
PLANT-BASED · ALKALINE · DR SEBI STYLE

Simple Plant Kitchen

Alkaline recipes gathered by a local lad from Fife

22 EVERYDAY RECIPES



*In a world full of disinformation, get **Clarity**.*

*Phone edition. The full A4 print version is on the Clarity
Guides site.*

Welcome to Simple Plant Kitchen

I'm a local lad from Fife, and this book is a collection of plant-based recipes I've gathered and adapted for my family to cook at home. They aren't original recipes of mine: they're inspired by alkaline and Dr Sebi-style cooking, by OSU Biofood, and by the books listed on the **Further Reading** page.

OSU Biofood runs street-food stalls across London and an online shop that delivers across the UK. OSU are what made me want to change my diet. I started ordering from them during lockdown in 2020. Where a dish here is inspired by one of theirs, it says so.

Nothing here is complicated. Stock up with the **Alkaline Pantry** list, pick up the fresh bits with the **Easy Shopping** lists at the back, and keep the two **Basics** handy: the cheesy squash-tahini sauce and pico de gallo turn up all through the book.

Cook, share and enjoy.

a local lad from Fife

These are recipes, not medical advice. If you have a health condition or are changing your diet, please speak to your GP or a qualified health professional.

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Approved Shops

Local shops we know and trust for fresh, quality produce. This list will grow as we find more.

APPROVED SHOP

Macauley's Fruit & Veg Merchant

172 High Street, Burntisland, Fife KY3 9AP

Independent greengrocer, open since 2015. Fresh fruit and veg sourced daily from Scotland's fruit market, local farms and organic growers, mostly plastic-free, plus wholefood staples. Fruit and veg boxes to order online for click and collect (no delivery).

Phone: 01592 873524

Open: Mon, Tue, Thu, Fri 9am–5pm · Wed 9am–1pm · Sat 9am–4.30pm · Sun closed

macauleys.co.uk · Facebook

More approved local shops coming soon.

Opening hours can change, so check before you go.

Prana: The Life Force in Food

Prana is a Sanskrit word that means “life force” or “breath”. It comes from the old traditions of yoga and Ayurveda, India’s traditional system of living well, which teach that everything alive carries this energy: the air we breathe, sunlight, water and the food on our plates.

High-prana and low-prana food

In this way of thinking, food that is fresh and living is said to hold the most prana: raw and lightly cooked vegetables, leafy greens, ripe fruit, sprouts and seeds, and produce picked in season and eaten soon after. Food that is heavily processed, reheated again and again, or left to go stale is said to hold very little.

How it fits this book

Many of the recipes here already lean towards high-prana eating: the **sea moss berry smoothie** and **watermelon juice**, the fresh **pico de gallo**, the **avocado smash** and the **quinoa bowl**, all built on fresh fruit, greens and herbs. The **Local Picks in Fife** pages are a good place to find produce that hasn’t travelled far.

Simple ways to bring it in

Eat fresh. Buy little and often, and use fresh things while they're at their best. **Go seasonal and local** where you can.

Add something raw to each meal: a handful of greens, sprouts or fruit. **Cook with care.** Tradition holds that a calm, unhurried cook passes good energy into the food.

Eat mindfully. Sit down, slow down and enjoy each mouthful.

Prana is a traditional and spiritual concept from yoga and Ayurveda, shared here as tradition and belief, not proven science. It is not medical advice.

Alkaline Pantry

The staples I keep in all the time. With these in the cupboard, every recipe in the book only needs a short shop for fresh things.

Grains and flours

- ☐ Wild rice
- ☐ Quinoa
- ☐ Amaranth
- ☐ Spelt flour
- ☐ Kamut or spelt pasta
- ☐ Chickpea flour

Tins and jars

- ☐ Chickpeas
- ☐ Coconut milk
- ☐ Tahini
- ☐ Sea moss gel
- ☐ Agave

Oils, herbs and spices

- ☐ Avocado oil
- ☐ Cumin
- ☐ Olive oil

- ☐ Oregano
- ☐ Coconut oil
- ☐ Basil
- ☐ Sea salt
- ☐ Thyme
- ☐ Allspice
- ☐ Cayenne
- ☐ Smoked paprika
- ☐ Turmeric
- ☐ Curry powder
- ☐ Onion powder
- ☐ Garlic powder
- ☐ Cinnamon
- ☐ Baking powder

Seeds and dried

- ☐ Chia seeds
- ☐ Hemp seeds
- ☐ Dates
- ☐ Dulse or nori flakes

Where to Buy

Most of the pantry is easy to find. For sea moss and the more specialist bits, these are the shops I use. For shops closer to home, see **Local Picks in Fife** (p. 8).

WHERE IT STARTED

OSU Biofood

Sea moss, shilajit and oils from their online shop, with standard UK shipping, plus street-food stalls across London.

“OSU are what made me want to change my diet. I started ordering

from them during lockdown in 2020.”

osubiofood.com/collections/shop · Instagram
[@osubiofood](https://www.instagram.com/osubiofood)

SEA MOSS

Kings Irish Sea Moss

UK sea moss gels, from £20.

kingsirishseamoss.com

Allergy note: contains seaweed and may contain traces of fish or shellfish, so it is not suitable for anyone with a severe seafood allergy.

Eat To Live Not To Die

Sea moss, bladderwrack, herbal teas and seasonings. Shop in Brixton, London.

eattolivenottodie.com/shop

Netervital

Organic sea moss and fonio.

netervital.co.uk/dr-sebi-products

Spelt flour and pasta, quinoa, wild rice, tahini and chickpeas are in most UK supermarkets and Holland & Barrett.

Stock changes, so check each shop's website, and always read the label for allergens.

Local Picks in Fife

Independent shops closer to home. Opening hours vary, so check before you go.

Pillars of Hercules

NEAR FALKLAND

Organic farm shop and vegetarian café, established in 1983. Organic wholefoods, fruit and veg (much of it grown on site and on local farms), a refillery for oils and dry goods, and weekly veg boxes delivered across Fife.

pillars.co.uk

Town House Deli & Bakery

HIGH STREET, FALKLAND

Deli and bakery in the Old Town House on the High Street, with fresh bread, pastries, sandwiches and local produce.

Facebook: Town House Deli & Bakery

Post & Pantry

HIGH STREET, ABERDOUR

Village deli, now trading as P&P Delicatessen, with fresh-baked bread and pastries, artisan coffee, products from local makers, and gift hampers posted across the UK.

pandpdeli.com

Sunrise Bakehouse

156 HIGH STREET, BURNTISLAND

Family-run artisan bakery specialising in sourdough, with focaccia and pastries, all made by hand.

Instagram @sunrisebakehousefife

GLASGOW PICK

Fresh Pressed Terps

A plant-based cold-pressed juice stall, regularly seen at The Barras market and stocked at Teglia Pizza, 632 Cathcart Road. Nationwide delivery.

freshpressedterps.co.uk · Instagram
@fresh_pressed_terps_

What Keeps and How Long

A simple guide to keeping food at its best. These times follow standard, cautious UK food-safety advice. Always check the pack label too.

Golden rules

Keep your fridge at 5°C or below. • Cool leftovers quickly and get them into the fridge within 2 hours. • Cooked rice and grains: within 1 hour. Never store opened food in the tin. • Defrost in the fridge overnight, not on the worktop. • Reheat until piping hot all the way through. Reheat only once. • Don't refreeze food that has been defrosted. • Label and date your tubs. • If in doubt, throw it out. •

Pantry staples once opened

Tahini (opened)

Storing and how long: Lid on, in a cool cupboard or the fridge. Use by the date on the jar. Stir well before using.

Freezing: Not needed.

Coconut milk (opened tin)

Storing and how long: Move to a covered container.

Fridge, use within 2 days.

Freezing: Yes, in a tub, up to 1 month. It may separate: stir or blend.

Chickpeas (opened tin)

Storing and how long: Drain, move to a covered container. Fridge, use within 2 days. Sealed jar in the fridge. Shop-bought:

Freezing: Yes, drained, up to 3 months. Yes, in an ice-cube tray, up

Sea moss gel

Storing and how long: follow the label. Homemade: use within 1 week.

Freezing: to 1 month.

Recipe: Oat milk (opened) Agave (opened) Cooked wild rice, quinoa or amaranth Flours, pasta, grains, seeds, dates, spices Spelt bread, buns and flatbreads Doesn't freeze well Salads, pico de gallo and anything with avocado (including assembled • nachos) Fried and coated mushrooms, chips and burgers: they lose their crispness. • Store in the fridge and re-crisp in a hot oven instead. Stuffed peppers and portobellos (they go soft and watery) • Smoothies, juice and chia pudding • **Recipe by recipe** Fridge times are for leftovers, covered, once cooled. Freezer times are for best quality.

Breakfasts Banana Pancakes with Date Caramel p. 29

Fridge: Pancakes 2 days. Date caramel 3 days in a sealed jar.

Storing and how long: Fridge. Use within the days shown on the carton. Lid on, in the cupboard. Use by the date on the bottle. Cool within 1 hour, then fridge. Use within 1 day. Airtight, in a cool, dry cupboard. Use by the best-before date. Bread bin, by the date on the pack.

Freezer: Pancakes: yes, up to 1 month, layered with baking paper. Caramel: not needed.

Defrost and reheat: Not recommended. Not needed. Yes, up to 1 month. Reheat once only, until piping hot. Not needed. Yes, up to 3 months. Toast or warm from frozen. Defrost overnight in the

fridge, or warm from frozen in a dry pan or toaster until hot through.

Avocado and Chickpea Smash on Spelt Toast p. 31

Fridge: Best fresh. Smash up to 1 day, tightly covered (it will brown).

Freezer: Not recommended (avocado).

Defrost and reheat: Serve cold on fresh toast.

Mango Key Lime Chia Pudding p. 32

Fridge: 2 days. Add the mango layer on the day.

Freezer: Not recommended.

Defrost and reheat: Serve cold.

Mains

Wild Rice Box p. 34

Fridge: Curry 2 days. Cooked rice 1 day. Plantain and salad best fresh. 1 day (contains

Freezer: Curry: yes, up to 3 months. Rice: yes, up to 1 month. Not the salad or plantain.

Defrost and reheat: Defrost overnight in the fridge. Reheat curry in a pan, stirring, until piping hot. Reheat rice once only.

Alkaline Stuffed Peppers p. 36

Fridge: rice).

Freezer: Not recommended: peppers go soft and the filling contains rice.

Defrost and reheat: Reheat once only, covered, in the oven at 180°C (160°C fan) until piping hot all the way through. Re-crisp on a tray in the

Oyster Mushroom "Southern Fried" Burger p. 38

Fridge: Cooked mushrooms 2 days (they lose their crunch). Pico de gallo same day. Chips and

Freezer: Not recommended: the coating goes soggy.

Defrost and reheat: oven at 200°C (180°C fan) for 8–10 mins until piping hot. Re-crisp on a tray in the

Kapsalon Bowl p. 40

Fridge: mushrooms 2 days, kept apart from salad and pico de gallo.

Freezer: Not recommended: chips and mushrooms lose their crispness.

Defrost and reheat: oven at 200°C (180°C fan) until piping hot. Add salad and sauces cold.

Chickpea Burgers p. 42

Fridge: Uncooked patties 1 day. Cooked patties 2 days.

Freezer: Uncooked patties: yes, up to 3 months, separated with baking paper.

Defrost and reheat: Defrost overnight in the fridge, then fry as in the recipe until piping hot all the way through.

Kamut Spaghetti in Plum Tomato Sauce p. 44

Fridge: Sauce 2 days. Cooked pasta 1 day.

Freezer: Sauce: yes, up to 3 months. Cook pasta fresh.

Defrost and reheat: Defrost overnight in the fridge. Reheat the sauce in a pan, stirring, until piping hot.

Jerk Oyster Mushrooms with Rice and Peas p. 46

Fridge: Rice and peas 1 day. Mushrooms 2 days. Plantain best fresh.

Freezer: Rice and peas: yes, up to 1 month. Mushrooms: not recommended.

Defrost and reheat: Defrost rice overnight in the fridge; reheat once only until piping hot. Re-crisp mushrooms in a hot pan.

Spelt Pizza p. 48

Fridge: Cooked pizza 2 days. 1 day (contains

Freezer: Part-baked bases: yes, up to 1 month.

Topped pizza: not recommended.

Defrost and reheat: Reheat in the oven at 200°C (180°C fan) until piping hot. Add fresh rocket after.

Stuffed Portobello Mushrooms p. 50

Fridge: cooked quinoa).

Freezer: Not recommended: mushrooms go watery.

Defrost and reheat: Reheat once only, covered, in the oven at 180°C (160°C fan) until piping hot.

Defrost overnight in the

Coconut Curry with Amaranth p. 52

Fridge: Curry 2 days. Cooked grain 1 day.

Freezer: Curry: yes, up to 3 months. Cook grain fresh.

Defrost and reheat: fridge. Reheat in a pan until piping hot. Reheat grain once only.

Light Meals and Wraps

Mushroom "Philly Cheeze" Roti p. 55

Fridge: Mushroom filling and sauce 2 days, stored separately. Build roti fresh.

Freezer: Filling only: yes, up to 1 month (softer texture). Not assembled roti.

Defrost and reheat: Defrost overnight in the fridge. Reheat filling in a hot pan until piping hot. Warm flatbreads fresh.

Quinoa Rainbow Bowl p. 57

Fridge: Cooked quinoa 1 day. Roast veg and dressing 2 days. Cut avocado fresh.

Freezer: Not recommended (salad and avocado).

Defrost and reheat: Eat cold, or reheat quinoa and veg once until piping hot.

Chickpea "Tuna" Salad Wraps p. 59

Fridge: Chickpea filling 2 days. Build wraps fresh.

Freezer: Not recommended.

Defrost and reheat: Serve cold; no reheating needed.

Alkaline Nachos p. 61

Fridge: Chips: 3 days in an airtight tin (no need to chill). Assembled nachos don't keep.

Freezer: No: the chips don't freeze.

Defrost and reheat: No reheating: serve straight away. Warm the cheesy sauce gently in a pan just before serving.

Soups and Stews

Creamy Butternut Squash Soup p. 64

Fridge: 2 days.

Freezer: Yes, up to 3 months.

Defrost and reheat: Defrost overnight in the fridge.
Reheat in a pan, stirring, until piping hot.

Chickpea and Kale Stew p. 66

Fridge: 2 days.

Freezer: Yes, up to 3 months.

Defrost and reheat: Defrost overnight in the fridge.
Reheat in a pan, stirring, until piping hot.

Drinks

Fridge: Best straight

Defrost and reheat: No reheating. Shake or stir

Sea Moss Berry Smoothie p. 69

Fridge: away; up to 1 day, covered. Best straight

Freezer: Not recommended.

Defrost and reheat: before drinking. No reheating.
Stir before

Watermelon and Lime Juice p. 70

Fridge: away; up to 1 day, covered.

Freezer: Not recommended.

Defrost and reheat: serving.

Desserts

Fridge: Not suitable; keep

Defrost and reheat: Soften at room temperature

Date and Banana "Nice Cream" p. 72

Fridge: frozen.

Freezer: Yes, up to 1 month in a sealed tub.

Defrost and reheat: for 10 mins before scooping.

Don't refreeze once melted.

Basics

Fridge: 2 days in a sealed

Defrost and reheat: Defrost overnight in the

Cheesy Squash- Tahini Sauce p. 74

Fridge: jar.

Freezer: Yes, up to 1 month.

Defrost and reheat: fridge and stir well. Warm gently in a pan until piping hot if serving hot.

Pico de Gallo (Lime and Tomato Salsa) p. 75

Fridge: Best on the day; up to 1 day, covered.

Freezer: No: it goes watery.

Defrost and reheat: Serve cold.

SECTION

Breakfasts

Slow mornings and quick starts.

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Avocado and Chickpea Smash on Spelt Toast →
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Mango Key Lime Chia Pudding → p. 32

Banana Pancakes with Date Caramel

MAKES 8

Inspired by OSU Biofood

INGREDIENTS

Pancakes

- ☐ 2 ripe bananas
- ☐ 150g spelt flour
- ☐ 250ml oat milk
- ☐ 1 tsp baking powder
- ☐ Pinch sea salt
- ☐ Avocado oil

Date caramel

- ☐ 8 soft dates
- ☐ 100ml hot water
- ☐ Pinch sea salt

To serve

- ☐ Berries

METHOD

- 1 Make the date caramel: soak the dates in the hot water with the salt for 10 mins, then blend.
- 2 Mash the bananas, whisk in the milk, then the flour, baking powder and salt.
- 3 Fry small ladles in a lightly oiled pan for 2 mins a side.
- 4 Stack and top with berries and date caramel.

Keeps: Pancakes: fridge 2 days, freeze 1 month · storage guide

Avocado and Chickpea Smash on Spelt Toast

SERVES 2

INGREDIENTS

- ☐ 1 avocado
- ☐ ½ tin chickpeas
- ☐ Juice of ½ lime
- ☐ Sea salt
- ☐ Cayenne
- ☐ Cherry tomatoes
- ☐ 4 slices spelt bread
- ☐ Hemp seeds

METHOD

- 1** Mash the avocado and chickpeas with the lime, salt and cayenne.
- 2** Toast the bread.
- 3** Spread, then top with halved tomatoes and hemp seeds.

Keeps: Best made fresh · storage guide

Mango Key Lime Chia Pudding

SERVES 3

INGREDIENTS

- ☐ 4 tbsp chia seeds
- ☐ 400ml coconut milk
- ☐ 1 tbsp agave
- ☐ 1 mango
- ☐ Juice and zest of 1 lime

METHOD

- 1 Stir together the chia, coconut milk and agave; chill for 2 hours or overnight.
- 2 Blend the mango with the lime.
- 3 Layer the pudding and mango in glasses.

Keeps: Fridge 2 days · Not for freezing · storage guide

SECTION

Mains

Hearty plates for the evening table.

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Wild Rice Box

SERVES 3

INGREDIENTS

Curry

- ☐ 1 tbsp olive oil
- ☐ 1 onion, diced
- ☐ 3 garlic cloves
- ☐ 1 thumb ginger
- ☐ 2 tsp curry powder
- ☐ 1 tsp turmeric
- ☐ ½ butternut squash, cubed
- ☐ 1 tin chickpeas
- ☐ 1 tin coconut milk
- ☐ Sea salt
- ☐ Lime

Box

- ☐ 200g wild rice
- ☐ 2 ripe plantains
- ☐ Salad leaves, cucumber, tomato
- ☐ Spelt flatbreads
- ☐ Tamarind sauce

☐ Hot sauce (optional)

METHOD

- 1 Cook the wild rice for 40–45 mins.
- 2 Soften the onion, garlic and ginger in the oil for 5 mins.
- 3 Add the curry powder and turmeric and cook for 1 min.
- 4 Add the squash, chickpeas and coconut milk; simmer for 20 mins.
- 5 Season with salt and lime.
- 6 Fry the plantain for 2–3 mins a side.
- 7 Warm the flatbreads.
- 8 Build the boxes: rice, curry, plantain, salad and sauces.

Keeps: Curry: fridge 2 days, freezes 3 months ·
Rice: fridge 1 day · storage guide

Alkaline Stuffed Peppers

SERVES 3

INGREDIENTS

- ☐ 3 large red peppers, halved
- ☐ 1 tbsp olive oil
- ☐ 1 red onion
- ☐ 3 garlic cloves
- ☐ 150g mushrooms
- ☐ 1 courgette
- ☐ 4 plum tomatoes, chopped
- ☐ 2 tsp smoked paprika
- ☐ Pinch cayenne
- ☐ Sea salt
- ☐ 200g cooked wild rice
- ☐ 1 tin chickpeas
- ☐ Parsley
- ☐ Lime

To finish

- ☐ 1 batch **cheesy squash-tahini**
- ☐ **sauce** (p. 74)

METHOD

- 1 Heat the oven to 200°C (180°C fan, gas 6).
- 2 Roast the pepper halves cut side up for 20–25 mins.
- 3 Soften the onion and garlic for 5 mins.
- 4 Add the mushrooms, courgette, tomatoes and spices; cook for 5 mins.
- 5 Stir in the rice and chickpeas; heat through and add the lime.
- 6 Fill the peppers, spoon over the cheesy sauce and bake for 5–10 mins.
- 7 Scatter with parsley and serve.

Keeps: Fridge 1 day (contains rice) · Not for freezing · storage guide

Oyster Mushroom “Southern Fried” Burger

SERVES 3

Inspired by OSU Biofood

INGREDIENTS

- ☐ 300g oyster mushrooms in big clusters
- ☐ 100g spelt flour
- ☐ 1 tsp smoked paprika
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ ½ tsp cayenne
- ☐ Sea salt
- ☐ 150ml unsweetened oat milk +
- ☐ juice of ½ lime
- ☐ Avocado oil, for frying
- ☐ 3 spelt buns
- ☐ Cos lettuce
- ☐ Tomato

To build

- ☐ 1 batch **pico de gallo** (p. 75)

☐ **cheesy squash-tahini sauce**

☐ (p. 74)

☐ Hot sauce (optional)

METHOD

- 1 Mix the oat milk and lime; rest for 5 mins.
- 2 Mix the flour and spices.
- 3 Dip the mushrooms in the milk, then the flour. Repeat for a thick coat.
- 4 Shallow-fry in avocado oil for 3–4 mins a side until golden.
- 5 Build the buns: lettuce, mushroom, pico de gallo, cheesy sauce, and hot sauce if you like.

Keeps: Best eaten fresh · Cooked mushrooms:
fridge 2 days · storage guide

Kapsalon Bowl

SERVES 3

Inspired by OSU Biofood

INGREDIENTS

- ☐ 4 potatoes (or sweet potatoes), cut
- ☐ into chips
- ☐ 2 tbsp avocado oil
- ☐ Sea salt
- ☐ 250g oyster mushrooms, torn
- ☐ 1 tsp each cumin, smoked paprika,
- ☐ garlic powder
- ☐ Pinch cinnamon
- ☐ Salad leaves

To top

- ☐ cheesy squash-tahini sauce
- ☐ (p. 74)
- ☐ pico de gallo (p. 75)

METHOD

- 1 Heat the oven to 220°C (200°C fan). Toss the chips in 1 tbsp oil and salt; roast for 35–40 mins, turning once.

- 2 Fry the mushrooms in the remaining oil with the spices on a high heat for 8 mins until crisp.
- 3 Pile the chips into bowls and top with the mushroom shawarma, cheesy sauce, pico de gallo and salad.

Keeps: Best eaten fresh · Chips and mushrooms: fridge 2 days · storage guide

Chickpea Burgers

MAKES 6 · SEBI-STYLE

INGREDIENTS

- ☐ 2 tins chickpeas, drained
- ☐ ½ red onion
- ☐ ½ green pepper
- ☐ Handful coriander
- ☐ 1 tsp each onion powder, oregano,
- ☐ cayenne
- ☐ Sea salt
- ☐ 4 tbsp chickpea flour
- ☐ Avocado oil

To serve

- ☐ Spelt buns
- ☐ Lettuce, tomato, avocado

METHOD

- 1 Pulse the chickpeas, onion, pepper, coriander and spices until chunky.
- 2 Mix in the chickpea flour; shape into 6 patties.
- 3 Chill for 20 mins.

- 4 Fry in avocado oil for 4 mins a side until crisp.
- 5 Serve in buns with lettuce, tomato and avocado.

Keeps: Uncooked patties freeze 3 months ·
Cooked: fridge 2 days · storage guide

Kamut Spaghetti in Plum Tomato Sauce

SERVES 3 · SEBI-STYLE

INGREDIENTS

- ☐ 300g kamut (khorasan) or spelt
- ☐ spaghetti
- ☐ 1 tbsp olive oil
- ☐ 1 red onion
- ☐ 8 plum tomatoes, chopped
- ☐ 1 red pepper
- ☐ 200g button mushrooms
- ☐ 1 tsp each oregano, basil, onion
- ☐ powder
- ☐ Pinch cayenne
- ☐ Sea salt
- ☐ 1 tsp agave

METHOD

- 1 Cook the pasta.
- 2 Soften the onion and pepper in the oil for 5 mins.
- 3 Add the mushrooms and cook for 5 mins.

- 4 Add the tomatoes, herbs, agave and salt; simmer for 15 mins. Blend half for a thicker sauce.
- 5 Toss with the pasta.

Keeps: Sauce: fridge 2 days, freezes 3 months · storage guide

Jerk Oyster Mushrooms with Rice and Peas

SERVES 3

INGREDIENTS

- ☐ 400g oyster mushrooms
- ☐ 1 tbsp avocado oil
- ☐ 200g wild rice
- ☐ 1 tin chickpeas
- ☐ 1 tin coconut milk
- ☐ 2 spring onions
- ☐ 2 plantains

Jerk seasoning

- ☐ 1 tsp each allspice, thyme, onion
- ☐ powder, smoked paprika
- ☐ ½ tsp cayenne
- ☐ Pinch cinnamon
- ☐ Sea salt
- ☐ Juice of 1 lime
- ☐ 1 tsp agave

METHOD

- 1 Toss the mushrooms in the jerk mix; rest for 15 mins.

- 2 Simmer the wild rice in the coconut milk plus water for 40 mins; stir in the chickpeas and spring onion.
- 3 Fry the mushrooms in the oil on a high heat for 8 mins until charred.
- 4 Fry the plantain slices for 2–3 mins a side.
- 5 Serve the mushrooms on the rice with the plantain.

Keeps: Rice and peas: fridge 1 day · Mushrooms: 2 days · storage guide

Spelt Pizza

MAKES 2

INGREDIENTS

Dough

- ☐ 250g spelt flour
- ☐ 1 tsp baking powder
- ☐ ½ tsp sea salt
- ☐ 1 tbsp olive oil
- ☐ 150ml water

Topping

- ☐ 4 plum tomatoes, blended with
- ☐ oregano, basil and salt
- ☐ Mushrooms
- ☐ Peppers
- ☐ Red onion
- ☐ Olives
- ☐ Rocket
- ☐ **cheesy squash-tahini sauce**
- ☐ (p. 74)

METHOD

- 1** Heat the oven to 230°C (210°C fan).

- 2 Mix the dough ingredients; knead for 2 mins; roll into 2 thin bases.
- 3 Bake the bases for 5 mins.
- 4 Add the tomato sauce, veg and dots of cheesy sauce.
- 5 Bake for 10–12 mins; top with rocket.

Keeps: Fridge 2 days · Part-baked bases freeze 1 month · storage guide

Stuffed Portobello Mushrooms

SERVES 3

INGREDIENTS

- ☐ 6 large portobello mushrooms
- ☐ 150g cooked quinoa
- ☐ 1 courgette, diced
- ☐ ½ red pepper, diced
- ☐ ½ red onion
- ☐ 1 tbsp olive oil
- ☐ 1 tsp oregano
- ☐ Sea salt
- ☐ **cheesy squash-tahini sauce**
- ☐ (p. 74)
- ☐ Parsley

METHOD

- 1 Heat the oven to 200°C (180°C fan).
- 2 Soften the onion, courgette and pepper in the oil for 5 mins; mix with the quinoa, oregano and salt.
- 3 Pile into the mushrooms and top with cheesy sauce.
- 4 Bake for 20 mins; finish with parsley.

Keeps: Fridge 1 day (contains quinoa) · Not for freezing · storage guide

Coconut Curry with Amaranth

SERVES 3

INGREDIENTS

- ☐ 1 tbsp coconut oil
- ☐ 1 onion
- ☐ 1 thumb ginger
- ☐ 2 tsp curry powder
- ☐ 1 tsp turmeric
- ☐ 1 courgette
- ☐ 1 red pepper
- ☐ 200g button mushrooms
- ☐ 1 tin coconut milk
- ☐ 2 handfuls kale
- ☐ Lime
- ☐ Sea salt
- ☐ 200g amaranth or quinoa

METHOD

- 1 Cook the amaranth or quinoa.
- 2 Soften the onion and ginger in the oil; add the spices for 1 min.
- 3 Add the courgette, pepper and mushrooms; cook for 5 mins.

- 4 Add the coconut milk; simmer for 10 mins, then stir in the kale.
- 5 Season with lime and salt; serve over the grain.

Keeps: Curry: fridge 2 days, freezes 3 months ·
Grain: 1 day · storage guide

SECTION

Light Meals and Wraps

Lunches, wraps and bowls.

Mushroom "Philly Cheeze" Roti → p. 55

Quinoa Rainbow Bowl → p. 57

Chickpea "Tuna" Salad Wraps → p. 59

Alkaline Nachos → p. 61

Mushroom “Philly Cheeze” Roti

SERVES 3

Inspired by OSU Biofood

INGREDIENTS

- ☐ 4 portobello mushrooms, sliced
- ☐ 2 bell peppers, sliced
- ☐ 1 red onion, sliced
- ☐ 1 tbsp avocado oil
- ☐ 1 tsp smoked paprika
- ☐ Sea salt
- ☐ 3 spelt flatbreads
- ☐ Salad leaves

To fill

- ☐ 1 batch **cheesy squash-tahini**
- ☐ **sauce** (p. 74)

METHOD

- 1 Blend the cheesy sauce.
- 2 Fry the mushrooms, peppers and onion in the oil on a high heat for 8–10 mins until browned.
- 3 Season with the paprika and salt.
- 4 Warm the flatbreads.

- 5 Fill with salad, the mushroom mix and cheesy sauce. Roll up.

Keeps: Filling: fridge 2 days · Build the roti fresh · storage guide

Quinoa Rainbow Bowl

SERVES 3

INGREDIENTS

- ☐ 200g quinoa
- ☐ 1 courgette
- ☐ 1 red pepper
- ☐ 1 red onion
- ☐ 1 tbsp olive oil
- ☐ 2 avocados
- ☐ Cherry tomatoes
- ☐ Cucumber
- ☐ Kale, massaged with lime and salt
- ☐ Hemp seeds

Dressing

- ☐ 2 tbsp tahini
- ☐ Juice of 1 lime
- ☐ 1 tsp agave
- ☐ Sea salt
- ☐ Water, to thin

METHOD

- 1 Cook the quinoa.

- 2 Roast the courgette, pepper and onion in the oil at 200°C for 25 mins.
- 3 Whisk the dressing.
- 4 Build the bowls: quinoa, kale, roast veg, avocado, tomato and cucumber.
- 5 Drizzle with the dressing and scatter with hemp seeds.

Keeps: Quinoa: fridge 1 day · Cut avocado fresh · storage guide

Chickpea “Tuna” Salad Wraps

SERVES 3

INGREDIENTS

- ☐ 1 tin chickpeas
- ☐ 2 tbsp tahini
- ☐ Juice of ½ lime
- ☐ 1 celery stick
- ☐ ¼ red onion
- ☐ 1 tsp dulse or nori flakes
- ☐ Sea salt
- ☐ Cayenne
- ☐ 3 spelt flatbreads
- ☐ Lettuce
- ☐ Tomato

METHOD

- 1** Roughly mash the chickpeas.
- 2** Stir in the tahini, lime, finely chopped celery and onion, seaweed, salt and cayenne.
- 3** Fill the flatbreads with lettuce, tomato and the chickpea mix.

Keeps: Filling: fridge 2 days · Not for freezing ·
storage guide

Alkaline Nachos

SERVES 3

INGREDIENTS

Chips

- ☐ 4 spelt wraps
- ☐ 1 tbsp avocado oil
- ☐ Sea salt

To top

- ☐ 1 batch **pico de gallo** (p. 75)
- ☐ 2 ripe avocados, mashed with lime
- ☐ and sea salt
- ☐ 1 batch **cheesy squash-tahini**
- ☐ **sauce** (p. 74)
- ☐ ½ tin chickpeas (optional)
- ☐ Sliced jalapeño or a pinch of
- ☐ cayenne (optional)
- ☐ Coriander

METHOD

- 1 Heat the oven to 200°C (180°C fan, gas 6).
- 2 Brush the wraps with the oil, sprinkle with salt and cut into triangles.

- 3 Bake on trays for 6–8 mins until crisp, watching closely.
- 4 Pile onto a platter, warm the cheesy sauce and spoon it over.
- 5 Top with the chickpeas, pico de gallo, avocado, jalapeño and coriander.
- 6 Serve straight away.

Keeps: Chips: 3 days in an airtight tin · Assembled nachos don't keep · storage guide

SECTION

Soups and Stews

One pot, plenty to share.

Creamy Butternut Squash Soup → **p. 64**

Chickpea and Kale Stew → **p. 66**

Creamy Butternut Squash Soup

SERVES 4

INGREDIENTS

- ☐ 1 butternut squash, cubed
- ☐ 1 onion
- ☐ 2 garlic cloves
- ☐ 1 tbsp olive oil
- ☐ 1 tin coconut milk
- ☐ 500ml water
- ☐ 1 tsp onion powder
- ☐ Pinch cayenne
- ☐ Sea salt
- ☐ Coriander

METHOD

- 1** Soften the onion and garlic in the oil for 5 mins.
- 2** Add the squash, water and spices; simmer for 20 mins.
- 3** Add the coconut milk and blend until smooth.
- 4** Season and top with coriander.

Keeps: Fridge 2 days · Freezes 3 months · storage guide

Chickpea and Kale Stew

SERVES 4

INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ 1 onion
- ☐ 2 garlic cloves
- ☐ 1 tsp each cumin, smoked paprika
- ☐ Pinch cayenne
- ☐ 6 plum tomatoes, chopped
- ☐ 2 tins chickpeas
- ☐ 1 sweet potato, cubed
- ☐ 600ml water
- ☐ 2 big handfuls kale
- ☐ Sea salt
- ☐ Lime

METHOD

- 1** Soften the onion and garlic in the oil for 5 mins; add the spices for 1 min.
- 2** Add the tomatoes, chickpeas, sweet potato and water; simmer for 25 mins.
- 3** Stir in the kale for 3 mins.
- 4** Season with salt and lime.

Keeps: Fridge 2 days · Freezes 3 months · storage guide

SECTION

Drinks

Blended and poured.

Sea Moss Berry Smoothie → p. 69

Watermelon and Lime Juice → p. 70

Sea Moss Berry Smoothie

SERVES 2

INGREDIENTS

- ☐ 2 tbsp sea moss gel (see **Where to Buy**, p. 13)
- ☐ 1 banana
- ☐ 150g mixed berries
- ☐ 300ml coconut water or oat milk
- ☐ 1 tsp agave (optional)

METHOD

- 1 Put everything in a NutriBullet or blender.
- 2 Blend until smooth.

Keeps: Best fresh · Fridge up to 1 day · storage guide

Watermelon and Lime Juice

SERVES 3

Inspired by OSU's watermelon juice

INGREDIENTS

- ☐ ¼ large watermelon, cubed
- ☐ Juice of 1 lime
- ☐ Few mint leaves
- ☐ Ice

METHOD

- 1 Blend the watermelon, lime and mint.
- 2 Strain if you like; serve over ice.

Keeps: Best fresh · Fridge up to 1 day · storage guide

SECTION

Desserts

Something sweet.

Date and Banana "Nice Cream" → **p. 72**

Date and Banana “Nice Cream”

SERVES 3

INGREDIENTS

- ☐ 4 ripe bananas, sliced and frozen
- ☐ 4 soft dates
- ☐ 2–4 tbsp coconut milk
- ☐ Pinch sea salt

METHOD

- 1 Blend the frozen banana, dates and salt, adding the coconut milk a spoonful at a time.
- 2 Scrape down until thick and creamy.
- 3 Eat straight away, or freeze for 1 hour for a firmer scoop.

Keeps: Freezer up to 1 month · storage guide

SECTION

Basics

Two handy basics that turn up all through the book.

Cheesy Squash-Tahini Sauce → p. 74

Pico de Gallo (Lime and Tomato Salsa) → p. 75

Cheesy Squash-Tahini Sauce

MAKES 1 BATCH

INGREDIENTS

- ☐ 150g cooked butternut squash
- ☐ 2 tbsp tahini
- ☐ Juice of ½ lime
- ☐ ½ garlic clove
- ☐ Pinch sea salt
- ☐ Splash water

METHOD

- 1 Put everything in a blender.
- 2 Blend until smooth, adding a little more water if needed.

Keeps: Fridge 2 days · Freezes 1 month · storage guide

Pico de Gallo (Lime and Tomato Salsa)

MAKES 1 BATCH

My kids love this one. — a local lad from Fife

INGREDIENTS

- ☐ 2 plum tomatoes
- ☐ ¼ red onion
- ☐ Coriander
- ☐ Lime juice
- ☐ Salt

METHOD

- 1 Finely chop the tomatoes, onion and coriander.
- 2 Mix with the lime juice and salt.

Keeps: Best on the day · Fridge up to 1 day · storage guide

SECTION

The Mucusless 7-Day Plan

A gentle, juicy week of eating inspired by Arnold Ehret's Mucusless Diet Healing System, with adult and child portions.

7 DAYS

PLANT-BASED

ADULT + KID PORTIONS

The Mucusless 7-Day Plan

*A gentle, juicy week of eating
inspired by Arnold Ehret's
Mucusless Diet Healing System*

From the Simple Plant Kitchen · organic · alkaline-
leaning · plant-based · dinner 4–5pm · water tips

The big idea



Arnold Ehret (1866–1922) was a German writer whose 1922 book *Mucusless Diet Healing System* set out his own theory of food. He divided foods into two camps. **Mucusless foods**, in his view, are fresh and dried fruits, starchless and green leafy vegetables, and vegetables eaten raw or lightly cooked. **Mucus-forming foods**, as he saw them, are meat, fish, eggs, dairy, grains and bread, starchy foods and legumes (beans, lentils, peas).

Ehret was firm that nobody should switch overnight. He described a **transition diet**: a slow, step-by-step move from a normal diet towards more fruit and vegetables, keeping some heavier "bridging" foods such as baked vegetables and nuts along the way. He favoured a **fruit-first or "no-breakfast" morning** for adults, with the first real meal at midday, and a big raw salad of grated and shredded vegetables that he called the **"intestinal broom"**. Those are his ideas, and this plan simply borrows his structure for a week of good plant cooking.

Adults

- Morning: water, herbal tea or warm water with lime. Fruit mid-morning if hungry (the "no-breakfast" option).
- Midday: a fruit meal.
- Dinner 4–5pm: intestinal broom salad first, then a cooked veg dish.
- Day 7 has an *optional* lighter fruit-and-salad day. Skip it if it doesn't suit.

Children & teens

- A gentler transition version: always three meals plus two snacks.
- **No fasting and no skipped meals, ever.**
- More filling, energy- and protein-rich foods: avocado, nuts and seeds, tahini, baked squash and sweet potato, quinoa, dates.
- Portions shown suit a teen (13–17). Smaller children: about two-thirds.

Half portions

An older adult eating lightly can simply take **half the adult portion** at each meal. For a family of 1.5 adults, multiply the adult column by 1.5.

Day by day



Adult

Child / teen (gentle transition, tinted)

1

cup $\approx$ 250ml. Fruit weights are before peeling.



Day 1 *Easy start: apples, squash and the first broom salad*

Morning

Adult: Warm water with lime. Mid-morning if hungry: 2 apples (300g)

Child / teen: Warm stewed apple & pear (1¼ cups / 300g) with 3 chopped dates and 2 tbsp pumpkin seeds (20g)

Midday

Adult: Fruit plate: 2 oranges + 1 cup grapes (450g)

Child / teen: 2 oranges + 1 cup grapes (400g), plus ½ avocado on cucumber slices

Dinner

Adult: Intestinal broom salad (3 cups / 250g), then steamed kale & courgette (250g)

Child / teen: Broom salad (2 cups / 150g), baked butternut squash (300g) with 1 tbsp tahini, steamed kale (100g)

Snacks

Adult: 1 pear if hungry

Child / teen: 4 dates + 25g walnuts; 1 banana



Day 2 *Berries and a warm baked-veg tray*

Morning

Adult: Herbal tea. Mid-morning: 1 cup berries (150g)

Child / teen: Berry & banana smoothie: 1 cup berries, 1 banana, 1 tbsp hemp seeds, 1 cup water (400ml)

Midday

Adult: 1 large mango + 1 banana (450g)

Child / teen: 1 mango + 1 banana, plus a small handful of almonds (25g)

Dinner

Adult: Broom salad (250g), then baked tray of peppers, red onion & courgette (300g)

Child / teen: Broom salad (150g), baked veg tray (250g) + baked sweet potato (250g) with 1 tsp olive oil

Snacks

Adult: Cucumber & celery sticks

Child / teen: ½ avocado with lime; 3 dates + 20g pumpkin seeds



Day 3 *Stewed fruit morning, greens at night*

Morning

Adult: Warm water with lime. Mid-morning: 2 pears (350g)

Child / teen: Stewed figs, apple & raisins (1¼ cups / 300g) with 2 tbsp chopped walnuts (15g)

Midday

Adult: Melon (½ small / 400g)

Child / teen: Melon (300g), then cucumber "boats" filled with ½ mashed avocado & tomato

Dinner

Adult: Broom salad (250g), then wilted kale, mushrooms & onion (250g)

Child / teen: Broom salad (150g), quinoa (¾ cup cooked / 140g) with wilted kale, mushrooms & onion (200g)

Snacks

Adult: 1 apple if hungry

Child / teen: Apple slices with 1 tbsp almond butter; 4 dates

Day 4 *Squash soup day*



Morning

Adult: Herbal tea. Mid-morning: 2 kiwis + 1 orange (300g)

Child / teen: 2 kiwis + 1 banana, with 2 tbsp pumpkin seeds (20g)

Midday

Adult: Grapes & apple (450g)

Child / teen: Grapes & apple (350g), plus 25g walnuts

Dinner

Adult: Broom salad (250g), then butternut & onion soup (2 cups / 500ml)

Child / teen: Broom salad (150g), squash soup (2 cups) with 1 tbsp hemp seeds on top, + ½ avocado

Snacks

Adult: Celery sticks

Child / teen: Date & walnut balls (3); 1 pear



Day 5 *Tropical midday, roast veg dinner*

Morning

Adult: Warm water with lime. Mid-morning: 1 cup berries (150g)

Child / teen: Stewed apple & pear (300g) with 3 dates and 1 tbsp tahini

Midday

Adult: Papaya or mango + 1 banana (450g)

Child / teen: Mango + banana (400g), plus 25g almonds

Dinner

Adult: Broom salad (250g), then baked courgette, peppers & cherry tomatoes (300g)

Child / teen: Broom salad (150g), baked veg (200g) + baked butternut squash wedges (300g) with tahini-lime drizzle

Snacks

Adult: 1 orange

Child / teen: ½ avocado with lime; 1 banana

Day 6 *Big salad, stuffed squash*



Morning

Adult: Herbal tea. Mid-morning: 2 apples (300g)

Child / teen: Smoothie: 1 banana, 1 cup mango, 2 tbsp hemp seeds, kale leaf, water (400ml)

Midday

Adult: Oranges & grapes (450g)

Child / teen: Oranges & grapes (350g), plus 3 dates stuffed with walnut halves

Dinner

Adult: Broom salad (300g), then ½ baked squash with onions & mushrooms (300g)

Child / teen: Broom salad (150g), ½ baked squash stuffed with quinoa (100g cooked), mushrooms & onion; steamed kale

Snacks

Adult: Cucumber sticks

Child / teen: Apple + 1 tbsp almond butter; 20g pumpkin seeds



Day 7 *Lighter day for adults* (optional) · *normal day for kids*

Morning

Adult: Water or herbal tea. Mid-morning: 1 pear (175g)

Child / teen: Stewed figs & apple (300g) with 2 tbsp chopped walnuts

Midday

Adult: Melon & berries (400g)

Child / teen: Melon & berries (300g), plus cucumber & ½ avocado

Dinner

Adult: Large broom salad (350g) with lime & olive oil. Optional: steamed courgette (200g)

Child / teen: Broom salad (150g), baked sweet potato (250g) with tahini, steamed kale & courgette (150g)

Snacks

Adult: Fruit only if hungry

Child / teen: Date & walnut balls (3); 1 banana



Quick swaps. Any fruit can swap for another fruit of similar weight; any leafy green for another. Keep each fruit meal to one or two kinds of fruit, as Ehret suggested. Dinner is aimed at 4–5pm.



PLEASE READ

Safety note

- This plan is for general interest. It is **not medical advice** and it doesn't claim to treat or prevent anything. The mucus ideas described are Arnold Ehret's own theories.
- **Children and teens:** check with your GP before making big changes to a growing child's diet. **No fasting and no skipped meals for children.** Keep their portions generous and include the nuts, seeds, avocado, squash, sweet potato and quinoa shown.
- **Adults:** a fully plant-based diet needs **vitamin B12** from a supplement or fortified food, and in Scotland the NHS advises a **vitamin D** supplement in autumn and winter. Talk to your GP or pharmacist about these, and before any fasting.
- Anyone who is pregnant, breastfeeding, on medication, older, or living with a health condition should speak to their GP first. Stop and seek advice if you feel unwell.



Water, the simple way

- **Distilled water is best.** Ehret favoured distilled water, and saw juicy fruit as the best water source of all.
- **Drink between meals, not with them.** Finish a glass 20–30 mins before eating, then wait an hour or so after.
- **Warm lime water in the morning.** A mug with a squeeze of lime starts each adult day.
- **Juicy fruit counts.** Melon, oranges, grapes, pears and cucumber all help top you up.

“I use a water distiller and an Enagic LeveLuk K8 at home.”

For kids, normal tap or filtered water is fine too.
Not medical advice.

Shopping list



Quantities for **1 adult + 1 child/teen** for the full week. Buy organic where you can. **To scale:** add about half again ($\times 1.5$) for one extra adult; add the child amounts again for each extra teen; for a half-portion eater add about a third of the adult amounts.

Fruit

- Apples: 14 (about 2.1kg)
- Pears: 9 (about 1.6kg)
- Oranges: 10
- Bananas: 12
- Grapes (red, seeded if you can find them): 1.5kg
- Mangoes: 5
- Berries (mixed, or frozen): 1kg
- Melon: 1 large or 2 small
- Kiwis: 4
- Papaya: 1 (or an extra mango)
- Limes: 8

Dried fruit

- Medjool dates: 400g
- Dried figs: 200g
- Raisins: 100g

Vegetables

- Butternut squash: 4 medium
- Sweet potatoes: 3 medium (child meals)
- Courgettes: 7
- Kale: 800g
- Mixed peppers: 6
- Red onions: 6
- Mushrooms (chestnut): 500g
- Cherry tomatoes: 500g

Broom salad veg (for 7 dinners)

- White or green cabbage: 1 large
- Red cabbage: ½
- Carrots: 1.5kg
- Beetroot (raw): 4
- Celery: 2 heads
- Cucumbers: 4
- Romaine or cos lettuce: 4 heads
- Watercress or rocket: 2 bags
- Fresh parsley & coriander: 1 bunch each

Nuts, seeds & pantry

- Avocados: 6
- Walnuts: 250g
- Almonds: 150g
- Pumpkin seeds: 150g
- Hemp seeds: 100g
- Tahini: 1 jar
- Almond butter: 1 small jar
- Quinoa: 250g dry (child meals)
- Extra virgin olive oil
- Sea salt, cinnamon, herbal teas



Let's cook!



THE BIG ONE

Intestinal broom salad

SERVES 1 ADULT + 1 CHILD · 10 MINS · NO COOKING

- ¼ white cabbage, finely shredded (150g)
- 2 carrots, grated
- 1 small raw beetroot, grated
- 2 celery sticks, sliced thin
- ½ cucumber, diced
- 1 cos lettuce heart, torn
- Handful watercress, parsley or coriander
- Juice of 1 lime + 1 tbsp olive oil, pinch sea salt

1. Shred, grate and chop everything as finely as you can. The finer it is, the easier it is to eat a big bowl.
2. Toss with lime, oil and salt just before serving.
3. Adults take about two-thirds; the rest is the child portion.

Ehret liked raw salads of grated, fibrous vegetables, which he called the "intestinal broom".

COMFORT

Stewed apple & pear

MAKES 2 CHILD BREAKFASTS · 15 MINS

- 2 apples + 2 pears, cored and chopped
- 4 dates (or 2 figs + 1 tbsp raisins), chopped
- Pinch of cinnamon, 100ml water

1. Simmer everything in a lidded pan for 10–12 mins until soft.
2. Serve warm with pumpkin seeds or chopped walnuts.
3. Keeps 3 days in the fridge.

AFTER-SCHOOL SNACK



Cucumber avocado boats

CHILD ½-1 AVOCADO · 5 MINS

- 1 cucumber, halved lengthways
- 1 ripe avocado
- 6 cherry tomatoes, diced
- Lime juice, pinch sea salt
- 1 tbsp hemp or pumpkin seeds

1. Scoop out the cucumber seeds with a teaspoon.
2. Mash avocado with lime and salt, stir in the tomatoes.
3. Fill the boats, top with seeds and cut into chunks.

OVEN

Baked butternut squash

SERVES 1 ADULT + 1 CHILD · 45 MINS

- 1 butternut squash, halved and seeded
- 1 red onion, in wedges
- 1 tbsp olive oil, sea salt
- Tahini-lime drizzle: 1 tbsp tahini, juice of ½ lime, 2 tbsp water

1. Heat the oven to 200°C (180°C fan). Cut the squash into wedges, or keep halves for stuffing.
2. Toss with onion, oil and salt; bake 35–40 mins until soft and browned at the edges.
3. Whisk the drizzle and spoon over the child's portion. For stuffed squash, fill halves with quinoa, mushrooms and onion for the last 10 mins.

SNACK

Date & walnut balls

MAKES 12 · 10 MINS

- 150g Medjool dates, stoned
 - 100g walnuts
 - 1 tbsp hemp seeds, pinch cinnamon
1. Blitz in a food processor until sticky.
 2. Roll into 12 balls; chill. Keeps a week in the fridge.

BOWL

Squash & onion soup

SERVES 1 ADULT + 1 CHILD · 35 MINS

1. Soften 1 chopped onion in 1 tsp oil, add 1 diced squash (about 800g) and 900ml water.
2. Simmer 20 mins, blend smooth, season with sea salt and lime.

More recipes!



MIDDAY



Sunshine fruit bowl

ADULT 450G · CHILD 400G + NUTS · 5 MINS

- 1 ripe mango, peeled and cubed
- 1 banana, sliced
- 1 orange, segmented
- Squeeze of lime
- Child: + 25g almonds or walnuts

1. Chop the fruit into a big bowl and squeeze over the lime.
2. Adult: eat on its own as the midday fruit meal.
3. Child: scatter the nuts on top for staying power.

Ehret suggested one or two kinds of fruit per meal, so swap in any pair you like.

KIDS' BREAKFAST



Berry banana smoothie

CHILD 400ML · ADULT 300ML (OPTIONAL) · 3 MINS

- 1 cup berries (fresh or frozen)
- 1 banana
- 1 tbsp hemp seeds
- 1 kale leaf, stalk removed (optional)
- 1 cup cold water

1. Blend everything until smooth.
2. Child: drink the full glass with breakfast.
3. Adult: a smaller glass works as a mid-morning fruit option.

BROOM SALAD, 3 WAYS



Rainbow, green & sweet

BASE: ADULT 250G · CHILD 150G

- **Rainbow:** red cabbage, grated carrot, beetroot, parsley
- **Green:** shredded kale, cucumber, celery, rocket, lime
- **Sweet:** white cabbage, grated apple, carrot, a few raisins

1. Shred and grate as finely as you can.
2. Dress with lime, olive oil and a pinch of sea salt.
3. Child: add ½ avocado or 1 tbsp pumpkin seeds on top.

OVEN DINNER



Baked veg tray

SERVES 1 ADULT + 1 CHILD · 35 MINS

- 2 peppers, in chunks
- 1 red onion, in wedges
- 1 courgette, in half-moons
- 200g cherry tomatoes
- 1 tbsp olive oil, sea salt, dried thyme

1. Oven 200°C (180°C fan). Toss everything on a tray with oil, salt and thyme.
2. Bake 25–30 mins, turning once.
3. Adult 300g after the broom salad. Child 250g plus a baked sweet potato.

PAN DINNER



Kale, mushroom & onion with quinoa

SERVES 1 ADULT + 1 CHILD · 20 MINS

- 1 onion, sliced
- 250g chestnut mushrooms, sliced
- 200g kale, shredded
- 1 tsp olive oil, sea salt, squeeze of lime
- Child: 70g dry quinoa (about 140g cooked)

1. Simmer the quinoa in twice its volume of water for 15 mins (child only).
2. Soften onion in the oil 5 mins, add mushrooms 5 mins, then kale until just wilted.
3. Adult: 250g veg on its own. Child: 200g veg on the quinoa.

KIDS' DINNER



Baked sweet potato & tahini

CHILD 1 MEDIUM POTATO (250G) · 50 MINS

- 1 medium sweet potato per child
- 1 tbsp tahini, juice of ½ lime, 1 tbsp water
- Pinch sea salt, chopped parsley

1. Prick the potato and bake at 200°C (180°C fan) for 45–50 mins until soft.
2. Whisk tahini, lime and water into a drizzle.
3. Split, drizzle and sprinkle with parsley.
Serve with greens.

A transition food for growing kids. Adults stick with squash and greens.

Kit I Use

A couple of things from my own kitchen.

Kangen K8

I use a K8 at home.

Slow juicer

I also use a JR Ultra 8000 S3 slow juicer at home.

juicyretreats.com/jr-ultra-juicers (JR Ultra range by Juicy Retreats, a UK company)

Further Reading

Medical Medium

Anthony William, 2015, updated 2021

Life-Changing Foods

Anthony William, 2016

Thyroid Healing

Anthony William, 2017

Liver Rescue

Anthony William, 2018

Celery Juice

Anthony William, 2019

Cleanse to Heal

Anthony William, 2020

Brain Saver

Anthony William, 2022

Brain Saver Protocols, Cleanses & Recipes

Anthony William, 2022

Rays of Truth, Crystals of Light

Dr Fred Bell, 1998

Hands of Light

Barbara Ann Brennan, 1987

Mucusless Diet Healing System

Arnold Ehret

Easy Shopping

Fresh things to buy for each recipe, assuming your **Alkaline Pantry** (p. 6) is stocked. Tick as you go.

Breakfasts

Banana Pancakes with Date Caramel p. 29

- ☐ 2 ripe bananas
- ☐ Berries
- ☐ Oat milk (250ml)

Avocado and Chickpea Smash on Spelt Toast p. 31

- ☐ 1 avocado
- ☐ Cherry tomatoes
- ☐ Lime
- ☐ Spelt bread

Mango Key Lime Chia Pudding p. 32

- ☐ 1 mango
- ☐ 1 lime

Mains

Wild Rice Box p. 34

- ☐ Onion
- ☐ Salad leaves
- ☐ Garlic
- ☐ Cucumber
- ☐ Ginger (1 thumb)
- ☐ Tomatoes
- ☐ Butternut squash
- ☐ Spelt flatbreads
- ☐ Limes
- ☐ Tamarind sauce
- ☐ 2 ripe plantains
- ☐ Hot sauce (optional)

Alkaline Stuffed Peppers p. 36

- ☐ 3 large red peppers
- ☐ Courgette
- ☐ Red onion
- ☐ 4 plum tomatoes
- ☐ Garlic
- ☐ Parsley

☐ 150g mushrooms

☐ Limes

For the cheesy sauce (p. 74)

☐ Butternut squash (150g

☐ Lime

☐ cooked)

☐ Garlic

Oyster Mushroom “Southern Fried” Burger p. 38

☐ 300g oyster mushrooms

☐ 3 spelt buns

☐ Unsweetened oat milk

☐ Cos lettuce

☐ (150ml)

☐ Tomato

☐ Lime

☐ Hot sauce (optional)

For the pico de gallo (p. 75)

☐ 2 plum tomatoes

☐ Coriander

☐ Red onion

- ☐ Lime

For the cheesy sauce (p. 74)

- ☐ Butternut squash (150g)
- ☐ Lime
- ☐ cooked)
- ☐ Garlic

Kapsalon Bowl p. 40

- ☐ 4 potatoes (or sweet
- ☐ 250g oyster mushrooms
- ☐ potatoes)
- ☐ Salad leaves

For the pico de gallo (p. 75)

- ☐ 2 plum tomatoes
- ☐ Coriander
- ☐ Red onion
- ☐ Lime

For the cheesy sauce (p. 74)

- ☐ Butternut squash (150g)
- ☐ Lime
- ☐ cooked)
- ☐ Garlic

Chickpea Burgers p. 42

- ☐ Red onion
- ☐ Lettuce
- ☐ Green pepper
- ☐ Tomato
- ☐ Coriander
- ☐ Avocado
- ☐ Spelt buns

Kamut Spaghetti in Plum Tomato Sauce p. 44

- ☐ Red onion
- ☐ Red pepper
- ☐ 8 plum tomatoes
- ☐ 200g button mushrooms

Jerk Oyster Mushrooms with Rice and Peas p. 46

- ☐ 400g oyster mushrooms
- ☐ 2 spring onions
- ☐ Lime
- ☐ 2 plantains

Spelt Pizza p. 48

- ☐ 4 plum tomatoes
- ☐ Red onion
- ☐ Mushrooms
- ☐ Olives
- ☐ Peppers
- ☐ Rocket

For the cheesy sauce (p. 74)

- ☐ Butternut squash (150g
- ☐ Lime
- ☐ cooked)
- ☐ Garlic

Stuffed Portobello Mushrooms p. 50

- ☐ 6 large portobello
- ☐ Red pepper
- ☐ mushrooms
- ☐ Red onion
- ☐ Courgette
- ☐ Parsley

For the cheesy sauce (p. 74)

- ☐ Butternut squash (150g

- ☐ Lime
- ☐ cooked)
- ☐ Garlic

Coconut Curry with Amaranth p. 52

- ☐ Onion
- ☐ 200g button mushrooms
- ☐ Ginger (1 thumb)
- ☐ Kale (2 handfuls)
- ☐ Courgette
- ☐ Lime
- ☐ Red pepper

Light Meals and Wraps

Mushroom “Philly Cheeze” Roti p. 55

- ☐ 4 portobello mushrooms
- ☐ 3 spelt flatbreads
- ☐ 2 bell peppers
- ☐ Salad leaves
- ☐ Red onion

For the cheesy sauce (p. 74)

- ☐ Butternut squash (150g)
- ☐ Lime

☐ cooked)

☐ Garlic

Quinoa Rainbow Bowl p. 57

☐ Courgette

☐ Cherry tomatoes

☐ Red pepper

☐ Cucumber

☐ Red onion

☐ Kale

☐ 2 avocados

☐ Limes

Chickpea “Tuna” Salad Wraps p. 59

☐ Lime

☐ 3 spelt flatbreads

☐ Celery

☐ Lettuce

☐ Red onion

☐ Tomato

Alkaline Nachos p. 61

☐ 4 spelt wraps

☐ Jalapeño (optional)

- ☐ 2 ripe avocados
- ☐ Coriander
- ☐ Lime

For the pico de gallo (p. 75)

- ☐ 2 plum tomatoes
- ☐ Coriander
- ☐ Red onion
- ☐ Lime

For the cheesy sauce (p. 74)

- ☐ Butternut squash (150g
- ☐ Lime
- ☐ cooked)
- ☐ Garlic

Soups and Stews

Creamy Butternut Squash Soup p. 64

- ☐ Butternut squash
- ☐ Garlic
- ☐ Onion
- ☐ Coriander

Chickpea and Kale Stew p. 66

- ☐ Onion
- ☐ 1 sweet potato
- ☐ Garlic
- ☐ Kale (2 big handfuls)
- ☐ 6 plum tomatoes
- ☐ Lime

Drinks

Sea Moss Berry Smoothie p. 69

- ☐ 1 banana
- ☐ Coconut water or oat
- ☐ milk (300ml)
- ☐ 150g mixed berries

Watermelon and Lime Juice p. 70

- ☐ Large watermelon ($\frac{1}{4}$
- ☐ Mint
- ☐ needed)
- ☐ Ice
- ☐ 1 lime

Desserts

Date and Banana “Nice Cream” p. 72

- ☐ 4 ripe bananas (freeze
- ☐ ahead)

Basics

Cheesy Squash-Tahini Sauce p. 74

- ☐ Butternut squash
- ☐ Garlic
- ☐ Lime

Pico de Gallo (Lime and Tomato Salsa) p. 75

- ☐ 2 plum tomatoes
- ☐ Coriander
- ☐ Red onion
- ☐ Lime

Happy cooking. — a local lad from Fife