about 8 minutes. Add the kelp noodles and mushrooms to the leeks. Cook for another 7-8 minutes.

Add the broccoli, parsley, rosemary, salt and pepper to the pan.

Add the can of garbanzo beans or chick peas.

■ ■ ■ Stir-Fry with Coconut Lime Quinoa

[Serves 4]

INGREDIENTS

Quinoa:

1 1/2 cup quinoa
 1 lime, zested
 1 15oz can of coconut milk
 1 cup water or veggie broth

Teriyaki Sauce:

1/2 cup Gluten Free Tamari
 1/2 cup Mirin or Rice Wine Vinegar
 1 teaspoon minced fresh ginger
 1 clove minced garlic

Stir-Fry:

2 tablespoons coconut oil
 2 cloves of garlic minced
 2 teaspoons minced fresh ginger
 1 small white onion
 4-5 Jerusalem artichoke, chopped
 1 celery stalk cut into chunks
 1 cup green beans
 4 baby bok choy, chopped
 1 cup of shitake mushrooms
 1/2 cup sugar snap peas
 1/2 bunch coriander, chopped



Mix the quinoa, lime zest, coconut milk and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the quinoa, about 30 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed. Toss in all of your veggies (except coriander). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of quinoa into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with coriander.



Brussels Sprouts with Pistachios and Lemon

[Serves 4]

INGREDIENTS

2 tablespoons extra virgin olive oil

¾ cup shelled pistachios

Zest and juice from one lemon

16 large brussels sprouts, leaves separated from the core. (Cut the end of the sprout off and peel leaves off.)

Salt and pepper to taste



Heat oil in a large wok or skillet over medium – high heat. Add pistachios and lemon zest and sauté for one minute. Add brussels leaves and toss until bright green but still crisp, about 5 minutes. Squeeze lemon juice over the leaves and season with salt and pepper.



Winter Quinoa

[Serves 4]

INGREDIENTS

1 cup quinoa, rinsed and soaked for 20 minutes
2 cups vegetable broth
4 cloves of garlic minced
2 shallots, chopped
½ bunch Swiss chard, cut into ribbons
1 15oz can of chickpeas (Organic)
1 medium head of broccoli, grated
1 medium head of cauliflower, grated
1 carrot, grated
large bunch of parsley, chopped
½ cup chopped walnuts or pecans
zest and juice of one blood orange
¼ cup extra virgin olive oil
salt and pepper to taste



In a pot, combine quinoa, vegetable broth, garlic and shallots.
Cook on medium heat for 15 – 20 minutes until liquid is absorbed.
Stir in the rest of the ingredients and season with salt and pepper.

■ ■ ■ Lentil Soup

[Serves 4]

INGREDIENTS

1 tablespoon ghee
1 medium onion, finely chopped
4 garlic cloves, minced
2 large carrots, chopped
2 stalks of celery, chopped
6 cups of vegetable broth
1 ½ cup brown lentils, rinsed
1 bay leaf
1 teaspoon thyme
Small handful of parsley, chopped
Salt and pepper to taste



Heat the ghee in a large pot over medium heat.
Add the onion and sauté until translucent – 3-5 minutes.
Add the garlic, carrots and celery and sauté for 2-3 minutes.
Add the broth, lentils, bay leaf, thyme, salt and pepper.
Cook on medium-low heat until lentils are tender, 30 – 40 minutes.
Stir in chopped parsley and enjoy.

Snacks

Roasted Cauliflower Crunchies

[Serves 2]

INGREDIENTS

1 head of cauliflower, chopped into bite-sized pieces.

½ teaspoon cumin

½ teaspoon garlic powder

1 tablespoon extra virgin olive oil

¼ cup pumpkin seeds

Preheat oven to 400°. Toss all the ingredients together on a baking sheet. Roast for 25 – 30 minutes until browned and crispy.



Crispy Chickpeas

INGREDIENTS

1 can of chickpeas (garbanzo beans), drained and rinsed

2 tablespoons extra virgin olive oil

1 lime, juiced

1 tablespoon cumin

Heat oven to 400°. Toss all the ingredients together and roast for 30 minutes until golden and crispy. Careful not to burn.



Creamy Bean Dip with Carrots and Celery Sticks

[Serves 2]

INGREDIENTS

1 can Aduki beans
 ½ cup vegetable broth or water
 1 tablespoon ghee
 salt and pepper to taste
 4 carrots, cut into sticks
 4 celery stalks, cut into sticks



In a sauté pan, combine the beans (with their liquid), broth and ghee. Simmer for 20 minutes, stirring and mashing the beans as they cook. (You can also blend in a food processor, if you have one.) You are looking for a creamy texture.

Season with salt and pepper and enjoy with fresh cut vegetables.

Toasted Kale Chips

[Serves 1]

INGREDIENTS

1 head of kale torn into large pieces
 2 teaspoons extra virgin olive oil
 1 teaspoon garlic powder (or seasoning of your choice)
 sea salt and pepper

Toss kale with olive oil and season with garlic powder and sea salt. Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.



Treats

Apple Cinnamon Chia Pudding

[Serves 2]

INGREDIENTS

2 cups unsweetened coconut milk or almond milk
 ½ cup chia seeds
 Dash of vanilla
 2-4 dashes of cinnamon
 Liquid stevia to taste (start with 10 drops and add more if needed)
 1 apple, peeled and diced



Combine all ingredients except the apple in a glass jar or container and shake or stir with a whisk. Place in refrigerator and shake or whisk again after 30 minutes and be sure to break up any clumps. After a couple of hours, the chia seeds will have soaked up most of the milk and your pudding will be ready to eat. Top with chopped apple.

Sweet Potato Dream Shake

[Serves 1]

INGREDIENTS

½ cup unsweetened almond milk
 1 tablespoon cashew butter
 ½ cooked sweet potato
 ¼ cup raw cacao powder
 2 teaspoons cinnamon
 ½ cup ice

Blend and Enjoy!



■ ■ ■ Roasted Cinnamon Sweet Potatoes

[Serves 2]

INGREDIENTS

2 sweet potatoes, chopped
2 tablespoons coconut oil
1 heaping teaspoon cinnamon

Heat oven to 400°, toss sweet potatoes in coconut oil and cinnamon and roast for 25 – 30 minutes.



■ ■ ■ “Peanut Butter” Banana Fro-Yo

[Serves 2]

INGREDIENTS

2 frozen bananas
3 tablespoons unsweetened sunflower seed butter
¼ cup unsweetened almond milk

This recipe uses sunflower seed butter, which tastes similar to peanut butter when used in recipes.

Place bananas and sunflower seed butter into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt.

You may not use all ¼ cup of almond milk.



■ ■ ■ Dairy Free Mayan Hot Chocolate

[Serves 2]

INGREDIENTS

2 cups almond milk

¼ cup raw cacao

1 heaping teaspoon of cinnamon

Puree everything in a blender and then warm it on the stove.

