**KSFL Detox Recipe Ideas**

**Breakfast**

CHIA PUDDING

<http://www.kickstartfatloss.net/family-breakfast-ideas/>

AVOCADO AND BEAN FRITTATA

<http://www.kickstartfatloss.net/avocado-bean-fritata/>

SPINACH JUICE

<http://www.kickstartfatloss.net/7740/>

LEFTOVER SMOOTHIE

<http://www.kickstartfatloss.net/ksfl-leftover-fridge-favourites/>

BREAKFAST JUICE

<http://www.kickstartfatloss.net/fast-energising-juice-breakfast/>

SUPERFOOD BREAKFAST

<http://www.kickstartfatloss.net/super-simple-super-food/>

BANANA PANCAKES

<http://www.kickstartfatloss.net/healthy-banana-pancakes/>

BREAKFAST SALAD

<http://www.kickstartfatloss.net/fancy-a-ksfl-breakfast-salad/>

AUBERGINE STACKERS

<http://www.kickstartfatloss.net/aubergine-stackers/>

SPICY SCRAMBLE

<http://www.kickstartfatloss.net/spicy-scrambles/>

BREAKFAST MUFFINS

<http://www.kickstartfatloss.net/savoury-breakfast-muffins-ksfl-style/>

GREEN JUICE

<http://www.kickstartfatloss.net/breakfast-juicing-ideas-green-goddess/>

BREAKFAST JUICE

<http://www.kickstartfatloss.net/ksfl-breakfast-ideas/>

GREEN TONIC

<https://youtu.be/KAo8l-I5RQ0?list=PLuvK2sV3XHvDO2xYCpQaNbOUw4635XRAa>

KERMIT JUICE

<https://youtu.be/i524cs7Eyn0?list=PLuvK2sV3XHvDO2xYCpQaNbOUw4635XRAa>

OTHER IDEAS:

Bacon and eggs

Scrambled egg and avocado

Avocado salad

**Lunch**

FRITTATA

<https://youtu.be/1cZrB7PUhGc?list=PLuvK2sV3XHvDO2xYCpQaNbOUw4635XRAa>

SALADS

<http://www.kickstartfatloss.net/9245-2/>

KALE SALAD

<http://www.kickstartfatloss.net/kale-salad/>

STUFFED AVOCADO

<http://www.kickstartfatloss.net/stuffed-avocado-recipe-ideas/>

SWEET POTATO CAKES

<http://www.kickstartfatloss.net/ksfl-sweet-potato-cakes-with-salsa/>

OREGANO, CHICKEN AND KALE PASTA

<http://www.kickstartfatloss.net/ksfl-oregano-chicken-and-kale-pasta/>

SPICY CAULIFLOWER ROSTI

<http://www.kickstartfatloss.net/kick-start-spicy-cauliflower-rosti/>

QUICHE

<http://www.kickstartfatloss.net/gluten-free-courgette-quiche/>

SALMON AND TOMATO MUFFINS

<http://www.kickstartfatloss.net/salmon-tomato-muffins/>

SPICY CHICKEN DRUMSTICKS

<http://www.kickstartfatloss.net/kick-start-spicy-chicken-drumsticks/>

SCALLOP AND COURGETTE SKEWERS

<http://www.kickstartfatloss.net/scallop-courgette-skewers/>

BEETROOT SALAD

<http://www.kickstartfatloss.net/ksfl-sun-kissed-summer-beetroot-salad/>

PRAWN CHAAT

<http://www.kickstartfatloss.net/ksfl-prawn-chaat/>

TURKEY SALAD

<https://youtu.be/Lpb5z8cXnLI?list=PLuvK2sV3XHvDO2xYCpQaNbOUw4635XRAa>

CHICKEN AND SWEET POTATO NOODLES

<https://youtu.be/hyGsVVtqkpk?list=PLuvK2sV3XHvDO2xYCpQaNbOUw4635XRAa>

**Dinner**

CHILLI CON CARNE

<http://www.kickstartfatloss.net/ksfl-chicken-raita/><http://www.kickstartfatloss.net/ksfl-chilli-con-carne/>

CHICKEN BROTH

<http://www.kickstartfatloss.net/food-ideas/>

CHICKEN TIKKA MASALA

<http://www.kickstartfatloss.net/clean-slate-literally/>

WINTER WARMERS

<http://www.kickstartfatloss.net/kick-start-winter-warmers/>

SLOW COOKER CHICKEN STEW

<http://www.kickstartfatloss.net/andrew-james-slow-cooker-review/>

CHICKEN AND COURGETTE CASSEROLE

<http://www.kickstartfatloss.net/ksfl-chicken-and-courgette-casserole/>

CHICKEN NUGGETS AND NOODLES

<http://www.kickstartfatloss.net/ksfl-chicken-nuggets-and-spiralized-courgette/>

AVOCADO AND SALMON NOODLES

<http://www.kickstartfatloss.net/spirializer-special-faux-noodles-with-avocado-salmon/>

THAI GREEN CURRY

<http://www.kickstartfatloss.net/fancy-a-clean-thai-green-curry/>

MONKFISH CURRY

<http://www.kickstartfatloss.net/ksfl-clean-monk-fish-curry/>

PORK AND LEEK SLOW COOKER

<http://www.kickstartfatloss.net/ksfl-pork-leek-slow-cooker-dinner/>

CUMIN COATED LAMB

<http://www.kickstartfatloss.net/kick-start-fat-loss-cumin-coated-lamb/>

SPAGHETTI BOLOGNESE

<http://www.kickstartfatloss.net/kick-start-courgetti-spaghetti-bolognese/>

FISH PIE

<http://www.kickstartfatloss.net/kick-start-fat-loss-fish-pie/>

MOROCCAN CHICKEN

<http://www.kickstartfatloss.net/moroccan-chicken-ksfl-style-fatburning-meal-ideas/>

CHICKEN CURRY

<http://www.kickstartfatloss.net/chicken-curry-mushroom-cauliflower-pilau-rice-sugar-snaps-and-baked-aubergine-ksfl-style/>

FISH IN A PARCEL

https://youtu.be/bqk7RrJJV8g

**A full Collection**

DETOX COLLECTION

<http://www.kickstartfatloss.net/kick-start-fat-loss-detox-recipe-ideas/>

**Sides**

AVOCADO MAYO

<http://www.kickstartfatloss.net/clean-avo-mayo-ksfl-style/>

CAULIFLOWER MASH

<http://www.kickstartfatloss.net/kick-start-fatburning-cauliflower-mash/>

COLESLAW

<http://www.kickstartfatloss.net/kick-start-fat-loss-clean-crunchy-coleslaw/>

CAULIFLOWER RICE

 <http://www.kickstartfatloss.net/wellness-stars-top-tips-clean-eating-kids/>

**OTHER IDEAS FOR SIDES**

Sweet potato fries, salad with a drizzle of extra virgin olive oil, vegetables fried in coconut oil.

**WHAT TO COOK IN**

Coconut Oil available at : [www.kickstartfatloss.net/coconut](http://www.kickstartfatloss.net/coconut)

**DRESSINGS**

Extra virgin olive oil or a squeeze of lemon/lime.

**MORE INFO**

Make sure you are part of the KSFL Facebook group for more inspiration.

Look at the KSFL blog for new recipes every week [www.kickstartfatloss.net](http://www.kickstartfatloss.net)

Download the FREE KSFL App for more recipes, motivation and workouts at the App Store or on Google Play.