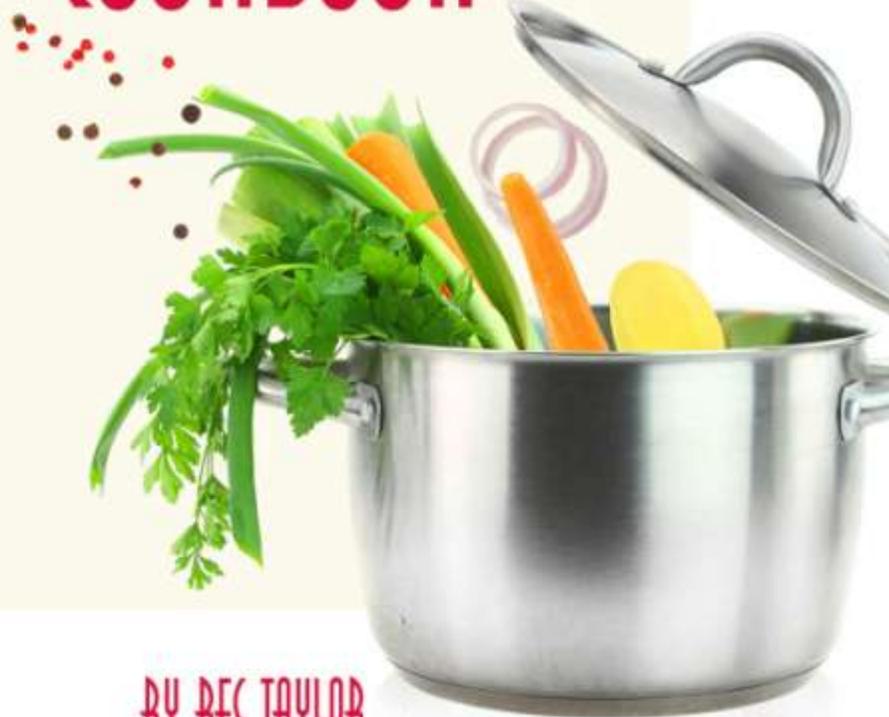


AUSTRALIAN  
EDITION



CUT THE  
*Chemicals*  
COOKBOOK



BY BEC TAYLOR



**Spreading the word ... chemicals in  
food is absurd!**

**With 90 Recipes and ideas to help  
you cook your family artificial  
additive & preservative free foods.**



**Dedicated to my children  
Oscar, Amèlie, Sutton & Wesley**

Cut the Chemicals Shopping Guide  
By Bec Taylor  
Copyright 2013, Rebecca Taylor, Version 1

All rights reserved. Published by Rebecca Taylor.

This eBook is licensed for your enjoyment only. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles or reviews. If you would like to share this book with another person, please purchase an additional copy for each recipient. Thank you for respecting the hard work of this author.

#### Disclaimer

The information given is not intended as medical advice and is not for the purpose of diagnosing, treating, curing or preventing any disease. Always consult with your doctor for possible underlying illness. Before beginning dietary investigation, consult a dietician with an interest in food intolerance. Information is drawn from scientific literature, web research, group forums and personal enquiry, while all care is taken, information is not warranted as accurate. No liability will be assumed for ways in which the information presented in the text is applied or interpreted, or for any loss, damage, or injury incurred by relying on information contained herein.

Cover Design: Anthony Boulton  
Editing: Adam Boulton  
Photography: Graeme Passmore  
For more information, please contact  
contactus@cutthechemicalsbook  
or visit: <http://www.cutthechemicalscookbook.com>

## Table of Contents

6	Before we begin
7	Why you need this cookbook
8	Our Story
11	Is this happening in your home?
13	Need More Convincing?
14	So How Do I Use This Book to Help My Family?
15	What to Avoid Buying
18	So What Can You Buy?
21	A Quick Note about Sugar
23	Basic Pantry Staples
25	Step by Step Guide to Cutting the Chemicals!
29	Elimination Diet
30	Golden Rules While You Learn the Ropes
31	Breakfast Recipes
40	Snacks
49	Dips
53	Lunch
62	Main Meals
81	Desserts
86	Baking Recipes
94	Drinks
96	MOO Recipes (Make Our Own!)
113	Shopping Guide
154	Common Food Additives & Their Effects
157	Conversion Table
158	Templates
161	Other Resources
162	Thank You for Reading
163	About the Author

## Before We Begin

This book is derived from information that I have personally researched.

The information supplied is done so in good faith and should not replace the advice of your nutritional or health professional. Always seek medical advice before embarking on a new diet.

The nature of this book is to investigate the qualities of additives and preservatives in food only. It is not a comprehensive guide to all chemicals that exist in the food supply. No other nutritional information is supplied regarding the products and recipes mentioned.

At the time of publication all products listed were current and their ingredients checked to the best of our ability as being additive and preservative free.

The information supplied by the companies has been provided by their labels and public information alone. Always continue to check the labels periodically as companies have been known to change their ingredients at a moment's notice.

Most importantly no food manufacturer has endorsed or sponsored this book and its research. There has been no incentive given to the Cut the Chemicals Team to recommend one product over another.

Essentially this book is written from one caregiver to another who felt it was important to get the message out there that your family's life can be better and that these are the foods that can help to achieve that!

## Why You Need This Cookbook

You know you want to do it! You know you need to do it!

You want to cut the chemicals from you and your family's diet but you just don't know how to do it!

You suspect that every time your child has come home from a birthday party the food he ate there is what's causing the complete meltdown he's having now?

You believe you should start cutting the junk food out because it's healthier not to eat it, but it all seems so overwhelming. Let's face it a hot dog is a lot more appealing to a 5 year old than a tofu burger!

The fact is you wouldn't be looking at this cookbook if you didn't already believe that chemicals in our foods are hurting our families. And you would be right!

Foods are nothing like what they were when our parents were younger or even when we were younger, and they can't possibly stay on those shelves in that pretty packaging, not going mouldy without some chemical intervention.

But you're thinking it's all just too hard, that you need a chemistry degree just to understand the ingredients label.

Well not anymore!

I'm here to tell you it doesn't have to be that way and I will show you how. I and the Cut the Chemicals Team have already done the hard work for you!

Follow this book, buy the products recommended, cook the recipes included and you can start seeing changes in your family's health and behaviour literally in days. Starting with something as simple as changing your bread!

I guarantee it!

This cookbook and guide will walk you through the very steps that my family took to quickly and easily change our foods for the better.

It's not hard, it doesn't take a lot of effort, it's cheap, quick and most importantly your family will not feel like they are missing out on all the good stuff.

So read on to see how you can start today!

Bec Taylor

## Our Story

So why should you buy this cookbook from me? What could my qualifications be in recommending this lifestyle change to you?

Well experience accounts for everything in my opinion and we have had some experiences. Very succinctly here is my families experience and then you can decide whether or not my opinion really does count.

Just like regular mums I thought I was feeding my children healthy nutritious food that would help them grow and thrive. In fact I was feeding them the kinds of foods I grew up on and well didn't I grow up fit and healthy?

However, I was wrong. My five year old daughter was floundering. She didn't have the relaxed happy go nature of her older brother, in fact quite the opposite. Interest in books and reading did not come naturally and her defiant attitude had us all in a spin.

Think; does any of this sound familiar in your household with one of your children?

Firstly she was hard to rouse in the morning. In fact if you let her, she would sleep to lunchtime! When she did wake she was grumpy and grizzly, would argue about breakfast, school uniform, hair brushing and then it only went downhill from there.

Tummy aches after meals, short temperedness and tears over nothing. Then there was the anxiety over new situations and sibling squabbles, and the inevitable fight to get her to bed each night.

Physically she would be itchy, had pale skin, dark circles under her eyes and a general lethargy. I've read since some people explaining it as having a fog over their brain.

My daughter had started primary school and it wasn't the stellar start to academia that we were hoping for.

She had little interest in books and was scared of things like school plays and sports.

It was baffling as her overall attitude to school was excellent and when she wasn't acting like a three year old she was the most intelligent, insightful, kind little girl you could hope to meet.

So why did we still need time outs and reward lists?

The impetus to seek answers for this behaviour came because of two events. Easter school holidays were approaching and I was secretly thinking there was no way I could go through

another school break like the one we had at Christmas, someone wasn't going to make it out the other side alive!

The second event was the most worrying of all. It occurred when my 5 year old precious child announced to me while she was having a particularly low moment that she wanted to die! I was horrified; I knew that it was surely not normal for a 5 year old to be depressed and suicidal.

My first step was to take her to a GP and ensure there wasn't a medical reason for her tiredness, as I initially thought this was the reason for the cranky behaviour.

Her iron levels were tested but all was fine. I changed her shower gel to soap free and started making my own washing powder to ease the itchy skin washing powder to ease the itchy skin symptoms, but there was no change.

My next thought was that we would have to see a Pediatrician to discuss behavioural issues. But before we did this there was one more route I wanted to attempt, diet changes.

I remembered a mother from my playgroup that had changed the diet of her 2 year old son. She was the kind of mother who never got to sit still because she always had to run around after him.

In only two weeks this little boy went from a child who never sat still, wasn't talking and generally destructive to a pleasant little boy. He was able to sit still and play with others, started speaking and looked you in the face when you spoke to him.

So what had his mother done? Simply she had changed his diet and limited his T.V. screen time after reading the website [fedup.com.au](http://fedup.com.au) by a lady named Sue Dengate. After a brief look I realised this was definitely for us.

The testimonials were like a hidden camera had been placed in our house. After reading the site through my husband and I decided to make some changes in our home and it was easier than you would have thought.

Believe me if it wasn't easy I wouldn't have done it. I'm pretty lazy like that. And if I hadn't seen the changes immediately I wouldn't have persevered. Just like when you start a weight loss diet, it's easy to lose heart if you don't see results immediately.

So, if we could do it, you can too and you can do it quickly, easily and most importantly in these tough economic times cheaply.

Eating 'special' foods isn't going to cost you the earth, in fact it will probably slash your grocery bill, and that's good news for everyone!



## Is This Happening in Your Home?

You don't have to have behavioural issues occurring in your home to want to make a healthier lifestyle change.

This book is useful for everyone not just those who have a child bouncing off the walls. However, if you can identify any of the below behaviours occurring in your home then this book will be of particular importance.

There are essentially three categories that a person with food intolerance falls into. Your family member/s may display traits from one group solely, for example my daughter is basically the "Quiet" sufferer, or they may show traits from across the spectrum.

Just remember however, no two people are the same, so what might be happening to one child may not be an issue for another.

### 1. The Quiet Ones (my daughter!)

Inattentive, dreamy or lethargic, anxious, depressed or has panic attacks, grizzly, miserable (mostly in babies and young children), debilitating fatigue.

### 2. The Restless Ones

Irritable, restless, easily distracted, wakes at night, difficulty falling asleep, mood swings, speech delay, learning difficulties (essentially what you might think when you imagine an ADHD child).

### 3. The Defiant Ones (also my daughter on a bad day!)

Loses temper, argues with adults, refuses requests, defies rules, deliberately annoys others, blames others, touchy or easily annoyed, angry and resentful (sounds like most teenagers huh?).

These other physical issues experienced by adults or children in your home could be contributed to food intolerance:

Hives, eczema, dermatitis, other itchy skin and rashes

Headaches, migraines

Tinnitus

Sensitive stomach e.g. colic or reflux

Recurrent mouth ulcers

Toddler diarrhea, bloating, stomach aches, bedwetting, sneaky poos, asthma

Glue ear, chronic stuffy or runny nose, frequent colds, flu, and ear infections

Tonsillitis

Swelling of lips

Reflux

Constipation

Constant throat clearing, cough

Joint pain, arthritis

Heart palpitations, racing heartbeat.

By following this book you have a much more successful chance of ceasing these issues in your home and believe me you will never look back!

## Need More Convincing?

I'm not going to bore you with a lot of professional talk on why going chemical free is the right way to go. There are far more informed people than me who can do that and if you want to keep up to date with some of this professional talk please visit our website [www.cutthechemicalscookbook.com](http://www.cutthechemicalscookbook.com).

Also I have listed some further reading references in the back of this book, including blogs by other parents just like yourself. Listed below however, are some of the more general benefits of eating chemical free:

It can lead to a quieter, calmer house hold

Children are less annoying toward each other, leading to less bickering between siblings

Students are nicer to each other and don't call out in class so much

There is greater cooperative behaviour between children

Children can focus and concentrate for longer periods

Improved coordination and sporting performance

There is an overall improvement in all facets of sleep

Those horrible physical effects listed before are minimized or disappear entirely

It can save you money as foods that are not overly packaged and in their more natural whole state are often cheaper

You may lose weight as you are eating less over-refined carbohydrates and sugars'

Often changing for one family member has health benefits for others i.e. some asthma sufferers have reduced symptoms'.

And most importantly all these makes everyone HAPPY!

## So How Do I Use This Book To Help My Family?

So you're convinced. Eating chemical free is the way to go so how do you use this book? It's easy.

Firstly familiarise yourself with the types of foods that you are overall aiming to avoid and those you do want to consume.

Next follow the step by step guide to gradually cutting the chemicals. These 12 steps will help you get on the right track.

Thirdly use the extensive product list, recipes, shopping list template and meal planning template as tools to start incorporating the right foods into your cooking routine.

And, finally keep up to date via our website and read the resources list at the end of the book to further your exploration and learning of the topic now that you're into the swing of things.

Learn from the experience of others and communicate with other parents who are living this way.

## EASY SWEET CHICKEN CURRY Serves 4

1 kg chicken thigh fillets (or breast) cut into 1 inch cubes  
1 onion diced  
4 tbsp butter  
1/3 cup honey  
3 tbsp Dijon mustard  
1 tsp mayonnaise  
2 tsp curry powder  
1/2 tsp salt  
1 cup Greek yoghurt  
1 red pepper, chopped

Pre-heat oven to 180C

Brown chicken and onion in an oven proof casserole dish.

Remove from pan and set aside to keep warm.

Melt the butter and honey in the pan.

Mix mustard, mayo, curry powder and salt and add to the pan and mix well.

Stir through Greek yoghurt.

Add chicken, onion and pepper and coat in sauce thoroughly.

Put casserole dish in the oven and bake for 15 minutes.

Stir the chicken once and bake for another 15 minutes.

Serve over steamed rice.



Thank you for purchasing and taking the time to read the Cut the Chemicals Shopping Guide.

Did you find this book useful? Perhaps you would like to share or know of other products that are proudly produced additive and preservative free that you think should be listed in this guide. I would love to hear about it and I welcome your feedback. This is a fluid project and always ongoing so we will be adding periodically.

Maybe you produce a product that fits the ethos of Cut the Chemicals. If so we would love to know more about it. Please send us a sample and bio and we'd be happy to include it in our list.

Please send your sample to:

Cut the Chemicals Cookbook  
11 Kanya Rd  
Mt Eliza VIC 3930  
Australia

Otherwise you can contact us easily by emailing

<mailto:contactus@cutthechemicascookbook.com>.

or go to our website

<http://www.cutthechemicalscookbook.com>

and post on a blog

Also find us on facebook at

<https://www.facebook.com/pages/Cut-the-Chemicals-Cookbook/628152513871532>

If you found this book of value won't you please tell a friend or consider posting a review?

Help spread the word that chemicals in food is absurd!

Many thanks

Bec Taylor

## About the Author!

Rebecca Taylor grew up in Victoria, Australia and studied Politics and History at Monash University.

After a career working for politicians in Federal Politics, Rebecca re-studied to become a Secondary School History Teacher and now resides in Pakenham, Victoria with her husband Jason and their four children.

A mum, a wife, a teacher and now blogger and cookbook writer, Rebecca brings to Cut the Chemicals the energy and research expertise to make sure that other families out there don't have to suffer through food intolerance and can have a fun time with food too!

Personal experience with her own daughter bought about the need to find out more about food allergy and the want to share this knowledge with you!

