

Living Light  
(weight alignment)  
Homeopathic Guide





## MIBOCO Living Light programme guide



# Release 4-7kgs in 10 days

To empower you to kick start your weight alignment journey, move through a stubborn weight set point (that nothing seems to budge), improve athletic performance through being leaner, or look better for a special event, the weight alignment component of the MIBOCO Living Light programme offers real hope in helping you achieve faster, lasting results.

Whatever the reason you've got for wanting to align your weight, and whether that weight is a new friend or has been with you for a while, the homeopathic component of MIBOCO Living Light provides a pathway to get you back on track, healthily delivering results in quick time.

MIBOCO Living Light is a culmination of Founder Leigh Spencer's two decade's worth of experience supporting clients to align their weight. and provides an option that:

1. Delivers results - 5-7kgs during 10 days
2. Is intentionally easy to follow - (recipes and menu plan)
3. Utilises four specialised weight loss formulas, unique to MIBOCO.
4. Requires no additional supplementation
5. Programme eating is aligned with current scientific evidence that periodic fasting, and a low-carb, sugar-free menu help align weight, increase energy levels, decrease inflammation and improve mobility

[www.MIBOCO.co.nz](http://www.MIBOCO.co.nz)



# MIBOCO Living Light (weight alignment) Introduction and Outline

**Specialised**

The MIBOCO Living Light (weight alignment) programme is a simple very low-calorie diet (VLCD) that mimics periodic fasting and aligns with many other scientifically recognised eating regimes that stabilise blood sugar, reduce white fat, and improve leptin sensitivity, ensuring rapid and lasting weight loss.

It provides immediate, rapid weight loss of between 5-7kgs during the 10 days due to the specialised combination of the four unique homeopathic formulations and types and combination of food eaten.

For many whose metabolic systems have been disrupted due to hormonal changes, environmental exposure, illness or lifestyle choices that have compounded and caused weight gain, this programme offers a genuine kickstart to help get back on track. It is ideal as a yearly cleanse or can be repeated if you have more weight to release. [Talk with your coach about timing and when you can start another round if you have more weight to align and want the fast results the programme delivers.]

The MIBOCO Living Light (weight alignment) programme is a culmination of two decades of weight alignment experience, and was developed in conjunction with clients and other health professionals.

# MIBOCO Living Light - Programme Guidelines

## Food & preparation

### Intentionally simple and easy

- All cooking is without fat, oil or butter.
- You can steam, bake, or sauté in a non-stick pan using water and lemon juice.
- Use baking paper in a pie maker (or similar) to easily cook smaller protein portions, using lemon juice, salt & pepper and fresh herbs.
- You eat two meals a day and two fruit snacks.
- Your vegetable serving size is not restricted. Typically, you can eat an unlimited amount of vegetables with a single protein portion (100gm raw weight) until you feel full.
- Tomatoes and onions are higher in carbs, so limit these selections to every other day.
- If you find that apples make you hungry (fructose) swap for either frozen or fresh berries (in season) - particularly if you're a Protein Metabolic Type. *[Your coach will provide resources around metabolic typing once you come off the programme.]*
- Use dressings from the cookbook and additional recipe lists to flavour your vegetables/salads. Make them in advance and store them in a jar in the refrigerator.

# MIBOCO Living Light - Allowable Food List

## Protein (2 x 100gm daily)

- Chicken breast (boneless, skinless with all fat removed)
- Cottage Cheese
- Egg (1 whole egg plus 3 whites per serve)
- Fish (white, non-oily)
- Lamb (lean, no fat)
- Beef (lean, no fat)
- Shrimp
- Tempeh
- Tuna (fresh or canned in spring water)
- Tofu
- Veal
- Venison

## Vegetables (unlimited)

- Asparagus
- Bok Choy
- Broccoli
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Cucumber
- Fennel
- Kale
- Lettuce
- Mushrooms
- Onions
- Radishes
- Spinach
- Tomato
- Unlimited fresh herbs


## Fruit (2 portions daily)

- Apple
- Berries  
(fresh or frozen, in season)
- Grapefruit
- Lemons (1 each day in addition to 2 fruit serves)
- Orange
- Strawberries

## Dressings, Tea & Coffee

- Salt & Pepper
- Spices (without sugar)
- Dressings - see cookbook and additional recipes.
- Green teas & black coffee

# MIBOCO Formulas Prescription Schedule

	*Load Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	From Day 12	
<b>ALIGN</b> (From Load until Day 11)	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Light Green	Light Green	
<b>BOOST</b> (From Day 1 until finished)	Light Green	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Keep taking until bottle is empty.	
<b>UPLIFT</b> (From Day 1 until Day 11)	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Orange	Keep taking until bottle is empty.	
<b>REFINE</b> (From Day 11 until finished)	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Keep taking until bottle is empty.	
<b>Eating</b>	*Load Day	*VLCD	VLCD	VLCD	VLCD	VLCD	VLCD	VLCD	VLCD	VLCD	VLCD	*Normal number of Calories		
<b>Exercise</b>	Yes	No	No	No	No	No	No	No	No	No	No	Yes		
*Load Day- For one day before you start the VLCD) eat between 4000-6000 calories of nutrient-dense foods, including quality fats and oils. Avoid sugar, alcohol and other refined carbohydrates.		*VLCD refers to the low-carb, no-sugar, no-fat prescriptive eating during the MIBOCO programme, and as outlined in your cookbook and allowable food list.											*Normal Calories mean you are no longer calorie restricted. Eat to your reduced appetite and stick with clean eating until your weight stabilises.	
Exercise: No exercise from Day 1 through 10 inclusive. Light stretching or a gentle walk is permitted but no strength training due to the eating being low protein and higher GI carbs.		DOSAGE: Align, Boost, Uplift and Refine: As per the calendar above. Each - two sprays under your tongue, three times a day & at least five minutes before meals. When you're only eating two meals a day, each formula is also taken first thing upon rising. BOOST: 9 drops a day in a waterbottle, or 3 drops in a glass of water, three times a day.												

# MIBOCO Living Light - Water Intake Guidelines

Water  
intake

1/4



## How to calculate how much water to drink on the MIBOCO programme

While on the MIBOCO Living Light programme it is recommended you drink about three litres of water per day - more if you weigh more than 85kg. (Green teas also count towards this intake.)

Many people are chronically dehydrated and drinking far less water than they need for wellness and healthy weight alignment. Additionally, thirst is often mistaken for hunger and can cause overeating.

# MIBOCO Living Light - Water Intake Guidelines

**Water intake 2/4**

A healthy adult needs about 35 ml of water each day per kilogram of body weight. The following table calculates how much you need to drink based on your weight\*:

50kg	1.75lt	60kg	2.10lt	70kg	2.45lt	80kg	2.8lt	90kg	3.15lt	100kg	3.50lt	110kg	3.80lt	120kg	4.20lt
51	1.78	61	2.13	71	2.62	81	2.83	91	3.18	101	3.53	111	3.88	121	4.23
52	1.82	62	2.17	72	2.66	82	2.87	92	3.22	102	3.57	112	3.92	122	4.27
53	1.85	63	2.20	73	2.69	83	2.90	93	3.25	103	3.60	113	3.95	123	4.30
54	1.89	64	2.24	74	2.73	84	2.94	94	3.29	104	3.64	114	3.99	124	4.34
55	1.92	65	2.27	75	2.76	85	2.97	95	3.32	105	3.67	115	4.02	125	4.37
56	1.96	66	2.31	76	2.8	86	3.01	96	3.36	106	3.71	116	4.06	126	4.41
57	1.99	67	2.34	77	2.83	87	3.04	97	3.39	107	3.74	117	4.09	127	4.44
58	2.03	68	2.38	78	2.87	88	3.08	98	3.43	108	3.78	118	4.13	128	4.48
59	2.06	69	2.41	79	2.90	89	3.11	99	3.46	109	3.81	119	4.16	129	4.51

\*The recommended daily amount reflects the quantity your kidneys and heart can handle. Drinking too much - overhydrating - is not recommended, so build up your water intake gradually over two to three days. Ideally, build it up before you start the MIBOCO programme



# MIBOCO Living Light - Water Intake Guidelines

Water intake **3/4**

## Exercise

You don't exercise while on the MIBOCO Living Light (weight alignment) programme, but once you return to normal eating, on top of your weight-based water consumption, you can add another 2 x 250ml of water for every 30 minutes you exercise - and if it is hot, you may need more.

## Rules of thumb

Remember to pre-hydrate. In other words, drink before you start feeling thirsty, or before you do an activity. Going running? Drink water before you start. Thirst is a sign of dehydration, so if you feel thirsty, you have some catching up to do.

Also, monitor your urine. If you are adequately hydrated, you should be urinating about once every two to four hours and your urine should be colourless or a very pale yellow (the colour of hay or lighter). If it is darker than that, you haven't had enough fluid. Headaches and dizziness are late signs of dehydration.

# MIBOCO Living Light - Water Intake Guidelines

Water  
intake

4/4

## Drink right - BOOST homeopathic formula

BOOST is included as part of your MIBOCO programme, both to support and turbocharge weight loss and to ensure you drink enough water. BOOST is added to your water and the daily dose is either taken all at once or sipped throughout the day.

Some tips for keeping yourself hydrated while on the programme include:

- Start each day with a glass of water – it's refreshing, replenishes depleted reserves after the night and detoxes the body. (You can include a teaspoon of apple cider vinegar.)
- Drink at least half of your daily water intake before midday.
- Keep a bottle on your desk or within arm's reach at work.
- Use a large bottle to set your daily limit.
- Take water with you on the go.
- Kick water up a notch by adding berries, lemon or herbs.
- Drink a glass of water alongside coffee and other drinks.
- Hydrate during physical activity.



# Living Light Cookbook



# Contents

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# Side Dishes

Salsas	4
Salads & Dressings	5
Vegetables	11



# Mexican Tomato Salsa

1 medium tomato, finely diced  
1 spring onion, finely chopped  
1 tsp garlic flakes  
1/4 cup fresh coriander, finely chopped  
1 tsp lime juice  
Tiny pinch of stevia  
Pinch of chilli flakes  
1/4 medium cucumber, diced finely

Method:

Combine well and let rest for 10 minutes for flavours to develop

# Tomato, Cucumber and Mint Salsa

8 cherry tomatoes, cut in half  
1/4 medium telegraph cucumber, very finely diced  
1 spring onion, finely sliced  
2 tbsp chives  
1 tbsp lemon juice  
1 tsp garlic flakes, chopped  
1/4 cup fresh mint, finely chopped  
Sea salt and cracked pepper

Method:

Combine well and let rest for 10 minutes for flavours to develop

# Tomato and Cucumber Salad

1/2 medium telegraph cucumber (don't need to peel telegraph cucumbers... and the green colour adds to the visual deliciousness), diced  
1/4 red onion, finely sliced  
2 tbsp Bragg's apple cider vinegar  
1 medium tomato, finely diced  
Pinch oregano or 1 tsp finely chopped mint

Method:

Combine and let salad sit for 5 minutes.

# Red Slaw

1 cup red cabbage, finely sliced  
2 radishes, finely sliced  
1 medium stalk of celery, finely diced  
1 spring onion, finely sliced  
1/4 cup of parsley, chopped  
1 tbsp lemon juice

Method:

Combine and let salad sit for 5 minutes.

# Tomato and Spinach Salad

1 cup baby spinach leaves, washed  
 Pinch cumin seeds  
 1/4 red onion, finely sliced  
 1 tsp fresh ginger, grated  
 1 tsp garlic flakes  
 2 tbsp lemon juice  
 1/2 medium tomato, diced  
 1/4 cup fresh mint and coriander, finely chopped  
 Sea salt and cracked pepper

Method:

Toast cumin seeds in dry pan, then mix with garlic, ginger, lemon juice, stevia, salt and pepper. Whisk together to form dressing. Toss all other salad ingredients together and pour dressing over salad.

.....enjoy

# Middle Eastern Salad

1 cup salad greens  
 1/2 medium tomato, diced  
 1/4 medium cucumber, diced  
 1/4 cup fresh mint leaves, finely sliced  
 1 tbsp of lemon juice

Method:

Combine together and serve.



# Orange, Red Onion and Celery Salad

1/2 orange, peeled with all pith removed finely sliced  
1/4 red onion, finely sliced lengthways 1 medium  
stalk of celery, finely diced  
1/4 cup fresh basil,  
shredded 1 tbsp orange juice

Method:

Combine together and serve

# Asian Salad

1 cup green cabbage, finely sliced  
1 spring onion, finely sliced  
2 radishes, finely sliced  
1 tbsp lemon juice  
1 tsp mustard seeds  
1/4 cup fresh coriander (or mint)  
1 tsp fresh ginger, finely grated  
Tiny pinch of stevia

Method:

Whisk lemon juice, mustard seeds, stevia, ginger, coriander, salt and pepper to form a salad dressing. Prepare salad vegetables and combine with dressing.

# Wild Weed Salad

2 cups of wild weed salad greens. These can consist of anything edible out of your vegie garden or local farmers market.

## Method:

I use mustard leaves, large and small, rocket, mizuna, cos, various red and green lettuces, fresh cress, mesclun mixes and basically anything exotic and interesting that's edible.

I use borage flowers, calendula petals, heart tease flowers etc. for colour and toss it all together.

It's both pretty and tasty... and with a juicy citrus dressing... delicious.



SALAD DRESSINGS: (Each makes 3-4 serves)

# Lemon Vinaigrette

Juice of whole lemon  
Tiny pinch of stevia  
Pinch of mustard powder  
Pinch of garlic flakes  
Sea salt and cracked pepper

Method:

Blend in your blender till completely emulsified or put in a screw top jar and shake, shake shake.

# Green Goddess Dressing

Total Calories 32.5

1/4 cup of your favourite green herbs e.g. basil, flat-leaf parsley, chives, etc  
Juice of 1 large orange  
2 tbsp organic apple cider vinegar  
Pinch mustard powder  
Sea salt and cracked pepper

Method: Blend in your blender till completely emulsified or put in a screw top jar and shake, shake, shake.

# Asian Dressing

Juice of one large lime (or lemon)

2 tbsp soy sauce

Tiny pinch of stevia

Pinch of mustard

Sea salt and cracked pepper

Method: Blend in your blender till completely emulsified or using a screw top jar and shake, shake, shake.

# Stuffed Tomato

1 medium tomato  
1/4 red onion, finely diced  
1 cup spinach, washed, chopped finely and quickly steamed  
6 fresh basil leaves, finely chopped  
Tiny pinch of stevia  
Sea salt and cracked pepper

## Method:

Cut the top off the tomato, scoop out the pulp and dice finely. Mix together tomato pulp, steamed spinach, basil, stevia and salt and pepper . Fill tomato case with mixture and bake for 10 minutes at 200 degrees Celcius.

# Grilled Tomato

1 medium Beefsteak tomato  
Tiny pinch of stevia  
Pinch of thyme or oregano  
Sea salt and cracked pepper

## Method:

Cut the tomato in half across, sprinkle stevia, herbs, salt and pepper on 2 halves and grill in George Foreman or under oven grill for 5 minutes on high.

# Sauteed Bok Choy

## with Ginger

2 baby bok choy  
Pinch of garlic flakes  
1 tsp fresh ginger, grated  
Pinch of chilli flakes  
1 tbsp lemon juice  
1 tbsp soy sauce

### Method:

Wash and cut bok choy into quarters lengthwise. Saute garlic, chilli in lemon juice for a few seconds just to soften and then add bok choy and soy sauce. Place lid on pan so the bok choy can steam. Cook for 5 minutes till softened but still crunchy.

# Gutsy Silverbeet

1 tsp fresh rosemary, finely chopped  
1 tsp garlic flakes  
3 cups of washed silverbeet (aka swiss chard)  
chopped and stalks removed  
Sea salt and cracked pepper

### Method:

In a saucepan put garlic, rosemary and 2 tbsp of water, and cook for 1 minute. Add washed silverbeet and salt and pepper. Cook further 5 minutes till tender.

# Sauteed Asparagus

8 asparagus spears  
1 tbsp soy sauce  
1 tbsp lemon juice  
Tiny pinch of stevia  
Sea salt and cracked pepper

## Method:

Steam asparagus for 3-5 minutes in pan big enough for asparagus to lie flat. Add asparagus and all other ingredients. Turn up to medium high and sauté for 2-3 minutes, till all liquid has evaporated. They should be tender but with a little crunch.

# Main Dishes

Soups	15
Egg	18
Salads	20
Fish	23
Chicken	30
Beef	37
Venison	44



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# Tom Yum Soup

50g chicken breast, finely sliced  
 50g shrimp or prawns  
 2 spring onions (peeled), finely sliced  
 2 cups water  
 1 medium tomato, diced  
 2 tbsp tamari or Bragg's soy sauce  
 1 tsp fresh ginger, grated  
 1 tsp garlic flakes  
 Tiny pinch of stevia  
 2 tbsp lemon or lime juice  
 Pinch of chilli flakes  
 1/4 cup fresh coriander or fresh basil, chopped  
 1 cup either green cabbage, spinach or bok choy

## Method:

Place all in a saucepan and simmer till meat is tender and vegetables cooked 10-15 minutes. Basically you can add or delete preferred vegetables and meat and make a larger quantity if required.

## Other Meat options: (All fat removed)

Beef schnitzel	100g
Porterhouse	100g
Chicken Breast	100g



# Korean Meat Ball Broth

100g chicken breast, minced  
1 tsp garlic flakes  
2 spring onions, finely sliced  
1 cup spinach, washed and chopped  
1 medium stalk of celery, finely sliced  
1/4 cup parsley, finely chopped  
2 cups water  
2 tbsp soy sauce  
1 medium tomato, finely diced  
Pinch of chilli flakes  
Sea salt and cracked pepper

## Method:

Using a blender mince together the chicken breast, 1 spring onion, garlic and parsley, salt and pepper. Wet your hands and form into walnut sized balls. Place into water with soy sauce, spinach, celery, 1 spring onion, diced tomato and pinch of chilli, salt and pepper. Bring to the boil, reduce to simmer, cook for further 10 minutes.

**Meat options:** (All fat removed)

Porterhouse      100g

# Chunky Chicken, Tomato & Basil Soup

100g chicken breast, cut into strips  
1/2 brown onion, finely diced  
1 tsp garlic flakes  
100g canned tomatoes, chopped (no additives)  
1 cup water  
1/4 cup fresh basil, shredded  
1/4 cup fresh parsley, chopped  
Tiny pinch of stevia  
Sea salt and cracked pepper

## Method:

Saute chicken strips, onion and garlic with 2 tsp of water on medium heat in non-stick pan for 2 minutes with lid on. Add the rest of the water and the remaining ingredients and simmer for 10-20 minutes. Puree in blender. Sprinkle with parsley if desired. For those cold days add a pinch of chilli flakes.

## Meat options: (All fat removed)

Porterhouse steak    100g  
Schnitzel steak        100g

# Singaporean Egg Roll

2 egg whites 1 whole egg  
4 medium asparagus (if not available use half cup broccoli)  
2 spring onions, finely sliced  
1 cup spinach, finely chopped  
1 tsp garlic flakes  
Pinch of chilli flakes  
2 tbsp tamari or Braggs soy sauce  
1/4 cup fresh basil, shredded

## Method:

Blanch asparagus for 2 minutes in salted water and drain well. Whisk eggs with salt, pepper and fresh herbs.

Heat non stick pan, add spring onions, garlic, washed, chopped spinach and soy sauce, cook for 2 minute. Add egg mixture and cook further 2-3 minutes till egg is set.

Gently remove omelette from pan on to plate. Place asparagus or blanched broccoli into centre of omelette and roll up.

# Ooh La La French Omelette

2 free-range egg whites  
1 free-range whole egg  
1 spring onion, finely sliced  
1/4 cup green herbs, chopped  
1 cup spinach, washed and chopped  
1 medium tomato, diced  
Sea salt and cracked pepper

## Method:

Beat eggs, add salt, pepper and green herbs. Sauté onion and spinach in 1 tbsp of water for 5 minutes to soften. Remove from non-stick pan and set aside. Pour egg mixture into pan. The secret to a good omelette is gentle handling. Once you see the eggs start to set in the pan, quickly using a wooden spoon or spatula gently push the egg mixture to one side while tipping pan. Repeat this two or three times.

Don't overcook egg, keep it soft, 3 minutes should do it.

At this point place filling back onto omelette and gently fold omelette in half.

Serve this with a cup of salad leaves.



# Crab Salad

100g canned, water-packed crab  
1/4 cup parsley, roughly chopped,  
or half and half basil and parsley  
1 spring onion, finely sliced  
2 tbsp lemon juice  
1 medium tomato, finely diced  
1/4 medium cucumber, finely diced  
1 medium stalk celery  
Sea salt and cracked pepper  
2 iceberg lettuce leaves or 1 cup wild salad leaves

## Method:

Mix thoroughly and serve in iceberg lettuce cups or a bed of tasty ‘wild weed’ salad leaves from your garden.

## Meat options: (All fat removed)

Tuna (canned, water packed only)	100g
Chicken Breast	100g

# Warm Thai Beef

## with tomato and cucumber salad

100g of prime porterhouse steak (cut into strips)

### Marinade:

2 tbsp tamari soy sauce  
Pinch of chilli flakes  
1 tsp garlic flakes  
Tiny pinch of stevia  
2 tbsp lemon juice  
2 tbsp water

### Salad:

1 cup salad leaves, include rocket if possible  
1/4 red onion, sliced finely  
1/4 cup fresh coriander and fresh basil, roughly chopped  
1 medium tomato, dice  
1/4 cucumber, diced  
1 grissini stick, crumbled

### Method:

Marinate steak in soy sauce, chilli, garlic, stevia, lemon juice and water for 10 minutes while preparing salad bed. Heat non-stick pan to medium heat and sear steak for two minutes. Add back the marinade and heat through for two minutes to create a sauce. Pile steak and marinade sauce onto salad bed and add crumbled grissini stick.

**Meat options:** (All fat removed)

Chicken breast    100g



# Chicken, Rocket and Strawberry Salad

100g chicken breast, sliced  
1 tbsp Bragg's or tamari soy sauce  
2 cups salad, rocket leaves or similar  
1/4 red onion, sliced  
1/2 cup fresh basil, shredded  
1/4 medium cucumber, diced  
1 medium tomato, sliced  
4 strawberries, quartered

Lemon vinaigrette:

2 tbsp lemon juice  
Pinch stevia  
Cracked pepper

Method:

Sauté sliced chicken breast in pan with soy sauce, in non stick pan till cooked through, 5 minutes approx.

Assemble salad: Place salad rocket on plate, pile on cooked chicken and remaining salad ingredients and pour over lemon vinaigrette.

**Meat option:** (All fat removed)

Schnitzel steak 100g  
Porterhouse steak 100g





# Baked John Dory Parcel

## with lemon, thyme and asparagus

100g John Dory fish fillet  
1/2 lemon, thinly sliced  
2 sprigs of fresh thyme  
1/2 tsp mustard powder  
2 tbsp organic cider vinegar  
2 tbsp fresh tarragon or flat-leaf parsley  
Sea salt and cracked pepper  
Tiny pinch of stevia  
6 medium asparagus spears  
Baking paper

### Method:

Heat oven to 220 degrees Celsius; lay a square of baking paper on a baking tray. Place John Dory fillet on paper, top with lemon slices and sprig of thyme, salt and cracked pepper. Fold edges of paper to form edges. Bake for 15 minutes.

Meanwhile, whisk the mustard, vinegar, stevia and fresh herbs. Set dressing aside.

Blanch asparagus in salted water for 4 minutes. Drain well. Remove fish from parcel. Arrange fish and asparagus and drizzle over the herb dressing.

# Athenes Special Fish

## with Tomato, Cucumber and Mint Salsa

100g gurnard fish fillets  
Sea salt and cracked pepper  
1/2 tsp of dried oregano

Salsa:

Tomato, cucumber and mint salsa - see recipe page 15

Method:

First prepare the salsa, combine and let sit for 15 minutes. Pat the fish fillet with the salt, pepper and oregano, let it sit for 5 minutes. Pan fry the fish adding 1 tbsp water. Cover pan and cook for approximately 5-10 minutes depending on thickness of fish.

Don't overcook the fish, let it be juicy! Cook in pan with the lid on.

Serve this with the "wild weed" salad. (see page 8)

**Meat options:** (All fat removed)

Chicken breast 100g



# 'Fab' Grilled Fish Kebabs

100g firm white fish, blue cod is ideal  
1/4 red onion, cut into pieces to thread onto skewers  
8 cherry tomatoes  
1 tbsp lemon juice  
1 tsp dried oregano  
Sea salt and cracked pepper  
Bamboo skewers

## Method:

Soak bamboo skewers in water, cut fish into 2 cm cubes and marinate in lemon juice, oregano, salt and pepper for 10 minutes. Prepare salad and set aside while cooking kebabs. Thread marinated fish onto skewers alternating with the cherry tomatoes, and red onion pieces. Heat grill; cook for 10-15 minutes, turning over to ensure both sides are cooked

Serve this meal with a side of your choice - see recipe index

## Meat Options: (All fat removed)

Porterhouse steak    100g  
Chicken breast        100g

# Pedro's Fried Fish

## with Mexican Tomato Salsa

100g white fish of choice  
2 tbsp lemon juice  
Sea salt and cracked pepper  
Pinch of Mexican spices (gluten free) or pinch of cumin

Salsa;  
Mexican tomato salsa - see recipe page 4

Method:  
Prepare salsa and combine together, let it sit for ten minutes.

Heat non stick frying pan to medium heat, sprinkle fish with the spices, salt and pepper. Cook fish in pan for one minute each side. Squeeze lemon juice over fish and cook with lid on pan to retain moisture for further 3 minutes.

Serve with 1 cup of salad greens

**Meat options:** (All fat removed)

Chicken breast 100g

# South Sea's Special-Marinated Fish

100g white fish, diced  
2 tbsp lemon juice  
1/4 red onion, sliced  
Pinch of chilli flakes  
Tiny pinch of stevia  
1 medium stalk of celery, diced  
2 tbsp fresh chives, finely chopped  
1/4 cup parsley, finely chopped  
Sea salt and cracked pepper  
1/4 cucumber, finely diced  
1 medium tomato, finely diced  
1 cup salad greens

## Method:

Mix all of the above ingredients (except for the tomato, cucumber and salad greens) and marinate for half an hour till fish is opaque. Add tomato and cucumber and serve on bed of salad greens.

# 'Snappy Snapper' Parcel

100g snapper or similar white, non-oily fish  
2 cups spinach, washed and finely chopped  
1 tbsp lemon juice  
Pinch of chilli flakes  
Pinch ground cumin  
Sea salt and cracked pepper  
Baking paper

## Method:

Prepare a square of baking paper, lay flat and place fish. Pile spinach mixed with spices and lemon juice on top of fish. Fold up parcel and cook in George Foreman grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

# Thai Fish Cakes

100g white fish  
1/4 cup fresh coriander, chopped  
Pinch of chilli flakes  
Cracked pepper  
1 tbsp Bragg's or tamari soy sauce  
1 tsp Thai fish sauce  
1 tsp lemon or lime juice  
1 spring onion, finely sliced

## Method:

Blend the first seven ingredients in blender, then remove from blender, wet your hands and fold in finely chopped spring onion. Shape into walnut size flattened balls. Cook in a non stick frying pan with a little water.

Serve this meal with a side of your choice - see recipe index.

**Meat options:** (All fat removed)

Minced chicken breast 100g

# Braised Chicken

## with tomato and fennel

100g chicken breast, sliced  
1/4 red onion, finely chopped  
Pinch of chilli flakes  
1 tsp garlic flakes  
1/4 fennel bulb, with outer leaves removed, finely sliced  
100g canned tomatoes, chopped (no additives)  
1 tsp orange zest  
Tiny pinch of stevia  
Pinch of thyme  
1/2 cup water  
1/4 cup fresh parsley, chopped

### Method:

Heat non stick pan, add onion, thyme, chilli flakes, garlic and 2 tbsp of water. Place lid on pan and sauté for 2 minutes till onion is softened. Add sliced fennel and cook further 5 minutes. Add chicken and cook further 2 minutes. Add tomatoes, zest, stevia, salt and pepper then add the rest of the water and cook for further 5 minutes till chicken cooked through. Sprinkle with parsley.

Serve this meal with a side of your choice - see recipe index

Fennel... you either, love it or hate it... you can substitute for asparagus if you prefer.

**Meat options:** (All fat removed)

Porterhouse steak sliced 100g



# Chicken Kofte

100g chicken breast mince  
Pinch ground cumin, cinnamon and ground coriander  
or alternatively a good pinch of Middle Eastern spice  
1/4 red onion, finely diced  
1 tbsp parsley, finely chopped  
1 tbsp mint, finely chopped  
Sea salt and cracked pepper  
3-4 bamboo skewers, soaked in water

## Method:

Mix all ingredients together in a food processor except the onions. Add onions last and pulse a few times only. Using wet clean hands form 3-4 sausage shapes and push skewers through skewers through each. Let them sit in fridge for 10 minutes to set. Cook under grill turning once or twice, or on George Foreman Grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

**Meat options:** (All fat removed)

Lean beef mince 100g

# 'Sweet-Chick' Kebabs

100g chicken breast  
1/4 red onion, diced into 2 cm pieces  
6 cherry tomatoes  
2 tbsp Braggs or tamari soy sauce  
Tiny pinch of stevia  
Pinch of chilli flakes  
A good pinch of Chinese five spice  
1 tbsp orange juice  
3 bamboo skewers

## Method:

Soak three skewers in water. Cut chicken into 2cm pieces and marinate in soy sauce, stevia, chilli flakes, Chinese five spice and lemon juice for 10-20 minutes. Thread chicken alternatively with tomatoes and onion onto skewers. Heat George Foreman Grill or grill in oven turning once or twice ensuring chicken is cooked thoroughly for 15-20 minutes.

Serve this meal with a side of your choice - see recipe index

Another one for the summer Barbecue.

**Meat options:** (All fat removed)

Porterhouse steak 100g

# 'Flash' Chicken and Asparagus Stir Fry

100g chicken breast, sliced  
2 tbsp Braggs or tamari soy sauce  
1/2 small brown onion, finely sliced lengthways  
1 tsp garlic flakes  
1 tsp fresh ginger, grated  
1/2 tsp Chinese five spice  
Tiny pinch of stevia  
1 tbsp lemon or lime juice  
2 cups bok choy, washed and chopped  
3 asparagus spears, diced into 2 cm lengths  
1 medium stalk of celery, diced diagonally  
1/2 cup hot water  
1/4 cup fresh coriander, chopped

## Method:

Marinate chicken in 1 tbsp soy sauce, garlic, ginger, five spice and lemon juice for 10 minutes. Meanwhile turn on non stick wok or pan to medium heat, sauté chicken for 2 minutes, remove from pan.

Place onions, celery, asparagus in the pan and cook 1 minute. Add bok choy, and 1 tbsp tamari then cook a further minute. Turn pan up to medium high heat. Add back all of chicken with the marinade to form the sauce then sauté for 1 minute, adding hot water. Scrape all the tasty morsels off the bottom of the pan.

Sprinkle with chopped herbs and serve... yum yum!

**Meat options:** (All fat removed)

Porterhouse steak 100g

# Moroccan Chicken

100g chicken breast, sliced  
Pinch of cumin,  
turmeric, paprika and cinnamon or Moroccan  
spice (half a tsp)  
2 tbsp orange juice  
Tiny pinch of stevia  
1 tsp garlic flakes  
1/2 red onion, finely diced  
1/2 cup hot water  
100g canned tomatoes, chopped (no additives)  
Sea salt and cracked pepper  
1/4 cup flat leaf parsley, chopped

## Method:

Marinate sliced chicken in spices, orange juice, stevia and garlic for half hour. Heat non stick pan, sauté onions in a little of the hot water to soften, with lid on. Add rest of the ingredients and simmer for 10 minutes till cooked. Sprinkle with chopped flat leaf parsley.

Serve this meal with a side of your choice - see recipe index

**Meat options:** (All fat removed)

Porterhouse steak 100g

# Maria's Chicken Balls

## in tomato and basil sauce

### Meatballs:

- 100g chicken breast mince
- 1 spring onion, finely sliced
- Pinch oregano and sage or an Italian herb mix
- 1 tsp garlic flakes, finely chopped
- Sea salt and cracked pepper

### Tomato and Basil Sauce

- 1/4 onion, finely diced
- Pinch of garlic flakes
- 100g canned tomatoes, chopped (no additives)
- 1 tsp of organic tomato paste
- 1/2 cup water
- 3 tbsp fresh basil, shredded
- Sea salt and cracked pepper
- Tiny pinch of stevia
- 3 tbsp flat leaf parsley, chopped

### Method:

To prepare the meat balls first wet your hands and mix all the meatball ingredients into small round balls. Set aside in fridge. Heat non stick frying pan to medium heat, add onions, garlic and 2 tbsp of water and saute for 2 minutes till softened and simmer 5-10 minutes. Add rest of the sauce ingredients, except parsley and simmer for another 5-10 minutes. Add a little more water if too dry, and then place in meat balls and simmer till cooked through, for further 5 minutes. Top with flat leaf parsley.

Serve with a 'Wild Weed' salad - see recipe page 8

**Meat options:** (All fat removed)

Minced lean Beef 100g

# Chicken 'Aroha'

100g chicken breast  
Pinch of smoked paprika  
1/2 tsp of fresh rosemary, finely chopped  
2 tbsp orange juice  
Tiny pinch of stevia  
Sea salt and cracked pepper

## Method:

Now we begin with a tricky little manoeuvre! Place chicken breast flat on the chopping board i.e. (half a heart shape)... and you are going to slice it NOT QUITE through so that it opens out half the thickness, but double the size. Flatten with a mallet or use the heel of your hand. Rub paprika and rosemary into the flattened chicken breast, let it rest for 10 minutes. Add orange juice, stevia, salt and pepper and marinate for half hour if possible (or 5 minutes if you are in a hurry!!!) Place in George Foreman Grill and cook through for about 10 minutes.

Serve this meal with a side of your choice - see recipe index

**Meat options:** (All fat removed)

Porterhouse steak 100g

# 'Luscious Laos'- Beef Laab Cups

100g minced lean beef  
1 spring onion, very finely diced  
Pinch of garlic flakes  
2 tbsp of lime or lemon juice  
1/4 cup fresh coriander, chopped  
Pinch of chilli flakes  
2 tbsp of Bragg's or tamari soy sauce  
Tiny pinch of stevia  
2 washed iceberg lettuce leaf cups

## Method:

Using a non stick frying pan, add onion, garlic, chilli, 1 tbsp of water and sauté for 1 minute with lid on pan. Add minced beef, soy sauce, stevia and 2 tbsp of lime or lemon juice and cook till browned. Add fresh coriander at last minute.

Pile beef mixture onto 2 prepared lettuce leaf cups, form into parcels and eat.

**Meat options:** (All fat removed)

Minced chicken breast     100g

# Beef Kibbeh

100g lean beef mince

1/4 cup fresh parsley and chives, finely chopped

A good pinch of Middle Eastern kibbeh spice.

Or a pinch of cinnamon and cumin

1 tsp garlic flakes, finely chopped

Sea salt and cracked pepper

Bamboo sticks

Method:

Soak sticks in water; combine ingredients, then using clean wet hands roll meat mixture into cigar shapes. Push skewers through meat and form the meat around skewers. Cook in hot George Foreman Grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

**Meat options:** (All fat removed)

Chicken breast minced 100g





# Big Country Steak with stuffed tomato

The best 100g piece of porterhouse steak you can get

1/2 tsp oregano

Cracked pepper

1 tsp garlic flakes

Pinch of chilli flakes

1/2 tsp mustard powder

1 tbsp Braggs or tamari soy sauce

Stuffed tomato - see recipe page 11

Serve with a handful of rocket salad leaves.

Method

Heat oven to fan bake at 200 degrees Celsius,

Marinate steak in oregano, garlic powder, chilli flakes, mustard, cracked pepper and 1 tbsp soy sauce for 20 minutes.

Place beef and tomato in hot oven. Bake for 10 mins.



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# Bad Boy Beef Burger Stack

## with Grilled Tomatoes

Patties:

100g lean ground beef  
1/4 red onion, finely diced  
Pinch of garlic flakes  
Pinch of thyme  
1tsp Braggs or tamari soy sauce  
1 tbsp tomato paste  
1/4 tsp mustard powder  
1/4 cup parsley, finely chopped

Grilled Tomatoes - see recipe page 18

Method:

Using clean, wet hands mix all ingredients thoroughly and let sit for half an hour. Divide meat into two hamburger patties. Cook patties and tomatoes in hot George Foreman Grill for 10 minutes.

Serve with a handful of salad greens

# 'Bangalore' Beef and Vegetable Curry

100g prime rump steak  
1/4 small brown onion, finely chopped  
1 tsp of garlic flakes  
1 tsp good quality tasty curry powder  
1 medium tomato, finely diced  
1 cup spinach, chopped  
1/2 cup cauliflower, finely sliced  
Pinch of chilli flakes  
1/4 cup water  
Sea salt and cracked pepper.

## Method:

Cut steak into small cubes, heat non stick pan to low heat, add onion, garlic and curry, chilli, salt and cracked pepper, and cook for 2 minutes to soften the onion. Bring heat up to medium and add steak, tomato, all remaining vegetables and water. Cook with lid on for 5 minutes to form sauce.

**Meat options:** (All fat removed)

Chicken breast 100g

# Asian Cabbage Rolls

100g lean minced beef  
Pinch of Chinese five spice  
2 savoy cabbage leaves  
1 spring onion, finely chopped  
1 tsp garlic flakes  
1 tsp grated fresh ginger  
2 tbsp Braggs or tamari soy sauce  
Pinch of chilli flake  
Cracked pepper  
3 tbsp fresh coriander, finely chopped

## Method:

Steam two inner cabbage leaves for approx 5 minutes and set aside. To make filling: Sauté onion, garlic flakes, ginger, chilli and a little water for 2 minutes, add minced beef, soy sauce, Chinese five spice and coriander. Cook for further five minutes. Lay cabbage leaves out flat, divide filling in half, roll both leaves into a parcel with ends tucked in. Place in George Foreman Grill (or pan fry with a plate sitting on top of rolls to help seal them). Cook the rolls for 2-3 minutes.

These are for those spring rolls lovers.. tasty tasty.

**Meat options:** (All fat removed)

Chicken breast 100g



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# Asian Beef

## with Bok Choy and Ginger

100g good quality porterhouse steak  
2 tbsp Bragg's or tamari soy sauce  
1 tsp ginger, grated  
1 tsp garlic flakes  
Pinch of chilli flakes  
2 tbsp lime or lemon juice  
1/4 cup coriander or basil, chopped  
2 spring onions, finely sliced  
2 cups bok choy (or equivalent in spinach), chopped  
1/2 cup broccoli, finely sliced

### Method:

Cut beef into small strips, then marinate beef in soy sauce, ginger, garlic, chilli and lime or lemon juice for 10 minutes. Meanwhile prepare vegetables. Sauté beef strips and marinade for 5 minutes. Add spring onion, herbs and vegetables. Cook on medium heat for a further 3 minutes till vegetables are just cooked through but still crunchy.

**Meat options:** (All fat removed)

Chicken breast 100g

# 'Saucy' Venison

100g venison, cut into strips  
1/2 medium tomato, finely diced  
1 tsp tomato paste  
1/2 tsp smoked paprika  
1/4 brown onion, finely diced  
Pinch of dried thyme  
1/2 cup water  
1 tsp garlic flakes  
1/4 cup fresh parsley, chopped  
Sea salt and cracked pepper

## Method:

In non stick pan, sauté the onion, garlic and smoked paprika for 2 minutes with 1 tbsp of water.

Add venison, and sear quickly for 1 minute adding thyme, diced tomato, tomato paste, salt, pepper and half a cup of water.

Simmer for 5-10 minutes till a little sauce has formed.

Sprinkle with roughly chopped parsley.

Serve this meal with a side of your choice - see recipe index

## Meat options: (All fat removed)

Porterhouse steak 100g

Chicken breast 100g

# MIBOCO Living Light (weight alignment) Dressings and Vinaigrettes

An introduction to ingredients:



## Stevia - liquid/granules

Only use pure stevia, available from health stores. Most supermarket products sold as stevia are fortified with Erythritol, which is a highly refined sugar alcohol and not used while on the MIBOCO Living Light programme due to the negative effect it has on digestion.

Stockists of pure stevia include Health Post (New Zealand) & Nirvana Health (Australia).

Where possible, support local and ask your health store to get products in for you if they don't currently stock them.



\*Monkfruit is sometimes touted as a stevia alternative. You can use it instead if you know that it is PURE monkfruit. Again, most products touted as monkfruit contain minuscule amounts of the ingredient and are fortified with highly refined products that disrupt digestion.



## Liquid Aminos

Braggs Liquid Aminos is a gluten free, all-purpose seasoning derived from soy beans.

It is a liquid protein concentrate, derived from healthy soybeans, containing 16 essential and non-essential amino acids in naturally occurring amounts. It is a delicious source of nutritious, life-renewing protein. This gluten-free seasoning, contains no chemicals, artificial colouring, alcohol or preservatives.

# MIBOCO Living Light (weight alignment) Dressings and Vinaigrettes

An introduction to ingredients:



## Apple Cider Vinegar

Use high-quality apple cider vinegar. Braggs is from a Californian company that has been around for many years. It is widely available in New Zealand and Australia.

(The "floaties" that you see in it are what is known as Mother of Vinegar, which occurs naturally as strand-like enzymes of connected protein molecules.)

With the health benefits of ACV becoming more widely known, there are now smaller local companies that produce it. Whichever brand you go for, ideally choose something that is unfiltered, unheated and unpasteurised. Organic is good too but not essential.

\*While on the MIBOCO Living Light (weight alignment) programme you can also have a teaspoon of ACV in a glass of warm water, first thing on an empty stomach.

There's evidence that supports ACV taken first thing in the morning may promote faster weight loss and accelerate fat burning.



## Salts, powders, herbs and spices

Spices are a kilojoule-free way to pack flavour into meals and are essential for providing taste during the programme.

If you have access to a local spice shop, buy small amounts of loose spices, which ensure they are sugar and additive free.

If purchasing from the supermarket, check the ingredients list to make sure they contain no sugar, which we want to eliminate while on the programme to ensure stable blood sugar levels and maximum fat release.

Typically, the distinction between herbs and spices is that herbs are eaten fresh, and spices are dried - with some being both herb and spice. Either way, make them your friends while on the programme, using the dressings on the following pages to zhuzh-up your vegetable options, and to flavour your protein portions.





# MIBOCO Living Light (weight alignment) Dressings and Vinaigrettes

## 1) Vinaigrette Dressing - classic

- ¼ cup apple cider vinegar
- ½ cup water
- 2 shakes of celery salt
- 2 shakes onion salt
- 20 drops of liquid stevia
- Ground pepper to taste

Mix apple cider vinegar with water. Add the celery and onion salts, plus stevia gradually, then add pepper to taste.

## 2) Italian Dressing

- ½ cup of clear veggie broth (cooled)
- 2 tbsp of apple cider vinegar
- 2 tbsp of lemon juice
- ½ tsp Italian herbs
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 tbsp minced onion

In a pan, on low heat, add the cool broth, apple cider vinegar and lemon juice. Mix. Add the Italian herbs, garlic and onion powders. Mix. Add the minced onion and heat on a low flame, slowly for 5 minutes. Once it is sufficiently warm, take it off the heat. Cool fully before use.

## 3) Lemon Dressing

- 1 cup of water
- ¼ cup apple cider vinegar
- 1 tbsp of lemon juice
- 25 drops of clear stevia

Mix all ingredients together.

# MIBOCO Living Light (weight alignment) Dressings and Vinaigrettes

## 4) Citrus Dressing

- ¼ cup apple cider vinegar
- 1 cup of water
- 1 tbsp of lemon juice
- 15 drops of clear stevia
- ¼ tsp garlic salt
- Pinch of Chinese Five spice
- 10 drops of apricot nectar stevia (or other fruit stevia to taste)

Mix all ingredients together.

## 5) Lemon Pepper Marinade

- 4 tbsp of lemon juice
- 3 tbsp of broth
- Salt and pepper to taste.

Mix all ingredients together.

## 6) Sweet Mustard Dill Dressing

- 1 tbsp of yellow mustard
- 2-3 tablespoons of water
- a sprinkle of dried dill weed
- Liquid stevia to taste.

Mix all ingredients together.

## 7) Sweet Wasabi Marinade

- 2 tbsp of liquid aminos
- 1 tbsp of lemon juice
- ¼ tsp wasabi powder
- Stevia to taste

Mix all ingredients together.

# MIBOCO Living Light (weight alignment) Dressings and Vinaigrettes

## 8) Citrus Ginger Dressing

- 1 tbsp of liquid aminos
- 2 tbsp of orange juice
- 1 tbsp of lemon juice
- 1 tsp of apple cider vinegar
- Freshly ground ginger
- Stevia to taste
- Salt and pepper to taste

Once the liquid is combined, add freshly ground ginger, salt, pepper, and stevia to taste. Mix well.

## 9) Savory Dill Dressing

- 2 tbsp lemon juice
- 2 tbsp apple cider vinegar
- 2 tbsp of broth
- ½ tsp fresh minced dill
- Salt and pepper to taste.

Mix all ingredients together.

## 10) Dill Dressing

- 2 tbsp of water
- 2 tbsp of basil
- 2 tbsp of dill
- ⅓ cup of apple cider vinegar
- 1 tsp garlic powder
- 2 tsp mustard powder
- 1 tsp onion powder

Mix all ingredients together.

# MIBOCO LIVING LIGHT 10-day Meal Plan

LOAD	
DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	

## Load Up (Unrestricted Eating)

### Shopping List:

18 horizontal lines for a shopping list, each preceded by a light blue circular marker.

# MIBOCO LIVING LIGHT 10-day Meal Plan

## Shopping List:

DAY 7	
DAY 8	
DAY 9	
DAY 10	
	<p>Normal eating resumes, eating from the recipe book or cooking your own meals from allowable foods on the food list. Protein is no longer portion-controlled.</p>
	<p>Eat this way for a further 9 days, mirroring the number of low calorie days.</p>
	<p>Return to no food restriction from Day 21.</p>



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