

I QUIT SUGAR

SIMPLICIOUS 'THE KIT'

THE
BONUS!
INFO BITS
(that go with the book)

+

**EXTRA
MEAL PLANS
& RECIPES**

You can buy
GUT LOVIN'
GELATIN
HERE ↘



↘ click here if you'd like to buy Simplicious now.

I QUIT SUGAR
SIMPLICIOUS
'THE KIT'
A HANDY SUPPLEMENT

Dear Reader.

As I wrote my third book, *Simplicious*, my publisher and I got to a point where we realised we couldn't include everything in the physical book. It just couldn't fit! But I wanted to get all the information to you. Somehow.

So I thought putting together a Kit of extra bits would help. A nifty supplement to the bohemeth that is *Simplicious*.

Please find here:

- A compilation of extra text for your deeper reading pleasure.
- Links to studies and interesting articles.
- A shopping list for a week's worth of dinners.
- Bonus Menu Plans and recipes.

SHARE, BRAG, CONNECT

It's not just a tired marketing slogan, I do love to see your cooking achievements and creations and flows and ideas on social media.



@_sarahwilson_ and @iquitsugar



SarahWilson and IQuitSugar



@_sarahwilson_ and @iquitsugar



#Simplicious #SarahWilsoneats #SimpliciousEats #FridgeSurprise #SimpliciousHacks

Sarah X

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HOW TO USE THE KIT

1. Check the chapter you're wanting to reference in Simplicious.
2. Find that chapter on this contents page.
3. Flick to the corresponding page in the kit.
4. Find your bonus bit.

THE BASICS

WHY I MAKE SMOOTHIES, NEVER JUICES!

Among the images of green “Zmoothies” in the book you might have noticed the little note I made about the smoothies vs juices debate. The difference between the two is this: Smoothies are made by pureeing whole fruit and vegetables into a thick drink. Juices extract the ‘juice’ only and the fibre is tossed.

So why do I prefer the former?

- Smoothies are more filling. The fibre keeps us fuller longer, taking almost twice as long as liquids to leave our guts. Juices can also slow your metabolism (the calorie decrease can send the body into starvation mode, causing you to store energy).
- Smoothies don’t constipate. Juices can. You need fibre for your gut to move and to maintain the right kind of bacteria to keep things active.
- Smoothies are the whole food. I hate food wastage. Why chuck perfectly good fibre? When you chuck the skin, you also chuck a bunch of nutrients, too. Then there’s also this: when you muck with food, taking out bits of it, you land in trouble. Always. Case in point: skim milk. Best to eat whole food, always.
- Smoothies don’t dump sugar on the liver. Even juices that are mostly veggie based still contain

quite a bit of sugar and, without the fibre to slow down its journey to the liver, this sugar can place quite the load on the liver. Which very much counters the “detoxing”, “cleansing” claims attached to juicing.

- Smoothies don’t require special, expensive equipment. Sure, smoothies are best made in a high-powered blender, which can be expensive. But if you do invest in such a blender, it can be used for a host of different purposes – nut butters, pestos, coconut butter. A juicer can only make...juice. Equally, you can make green smoothies using a regular kitchen blender, too. These are dirt cheap and, again, are not one-trick-gadgets.

If you want to read more on why you should drink your greens, and find out how I counter the pro-juice claims, the full article is available [here](#).

SNACKALICIOUS

WEIRD LUNCH THINGS AND
COUCH-SIDE TREATS!

BONUS RECIPE

Variations of the Coco-Nutty Granola

The [original Coco-Nutty Granola recipe](#) has been a firm favourite since I first quit sugar and started sharing recipes. In *Simplicious* I incorporated bacon (my favourite version).

Here are [five other ripper variations of the Coco-Nutty Granola](#) to try.

SUSTAINABLE FISH IN A DISH

A “HOW TO BUY SUSTAINABLE SEAFOOD” GUIDE

In *Simplicious* I promised to provide you with some helpful apps and consumer guides so here's is a list of my best resources.

My guides:

1. A guide to [buying sustainable prawns](#).
2. A guide to choosing the [most sustainable fish](#).
3. A guide on which [tinned tuna](#) to buy.

International guides and apps:

As with all my sustainable eating posts, I don't suggest quitting seafood. I advise making better/best choices. Wastage is the real ethical/eco crime, to my mind. There are tricks and tips. Here's the best of what I've found.

1. The [Marine Stewardship Council](#) (MSC) offers a full list of certified suppliers worldwide.
2. The MSC also has [an app](#) that helps you find sustainable seafood internationally.

Australian guides and apps:

1. [Australia's Sustainable Seafood Guide](#) is great to find retailers across Australia. They've also developed [a free app](#) to download.

2. GreenPeace Australia has created a [handy guide rating canned tuna brands according to their level of sustainability](#).

And a few extra tips on eating fish on the cheap:

1. Look out for salmon tails. I sometimes see these at my fish mongers. They're the tail end of the fillet and often get tossed out. They have lots of lovely skin on them (the most nutritious bit of the fish...please don't discard!). They're half the price of the rest of the fillet and cook up beautifully.
2. Make a chowder. It's great because you can use a wide variety of inexpensive, sustainably-sourced fish. It's also very nutrient-dense; it's rich in gelatin and marine-sourced minerals. The long, slow gentle cooking makes the fish softer and easier to digest. It also (!) uses fish stock as a base which is mineral-rich and super cheap to make.

BONUS RECIPE

MY BROTHER PETE'S COCONUT CREAM

What you need: One brown coconut

Preheat your oven to 200°C. Pierce the softest “eye” of the coconut with a screwdriver and drain the liquid into a bowl. Bake the whole coconut for 15 minutes. Use a hammer to crack the shell and then carefully lever out the flesh with the point of a strong knife.

Remove the brown membrane with a paring knife or veggie peeler and roughly chop flesh. Place the coconut flesh, coconut water and 1 cup of water in a high-powered blender. Process on high for 5–10

minutes or until it's looking nice and sloppy. Line a fine mesh sieve with a square of cheesecloth and place it over a bowl. Pour in the coconut mixture. Add another ½ cup of water to the blender jug, pulse and pour it into the sieve as well. Now grab the cheesecloth corners and squeeze the daylights out of it.

You should get about 2 cups of delicious, creamy coconut cream. No “can” do!

SO I HAVE THIS STACK OF VEGETABLES

THAT WATERCRESS STUDY I MENTIONED

Want to read the [study conducted by the William Paterson University](#) on the most nutrient-dense vegetables on the planet, in which watercress comes out on the very top? Here you go! (Be prepared to be surprised where some of your other favourite veggies sit.)

JUST LIKE GRANDMA USED TO MAKE

SCIENTIFIC PROOF FOR BEER + MEAT = GOOD

Here's the [study published in the Journal of Agriculture and Food Chemistry](#) which found that when you marinate meat with beer, it greatly reduces the carcinogens that are produced in the cooking process. Show your bloke.

ARE THE NITRATES IN BACON A PROBLEM?

Nitrate in bacon is a bit of a contentious topic. But here's some facts. The nitrite in our saliva accounts for 70–90 per cent of our total nitrite exposure, which means your spit contains far more of the stuff than anything you could ever eat.

Also, the study that originally linked nitrates and cancer risk has since been discredited after being subjected to a peer review. And, indeed, more and more research suggests that nitrates and nitrites may not only be harmless but may even be beneficial.

A 2009 [study published in the American Journal of Clinical Nutrition](#) shows that consuming nitrate and nitrites may boost immunity and vascular health.

Another [study published in the European Journal of Nutrition in 2011](#) also found beneficial effects for cardiovascular health and suggested that the longstanding concerns about toxicity of nitrite or nitrate are overstated.

MY LEFTOVER MISHMASHERS

THE DEAL WITH DOGGY BAGS

First, let me remind you:

- Australians toss \$8 billion worth of edible food every year.
 - Food waste is a bigger pollutant than cars and industry.
 - Consumers are the biggest contributors to food waste. Because we're vain.
- This is unfathomable and unforgivable.!

Apparently less and less of us are asking for doggy bags, with Gen Y tagged as the biggest food wasters – 26 per cent say it's too embarrassing to ever ask for a doggy bag.

But aren't doggy bags illegal?!

In Australia, absolutely not, as outlined in the various state and territory Food Acts. If you want to nerd up, you can click to the respective Acts for [Western Australia](#), [Queensland](#), [New South Wales](#), [Northern Territory](#), [Victoria](#) and [South Australia](#).

Overseas, here's the deal.

- In the UK, it's totally legal to ask for a doggy bag, but almost never done. A survey by the Sustainable Restaurant Association (SRA) showed 25 per cent of diners were too embarrassed to ask, with 24 per cent wrongly believing the practice was against health and safety policies.
- In South Africa, it's very much the done thing. Restaurants will usually offer you a doggy bag

before you even ask. And some get fancy in how they present your leftovers. You might head home with your leftover steak wrapped in the body of a tin foil swan.

- In much of Europe, like the UK, asking for doggy bags is frowned upon. Again, it's not illegal, but Europeans do expect you to eat everything that's on your plate at that particular meal. Also, serving sizes don't tend to be as enormous. In Stockholm, Sweden, in an effort to get more people asking for doggy bags (surveys showed 80 per cent were reluctant to ask), the Stockholm Consumer Cooperative Society (Konsumentföreningen Stockholm-KfS) made an informational video offering tips on how to make food last longer and to cut waste, featuring Swedish rap star Dogge Doggelito. Read more [here](#).
- In America, it's legal and accepted publically. Stats from 2002 show 91 per cent of Americans take leftovers home at least occasionally, and 32 per cent do it on a regular basis.
- In China, home to about 20 per cent of the world's population, taking home and reusing leftovers is very common.

For answers to other questions, like "what about food poisoning?", or "I don't know what to do with the leftovers", read my full post [here](#).

FERMENTS AND OTHER GUT-HEALING FUNCTIONAL FOODS

KOMBUCHA-MAKING TRICKS

I am a little obsessed with fermenting things for gut health. I've been banging on about the topic for most of this year on sarahwilson.com.

How to find out how much sugar is left

Yep, it's made with sugar, but it's the sugar that ferments...it largely disappears and ideally you're left with 1 per cent. In a 100ml serve, that's about 1/4 of teaspoon of sugar, or 1/8 teaspoon of fructose. I started with a ratio of 50g (1/4 cup) per 1 litre, but then experimented using less and using rice malt syrup instead. (1/4 cup will give you a 1 per cent sugar content.)

"The sugar in the brew is eaten up pretty quickly so I would suggest a taste test after around day 4 or 5, at which stage the brew will be still be slightly sweet but with a good hint of tartness. To get down to under 10g of sugar per litre (i.e. 1%) the brew should be left until around day 7 to 10 (based on an average temperature of 24 degrees).

How to monitor the alcohol content

A little is produced as a by-product of the fermentation process. But because the fermenting is done in broad bowls or jars, covered with a piece of muslin or a towel only, most of it

evaporates. Most kombucha winds up around 1 per cent booze.

Bear in mind though, if you don't refrigerate your 'bucha after the fermentation period, the alcohol content will increase beyond 1 per cent.

How to get hold of a SCOBY

Here's the thing: you can't make one from scratch or buy at a shop – you have to be "gifted" one. Which just cracks me up. SCOBY swapping has become the stuff of impassioned online forums around the world. When I shared my first SCOBY it felt like I was dealing drugs in the school yard, albeit with a wholesome smugness to it. Seriously, when you share your first one (which you can do after making your first batch) I bet you get a righteous thrill from it!

How to buy online:

- In the US [Cultures for Health](#) is a good source.
- In Australia, try [The Good Brew](#) or eBay.

If you want to indulge in more reading and experimenting, find my complete home fermentation guides parts [one](#) and [two](#).

HOW TO BUY GUT LOVIN' GELATIN

Gelatin, as I outline in my book, is basically cooked collagen and comes from the bones, hides and connective tissues of animals. It makes up almost one-third of all the protein in the human body and not having enough of it affects our joints, our skin and, most importantly, our guts.

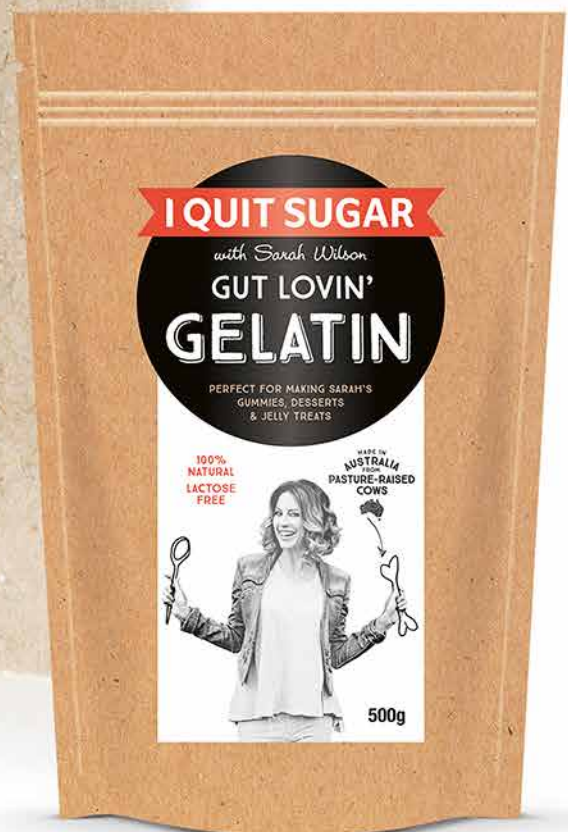
The problem with most gelatin powder is it's crappy commercial stuff. The more I looked into it, the more I realised I just had to make my own. Et voila!

My IQS gut lovin' gelatin is:

- 100 per cent natural collagen powder
- Made from super-nutritious beef bones & connective tissue
- A complete source of protein, containing 18 amino acids
- Made in Australia from pasture-raised cows
- Lactose free
- Ethical

You can get hold of my gelatin powder [here](#).

To read all the good gut stuff gelatin does (including helping your liver detox, building lean muscle and helping balance your hormones) [this post](#) goes into much detail, with plenty of links to studies and research.



THE BITS AT THE BACK

WHY SIMPLICIOUS FOCUSES ON BALANCING VATA

Vata controls all three doshas

Whatever your dosha, balancing Vata is key. If Vata is out of whack, everything goes to pieces. All the doshas become unbalanced.

What gets Vata grumpy...

- cold weather and exposure to wind or air-conditioning
- cold foods – iced water, refrigerated foods, green salads
- food that is dry, rough or light in properties (I'm thinking cereals and rice cakes and pretty much everything in the "health food" aisles) and irregular eating habits
- excessive physical exercise, particularly of a strongly aerobic nature
- lack of proper rest, mental and emotional stress and anything that disturbs the peace or security of a person

What happens when Vata is upset

We can:

- get cold
- suffer from constipation or abdominal distention with flatulence
- suffer from a lack of energy, loss of sleep or fatigue
- end up with defective sensory functioning
- suffer from fear, anxiety, insecurity and confusion.

Why is Vata such a problem in modern life?

I think modern life demands that we become Vata-ish. We're expected to be fast, fleetly, jumping from one thing to the next, not concentrating fully, toggling, being thin(!), not settling on one thing, demanding lots of choices...and so on. So, modern life not only upsets our Vata, it makes us Vata-like in the first place.

So how do we pacify Vata?

- Eat warm, smooth, heavy foods like soups and stews and root vegetables. A lot of the recipes in *Simplicious* follow this principle!

- I warm most foods...even just a little. Or eat salad at room temperature if possible.
- The three Ayurvedic tastes that help balance Vata are sweet, sour and salty – milk, salted toasted sunflower or pumpkin seeds make good snacks. Eat less of the bitter, pungent and astringent tastes. Nuts are wonderful Vata-pacifiers. Oily!
- Walking is the ideal exercise... gentle, 20 minutes. Yoga is also good. Vigorous, jumpy exercise ain't good when Vata is playing up.
- I wear heavy clothing and use heavy bedding – thick blankets on top of my doona. Heavy things ground Vata.
- I always drink water as a tea, or at least warm.
- I eat lots of oils and butter (not deep fried or greasy stuff)
- I wear socks and I protect myself from wind. Scarves are my friend.
- Saunas are great... warm and still
- Oils! I use Rosehip oil on my face and untoasted sesame oil on my body. Argan oil in my hair.
- Be aware that noise will throw you. Don't be ashamed to turn down volume!!
- Maintain a regular routine as much as you can – regular bedtime, regular getting up, regular meal times. I never skip meals – this makes me fluttery and jittery.
- Don't travel too much...moving about in cars, trains, planes sends Vata to pieces.

Here's the longer version of this rant in my post on [how to tame your "Vata"](#).

And if you're really keen to learn more about all things Ayurvedic, have a browse through sarahwilson.com for more blog posts on *Ayurveda*, including:

- [Ayurvedic spices that help you tame your sugar cravings](#)
- [Ayurvedic tricks to reduce gut bloat](#)
- [Ayurvedic advice to combat insomnia](#)

HERE'S A SHOPPING LIST FOR THE TEN DAYS OF DINNER FOR FOUR

FRESH PRODUCE

- 1 lemon
- 3 limes
- 1 bunch silverbeet or kale
- 1 bunch sage
- 1 bunch rosemary
- 1 bunch flat-leaf parsley
- 1 bunch thyme
- 4 cups of mixed greens to steam
- 4 cups mixed salad leaves
- 6 green shallots
- 2 celery stalks
- 200g green beans
- 16 brussel sprouts
- 1 fennel bulb
- 150g button mushrooms
- 1 medium cauliflower
- 2 large red capsicums
- 4 heads garlic
- 7 brown onions
- 2 red onions
- 1 small red chilli
- 4 turnips or swedes
- 2 1/2 whole pumpkins
- 7-9 sweet potatoes
- 1 bunch Dutch carrots
- 2 large carrots
- 10 small + 2 large parsnips
- 1/2 cup pitted black olives

FROZEN PRODUCE

- 1 cup frozen peas

DAIRY + EGGS

- 26 eggs
- 230g butter
- 1 1/2 cups milk
- 1/2 cup Parmesan
- 1/2 cup cream

PANTRY

- 1/3 cup apple cider vinegar
- 1/3 cup coconut oil
- 1/2 cup olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon English mustard
- 2 tablespoons red miso paste
- 2 tablespoons rice malt syrup
- 1 tablespoon capers
- 1 tablespoon anchovies
- 1/2 cup Whey Good Mayo
- 1/2 cup Nomato Sauce
- 1/3 cup flour
- 1 1/2 cups quinoa
- 1 teaspoon all spice
- 4 bay leaves
- 1 teaspoon black peppercorns
- 2 teaspoons ground nutmeg
- 1/2 teaspoon dried oregano
- Sea salt
- Freshly cracked black pepper

NUTS + SEEDS

- 1 cup pistachios
- 1/4 cup chia seeds
- 1/4 cup sunflower seeds
- 1/4 cup mixed seeds - your choice

MEAT + SEAFOOD

- 1 whole chicken
- 1.5kg beef brisket
- 1.7-2kg pork shoulder with bone in
- 1 x 425g can pole-and-line caught tuna

A FEW BONUS MENU PLANS

I figured I'd put together some easy Menu Plans for you. I couldn't help but draw them up! My publisher couldn't fit them into the book (as with the rest of the content in this kit) so I've included them here for you. Tag me on social media if you end up using them. I'd love to see the outcome!

1.



This menu is based on the one I put together for my 40th birthday, which featured a 'tuna tartare' (made from the gelatinous flesh scraped from the ribs of a leftover tuna carcass) served in repurposed tuna cans

Conversation starter:

'Sardines are the little alphas of omega 3s. Don't be scared to eat the whole fish – the tails are nice and crunchy.'

Conversation starter:

'You know that red wine we half-drunk last weekend? Well here it is, repurposed... with chocolate. And please don't chuck the sticks out... I'm building a pen holder with them.'

Where: My house. On sustainably sourced stools.
Why: Because I'd like to wow you with a meal that will inspire you to eat your scraps and use up your leftovers.
RSVP: Always. It's polite and helpful.

Conversation starter:

'Beet leaves contain more minerals, vitamins and antioxidants than the beetroot itself – think of them as a sweeter version of silverbeet (they're related).' The stock is from a Chicken Pot au Feu I made a couple of weeks ago and I made the Chicken Crackles from some skin I collected from my butcher.'

Conversation starter:

'So, how about these celery leaves? I've made the pesto with the excess. And I'm sprouting the root to grow another bunch.'

Some more tips:

- Wedge the ice creams into the celery root and use carrot tops, beet leaves and celery leaves for decorating. (Oh, and feel free to add sparklers!)
- Add your onion skins and any leftover celery or beet leaves and carrot tops to a stock bag and place them in the freezer. Show guests this before you do. Use clean-but-daggy tea towels as napkins.

2.

THE CHEAPEST FASTEST DINNER PARTY MENU EVER

Dearest Cherished Friend,
I'd like to indulge you in the thriftiest of dinners
possible. I will cut corners, save coin, not make
a fuss, minimise washing up and you will
have no idea. I promise.

*When: (cheap)skate Tuesday
Where: My place. It will be candlelit.
BYO: Blanket for your knees. Tap water provided*

MENU.

BACK TO THE 70'S LETTUCE SOUP
(page 172)

.....

SLOW-COOKER APPLE CIDER CHICKEN
(page 236)

.....

**BUTTERED BLUEBERRY
AND BLOOD ORANGE SOUP**
(page 285)

3.



THREE-DAY GUT DETOX

I don't think detoxing is one of life's necessities, but sometimes our guts need a regroup and refocus. This 3-day effort will reset things nicely. Good to do after a period of heavy eating or stress.

PS: This menu sets you up to freeze a bunch of leftovers to repeat the process in 2–3 months.

PPS: The aim here is to have a nourishing balance of enzyme-stimulating raw stuff and nourishing warm stuff.

BYO: Blanket for your knees. Tap water provided.

DAY 1

Wake: 1 tablespoon of apple cider vinegar or any ferment brine in a cup of hot water

Breakfast: WATERCRESS SAUCE AND SOME EGGS (page 176) *Reserve some of the watercress sauce for today's lunch and your lunch on Day 3.*

Lunch: CLEAN BITTERS BOWL (page 129) with watercress sauce *Bitter veggies are the most nutrient dense of all vegetables, plus they assist digestion and help balance sugar cravings.*

Dinner: CHICKEN POT AU FEU (page 214) *Eat a small amount of chicken tonight and drink some of the stock on the side. Reserve 2 cups of chicken stock and 2 portions of leftover chicken for Day 2. Freeze the rest.*

Optional drink: GROUNDING CRIMSON TONIC (page 347)

DAY 2

Wake: 1 tablespoon of apple cider vinegar or any ferment brine in a cup of hot water

Breakfast: MY GUT HEALING BREW (page 87) Using the stock from last night. *Make two serves, keeping one in a jar for tomorrow.*

Lunch: FOUR-INGREDIENT GREEN CHOOK SHRED-UP (page 133) *Use the leftover chicken and watercress sauce from Day 1.*

Dinner: THE CHEAPEST STEW EVER (page 212) *Reserve the leftover beef for Day 3.*

Optional drink: GROUNDING CRIMSON TONIC (page 347)

Some gutsy notes

Make a ferment in advance and have 2 tablespoons with each main meal. Make a pot of dandelion or fennel tea and sip at it throughout the day. Cart it in a drink bottle if you're moving about.

DAY 3

Wake: 1 tablespoon of apple cider vinegar or any ferment brine in a cup of hot water

Breakfast: MY GUT HEALING BREW (page 87) Use the leftover chicken stock from Day 1.

Lunch: VATA BALANCING BOWL (page 133) Use the leftover beef from last night's stew. *Use the leftover fermented beets from the Grounding Crimson tonic here!*

Dinner: BEET, BEET LEAF 'N' APPLE BORSCHT (page 244) Make the cold version if it's summer where you are. Toss in any leftover fermented beetroot from the Grounding Crimson Tonic.



A LIST OF LUNCH BOX FILLERS

**HERE'S A BUNCH OF THINGS YOU CAN MAKE IN BULK
AND HAVE IN THE FRIDGE OR FREEZER READY TO GO.**

BROC BITES (page 92)

PINK DEVILISH GOOGIE EGGS (page 252)

Store these in the brine in the fridge till you're ready to use.

'PIZZA' MUGGINS (page 60)

Make them in muffin moulds and freeze for up to 3 months.

RED VELVET CRUNCH BOWL (page 72)

Divide into 3–4 freezer-proof containers and freeze.

They will thaw to be like slushies.

ROAST CHOOK 'MEFFINS' (page 98)

Freeze them without the 'icing'.

NOT QUITE BANANA BREAD (page 69)

Freeze slices sandwiched together with butter and ready wrapped in baking paper.

BASIC MEATBALLS (page 144)

Cook then freeze.

SWEET POTATO SKIN CHIPS (page 133)

These will keep in the fridge for 2–3 days.

HALOUMI CRISPS (page 245)

Grill or pan-fry sliced haloumi and keep in the fridge for up to 5 days.

HOT CROSS MUFFINS (page 328)

SIMPLICIOUS SPROUTS IN A JAR (page 352)

Great to make with the kids so they can 'own' their lunch

If you rinse them daily (and remove hulls) they should keep in the fridge for up to 1 week.