



INCLUDES
2-WEEK
MEAL PLAN

THE SPICE DIET

OVER 100 DELICIOUS LOW-CALORIE MEALS
TO EAT YOUR WAY TO A HEALTHY WEIGHT

KALPNA WOOLF

Slimming Drinks and Tonics

These are cleansing drinks and ones that will help you keep nourished and your digestion calm through the day. With the exception of Golden Tea, they are all zero calories.

Ginger is very good in the morning as it helps to detoxify the body. Cinnamon is good in the afternoon if you're flagging as it is naturally sweet and doesn't play havoc with your glucose levels. Fennel is a cleanser and a good digestive, while cayenne pepper can help to shift the metabolism into working better and cloves can protect the immune system so will keep bugs at bay.



1. FENNEL AND GINGER

Add 1 piece of fresh ginger, peeled and grated, to a heatproof glass with 1 teaspoon fennel seeds and pour over freshly boiled water. Allow to steep for 4–5 minutes. Strain and drink while the water is warm.

2. GINGER AND LEMON

Add 1 piece fresh ginger, peeled and grated, to a heatproof glass with a large slice of lemon. Pour over freshly boiled water and allow to steep for 4–5 minutes. Strain and drink while the water is warm.

3. GINGER, LEMON AND CAYENNE PEPPER

Add 1 piece of fresh ginger, peeled and grated, to a heatproof glass with ¼ teaspoon cayenne powder. Pour over freshly boiled water and allow to steep for 4–5 minutes. Strain and drink while the water is warm.

4. STAR ANISE AND CLOVE

Add 1 star anise and 3–4 cloves to a heatproof glass of freshly boiled water. Allow to cool, then remove the star anise and cloves, and drink with a dash of honey.

5. CINNAMON AND CLOVES

Add 1 cinnamon stick and 3–4 cloves to a heatproof glass of freshly boiled water. Allow to cool, then remove the cinnamon stick and cloves, and drink with a dash of honey.

6. CARDAMOM AND FENNEL

Smash 2–3 cardamom pods a little, then add to a heatproof glass of freshly boiled water. Add ½ teaspoon fennel seeds and mint, if you like, then strain before drinking.

7. LEMONGRASS, GINGER AND BASIL

Add 2.5cm/1in piece of fresh ginger, peeled and grated, to a heatproof glass. Bruise ½ lemongrass stalk by giving it a bash, then add it to the glass with some fresh basil. Pour on freshly boiled water and allow to infuse for 5 minutes. Drink while still warm.

8. TURMERIC, GINGER AND LEMON

Add 1 piece of fresh ginger, peeled and grated, to a heatproof glass of freshly boiled water. Mix in ¼ teaspoon ground turmeric and a slice of lemon, and add a dash of honey, if required.

9. GOLDEN TEA (AKA GOLDEN MILK) 19 CALORIES

Serves 2, makes 200ml/7fl oz/scant 1 cup. Simply grind 13g/½oz grated turmeric root or ¾ teaspoon ground turmeric and 2.5cm/1in piece fresh ginger, peeled and grated, with ½ teaspoon coconut oil in a pestle and mortar to make a smooth paste. Mix in ¼ teaspoon freshly ground black pepper. Warm 200ml/7fl oz/scant 1 cup coconut or almond milk over a low heat, then stir in the ginger paste and stir slowly until the milk is nearly boiling (don't bring it to the boil). Turn off the heat and allow to steep for 3–4 minutes. Strain through a tea strainer and stir in ¼ teaspoon honey, if you like. Drink while warm.