



FALL 5-DAY
detox
for beginners
recipes



SUGGESTED RECIPES

DAY 1

BREAKFAST

Poached eggs and greens

LUNCH

Tuscan Vegetable Stew

DINNER

Three Bean Chili with Fall Greens Sauté

DAY 2

Morning Muesli

Sweet Potato Toasts

Korean Turkey Rice Bowls

DAY 3

Cinnamon Pear Smoothie

Thai Curry Chicken and Spinach Soup

Lentil, Butternut Squash and Swiss Chard Soup

DAY 4

Sautéed Yam and Turkey Sausage Hash

Collard Green Wraps

Tamari Glazed Salmon with Roasted Delicata Squash and Broccoli

DAY 5

Pumpkin Breakfast Cookies

Quinoa Hash

Pan Roasted Sesame Chicken and Brussels Sprouts

EXPERT TIP: Choose a few recipes to make and then rely on leftovers to cut down on cooking.



PERSONALIZE YOUR MEALS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

| | BREAKFAST | LUNCH | DINNER |
|-------|-----------|-------|--------|
| DAY 1 | | | |
| DAY 2 | | | |
| DAY 3 | | | |
| DAY 4 | | | |
| DAY 5 | | | |



THE BASICS

The recipes included here are meant to help you prep for the week. It can help to pre-cook grains and veggies to use in your meals during the week.

Brown Rice

Makes 3 cups cooked rice

Ingredients:

- 1 cup brown rice
- 2 cups water

Place rice and water into a medium sized pot and bring to a boil over high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 cup quinoa
- 2 cups water or broth

Place quinoa and liquid into a medium sized pot and bring to a boil over medium/high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and the liquid has been absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

Oven Roasted Vegetables

Makes 3 cups vegetables

Ingredients:

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli broken into florets, or 12 Brussels sprouts, trimmed
- 1 tsp sea salt
- 2 TB coconut or olive oil

Directions:

1. Preheat your oven to 375-400 degrees. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, sprinkle sea salt over the top, then toss to combine. You might want to cook the beet separately if you using a red beet as the color can bleed. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once when roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight fitting lid for 5-6 days in the refrigerator. Gently re-heat them on the stovetop with a little bit of oil over medium heat.

Note: If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.



BREAKFAST OPTIONS

Poached Eggs with Greens

Serves 1

Ingredients:

- 1-2 free-range organic or farm fresh eggs
- 1 TB white vinegar
- 5 leaves kale, Swiss chard or collard greens or 2 big handfuls spinach. If using the bigger leafy greens, remove the hard stems and cut into thin strips.
- 1 clove garlic
- Sea salt and pepper to taste

Directions:

1. Bring a shallow pan of water to a boil. Lower heat and add 1 TB white vinegar. Crack egg and put in a ladle or small dish. Set ladle in water and gently tip egg(s) out into the simmering water. Cook 5-6 minutes and remove egg(s) with a slotted spoon.
2. Meanwhile, heat a skillet with a little olive oil. Add garlic and greens, and cook until wilted. You may need to add a splash of water and cover the greens to get them cooked all the way.
3. Plate the greens, top with the egg and season with a little sea salt and freshly ground pepper.

Note: You can simply fry an egg in a little olive oil or coconut oil if you'd prefer not to poach your eggs.

Morning Muesli

Serves 1

Ingredients:

- $\frac{1}{2}$ cup rolled oats
- 1-2 TB raw nuts such as walnuts, almonds, or cashews broken into small pieces
- 1 TB unsweetened coconut flakes (optional)
- 1 TB flaxseed meal, preferably freshly ground
- $\frac{1}{2}$ a pear or apple, chopped or $\frac{1}{2}$ cup organic berries
- Sprinkle of cinnamon and nutmeg for flavor (optional)
- Top with a little coconut or almond milk

Directions:

1. Combine first 6 ingredients in a bowl. Top with coconut or almond milk and enjoy.

Cinnamon Pear Smoothie

Serves 1

Ingredients:

- 1 ripe pear, seeded and cut into large chunks
- 2 TB raw almond butter
- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes to create chia gel
- 2/3 C non-dairy milk
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp raw honey
- Handful of baby spinach
- Handful of ice cubes

Directions:

1. Place chia seeds in a small bowl with $\frac{1}{4}$ C water and stir. Soak for about 10 minutes.
2. Place all ingredients in a blender and blend until smooth, adding water if you'd like your smoothie a little thinner. Serve immediately.

Sautéed Yam and Turkey Sausage Hash

Serves 1

Ingredients:

- 1 TB coconut oil, ghee, or olive oil
- 1 small yam, scrubbed and chopped into small cubes
- 1-2 turkey or chicken sausage links, cut into small pieces
- 2 large handfuls fall greens like kale, Swiss chard or collard greens, tough stems removed and cut into thin ribbons
- Sea salt and freshly ground pepper

Directions:

1. Heat a large skillet over medium and add oil and yam. Sauté until yam is lightly browned, about 10 minutes, being sure to toss frequently so yam pieces don't burn.
2. Add sausage and sauté 5 minutes more or until turkey sausage is cooked, then add greens and toss quickly until they are wilted but still bright green. Season with sea salt and pepper and serve immediately.

Pumpkin Breakfast Cookies

Makes about 20 cookies

Ingredients:

- 1 ½ C almond meal or almond flour
- ¼ C unsweetened coconut flakes
- 2-3 tsp pumpkin pie spice
- 1 tsp cinnamon
- Dash of nutmeg
- 1 tsp baking soda
- 1 TB chia seeds, soaked in ¼ C of water for 10 minutes (this will create a chia gel)
- ½ C pureed pumpkin (from a can is fine)
- ½ C almond butter
- 1 TB vanilla
- ¼ C honey or maple syrup
- 1 TB freshly grated ginger
- ½ C walnuts, broken into small pieces
- ½ C dried currants, cranberries or raisins (no sugar added)

Directions:

1. Preheat oven to 375 degrees.
2. Combine dry ingredients (minus the walnuts and the dried fruit) in a large bowl. Make a small well in the middle and add the wet ingredients.
3. Using an electric mixer, mix until well combined, then add walnuts and dried fruit and mix gently until just combined.
4. Line a baking sheet with parchment paper and spoon out 2-3 TB per cookie. Smoosh the cookies so they are flat – these won't rise like other cookies do.
5. Bake for 12-15 minutes, let cool, then enjoy. Store in the fridge in an airtight container for about a week.

Note: These cookies might look daunting, but they are so yummy and always a hit. If you make a batch of these, you'll have breakfast for days as well as plenty of snacks.



LUNCH OPTIONS

Tuscan Vegetable Stew

Makes 6 servings

Ingredients:

- 1 TB olive oil
- ½ yellow onion, chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1 yellow squash, cut in half lengthwise and sliced
- 4 oz cremini mushrooms, wiped clean, tip of foot cut off and cut in quarters
- 3 garlic cloves, minced
- 1 jar or can diced tomatoes, with their juices
- 4-6 C organic vegetable or chicken broth
- 1 small bunch escarole or lacinato kale, washed, dried and cut into thin strips
- 1 sprig fresh oregano or 1 tsp dried
- 2 (14-oz) cans white kidney beans/navy beans/cannellini beans, rinsed & drained
- Freshly ground pepper

Directions:

1. Heat a large pot to medium high. Add olive oil and onion and cook until onion is fragrant, 4-5 minutes.
2. Add zucchini, yellow squash and mushrooms and sauté for 10 minutes. Add garlic cloves and stir for about a minute.
3. Add tomatoes, broth and oregano. Bring to a low boil, reduce heat and then simmer for 15 minutes. Gently stir the beans and escarole/kale into soup and cook for another 5 minutes or until beans are heated through and greens are wilted. Serve with freshly ground pepper on top.

Sweet Potato Toasts

Serves 1

Ingredients:

- 1 large sweet potato or yam, scrubbed and cut into $\frac{1}{2}$ inch thin slices lengthwise

Topping Ideas:

- $\frac{1}{2}$ mashed avocado sprinkled with sea salt and red pepper flakes
- Turkey slices with avocado and cucumber
- Almond butter with no-sugar added jam
- Thinly sliced hard boiled egg with microgreens

Directions:

1. Cut sweet potato into $\frac{1}{4}$ -inch thick slices lengthwise. Place in a toaster oven or toaster and cook for about 5 minutes, or until they're cooked through.
2. Top with desired toppings and enjoy!

Thai Curry Chicken and Spinach Soup

Makes 4 servings

Ingredients:

- 1 tsp coconut oil
- 1-2 tsp Thai red curry paste
- ½ yellow onion, diced
- 1 bag frozen butternut squash
- 2 free-range, organic boneless, skinless chicken breast, cut into small pieces
- 1 (14-oz) can full-fat coconut milk
- 2 C chicken broth
- 1-2 tsp sea salt
- Juice of a lime
- 1 bag or bunch of baby spinach

Directions:

1. Heat a large, wide pot over medium high heat. Add coconut oil. Once melted, add red curry paste and mix it so it combines well with the coconut oil.
2. Add onions and butternut squash and cook for about 10 minutes or until squash is starting to fall apart.
3. Place chicken breast in with the onions and squash, sprinkle with salt, and sauté for 5 minutes or until chicken starts to brown a little.
4. Pour the coconut milk and broth into the pot and bring to a gentle boil, then reduce heat, cover, and simmer for 10 minutes or until chicken is cooked through.
5. Add lime juice, stir to combine, and then gently stir in the spinach until it has wilted. Taste and add sea salt or curry paste if needed. Serve with extra wedges of lime on the side.

Notes: The spiciness of curry pastes can vary greatly depending on the bottle, so take a whiff before adding it to get a sense of how strong it will be, and proceed carefully.

To add more curry paste at the end, put a few ounces of soup into a bowl, add in curry paste, and whisk together. Add back to the pot and stir well to ensure even seasoning throughout.

Collard Green Wraps

Serves 1

Ingredients:

- 2-3 collard greens, rinsed and de-stemmed
- 2-3 TB hummus
- Bell pepper strips
- Avocado slices
- Sunflower seeds (optional)
- Sliced kalamata olives (optional)
- Sprouts (optional)
- Raw sauerkraut (optional)

Directions:

1. Lay each collard green out on a flat surface. Spread one tablespoon of hummus perpendicular to the collard green spine, then top with bell pepper strips, avocado, sunflower seeds, olives and sprouts. Once filled, roll closed and eat.
2. You can fill the collard green wraps with whatever you have on hand: shredded beets, lettuce, shredded carrot, blanched green beans, tomatoes, etc. If you know you need extra protein you can add a slice of turkey or canned wild salmon.

Quinoa Hash with a Poached Egg

Serves 2

Ingredients:

- 2 cups broth
- 1 cup quinoa, rinsed
- 2 TB olive oil, divided
- 1 leek, white part only, cut in half lengthwise and then sliced
- 1 small yam, scrubbed and cut into small cubes
- 1 bunch Swiss chard, rinsed, tough stem removed and cut into thin strips
- 2-4 free-range, organic or farm-fresh eggs
- Sea salt and pepper to taste

Directions:

1. Heat your oven to 375 degrees. Place the yam on a baking sheet and toss with 1 TB olive oil. Place baking sheet in the oven and roast for 20-30 minutes, tossing once or twice, or until the yam pieces are tender and pierce easily with a fork, then remove from oven and set aside.
2. Bring broth to a boil, add quinoa, lower heat and cover. Let cook for 15 minutes without peeking or stirring, then turn off heat.
3. Heat remaining olive oil over medium-high heat in a skillet. Add leeks and sauté for 2 minutes. Stir in Swiss chard and cooked quinoa, and cook until greens are wilted. Season with sea salt and pepper. Add yam and stir gently to combine, then turn off heat.
4. Meanwhile, bring a shallow pan of water to a boil. Lower heat and add 1 TB vinegar. Crack egg and put in a ladle. Set ladle in water and gently tip eggs out into the simmering water. Cook 5 minutes and remove eggs with a slotted spoon. Alternately, simply fry an egg in $\frac{1}{2}$ TB olive oil.
5. Put quinoa/squash/greens mix on plate and top with an egg or two, then serve immediately.



DINNER

Three Bean Chili with Fall Greens Sauté

Makes 4 servings

Ingredients:

- 4 tsp olive oil, divided
- ½ small yellow onion, chopped
- 3 garlic cloves, minced
- 1 Poblano pepper, seeded and chopped
- 1 TB chili powder
- 1 tsp cumin
- 1/8 tsp cayenne pepper
- 1 (14-oz) can black beans, rinsed and drained
- 1 (14-oz) can red kidney beans, rinsed and drained
- 1 (14-oz) can garbanzo beans, rinsed and drained
- 2 C vegetable or chicken broth
- 1 shallot, thinly sliced
- 1 bunch greens (collards, Swiss chard, kale, escarole, etc), washed (but not dried), stems removed, leaves roughly chopped
- 1 tsp apple cider or other vinegar (optional)
- Sea salt and freshly ground pepper

Directions:

1. For the 3 Bean Chili: In a large Dutch oven, sauté the onion, garlic and Poblano pepper in 2 tsp olive oil until it's fragrant, about 4-5 minutes.
2. Add chili powder, cumin and cayenne pepper to vegetables and stir to combine, then add beans and broth. Bring to a light simmer, then reduce heat and cover partially. Let simmer gently for 20 minutes. Taste and adjust seasonings if needed.

For the Fall Greens Sauté:

1. Heat 1 tsp olive oil in a large skillet. Add shallot and sauté until lightly browned.
2. Add greens to the pan and toss frequently until they are bright green but wilted, adding water by the tablespoon if the greens are sticking to the pan. If needed, cover the skillet for 2-3 minutes. Season with sea salt and pepper and sprinkle with a little vinegar for added zing if desired.

Korean Rice Bowl

Makes 2-3 servings

Ingredients:

- 1 TB olive or coconut oil
- 1 small yellow onion, chopped
- 1 lb ground free-range organic turkey or chicken
- 3 garlic cloves, minced
- 4 oz shiitake mushrooms, tough foot removed and sliced thinly
- 2 carrots, scrubbed and grated
- ½ small head of red cabbage, finely chopped
- 3 TB wheat-free tamari sauce or coconut aminos
- 1 TB rice wine vinegar
- ½ TB fish sauce
- Red pepper flakes (optional)

Directions:

1. In a large skillet or wok heat olive or coconut oil over medium-high heat. Add onion and ground meat, and sauté for 5 minutes, stirring frequently.
2. Add garlic, shiitakes, carrots, and cabbage, and toss to combine. Continue cooking for another 5-10 minutes or until meat is cooked through and vegetables are cooked.
3. Whisk together wheat-free tamari, rice wine vinegar and fish sauce together in a small bowl, then pour over the ground meat and vegetable mix. Stir to combine, then serve.
4. Serve with cooked brown rice.

Tamari Glazed Salmon with Roasted Delicata Squash and Broccoli

Serves 2

Ingredients:

- 2/3 lb wild-caught salmon filet, cut into two equal sized pieces
- 2 TB wheat-free tamari sauce
- Juice of half a lemon
- 1 large Delicata squash
- 1 tsp Chinese five-spice powder or cinnamon
- 1 TB coconut oil
- 1 TB olive oil plus extra to grease pan
- 1 head broccoli, cut into bite-sized florets
- **1 tsp sea salt, divided between squash and broccoli**

Directions:

1. Preheat oven to 400 degrees. Scrub Delicata squash and cut in half, then cut in half again lengthwise. Scoop the seeds out with a spoon and slice squash so you end up with half-moons. Lightly oil a 9x13 glass baking dish with coconut oil and place squash in dish. Sprinkle lightly with Chinese five-spice powder or cinnamon and $\frac{1}{2}$ teaspoon salt, and place in oven. Roast for about 25 minutes or until squash is fork-tender.
2. Meanwhile, lightly oil a baking sheet with olive oil, and place salmon on one side and broccoli on the other. Whisk together wheat-free tamari and lemon juice in a small bowl and drizzle over the salmon. Toss broccoli with 1 tablespoon olive oil.
3. Place salmon and broccoli in oven and roast for 10-12 minutes, until salmon flakes easily with a fork. Make sure to toss broccoli a few times during cooking time to prevent burning.

Note: Did you know that you don't have to peel a Delicata squash before you eat it? The skin softens as it cooks and it provides a really awesome fiber boost!

Note: If you can't find Delicata squash, you can sub Butternut or Acorn squash, but you'll want to peel them.

Lentil, Butternut Squash & Swiss Chard Soup

Serves 4

Ingredients:

- 2 tsp olive oil
- 1 small yellow onion, diced
- 4 garlic cloves, chopped
- 1 C French green lentils or brown lentils, rinsed and picked through
- 6 C broth
- 1 bag frozen butternut squash or 1 small butternut squash, peeled, seeded and cut into small chunks
- 1 bunch Swiss or rainbow chard, cleaned and cut into thin ribbons
- 1 tsp cumin
- 1 tsp curry powder
- Dash cayenne pepper (optional)
- Sea salt and pepper

Directions:

1. In a large Dutch oven, sauté onion and garlic cloves until they are fragrant. Add lentils and stir to combine. Pour broth in, bring to a low boil, then cover and simmer for about 15 minutes.
2. Stir in butternut squash and bring back to a low simmer. Cook for another 15 minutes or until lentils are cooked and squash is tender.
3. Add Swiss chard, cumin, curry powder, cayenne pepper, sea salt and pepper and stir to combine. Simmer five minutes more or until the Swiss chard has wilted slightly, then serve.

Pan Roasted Sesame Chicken and Brussels Sprouts

Serves 2 with leftovers

Ingredients:

- 2 tsp olive or coconut oil
- 1 lb free-range, organic boneless, skinless chicken breast, cut into ½-inch chunks
- 2/3 lb Brussels sprouts, tough foot trimmed and cut into quarters
- Sea salt and freshly ground pepper
- 2 tsp sesame oil
- 1 tsp rice wine vinegar
- Lemon wedges

Directions:

1. Heat the olive or coconut oil in a large skillet over medium-high heat. Add chicken and Brussels sprouts and sauté until browned and chicken is cooked through, about 15 minutes. Be sure to toss frequently to keep chicken and sprouts from sticking. Season lightly with sea salt and freshly ground pepper.
2. Drizzle sesame oil and rice wine vinegar over the chicken and Brussels sprouts, toss again and serve. Squeeze lemon wedges or drizzle 1 tsp cider vinegar over the top to brighten the flavor.



BONUS RECIPES

Southwestern Rice and Bean Bowls

Serves 2

Ingredients:

- 2 C cooked brown rice
- 1 TB olive oil
- ¼ small yellow onion, diced
- 2 garlic cloves, diced
- ½ jalapeno, diced
- 1 zucchini, quartered lengthwise and sliced
- 1 tsp dried oregano
- 1 tsp cumin
- Dash of cayenne pepper (optional)
- 1 (14-oz) can pinto beans, rinsed and drained
- 1-2 tsp raw apple cider vinegar or rice wine vinegar
- Optional: toppings: salsa, chopped cilantro, diced avocado, hot sauce, chopped green onion, or sliced radishes

Directions:

1. Re-heat brown rice in a small saucepan set on medium-low with 1-2 TB water.
2. Heat a large skillet over medium heat and add onion, garlic, jalapeno and zucchini. Cook until veggies are starting to brown, then add oregano, cumin, and cayenne pepper and stir to incorporate.
3. Add pinto beans and cook until they are heated through, about 5 minutes. Top with a few sprinkles of apple cider vinegar.
4. Place re-heated brown rice and bean mixture into a bowl. Top with whatever your heart desires. My favorites are salsa, diced avocado, sliced radishes and chopped green onion.

Grains & Greens with Tahini Sauce

Serves 2 with leftovers for lunch

Ingredients:

- 1 tsp coconut oil or olive oil
- 1 small sweet potato, scrubbed and diced into $\frac{1}{2}$ inch pieces
- 1 C quinoa
- 2 C broth
- 1 bunch Swiss chard, cleaned and cut into thin strips
- 3 TB tahini
- 2 garlic cloves, peeled and chopped
- 2 TB wheat-free tamari
- 1 tsp honey
- Juice of a lemon
- 1-2 TB hot water
- $\frac{1}{2}$ ea salt

Directions:

1. Heat coconut or olive oil in a large skillet. Add sweet potato and cook for 10 minutes, stirring frequently to keep sweet potato from sticking to the pan.
2. Meanwhile, combine quinoa and broth in a pot and bring to a boil. Once boiling, turn down heat, cover, and let simmer about 15 minutes.
3. Add Swiss chard and cooked quinoa to skillet with sweet potato and toss to combine. Keep stirring until chard has wilted, then turn off heat.
4. In a food processor (or with a whisk and a bowl), blend tahini, garlic cloves, wheat-free tamari, lemon juice, and 1 TB hot water. Add more hot water if needed to thin to your desired consistency. Add sea salt and taste, adjusting seasoning if needed.
5. Serve grains and greens with tahini sauce drizzled over the top.



SNACKS

Kale Chips

Makes enough for 2-3 people

Ingredients:

- 1 head lacinato kale, washed and dried
- Extra virgin olive oil
- Sea salt, to taste

Directions:

1. Heat oven to around 300 degrees, depending on your oven. The kale chips burn quickly, so keep the temperature on the lower end if your oven tends to get hot or have hot spots.
2. Clean kale and remove the thick stem by folding each leaf in half lengthwise and cutting it away. Make sure kale is quite dry.
3. Pour a little olive oil into a dipping bowl. Dip your fingers in the olive oil and rub over each kale leaf, front and back.
4. Arrange kale on several baking sheets making sure not to crowd the leaves. Sprinkle sea salt over the top.
5. Bake for 5-7 minutes, keeping an eye on the chips to make sure they don't burn. Turn the chips over and then bake for another 5 minutes. You may need more or less time depending on your oven. The chips are ready when they are bright green and haven't turned brown yet save for a few of the edges.

Bonus tip: Spice it up by sprinkling smoked paprika, cumin, or curry on before baking.

Miso Soup

Serves 1

Ingredients:

- 2 cups water or chicken broth
- 1-2 TB miso paste
- ½ cup grated carrot, celery root, parsnip and/or turnip
- 1 TB dried wakame seaweed, reconstituted per package instructions, then drained
- 1 green onion, chopped
- Fresh ginger, grated

Directions:

1. In a small saucepan, bring water/broth to a boil and then turn off heat. Add grated vegetables and green onion, and put a lid on for 2-3 minutes to allow veggies to cook a little.
2. Whisk in miso and add the wakame (drain first). Grate fresh ginger over the top and serve.
3. Add wheat free tamari or hot sauce if you want a little more flavor.

Five Spice Squash

Serves 4

Ingredients:

- 2 Delicata squash, scrubbed but not peeled
- 1 TB coconut oil
- 1 TB Chinese Five Spice powder

Directions:

1. Preheat oven to 375 degrees. While oven is heating, cut Delicata squash in half lengthwise and use a spoon to scrape out the seeds. Slice into 1-inch chunks and arrange in a 9x13 baking pan.
2. Add the coconut oil to the pan and put in the oven until coconut oil has melted. Add Five Spice powder, and toss squash to coat with coconut oil and Five Spice.
3. Bake for about 30 minutes, until the squash pieces are fork tender. Enjoy!

Notes:

You can also try this recipe with sweet potatoes or yams, or other varieties of squash. You'll find Chinese Five Spice powder in most spice sections of your grocery store. If not there, try the Asian foods or bulk foods section.

Spicy Chickpeas

Ingredients:

- 2 (15-oz) cans chickpeas/garbanzo beans
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt

Directions:

1. Preheat oven to 400 degrees.
2. Rinse and drain chickpeas. Dry well by putting them in a kitchen towel and then rolling them around.
3. In a large bowl, whisk together the olive oil, paprika, cayenne and sea salt. Add chickpeas and toss until evenly coated.
4. Spread chickpeas in a single layer on a baking sheet, and bake for 30-35 minutes or until golden brown and crispy. Halfway through baking, shake the tray to toss the chickpeas.
5. Remove from oven and place into a serving bowl. Store in an airtight lid on the counter for 3 days.

Carrot & Beet Slaw

Ingredients:

- 2 carrots
- 2 beets
- 1 lemon
- 1-2 TB olive oil
- Salt and pepper

This ridiculously simple salad is so tasty and lasts a few days in the fridge. Peel 2 carrots and 2 beets and then grate into a large bowl. Thinly slice the beet greens (if you have them) and add them to the grated veggies. Top with the juice of a lemon and 1-2 TB olive oil and toss. Season with salt and freshly ground pepper and it's ready to go.

ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- 2 slices turkey breast
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- Sliced apple with nut butters (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Home-made trail mix
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices
- Lara bars – these are made from just fruit and nuts, and can be found in many grocery and convenience stores

Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full for longer



SWEET TREATS

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. **Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.**

Raw Chocolate Pudding

Makes 4 ramekins of pudding

Ingredients:

- 1 small or $\frac{1}{2}$ large ripe avocado
- 1 very ripe banana
- $\frac{1}{2}$ can coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Directions:

1. Add ingredients to a bowl, blender or food processor. Blend until smooth, adjusting the amount of coconut milk if needed to get a nice creamy consistency similar to that of real pudding.
2. Divide into 4 small bowls or ramekins, chill for 30 minutes and enjoy! The raw chocolate pudding will keep in the fridge for few days when covered.

Hot Chocolate Elixir

Serves 1

Ingredients:

- 1 TB raw cacao powder
- $\frac{1}{4}$ tsp cinnamon
- Dash cayenne pepper
- 2-4 oz full-fat coconut milk
- Squeeze of honey (if needed)

Directions:

1. Put first 4 ingredients in a large mug and pour 8-10 ounces hot water over the top. Whisk until well combined and frothy.
2. Add coconut milk and squeeze of honey if needed. Drink up!

Seed Porridge with Chopped Pear

Serves 1

Ingredients:

- 2 TB unsweetened coconut flakes
- 1 TB raw pumpkin seeds
- 2 tsp chia seeds
- 1 TB freshly ground flax seeds
- ½ pear or apple, chopped
- 2-4 TB canned or refrigerated coconut milk

Directions:

Pulse the coconut flakes, pumpkin seeds and the chia seeds in a grinder or food processor and place in a bowl. Cover with 4-6 oz of hot water, and let sit for a few minutes to thicken. Add ground flax seeds, chopped pear and coconut milk. You can add a little honey to sweeten if needed and more coconut milk as desired.

Coconut Baked Apples

Cut up an apple and place it in a baking dish with a little coconut oil. Sprinkle 1 tsp unsweetened coconut flakes, ½ tsp cinnamon and a dash of nutmeg over the fruit. Bake in a 350 degree oven for about 20 minutes, or until the fruit is tender.

Lavender Pears

Core and seed a pear and cut into long slices. Lightly oil a glass baking dish with coconut oil and arrange pear slices in a single layer. Drizzle with 1 tsp honey or maple syrup, then sprinkle 1 tsp dried lavender flowers over the pears. Roast in a 375 degree oven for 20 minutes or until pears are browned.

Rooibos Tea

It's naturally sweet and caffeine free and tastes great. Even most major coffee chains carry some kind of Rooibos that will satisfy your sweet tooth on the run.



Disclaimer and Terms of Use

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention. By using this program, you accept full responsibility for any and all outcomes.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow detoxers, please do not share these materials with anyone.