

coralclub

# Program 2

## Colo-Vada Plus and Colo-Vada Light

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Simple and tasty recipes!



Edition #1

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All you need  
to maintain good health!

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**This booklet includes the best recipes for Colo-Vada Plus and Colo-Vada Light programs: easy, light and delicious. You and your loved ones will enjoy this food and magic flavours!**

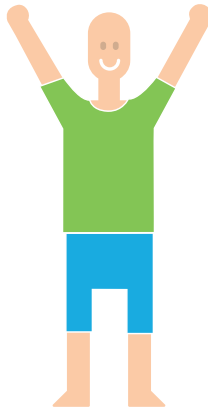
**Open a new bright page of your life  
– cook in style of Colo-Vada!**



# Colo-Vada Plus and Colo-Vada Light

are effective programs that cleanse the body and  
restore a healthy internal environment.\*

Try it and the result will surprise you:



✓ Improved digestive, urinary,  
respiratory and lymphatic  
systems

✓ Energy boost and vitality

✓ Improved skin health

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\*Please talk to your doctor before following these programs, especially if you suffer from any chronic disease.

## During these programs, there are certain foods that we recommend and some that should be avoided.

### Foods to enjoy



#### Vegetables

Avocado, broccoli, seaweed, basil, parsley, watercress, lettuce, zucchini, onions, carrots, peppers, cucumbers, beets, celery, asparagus, pumpkin, garlic, ginger.



#### Tea

Hibiscus, ginger, lavender, linden, mint, chamomile, thyme, rosehip.



#### Fruits and berries

Quince, pineapple, orange, watermelon, pomegranate, grapefruit, kiwi, lime, lemon, mango, mandarin, nectarine, peach, pomelo, plum, persimmon, lingonberry, sour cherry, cherry, cranberry, blueberry, blackberry, strawberry, bog bilberry, sea buckthorn, currant, gooseberry.



Dry fruits, nuts, seeds (not salted, not fried) and spices

Dried apricots, prunes, almonds, pumpkin seeds, pine nuts, turmeric, cinnamon.



#### Grains

Buckwheat, oats, steamed rice.



#### Vegetable oils

Pine nut, sesame, olive, pumpkin.



#### Dairy products

Natural yogurt, kefir, ryazhenka, cottage cheese.

### Foods to avoid

- Preserved foods, processed foods, instant soups
- Products of animal origin (meats, poultry, milk and dairy products\*)  
\*sour milk products are acceptable
- Baked goods
- Alcohol
- Carbonated beverages
- Caffeinated beverages
- Sugar and salt
- Cruciferous vegetables, grapes, apples, bananas, apricots, pears, melons, beans, corn, potatoes, radish, spinach





**Salads and  
Appetizers**

A close-up photograph of a carrot orange salad. The salad consists of shredded orange carrots, sectioned orange segments, and fresh green cilantro leaves. Several pumpkin seeds are scattered throughout the mixture. The background is a solid orange color.

## Carrot orange salad

### Ingredients

3 cups shredded carrots, 2 medium oranges, 1/4 cup finely chopped cilantro leaf, 25 g pumpkin seeds, 3 tbsp lemon juice, 1 tsp ground cinnamon, salt to taste.

### Directions

Place carrots, sectioned oranges and cilantro into a bowl. Make dressing using remaining ingredients and pour over carrot mixture. Cover and chill for 2 hours. Sprinkle with pumpkin seeds just prior to serving.

A close-up photograph of a beet salad with arugula. The salad features vibrant green arugula leaves, dark red beets, white goat cheese cubes, and pumpkin seeds. The background is a solid purple color.

## Beet salad with arugula

### Ingredients

Arugula, 3 medium beets, 3 tbsp olive oil, 25 g pumpkin seeds, 1/3 cup goat cheese, 1 tbsp balsamic vinegar, salt and pepper to taste.

### Directions

Cook whole beets, cool under cold water. Mix balsamic vinegar, olive oil and sliced beets in a saucepan. Cook on low heat while stirring for 2-3 minutes. Season with salt and pepper. Remove from heat. Serve in a salad bowl, sprinkle goat cheese and pumpkin seeds over a bed of arugula and add beets. Drizzle with balsamic and olive oil mixture from cooked beets as a dressing.



## Shrimp spinach salad

### Ingredients

0.5 kg uncooked medium shrimp, 4 cups fresh baby spinach, 3 minced garlic cloves, 3/4 cup halved cherry tomatoes, 2 tbsp minced fresh parsley, 1/4 cup sliced almonds, 2 tbsp fresh lemon juice, 2 tsp olive oil, salt and pepper to taste.

### Directions

In a large nonstick skillet heat olive oil and add shrimp. Cook and stir for 3-4 minutes or until shrimp turn pink. Add garlic and parsley; cook for 1 minute longer. Remove from heat. Place spinach in a salad bowl. Top with tomatoes, almonds and shrimp mixture. Drizzle the salad with lemon juice and season with salt and pepper to taste.



## Farmers cheese veggie salad

### Ingredients

1/2 cup farmers cheese, 1/4 cup cherry tomatoes, 1/4 cup cucumber, 1 avocado, 1 red pepper, salt and pepper to taste.

### Directions

Dice all the vegetables into similar sized cubes and add to a salad bowl. Add farmer's cheese, season to taste and mix well.



## Roasted zucchini salad with feta cheese

### Ingredients

1 zucchini thickly sliced, 1 red onion (peeled and sliced into 6 chunks), 100 g cherry tomatoes, 50 g spinach leaves, 25 g feta cheese, 1 tbsp olive oil, 1 tbsp lemon juice, 1 tsp dried oregano, 1 tsp Dijon mustard, 1 bunch chopped parsley.

### Directions

Preheat oven to 200°C. Place zucchini, and red onion on a lined baking tray, drizzle with 1 tbsp olive oil and sprinkle with dried oregano. Roast for 20 minutes.

Add tomatoes onto the tray and drizzle with 1 tbsp olive oil, then return to the oven for a further 10-12 minutes until vegetables are tender and golden brown.

For the dressing, combine lemon juice, Dijon mustard and olive oil.

In a large bowl, gently toss roasted vegetables, parsley, and spinach leaves. Add the feta and dressing and toss gently. Serve warm.



## Lemon basil kale salad with avocado

### Ingredients

#### Salad:

1 bunch chopped kale, 1 sliced avocado, 1/3 cup thinly sliced red onion, 15 g pine nuts, 1/4 cup dried cranberries.

#### Dressing:

3 tbsp fresh lemon juice, 2 tbsp olive oil, 1 tsp honey, 2 large leaves chopped fresh basil, 1 clove minced garlic.

### Directions

In a small bowl, whisk together the ingredients for the dressing. Add the kale to a serving bowl and drizzle in desired amount of dressing. Toss well to coat and allow kale to sit for at least 10 minutes to let the acidity from the lemon soften some of the fibrousness of the kale.

Add the remaining ingredients for the salad to the serving bowl and toss everything together.





## Quinoa salad with prunes and dried apricots

### Ingredients

#### Salad:

1 cup quinoa, 2/3 cup chopped dried fruits, 1/4 cup chopped cilantro, 1/4 cup chopped fresh mint, 1/2 cup chopped fresh parsley, 1/4 cup pistachios, 1/4 cup sliced almonds, 2 tsp lemon zest, salt to taste.

#### Dressing:

1/3 cup olive oil, 1/4 cup fresh lemon juice, 1 pureed garlic clove, 1 tsp ground cinnamon.

### Directions

Cook the quinoa according to package directions. Transfer to a large bowl. Meanwhile, whisk together lemon juice, salt, garlic and cinnamon. Whisk in olive oil. Toss together quinoa and dressing. Add remaining ingredients and serve.



**Soups**

## Vegetable soup

### Ingredients

2 cups broccoli florets, 2 cups sliced zucchini, 2 chopped bell peppers, 1 diced onion, 1 cup diced carrots, 1 cup green peas, 2 minced garlic cloves, 6 cups chicken or vegetable broth, 2 bay leaves, 1/2 tsp dried thyme, 1/2 tsp basil, salt and pepper to taste.

### Directions

In a pot, saute onion and garlic over medium heat until slightly softened. Add carrots, green peas and cook for an additional 5 minutes. Stir in bell peppers, broth, bay leaves and season. Simmer for 8-10 minutes. Add in zucchini and broccoli. Simmer an additional 5 minutes or until softened. Remove bay leaves before serving.

## Beet soup with coconut and lime

### Ingredients

4 cups peeled and cubed beets, 800 ml coconut milk, 2 cups water or vegetable stock, 1 diced small red onion, 2 minced garlic cloves, 1 tbsp finely minced ginger root, 1 cup whole raw cashews, 2 tbsp coconut oil, 2 tbsp lime juice, salt to taste. Garnish: lime wedges, cilantro leaves.

### Directions

In a large stockpot, heat oil over medium heat. Saute the onion until translucent and soft (about 5 minutes). Add the beets, ginger, and garlic. Cook for 5 more minutes. Pour in the coconut milk, stock (or water) and salt to deglaze the pan. Lower the heat and simmer until the beets are tender (35 to 40 minutes). During the last 15 minutes of cooking, stir in the cashews. Off the heat, stir in the lime juice and season to taste. Puree with a blender until very smooth. Garnish with the cilantro leaves and a few lime wedges.



## Cream of vegetable soup

### Ingredients

1 cup chopped zucchini,  
1 cup chopped cauliflower,  
1 cup chopped carrots,  
olive oil, salt, greens and  
pine nuts for garnish.

### Directions

Chop vegetables into chunks. Preheat oven to 220°C. Place vegetables on a baking tray, drizzle with olive oil. Roast for 10-15 minutes. Place roasted vegetables in a pot, add water (1 – 1.5L). Bring to a boil and simmer for 5-7 minutes after boiling. Puree vegetables with a blender. Add salt and a little bit of lemon juice to taste. Serve with greens and pine nuts.



## Mushroom cream soup

### Ingredients

750 ml milk, 500 ml vegetable stock, 450 g sliced mushrooms, 1 chopped onion, 4 cloves of minced garlic, 1/2 tsp ground ginger, 1/4 tsp ground black pepper, 1 tsp lemon juice, salt to taste.

### Directions

Add mushrooms, garlic, onion, milk and vegetable stock to a large pot and bring to a boil. Reduce heat and simmer for about 10 minutes.

Puree the soup with a blender. Add the rest of the ingredients (ginger, black pepper and lemon juice) and stir well. Garnish with fresh parsley.



## Cream of pumpkin soup

### Ingredients

3 cups cubed pumpkin,  
2 cups vegetable broth,  
1 cup of chopped onion,  
3 minced garlic cloves,  
1 tbsp coconut milk,  
1 tbsp olive oil,  
1/2 tsp ground allspice,  
1/2 tsp dried crushed red  
pepper, salt and pepper to  
taste.

### Directions

Heat olive oil in a large pot over medium heat. Add the onion and garlic. Saute for about 3 minutes. Add the pumpkin, broth, allspice, and crushed red pepper. Bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Use hand blender to puree the soup until smooth. Bring the soup to a simmer, thinning with coconut milk to the desired consistency. Season to taste with salt and pepper. Ladle the soup into bowls. Drizzle with coconut milk and serve.



## Detoxifying green soup

### Ingredients

1 cup water,  
1 cucumber,  
1/2 stalk celery,  
1/2 large avocado,  
1/4 red onion,  
2 stalks fresh dill,  
juice of 1 lemon,  
1 clove garlic, salt  
and chili powder to  
taste.

### Directions

Blend all ingredients until smooth and creamy. Serve in chilled bowls with a dollop of yogurt on top.

A close-up photograph of a glass bowl filled with a vibrant red gazpacho soup. The soup is garnished with a small pile of finely chopped vegetables, including a green parsley leaf, a slice of yellow bell pepper, a slice of red onion, and a slice of cucumber. The bowl is set on a white surface, and a silver spoon is visible in the foreground. In the background, there are fresh ingredients: a whole yellow bell pepper, a green bell pepper, a red tomato, and a head of garlic. The overall scene is bright and fresh, suggesting a healthy and refreshing meal.

## Gazpacho

### Ingredients

3 medium tomatoes (peeled, seeded, and chopped), 1 large cucumber (peeled, seeded, and chopped), 1 chopped red bell pepper, 1 chopped onion, 3 cups tomato juice, 2 tbsp chopped fresh parsley, 2 cloves minced garlic, 2 tbsp tomato paste, juice of 1/2 a lemon, salt and pepper to taste.

### Directions

In a bowl, reserve 2 tbsp each of the tomato, cucumber, red bell pepper, and onion for garnish. In a food processor or blender, puree the remaining ingredients until smooth, adjusting the seasoning to taste with lemon juice, salt, and pepper. Cover and chill for at least 3 hours. Adjust the consistency as desired with water. Serve in chilled bowls garnished with the reserved vegetables.



**Main  
Dishes**



## Buckwheat with vegetables

### Ingredients

50 g dried mushrooms,  
1 cup buckwheat groats,  
1 large sliced carrot,  
1 medium coarsely chopped onion, 1/2 tsp cumin, 1/2 tsp rosemary, salt and pepper to taste.

### Directions

Soak dried shiitake or porcini mushrooms in water for 30-60 minutes or until soft. Cook the buckwheat according to package directions. Add carrot, onion and mushrooms to the cooked buckwheat. Add cumin, pepper, rosemary and salt to taste. Mix well.



## Steamed vegetables with chili-lime dressing

### Ingredients

3 cups cut-up fresh vegetables (broccoli, cauliflower and carrots),  
1 finely chopped garlic clove, 1 tbsp fresh lime juice, 1 tsp finely chopped jalapeno chili, 1 tsp grated lime zest, 2 tbsp olive oil.

### Directions

In a saucepan, heat olive oil. Add garlic; cook while stirring for about 20 seconds. Add lime peel, chile, salt and lime juice; mix well. Set aside. In 4-quart saucepan, place steamer basket. Add 1 cup water; heat to boiling. Add cut-up vegetables to basket; cover and cook 4 to 5 minutes or until crisp-tender. To serve, place vegetables in serving bowl. Add dressing mixture; toss gently to coat.



## Simply baked fish fillets

### Ingredients

0.5 kg white fish fillets,  
1 tbsp fresh lemon juice,  
1 tsp onion powder,  
1/8 tsp black pepper,  
1-2 tbsp olive oil,  
2 tbsp chopped fresh parsley.



### Directions

You can use any firm white fish: cod, haddock, or sea bass work well. Preheat oven to 250 °C. Place fish in a baking dish. Combine olive oil, lemon juice, onion powder, salt and pepper in a small bowl and spread over the fish. Bake for 20 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley. Serve it with leafy greens.

## Roasted pumpkin with quinoa pilaf

### Ingredients

1 cup rinsed and drained quinoa, 800 g pumpkin (peeled, seeded, cut into cubes), 1 finely chopped onion, 2 crushed garlic cloves, 1 tbsp olive oil, 1 tsp finely grated ginger, 1 tsp ground coriander, 1/2 tsp turmeric powder, salt and pepper to taste.



### Directions

Preheat oven to 200°C. Place the pumpkin on a baking tray, drizzle with olive oil. Roast for 30 - 40 minutes or until tender. Meanwhile, heat olive oil in a large saucepan over a medium heat. Cook onion, stirring occasionally for 5 minutes or until softened. Add the garlic, ginger, coriander and turmeric, cook stirring for 1 minute. Add quinoa and 500ml (2 cups) water, bring to a boil. Reduce heat to low, cover and simmer for 12-15 minutes, or until water has evaporated. Mix the cooked quinoa with roasted pumpkin in a bowl, season with salt and pepper and serve.



## Shrimp barley risotto

### Ingredients

300 g medium peeled shrimp,  
3 1/2 cup water, 1 cup pearl  
barley, 2 cups chopped zucchini,  
2 cups chopped onion, 1 tbsp  
olive oil, 1 tsp salt, 1/8 tsp freshly  
ground pepper, 1/4 cup grated  
Parmesan cheese.

### Directions

Bring water to a simmer in a medium saucepan; keep warm. Heat oil in a large non-stick skillet over medium-high heat. Add zucchini and onion; saute for 5 minutes or until tender, stirring frequently. Add barley and cook for 1 minute, stirring constantly. Stir in 1/2 cup water and cook for 5 minutes or until liquid is nearly absorbed, stirring frequently. Stir in 1/2 cup water and salt. Add remaining water, 1/2 cup at a time, stirring frequently until each portion of water is absorbed before adding the next (about 25 minutes). Add shrimp; cook for 4 minutes. Stir in cheese, and pepper.

A close-up photograph of a single, large, golden-brown grilled chicken breast. The skin is slightly charred and glistening. The chicken is served on a white plate, garnished with fresh green basil leaves, sliced cherry tomatoes, and a small portion of green salad. The background is a dark, textured surface.

## Grilled chicken breast

### Ingredients

2 skinless and boneless chicken breast halves,  
2 tbsp olive oil, 1/8 cup apple cider vinegar,  
1.5 tbsp grainy mustard,  
2 cloves minced garlic,  
juice of 1 lime, juice of 1/2 lemon,  
salt and pepper to taste.

### Directions

In a large bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover and marinate for 5 to 6 hours. Lightly oil the grill pan. Place chicken on the grill, and cook for 6 to 8 minutes per side or until juices run clear. Serve with oven roasted tomatoes and green salad.

A close-up photograph of a baked salmon fillet. The salmon is a vibrant orange-pink color, topped with a dark, textured spice mixture. It is served on a white plate alongside several stalks of bright green asparagus and a slice of tomato. The background is a dark, textured surface.

## Baked salmon with asparagus

### Ingredients

1 salmon fillet, 300 g asparagus, 1 tsp chili powder, 1/8 tsp turmeric powder, 1/2 fresh lemon, garlic salt and pepper to taste.

### Directions

Preheat oven to 250 °C. Mix chili powder, turmeric powder and garlic salt. Place salmon and asparagus on a baking dish. Brush salmon lightly with olive oil and sprinkle with spice mixture. Sprinkle the asparagus with garlic salt. Bake for 12-15 minutes until fish flakes. Sprinkle salmon with lemon zest and serve with brown rice.



**Desserts**

A close-up photograph of several glass jars filled with a vibrant pink sorbet. The sorbet is garnished with fresh raspberries and sprigs of mint. The background is softly blurred, showing more raspberries and another jar.

## Minty berry antioxidant sorbet

### Ingredients

1/2 cup frozen strawberries,  
1/2 cup frozen raspberries,  
1/2 cup coconut water,  
2 peppermint leaves, plus  
extra for garnish.

### Directions

Place all ingredients into a  
food processor and pulse  
until desired consistency.  
Garnish with mint leaves and  
serve right away.

A photograph of a glass bowl filled with white chia seed pudding. The pudding is topped with a variety of fresh berries, including raspberries, blueberries, and strawberries, along with fresh mint leaves. A silver spoon is visible in the foreground, and the background shows more berries and another bowl.

## Chia seed pudding

### Ingredients

1 cup almond milk,  
1/4 cup chia seeds,  
1 tbsp honey,  
1/4 tsp vanilla extract.

### Directions

Add all ingredients to a mixing  
bowl and whisk together. Cover  
the bowl and place in the refrigerator  
for at least one hour. Stir the chia  
pudding before serving and add  
your favorite berries, nuts, seeds  
and spices.

## Breakfast parfait

### Ingredients

150 g cottage cheese,  
100 g low-fat yogurt,  
50 g dried fruits,  
50 g oats, 1 kiwi,  
peppermint leaves.

### Directions

Place dried fruits, low-fat yoghurt, oats, cottage cheese, fruits in a glass bowl. Serve garnished with mint leaf.

## Matcha green tea chocolate balls

### Ingredients

1 cup rolled oats,  
1/2 cup sunflower  
seeds, 1 tbsp raw  
cacao powder, plus  
extra for coating,  
1 tbsp almond butter,  
1 tsp coconut oil,  
1/2 cup dry pitted dates  
(soaked in purified  
water for at least one  
hour), 1 tsp matcha  
powder, for coating.

### Directions

In a food processor, add the sunflower seeds and process until finely ground. Add the oats, almond butter, coconut oil, drained pitted dates and cacao, and pulse to incorporate and obtain a sticky crumble. On a plate mix matcha powder and cacao powder, then use your palms to shape the mixture in little balls and roll them in the matcha and cacao powder mix until evenly coated. Refrigerate for at least 30 minutes before serving.

**Vegetables and fruits are an important part of a healthy diet!  
Enjoy our menu with a palette of flavours!**

**We wish you magical experiments and bon appetit during  
Colo-Vada Plus and Colo-Vada Light programs!**



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**Bon Appetit**

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