

CLEAN EATING

Recipe Guide





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DRINKS

TONICS

LEMON WATER ELIXIR

Serves 1

- 1 cup room-temperature water
- 1 lemon, juiced
- 1 tablespoon Bragg's raw apple cider vinegar
- 1 teaspoon raw honey, maple syrup, or stevia to taste (optional)
- 1/8 teaspoon ginger powder or 1-inch fresh ginger, peeled and sliced
- 1 dash sea salt

***NOTE:** If you feel nauseous or experience tightness in the chest after drinking this morning elixir, please 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, omitting the apple cider vinegar (or use only 1/2 teaspoon of ACV) for at least three days, and then try reintroducing it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

CRANBERRY CLEANSER

Serves 1

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

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



JUICES

APPLE JUICE

2 carrots
2 apples
4 celery ribs
1-inch piece fresh ginger

HEALTHY JUICE

1 cup baby spinach
1 apple
1 carrot
4 celery ribs
1 handful cilantro
1-inch piece fresh ginger
Juice from 1 lemon

CLEANSE ME JUICE

3 kale leaves
4 celery ribs
1 apple
1 pear
1 handful parsley

FALL JUICE

1 beet, peeled
4 carrots
2 apples
Juice from 1 lemon
1-inch piece fresh ginger



CRANBERRY JUICE

- 1/3 cup cranberries (fresh or defrosted from frozen)
- 1 cup lettuce
- 1 apple
- 1 pear
- 3 celery ribs


SMOOTHIES

A FEW TIPS FOR MAKING DELICIOUS SMOOTHIES:

-
- Feel free to add water to thin out a smoothie.
- Use organic produce whenever possible.
- Each smoothie recipe serves two people or can be used as a substitute for one large meal.
- Protein is important in the morning. You can add extra protein to any smoothie by including a scoop of your favorite protein powder. Try hemp protein by Nutiva, Pea Protein, or simply add 3 tablespoons of hemp seeds.

Looking for a few ideas to add to your smoothie? Give your smoothie a boost by adding any item listed here:

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- unsweetened shredded coconut
- raw cacao powder
- raw honey
- stevia
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens (dandelion, parsley, cilantro, radish)
- sprouts of any kind
- camu camu for vitamin C
- plant-based protein powder
- goji berries, currants, dates (limit, if weight loss is desired)



Feel free to add fruit to any vegetable smoothie for increased sweetness. Try ½ cup berries, ½ apple, or ½ banana.

NOTE: All smoothies can be sweetened with 1-2 tablespoons of honey, maple syrup, or coconut sugar OR opt for a no-sugar sweetener such as stevia. I suggest 2-3 drops of stevia per smoothie.

CLEANSING SMOOTHIE

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

APPLE PIE SMOOTHIE

- 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

IMMUNE SMOOTHIE

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



WELLNESS SMOOTHIE

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

PUMPKIN SPICE SMOOTHIE

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

DAIRY-FREE MILKS


***NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

SUNFLOWER SEED MILK

Makes 4 cups

1 cup raw sunflower seeds, soaked for 8 hours
4 cups water
liquid sweetener to taste (optional)

Take your soaked sunflower seeds (throw away the soaking water) and place them in a blender. Add 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are ground down.



Pour your sunflower seed milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The sunflower seed pulp should be left inside the bag.

Sweeten your milk, if desired. Pour your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

HEMP SEED MILK

Makes 2 cups

1/3 cup hemp seeds
1/8 teaspoon cinnamon
1/4 teaspoon pure vanilla
2 cups water

Add hemp seeds, cinnamon, and vanilla to a blender. Add 2 cups of water and blend for 1 to 2 minutes.

Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.


OPTIONAL - Prior to refrigerating, you may choose to strain the hemp pulp from the milk by pouring the mixture through a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded.

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.

SWEET POTATO AND SPINACH HASH WITH GARBANZO BEANS

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)
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.

PUMPKIN SMOOTHIE BOWL

Serves 1

Smoothie Ingredients:

$\frac{3}{4}$ cup dairy-free milk
 $\frac{1}{2}$ 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.

DRESSINGS

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.



PROTEIN BALLS

SPICED RAISIN TAHINI BALLS

Makes about 10 balls

$\frac{2}{3}$ cup tahini
 $\frac{1}{2}$ cup vanilla plant-based protein powder
3 tablespoons honey or maple syrup
1 teaspoon pumpkin pie spice
1 pinch sea salt
 $\frac{1}{4}$ cup raisins

Add all ingredients to a mixing bowl. Mix well and roll into balls. Store in an airtight container in the refrigerator for up to 7 days.

LEMON COCONUT SUNFLOWER BUTTER BALLS

Makes about 10 balls

1 lemon, zested and juiced
2 tablespoons ground flaxseed
 $\frac{2}{3}$ cup sunflower seed butter
 $\frac{1}{2}$ cup vanilla plant-based protein powder
1 tablespoon honey or maple syrup
1 teaspoon cinnamon
 $\frac{1}{4}$ cup raisins
1 pinch sea salt
 $\frac{1}{4}$ cup unsweetened, dried shredded coconut

Add the lemon zest, juice, and ground flaxseed into a bowl. Stir well, then add sunflower seed butter, protein powder, sweetener, cinnamon, raisins, and sea salt. Mix well and roll into balls. Roll in shredded coconut to coat. Store in an airtight container in the refrigerator for up to 7 days.



SNACKS

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.

LEMON GINGER KALE CHIPS

1 bunch kale
2 tablespoons melted coconut oil
1 large lemon, zested
1-inch fresh ginger, finely grated
sea salt and black pepper, to taste

Preheat the oven to 300 degrees F.

Strip the kale leaves from the tough stems. Tear the kale leaves into bite-sized pieces. Add coconut oil, lemon zest, ginger, sea salt, and black pepper to a mixing bowl. Mix well, then add in the kale leaves. Lightly coat the kale leaves with the mixture, then layer onto a baking sheet. Bake for 10 minutes. Flip each leaf onto the opposite side. Bake for an additional 10 minutes. Set aside to cool before serving.



GUACAMOLE

Serves 2

4 avocados
2 garlic cloves, finely chopped
1 lime, juiced
1 teaspoon cumin powder
sea salt and black pepper, to taste
¼ bunch cilantro, finely chopped

Add avocados, garlic, lime juice, cumin powder, sea salt, and black pepper to a small mixing bowl. Use a fork to mash the ingredients together. Fold in the chopped cilantro. Serve immediately.

GARLIC TURMERIC PARSNIP CHIPS

Makes about 2 servings

2 large parsnips, thinly sliced
1 tablespoon coconut oil
1 teaspoon garlic powder
1 teaspoon turmeric
sea salt and black pepper, to taste

Preheat oven to 425 degrees F.

Add sliced parsnips to a mixing bowl. Coat with coconut oil, garlic powder, and turmeric. Mix well and layer onto a baking sheet (or two). Give the slices space to crisp up in the oven. Bake for 15 minutes. Flip each chip over, then bake for an additional 10 to 15 minutes. Remove from the oven and dust with sea salt and black pepper.

TURMERIC MILK WITH PROTEIN POWDER

Serves 2

2 cups dairy-free milk
1 teaspoon turmeric
¼ teaspoon ground black pepper
¼ teaspoon cinnamon
1 tablespoon honey or maple syrup

- 
- 1 scoop vanilla plant-based protein powder
 - 1 tablespoon coconut oil

Warm the dairy-free milk over low heat. Turn off the heat and add in remaining ingredients. Stir well and serve.

SOUPS

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.

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.


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

BASICS

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.)

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.

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.



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
- 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.

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.

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

KALE AND ROASTED SWEET POTATOES WITH TUNA

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.

SPICED LENTILS WITH COLLARD GREENS AND GROUND TURKEY

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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 VEGETABLE MEDLEY WITH WHOLE ROASTED CHICKEN AND SALAD

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.


SAUTÉED CAULIFLOWER RICE WITH KALE SALAD AND ROASTED CHICKEN

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 $\frac{1}{4}$ 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.

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
 $\frac{1}{4}$ cup water
2 15-ounce cans lentils, drained and rinsed
 $\frac{1}{2}$ 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.

DESSERT

BAKED PEAR WITH SHREDDED COCONUT

Serves 2

2 large pears
1 tablespoon coconut oil
1 teaspoon cinnamon
1 teaspoon ground ginger
2 tablespoons unsweetened shredded coconut

Preheat the oven to 350 degrees F.


Add pears to a baking pan. Coat with coconut oil and season with cinnamon and ginger. Bake for about 15 to 20 minutes until soft. Serve in a bowl topped with shredded coconut.

WARM DATES WITH TAHINI AND SHREDDED COCONUT

Serves 2

6 pitted dates
2 tablespoons tahini
1 tablespoon unsweetened, dried shredded coconut

Preheat the oven to 250 degrees F.



Place the dates on a small baking pan. Warm the dates for about 5 minutes in the oven. Remove from the oven, then serve drizzled with tahini and shredded coconut.

TRANSITION

DAYS 8 & 9

DAY 8- WARM SPICED CHIA PUDDING WITH ALMOND BUTTER

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 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.

DAY 9- 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
- 1/2 cup raw sunflower seeds

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- 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.

DAYS 10 & 11

DAY 10- 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 plant-based 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.

DAY 11- EASY OVERNIGHT OATS

Serves 2

- ⅓ cup rolled oats
- 1 teaspoon cinnamon
- 1 teaspoon ginger powder
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup
- ½ 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.

DAYS 12 & 13

DAY 12- 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.

DAY 13- TUNA NICOISE SALAD WITH HARD-BOILED EGGS

Serves 2

- 4 cups baby spinach
- 1 cup shredded carrots

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- 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.

DAY 14

DAY 14- 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.

CULTURED FOODS

Cultured foods, also known as fermented foods, have a healthy bacterium that supports healthy digestion and strengthens your immune system. Popular cultured foods include sauerkraut and kombucha. Cultured drinks and foods can be consumed daily. They can heal a damaged gut, restore the intestinal lining, reduce inflammation, and remove unwanted toxic waste from the colon.

Your stomach acid does not kill cultured foods and drinks, so they are able to reach the small and large intestine, where unwanted pathogens, bacteria, viruses, and yeast hide and proliferate resulting in health issues like candida or constipation. The amazing part of these healing foods is you can make them at home or buy them at your local health food store or grocery market.

My favorite fermented foods to buy are Bubbies' Old-Fashioned Sauerkraut, Kevita, gluten-free Good Belly probiotic drinks (the coconut water version), inner-eco's Coconut Water Probiotic Kefir, and kombucha. If you have candida overgrowth, I suggest waiting 3 months to introduce kombucha after the symptoms are clear. Water kefir is a great alternative to consuming probiotics in pill form because it reaches the small and large intestines, so there is no chance of the stomach acid killing the probiotic.

Remember, cultured foods are powerful, so go slow when introducing them to your diet.


COCONUT YOGURT

(Adapted from nomnompaleo.com)

Serves 2

- 1 15-ounce can coconut milk (BPA-free can)
- 1 probiotic capsule (at least 50 billion)

Refrigerate the coconut milk can for about an hour to create a thicker yogurt. Remove the coconut milk from the can and place it in a sterilized jar. Add the contents of the probiotic capsule. Mix the contents well and tightly close the jar.



To incubate the yogurt, place your jar of coconut milk in the oven with the light on and tightly close the door. Do not turn the oven on. A closed oven with the light on generates heat of about 105 to 110 degrees Fahrenheit. Incubate your yogurt for up to 24 hours.

COCONUT WATER KEFIR

(Source: culturesforhealth.com)

1-quart coconut water
3 tablespoons water kefir grains
Optional flavoring: 1 cup fresh fruit (mixtures of berries, lemon, etc. work best)

The natural goodness of coconut water is further enhanced with the addition of probiotics from the water kefir culture.

Activate dehydrated grains first using sugar water. Once the grains are making good water kefir using sugar water, they are ready to use with coconut water. Place the water kefir grains in the coconut water. Cover the jar loosely with a tight-weave towel or coffee filter, secured with a rubber band. Culture the coconut water 24-48 hours. Once the culturing process is complete, remove the kefir grains. To add fruit flavoring, purée together the coconut water kefir and the fruit.

NOTE: Ideally, water kefir grains should be cultured in sugar water (¼ cup sugar and 1-quart water) for 24-48 hours, in between making coconut water kefir. The sugar water will feed and refresh the kefir grains and keep them healthy.

GRATED GINGER CARROTS

(source: culturesforhealth.com)

Makes 1 quart

4 cups coarsely grated carrots
1 tablespoon fresh grated ginger root
1 tablespoon sea salt

In a medium bowl, mix carrots, ginger, and sea salt. Knead with clean hands or use a Cabbage Crusher until there is enough liquid to cover.



Transfer the mixture to a quart glass jar, pressing to submerge completely underneath the liquid. If necessary, add a bit of water to completely cover the mixture or use a fermentation weight to keep the vegetables under the liquid.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band. Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

Once the carrots are finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as its ages.