

7 DAY DETOX RECIPE IDEAS

No: caffeine, sugar, grains, starches, alcohol

If your body has been used to all of the toxins listed above, be prepared for the detox hangover. Not to worry though, this is normal and it will pass.

To help you through the detox hangover make sure you drink plenty of water and herbal teas, get lots of fresh air and stay away from temptation.

Please remember it is VITAL you drink enough water, 1 liter for every 50lbs of your body weight, minimum!

Try to buy as much organic produce as you can or choose local produce.

Freshfield Farms is a great, affordable place to shop.

Pile your greens high and keep their cooking to a minimum, watercress, spinach and broccoli are your secret weapons when it comes to fat loss. (Publix has a great broccoli slaw mix, by the way! Just skip the packaged dressing and toss with vinegar & herbs)

BREAKFAST

REMEMBER to start each day with the juice of ½ of a lemon in a cup of warm water. You'll be surprised at how this will give you a boost of physical and mental energy.

Below are a few ideas for breakfast, which tends to be the simplest meal to prepare.

- Spinach Salad with hard-boiled egg, blueberries, strawberries, tossed in small amount of olive oil. (omit egg if you would prefer to save for later part of day)
- Mixed fruit bowl: banana, berries, kiwi & cantaloupe
- Garden Salad with a vinegar/mustard/herb dressing
- ¼ avocado (limit this daily when having oil), scrambled egg whites with tons of veggies & salsa

Tropical Morning Smoothie

1 small banana
Handful of spinach
6 whole strawberries
1 kiwi fruit
6 oz. of soy milk
1 tsp coconut oil
Juice of 1 lime

Place all ingredients into a blender and enjoy.

3 Egg Surprise

3 eggs, beaten
½ red chili chopped
1 clove garlic, sliced
½ red pepper, sliced
Handful of spinach

Heat 1 tsp of coconut oil in pan and stir fry chili, pepper and garlic for 1 minute
Add eggs and once just set, add spinach and cook for 1 minute or until wilted
Serve with a watercress or green salad

LUNCH/DINNER

Protein Packed Salad Base

1 hard-boiled egg
Handful of watercress, spinach and other mixed greens
4 cherry tomatoes, halved
1 avocado, sliced
½ pepper, sliced
½ red onion, sliced
Juice of ½ lime
1 tsp mixed dried spices (chili, paprika, etc.)
1 clove crushed garlic

- You can cook the protein the night before and leave in fridge overnight. Do not add lime juice until ready to eat.
- Protein portions: 6-8 oz. of chicken, salmon or turkey
- To add flavor to your protein (do NOT add salt) let the protein marinate for 30 minutes with garlic and mixed spices listed above.
- Prepare your protein in the oven. You can sauté in 1 tsp of coconut oil then transfer to oven and bake on 350 for 20 minutes or until cooked to recommended temperature.

Lettuce Wraps

Celery
Broccoli
Onions
Peppers
Artichokes
Carrots
Spinach
Water chestnuts
(Put a little water in the bottom of pan instead of oil)
Low sodium soy sauce

- Sauté veggies and wrap them in Boston lettuce. (You can make a large pan of this and put it on top of a salad as the soy sauce will make it seem to have some dressing, this mixture is also delicious on top of a portabella mushroom).

Portobello Mushroom and Onion Spaghetti (Squash)

- Microwave a halved Spaghetti squash for 12 minutes
- In a sauce pan sauté (w/water) garlic and onions add 3 or 4 sliced Portobello's
- Add a can of NSA (NO SUGAR ADDED) HUNTS tomato sauce
- Let simmer until mushrooms are cooked
- (Add spinach as another option)
- Add pepper, onion powder, garlic powder and Cheyenne pepper (I use a decent amount its delicious spicy)
- Put over spaghetti squash and enjoy

Stuffed Peppers

- Dice up the following veggies and place in a medium size bowl:
 - Zucchini, Squash, Red Peppers, Mushrooms, Green Beans, Shredded Carrots, Broccoli, Celery, Onion, diced tomatoes (no juice)
- Add juice of 1 Lime and Fresh Diced Cilantro and diced garlic (1 clove). Marinade for 30 minutes to next morning
- Cut top of Green Pepper off and clean the center. Stuff Pepper until veggies are over flowing (when they cook they shrink so make sure to over stuff).
- Place in Oven on 350 for approx 25-30 minutes. Make sure peppers are standing upright.

Roasted Vegetable Plate

Red and Green Peppers
Carrots
Eggplant
Mushrooms
Zucchini
Broccoli
Brussels Sprouts
Artichokes
Asparagus

- Roast in oven for 25 minutes on 400 degrees, place them on your plate and season with a tiny amount of salt and pepper. (A large, full plate of these will help you feel full.)

Stir-Fry Veggies

Red and Green Peppers
Shredded Carrots
Mushrooms
Zucchini
Broccoli
Brussels Sprouts
Artichokes
Onions
Water Chestnuts
Asparagus
Edamame (shelled)
Minced Garlic Glove
Minced Fresh Ginger

- In a skillet sauté garlic and ginger in 1 TSP of soy sauce, add all veggies and little more Soy Sauce to taste. Best to not over-cook veggies; warm and firm.

Portobello Mushroom Pizza

Spinach

Diced Zucchini
Diced Onions
Minced Garlic
Dried or Fresh Oregano and Basil
Red Pepper Flakes (if like)

- Sauté together until tender. Place on top of a Large Portobello Mushroom and add Diced Can Tomatoes and bake for 15 minutes.

Marinated Vegetable Salad

Dressing:

½ Cup flat-leaf parsley, chopped
¼ Cup red wine vinegar
¼ up lemon juice
1 teaspoon black pepper
3 medium garlic cloves, minced

Veggies:

Cherry tomatoes, cut in half
Zucchini, chopped
Yellow Squash, chopped
Mushrooms, sliced
Red Peppers, strips
Arugula

- Take all the veggies (NOT ARUGULA) and place in a bowl and combined with dressing. Let marinade for 2 hours and chill. Serve over Arugula

Tuna Salad (mayo free)

Chop:

½ raw onion
½ bell pepper
2 dill pickles

- Mix with can of wild caught tuna (or shredded chicken prepared by you)
- Sprinkle with [Adobo](#) seasoning & black pepper and spread on freshly sliced cucumbers

Thai Turkey Lettuce Wraps

1 Tbsp coconut oil
1 red onion, chopped
2 garlic cloves, chopped
1 lb. lean ground turkey

3 Tbsp low sodium soy sauce
3 juiced limes
1 bunch of green onions, thinly sliced
2 red chilies seeded, de-veined and thinly sliced
Handful of chopped coriander
Handful of chopped mint
Lettuce leaves

- Heat oil over medium heat in a large, non-stick pan. Lightly sauté red onion until it begins to soften, about 5 minutes.
- Add turkey and stir fry, add chili & garlic. Continue to cook turkey until no longer pink, about 15 minutes. Drain fat and turn off heat, allowing meat to cool for 5 minutes.
- Add soy sauce, coriander, mint and lime juice to turkey and stir.
- Add turkey to lettuce leaf and top with green onions.

Cauliflower Mash

1 Head of Cauliflower
3 Cloves of garlic
1 Tbsp. of coconut oil
Salt and pepper to taste

- Cook the cauliflower in boiling water then add to blender with all other ingredients. Blend until smooth.

Chicken Kiev (makes 2 servings)

6 oz. chicken breast
2 cloves of garlic, sliced
1 red chili, sliced
1 Tbsp of coconut oil
Salt and pepper to taste

- Heat oven to 350 degrees
- Flatten chicken with rolling pin or mallet
- Lay chili and garlic on one side of breast and smear with coconut oil, season
- Roll up breast and bake for 30 minutes
- Serve with cauliflower and spinach

SOUPS

Cabbage Soup

Cabbage
Onions
Peppers
Celery
Carrots
NSA Diced Tomato

- Boil all ingredients in water season with basil, onion powder and black pepper. Another option is to you no salt added, organic vegetable broth.

Veggie Soup

Shredded Carrots
Chopped Celery
Onions
Sliced Mushrooms
Green Beans
Savoy Cabbage
Chopped Zucchini
Garlic
1-2 Cans of NSA Hunts Diced Tomatoes (entire can)
Low Sodium Vegetable Broth (1-2) Large Box/Can
Tomato Paste (2 TSP)
Crushed Red Pepper Flakes to taste
Dried Oregano

- In a large pot put crushed garlic, shredded carrots, and celery and onion; sauté until tender. Add the veggie broth, cans of tomatoes, tomato paste and remaining vegetables (not the cabbage yet) bring to a slow boil. Add the cabbage and spices.

ROASTED VEGGIE SOUP

In the oven roast (every type of veggies you could think of) on 425 for 20-25 minutes

Carrots
Celery
Mushrooms
Green Beans
Savoy Cabbage
Zucchini
Garlic
Red and Green Peppers
Eggplant
Kale
Tomatoes
Asparagus

- In a food processor puree the veggies until very smooth while adding small amounts of veggie broth. (You might have to do batches of veggies at a time)
- Transfer puree to a stock pot on the stove and add (1) can of organic vegetable broth and simmer for 30 minutes.
- This should be very thick and can be used as a tomato sauce over Spaghetti Squash or Portabella Mushrooms. Great for lunch with a salad.

Tomato Soup Tonight!

2 tablespoons oil or cooking fat of choice - I used unrefined coconut oil
1 large onion, peeled and chopped
4 cloves garlic, peeled and coarsely chopped
10 tomatoes - cut up
1 1/2 cups low sodium vegetable stock
1 cup water
2 tablespoons minced fresh basil, plus 1 tablespoon for garnishing
1 tablespoon tomato paste
1 tablespoon balsamic vinegar

Over medium heat, sauté onion and garlic for 4-5 minutes
Add tomato paste & cut up tomatoes (4-5 minutes)
Add remaining ingredients and let it stew for 10 minutes covered
Carefully blend a little at a time and enjoy!
Zucchini noodles would make a great side dish to this soup!

SNACKS

These need to be accessible at all times. I made individual bags of veggies and kept them in arms reach at all times along with fruit. Make sure that you have more veggies than fruit during the day. So make sure if you have a fruit at breakfast then either another fruit serving for your dessert at night and use veggies as snacks during the day.

- Bag of Fresh Raw Veggies (Cucumbers, Carrots, Peppers, Beans, Mushrooms, Radish)
- Green Apple
- Pear (Very Firm)
- Mandarin Oranges
- Banana

Roasted Kale Chips (Salt and Vinegar Style)

Break off large pieces of Kale and toss in Red Wine Vinegar. Place on large baking sheet and sprinkle with Sea Salt. Roast on 350 until crispy.

Steamed Edamame

Whole or Shelled Edamame steamed and tossed with Sea Salt and Red Pepper Flakes (if you like) This is a great side dish as well.

Roasted Asparagus with Lemon Zest

Roast Asparagus in oven until just tender (still pretty firm). Remove from oven and sprinkle Lemon Pepper Season (No Salt added) and Fresh Lemon Zest.

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