

CLEAN EATING

At a Glance





OMNIVORE AT A GLANCE

This simple guide organizes your recipes for the program as outlined in the Suggested Meal Guide. If you want to exchange meals, please refer to your Recipe Guide for other options. The Shopping Lists match the meal guide, so if you make any changes or exchange recipes please adjust your shopping list accordingly.

Your daily elixir drink recipes are also here.

Refer to your Suggested Meals if you want to print out a one-page chart of your meals for the week. This is nice to post on your refrigerator.

Print out your Shopping List and get ready.

INGREDIENT NOTES:

My preferred protein powder is NeoLife. The protein options include all 18 amino acids. Plant-based protein powder – pea protein and hemp protein are the cleanest protein sources for detox, but you can use any clean protein powder of your choice OR substitute 3 tablespoons of hempseeds for 1 scoop protein powder.

Broth – wherever broth is noted as an ingredient, know that you can use your favorite clean vegetable, chicken or beef broth. You can also use homemade bone broth or potassium broth.

YOUR DAILY DRINKS

These 2 drinks are both refreshing and light. They are designed to help you stay hydrated and support your detox pathways.

Each recipe makes one serving. While you can make these in slightly larger batches, try not to make more than you are going to consume in one day to preserve the enzyme action in the lemon juice especially.



LEMON WATER ELIXIR

Makes 1 serving

1 cup room-temperature water
1 tablespoon raw apple cider vinegar
1 lemon, juiced
dash of sea salt
1 teaspoon raw honey or maple syrup, or a few drops stevia to taste (optional)

NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions persist upon reintroduction, continue to drink only lemon water.

CRANBERRY CLEANSER

Makes 1 serving

2 tablespoons cranberry juice concentrate
1 cup room-temperature water
1 lemon, juiced
dash of cinnamon
1 teaspoon raw honey or maple syrup, or a few drops stevia to taste (optional)

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

BASICS & DRESSINGS

Here you will find the basics and dressing recipes. Refer to these to add to the full recipe to make your cooking experience as stress free as possible!

CREAMY TAHINI DRESSING

Makes about 1 cup

¾ cup tahini
2 large lemons, juiced



1 garlic clove, finely minced
sea salt and black pepper, to taste

Add all ingredients to a bowl. Mix well and serve over salad or store in a closed mason jar for up to 7 days.

LEMON GINGER TURMERIC DRESSING

Makes about 1 cup

4 lemons, juiced
1-inch fresh ginger
1 garlic clove
2 teaspoons turmeric
¼ cup extra virgin olive oil
sea salt and black pepper, to taste

Add all ingredients to a high-speed blender. Blend until smooth. Serve over a salad or store in a closed mason jar for up to 7 days.

DETOX PESTO

Makes about 1½ cups

1 bunch parsley
1 bunch cilantro
1 bunch basil
1 sprig rosemary (leaves only)
1 sprig thyme (leaves only)
1 cup raw sunflower seeds
1 garlic clove
½ cup extra virgin olive oil
2 lemons, juiced
sea salt and black pepper, to taste

Add all the ingredients to a high-speed blender. Blend until smooth. Store in a closed mason jar for up to 7 days.

MUNG BEANS

Serves 4



- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 cup mung beans
- 1 teaspoon all-purpose seasoning (salt-free)
- 3 cups vegetable broth

Add coconut oil to a medium-sized pot over medium heat. When the oil has melted, add chopped onion and garlic. Sauté for about 3 minutes, then add mung beans, seasoning, and vegetable broth. Mix well and cover. Cook for about 25 minutes until the beans have started to soften. If the beans dry out, add ½ cup of water and continue to cook until the beans are soft.

YELLOW LENTILS

Serves 4

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1-inch fresh ginger, grated
- 1 cup yellow lentils
- 1 teaspoon all-purpose seasoning (salt-free)
- 3 cups vegetable broth

Add coconut oil to a medium-sized pot over medium heat. When the oil has melted, add chopped onion and garlic. Sauté for about 3 minutes, then add grated ginger, yellow lentils, seasoning, and vegetable broth. Mix well and cover. Cook for about 25 minutes until the lentils have started to soften. If the lentils dry out, add ½ cup of water and continue to cook until soft.

ROASTED SWEET POTATO

Serves 4

- 4 large sweet potatoes

Preheat the oven to 425 degrees F.

Place sweet potatoes onto a baking pan. Place into a hot oven and bake for 45 minutes to 1 hour. The sweet potatoes are done when you can pierce the center with a fork or knife without resistance.



LARGE SALAD

Serves 4

4 cups baby spinach
4 cups lettuce
1 cup shredded carrots
1 large cucumber, chopped
½ cup sliced radishes
1 cooked sweet potato, cooled and cubed
1 small red onion, thinly sliced

Add all ingredients to a large salad bowl. Mix well and top with your favorite dressing. (Recipes in Dressings.)

DAY 1

BREAKFAST

WELLNESS SMOOTHIE


Serves 1

1½ cups dairy-free milk
1 cup chopped kale
1 pear, cored
½ avocado, peel and pit removed
1 scoop protein powder
1 dash ginger powder

LUNCH

ORANGE SWEET POTATO KALE SALAD WITH ROASTED CHICKEN

Serves 2



1 bunch kale, chopped
2 scallions, chopped
1 avocado
1 large lemon, juiced
1 tablespoon extra-virgin olive oil
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
1 large roasted sweet potato (recipe in Basics)
½ cup raw sunflower seeds
1 large orange, peeled and segmented
1 tablespoon chia seeds
2 tablespoons Detox Pesto (recipe in Snacks)
½ whole roasted chicken from the deli, sliced (preferably organic)


Add chopped kale to a large mixing bowl. Top with scallions, avocado, lemon juice, olive oil, all-purpose seasoning, sea salt, and black pepper. Use clean hands to massage the kale until wilted. Top with warm or cold roasted sweet potato, sunflower seeds, orange segments, chia seeds, and Detox Pesto. Add warm or cold slices of roasted chicken from the deli.

DINNER

SPICED LENTILS, COLLARD GREENS & GROUND TURKEY

Serves 4

2 large leeks
2 tablespoons coconut oil, divided
1-pound ground turkey
2 bunches collard greens, thinly sliced
¾ cup water, divided
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
1 teaspoon cinnamon
1 teaspoon cumin powder
1 teaspoon turmeric
1 onion, chopped
2 garlic cloves, chopped
2 15-ounce cans lentils, drained and rinsed
1 14-ounce can coconut milk



Chop and discard the tough, dark green ends of the leeks. Split the leeks in half, lengthwise. Wash between the folds of the leeks to remove any dirt. Thinly slice the leeks and set aside.

Add 1 tablespoon coconut oil to a large pot over medium heat. Once the oil has melted, add ground turkey. Sauté, breaking the meat up with a spatula until brown. Next, add the leeks. Sauté for about 5 minutes, then add collard greens. Add about ½ cup water to the pot and cover. Steam the greens and leeks for about 5 minutes. Uncover and continue to sauté. Season with all-purpose seasoning, sea salt, and black pepper. Sauté until the greens are tender. Set aside to cool.

Take a medium-sized pot and place it over medium heat. Add 1 tablespoon coconut oil. Once the oil has melted, add cinnamon, cumin, and turmeric. Sauté the spices in oil for about 2 minutes, then add chopped onion and garlic. Sauté for an additional 3 minutes. Pour in lentils, coconut milk, and ½ cup water. Season with sea salt and black pepper. Stir well and allow to simmer for about 5 to 7 minutes until the lentils become smooth and thick.

Serve the ground turkey and greens in a bowl topped with the lentils.

DAY 2

BREAKFAST

PUMPKIN SMOOTHIE BOWL

Serves 1

Smoothie Ingredients:

- ¾ cup dairy-free milk
- ½ cup pumpkin purée
- 1½ ripe bananas
- 1 scoop plant-based protein powder
- 1 teaspoon vanilla extract
- 1 dash cinnamon powder
- 1 dash nutmeg powder
- 1 date, pitted



Toppings Ingredients:

1 teaspoon dried shredded coconut, unsweetened
½ teaspoon chia seeds
1 tablespoon tahini
½ teaspoon raw cacao (optional)

Add smoothie ingredients to a high-speed blender and blend until smooth. Pour into a bowl and top with topping ingredients as desired.

LUNCH

ROASTED VEGGIE ZEN BOWL WITH SLICED TURKEY

Serves 2

1-pound white turnips, chopped
2 large sweet potatoes, chopped
1 large fennel, chopped
2 tablespoons coconut oil
sea salt and black pepper, to taste
1 cup arugula
1 cup romaine lettuce
6 slices nitrate-free roasted turkey from the deli, cut into ribbons
½ bunch parsley, finely chopped
½ cup raw sauerkraut
1 cup Creamy Tahini Dressing (recipe in Dressings)
2 tablespoons chia seeds

Preheat the oven to 400 degrees F.

Add turnips, sweet potatoes, and fennel to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet. Bake for about 20 to 30 minutes until golden brown. Remove from the oven and set aside to cool.

To serve, layer a large serving bowl with arugula and romaine lettuce. Top with turkey, roasted vegetables (warm or cold), parsley, sauerkraut, Creamy Tahini Dressing, and chia seeds.



DINNER

ROASTED VEGETABLE MEDLEY WITH WHOLE ROASTED CHICKEN AND SALAD

Serves 4

2 parsnips, chopped
1 large sweet potato, chopped
2 leeks, chopped
4 large carrots, chopped
2 large beets, chopped
1 bunch cauliflower, chopped
½ pound Brussels sprouts
2 15-ounce cans garbanzo beans
2 heaping tablespoons coconut oil
1 tablespoon curry powder
Large Salad (recipe in Basics)
1 whole roasted chicken from the deli, sliced

Preheat the oven to 450 degrees F.

Add vegetables and beans to a large mixing bowl. Coat with coconut oil and season with curry powder. Layer onto a large baking sheet (or two). Bake for 20 to 30 minutes until everything is golden brown.

Serve the roasted vegetables alongside Large Salad and whole roasted chicken slices.

DAY 3

BREAKFAST



APPLE PIE SMOOTHIE

Serves 1

- 1½ cups dairy-free milk
- ½ banana
- 1 apple, cored
- 1 cup baby spinach
- ½ avocado, peel and pit removed
- 1 scoop plant-based protein powder
- 1 dash cinnamon
- 1 pinch nutmeg (optional)
- 1 teaspoon vanilla extract

LUNCH

IMMUNITY BOWL WITH SALMON

Serves 2


- 4 cups baby spinach
- 1 14-oz can salmon, drained and separated with a fork
- 1 small red onion, sliced
- 1 cup raw shredded beets (or pan roasted chopped beets, cooled)
- ½ cup raw sunflower seeds
- 1 avocado, chopped
- 1 orange, peeled and segmented
- 1 grapefruit, peeled and segmented
- 1 cup Lemon Ginger Turmeric Dressing (recipe in Dressings)
- 1 tablespoon chia seeds

Add all ingredients to a large salad bowl and mix well before serving.

DINNER

KALE AND ROASTED SWEET POTATOES WITH TUNA WITH COCONUT ZUCCHINI SOUP AND SALMON

Serves 4



4 roasted sweet potatoes (see recipe in Basics)
2 tablespoons coconut oil, divided
1 onion, chopped
2 garlic cloves, chopped
2 bunches kale, chopped
¼ cup water
2 teaspoons all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
2 5-ounce cans tuna, drained and separated with a fork
2 15-ounce cans garbanzo beans, drained and rinsed
1 tablespoon cinnamon

Roast sweet potatoes according to recipe in Basics. Set aside to cool.


Add 1 tablespoon coconut oil to a large pot over medium heat. Once the oil has melted, add onion and garlic to the pot. Sauté for about 3 minutes, then add chopped kale. Add ¼ cup water to the pot and cover. Steam the greens for about 3 minutes, then stir. Season the greens with all-purpose seasoning, sea salt, and black pepper. Add the tuna and garbanzo beans. Sauté until the greens are tender.

Split the roasted sweet potatoes in half, lengthwise. Season with cinnamon, remaining coconut oil, salt, and pepper. Serve alongside sautéed kale, tuna, and garbanzo beans.

COCONUT ZUCCHINI SOUP WITH SALMON

Serves 4

2 tablespoons coconut oil, divided
4 salmon fillets
sea salt and black pepper, to taste
1 large onion, chopped
2 garlic cloves, chopped
4 ribs celery, chopped
2 large carrots, chopped
4 large zucchinis, chopped
4 cups vegetable broth
1 14-ounce can coconut milk
1 teaspoon turmeric
1 teaspoon dried thyme
1 bunch cilantro, finely chopped



Add 1 tablespoon of coconut oil to a large soup pot. Once the oil has melted, add the salmon fillets. Season with sea salt and black pepper. Pan fry on both sides until the fish is cooked through the middle. Remove from the pan and set aside to cool.

Add 1 tablespoon of coconut oil to the pan. Once the oil has melted, add onion, garlic, and celery. Sauté for about 3 minutes. Next, add carrots and zucchini. Sauté for an additional 5 minutes. Add vegetable broth, coconut milk, turmeric, thyme, sea salt, and black pepper. Mix well and cover. Let it simmer for about 15 minutes. Turn off the heat and blend with an immersion blender or blend in batches using a high-speed blender.

To serve, place one salmon fillet in the bottom of each serving bowl. Pour the warm soup over top. Garnish with chopped cilantro

DAY 4

BREAKFAST

WARM SPICED CHIA PUDDING

Serves 1

- 1/3 cup chia seeds
- 1 cup warm dairy-free milk
- 1 tablespoon honey or maple syrup
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon turmeric
- 1 apple, cored and chopped
- 1 ripe banana, sliced

Mix chia seeds, warm dairy-free milk, choice of sweetener, pumpkin pie spice, and turmeric in a serving bowl. Mix well and allow to sit for about 5 minutes. Stir and top with chopped apple and sliced banana.



LUNCH

ORANGE SWEET POTATO KALE SALAD WITH ROASTED CHICKEN

Serves 2

- 1 bunch kale, chopped
- 2 scallions, chopped
- 1 avocado
- 1 large lemon, juiced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon all-purpose seasoning (salt-free)
- sea salt and black pepper, to taste
- 1 large roasted sweet potato (recipe in Basics)
- ½ cup raw sunflower seeds
- 1 large orange, peeled and segmented
- 1 tablespoon chia seeds
- 2 tablespoons Detox Pesto (recipe in Snacks)
- ½ whole roasted chicken from the deli, sliced (preferably organic)


Add chopped kale to a large mixing bowl. Top with scallions, avocado, lemon juice, olive oil, all-purpose seasoning, sea salt, and black pepper. Use clean hands to massage the kale until wilted. Top with warm or cold roasted sweet potato, sunflower seeds, orange segments, chia seeds, and Detox Pesto. Add warm or cold slices of roasted chicken from the deli.

DINNER

SAUTÉED CAULIFLOWER RICE WITH KALE SALAD AND ROASTED CHICKEN

Serves 4-6

- 1 large leek
- 1 tablespoon coconut oil
- 4 large carrots, chopped



2 12-ounce packages cauliflower rice
¼ cup water
sea salt and black pepper, to taste
2 bunches kale, chopped
1 bunch scallions, chopped
2 avocados
1 whole roasted chicken from the deli, sliced (preferably organic)
2 large lemons, juiced
1 tablespoon all-purpose seasoning (salt-free)
2 tablespoons extra virgin olive oil
2 tablespoons tahini

Chop and discard the tough, dark green ends of the leeks. Split the leeks in half, lengthwise. Wash between the folds of the leeks to remove any dirt. Thinly slice the leeks and set aside.

Add coconut oil to a large sauté pan over medium heat. Once the oil has melted, add chopped leeks. Sauté for about 5 minutes. Next, add carrots and cauliflower rice. Add about ¼ cup water to the pan and cover. Allow the vegetables to steam for about 5 minutes. Remove the cover and season with sea salt and black pepper. Sauté for an additional 5 minutes, until vegetables are tender. Turn off the heat and set aside to cool.

To make the kale salad, add chopped kale to a large mixing bowl. Top with scallions, avocados, lemon juice, all-purpose seasoning, olive oil, sea salt, and black pepper. Use clean hands to massage the mixture until the kale is wilted.

Serve the warm cauliflower rice mixture in a bowl. Top with kale salad, chicken, and a drizzle of tahini.

DAY 5

BREAKFAST

CLEANSING SMOOTHIE

Serves 1



1½ cups dairy-free milk
½ cup grapes
1 pear, cored
1 cup chopped kale
½ avocado, peel and pit removed
1 scoop protein powder
1 dash ginger powder

LUNCH

WARM BRUSSEL SPROUTS AND SALMON BOWL

Serves 2

1-pound Brussels sprouts
1 large onion, chopped
1 bulb garlic, separated and paper removed
1 tablespoon coconut oil
sea salt and black pepper, to taste
2 cups arugula
1 14-ounce can salmon, drained and separated with a fork
1 cup shredded carrots
1 cup raw shredded beets
1 pear, cored and chopped
1 avocado, chopped
1 cup Creamy Tahini Dressing (recipe in Dressings)
1 tablespoon chia seeds

Preheat the oven to 400 degrees F.

Trim excess leaves and the woody portion of Brussels sprouts. Slice in half and add to a large mixing bowl. Add onion and garlic to the same bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet. Bake for about 20 to 25 minutes until golden brown. Remove from the oven and set aside to cool.

When ready to serve, place arugula in two serving bowls. Top with salmon, roasted vegetables, carrots, beets, pear, avocado, Creamy Tahini Dressing, and chia seeds. Mix well and serve.



DINNER

CINNAMON SPICED LENTILS, KALE AND ACORN SQUASH WITH STEAMED SHRIMP

Serves 4


2 acorn squash
2 tablespoons coconut oil, divided
1 large onion, chopped
2 garlic cloves, chopped
1 apple, cored and chopped
1 bunch kale, chopped
¼ cup water
2 15-ounce cans lentils, drained and rinsed
½ tablespoon cinnamon
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
1-pound shrimp
Large Salad (recipe in Basics)

Preheat the oven to 400 degrees F.

Slice acorn squashes in half and remove the seeds. Brush 1 tablespoon coconut oil over inside of squash halves. Place the squash halves cut side down on a baking sheet. Bake for about 20 minutes. Turn the squash over, then bake for an additional 10 to 15 minutes until the center is tender. Remove squash from the oven and set aside to cool.

Place a large sauté pan over medium heat. Add 1 tablespoon of coconut oil. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add chopped apple. Sauté for an additional 3 minutes, then add chopped kale. Add ¼ cup of water to the pan and cover. Allow the kale greens to steam for about 5 minutes until tender. Remove the cover and add lentils, cinnamon, all-purpose seasoning, sea salt, and black pepper. Stir well until the lentils are warm.

Next, place a medium-sized pot over medium heat. Add about 1-inch of water. Top with a metal steamer. Add the shrimp and cover. Steam for about 3 minutes until the shrimp is pink and opaque. Remove the shrimp from the pot and rinse under cool water to stop the cooking. Season with sea salt and black pepper.



Serve each acorn squash half stuffed with the kale, lentil mixture, and shrimp. Serve alongside a Large Salad.

DAY 6

BREAKFAST

SWEET POTATO AND SPINCH HASH WITH GARBANZO BEANS

Serves 1

1 tablespoon coconut oil
1 large onion, chopped
2 garlic cloves, chopped
1 large sweet potato, chopped
1 teaspoon all-purpose seasoning (salt-free)
1 15-ounce can garbanzo beans, drained and rinsed
2 cups baby spinach
sea salt and black pepper, to taste


Add coconut oil to a large sauté pan over medium heat. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add chopped sweet potato and all-purpose seasoning. Add $\frac{1}{4}$ cup of water to the pan and cover. Allow the sweet potato to steam for about 5 minutes. Remove the cover.

Add in garbanzo beans and spinach. Season with sea salt and black pepper. Sauté until spinach is wilted.

LUNCH

ROASTED VEGGIE ZEN BOWL WITH SLICED TURKEY

Serves 2



1-pound white turnips, chopped
2 large sweet potatoes, chopped
1 large fennel, chopped
2 tablespoons coconut oil
sea salt and black pepper, to taste
1 cup arugula
1 cup romaine lettuce
6 slices nitrate-free roasted turkey from the deli, cut into ribbons
½ bunch parsley, finely chopped
½ cup raw sauerkraut
1 cup Creamy Tahini Dressing (recipe in Dressings)
2 tablespoons chia seeds

Preheat the oven to 400 degrees F.

Add turnips, sweet potatoes, and fennel to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet. Bake for about 20 to 30 minutes until golden brown. Remove from the oven and set aside to cool.

To serve, layer a large serving bowl with arugula and romaine lettuce. Top with turkey, roasted vegetables (warm or cold), parsley, sauerkraut, Creamy Tahini Dressing, and chia seeds.

DINNER

ROASTED VEGETABLE MEDLEY WITH WHOLE ROASTED CHICKEN AND SALAD AND LENTIL KALE SWEET POTATO SOUP

Serves 4

2 parsnips, chopped
1 large sweet potato, chopped
2 leeks, chopped
4 large carrots, chopped
2 large beets, chopped
1 bunch cauliflower, chopped
½ pound Brussels sprouts
2 15-ounce cans garbanzo beans
2 heaping tablespoons coconut oil



- 1 tablespoon curry powder
- Large Salad (recipe in Basics)
- 1 whole roasted chicken from the deli, sliced

Preheat the oven to 450 degrees F.

Add vegetables and beans to a large mixing bowl. Coat with coconut oil and season with curry powder. Layer onto a large baking sheet (or two). Bake for 20 to 30 minutes until everything is golden brown.

Serve the roasted vegetables alongside Large Salad and whole roasted chicken slices.

LENTIL KALE SWEET POTATO SOUP

Serves 4

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 large fennel, chopped
- 2 large carrots, chopped
- 1 large sweet potato, chopped
- 8 cups vegetable broth
- 2 15-ounce cans lentils, drained and rinsed
- 1 bunch kale, chopped

Add coconut oil to a large soup pot over medium heat. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add fennel and carrots. Sauté for an additional 5 minutes.

Next, add in sweet potato, broth, and lentils. Stir well and cover. Let the soup simmer for about 15 minutes. Uncover, then add in chopped kale. Stir again, then turn off the heat. Cover and allow the kale to wilt for about 10 minutes before serving.



DAY 7

BREAKFAST

IMMUNE SMOOTHIE

Serves 1

- 1½ cups dairy-free milk
- 1 cup chopped kale
- 1 date, pit removed
- 1 apple, cored
- ½ avocado, peel and pit removed
- 1 scoop protein powder
- 1 dash cinnamon

LUNCH

WARM LENTIL, CHICKEN AND APPLE SALAD

Serves 2

- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch basil
- 1 sprig rosemary (leaves only)
- 1 sprig thyme (leaves only)
- 1 cup raw sunflower seeds
- 1 garlic clove
- ½ cup extra virgin olive oil
- 2 lemons, juiced
- sea salt and black pepper, to taste

Add all the ingredients to a high-speed blender. Blend until smooth. Store in a closed mason jar for up to 7 days.



DINNER

KALE AND ROASTED SWEET POTATOES WITH TUNA AND ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4

4 roasted sweet potatoes (see recipe in Basics)
2 tablespoons coconut oil, divided
1 onion, chopped
2 garlic cloves, chopped
2 bunches kale, chopped
¼ cup water
2 teaspoons all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
2 5-ounce cans tuna, drained and separated with a fork
2 15-ounce cans garbanzo beans, drained and rinsed
1 tablespoon cinnamon

Roast sweet potatoes according to recipe in Basics. Set aside to cool.


Add 1 tablespoon coconut oil to a large pot over medium heat. Once the oil has melted, add onion and garlic to the pot. Sauté for about 3 minutes, then add chopped kale. Add ¼ cup water to the pot and cover. Steam the greens for about 3 minutes, then stir. Season the greens with all-purpose seasoning, sea salt, and black pepper. Add the tuna and garbanzo beans. Sauté until the greens are tender.

Split the roasted sweet potatoes in half, lengthwise. Season with cinnamon, remaining coconut oil, salt, and pepper. Serve alongside sautéed kale, tuna, and garbanzo beans.

ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4

2 acorn squash
4 celery ribs, chopped
1 large onion, chopped
4 pears, cored and chopped
2 tablespoons coconut oil



1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
6 cups vegetable broth

Preheat the oven to 400 degrees F.

Slice the acorn squash in half. Remove and discard the seeds. Chop the squash into 1-inch pieces, removing the peel. Place squash in a large mixing bowl and add in celery, onion, and pear. Coat with coconut oil. Season with all-purpose seasoning, sea salt, and black pepper. Mix well, then layer onto a baking sheet. Bake in the oven for 25 to 30 minutes until soft and golden brown. Remove from the oven and set aside to cool.

When cool, add ⅓ of roasted vegetables to a high-speed blender along with 2 cups of broth. Blend until smooth and pour into a soup pot. Repeat this process two more times. Warm up the soup over low heat.

DAY 8

BREAKFAST

WARM SPICED CHIA PUDDING WITH ALMOND BUTTER

Serves 1

⅓ cup chia seeds (add more if you like a thicker pudding)
1 cup warm dairy-free milk
1 tablespoon honey or maple syrup
1 teaspoon pumpkin pie spice
¼ teaspoon turmeric
1 tablespoon almond butter
1 apple, cored and chopped
1 ripe banana, sliced

Mix chia seeds, warm dairy-free milk, choice of sweetener, pumpkin pie spice, and turmeric in a serving bowl. Mix well and allow to sit for about 5 minutes. Stir, then top with almond butter, chopped apple and sliced banana.



LUNCH

WARM BRUSSEL SPROUTS AND SALMON BOWL

Serves 2

- 1-pound Brussels sprouts
- 1 large onion, chopped
- 1 bulb garlic, separated and paper removed
- 1 tablespoon coconut oil
- sea salt and black pepper, to taste
- 2 cups arugula
- 1 14-ounce can salmon, drained and separated with a fork
- 1 cup shredded carrots
- 1 cup raw shredded beets
- 1 pear, cored and chopped
- 1 avocado, chopped
- 1 cup Creamy Tahini Dressing (recipe in Dressings)
- 1 tablespoon chia seeds

Preheat the oven to 400 degrees F.

Trim excess leaves and the woody portion of Brussels sprouts. Slice in half and add to a large mixing bowl. Add onion and garlic to the same bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet. Bake for about 20 to 25 minutes until golden brown. Remove from the oven and set aside to cool.

When ready to serve, place arugula in two serving bowls. Top with salmon, roasted vegetables, carrots, beets, pear, avocado, Creamy Tahini Dressing, and chia seeds. Mix well and serve.

DINNER

SAUTÉED CAULIFLOWER RICE WITH KALE SALAD AND ROASTED CHICKEN AND LENTIL KALE SWEET POTATO SOUP



Serves 4

1 large leek
1 tablespoon coconut oil
4 large carrots, chopped
2 12-ounce packages cauliflower rice
¼ cup water
sea salt and black pepper, to taste
2 bunches kale, chopped
1 bunch scallions, chopped
2 avocados
1 whole roasted chicken from the deli, sliced (preferably organic)
2 large lemons, juiced
1 tablespoon all-purpose seasoning (salt-free)
2 tablespoons extra virgin olive oil
2 tablespoons tahini

Chop and discard the tough, dark green ends of the leeks. Split the leeks in half, lengthwise. Wash between the folds of the leeks to remove any dirt. Thinly slice the leeks and set aside.

Add coconut oil to a large sauté pan over medium heat. Once the oil has melted, add chopped leeks. Sauté for about 5 minutes. Next, add carrots and cauliflower rice. Add about ¼ cup water to the pan and cover. Allow the vegetables to steam for about 5 minutes. Remove the cover and season with sea salt and black pepper. Sauté for an additional 5 minutes, until vegetables are tender. Turn off the heat and set aside to cool.


To make the kale salad, add chopped kale to a large mixing bowl. Top with scallions, avocados, lemon juice, all-purpose seasoning, olive oil, sea salt, and black pepper. Use clean hands to massage the mixture until the kale is wilted.

Serve the warm cauliflower rice mixture in a bowl. Top with kale salad, chicken, and a drizzle of tahini.

LENTIL KALE SWEET POTATO SOUP

Serves 4

1 tablespoon coconut oil
1 onion, chopped
2 garlic cloves, chopped



1 large fennel, chopped
2 large carrots, chopped
1 large sweet potato, chopped
8 cups vegetable broth
2 15-ounce cans lentils, drained and rinsed
1 bunch kale, chopped

Add coconut oil to a large soup pot over medium heat. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add fennel and carrots. Sauté for an additional 5 minutes.

Next, add in sweet potato, broth, and lentils. Stir well and cover. Let the soup simmer for about 15 minutes. Uncover, then add in chopped kale. Stir again, then turn off the heat. Cover and allow the kale to wilt for about 10 minutes before serving.

DAY 9

BREAKFAST

PUMPKIN SPICE SMOOTHIE

Serves 1

1½ cups dairy-free milk
⅓ cup pumpkin purée
½ banana
½ avocado, peel and pit removed
1 scoop protein powder
¼ teaspoon cinnamon
1 tablespoon maple syrup

LUNCH

IMMUNITY BOWL WITH ALMONDS AND SALMON



Serves 2

- 4 cups baby spinach
- 1 14-oz can salmon, drained and separated with a fork
- 1 small red onion, sliced
- 1 cup raw shredded beets
- ½ cup raw sunflower seeds
- 1 avocado, chopped
- 1 orange, peeled and segmented
- 1 grapefruit, peeled and segmented
- 1 cup Lemon Ginger Turmeric Dressing (recipe in Dressings)
- ½ cup raw almonds
- 1 tablespoon chia seeds


Add all ingredients to a large salad bowl and mix well before serving.

DINNER

SPICED LENTILS WITH COLLARD GREENS AND GROUND TURKEY AND ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4

- 2 large leeks
- 2 tablespoons coconut oil, divided
- 1-pound ground turkey
- 2 bunches collard greens, thinly sliced
- ¾ cup water, divided
- 1 tablespoon all-purpose seasoning (salt-free)
- sea salt and black pepper, to taste
- 1 teaspoon cinnamon
- 1 teaspoon cumin powder
- 1 teaspoon turmeric
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 15-ounce cans lentils, drained and rinsed
- 1 14-ounce can coconut milk



Chop and discard the tough, dark green ends of the leeks. Split the leeks in half, lengthwise. Wash between the folds of the leeks to remove any dirt. Thinly slice the leeks and set aside.

Add 1 tablespoon coconut oil to a large pot over medium heat. Once the oil has melted, add ground turkey. Sauté, breaking the meat up with a spatula until brown. Next, add the leeks. Sauté for about 5 minutes, then add collard greens. Add about ½ cup water to the pot and cover. Steam the greens and leeks for about 5 minutes. Uncover and continue to sauté. Season with all-purpose seasoning, sea salt, and black pepper. Sauté until the greens are tender. Set aside to cool.

Take a medium-sized pot and place it over medium heat. Add 1 tablespoon coconut oil. Once the oil has melted, add cinnamon, cumin, and turmeric. Sauté the spices in oil for about 2 minutes, then add chopped onion and garlic. Sauté for an additional 3 minutes. Pour in lentils, coconut milk, and ½ cup water. **Season with sea salt and black pepper.** Stir well and allow to simmer for about 5 to 7 minutes until the lentils become smooth and thick.

Serve the ground turkey and greens in a bowl topped with the lentils.


ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4

2 acorn squash
4 celery ribs, chopped
1 large onion, chopped
4 pears, cored and chopped
2 tablespoons coconut oil
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
6 cups vegetable broth

Preheat the oven to 400 degrees F.

Slice the acorn squash in half. Remove and discard the seeds. Chop the squash into 1-inch pieces, removing the peel. Place squash in a large mixing bowl and add in celery, onion, and pear. Coat with coconut oil. Season with all-purpose seasoning, sea salt, and black pepper. Mix well, then layer onto a baking sheet. Bake in the oven for 25 to 30 minutes until soft and golden brown. Remove from the oven and set aside to cool.



When cool, add 1/3 of roasted vegetables to a high-speed blender along with 2 cups of broth. Blend until smooth and pour into a soup pot. Repeat this process two more times. Warm up the soup over low heat.

DAY 10

BREAKFAST

APPLE CINNAMON OATMEAL WITH VANILLA PROTEIN POWDER

Serves 2

- 1 cup rolled oats
- 1 tablespoon coconut oil
- 1 cup water or dairy-free milk
- 1 pinch sea salt
- 1 teaspoon cinnamon
- 1 scoop vanilla protein powder
- 1 apple, cored and chopped


Add oats to a small saucepan with coconut oil, dairy-free milk, sea salt, cinnamon, and vanilla protein powder. Place over medium heat. Stir for about 10 minutes until thick. Serve topped with chopped apple.

LUNCH

ORANGE SWEET POTATO KALE SALAD WITH ROASTED CHICKEN

Serves 2

- 1 bunch kale, chopped
- 2 scallions, chopped
- 1 avocado
- 1 large lemon, juiced



1 tablespoon extra-virgin olive oil
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
1 large roasted sweet potato (recipe in Basics)
½ cup raw sunflower seeds
1 large orange, peeled and segmented
1 tablespoon chia seeds
2 tablespoons Detox Pesto (recipe in Snacks)
½ whole roasted chicken from the deli, sliced (preferably organic)

Add chopped kale to a large mixing bowl. Top with scallions, avocado, lemon juice, olive oil, all-purpose seasoning, sea salt, and black pepper. Use clean hands to massage the kale until wilted. Top with warm or cold roasted sweet potato, sunflower seeds, orange segments, chia seeds, and Detox Pesto. Add warm or cold slices of roasted chicken from the deli.

DINNER

CINNAMON SPICED LENTILS, KALE AND ACORN SQUASH WITH STEAMED SHRIMP WITH COCONUT ZUCCHINI SOUP WITH SALMON

Serves 4

2 acorn squash
2 tablespoons coconut oil, divided
1 large onion, chopped
2 garlic cloves, chopped
1 apple, cored and chopped
1 bunch kale, chopped
¼ cup water
2 15-ounce cans lentils, drained and rinsed
½ tablespoon cinnamon
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
1-pound shrimp
Large Salad (recipe in Basics)

Preheat the oven to 400 degrees F.



Slice acorn squashes in half and remove the seeds. Brush 1 tablespoon coconut oil over inside of squash halves. Place the squash halves cut side down on a baking sheet. Bake for about 20 minutes. Turn the squash over, then bake for an additional 10 to 15 minutes until the center is tender. Remove squash from the oven and set aside to cool.

Place a large sauté pan over medium heat. Add 1 tablespoon of coconut oil. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add chopped apple. Sauté for an additional 3 minutes, then add chopped kale. Add $\frac{1}{4}$ cup of water to the pan and cover. Allow the kale greens to steam for about 5 minutes until tender. Remove the cover and add lentils, cinnamon, all-purpose seasoning, sea salt, and black pepper. Stir well until the lentils are warm.

Next, place a medium-sized pot over medium heat. Add about 1-inch of water. Top with a metal steamer. Add the shrimp and cover. Steam for about 3 minutes until the shrimp is pink and opaque. Remove the shrimp from the pot and rinse under cool water to stop the cooking. Season with sea salt and black pepper.

Serve each acorn squash half stuffed with the kale, lentil mixture, and shrimp. Serve alongside a Large Salad.

COCONUT ZUCCHINI SOUP WITH SALMON

Serves 4

2 tablespoons coconut oil, divided
4 salmon fillets
sea salt and black pepper, to taste
1 large onion, chopped
2 garlic cloves, chopped
4 ribs celery, chopped
2 large carrots, chopped
4 large zucchinis, chopped
4 cups vegetable broth
1 14-ounce can coconut milk
1 teaspoon turmeric
1 teaspoon dried thyme
1 bunch cilantro, finely chopped

Add 1 tablespoon of coconut oil to a large soup pot. Once the oil has melted, add the salmon fillets. Season with sea salt and black pepper.



Pan fry on both sides until the fish is cooked through the middle. Remove from the pan and set aside to cool.

Add 1 tablespoon of coconut oil to the pan. Once the oil has melted, add onion, garlic, and celery. Sauté for about 3 minutes. Next, add carrots and zucchini. Sauté for an additional 5 minutes. Add vegetable broth, coconut milk, turmeric, thyme, sea salt, and black pepper. Mix well and cover. Let it simmer for about 15 minutes. Turn off the heat and blend with an immersion blender or blend in batches using a high-speed blender.

To serve, place one salmon fillet in the bottom of each serving bowl. Pour the warm soup over top. Garnish with chopped cilantro

DAY 11

BREAKFAST

EASY OVERNIGHT OATS

Serves 2

- 1/3 cup rolled oats
- 1 teaspoon cinnamon
- 1 teaspoon ginger powder
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup
- 1/2 cup dairy-free milk
- 1 ripe banana, sliced
- 1 tablespoon almond butter

Add oats, cinnamon, ginger, chia seeds, sweetener, and dairy-free milk to a mason jar. Mix well and cover. Set in the refrigerator overnight. The next morning, remove from the refrigerator and mix. Top with sliced banana and almond butter.



LUNCH

WARM BRUSSEL SPROUTS AND SALMON BOWL

Serves 2

1-pound Brussels sprouts
1 large onion, chopped
1 bulb garlic, separated and paper removed
1 tablespoon coconut oil
sea salt and black pepper, to taste
2 cups arugula
1 14-ounce can salmon, drained and separated with a fork
1 cup shredded carrots
1 cup raw shredded beets
1 pear, cored and chopped
1 avocado, chopped
1 cup Creamy Tahini Dressing (recipe in Dressings)
1 tablespoon chia seeds

Preheat the oven to 400 degrees F.

Trim excess leaves and the woody portion of Brussels sprouts. Slice in half and add to a large mixing bowl. Add onion and garlic to the same bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet. Bake for about 20 to 25 minutes until golden brown. Remove from the oven and set aside to cool.

When ready to serve, place arugula in two serving bowls. Top with salmon, roasted vegetables, carrots, beets, pear, avocado, Creamy Tahini Dressing, and chia seeds. Mix well and serve.

DINNER

ROASTED VEGETABLE MEDLEY WITH WHOLE ROASTED CHICKEN AND SALAD WITH LENTIL KALE SWEET POTATO SOUP



Serves 4

2 parsnips, chopped
1 large sweet potato, chopped
2 leeks, chopped
4 large carrots, chopped
2 large beets, chopped
1 bunch cauliflower, chopped
½ pound Brussels sprouts
2 15-ounce cans garbanzo beans
2 heaping tablespoons coconut oil
1 tablespoon curry powder
Large Salad (recipe in Basics)
1 whole roasted chicken from the deli, sliced

Preheat the oven to 450 degrees F.

Add vegetables and beans to a large mixing bowl. Coat with coconut oil and season with curry powder. Layer onto a large baking sheet (or two). Bake for 20 to 30 minutes until everything is golden brown.


Serve the roasted vegetables alongside Large Salad and whole roasted chicken slices.

LENTIL KALE SWEET POTATO SOUP

Serves 4

1 tablespoon coconut oil
1 onion, chopped
2 garlic cloves, chopped
1 large fennel, chopped
2 large carrots, chopped
1 large sweet potato, chopped
8 cups vegetable broth
2 15-ounce cans lentils, drained and rinsed
1 bunch kale, chopped

Add coconut oil to a large soup pot over medium heat. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add fennel and carrots. Sauté for an additional 5 minutes.



Next, add in sweet potato, broth, and lentils. Stir well and cover. Let the soup simmer for about 15 minutes. Uncover, then add in chopped kale. Stir again, then turn off the heat. Cover and allow the kale to wilt for about 10 minutes before serving.

DAY 12

BREAKFAST

SWEET POTATO AND SPINACH HASH WITH EGGS

Serves 2

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 large sweet potato, chopped
- 1 teaspoon all-purpose seasoning (salt-free)
- ¼ cup water
- 1 15-ounce can garbanzo beans, drained and rinsed
- 2 cups baby spinach
- sea salt and black pepper, to taste
- 2 hard-boiled eggs, sliced
- 1 avocado, sliced

Add coconut oil to a large sauté pan over medium heat. Add onion and garlic. Sauté for about 3 minutes, then add chopped sweet potato and all-purpose seasoning. Add ¼ cup of water to the pan and cover. Allow the sweet potato to steam for about 5 minutes. Remove the cover. Add in garbanzo beans and spinach. Season with sea salt and black pepper. Sauté until spinach is wilted. Serve hash topped with sliced eggs and avocado.

LUNCH

WARM LENTIL, CHICKEN AND APPLE SALAD



Serves 2

1 tablespoon coconut oil
2 chicken breasts
sea salt and black pepper, to taste
1 onion, chopped
1 garlic clove, chopped
2 large carrots, chopped
1 15-ounce can lentils, drained and rinsed
½ bunch parsley, chopped
1 cup kale, torn
1 cup arugula
1 avocado, sliced
2 apples, cored and chopped
1 cup Lemon Ginger Turmeric Dressing (recipe in Dressings)
1 tablespoon chia seeds (optional)

Add coconut oil to a medium-sized pot over medium heat. Add chicken breast. Season with sea salt and black pepper. Continue to cook on both sides until almost cooked through the middle. Slice the chicken into bite-sized pieces and return to the pan.

Add chopped onion and garlic. Sauté for about 3 minutes, then add carrots. Sauté for an additional 3 minutes, then add lentils. Season with sea salt and black pepper. Stir until warm. Add about ¼ cup of water, if the pot dries out. Stir in chopped parsley at the last minute. Set aside to cool.

Plate two large salad bowls with kale, arugula, warm lentils with chicken, avocado, apple, dressing, and chia seeds. Mix well and serve.

DINNER

SAUTÉED CAULIFLOWER RICE WITH KALE SALAD AND ROASTED CHICKEN WITH ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4



4 large potatoes
1 bunch kale, chopped
2 lemons, juiced
1 garlic clove, chopped
sea salt and black pepper, to taste
1 tablespoon coconut oil
1 large onion, chopped
1 tablespoon dried ginger
1 pound thinly sliced steak
2 15-ounce cans garbanzo beans, drained and rinsed
4 large avocados
2 teaspoons cumin powder
1 teaspoon garlic powder
1 bunch radishes, sliced
1 cup shredded carrots

Preheat oven to 425 degrees F.

Prick each potato with a fork, place on a baking sheet and bake for 30-40 minutes until done. The potatoes are done when you can easily pierce the potatoes through the center without resistance.

Add kale, lemon juice, garlic, sea salt, and black pepper to a large mixing bowl. Massage until the kale wilts. Cover and sit in the refrigerator until ready to serve.

Next, add coconut to a medium-sized pot over medium heat. When the oil has melted, add onion and ginger powder. Sauté for about 3 minutes, then add thinly sliced steak. Sauté for about 3 minutes until brown. Next, add the beans. Sauté for an additional 5 to 7 minutes until the beans are hot. Season with sea salt and black pepper if needed. Set to the side to cool.


Mix avocados, cumin, garlic powder, sea salt, and black pepper. Mash the ingredients together with a fork until well mixed, but still chunky.

Serve, slice baked potatoes down the center and place in a serving bowl. Top with steak and beans, kale salad, and guacamole.

COCONUT CARROT LEEK SOUP

Serves 4

2 acorn squash
4 celery ribs, chopped



1 large onion, chopped
4 pears, cored and chopped
2 tablespoons coconut oil
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
6 cups vegetable broth

Preheat the oven to 400 degrees F.

Slice the acorn squash in half. Remove and discard the seeds. Chop the squash into 1-inch pieces, removing the peel. Place squash in a large mixing bowl and add in celery, onion, and pear. Coat with coconut oil. Season with all-purpose seasoning, sea salt, and black pepper. Mix well, then layer onto a baking sheet. Bake in the oven for 25 to 30 minutes until soft and golden brown. Remove from the oven and set aside to cool.

When cool, add $\frac{1}{3}$ of roasted vegetables to a high-speed blender along with 2 cups of broth. Blend until smooth and pour into a soup pot. Repeat this process two more times. Warm up the soup over low heat.

DAY 13

BREAKFAST

WELLNESS SMOOTHIE

Serves 1

1½ cups dairy-free milk
1 cup chopped kale
1 pear, cored
½ avocado, peel and pit removed
1 scoop plant-based protein powder
1 dash ginger powder



LUNCH

TUNA NICOISE SALAD WITH HARD-BOILED EGGS

Serves 2

- 4 cups baby spinach
- 1 cup shredded carrots
- 1 raw shredded beet
- 1 cup finely chopped kale
- 1 5-ounce can tuna, drained and separated with a fork
- 1 avocado, chopped
- 2 hard-boiled eggs, sliced
- 1 cup Detox Pesto (recipe in Snacks)

Add all ingredients to a large mixing bowl. Mix well and serve.

DINNER

SPICED LENTILS WITH COLLARD GREENS AND GROUND TURKEY AND COCONUT ZUCCHINI SOUP WITH SALMON

Serves 4

- 2 large leeks
- 2 tablespoons coconut oil, divided
- 1-pound ground turkey
- 2 bunches collard greens, thinly sliced
- $\frac{3}{4}$ cup water, divided
- 1 tablespoon all-purpose seasoning (salt-free)
- sea salt and black pepper, to taste
- 1 teaspoon cinnamon
- 1 teaspoon cumin powder
- 1 teaspoon turmeric
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 15-ounce cans lentils, drained and rinsed
- 1 14-ounce can coconut milk



Chop and discard the tough, dark green ends of the leeks. Split the leeks in half, lengthwise. Wash between the folds of the leeks to remove any dirt. Thinly slice the leeks and set aside.

Add 1 tablespoon coconut oil to a large pot over medium heat. Once the oil has melted, add ground turkey. Sauté, breaking the meat up with a spatula until brown. Next, add the leeks. Sauté for about 5 minutes, then add collard greens. Add about ½ cup water to the pot and cover. Steam the greens and leeks for about 5 minutes. Uncover and continue to sauté. Season with all-purpose seasoning, sea salt, and black pepper. Sauté until the greens are tender. Set aside to cool.

Take a medium-sized pot and place it over medium heat. Add 1 tablespoon coconut oil. Once the oil has melted, add cinnamon, cumin, and turmeric. Sauté the spices in oil for about 2 minutes, then add chopped onion and garlic. Sauté for an additional 3 minutes. Pour in lentils, coconut milk, and ½ cup water. Season with sea salt and black pepper. Stir well and allow to simmer for about 5 to 7 minutes until the lentils become smooth and thick.


Serve the ground turkey and greens in a bowl topped with the lentils.

COCONUT ZUCCHINI SOUP WITH SALMON

Serves 4

2 tablespoons coconut oil, divided
4 salmon fillets
sea salt and black pepper, to taste
1 large onion, chopped
2 garlic cloves, chopped
4 ribs celery, chopped
2 large carrots, chopped
4 large zucchinis, chopped
4 cups vegetable broth
1 14-ounce can coconut milk
1 teaspoon turmeric
1 teaspoon dried thyme
1 bunch cilantro, finely chopped

Add 1 tablespoon of coconut oil to a large soup pot. Once the oil has melted, add the salmon fillets. Season with sea salt and black pepper. Pan fry on both



sides until the fish is cooked through the middle. Remove from the pan and set aside to cool.

Add 1 tablespoon of coconut oil to the pan. Once the oil has melted, add onion, garlic, and celery. Sauté for about 3 minutes. Next, add carrots and zucchini. Sauté for an additional 5 minutes. Add vegetable broth, coconut milk, turmeric, thyme, sea salt, and black pepper. Mix well and cover. Let it simmer for about 15 minutes. Turn off the heat and blend with an immersion blender or blend in batches using a high-speed blender.

To serve, place one salmon fillet in the bottom of each serving bowl. Pour the warm soup over top. Garnish with chopped cilantro.

DAY 14

BREAKFAST

PUMPKIN SMOOTHIE BOWL

Serves 1

Smoothie Ingredients:

- ¾ cup dairy-free milk
- ½ cup pumpkin purée
- 1½ ripe bananas
- 1 scoop plant-based protein powder
- 1 teaspoon vanilla extract
- 1 dash cinnamon powder
- 1 dash nutmeg powder
- 1 date, pitted

LUNCH

ROASTED VEGGIE ZEN BOWL WITH ROASTED CHICKEN, QUINOA AND LENTILS

Serves 2



1-pound white turnips, chopped
2 large sweet potatoes, chopped
1 large fennel, chopped
2 tablespoons coconut oil
sea salt and black pepper, to taste
1 cup cooked quinoa
1 cup canned lentils, drained and rinsed
2 cups baby spinach
1 whole roasted chicken from the deli, sliced
½ bunch parsley, finely chopped
½ cup raw sauerkraut
1 cup Creamy Tahini Dressing (recipe in Dressings)
2 tablespoons chia seeds

Preheat the oven to 400 degrees F.

Add turnips, sweet potatoes, and fennel to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet. Bake for about 20 to 30 minutes until golden brown. Remove from the oven and set aside to cool.

Cook quinoa according to package instructions. Place 1 cup cooked quinoa in a large bowl and stir in lentils. Set to the side.


To serve, layer a large serving bowl with spinach. Top with quinoa and lentils, sliced chicken, roasted vegetables (warm or cold), parsley, sauerkraut, Creamy Tahini Dressing, and chia seeds.

DINNER

KALE AND ROASTED SWEET POTATOES WITH TUNA AND ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4

4 roasted sweet potatoes (see recipe in Basics)
2 tablespoons coconut oil, divided
1 onion, chopped
2 garlic cloves, chopped
2 bunches kale, chopped
¼ cup water
2 teaspoons all-purpose seasoning (salt-free)



sea salt and black pepper, to taste
2 5-ounce cans tuna, drained and separated with a fork
2 15-ounce cans garbanzo beans, drained and rinsed
1 tablespoon cinnamon

Roast sweet potatoes according to recipe in Basics. Set aside to cool.

Add 1 tablespoon coconut oil to a large pot over medium heat. Once the oil has melted, add onion and garlic to the pot. Sauté for about 3 minutes, then add chopped kale. Add $\frac{1}{4}$ cup water to the pot and cover. Steam the greens for about 3 minutes, then stir. Season the greens with all-purpose seasoning, sea salt, and black pepper. Add the tuna and garbanzo beans. Sauté until the greens are tender.

Split the roasted sweet potatoes in half, lengthwise. Season with cinnamon, remaining coconut oil, salt, and pepper. Serve alongside sautéed kale, tuna, and garbanzo beans.

ROASTED ACORN SQUASH SOUP WITH PEAR

Serves 4

2 acorn squash
4 celery ribs, chopped
1 large onion, chopped
4 pears, cored and chopped
2 tablespoons coconut oil
1 tablespoon all-purpose seasoning (salt-free)
sea salt and black pepper, to taste
6 cups vegetable broth

Preheat the oven to 400 degrees F.

Slice the acorn squash in half. Remove and discard the seeds. Chop the squash into 1-inch pieces, removing the peel. Place squash in a large mixing bowl and add in celery, onion, and pear. Coat with coconut oil. Season with all-purpose seasoning, sea salt, and black pepper. Mix well, then layer onto a baking sheet. Bake in the oven for 25 to 30 minutes until soft and golden brown. Remove from the oven and set aside to cool.

When cool, add $\frac{1}{3}$ of roasted vegetables to a high-speed blender along with 2 cups of broth. Blend until smooth and pour into a soup pot. Repeat this process two more times. Warm up the soup over low heat.