



# CIRS COOKBOOK



**NATMED**

INTEGRATED MEDICINE CLINIC

A hand holding a clear glass filled with a vibrant green smoothie. A light blue and white striped paper straw is inserted into the drink. The background is a soft, out-of-focus white brick wall. The word "BREAKFAST" is overlaid in a bold, black, serif font across the center of the image.

**BREAKFAST**

# KETO GREEN SMOOTHIE

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SERVING: 1  
TOTAL TIME:  
2 MINUTES

## INGREDIENTS

1/4 avocado  
Coconut milk  
2 cups spinach  
1 cucumber  
1 tsp coconut oil

## DIRECTIONS

Add all ingredients to a blender with ice and blitz until smooth.

Optional: add 1 tsp bio greens/  
spirulina (optional)

# BREAKFAST QUINOA

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SERVING: 2  
TOTAL TIME:  
30 MINUTES

## INGREDIENTS

2 cups water  
1 cup quinoa

## DIRECTIONS

Bring quinoa and water to a boil in a saucepan - add a little sweetener or a pinch of salt if desired. Reduce heat to medium-low, cover and simmer for 20 minutes or until water is absorbed. Set aside, covered for 10 minutes.

Spoon into bowls and top with your favourite toppings. Serve warm or cold

### Topping suggestions:

Nuts and seeds  
Coconut flakes  
Almond butter  
Blueberries

# ALMOND MEAL PANCAKES

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SERVING: 14  
TOTAL TIME:  
10 MINUTES



## INGREDIENTS

3 eggs  
1/2 teaspoon baking  
soda  
1/2 teaspoon sea salt  
1 tablespoon ground  
flax seeds  
3 cups almond meal  
2 tablespoons oil (or  
butter/ghee to suit your  
diet)  
3/4 cup nut milk of  
choice

## DIRECTIONS

In a medium bowl, combine the almond meal, flaxseed, salt, and baking soda. In a large bowl, whisk the eggs, then add the milk and oil or butter and whisk thoroughly.

Gradually whisk the flour mixture into the egg mixture. Add more milk as necessary, one tablespoon at a time, to reach pancake-batter consistency.

Lightly oil a skillet and heat over medium heat.

Pour 1/4 cup batter onto the skillet. Cook for three minutes, or until bubbles form and edges are cooked.

Flip and cook for three minutes or until underside is lightly browned.

Repeat with remaining batter. Serve with desired toppings.

# CHOCOLATE SMOOTHIE

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SERVING: 1  
TOTAL TIME:  
2 MINUTES



## INGREDIENTS

1/4 cup water  
(+ 1/2 cup ice)  
2 eggs  
1/4 cup coconut cream  
1 tablespoon oil (MCT  
oil or coconut oil)  
1 tablespoon cacao  
(pure) (powder, pure)  
1 serve Protein Powder

## DIRECTIONS

Place the eggs in a blender. If you don't like using raw eggs, choose a substitution option below

Add cream (or coconut cream), water, cacao and ice.

Add the MCT oil or coconut oil and protein powder.

Blend until smooth and serve immediately!

### Substitutions:

Use 2 large eggs or 1-2 tbsp chia seeds or 1-2 tbsp coconut butter or almond butter

# BREAKFAST EGGS

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SERVING: 2  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

2 eggs  
3 cloves garlic, crushed  
1 tablespoon shallot  
(finely chopped)  
1 cup cherry tomatoes  
1 tablespoon dill (fresh)

## DIRECTIONS

Warm about 2 teaspoons oil into a small frying pan; add half of the garlic, and saute for 30 seconds. Add the tomatoes and a pinch of salt, and stir for about 1 minute. Stir in the dill and continue to cook for about 20 seconds longer. Remove from the heat.

Add 2 teaspoons more oil, the remaining garlic and shallots and a sprinkling of salt into a medium non-stick frying pan over medium high heat. Cook, stirring occasionally, until the shallots and garlic begin to turn golden, about 3 minutes.

Carefully crack eggs (keeping yolk intact) into the pan, season to taste and cook until edges are well cooked, about 4 minutes. Using a spatula, flip the eggs, and cook for an additional 10 to 15 seconds.

Slide the eggs and any remaining garlic and shallots onto the plate along with the tomatoes.

# KALE & GOATS CHEESE OMELET

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SERVING: 2  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

3 eggs  
1 tablespoon coconut  
oil  
1/4 cup cheese (goats,  
cumbled)  
2 cups kale (chopped)  
1 tablespoon milk of  
choice

## DIRECTIONS

Beat the eggs and milk together. Heat a small frying pan to medium heat. Add the coconut oil, stir until it is melted, then add the egg mixture.

Immediately cover one half of the omelette with kale, and then add the crumbled goats feta cheese on top of the kale. As the omelette cooks, the kale will start to wilt.

After about 3 minutes, flip half the omelette onto the kale to help it cook a little more.

Optional: Serve with the cherry tomatoes and/or toast.



A top-down view of a white bowl with a blue rim, filled with a variety of fresh ingredients. The bowl contains sliced avocado with a central swirl, topped with small brown seeds. To the left are several thin slices of radishes with red skin and white flesh. Below the radishes are several slices of bright yellow mango. In the bottom right corner, there is a pile of finely shredded red carrots, some of which are coated with a white creamy dressing. A few green asparagus spears are visible on the right side of the bowl. The bowl is placed on a light-colored, textured placemat. The word "LUNCH" is printed in a black, serif font across the middle of the bowl.

LUNCH

# CHICKPEA PANCAKES

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SERVING: 8  
TOTAL TIME:  
40 MINUTES

## INGREDIENTS

1 teaspoon salt  
2 cups water  
1/2 teaspoon baking  
soda  
1/2 cup coriander  
leaves (cilantro, finely  
chopped)  
1 onion (minced)  
1.5 tablespoons fresh  
ginger (minced)  
3 cups chickpeas  
(Garbanzo Beans,  
soaked, or canned)  
1 tablespoon ground  
coriander  
2 chilli pepper (fresh)

## DIRECTIONS

Blend soaked beans in blender or food processor. Mix everything together except the water and oil.

Add the water to make a batter of pourable consistency (medium thickness). Whip with a fork to make it fluffy. Set aside for 30 minutes—the batter will continue to thicken.

Heat iron skillet or pan and add a bit oil to cook. Cook as you would pancakes. Add a bit of oil to the hot pan and pour batter with a ladle then spread the batter out slightly to make a thin pancake. Cooking until golden brown.

Serve plain or with a “yogurt” sauce. Yogurt sauce can be made with non-dairy yogurt or cashew cream.

# ZUCCHINI PANCAKES

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SERVING: 4  
TOTAL TIME:  
20 MINUTES

## INGREDIENTS

3 eggs  
2 cups zucchini  
(shredded, using a food  
processor with a  
shredding disc is ideal,  
or you can shred them  
by hand)  
1 tablespoon coconut  
flour

## DIRECTIONS

Sift the coconut flour into the eggs and beat them together.

Gently, add in the shredded zucchini and season to taste with sea salt & pepper.

Use a large cast iron skillet/ frying pan over medium-low heat with coconut oil or bacon grease coating the pan. Spoon the mixture into the pan in desired sized pancakes.

Serve warm or at room temperature. Great for a quick lunch or savoury breakfast

# ASIAN CHICKEN SALAD

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SERVING: 5  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

1/2 onion (red, sliced)  
1 kilogram chicken  
breasts (skinless) (sliced)  
1/2 cup sprouts (plus  
extra to garnish)  
1 cucumber (sliced)  
1/2 cup mint (fresh,  
lightly chopped)  
2 tablespoon olive oil

## DRESSING

4 spring onions, finely  
chopped  
2T finely chopped ginger  
1T oil (sesame oil works  
well if it suits your diet -  
For Autoimmune Paleo  
use coconut oil, avocado  
oil or olive oil.  
1 tsp tamari

## DIRECTIONS

Baste chicken with oil. Preheated 200C  
degree oven. Grill/ broil until tender  
and cooked through, about 10  
minutes. Cool.

Toss salad greens, cut chicken into  
strips and arrange on plates.

Serve garnished with sprouts, with  
asian ginger dressing (whisk all  
ingredients together)

# CAULIFLOWER SUSHI

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SERVING: 8  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

1 teaspoon apple cider vinegar  
1 teaspoon ginger (minced)  
1 avocado  
1 tablespoon tahini  
1/2 cauliflower  
1/3 cucumber  
1 teaspoon oil (olive or coconut)

## DIRECTIONS

### RAW CAULIFLOWER RICE:

In the bowl of a large food processor, combine 1/2 head cauliflower, 1 tablespoon of tahini, 1 teaspoon fresh ginger, 1 teaspoon of oil, 1 teaspoon rice vinegar or apple cider vinegar, a few drops of honey (optional), and season to taste. Process until well-combined.

### SPICY MAYO:

Combine 1/2 cup of coconut cream, 1 teaspoon of chilli sauce, the juice of half a lemon in a small bowl and mix well. Season to taste.

### TO ROLL UP:

You will need 4 large nori sheets, rice paper sheets or large lettuce leaves for the rolls. Cover the nori (or lettuce leaves or rice paper sheets) with a thin layer of the cauliflower "rice," but leave a 1" border on just one side. Lengthwise on top of the "rice," lay your choice of fillings (such as avocado, mango, cucumber, salmon) in a line down the middle. Roll into a nori roll shape.

# SPRINGTIME FRITTATA

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SERVING: 3  
TOTAL TIME:  
20 MINUTES

## INGREDIENTS

1 tablespoon chives  
(chopped)  
1/4 teaspoon salt  
6 eggs (beaten)  
1 very small red onion  
slivered  
1/2 Tbs. any mixed fresh  
herbs  
3-4 fresh asparagus  
spears, diced  
1 small zucchini diced  
1 1/2 cups fresh spinach  
2 Tbs. butter, Olive oil or  
coconut oil for sautéing  
vegetables

NOTE: Any combination  
of vegetables can be for  
this recipe - it is a great  
way to use up leftover  
vegetables.

## DIRECTIONS

In bowl whisk together eggs and  
seasonings. Set aside.

If using red onion begin cooking that first. In  
a non-stick sauté pan sauté red onion. Allow  
to cook until translucent. Add the diced  
zucchini and continue sautéing until tender  
- don't overcook. As you cook the  
vegetables add a little sea salt if you like.

In a large non-stick skillet melt the 2  
tablespoons of butter or other suitable fat/oil  
on medium heat and add the eggs and herb  
mixture. Allow to firm up on the bottom.

When about half of the egg mixture looks  
cooked add the cooked vegetables (and the  
raw spinach if using).

Cover with a lid and reduce heat to medium  
low. Continue cooking for about 15 more  
minutes checking to see when all of the egg  
is complete cooked.

Allow to cool slightly before cutting or it will  
be too runny when you cook it.

# VEGETABLE, PESTO & MACADAMIA SALAD

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SERVING: 4  
TOTAL TIME:  
20 MINUTES

## INGREDIENTS

1 tablespoon basil  
(pesto)  
2 cups baby spinach  
leaves  
2 beetroot  
1 sweet potato  
1/2 cup macadamia nuts  
1/2 cup mung beans  
(dried)

## DIRECTIONS

1. Sprout the mung beans for 1-2 days. Soak first for 8-12 hours, drain and place in a sprouting container or bowl covered with muslin cloth. Rinse 2-3 times per day until the beans have just started to sprout. Alternatively, use pre-sprouted beans!
2. Simmer the mung beans in salted water for around 15 minutes, until soft but not too mushy. Set aside.
3. Cook the sweet potato and beetroot by either roasting them both in the oven or boiling the beetroot whole and then chopping it into cubes and pan frying the already cubed sweet potato in olive oil.
5. Place the macadamias in bowl, and stir through the pesto to coat the nuts.
6. Place all ingredients in a bowl and gently toss. Serve immediately.

Optional: Fried chunks of Haloumi Cheese is a great addition if you can eat dairy.



DINNER



# CAULIFLOWER FRIED RICE

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SERVING: 4  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

1/4 teaspoon sea salt  
1 onion (diced)  
1 cauliflower (whole  
head)  
2 tablespoons oil

## DIRECTIONS

In a large frying pan, heat oil over medium heat.

Sauté onion over medium heat for 10 minutes, until soft.

Meanwhile, place cauliflower in a food processor with the "S" blade and process until the texture of rice.

TIP: if you do not have a food processor, you can simply use a cheese grater to grate the cauliflower into rice.

Add cauliflower to frying pan, cover and cook 5-10 minutes, until soft, then add salt.

Enjoy this "rice" in soups, as a side in place of rice, or in casseroles.

Serve as your "rice" side dish with chicken, or fish, veggies and a side salad

# PESTO ZOODLES

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SERVING: 4  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

2 cloves garlic  
1 dash sea salt (to taste)  
1/2 cup olive oil  
1 dash black pepper (to taste)  
6 zucchinis  
1/2 cup walnuts  
500 grams cherry tomatoes (sliced in half)  
2 cups basil (fresh)

## DIRECTIONS

Combine the basil, nuts, and garlic in a food processor and process until it forms a coarse paste. Slowly add the olive oil in a steady drizzle and continue to process until it becomes a smooth texture. Season with salt and pepper to taste.

This makes roughly 1 cup of pesto so you will have some extra leftover.

Make the zucchini pasta with a spiralizer or process into julienne strips using your food processor. Mix with about a half cup of the pesto - you can add more or less to suit your tastes. Top with the cherry tomatoes and finish off with a sprinkle of salt and pepper.

# CHICKEN & CAULIFLOWER CURRY

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SERVING: 4  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

2 cups chicken (cooked, shredded)  
3/4 cup coconut milk  
1 cauliflower  
10 asparagus (spears, cut into bite sized pieces)  
3/4 cup low chemical stock/ broth (bone broth is best)  
1/2 teaspoon ground cinnamon\*  
1/2 teaspoon ground cumin  
1/2 teaspoon ground ginger  
1/4 teaspoon ground turmeric\*  
1 tablespoon olive oil

## DIRECTIONS

Wash and break apart cauliflower into florets. Heat coconut oil in large pan over medium heat. Put cauliflower, chicken, asparagus in pan and saute for 2-3 minutes. Add turmeric, cumin, salt, pepper, cinnamon, and ginger and stir to blend spices well. Add broth and coconut milk, and bring to a boil. Reduce heat to simmer covered for about 5 minutes. Serve hot

# YELLOW CURRY

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SERVING: 4

TOTAL TIME:  
30 MINUTES

## INGREDIENTS

1/2 teaspoon salt  
2 cloves garlic (finely chopped)  
1 onion (finely chopped)  
1 bunch spinach (fresh, washed and cut into small pieces)  
1 teaspoon ginger (freshly grated)  
1 can coconut milk (unsweetened)  
450 grams chicken breasts (skinless)  
2 tomatoes (cut into 1 inch cubes)  
2 tablespoons curry powder  
1 teaspoon ground turmeric\*  
3 tablespoons olive oil

## DIRECTIONS

Heat 3 tablespoons of olive oil over medium heat in a large saucepan. Place the chicken and salt in the pan and saute until golden brown.

Add the onion, garlic and ginger, cook till the onion is wilted and spices are fragrant.

Add the the curry powder and turmeric, continue to cook for a minute.

Add the coconut milk to the saucepan. Let the curry simmer and thicken for 3 minutes. Stir in the spinach and tomatoes

Simmer for 5 minutes till the spinach wilts and the tomatoes begin to breakdown. Serve with cauliflower rice

# LENTIL MARINARA

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SERVING: 4  
TOTAL TIME:  
50 MINUTES

## INGREDIENTS

2 cups water  
2 cloves garlic (minced)  
1 cups lentils (dried)  
1 onion (diced)  
6 zucchini (spiralized  
into pasta)  
850 grams tomatoes (2  
cans)  
2 tablespoons oil\*  
1/2 teaspoon dried  
thyme\*  
1 teaspoon dried basil\*  
1 teaspoon ground  
oregano\*

## DIRECTIONS

Add lentils and 2 cups of water to a medium pot. Bring to a boil and then lower to a simmer and cook until lentils are tender and liquid is evaporated, about 30 minutes. Meanwhile, add 1 tablespoon olive oil to a pan over medium heat. Add the onion and saute for 5 minutes, or until translucent. Add the garlic cloves and saute for an additional minute. Add the tomato sauce, basil, oregano, thyme, and salt and pepper to taste. Simmer on low for 20 minutes.

When lentils are done cooking, add them to the sauce and simmer for an additional 5 - 10 minutes.

In a separate pan, add the remaining tablespoon of olive oil and saute the zucchini pasta for 5 - 10 minutes, until desired tenderness is achieved. Divide the pasta among four plates and top with lentil marinara. Serve hot.

## NOTES

Fresh zucchini will often lose moisture as the zucchini pasta cooks so be sure to drain any liquid that has built up in the pan. The recipe holds well as leftovers, but the zucchini does tend to release extra moisture as it sits so be sure to drain pasta before serving

# BAKED GINGER SALMON

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SERVING: 4  
TOTAL TIME:  
30 MINUTES

## INGREDIENTS

2 tablespoons parsley  
(minced)  
1/2 teaspoon sea salt  
600 grams salmon  
(fillets)  
1/4 teaspoon ground  
ginger  
2 tablespoons olive oil

## DIRECTIONS

Preheat your oven to 200C degrees.  
Wash and dry the salmon fillet and  
place on an oiled baking sheet.

Spread the oil over the fillet and then  
sprinkle with the ginger, parsley and  
sea salt.

Bake for 15-20 minutes (or until the  
salmon is cooked to your liking).

# SALMON PATTIES

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SERVING: 4  
TOTAL TIME:  
20 MINUTES

## INGREDIENTS

1 tablespoon onion  
(finely chopped)  
1 egg  
1/4 cup basil (finely  
chopped)  
1 clove garlic, crushed  
680 grams salmon

## DIRECTIONS

Heat up your grill to medium.

Place the salmon in a food processor with the basil and garlic and process until smooth.

Place mixture in a bowl and combine with egg and onion.  
Shape in to patties.

Cook for 15 minutes, Turning once.

# BROCCOLI MASH

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SERVING: 4  
TOTAL TIME:  
10 MINUTES

## INGREDIENTS

1/2 teaspoon sea salt (to taste)  
1/4 teaspoon black pepper (ground)  
1 onion (chopped)  
4 cloves garlic, crushed  
2 cups broccoli (heads)  
2 tablespoons olive oil (or butter if it fits your diet)

## DIRECTIONS

Boil broccoli in a pan of water until al dente then set aside. In a heavy bottomed pan heat oil/butter and sauté onion and garlic gently for 5 minutes. Place all ingredients into a blender or food processor and blend until smooth.





# SNACKS

# SEEDED CRACKERS

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SERVING: 12  
TOTAL TIME:  
20 MINUTES

## INGREDIENTS

1/4 teaspoon sea salt  
1 egg  
2 tablespoons sesame seeds  
2 tablespoons ground flax seeds  
1 cup almond meal  
1 teaspoon ground cumin  
1 tablespoon olive oil  
1 teaspoon ground coriander

## DIRECTIONS

Preheat oven to 180 C. Combine dry ingredients in a mixing bowl. In a separate bowl, whisk together egg and 1 T oil ( add 1/2 tsp sesame oil also if it suits your diet).

Pour into dry ingredients and mix thoroughly until stiff dough is formed. Place dough between 2 sheets of baking paper and roll to an even thickness of about 3mm. Carefully transfer paper and dough onto a baking tray. Remove top layer of baking paper

Score the flattened dough into small squares or fingers. Brush with extra oil. Sprinkle with extra Himalayan salt.

Optional: Sprinkle with Parmesan cheese at this point

Bake for around 15 min or until golden and crispy. Cool on a wire rack, then snap and store.

# GRAIN-FREE MUFFINS

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SERVING: 4  
TOTAL TIME:  
35 MINUTES

## INGREDIENTS

1/4 teaspoon salt  
4 eggs  
4 teaspoons baking  
soda  
1/2 cup zucchini  
(shredded)  
1/2 cup ground flax  
seeds  
1/2 cup almond meal  
1/4 cup coconut oil  
1/2 cup coconut flour  
1/4 cup chia seeds  
(whole)

## DIRECTIONS

Heat oven to 180C.  
Oil 4 muffin tins(4" - 4 1/2" sized) with  
coconut oil. Set aside.  
Shred the zucchini in a food processor  
or use a hand grater.  
In a large bowl combine all the dry  
ingredients. Add the zucchini.

In a small bowl whisk eggs and add  
cooled coconut oil. Add wet  
ingredients to dry and mix well.  
Spoon into moulds and place on a  
cookie sheet.

Bake at 180C for 30-35 minutes.  
Allow to cool and wrap individually in  
wrap and store in the refrigerator.

### Serving Suggestions:

Serve toasted with butter, honey or  
almond or cashew butter.

# CHOCOLATE PROTEIN BALLS

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SERVING: 8 - 10 BALLS

TOTAL TIME:  
10 MINUTES

## INGREDIENTS

6 Tbsp of almond meal  
4 Tbsp of protein powder  
2 Tbsp of desiccated coconut plus extra to roll in  
3 Tbsp of cacao powder or cocoa powder  
6 Tbsp of coconut/almond milk  
2 Tbsp of coconut oil, melted

## DIRECTIONS

Add all ingredients to a bowl and mix with a spoon or hands until well combined. Roll into balls with slightly damp hands, roll in extra desiccated coconut and set in the fridge.

Add a couple drops of liquid stevia if you need it a bit sweeter!