

# RECIPE *Guide*



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# WELCOME

Welcome to your Vegetarian Recipe Guide. This will help you navigate your program and give you the meals that your body has been craving! Let's get started!

## TONICS

### LEMON WATER ELIXIR

**Makes 1 serving**

1 cup room-temperature water  
Juice from 1 lemon  
1 tablespoon Bragg's raw apple cider vinegar  
1 teaspoon raw honey or maple syrup to taste (optional)  
Dash sea salt

**\*NOTE:** If you feel nauseous or experience tightness in the chest after drinking the 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 ½ teaspoon of ACV) for at least three days, and then reintroducing it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

### CRANBERRY CLEANSER

**Makes 1 serving**

2 tablespoons cranberry juice concentrate  
1 cup room-temperature water  
Juice from 1 lemon  
Dash of cinnamon  
1 teaspoon raw honey or maple syrup to taste (optional)

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

# JUICES

To make beautiful juice, use a juicer. You can also blend everything in a high-powered blender with enough water to process smoothly; Strain through a nutmilk bag or cheesecloth to remove pulp.

These recipes make 1-2 servings each

## CITRUS JUICE

1 grapefruit without skin  
1 cup kale  
4 celery stalks  
5 leaves basil  
5 mint  
Handful of cilantro

## GREEN LOVE JUICE

1 cup kale  
1 apple  
½ c strawberries  
Handful of parsley  
3 basil leaves  
Juice of one lemon

## PEAR JUICE

1 cup spinach  
2 pears  
4 stalks celery  
3 mint leaves  
Juice of one lemon

## PAPAYA KALE JUICE

1.2 cup papaya  
1 cup kale  
1 cucumber  
Handful parsley  
Juice of one lemon

## BERRY SPINACH JUICE

1 cup spinach  
½ cup blueberries  
1 cucumber  
3 celery stalks  
Juice of 1 lemon

# SMOOTHIES

If you have a high-speed blender, add all ingredients in the order listed WITHOUT ice. Then blend until smooth. I recommend pouring your smoothie over ice if you prefer it colder. Ice may cause your blender blades to become dull.

If you DO NOT have a high-speed blender, add liquid, banana, apples, and dates to the blender first. Blend until smooth. Add a few more tablespoons of liquid to get the mixture going, if needed. Then add other items like pumpkin seeds, hemp protein and spices to the mixture and blend well. If you would like your smoothie to be colder, pour over ice.

### **A FEW TIPS FOR MAKING DELICIOUS SMOOTHIES:**

- 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, Pea Protein, or simply add 3 tablespoons of hemp seeds. My personal favorite protein powder is NeoLife.

Give your smoothie a boost by adding any item listed here:

- Hemp, flax or chia seeds
- bee pollen
- unsweetened shredded coconut
- raw honey, maple syrup or coconut nectar for sweetness
- stevia
- superfoods (raw cacao, maca, lucuma, spirulina, matcha, wheatgrass powder)
- detox greens (dandelion, parsley, cilantro, radish)
- sprouts of any kind
- camu camu for vitamin C
- goji berries, currants, dates (limit, if weight loss is desired)
- add fruit to any vegetable smoothie for increased sweetness.  
Try 1/2 cup berries, 1/2 apple, or 1/2 banana.

# SMOOTHIES

## BLUEBERRY SMOOTHIE

### Serves 1

1 ½ cups dairy free milk  
1 cup fresh blueberries  
1 cup kale  
1 scoop protein powder  
½ avocado  
Dash of cinnamon powder

**Add** all the ingredients to a high-speed blender. Blend until smooth.

## STRAWBERRY SMOOTHIE

### Serves 1

1 ½ cups dairy free milk  
1 cup fresh strawberries  
1 cup kale





1 scoop protein powder  
½ avocado  
Dash of ginger powder

## FIG SMOOTHIE

### Serves 1

1 ½ cups dairy free milk  
1 cup chopped apple  
1 fig, soaked  
1 cup spinach  
¼ teaspoon cinnamon powder  
1 tablespoon coconut oil  
1 scoop protein powder

## PAPAYA SMOOTHIE

### Serves 1

1 ½ cups dairy free milk  
1 cup spinach  
½ cup papaya (fresh or frozen)  
3 mint leaves  
½ avocado  
1 scoop protein powder  
Dash of ginger powder

## MIXED BERRY SMOOTHIE

### Serves 1

1 ½ cups dairy free milk  
1 cup mixed berries (frozen)  
1 cup kale  
½ avocado  
1 scoop protein powder  
3 mint leaves  
Dash of ginger powder

# BREAKFAST

## CHOCOLATE CHIA PUDDING WITH RASPBERRIES

**Serves 1-2**

- 1/3 cup chia seeds
- 1 tablespoon cacao powder
- 1 teaspoon honey
- 1 1/2 cup non-dairy milk like coconut milk
- 1 cup fresh raspberries

**Mix** chia seeds, cacao powder, honey, and non-dairy milk together in a small mixing bowl. Let it sit for 5 minutes, then mix. Refrigerate for 1-3 hours or overnight to thicken. Top with raspberries

## MANGO SMOOTHIE BOWL

**Serves 2**

- 1 cup mango, fresh or frozen
- 1 banana, small
- 1/3 cup coconut water
- 1 scoop plant-based protein powder
- 2 tablespoons raw cacao nibs
- 2 tablespoons unsweetened coconut flakes
- 1/4 cup blueberries

**Add** mango, banana, coconut water, and protein powder to a high-speed blender. Blend until smooth. Serve in a bowl and top with cacao nibs, coconut flakes, and blueberries.

## RASPBERRY SMOOTHIE BOWL

### Serves 1

¼ cup coconut milk yogurt  
½ cup non-dairy milk  
½ cup raspberries  
1 scoop plant-based protein powder  
2 tablespoons chia seeds  
½ banana sliced  
2 tablespoons hemp seeds

**Add** yogurt, milk, raspberries, and protein powder to a high-speed blender. Blend until smooth. Serve in a bowl and top with chia seeds, sliced banana, and hemp seeds.

## 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)

**Blend** the sunflower seeds. 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.

**Separate** the sunflower seeds from the milk. 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.

**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.

## HEMP SEED MILK

### Makes 2 Cups

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

**Blend** the hemp seeds. Take your hemp seeds and place them in a blender. Add 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.

# PROTEIN BALLS

## LEMON TAHINI BALLS

1 lemon, zested and juiced  
3 heaping tablespoons tahini  
2 tablespoons chia seeds  
1 scoop vanilla protein powder  
1 tablespoon honey or maple syrup  
1 tablespoon melted coconut oil

**Use** a zester to remove zest from a lemon. Set the zest to the side, then squeeze the juice in a large bowl. Add tahini, chia, protein powder, honey, and coconut oil to the bowl with the lemon juice. Mix the ingredients and form into 1-inch balls. Roll each ball into the lemon zest, then store in a covered container and in the refrigerator for up to 7 days.

## CHOCOLATE ORANGE COCONUT BALLS

- 1 large orange, zested and juiced
- 3 heaping tablespoons tahini
- 2 tablespoons chia seeds
- 1 scoop vanilla protein powder
- 1 tablespoon honey or maple syrup
- 1 tablespoon melted coconut oil
- 3 tablespoons cocoa powder
- 3 tablespoons unsweetened coconut flakes

**Add** orange zest and juice to a large bowl with tahini, chia seeds, protein powder, honey, coconut oil, and cocoa powder. Mix well, then form into balls. Roll each ball into coconut flakes. Store in a covered container and in the refrigerator for up to 7 days.

## CHOCOLATE MINT BALLS

- 3 heaping tablespoons tahini
- 2 tablespoons chia seeds
- 1 scoop vanilla protein powder
- ½ teaspoon peppermint extract
- 1 tablespoon honey or maple syrup
- 1 tablespoon melted coconut oil
- 3 tablespoons cocoa powder

**Mix** all the ingredients in a mixing bowl, then form into balls. Store in a covered container and in the refrigerator for up to 7 days.

# RAW SOUP

## SWEET PEA SOUP

**Serves 2**

4 large cucumbers, roughly chopped  
2 cups frozen sweet peas, thawed  
1 avocado  
1 garlic clove  
1 tablespoon extra-virgin olive oil  
1 large lemon, juiced  
1 teaspoon cumin powder  
1 teaspoon all-purpose seasoning (salt-free)  
sea salt and black pepper, to taste

**Add** all the ingredients to a high-speed blender and blend until smooth.

## GREEN FENNEL SOUP

**Serves 2**

2 cups coconut water  
1 apple, cored and chopped  
1 fennel bulb, roughly chopped  
1 8-ounce bag baby spinach  
1 avocado  
1 garlic clove  
1 large lemon, juiced  
1 teaspoon all-purpose seasoning (salt-free)  
sea salt and black pepper, to taste  
2 scallions  
1 tablespoon toasted sesame oil

**Add** coconut water, apple, fennel bulb, spinach, avocado, garlic, lemon juice, all-purpose seasoning, sea salt, black pepper, and scallions to a high-speed blender. Blend until smooth. Serve in two bowls. Top with toasted sesame oil.

# DRESSINGS

## TAHINI DRESSING

**Makes about 2 cups**

1 cup tahini  
4 large lemons, juiced  
2 garlic cloves, finely minced  
sea salt and black pepper to taste

**Add** the ingredients to a mason jar and mix well with a fork. If the dressing is too thick, add water,  $\frac{1}{4}$  cup of water one tablespoon at a time. Mix well and cover until ready to use. Store for up to 10 days.

## LEMON BASIL VINAIGRETTE

**Makes about 2 cups**

4 large lemons, juiced  
 $\frac{1}{2}$  cup extra virgin olive oil  
1 cup fresh basil leaves  
2 tablespoons apple cider vinegar  
 $\frac{1}{2}$  cup raw sunflower seeds  
sea salt and black pepper to taste

**Add** the ingredients to a high-speed blender or food processor. Blend until smooth. Store in a closed mason jar up to 10 days.

# DIPS

## DETOX PESTO

2 large lemons, juiced  
1 cup fresh basil leaves  
1 bunch parsley  
1 bunch cilantro  
½ cup fresh mint leaves  
½ cup sunflower seeds  
2 cloves fresh garlic, peeled  
¼ cup quality extra virgin olive oil  
sea salt and black pepper, to taste

**Blend** ingredients in a high-speed blender until smooth. Refrigerator up to 7 days.

## GRAPEFRUIT GUACAMOLE

4 large avocados  
2 teaspoons cumin powder  
1 small red onion, chopped  
½ bunch cilantro, finely chopped  
1 grapefruit, juiced  
sea salt and black pepper, to taste

**Scoop** avocado into a large bowl. Mix in cumin, onion, cilantro, grapefruit juice, sea salt, and black pepper. Mix well and serve immediately.

## LEMON OREGANO PUMPKIN SEED PATE

1 cup pumpkin seeds  
2 tablespoons extra virgin olive oil  
1 teaspoon dried oregano  
1 lemon, juiced  
1 garlic clove  
1 celery stalk, roughly chopped  
sea salt and black pepper, to taste

**Add** all the ingredients to a food processor and blend until smooth.



# SOUPS

## POTASSIUM VEGETABLE BROTH

**Serves 4-5**

8 cups of water  
1 small onion, chopped  
4 celery stalks, chopped  
4 large carrots, washed and unpeeled  
½ bunch kale, chopped  
¼ bunch parsley, chopped  
1 teaspoon sea salt  
2 1-inch slices ginger root

**Start** your broth. Add water, onion, celery, carrots, kale, parsley, and sea salt to a large stock pot. Cover and simmer for an hour. Add the sliced ginger and simmer for another 30 minutes.

**When** the soup is done, strain the vegetables from the soup and discard. Serve the broth as is, add to a soup/ stew, or store in an airtight container for up to 10 days in the refrigerator. You may also freeze your broth for several months for use at a later time, simply bring to a boil once thawed and it's ready to use.

## COCONUT VEGETABLE SOUP

**Serves 4 to 6**

2 8-ounce bags frozen Italian vegetables  
1 15-ounce can red kidney beans  
1 14-ounce can coconut milk  
1 onion, chopped  
1-inch piece of fresh ginger, grated  
1 32-ounce box vegetable broth  
2 teaspoons all-purpose seasoning (salt-free)  
sea salt and black pepper, to taste

### **For Toppings:**

1/8 cup red cabbage, thinly sliced  
1/4 cup bean sprouts  
Fresh cilantro  
Fresh basil

**Add** all the ingredients to a large soup pot over medium heat. Cover and simmer for about 20 minutes, stirring occasionally.

## COCONUT CARROT LEEK SOUP

### **Serves 4 to 6**

2 large leeks  
3 tablespoons coconut oil  
2 large carrots, chopped  
3 cloves garlic, finely chopped  
1 15-ounce can coconut milk  
1 32-ounce box vegetable broth  
2 teaspoons all-purpose seasoning (salt-free)  
sea salt and black pepper, to taste  
2 cups shredded red cabbage

**Remove** the woody, darker green end of the leek. Split the remaining leek in half and run under cold water until all the dirt has been removed. Chop the leeks into chunks and set to the side.

**Next**, add coconut oil to a large soup pot over medium heat. Add the leeks and carrots. Stir well, then let the leeks cook for about 10 minutes. Add garlic. Stir well, then add coconut milk, vegetable broth, all-purpose seasoning, sea salt, and black pepper. Mix, then cover. Stir after 10 minutes. Blend the soup in batches in a high-speed blender before serving. Top with shredded cabbage and serve.

## VEGETABLE SPLIT PEA SOUP

### **Serves 4**

2 cups dried yellow split peas  
5 cups vegetable broth  
1 large onion, chopped  
4 garlic cloves, chopped

1-pound green beans, chopped  
2 large carrots, chopped  
2 teaspoons all-purpose seasoning (salt-free)

**Add** all the ingredients to a large soup pot over medium heat. Stir well, then cover. Simmer for about 20 minutes. Stir and check to make sure that there is enough liquid in the pot. Add more liquid if needed. The split peas should be ready to start falling apart. Cover and simmer for an additional 20 minutes. Stir well. This should be enough cooking times for most. However, if your split peas need more time to cook, check to make sure there is enough liquid, then cook for an additional 10 to 15 minutes.

## LUNCHES

### LIVER LOVE SALAD BOWL

**Serves 2**

2 cups spinach  
1 bunch kale, chopped  
½ cup carrots, chopped  
½ cup celery, chopped  
½ cup steamed broccoli  
⅛ cup parsley, chopped  
1 BPA free can of garbanzo beans  
1 large lemon, juiced  
½ grapefruit, sliced without seeds  
Tahini Dressing

**Add** all the ingredients to a large salad bowl. Mix well and serve.

### GREEN GODDESS SALAD BOWL

**Serves 2**

2 cups baby spinach  
1 cup steamed broccoli  
1 cup steamed cauliflower  
¼ cup raw red cabbage, sliced  
3 whole red beets, chopped (BPA free can or fresh “Love Beets Company”)  
⅛ cup cilantro, chopped  
1 cup frozen peas, thawed  
1 15-ounce can of lentils from a BPA free can  
Lemon Basil Dressing

**Add** all the ingredients to a large salad bowl. Mix well and serve.

## KALE BOWL

### Serves 2

1 bunch kale, chopped  
1 garlic clove, finely minced  
¼ cup red cabbage, sliced  
¼ cup shredded carrots  
1 avocado  
1 large lemon, juiced  
2 scallions, chopped  
⅛ cup sunflower seeds  
Tahini dressing

**Add** all the ingredients to a large mixing bowl. Massage until the kale is wilted and the ingredients are mixed well. Serve immediately.

## COLLARD WRAPS

### Serves 2

2 collard green leaves, stems removed  
3 tablespoons Detox Pesto  
3 tablespoons Lemon Oregano Pumpkin Seed Pate  
¼ cup shredded carrots  
2 radishes, thinly sliced  
1 cup sprouts  
Tahini Dressing

**Lay** out the collard wraps. Add the pesto and pate to the middle of the collard green. Add chopped vegetables and sprouts. Drizzle the vegetables with 1-2 tablespoons of Tahini Dressing. Roll your collard wrap and enjoy.

## BERRY BASIL AND FENNEL SALAD

### Serves 2

8 cups arugula  
2 scallions, chopped  
1 cup fresh basil leaves  
1 large fennel bulb, thinly sliced  
1 large lemon, juiced  
1 15-ounce can lentils from a BPA free can, drained and rinsed  
sea salt and black pepper to taste  
¼ cup extra virgin olive oil  
1 avocado  
½ cup fresh strawberries, chopped  
½ cup blueberries

**Add** arugula, scallions, basil, fennel, lemon juice, lentils, sea salt, black pepper, olive oil, and avocado to a large mixing bowl. Mix well, then top with berries.

## CRUNCHY SUGAR SNAP PEA SALAD

### Serves 2

½ pound sugar snap peas, roughly chopped  
4 cups lettuce, chopped  
1 cup carrots, shredded  
1 can lentils, BPA free can  
1 bunch radishes, sliced  
2 scallions, chopped  
1 grapefruit, peeled and sliced  
Lemon Basil Vinaigrette

**Add** all the ingredients to a large serving bowl. Mix well and serve.

## PESTO SALAD

### Serves 2

6 stalks raw asparagus  
2 large jicamas, peeled and chopped  
1 15-ounce BPA free can garbanzo beans, drained and rinsed  
4 celery stalks, chopped  
1/8 cup raisins  
1 apple, cored and chopped  
1 cup carrots, shredded  
4 cups of spinach  
2 tablespoons Detox Pesto

**Chop** off the woody stems of asparagus, then chop into thirds. Add the asparagus and remaining ingredients to a large bowl. Mix well and serve.

# DINNERS

## ROASTED VEGGIES WITH LENTILS AND SALAD

### Serves 4

4 large beets, peeled  
2 large onions, peeled  
4 large carrots, peeled  
2 tablespoons coconut oil  
sea salt and black pepper, to taste  
8 cups mixed greens  
1 bunch parsley, finely chopped  
1 15-ounce can lentils, drained and rinsed  
Tahini Dressing

**Preheat** the oven to 400 degrees F.

**Chop** the beets, onions, and carrots into uniform bite-sized pieces. Place in a large bowl with coconut oil, sea salt, and black pepper. Mix well, then layer

onto a baking sheet. Bake for 20 to 30 minutes until golden brown. Set aside to cool.

**Add** mixed greens, parsley, lentils, and Tahini Dressing to a large salad bowl. Mix well and serve. Top each bowl with roasted vegetables (warm or cold).

## WARM KALE SALAD WITH GUACAMOLE

### Serves 4

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

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

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

**In another large** mixing bowl, add avocados, cumin, garlic powder, sea salt, and black pepper. Mash the ingredients together with a fork until well mixed, but still chunky. Cover and set to the side until ready to serve.

**To serve**, plate 4 serving bowls with kale salad, garbanzo beans, guacamole, radishes, and carrots.

## ROASTED CAULIFLOWER WITH GARBANZO BEAN SALAD

### Serves 4

2 large heads cauliflower, chopped  
2 large onions, chopped (divided)  
3 tablespoons coconut oil (divided)  
sea salt and black pepper, to taste  
2 15-ounce cans garbanzo beans, drained and rinsed  
1 8-ounce bag baby spinach  
2 garlic cloves, chopped  
2 large cucumbers, chopped  
1 cup shredded red cabbage  
1 cup shredded carrots  
2 avocados, chopped  
Lemon Basil Vinaigrette

**Preheat** the oven to 400 degrees F.

**Add cauliflower**, 1 onion, 2 tablespoons coconut oil, sea salt, and black pepper to a large bowl. Mix well and layer onto a baking sheet. Bake for about 30 minutes until golden brown. Remove from the oven and set aside to cool.

**Next**, add 1 onion and garlic cloves to a medium-sized pot over medium heat. Sauté for about 3 minutes, then add garbanzo beans. Sauté for about 5 to 7 minutes until the beans are hot. Add spinach and sauté until wilted. Remove from the heat, then set aside to cool.

**To serve**, add roasted cauliflower and bean mixture to serving bowls. Top with cucumber, cabbage, carrots, and avocado. Drizzle with Lemon Basil Vinaigrette.

## ZEN BEAUTY BOWL

### Serves 4-6

1 tablespoon coconut oil  
1 onion, chopped  
2 garlic cloves, chopped  
1 head small cauliflower, chopped  
1 head broccoli, chopped



2 cups chopped kale  
1 8-ounce bag frozen green peas  
1 cup shredded carrots  
1 15-ounce can garbanzo beans, drained and rinsed  
2 teaspoons ginger powder  
Sea salt and black pepper, to taste  
1 cup fresh basil leaves, chopped  
¼ cup hemp seeds  
Tahini Dressing  
1 cup spiralized beets, homemade or store bought  
2 avocados

**Add** the 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 cauliflower and broccoli. Add about ¼ cup of water to the pot and cover. Allow the vegetables to steam for about 5 minutes.

**Next**, add kale, green peas, carrots, garbanzo beans, ginger, sea salt, and black pepper to taste. Sauté for another 5 to 7 minutes. Serve topped with fresh basil, hemp seeds, Tahini Dressing, spiralized beets, and avocado.

## GREENS, CAULIFLOWER RICE AND GARBANZO BEANS

### Serves 4

3 tablespoons coconut oil (divided)  
1 large onion, chopped  
3 garlic cloves, chopped  
1 bunch kale, chopped  
1 bunch mustard greens, chopped  
1 bunch Swiss chard, chopped  
1 tablespoon all-purpose seasoning (salt-free)  
sea salt and black pepper, to taste  
4 cups cauliflower rice  
1 cup shredded carrots  
1 tablespoon garlic powder  
2 15-ounce cans garbanzo beans, drained and rinsed  
4 avocados

**Add** 2 tablespoons of coconut oil to a large soup pot over medium heat. When the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add chopped kale, mustard greens, and Swiss chard. Season with all-purpose

seasoning, sea salt, and black pepper. Mix well and Cover. Let the greens simmer for about 5 minutes. Stir, then let it simmer for an additional 15 minutes until all the greens are tender. If needed, add water or vegetable broth about 1/4 cup at a time. Note that cooking times may vary. Your greens may require more or less cooking time.

**Next**, add 1 tablespoon of coconut oil to a large pan over medium heat. When the oil has melted, add cauliflower rice, shredded carrots, garlic powder, sea salt, and black pepper. Sauté for about 10 minutes, then add garbanzo beans. Continue to sauté until the garbanzo beans are warm.

**To serve**, add cauliflower rice to 4 serving bowls. Top with greens and sliced avocado.

## TRANSITION DAYS 8-14

Below is a list of what you will reintroduce days 8-14. The recipes for each are below.

- Day 8- Nightshades
- Day 9 - bell peppers on a salad
- Day 10 - bell peppers
- Day 11 - night shades potatoes
- Day 12 - Nightshades - baked potatoes
- Day 13 – corn
- Day 14 - corn & brown rice

## DAY 8

### LENTIL SLAW WITH BEETS AND EGGPLANT

#### **Serves 4**

- 4 large beets, peeled and chopped
- 1 large Italian eggplant, chopped
- 2 tablespoons coconut oil

sea salt and black pepper, to taste  
2 15-ounce cans lentils, drained and rinsed  
2 cups shredded slaw  
1 large red onion, finely chopped  
1 cup snap peas, roughly chopped  
1 cup Lemon Basil Vinaigrette  
4 avocados

**Add** chopped beets and eggplant to a large mixing bowl. Coat with coconut oil, sea salt, and black pepper. Layer onto a baking sheet and bake for about 30 minutes. Remove from the oven and set to the side to cool.

**Next**, mix lentils, slaw, onion, snap peas, and Lemon Basil Vinaigrette in a large mixing bowl. Cover and let it marinate for at least 30 minutes before serving.

**To serve**, add lentil salad to 4 serving bowls. Top with roasted beets, eggplant, and avocado.

## DAY 9

### PESTO SALAD WITH PEPPERS

#### Serves 2

6 stalks raw asparagus  
1 15-ounce BPA free can garbanzo beans, drained and rinsed  
1 large red pepper, chopped  
4 celery stalks, chopped  
1/8 cup raisins  
1 apple, cored and chopped  
1 cup carrots, shredded  
4 cups of spinach  
2 heaping tablespoons Detox Pesto

**Chop** off the woody stems of asparagus, then chop into thirds. Add the asparagus and remaining ingredients to a large bowl. Mix well and serve.

# DAY 10

## ROASTED VEGGIES WITH PEPPERS AND LENTILS

### Serves 4

4 large beets, peeled  
2 large onions, peeled  
4 large carrots, peeled  
1 large bell pepper (red or yellow)  
2 tablespoons coconut oil  
sea salt and black pepper, to taste  
8 cups mixed greens  
1 bunch parsley, finely chopped  
1 15-ounce can lentils, drained and rinsed  
Tahini Dressing

**Preheat** the oven to 400 degrees F.

**Chop** the beets, onions, carrots, and peppers into uniform bite-sized pieces. Place in a large bowl with coconut oil, sea salt, and black pepper. Mix well, then layer onto a baking sheet. Bake for 20 to 30 minutes until golden brown. Set aside to cool.

**Add** mixed greens, parsley, lentils, and Tahini Dressing to a large salad bowl. Mix well and serve. Top each bowl with roasted vegetables (warm or cold).

# DAY 11

## PESTO POTATO SALAD

### Serves 4

4 large white potatoes  
½ cup Detox Pesto

1 onion, chopped  
½ cup shredded carrots  
1 apple, cored and chopped  
½ cup raisins  
2 15-ounce cans of lentils, drained and rinsed (BPA free)

**Add** whole potatoes (skin on) to a large soup pot. Cover the potatoes with water. Cover and boil for about 30 to 40 minutes. The potatoes are done when they can be pierced with a fork through the center without resistance. Drain the water, then set the potatoes aside to cool.

**Once** the potatoes are cool enough to handle, chop into 1-inch pieces and add to a large mixing bowl. Top with the remaining ingredients, then stir well. Place in a covered container and store in the refrigerator up to 5 days.

## DAY 12

### WARM GARBANZO BEANS WITH KALE, GUACAMOLE AND BAKED POTATO

#### Serves 4

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

**Preheat** the oven to 400 degrees F.

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

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

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

**In another large** mixing bowl, add avocados, cumin, garlic powder, sea salt, and black pepper. Mash the ingredients together with a fork until well mixed, but still chunky. Cover and set to the side until ready to serve.

**To serve**, plate 4 serving bowls with kale salad, garbanzo beans, guacamole, radishes, and carrots.

## DAY 13

### WARM CORN AND BASIL SALAD

#### Serves 4

1 tablespoon coconut oil  
1 onion, finely chopped  
2 garlic cloves  
1 8-ounce bag frozen corn  
1 cup fresh basil leaves, chopped  
4 cups fresh spinach  
sea salt and black pepper, to taste

**Add** coconut oil to a large pan over medium heat. When the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add corn. Sauté for an additional 5 minutes until warm. Turn off the heat, then add the basil, cayenne (optional), sea salt, and black pepper. Divide the spinach among 4 bowls and top with the warm vegetables just before serving.

# DAY 14

## WARM BEAN AND RICE SALAD

### Serves 4

1 tablespoon coconut oil  
1 onion, chopped  
2 garlic cloves, chopped  
1 8-ounce bag frozen sweet corn  
4 cups spinach  
2 15-ounce cans kidney beans, drained and rinsed  
4 cups cooked brown rice  
1 bunch asparagus, chopped  
1 cup shredded carrots  
1 cup chopped parsley  
1 cup chopped cilantro  
2 avocados, chopped  
Lemon Basil Vinaigrette

**Add** coconut oil to a large pan over medium heat. Once the oil has melted, add onion and garlic. Sauté for about 3 minutes, then add corn, spinach, and kidney beans. Sauté for about 5 to 7 minutes until hot. Remove from heat, then set aside to cool.

**To serve**, add brown rice to serving bowls. Top with red bean mixture, asparagus, carrots, parsley, cilantro, and avocado. Drizzle Lemon Basil Vinaigrette over the top.

# DESSERT

## GRAPEFRUIT

**Serves 2**

1 grapefruit  
dash of cinnamon or ginger powder  
OR  
drizzle of Tahini

**Slice** grapefruit in sections. Sprinkle your choice of cinnamon or ginger powder (or both.)

**Or** drizzle with tahini.

## BAKED PEAR

1 pear  
1 teaspoon honey or maple syrup  
dash of cinnamon

**Preheat** oven to 350'. Slice pear in half and scoop out seeds. Drizzle with honey or maple syrup and sprinkle of cinnamon. Bake for 20-25 minutes until tender.

## FRESH FRUIT BOWL WITH COCONUT SHREDS

Fruits of choice  
Juice of one lemon  
Coconut shreds as topping

**Cut** your favorite fruits. Coat with lemon juice. Sprinkle with coconut shreds. Optional add cacao nibs.



# 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.

A few foods to buy are Bubbies' Old-Fashioned Sauerkraut, Kavita, 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](http://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, puree 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 Tbsp. fresh grated ginger root  
1 Tbsp. 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 is 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 it ages.