



DETOX

At a Glance

At a Glance

DIVE INTO SUMMER DETOX

AT A GLANCE

This At a Glance lists your suggested meals for the next 11 days. I consider this a cheat sheet for your recipes. If you need to exchange a recipe, refer to your Recipe Guide and swap out one recipe for another.

You may also add a clean protein source to any meal you choose.

You can also find your suggested meals and clean protein sources in your program Guide. This doesn't include snacks, but you can find dip options and snack options listed in the Recipes.

Please also refer to your program Guide for your daily drinks.

YOUR DAILY DRINKS

LEMON WATER ELIXIR

1 cup room-temperature water
Juice of 1 lemon
1 tablespoon Bragg's Raw Apple Cider Vinegar
1 teaspoon raw honey, maple syrup, or stevia to taste (optional)
Dash sea salt

NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning elixir, please omit the Bragg's Raw Apple Cider Vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir, omitting the raw apple cider vinegar (or use only ½ teaspoon of raw ACV) for at least three days, and then reintroducing it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

CRANBERRY SLIM FLUSH

2 tablespoons cranberry juice concentrate
4 ounces coconut water
12 ounces water
Juice of 1 lemon
Dash of cinnamon
1 teaspoon of raw honey, maple syrup, or stevia to taste (optional)

NOTE: If you cannot find cranberry concentrate, you can use pomegranate or cherry concentrate instead.

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SUGGESTED MEALS PHASE 2

DAY 1

BREAKFAST:

BERRY BOMB SMOOTHIE

1 ½ cup dairy-free milk or coconut water
½ avocado
½ cup of frozen berries
1 cup of kale
1 tablespoon raw cacao

LUNCH:

BERRIES IN A BOX

Serves 1

2 cups romaine lettuce, chopped
½ bunch parsley, chopped
5 to 6 mint leaves
Handful of blueberries
2 tablespoons sunflower seeds
1 teaspoon nutritional yeast (optional)

ASSEMBLE THE SALAD: Add all the ingredients to a large bowl. Top with Basil Detox Pesto.

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BASIL DETOX PESTO

4 cups fresh basil
Juice of 1 lemon
1 garlic clove
¼ cup extra-virgin olive oil
½ teaspoon sea salt
1 teaspoon black pepper

BLEND: Blend all the ingredients until smooth. Serve as a dressing for your salad.

DINNER:

SWEET POTATO AND CAULIFLOWER MASH WITH PEAS

Serves 2

2 medium sweet potatoes, chopped and peeled
1 large head cauliflower, chopped
1 tablespoon coconut oil
Sea salt, to taste
1 cup peas
3 tablespoons of hemp seeds

STEAM YOUR VEGETABLES: Add the sweet potatoes to a large steam basket with about one inch of water underneath. Cover and allow the sweet potatoes to steam for about 10 to 12 minutes until soft. Remove and steam the cauliflower for about 5 minutes in the same manner. Add the steamed vegetables to a bowl along with coconut oil and sea salt. Mash with a fork until well incorporated. Top with peas and hemp seeds and serve.

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DAY 2

BREAKFAST:

FRUIT PLATE

Serves 1

1 green apple, chopped
1 cup pineapple, chopped
3 tablespoons hemp seeds
1 mint sprig

MIX AND SERVE: Add all the ingredients to a bowl and serve.

LUNCH:

SALAD IN A JAR

Serves 1

3 tablespoons Tahini Dressing (recipe below)
¼ cup red cabbage, chopped
1 handful spinach
5 to 6 grapefruit slices
5 to 6 cucumber slices
1 handful cilantro, chopped
1 tablespoon hemp seeds (topping)

TAHINI DRESSING

3 tablespoons tahini
Juice of 1 lemon
2 tablespoons water
1 garlic clove, minced
Sea salt, to taste

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NOTE: If you are not familiar with salads in jars, the whole purpose is to create a beautiful salad stored in a mason jar for convenience. It is important to layer the ingredients as listed to ensure that the salad doesn't wilt before you are ready to eat.

ASSEMBLE THE SALAD: Use a wide-mouth, quart-sized mason jar. Add the Tahini Dressing to the bottom of the jar. Next, add red cabbage, spinach, grapefruit, cucumber, cilantro, and hemp seeds. Finally, close the jar and store in a refrigerator. When you are ready to serve, simply shake the jar until well coated and eat from the jar, or pour into a salad bowl.

DINNER:

SUMMER BAKED VEGETABLES WITH CHOICE OF PROTEIN

Serves 2

1 bunch asparagus, tough ends removed
1 small head cauliflower, chopped
1 small head broccoli, chopped
1 onion, chopped
1 garlic clove, minced
Sea salt and black pepper, to taste
2 tablespoons melted coconut oil

PREHEAT OVEN TO 425 DEGREES FAHRENHEIT: Then, add the asparagus, cauliflower, broccoli, onion, and garlic to a large bowl. Toss in melted coconut until coated and spread onto a baking sheet. Bake for 20 minutes and serve.

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DAY 3

BREAKFAST:

CHOCOLATE CHIA PUDDING

Serves 1

- 1 cup dairy-free milk
- 1 tablespoon honey
- ½ cup chia seeds
- 1 teaspoon cinnamon
- 2 tablespoons raw cacao powder
- 1 tablespoon unsweetened, shredded coconut

MIX THE INGREDIENTS: Mix the dairy-free milk and honey together until the honey is dissolved. Next add chia seeds, cinnamon, and raw cacao powder. Allow the mixture to set for about 8 to 10 minutes. When the pudding is thick, top with shredded coconut and serve.



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LUNCH:

SWEET KALE SALAD

Serves 2

½ bunch kale, chopped
½ bunch dandelion greens, chopped
½ bunch mint leaves, chopped
1 garlic clove, minced
Sea salt and black pepper, to taste
1 avocado
3 tablespoons Bragg's Raw Apple Cider Vinegar
1 teaspoon honey
1 grapefruit, chopped

ASSEMBLE THE SALAD: Add the kale, dandelion, mint, garlic, sea salt, black pepper, avocado, raw apple cider vinegar, and honey to a large bowl. Massage the ingredients using clean hands until the kale and dandelions have wilted. Top with chopped grapefruit.

DINNER:

CARROT AND KALE SOUP

Serves 4

2 large carrots, chopped
1 bunch kale, chopped
1 onion, chopped
3 garlic cloves, minced
1 bunch parsley, chopped
1 32-ounce package of your favorite organic vegetable broth

PREPARE THE SOUP: Add all the ingredients to a large soup pot and bring to a boil. Turn down the heat and simmer for about 15 minutes. Serve in a soup bowl.

DAY 4

BREAKFAST:

ENZYME-BOOSTER SMOOTHIE

1 ½ cups dairy-free milk or coconut water
½ cup fresh pineapple
1 cup kale
1 tablespoon coconut oil
1 tablespoon flax seeds
1 tablespoon raw cacao
Juice from ½ lime

LUNCH:

MOCK TUNA WITH SLICED GREEN APPLE

Serves 4

1 cup sunflower seeds, soaked and drained
½ cup extra-virgin olive oil
Juice of 1 lemon
1 teaspoon cumin
Sea salt and black pepper, to taste
2 nori sheets, torn into small pieces
1 tablespoon dulse flakes
1 celery stalk, chopped
1 cup grapes, halved
1 green apple, sliced

BLEND THE “TUNA”: Add the sunflower seeds, olive oil, lemon juice, cumin, sea salt, and black pepper to a high-speed blender or food processor. Blend until smooth. Remove and place the tuna into a bowl. Add nori sheets, dulse flakes, chopped celery, and grapes. Mix until well incorporated. Serve on top of green apple slices.

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DINNER:

SIMPLE SUMMER SAUTÉ WITH CHOICE OF PROTEIN

Serves 2

2 tablespoons coconut oil
1 onion, chopped
6 to 8 patty pan squash (or 2 to 3 yellow squash)
2 garlic cloves, minced
2 teaspoons Italian seasoning
Sea salt, to taste

PREPARE: Add coconut oil to a hot sauté pan. Next, add onion and sauté until fragrant. Then add squash, garlic, Italian seasoning, and sea salt. Sauté for about 5 to 8 minutes until soft.

DAY 5

BREAKFAST:

GODDESS SMOOTHIE

1 ½ cups dairy-free milk or coconut water
1 cup mixed greens
3 dandelion leaves
3 mint sprigs
½ avocado
1 green apple
Juice of 1 lemon

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LUNCH:

COLLARD WRAPS WITH TAHINI DIPPING SAUCE

Serves 1

2 collard leaves
2 tablespoons No Bean Hummus (recipe below)
2 tablespoons carrots, shredded
5 to 6 cucumber slices
3 raw apple slices
¼ cup bean sprouts

TAHINI DIPPING SAUCE

3 tablespoons tahini
Juice of 1 lemon
2 tablespoons water
1 garlic clove, minced
Sea salt, to taste

PREPARE THE TAHINI DIPPING SAUCE: Add all the ingredients to a small bowl. Mix well with a fork. The sauce should be thin and easy to pour. If it is too thick, add more water. If it is too thin, add more tahini.

NO BEAN HUMMUS

2 cups summer squash, chopped
(zucchini, yellow squash, patty pan squash)
¾ cup raw tahini
1 garlic clove
3 tablespoons extra-virgin olive oil
Juice of 1 lemon
½ teaspoon turmeric
1 teaspoon smoked paprika
Sea salt and black pepper, to taste

BLEND THE HUMMUS INGREDIENTS: Add all the ingredients to a high-speed blender and blend until smooth.

ASSEMBLE THE WRAPS: Lay one collard leaf flat on a table. Spread on a couple of tablespoons of No Bean Hummus. Top with carrots, cucumbers, apple, and sprouts. Roll the collard leaf into a wrap and serve with the Tahini Dipping Sauce.

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DINNER:

GREEN DETOX SOUP WITH CHOICE OF PROTEIN

Serves 4

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 bunch kale, chopped
- 1 bunch cilantro, chopped
- 1 bunch parsley, chopped
- 2 tablespoons dried basil
- 1 32-ounce package of your favorite organic vegetable broth

PREPARE THE SOUP: Add all the ingredients to a large soup pot and allow them to boil. Remove from heat and allow soup to cool before serving.

DAY 6

BREAKFAST:

CHOCOLATE CHIA PUDDING

Serves 1

- 1 cup dairy-free milk
- 1 tablespoon honey
- 1/3 cup chia seeds
- 1 teaspoon cinnamon
- 2 tablespoons raw cacao powder
- 1 tablespoon unsweetened, shredded coconut

MIX THE INGREDIENTS: Mix the dairy-free milk and honey together until the honey is dissolved. Next add chia seeds, cinnamon, and raw cacao powder. Allow the mixture to set for about 8 to 10 minutes. When the pudding is thick, top with shredded coconut and serve.

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LUNCH:

BERRIES IN A BOX

Serves 1

2 cups romaine lettuce, chopped
½ bunch parsley, chopped
5 to 6 mint leaves
Handful of blueberries
2 tablespoons sunflower seeds
1 teaspoon nutritional yeast (optional)

ASSEMBLE THE SALAD: Add all the ingredients to a large bowl. Top with Basil Detox Pesto.

BASIL DETOX PESTO

4 cups fresh basil
Juice of 1 lemon
1 garlic clove
¼ cup extra-virgin olive oil
½ teaspoon sea salt
1 teaspoon black pepper

BLEND: Blend all the ingredients until smooth. Serve as a dressing for your salad.

DINNER:

SAUTÉED GREEN BEANS WITH CHOICE OF PROTEIN

Serves 2

2 tablespoons coconut oil
1 onion, chopped
1 pound green beans
2 garlic cloves, minced
1 tablespoon Herbes de Provence (spice mixture found in the spice aisle)

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**Sea salt, to taste (use only if Herbes de Provence does not have added salt)*

3 tablespoons hemp seeds

PREPARE: Add coconut oil to a hot sauté pan. Next add onion and sauté until fragrant. Then add the green beans, garlic, Herbes de Provence, and sea salt. Sauté for about 12 to 15 minutes until the green beans are tender. Serve topped with hemp seeds.

DAY 7

BREAKFAST:

CHERRY CACAO SMOOTHIE BOWL

Serves 1

1 cup pitted cherries
1 handful baby spinach
1 small banana
½ cup dairy-free milk
1 scoop protein powder
1 tablespoon raw cacao powder
1 handful ice
2 tablespoons hemp seeds
2 tablespoons chia seeds

BLEND: Add the cherries, spinach, banana, dairy-free milk, protein powder, raw cacao powder, and ice to a high-speed blender. Blend until smooth and serve in a bowl. Top with hemp and chia seeds.

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LUNCH:

MOCK TUNA WITH SLICED GREEN APPLE

Serves 4

1 cup sunflower seeds, soaked and drained
½ cup extra-virgin olive oil
Juice of 1 lemon
1 teaspoon cumin
Sea salt and black pepper, to taste
2 nori sheets, torn into small pieces
1 tablespoon dulse flakes
1 celery stalk, chopped
1 cup grapes, halved
1 green apple, sliced

BLEND THE “TUNA”: Add the sunflower seeds, olive oil, lemon juice, cumin, sea salt, and black pepper to a high-speed blender or food processor. Blend until smooth. Remove and place the tuna into a bowl. Add nori sheets, dulse flakes, chopped celery, and grapes. Mix until well incorporated. Serve on top of green apple slices.

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DINNER:

SWEET POTATO AND CAULIFLOWER MASH WITH PEAS

Serves 2

2 medium sweet potatoes, chopped and peeled
1 large head cauliflower, chopped
1 tablespoon coconut oil
Sea salt, to taste
1 cup peas
3 tablespoons of hemp seeds

STEAM YOUR VEGETABLES: Add the sweet potatoes to a large steam basket with about one inch of water underneath. Cover and allow the sweet potatoes to steam for about 10 to 12 minutes until soft. Remove and steam the cauliflower for about 5 minutes in the same manner. Add the steamed vegetables to a bowl along with coconut oil and sea salt. Mash with a fork until well incorporated. Top with peas and hemp seeds and serve.

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SUGGESTED MEALS PHASE 3 DAY 8

BREAKFAST:

BERRY BOMB SMOOTHIE

1 ½ cup dairy-free milk or coconut water
½ avocado
½ cup of frozen berries
1 cup of kale
1 tablespoon raw cacao



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LUNCH:

SWEET KALE SALAD

Serves 2

½ bunch kale, chopped
½ bunch dandelion greens, chopped
½ bunch mint leaves, chopped
1 garlic clove, minced
Sea salt and black pepper, to taste
1 avocado
3 tablespoons Bragg's Raw Apple Cider Vinegar
1 teaspoon honey
1 grapefruit, chopped

ASSEMBLE THE SALAD: Add the kale, dandelion, mint, garlic, sea salt, black pepper, avocado, raw apple cider vinegar, and honey to a large bowl. Massage the ingredients using clean hands until the kale and dandelions have wilted. Top with chopped grapefruit.

DINNER:

BAKED EGGPLANT WITH MOCK TUNA

Serves 4 or more

1 large Italian eggplant
2 tablespoons melted coconut oil
Pinch of sea salt and black pepper

PREP THE EGGPLANT: Preheat your oven to 400 degrees Fahrenheit. Slice your eggplant into ¼ inch slices. Massage the slices with melted coconut oil. Take each slice of eggplant and sprinkle with sea salt and black pepper on both sides.

BAKE THE EGGPLANT: Lay each slice on a baking sheet without overlapping. Bake on one side for 5 to 7 minutes. Remove from the oven,

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then bake for an additional 5 minutes. The slices should be tender. Cool and top with Mock Tuna recipe.

DAY 9

BREAKFAST:

REGENERATOR SMOOTHIE

1 ½ cups dairy-free milk or coconut water
1 scoop plant-based protein powder
2 tablespoons chia seeds
1 cup kale
Dash of turmeric powder
Dash of cinnamon powder

LUNCH:

CORN SALAD

Serves 2

2 cups chicory (or mixed greens)
2 cups fresh, raw corn
1 small cucumber, chopped
1 teaspoon honey
Juice of 1 lemon
2 tablespoons extra-virgin olive oil
Sea salt, to taste

ASSEMBLE THE SALAD: Add all the ingredients to a large bowl and mix well.

DINNER:

COLLARD WRAPS WITH TAHINI DIPPING SAUCE WITH CHOICE OF PROTEIN

Serves 1

2 collard leaves
2 tablespoons No Bean Hummus (recipe below)
2 tablespoons carrots, shredded
5 to 6 cucumber slices
3 raw apple slices
¼ cup bean sprouts

TAHINI DIPPING SAUCE

3 tablespoons tahini
Juice of 1 lemon
2 tablespoons water
1 garlic clove, minced
Sea salt, to taste

PREPARE THE TAHINI DIPPING SAUCE: Add all the ingredients to a small bowl. Mix well with a fork. The sauce should be thin and easy to pour. If it is too thick, add more water. If it is too thin, add more tahini.

NO BEAN HUMMUS

2 cups summer squash, chopped
(zucchini, yellow squash, patty pan squash)
¾ cup raw tahini
1 garlic clove
3 tablespoons extra-virgin olive oil
Juice of 1 lemon
½ teaspoon turmeric
1 teaspoon smoked paprika
Sea salt and black pepper, to taste

BLEND THE HUMMUS INGREDIENTS: Add all the ingredients to a high-speed blender and blend until smooth.

ASSEMBLE THE WRAPS: Lay one collard leaf flat on a table. Spread on a couple of tablespoons of No Bean Hummus. Top with carrots, cucumbers,

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apple, and sprouts. Roll the collard leaf into a wrap and serve with the Tahini Dipping Sauce.

DAY 10

BREAKFAST:

CHIA PROTEIN SMOOTHIE

- 1 cup mixed greens
- ½ cup frozen strawberries
- 3 tablespoons chia seeds
- 1 tablespoon vanilla extract
- 1 tablespoon raw cacao (optional)

LUNCH:

SALAD IN A JAR

Serves 1

- 3 tablespoons Tahini Dressing (recipe below)
- ¼ cup red cabbage, chopped
- 1 handful spinach
- 5 to 6 grapefruit slices
- 5 to 6 cucumber slices
- 1 handful cilantro, chopped
- 1 tablespoon hemp seeds (topping)

TAHINI DRESSING

- 3 tablespoons tahini
- Juice of 1 lemon
- 2 tablespoons water
- 1 garlic clove, minced
- Sea salt, to taste

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Note: If you are not familiar with salads in jars, the whole purpose is to create a beautiful salad stored in a mason jar for convenience. It is important to layer the ingredients as listed to ensure that the salad doesn't wilt before you are ready to eat.

Assemble the salad: Use a wide-mouth, quart-sized mason jar. Add the Tahini Dressing to the bottom of the jar. Next, add red cabbage, spinach, grapefruit, cucumber, cilantro, and hemp seeds. Finally, close the jar and store in a refrigerator. When you are ready to serve, simply shake the jar until well coated and eat from the jar, or pour into a salad bowl.

DINNER:

SUMMER SAUTÉ WITH BROWN RICE

Serves 2

2 tablespoons coconut oil
1 onion, chopped
6 to 8 patty pan squash (or 2 to 3 yellow squash)
2 garlic cloves, minced
Sea salt, to taste
2 mint sprigs

PREPARE: Add coconut oil to a hot sauté pan. Next, add onion and sauté until fragrant. Then add squash, garlic, and sea salt. Sauté for about 5 to 8 minutes until soft. Top with chopped mint. Serve with Brown Rice (below).

BROWN RICE

Serves 4

2 cups brown rice
2 ½ cups water (or organic vegetable broth)
1 teaspoon salt (add only if using water)

COOK THE RICE: Add brown rice, water, and salt to a pot. Cover and place over medium heat. Cook for 25 to 30 minutes or until the rice grains are soft.

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DAY 11

BREAKFAST:

FRUIT PLATE

Serves 1

1 green apple, chopped
1 cup pineapple, chopped
3 tablespoons hemp seeds
1 mint sprig

MIX AND SERVE: Add all the ingredients to a bowl and serve.

LUNCH:

BERRIES IN A BOX

Serves 1

2 cups romaine lettuce, chopped
½ bunch parsley, chopped
5 to 6 mint leaves
Handful of blueberries
2 tablespoons sunflower seeds
1 teaspoon nutritional yeast (optional)

ASSEMBLE THE SALAD: Add all the ingredients to a large bowl. Top with Basil Detox Pesto.

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BASIL DETOX PESTO

4 cups fresh basil
Juice of 1 lemon
1 garlic clove
¼ cup extra-virgin olive oil
½ teaspoon sea salt
1 teaspoon black pepper

BLEND: Blend all the ingredients until smooth. Serve as a dressing for your salad.

DINNER:

GREEN SALAD WITH GINGER MISO TOFU

Serves 2

2 tablespoons miso
2 tablespoons extra-virgin olive oil
1 garlic clove, minced
Juice of 1 lemon
1-inch piece of ginger, grated
1 teaspoon honey
¼ cup water
6-ounce block of extra-firm tofu, sliced
1 tablespoon coconut oil
4 cups mixed greens
2 scallions, chopped

MARINATE THE TOFU: Prepare the dressing by adding miso, olive oil, garlic, lemon juice, ginger, honey, and water to a bowl. Mix well with a fork. Add sliced tofu and marinate for a minimum of 30 minutes (overnight is best). Fry each slice in coconut oil on both sides until brown. Serve on top of salad.

ASSEMBLE THE SALAD: Add mixed greens to a bowl. Top with marinated tofu and scallions.