



DAMON'S POST EXPERIMENT RECIPES

During the 60 days of sugar eating madness, I experienced many dark and confronting moments. These ranged from genuine fear about crossing the threshold of liver health to grappling with mood swings that were more theme park than children's playground.

But the one thing that kept a glint in my eye was the thought that it would soon be over and that I would be leaving a path of destruction and re-routing to a path of recovery. A key player in this latter path would be my wonderful girlfriend, Zoe, and her supreme cooking skills. She would be standing on the side of this path like a marathon runner's support crew, offering up healing liquids and cold flannels.

By far the largest shock of this whole process was not how quickly I developed fatty liver disease, heart disease risks, 10cm of extra weight around my waist, the doubling of my insulin output or how my moods and concentration were affected, but how quickly it all disappeared once I returned to my previous diet.

What we are sharing here are the types of meals Zoe prepared for me based on information from the nutritionist in the film, Sharon Johnston, in the first few days after the experiment. In just 8 weeks of eating these sorts of meals, all my blood tests returned to the healthy level they were before I started the experiment, I lost 6 of the 8.5 kilos while doing minimal exercise and my liver, which was on the verge of cirrhosis (hardening) had completely healed (it must be noted that 5.5 million Australians now have fatty liver disease and only 6000 of these are a result of alcohol. Sugar turns to fat in the liver).

The key was that the meals were designed as 'bridging' meals to help my body slowly adjust from the high sugar diet. They were soothing and nurturing and contained small amounts of fruit and sweeter vegetables early on to make the transition easier and most importantly, to allow my taste buds to adjust to the more natural and subtle flavors of whole foods. It's important to remember that sugar releases the same opioids in the brain that love does, so restricting sugar in the diet can be an awkward and uncomfortable feeling for some people. We need to be kind to ourselves when making the transition.

All of the following recipes are not only free of sugar but also free of refined carbohydrates like bread and pasta. The film and book goes into some detail to explain why we have left these out. Stay tuned.

There are many more recipes to share over the coming months including a full post experiment meal plan.

Both Zoe and I are very keen to offer up what worked for me. Our hope is that these recipes will also have an effect on other people who are wanting to make a change in their lives.





DAY 1



When trying to reduce sugar, remember to keep your blood sugar levels even throughout the day by eating every 2 hours at the very least. If the levels drop, the brain will crave sugar and you will be more likely to succumb to a sweet 'quick fix'. I made sure I had a handful of almonds with me to keep me going or a piece of hard cheese (see more snack ideas on day 3).

START THE DAY: WARM WATER WITH LEMON

A key part of my post sugar experiment cleanse was to start the day with a glass of warm water with lemon. This kick starts the cleansing of the liver (the organ where sugar is turned to fat). The liver plays a key role in detoxifying the body so it is vital that it is in good health. I had developed full blown fatty liver disease during the experiment and it completely reversed in just 8 weeks of following Zoe's meal plan.

BREAKFAST:

PINK EGGS

- INGREDIENTS:**
- 1 tspn of coconut oil or a nub of butter
 - 5 eggs
 - 100g feta cheese
 - One medium beetroot grated finely
 - 1/4 avocado, diced

PREPARATION: Finely grate one medium sized beetroot into a bowl. Add eggs and beat mixture until the colour is rich and pink.

Heat the coconut oil/butter in a frying pan. Pour the pink egg mix into the pan and gently stir until eggs are cooked.

Serve with avocado.

SERVES 1-2





SNACK:

ALMONDS

A handful of almonds are your friend.

TIP:

Also remember to drink at least 2 litres of water a day if you are trying to lower your sugar intake.

This helps to flush out all the toxins from the liver. You may feel a bit flat doing this but this is actually a GOOD thing. Those toxins are being released from where they have been held (often in the fat) and are now free to be flushed out of the body.

LUNCH:

THE EASIEST PUMPKIN SOUP IN THE WORLD

INGREDIENTS:

- 1 medium whole JAP pumpkin
(Just Another Pumpkin)
- One cup of water

PREPARATION:

Heat oven to 180°C. Place whole pumpkin in the oven to roast until the outside is darkened, usually about 2 hours.

Remove from oven and peel back skin with a spoon. It should just scrape off easily. The pumpkin will almost be caramelised.

Scoop the whole pumpkin into a blender with one cup of water. Blend.

Garnish with grated cheese to serve.

TIPS:

The pumpkin becomes incredibly sweet during this roasting process and again is a terrific 'bridging' food for coming off sugar.

SERVES 4





AFTERNOON SNACK:

BANANACADO SMOOTHIE

INGREDIENTS:

- 1 cup water
- 1/2 banana
- 1 tablespoon chia seeds
- 1/2 avocado

Blend ingredients and serve fresh immediately.

SERVES 1-2



DINNER:

CHEESY CHICKEN

- INGREDIENTS:**
- 50g blue cheese
 - 50g butter
 - 4 cloves garlic
 - 1/2 cup water
 - 1 medium sized whole chicken
 - 2 cups frozen peas
 - 1/2 cup almonds
 - 1/2 cup cooked quinoa

PREPARATION: Heat oven on highest setting. Soften the cheese and butter on a stove in a large oven-safe pot. Crush the garlic and add it to the melted butter and cheese combo. Place the chicken in the pot and baste it with the mix until it is fully covered. Add 1/2 cup of water to the pot. Put the lid on and place into the oven. Turn the oven temperature down now to 130C and cook for 2 hours. (Baste the chicken in juices after one hour and re-place in oven).

Once chicken is ready, remove from oven and baste it again in the juices. Add the peas, almonds and quinoa to the remaining juice and pop the lid on to allow them to warm whilst preparing to serve.

Serve hot from the pot!

SERVES 4



DAY 2

BREAKFAST:

CHIA SEED PORRIDGE

- INGREDIENTS:**
- 1 cup almonds
 - 1/2 banana
 - 2 cups water
 - 1 cup chia seeds
 - Blueberries, almonds and other half of banana for serving

PREPARATION: Blend almonds, water and banana together until smooth. Stir in chia seeds.

Pour mixture into desired containers. Allow to set for a few hours or overnight.

When ready to serve, add blueberries, additional almonds and chopped banana.

Chia seeds can be bought from the supermarket and may seem expensive. But don't be fooled, the little suckers swell up and last for ages.

SERVES 4-6



LUNCH:

BEAN SALAD

INGREDIENTS:

- 1 can white beans of your choice (we used pinto)
- 3 stalks celery
- 6 large cherry tomatoes, quartered
- 1 punnet fresh blueberries or 1 cup frozen blueberries

DRESSING:

- 1/2 cup almonds
- 1/2 cup olive oil
- 1/2 cup water
- 1/2 lemon, squeezed
- Pinch salt

PREPARATION:

Chop the celery into crescents and then drain and rinse the beans. Mix all the ingredients for the salad in a bowl.

For the dressing, simply blend all the ingredients in food processor and serve on top of the salad.

SERVES 4-6





AFTERNOON PICK ME UP:

VEGGIE JUICE

This a great replacement for soft drinks as it still has a natural sweetness but only for the first few weeks of the transition.

INGREDIENTS:

- 3 carrots
- 2 cucumbers
- 1 beetroot

Juice or blend and serve immediately.

SERVES 2



DINNER:

SWEET LETTUCE TACOS

INGREDIENTS:

- 500g Beef mince
- 1 tspn cinnamon
- 1 brown onion
- 4 cloves garlic
- Nub of butter
- 1 lemon
- 1 moderate sized sweet potato (try and get a straighter one as they are easier to spiralize)
- 1 tspn melted coconut oil (to melt, just run jar under hot tap water)
- Fresh tomato to serve
- Lettuce with large leaves (say it ten times fast)

PREPARATION:

Turn the oven on to heat up at about 180°C.

Spiralize the sweet potato onto a flat oven tray lined with baking paper. Toss through with melted coconut oil.

Turn the oven down to between 40-60°C depending on the heat of your oven. Place tray in oven and leave until the spirals have dehydrated (approx. 2 hours). If you are in a hurry, turn the oven up to 160°C and cook for 30 mins but beware this can char the spirals.

While the spirals are cooking, chop the onions finely and brown them in a pan with butter on a moderate heat on the stove. Toss in the mince and brown with the onions until cooked through. Then add a squeeze of juice from half a lemon and simmer until the juice evaporates. Turn off and then allow to cool slightly.

Chop tomato into slices and the remaining lemon into wedges for serving. Rinse and prepare lettuce cups.

Spoon the mince mix into lettuce cups and arrange tomato and sweet potato on top.

- Option - you can add mayonnaise or aioli as well, as long as its sugar free of course.

SERVES 4



DAY 3

BREAKFAST:

CAPSICUM EGGS

- INGREDIENTS:**
- 3 coloured capsicums
 - 6 eggs
 - 1 cup grated cheese

PREPARATION: Heat oven to 180°C .

Cut the top off the capsicums and remove seeds. Line the capsicums with grated cheese pressing it around the edges. Crack eggs into the capsicums.

Place on a tray in the oven and cook until eggs are desired consistency. Recommend about 20-30 mins.

SERVES 2-3





MID MORNING SNACKS:

These can be eaten on any day. I would often move between almonds/walnuts, carrot or cucumber sticks with hummus or Zoe's home made pate (stay tuned) and even celery sticks with almond butter. Slices of aged cheese or avocado also got a demolishing. I even resorted to just a spoonful of coconut oil to ward off a sugar craving.

LUNCH:

PESTO QUINOA

INGREDIENTS:

- 4 cups cooked red quinoa
- 1 cup pesto (store bought for convenience or see home made recipe below)
- 1 small broccoli
- 1/4 cup water
- 1 tbspn butter

PREPARATION:

Measure a whole packet of quinoa into a saucepan using a cup. Add the same amount of water as there are cups of quinoa.

Bring water and quinoa to the boil with a lid on. As soon as it's boiling, turn it down to a slow low simmer, keeping the lid on. After 10-15 minutes the water should have evaporated, check this with a spoon. Remove from heat and leave covered until ready to serve.

Heat a pan with a dash of water. Add the broccoli chopped into florets and place the lid on the pan. Once the broccoli looks bright green add the butter and then the quinoa and pesto. Stir through and then serve. (You can sprinkle with some cheese and pepper if desired).

QUICK PESTO RECIPE:

- 1 bunch parsley
- 1 bunch basil
- 1/2 cup olive oil
- 1/3 cup water
- 1 tspn salt
- 1/2 cup cheese
- 1 cup almonds

Blend all ingredients together and store in a jar or airtight container.

SERVES 2





DINNER:

ZUCCHINI SPIRAL FRITTATA

TIP: You will also need the spiralizer mentioned in the mince dish for this recipe too.

INGREDIENTS:

- 5 eggs
- 2 medium sized zucchinis
- 100g feta cheese
- 1 tspn butter
- 1 tspn cinnamon

PREPARATION: Grease a shallow oven proof pie dish or similar with butter. Spiralize two medium zucchini into dish.

In a separate bowl beat the eggs and cinnamon together. Then pour this mixture over the spiralized zucchini. Sprinkle with feta.

Cover with lid or foil and bake in the oven for 20 minutes covered and then a further five uncovered to allow the top to brown and crisp.

Serve with simple lettuce leaves or slices of fresh tomato with pepper and olive oil.

SERVES 3

I hope this collection of recipes helps to get you started. We look forward to sharing more of my meal plan and Zoe's recipes in the months ahead. Zoe also has 40 recipes featured in 'That Sugar Book' that comes out just before the film (all been beautifully and professionally photographed).

Proceeds of the book will go to the Mai Wiru Sugar Challenge, started by David Gillespie John Tregenza and I to reduce sugar consumption in an Aboriginal community. Funds will also go to a schools screening and curriculum program.

Stay tuned.

