FALL DETOX

RECIPES

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JUICES

DIRECTIONS: Juice all of the ingredients through a juicer; add a dash of cinnamon, ginger or cayenne to enhance digestion. This is also known as warming digestion.

HERE ARE A FEW REMINDERS:

- All juices are made for 1-2 servings
- All juices must be made in a juicer unless you are using a high speed blender; if so, use a cheesecloth to strain the juice.
- If you have thyroid issues or sensitivity to foods that contain goitrogens, any of the greens can be substituted with parsley or lettuce. You can also lightly steam the dark leafy greens before using (applicable for both juices and smoothies).

FALL CLEANSE

MAKES 1 TO 2 SERVINGS

1 medium fennel
6 kale leaves
1 cucumber
1 green apple
Juice from 1 lemon

GREEN LOVE

MAKES 1 TO 2 SERVINGS

1 green apple
1 bunch Swiss chard
5 stalks celery
1 bunch parsley
Dash of cayenne
Juice from 1 lemon

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COOL GREENS

MAKES 1 TO 2 SERVINGS

1 handful of spinach
1/2 head of romaine lettuce
1 cucumber
1 handful of parsley
1 handful of mint
1/2 green apple
Juice of 1 lemon
Dash of turmeric

IMMUNE BOOST

MAKES 1 TO 2 SERVINGS

4 leaves of kale
1 carrot
1 apple
1 cucumber
Juice of 1 lemon
¼ teaspoon turmeric
¼ inch fresh ginger

BEET BOOST

MAKES 1 TO 2 SERVINGS

1 beet
6 stalks celery
1 handful spinach
1 cucumber
1 inch piece of ginger
Juice of 1 lemon

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BEAT THE COLD

MAKES 1 TO 2 SERVINGS

1 beet
1 cucumber
1 apple
1 clove of garlic
Juice of 2 lemons
¼ inch piece of ginger

DETOX JUICE

1 cucumber
3 stalks of asparagus
3 celery stalks
handful of dandelion
handful of kale
handful of parsley
Juice of 2 lemons

FLUSH ME

MAKES 1 TO 2 SERVINGS

1 cup spinach
1 cucumber
2 cups of watermelon
Juice of 1 lemon
5 mint leaves

COOL DOWN

MAKES 1 TO 2 SERVINGS

2 grapefruits
1 handful fresh parsley
1 handful fresh mint
2 ounces of coconut water

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LOVE THE LIVER

MAKES 1 TO 2 SERVINGS

2 cucumbers
4 stalks celery
1 handful of parsley
1 handful of cilantro
3 lemons, halved
Aloe vera juice

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SMOOTHIES

ALL SMOOTHIES SERVE 1-2

In a blender, add all of the ingredients in the order they are listed. Blend until smooth. If you want your smoothie to be colder, add 3-4 ice cubes, then blend. Please only add ice cubes if you have a high speed blender that can handle the crushing of the ice.

Feel free to add water to reach your desired thickness. Use organic produce whenever possible. Each recipe serves two or may be used as a substitute for one large meal.

STARTER GREEN SMOOTHIE

2 handfuls of spinach
½ avocado
1 ½ cups dairy-free milk
1 green apple
Juice from ½ lemon
1 teaspoon spirulina (optional)

DELICIOUS CHIA SMOOTHIE

1 handful spinach
1 ½ cups dairy-free milk
1 cup frozen blueberries
2 tablespoons chia seeds
1 tablespoon vanilla extract
1 tablespoon raw cacao

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APPLES AND BEETS SMOOTHIE

1 ½ cups dairy-free milk
½ beet
2 cups mixed greens
1 green apple
4 basil leaves
½ avocado
1-2 drops stevia (optional)

ENERGY BLASTER SMOOTHIE

1 ½ cups dairy-free milk
1 scoop protein powder
2 tablespoons chia seeds
½ banana
Dash of turmeric
1 handful of spinach

MINTY GREEN SMOOTHIE

1 ½ cups dairy free milk
1 cucumber
4 mint leaves
1 green apple
Juice from one lemon
½ avocado
Dash of ginger
1 cup kale

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BERRY BLAST SMOOTHIE

1 ½ cups dairy free milk (almond, coconut or hemp)
1 cup kale
1/2 cup frozen mixed berries
2 tablespoons tahini
2 tablespoons chia seeds
1 cup kale
Dash of cinnamon
top with 2 tablespoons shredded coconut (OPTIONAL)

CHOCOLATE KALE AND BERRIES SMOOTHIE

1 1/4 cup water or almond, hemp
or coconut milk
½ avocado
1/4 cup of frozen berries
1 cup of kale
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 tablespoon raw cacao
dash of cinnamon
3-4 ice cubes (optional)

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BREAKFAST

WARM CINNAMON DETOX BOWL

SERVES 1

4 tablespoons chia seeds
1 cup dairy-free milk
2 tablespoons protein powder
Dash cinnamon
1 banana
1 tablespoon shredded coconut
1-2 drops stevia (optional)

ASSEMBLE THE NIGHT BEFORE. The night before you want the Warm Detox Bowl for breakfast, place chia seeds, dairy-free milk, protein powder and cinnamon in a Mason jar or other sealable container, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Pour mixture into a saucepan and warm on low heat (this can also be enjoyed cold).

SERVING SUGGESTION. Add stevia (if desired) and top with sliced banana and shredded coconut.

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VANILLA CHIA BOWL

SERVES 1

4 tablespoons chia seeds
1 cup dairy-free milk
1 small banana mashed or ¼ cup organic, all-natural applesauce
½ teaspoon vanilla extract
Dash of nutmeg
Dash of cinnamon
1-2 drops stevia (optional)
Optional Toppings: 1 teaspoon goji berries, 1 teaspoon hemp seeds, 1 teaspoon shredded coconut

ASSEMBLE THE NIGHT BEFORE. The night before you want the Chia Bowl for breakfast, place chia seeds, dairy-free milk, banana or applesauce, vanilla, nutmeg and cinnamon in a container with a lid, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Eat the pudding cold.

SERVING SUGGESTION. Add stevia (if desired) and optional goji berries, hemp seeds and shredded coconut.

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COCONUT CHOCOLATE SMOOTHIE BOWL

SERVES 1

1 cup spinach
½ cup dairy-free milk
2 tablespoons raw cacao
½ avocado
1-2 drops stevia (optional)
1 teaspoon vanilla extract
4-6 ice cubes
1 tablespoon coconut
1 tablespoon chia seeds

ASSEMBLE. Place spinach, milk, cacao, avocado, stevia, vanilla and ice in blender and blend until smooth.

SERVING SUGGESTION. Pour into bowl and top with shredded coconut and chia seeds.

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LUNCH

REPLENISHING COLLARD WRAP

SERVES 2

4 collard greens
1 avocado, sliced
1 cucumber, sliced
1 carrot, shredded
1 cup cabbage, shredded
¼ cup parsley
Choice of sprouts
1-2 tablespoons dressing of choice

ASSEMBLE THE WRAP. Lay out the collard greens. Divide remaining ingredients amongst each leaf and roll up. Add 1-2 tablespoons of dressing for extra flavoring.

FALL MIXED SALAD

SERVES 2

2 cups spinach
½ cup red onions, sliced
½ cup parsley, chopped
1 can beets, BPA-free in water or Trader Joes roasted beets, quartered
⅛ cup sunflower seeds
Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl add spinach, red onions, parsley, beets, sunflower seeds and lemon juice. Toss and serve.

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A BLEND OF GREENS SALAD

SERVES 2

2 cups mixed greens
2 Brussels sprouts, chopped
2 carrots, chopped
2 celery stalks, chopped
2 tablespoons dulse flakes (optional)
Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl, add greens, Brussels sprouts, carrots, celery and dulse flakes. Top with lemon juice. Toss and serve.

CHOPPED SALAD

SERVES 2

2 cups spinach
1 cup cucumber, diced
1 cup cabbage, shredded
1 carrot, chopped
1 avocado
Juice from 1 lemon
Dash of sea salt
Dash of ginger

ASSEMBLE THE SALAD. In a large salad bowl add spinach, cucumber, cabbage and carrot. Scoop avocado into the bowl and add lemon juice. Massage the avocado into the salad, season with salt and pepper, and serve.

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RENEW RAINBOW SALAD

SERVES 2

2 cups mixed greens
½ cup red cabbage, chopped
1 can beets, BPA-free in water, quartered
1 cup canned artichokes hearts, BPA-free in water, chopped
2 carrots, chopped
½ cup parsley
1 avocado, diced
2 tablespoons nutritional yeast (optional)
2 tablespoons dulse flakes (optional)
1-2 tablespoons dressing of choice

ASSEMBLE THE SALAD. In a large salad bowl add mixed greens, red cabbage, beets, artichoke hearts, carrots, parsley and diced avocado. Toss with dressing of choice and top with optional nutritional yeast and/or dulse flakes and serve.

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DRESSINGS

SIMPLE TAHINI DRESSING

SERVES 2-3

½ grapefruit, juiced
3 tablespoons tahini
¼ teaspoon garlic
¼ teaspoon salt
¼ teaspoon pepper

PREPARE THE DRESSING. Add the grapefruit juice, tahini, garlic, salt and pepper to a small bowl. Mix thoroughly and set to the side.

RAW APPLE CIDER AND CARROT

SERVES 2-3

½ cup carrots, chopped
1 tablespoon raw apple cider vinegar
2 tablespoons extra virgin olive oil
1 small garlic clove
salt and pepper to taste

PREPARE THE DRESSING. Add carrots, raw apple cider vinegar, oil, garlic, salt and pepper to a blender. Blend until smooth.

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RAW APPLE CIDER AND BEETS

SERVES 2-3

1 small beet, peeled and chopped
1 tablespoon raw apple cider vinegar
2 tablespoons extra virgin olive oil
1 small garlic clove
salt and pepper to taste

PREPARE THE DRESSING. Add beet, raw apple cider vinegar, oil, garlic, salt and pepper to a blender. Blend until smooth.

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RAW SOUPS

CURRIED CARROT SOUP

SERVES 2

2 carrots, chopped
½ avocado
¾ cup water
1 teaspoon curry powder
¼ teaspoon coriander
⅛ teaspoon cumin
¼ teaspoon turmeric
⅛ teaspoon salt
1 tablespoon olive oil
1 tablespoon lime juice

BLEND YOUR INGREDIENTS. Place all ingredients in blender in order. Blend until smooth. Serve as is or chilled in the refrigerator for 30 minutes.

RAW SWEET POTATO BLISS

SERVES 2

2 cups water
2 small sweet potatoes, peeled and cubed
1 yellow pepper
2 stalks celery
¼ small onion
6 fresh basil leaves
1/2 cup tahini
1/2 tablespoon garam masala
1 garlic clove
1 avocado
fresh parsley, minced
BLEND YOUR INGREDIENTS. Blend the water and sweet potatoes for 1 minute until smooth. Add other ingredients and blend. Top with fresh parsley.

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COOL CUCUMBER

SERVES 2

2 large cucumbers
1 avocado
1 lemon, juiced
1 teaspoon sea salt
3/4 teaspoon cumin
dash of cayenne
fresh parsley, minced
1/2 avocado, sliced

BLEND YOUR INGREDIENTS. Blend the cucumbers, avocado, lemon juice, sea salt, and cumin. Add a dash of cayenne and garnish with fresh parsley and 1/2 avocado sliced.

AVOCADO HYDRATION SOUP

SERVES 4

2 large avocados
1 ½ cups coconut water (you can also use coconut milk or water)
1 lime, juiced
½ cup cilantro leaves
1 small zucchini, chopped
¼ teaspoon sea salt
¼ cup chives
1 shallot, minced
Pinch of cayenne pepper (optional)

PREP YOUR AVOCADOS. Cut open your avocados and remove the pit. Scoop out the flesh, reserving a small portion for garnish.

BLEND. Place all ingredients in a blender or food processor and blend on high until smooth. If the soup is too thick, add more coconut water until the desired consistency is reached. The soup should coat the back of a spoon, but not be solid. Pour into a large jar with a tight-fitting lid and chill in the refrigerator for at least 1 hour. Serve when cold. Garnish with avocado cubes and chives.

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WARM SOUPS

VEGGIE BROTH 101

SERVES 4-5

8 cups of water
1 tablespoon coconut oil
½ onion
4 celery sticks
4 carrots, washed but unpeeled
½ bunch kale OR collard greens
¼ bunch parsley
1 teaspoon sea salt
2 1-inch slices ginger root

START YOUR BROTH. Add 8 cups of water to a large pot. Cover and bring to a boil.

PREPARE YOUR VEGETABLES. While the water is coming to a boil, wash your vegetables and cut them in half so they will fit into the pot. When water is boiling, put all the ingredients into the water EXCEPT the ginger. Bring the broth to a boil again with the lid on. Then turn it down to simmer for 1 hour. Finally, add the ginger slices. Continue simmering with the lid on for 30 minutes.

FINISH YOUR SOUP. You have two choices: strain the vegetables into a large pot and serve the vegetables in a warm dish OR blend the liquid and vegetables with an immersion blender to make a thicker broth.

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LEEK & MISO SOUP

SERVES 3-4

1 tablespoon coconut oil
1 leek, chopped
2 cups organic, yeast-free vegetable broth
2 cups water
2 tablespoons miso

MAKE THE LEEKS. Add coconut oil to a large pot and heat on medium once the oil is warmed, add leeks and sauté until soft, about 3 minutes. Add in broth and water and bring to a boil. Lower heat and let simmer for 10-15 minutes.

MIX IN THE MISO. Add ½ cup broth from the pot to a small bowl. Add miso to the bowl and mix miso until dissolved. Add the miso broth back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.

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BUTTERNUT SQUASH SOUP

SERVES 3-4

1 tablespoon coconut oil
1 yellow onion, chopped
1 pound (about 4 cups) butternut squash, cubed
2 carrots, chopped
4 cups water
2-3 sprigs thyme
Salt and pepper to taste

SAUTÉ VEGETABLES. Place a medium-sized pot over medium-high heat. Add oil and onions and sauté for 5 minutes or until soft and fragrant. Add the squash and carrots to the pot and cook another 3 minutes.

SIMMER UNTIL SOFTENED. Add water and thyme sprigs to pot and let simmer 15 minutes or until vegetables soften. Remove from heat and remove thyme.

BLEND AND SERVE. Pour soup into a blender and blend until smooth. Season with salt and pepper and serve.

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WARM CARROT SPICE SOUP

SERVES 3-4

1 tablespoon coconut oil
2 cloves garlic, chopped
4 carrots, chopped
1 large yellow onions, chopped
2 stalks celery, chopped
4 cups water
1 green apple, peeled and chopped
2 tablespoons miso
Dash of cinnamon

SAUTE VEGETABLES. In a large pot, add oil. Once oil is warmed, add garlic, onions, carrots and celery and sauté until soft and fragrant, about 5 minutes.

SIMMER UNTIL SOFTENED. Add water, apple, a dash of cinnamon, and bring to a boil. Lower heat and let simmer for 10-15 minutes. Remove from heat.

BLEND THE SOUP. Pour soup into a blender and blend until smooth.

MIX IN THE MISO. Add ½ cup pureed soup back into the pot and add the miso. Mix until the miso is dissolved. Add the remaining soup back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.

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CHICKEN BONE BROTH SOUP

3-5 pounds of soup bones*
Water (enough to cover the bones)
1 tablespoon raw apple cider vinegar
** Note: ask at your local butcher shop. Soup bones are usually very cheap, if not free!*

MAKE YOUR STOCK. In a stock pot, add the soup bones and enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

STORE YOUR STOCK. After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keeps in the fridge for a few days, or for four to six months in the freezer.

MAKE A CHICKEN SOUP. If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

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DINNER

GINGER & GARLIC STIR FRY BOWL W/ BAKED SWEET POTATOES

SERVES 2

½ onion, thin-sliced
2 cups broccoli, chopped
2 cups cauliflower, chopped
2 cloves garlic, diced
1 tablespoon fresh ginger, chopped
1 tablespoon coconut oil
¼ cup water

1 baked sweet potato, chopped

PREPARE THE STIR FRY. Place a large pan over medium-high heat and add the oil. Add onion and sauté until soft and fragrant about 4 minutes. Next, add diced garlic and chopped ginger and cook another 2 minutes. Then add broccoli and cauliflower and ¼ cup water to the pan and cook another 8 minutes.

SERVE. Remove from heat and serve over baked sweet potato.

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A BOWL OF BRUSSELS SPROUTS

SERVES 2

1 pound Brussels sprouts, halved
1 tablespoon coconut oil
1 avocado
Juice from 1 lemon
1 tablespoon hemp seeds
Salt and pepper to taste

PREPARE BRUSSELS SPROUTS. Preheat oven to 400 degrees. Place halved Brussels sprouts on a baking sheet, toss with coconut oil and season with salt and pepper. Cook for 20-25 minutes or until outer leaves begin to crisp.

PREPARE AVOCADO MASH. While the Brussels sprouts are in the oven, mash avocado with lemon juice and season with salt and pepper. Remove Brussels sprouts from oven and place in a bowl with avocado mash and mix to evenly coat.

SERVE. Sprinkle with hemp seeds and serve.

CURRY SWEET POTATO STIR FRY

SERVES 2

1 yellow onion, chopped
2 cloves garlic, chopped
1 teaspoon curry
1 baked sweet potato, chopped
1 head Swiss chard, thinly sliced
1 tablespoon coconut oil
½ avocado, chopped

PREPARE STIR FRY. Place a large pan over medium-high heat and add the oil. Add onion and sauté until soft and fragrant, about 4 minutes. Next,

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add chopped garlic and cook another 2 minutes. Add greens and 2 tablespoons of water and sauté. Add curry seasoning and finish cooking.

SERVE. Remove from heat and place stir fry over baked potato. Top with chopped avocado.

DELICIOUS WARM KALE SALAD

SERVES 2

¾ pound red potatoes, about 6 small, quartered
1 head dinosaur kale, shredded
¼ cup parsley leaves, chopped
1 lemon, juiced
2 tablespoons hemp seeds
salt and pepper to taste

COOK THE POTATOES. Place the potatoes in a medium saucepan and cover with cold water. Add 1 tablespoon of salt to the water and bring to a boil over medium heat. Cook the potatoes until tender, about 15 minutes. Drain and put the potatoes in a serving bowl.

PREPARE THE SALAD. While the potatoes are still warm, add the shredded kale, chopped parsley, lemon juice and season with salt and pepper. Top salad with hemp seeds and serve. Optional – add dressing of choice.

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AUTUMN ROASTED VEGETABLES

SERVES 2

1 large carrot, chopped
1 large zucchini, chopped
1 pound Brussels sprouts, halved
1 large onion, chopped
1 tablespoon coconut oil
1 teaspoon rosemary
1 teaspoon salt
½ teaspoon black pepper
½ orange, juice
2 cups mixed greens
¼ cup pumpkin seeds

ASSEMBLE THE VEGETABLES. Preheat your oven to 400 degrees. Add chopped vegetables, oil and seasoning to a bowl. Mix well. Spread the mixture evenly onto a baking sheet. Bake for 30 minutes or until the vegetables are tender. Remove from oven and squeeze juice from half of an orange onto the vegetables. Toss well and serve over mixed greens topped with pumpkin seeds.

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TRANSITION

BUCKWHEAT MORNING BOWL

SERVES 1

1 cup water or dairy-free milk
½ cup buckwheat
½ apple (optional)
1 tablespoon chia seeds
½ teaspoon cinnamon
Dash of sea salt

PREPARE BUCKWHEAT. In a small saucepan, bring water or milk to a boil and cook buckwheat according to package directions.

REMOVE FROM HEAT. Stir in the chia seeds, cinnamon and sea salt.

SERVE IMMEDIATELY.

LENTIL SOUP

1 tablespoon coconut oil
1 teaspoon cumin seeds
1 small onion, minced
1 large celery rib, minced
4 large garlic cloves, minced
1-inch piece of ginger, shredded
1 large carrot, chopped
1 bay leaf
1 cup brown lentils
3 cups broth of your choice (or water)
½ teaspoon sea salt

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½ teaspoon black pepper
Spinach or kale (optional)

CREATE YOUR SOUP BASE. In a large pot, add coconut oil. When the oil is hot, add cumin seeds and cook until fragrant (about 1 minute). Then add your minced onion, celery, garlic, ginger, carrot, and bay leaf. Sauté until soft (about 2 to 3 minutes).

ASSEMBLE THE SOUP. Add brown lentils and broth (or water) along with sea salt and pepper. Cover and cook on medium-low heat for 30 to 45 minutes, stirring every 15 minutes. The soup is done when the lentils are tender but still holding their shape.

SERVING SUGGESTION. Add greens like spinach or kale at the end if you would like. Allow the soup to settle for about an hour before eating for the best flavor.

CINNAMON OATMEAL BREAKFAST

SERVES 2

2 cups water or dairy-free milk
1 cup oats
2 tablespoons of plant-based protein
1 teaspoon vanilla
Pinch of sea salt
1-2 drops of stevia (optional)
¼ cup pumpkin seeds
2 tablespoons shredded coconut

PREPARE OATS. In a small saucepan, bring the water or the milk to a boil and add in the oats. Reduce the heat to a simmer. Cook, stirring occasionally, until liquid has evaporated (approximately 12-15 minutes).

MIX REMAINING INGREDIENTS. Remove from heat and stir in the protein, vanilla, sea salt and stevia.

SERVE. Top with pumpkin seeds and shredded coconut and serve.

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VEGGIE BURRITO BOWL

1 tablespoon coconut oil
1 cup black beans, cooked
1 cup brown rice, cooked
1 yellow pepper, chopped
1 tomato, chopped
Dash of cumin
Dash of cayenne
Dash of sea salt
¼ cup parsley, chopped
1 avocado, chopped
Variation - in a collard wrap or brown rice tortilla

MIX INGREDIENTS IN SAUCEPAN. In a medium saucepan, heat 1 tablespoon coconut oil over medium-high heat. Once oil is warm, add yellow pepper, tomato, cumin, cayenne and sea salt, and sauté 4-5 minutes until cooked. Add the black beans and cooked brown rice and sauté another 4-5 minutes. Add parsley and remove from heat.

SERVE. Top with the avocado and serve in a collard wrap or brown rice tortilla.

EGGS WITH GREENS

2 eggs sautéed in coconut oil and topped with spring mix and the juice of one lemon.

*Serve with Ezekiel bread and salsa.

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TEMPEH STIR FRY COLLARD WRAP

SERVES 2

2 tablespoons coconut oil
4 cups broccoli, chopped
1 carrot, julienned
½ onion, minced
1 clove garlic, minced
1 tablespoon minced ginger
2 tablespoons minced scallion
¼ teaspoon red pepper flakes (optional)
1 lemon, juiced
4 collard green leaves
Tempeh, 1 package, crumbled

PREPARE THE VEGETABLES. Heat 1 tablespoon coconut oil in a large skillet and add broccoli. Toss to coat in oil and cook over medium heat for 5-7 minutes, then add the onion and carrot. Continue to cook until onion is translucent and broccoli is starting to get tender, about 7 minutes.

ADD THE PROTEIN. Add the crumbled tempeh, the second tablespoon of oil, garlic and ginger. Cook for another 5-7 minutes or until the broccoli is tender and tempeh is lightly browned. Add scallion, red pepper flakes and lemon juice and toss.

ASSEMBLE THE WRAP. Lay out the collard greens. Divide stir fry amongst each leaf, roll up and serve.

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DIPS & THINGS

CLEANSING PESTO

SERVES 2

1 cup cilantro
½ cup parsley
½ cup mint
½ cup pumpkin seeds
1-2 cloves fresh garlic
Juice from 1 lemon
¼ cup olive oil
Sea salt, to taste

COMBINE YOUR INGREDIENTS. Combine the cilantro, parsley, mint, pumpkin seeds and garlic in a food processor or high speed blender. Pulse and process the mixture until it is finely chopped. Add the lemon juice and slowly add olive oil in a steady drizzle.

PROCESS. Process until mixture becomes a smooth, light paste. Add enough olive oil to keep it moist and spreadable. Season with sea salt. Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors.

STORE YOUR PESTO. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright green.

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BAKED SWEET POTATO FRIES

SERVES 2

2 whole sweet potatoes, peeled and cut into thin sticks
1 tablespoon coconut oil
2 cloves garlic, chopped finely
1 teaspoon chili powder
Salt and pepper, to taste

PREHEAT THE OVEN. Preheat the oven to 400 degrees.

PREPARE THE POTATOES. In a large bowl, toss the sweet potatoes with coconut oil and season with garlic, chili powder, salt and pepper

BAKE. Arrange on a baking sheets and bake in the oven for 15 to 17 minutes, shaking the pans halfway through, until the fries are sizzling (watch so that the edges don't burn). Remove from the oven and allow to sit on the pan for 5 minutes. Remove from pan and serve.

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KALE CHIPS

SERVES 2

1 bunch kale (Lacinato or curly variety)
1 tablespoon coconut oil
1 teaspoon smoked OR sweet paprika
½ teaspoon garlic powder
½ teaspoon sea salt
½ teaspoon black pepper

PREHEAT THE OVEN. Preheat to 300 degrees.

PREPARE THE KALE. Wash and dry the kale. Rip the kale into bite-sized pieces and place in a mixing bowl. Toss with oil and seasoning.

BAKE THE KALE. Arrange kale on a baking sheet and bake for 20 minutes. Serve immediately.

CUMIN GUACAMOLE

SERVES 2

2 avocados
1 teaspoon cumin
¼ bunch cilantro, chopped
1 small tomato, chopped
1 lime, juiced
Salt and pepper to taste

PREPARE THE GUACAMOLE. Split the avocado in half and twist apart. Remove the pit. Scoop out the avocado meat into a bowl. Add the cumin, cilantro, tomato and lime juice. Mash mixture with fork and season with salt and black pepper. Serve immediately.

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PROTEIN BALLS & BARS

**Please note that these protein balls need to be made with gentleness as they do not have a binder. Freezing or putting in the refrigerator for up to 1 hour will help them firm up.*

CHOCOLATE INSANITY BALLS

MAKES 10 BALLS

1 cup of raw pumpkin seeds
1 cup of pitted dates, soaked for 15 minutes or more
2 tablespoon of raw cacao powder
1 teaspoon vanilla extract
1 teaspoon cinnamon powder
1 teaspoon of water

COMBINE YOUR INGREDIENTS. Combine all ingredients in a high speed blender. You may need a little more water depending on the consistency of the dough. Add 1 teaspoon more if needed.

SHAPE. Roll the dough into balls and place on a tray. Put the tray in the refrigerator to set for one hour.

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MARATHON PROTEIN BARS

MAKES 10 BARS

1 cup pumpkin seeds
1/4 cup coconut oil, melted
1 teaspoon vanilla extract
1/2 cup of pitted dates, soaked for 15 minutes or more
3 tablespoons of water
1 cup (vanilla) plant-based protein powder
2 tablespoons raw cacao
Additional raw cacao for dusting

COMBINE YOUR INGREDIENTS. Add all ingredients to a high speed blender and blend.

SET. Pour the dough into an 8x8 baking dish and press down until firm. Put the dish into the freezer for 30 minutes and then cut into bars. Dust with raw cacao. If you do not want to make bars, you can roll them into balls as well.

SWEET CRUSH PROTEIN SEED BALLS

MAKES 8-12 BARS OR BALLS

¾ cup pumpkin seeds
¾ cup sunflower seeds
½ cup pitted and chopped dates, soaked for 15 minutes or more
3 tablespoons flaxseed meal
3 tablespoons coconut oil
1 tablespoon raw cacao powder
1 tablespoon honey
Sea salt to taste
¼ cup raisins
½ cup unsweetened shredded coconut

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MIX THE INGREDIENTS. Add all the ingredients to a blender and blend until well incorporated. Transfer the mixture into a large bowl and begin to form the mixture into small balls. You can eat them right away or store them in the refrigerator or freezer and consume at a later date.

DESSERTS

CHOCOLATE AVOCADO PUDDING

1 avocado
1 cup almond milk, rice milk or hemp milk
1 zucchini, chopped
1 tablespoon raw cacao powder
1 tablespoon raw honey or 1 teaspoon stevia

MIX THE INGREDIENTS. Using a food processor or high power blender, combine all ingredients until smooth. Put in refrigerator until it is cold and then enjoy!

VEGAN HOT COCOA

1 cup of coconut or almond milk
1 tablespoon of raw cacao powder
Stevia or honey to taste

HEAT THE MILK. Heat the coconut or almond milk over medium flame. Add cacao powder and sweeten with stevia or honey if you desire.

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NUT MILKS

Note: Almond milk is acceptable in this detox program (during all phases) because in liquid form, the almond milk is easy to digest.

ALMOND MILK

MAKES 4 CUPS

1 cup raw almonds, soaked for 8 hours
4 cups water
liquid stevia to taste (optional)

BLEND THE ALMONDS. Take your soaked almonds (throw away the soaking water), rinse and drain. Place them in a blender and add the fresh water. Blend for 1 to 2 minutes until the almonds are ground down.

SEPARATE THE ALMONDS FROM THE MILK. Pour your almond 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 almond pulp should be left inside the bag.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. 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.

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

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SUNFLOWER SEED MILK

MAKES 4 CUPS

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

BLEND THE SUNFLOWER SEEDS. Take your soaked sunflower seeds (throw away the soaking water), rinse and drain. Place them in a blender and add the fresh water. Blend for 1 to 2 minutes until the sunflower seeds are ground down.

SEPARATE THE SUNFLOWER SEEDS FROM THE MILK. Pour your sunflower 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.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. 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.

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

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HEMP SEED MILK

MAKES 2 CUPS

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

BLEND THE HEMP SEEDS. Take your hemp seeds, and place them in a blender with the 2 cups of water. Blend for 1 to 2 minutes.

SEPARATE THE HEMP SEEDS FROM THE MILK (OPTIONAL). Pour your hemp 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 hemp seed pulp should be left inside the bag and discarded.

REFRIGERATE YOUR MILK. Sweeten your milk, if desired. 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.

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

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CULTURED FOODS FOR HEALTHY DIGESTION

- CULTURED DRINKS -

HOMEMADE COCONUT WATER KEFIR

SERVES 2-4

4-cup glass jar with wide opening and strong screw cap or swing-away lid
1/2 cup water kefir grains (available at www.culturesforhealth.com/water-kefir-grains.html)
2 to 4 cups fresh young coconut water

FILL JAR WITH COCONUT WATER and add your water kefir grains. Stir with a non-metal spatula as the metal with damage the grains.

Make sure the jar is airtight, and let it stand for 24 to 48 hours (the longer the brew, the more healthy bacteria you have cultured).

STRAIN THROUGH A PLASTIC SIEVE and fill bottles with the cultured coconut water. Make sure the bottles are airtight.

Refrigerate for 1-2 days, and serve chilled.

VARIATIONS: To make lemon or lime coconut water kefir, add 1/4 cup lemon or lime juice to 1 quart of coconut water kefir.

To make cherry coconut water kefir, add 1/2 cup cherry concentrate to 1 quart of coconut water kefir.

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- CULTURED FOODS -

This is great for anyone who cannot tolerate vegetables in the cruciferous family due to thyroid issues. You can purchase the starter culture at bodyecology.com or culturesforhealth.com.

GINGERED CARROTS

NOTE: Gingered carrots will keep for one year, as long as you properly store them.

INGREDIENTS & TOOLS:
Large mixing bowl
Mason jar with lid
Wooden spoon
1 pound carrots, peeled and finely shredded
1–2″ piece ginger, peeled and finely shredded
1 cabbage leaf
1/4 cup starter culture (culturesforhealth.com or bodyecology.com)

INSTRUCTIONS:

TOSS. Carrots, ginger, and starter culture together in a large mixing bowl.

COMBINE THE MIXTURE by hand, making sure the ginger and carrots are thoroughly combined. Layer the mixture of ginger and carrots into a mason jar and pound it down with a wooden spoon so the vegetables are tightly compacted. Continue to layer and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of solids.

Layer the top of your vegetables with a cabbage leaf and pack the leaf down with your fist.

ALLOW YOUR VEGETABLES TO FERMENT at room temperature for 5 days or longer (for desired sour taste) before tasting them. Transfer to cold storage.

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COCONUT YOGURT

ADAPTED FROM NOMNOMPALEO.COM
MAKES 2 SERVINGS

1 15-ounce can coconut milk (BPA-free can)
1 probiotic capsule

REFRIGERATE YOUR CANNED COCONUT MILK for about an hour while it is still in the can to create a thicker yogurt.

COMBINE THE INGREDIENTS. Remove the thickened top part of 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.

INCUBATE YOUR YOGURT. Place your jar in the oven with the light on and tightly close the door. Do not turn the oven on. The closed oven with the light on generates heat of about 105 to 110° Fahrenheit. Incubate your yogurt for up to 24 hours.

ORANGE-GINGER CARROT KVASS

FROM: CULTURESFORHEALTH.COM

Kvass is commonly made from either bread or beets and while some really enjoy it, others find it not particularly tasty. This recipe changes things up with sweet carrots, spicy ginger, and fragrant orange. It is tangy and fragrant and pleasant to drink, especially after a second fermentation done with a bit of sweetener added.

INGREDIENTS:

6 carrots, sliced into approximately 1/8-inch coins
2 tablespoons roughly chopped ginger
6 large strips of organic orange peel (peeled with a vegetable peeler)
2 teaspoons sea salt (4 teaspoons if omitting whey)
¼ cup whey (optional)
Water as needed

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INSTRUCTIONS:

Put carrots, ginger, and orange peel into a half-gallon jar. Add salt and whey and fill the remainder of the jar with water, leaving a 1-inch headspace. Cover tightly with a lid, and shake well to dissolve the salt in the whey and water.

Remove lid and cover with a clean towel or coffee filter. Secure with a rubber band or canning ring. Place in a warm spot to ferment for 2 to 4 days, depending on the temperature. The longer it ferments, the more sour it will get. Begin to taste after the first two days and allow to ferment to your liking.

Strain the liquid from the carrots, leaving about 1 cup of liquid in the jar for another round of kvass. To make a second, weaker batch of kvass simply add water and repeat fermentation instructions above.

If you prefer a more carbonated beverage, a second fermentation can be performed. Ferment the kvass for only 2 to 3 days, then strain off the liquid, leaving 1 cup behind for a second batch. Place the kvass in airtight bottles with a pinch of sugar or honey for a little bit of sweetness and added carbonation.

Allow this to ferment for 1 to 3 days, or until carbonated to your liking, depending on the temperature.

HOW TO MAKE SAUERKRAUT

FROM CULTURESFORHEALTH.COM

Basic sauerkraut may be one of the most popular ferments, and it is such an easy recipe that it works great for beginners. Give it a try, you won't be sorry!

INGREDIENTS:

1 medium head of cabbage

1-3 tablespoons sea salt

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INSTRUCTIONS:

Chop or shred cabbage. Sprinkle with salt.

Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher for about 10 minutes, until there is enough liquid to cover.

Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.

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 sauerkraut is finished, put a tight lid on the jar and move to cold storage. The sauerkraut's flavor will continue to develop as it ages.

Makes approximately 1 quart.

OPTIONAL:

Prior to culturing, mix 1 part shredded carrots, apple, or other vegetable to 5 parts cabbage, for a more complex flavor. You can also add caraway seeds, if desired.

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