



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Recipes for liver and  
gallbladder support

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## Detox Green Smoothie

2 servings

10 minutes

### Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

### Nutrition

Amount per serving	
Calories	164
Fat	2g
Carbs	38g
Fiber	9g
Protein	4g
Calcium	171mg

### Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

### Notes

**No Kale:** Use spinach.

**No Pear:** Use apples.

**Metabolism Boost:** Add 1/4 tsp cayenne pepper.

**Make it Sweeter:** Add 1/2 cup frozen pineapple or mango.

**More Protein:** Add a scoop of protein powder or hemp seeds.



## Creamy Broccoli Salad

4 servings

20 minutes

### Ingredients

8 cups Broccoli (chopped into florets)  
1/4 cup Red Onion (finely sliced)  
1/4 cup Tahini  
1 Lemon (juiced)  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
2 tbsps Water  
1/3 cup Sunflower Seeds

### Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	20g
Fiber	8g
Protein	10g
Calcium	162mg

### Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

### Notes

**Likes it Sweet:** Add dried cranberries or diced apple.

**Meat Lover:** Add bacon.



## Creamy Cauliflower Soup

4 servings

1 hour

### Ingredients

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Vegetable Broth
- 1 cup Water
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	283
Fat	22g
Carbs	19g
Fiber	7g
Protein	5g
Calcium	68mg

### Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**More Flavor:** Add fresh garlic, additional salt, and/or black pepper.



## Beet & Lentil Salad

2 servings

1 hour

### Ingredients

- 4 Beet (medium)
- 1 tbsp Capers
- 1/2 Lemon (juiced and zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 cup Lentils (cooked)
- 2 tbsps Shallot (thinly sliced)
- 3 tbsps Pumpkin Seeds (raw)
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	326
Fat	19g
Carbs	33g
Fiber	11g
Protein	10g
Calcium	63mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
- 2 In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
- 3 Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
- 4 Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Capers:** Use pitted olives instead.

**Cheese-Lover:** Top with crumbled goat or feta cheese.

**Meal Prep:** Cook the beets and lentils ahead of time and assemble for a quick meal.



## Mexican Black Bean Omelette

1 serving

15 minutes

### Ingredients

- 1 1/2 tps Coconut Oil
- 2 Egg (whisked)
- 2 tbsps Unsweetened Almond Milk
- 1/4 Green Bell Pepper (finely diced)
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/4 cup Mushrooms (diced)
- 3/4 tsp Chili Powder
- 1/2 tsp Nutmeg
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)

### Directions

- 1 Place coconut oil in a frying pan and place on medium-low heat.
- 2 Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- 3 Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- 4 Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

### Nutrition

Amount per serving	
Calories	427
Fat	25g
Carbs	30g
Fiber	13g
Protein	23g
Calcium	157mg