

10-Day Detox Recipes

Breakfast Recipes

Egg and Veggie Scramble

- 1 Tbsp. Spinach
- 1 Tbsp. Chopped Mushrooms
- 1 Tbsp. Chopped Red Pepper
- 1 Tbsp. Chopped Onion
- 1 Tbsp. Coconut Oil
- 2 Large Cage-Free Eggs
- 2 Tsp. Nutritional Yeast
- No-Salt Seasoning To Taste
- Black Pepper To Taste
- Avocado (Optional)
- Fresh Pico (Optional)

Sauté spinach, mushroom, red pepper and onion in coconut oil. Add two eggs and 2 tsp. nutritional yeast, no-salt seasoning and pepper. Scramble; top with avocado slices and fresh pico if desired. You could also make this into an omlet.

Power Protein Breakfast Bowl

- 2/3 Cup Cooked Quinoa
- 1/2 Green Apple
- 2 Teaspoons Hemp Seeds
- 1 Tsp Raw Coconut
- 1 Handful Raw Pecans
- Cinnamon And Nutmeg, To Taste
- Unsweetened Almond Milk
- 1/4 Scoop Arbonne Vanilla Protein

Savory Breakfast Bowl

- 1/2 Cup Of Quinoa, Rinsed
- 1/2 Cup Of Coconut Milk
- 1/2 Cup Of Water
- Broccoli, Cut Into Florets
- Mushrooms, Sliced
- Nutritional Yeast And Lydia's Raw Organic Seasoning
- Salt & Pepper, To Taste
- 1 Egg
- Diced Tomatoes (optional)

Heat a little bit of olive oil in a pan over medium high heat. Add broccoli and mushrooms, and stir-fry until cooked (around 5 minutes). Remove from heat and set aside. Combine coconut milk, water, and quinoa in a large saucepan. Bring to a boil, then reduce heat to low. Simmer, stirring regularly, until most of the liquid has been absorbed. Mix veggies, quinoa, and seasoning in a bowl top with a sunny side up egg ~ Add fresh tomatoes if desired.

10-Day Detox Recipes

Breakfast Recipes

Baked Egg Cups

- 6 Eggs
- 6 Slices Of Deli Turkey (Applegate Farms & Boars Head Are Both Clean Brands)
- 1/2 Cup Of Your Favorite Faux “Cheese” (I Like Daiya Brand)
- 1/2 Cup Diced Scallions (Aka Green Onions)
- Sea Salt And Pepper To Taste
- Coconut Oil

Preheat oven to 400 degrees. Grease a muffin tin with coconut oil. Lay a piece of turkey in each hole creating a little turkey ‘cup’. Crack one egg into each hole and sprinkle with sea salt and pepper. Bake the eggs for about 12 minutes until white is firm and yolk is still runny. Carefully remove each egg from the muffin tin and top with grated “cheese” and scallions. Serve hot.

Cinnamon Quinoa Breakfast

- 1 Cup Quinoa, Rinsed
- 3 Cups Unsweetened Almond Milk
- 1/2 Tsp Vanilla
- 1 Tsp Cinnamon
- 1/4 Tsp Allspice
- 1/2 Cup Raisins
- 1 Med Green Apple Chopped Small (Save Some For Garnish)
- Stevia To Taste
- 1/2 Cup Raw Walnuts, Chopped
- 4 Tbsp Raw Sunflower Seeds
- 1 Cup Fresh Organic Blueberries
- Optional – Fresh Raspberries, Fresh Strawberries, Chopped Pecans Or Almonds, Hemp Seeds

Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!

10-Day Detox Recipes

Breakfast Recipes

Protein Pancakes

- 1 1/3 Cup Coconut Milk
- 3 eggs
- 2 Tbsp. flax meal
- 2 Scoops Vanilla Protein Powder
- 1 Cup Gluten Free Pancake Mix

Preheat griddle or pan to medium heat. Blend in dry ingredients. Coat griddle with coconut oil. Use 1/4 cup of pancake batter onto griddle and cook as usual.

Pumpkin-Apple-Almond Overnight Oats

- 1/2 cup oats
- 1/2 Cup Of Unsweetened Vanilla Almond Milk
- 1/2 Cup Of Water 1 Drop Of Vanilla Crème
- Stevia
- 2 Tbsp Of Organic Pumpkin Puree
- 2 Tbsp Of Unsweetened Apple Sauce (Microwave A Couple Slices Of Granny Smith Apple And Mash)
- 1 Tsp Of Chia Seeds
- 1 Tsp Of Flax/Hemp Seeds
- 1/4 Cup Chopped Green Apple Slices
- 1/4 Cup Of Raw Almonds Nutmeg, Cinnamon, and Pumpkin Pie Spice (add to your preference)

Mix all ingredients together in an enclosed jar like pictured above. Place in the fridge to sit overnight. In the morning, throw it in the micro for 1-2 minutes if you prefer to enjoy it warm (I like this over eating them cold), but you can enjoy them either way!

10-Day Detox Recipes

Lunch Recipes

Creamy Kale & Avocado Salad

- 1 Small Bunch Of Kale
- 1 Large Avocado
- 1 Lemon
- 1 Tbsp. Apple Cider Vinegar
- 1 1/2 Tbsp. Extra Virgin Olive Oil (Plus A Drizzle For Massaging)
- Sea Salt And Pepper, To Taste
- 1-3 Tbsp. Shelled Hemp Hearts (Optional)
- 1-3 Tbsp. Nutritional Yeast
- 1 Medium Bell Pepper (Optional)
- Any Add-Ins You Like! Red Onion, Cucumber, etc.

Directions:

Remove kale leaves from stems. Wash it and dry it thoroughly. Chop kale up and place into a large bowl. Juice 1/2 a lemon and use a little drizzle of olive oil and some sea salt to the kale then massage it into the leaves until they get soft. Set aside for about 10 minutes (while you make the dressing) to soften further.

For The Dressing: Place the ripe avocado, 1 Tbsp. Apple Cider Vinegar, juice of 1/2 a lemon, 1 1/2 Tbsp. olive oil, salt and pepper into a bowl and mash it, blend it until it is creamy. Massage it into the leaves until fully covered. Chop up some bell peppers for the nice color contrast, add some hemp seeds, nutritional yeast or whatever veggies you like! Feel free to double or triple the recipe for a crowd!

Molly's Greens Salad

- Mixed Greens
- Spinach
- Kale
- Raw Mushrooms
- Cucumbers
- Shredded Carrot
- Toasted Pine Nuts
- Any other fresh greens
- Lydia's Raw Seasoning
- No Salt Seasoning
- Fresh Herbs (Basil, Parsley or both)

Mix all ingredients together and sprinkle with Nutritional Yeast and a dressing of olive oil, lemon juice & Bragg's Liquid Aminos.

10-Day Detox Recipes

Lunch Recipes

Quinoa & Lentil Salad

- 1 Cup Quinoa
- ½ Cup Red Lentils
- ½ Cup Mung Dal / Or Yellow Split Peas
- 4 Cups Of Water Or Vegetable Broth (Use 2 More Cups Water If You Don't Have It)
- 2 Cups Greens, Like Broccoli, Kale, Spinach, Swiss Chard Chopped
- 2 Tbsp. Coconut Oil
- Coriander, Cumin, Mustard Seeds, Turmeric And Mineral Salt For Taste
- ½ Cup Cilantro, Chopped, As Garnish

Directions:

Wash and drain the lentils, peas, dal and quinoa and chop all veggies. Heat the oil and sauté mustard seeds in a wok or pan until they pop. Add broth/water, mung dal & quinoa and spices. Bring to boil and then let simmer for 20 min. or until soft. Stir in the green veggies and lentils just before the quinoa and mung dhal are done, add salt and cilantro.

Green Soup

- 1 Large Zucchini Chopped
- 1 1/2 Cups Green Beans Cut Into 1-Inch Pieces
- 1 Cup Broccoli Flowerets
- 1/4 Cup Chopped Onion
- 1 Sweet Potato
- 2 Garlic Cloves
- 1 Handful Spinach
- 1 Handful Parsley
- 1 Handful Cilantro
- Cayenne Pepper To Taste
- 1/3 Cup Cashews
- Juice From 1/2 Lime
- Sea Salt
- Pepper
- Bragg's Liquid Aminos

Steam veggies until soft and bright green; transfer to vitamix, add from parsley through rest of ingredients; blend well and serve. Optional: Sprinkle with nutritional yeast.

10-Day Detox Recipes

Lunch Recipes

Greek Veggie Stew

- 2 tbsp. oil
- 2 onions, chopped
- 1 lb. green string beans, broken in half
- 1 pkg. frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 3 tbsp. fresh basil
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 tsp. salt
- 8 slices lemon
- 1 tbsp. dried oregano
- 2 tbsp. lemon juice
- 2 cloves chopped garlic

Directions: Lightly brown onions in a hot dry skillet in 2 tablespoons oil. Add oregano and garlic, cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

No Noodle Pad Thai

- ¾ pound daikon radish, peeled
- 4 medium carrots, peeled
- ½ lb. zucchini (or replace with an additional ½ lb. bean sprouts)
- ½ lb. (8 ounces) bean sprouts
- 4 green onions, finely sliced (white and green parts)
- 1 Portobello Mushroom sliced
- 1 small handful cilantro leaves, chopped, plus extra for serving
- 2 tablespoons sesame seeds, preferably black, plus extra for serving
- 4 small wedges of lime, for serving

Sauce

- ½ cup almond butter
- ¼ cup lime juice
- 2 tablespoons Braggs Aminos
- 2 teaspoons grated fresh ginger
- 1 pinch red pepper flakes
- About 3 tablespoons water, to thin

Prepare the vegetable noodles: Use a julienne peeler, mandoline, spiralizer or regular peeler to create noodles out of the radish, carrots and zucchini, if using. Transfer the noodles to a large serving bowl. Add the bean sprouts, mushrooms, onions, chopped cilantro and sesame seeds to the bowl.

Make the sauce: In a small bowl, whisk together all of the sauce ingredients until the sauce is smooth and creamy. Taste and adjust seasoning if necessary—the sauce should taste very bold at this point.

If you will not be serving all 4 portions immediately, portion off the amounts of vegetable mixture you need for now. Drizzle in enough dressing to coat the portioned amount. Use your hands to gently toss the mixture until every single strand is coating in dressing. Serve Pad Thai with a wedge of lime and a sprinkle of extra chopped cilantro and sesame seeds.

You could also do a quick saute of all ingredients to warm!

10-Day Detox Recipes

Lunch Recipes

Avocado Chicken Salad

- 1/2 Medium Avocado
- Juice Of 1/2 Lime
- 1-2 Teaspoons Course Brown Mustard* (Or Homemade Recipe)
- 1/2 Teaspoon Garlic Powder
- Salt & Pepper To Taste
- 1 Cup Cooked Chicken Breast, Chopped
- 1/2 Cup Chopped Vegetables Of Choice (I used chopped radishes, carrots, and purple cabbage in mine, found in pre-mixed bag)

In a small bowl, mash the avocado with the lime juice and mix in the brown mustard, garlic powder, and salt and pepper. Mix in the chopped chicken breast and chopped veggies. Serve on your favorite GF cracker, rice chip or raw vegetables (cucumber slices are GREAT!)

HINT: If you need to store this in the fridge, keep the avocado seed in the container with the salad. The avocado seed helps to slow browning and oxidation of the avocado! This works for any avocado-based foods, like guacamole.

Inner Goddess Detox Salad

- 2 Cups Loosely Packed Fresh Kale, Torn Into Bite-Sized Pieces (Or Baby Kale, Preferred)
- 2 Cups Loosely Packed Baby Spinach, Torn Into Bite-Sized Pieces
- 1 Cup Shredded Cabbage Or Coleslaw Mix
- 10 Raw, Unsalted Almonds, Roughly Chopped
- 3 Strawberries, Sliced
- 1 Large Carrot, Peeled & Sliced
- 1/4 Cup Blueberries
- 1/3 Cucumber, Peeled, Seeded & Sliced
- 1/4 Cup Raspberries
- Olive Oil Based Salad Dressing (Only Apple Cider Vinegar)

Massage kale (if using baby kale, skip this step) in a large bowl for 1-2 minutes, or until broken down and tender. Combine with spinach and cabbage, then turn out onto a plate. Top with remaining ingredients, then drizzle with a good, olive-oil based salad dressing.

10-Day Detox Recipes

Dinner Recipes

Chicken Spinach Pizza

- Rudi's Gluten Free Spinach Tortillas (1/Person) Spaghetti Sauce
- Spinach
- ½ Rotisserie Chicken
- Roasted Red Peppers (From Jar, Diced)
- Cheddar & Mozzarella "Cheese" Shreds (Daiya Melts Best)

1 pizza/person. Preheat oven to 425. Prepare cookie sheet with coconut or olive oil spray. Place tortillas on sheet and bake 4-5 minutes to brown/crisp. Remove from oven and PER PIZZA top as follows: 2 tbsp spaghetti sauce, 1 large handful of spinach, generous portion of shredded chicken, a few roasted red peppers, and both cheeses. Sprinkle with garlic salt and bake 5-7 minutes more or until edges brown and cheese melted. Note: this doesn't melt like REAL cheese – but it is pretty flavorful.

Blackened Orange Roughy

- 1 Lb Orange Roughy Filets (Or Chicken Breasts)
- 2-3 Tb Virgin Coconut Oil Blackening Season Mix
- 1 Tbs Paprika
- 1 Tbs Sea Salt
- 1 Tsp Onion Powder
- ½ Tsp Cayenne Pepper (Can Adjust According To Taste)
- 1 Tsp White Pepper
- 1 Tsp Black Pepper
- 1 Tsp Oregano
- 1 Tsp Garlic Powder

Heat your pan on medium high and let the oil get hot. Pour out some of the spice mix onto a plate. Take your tilapia and press it into the spices on all sides. When the oil is hot and you will know because it will start to ripple, carefully add the tilapia to the pan. When the top of the tilapia starts to get some color, turn it over (3-5 mins/side seems about right). Don't be alarmed when you do and your tilapia is black, it's supposed to be! The second side will take less time to cook. TIP: If your kids don't like a lot of spice, go ever so lightly here! The hubs and I love big, bold flavor...our girls, not so much!

Roasted Veggies

- Red Bell Pepper, Diced
- 1 Onion, Diced
- 1 Zucchini, Diced
- 1 Squash, Diced

Use 1/3-1/2 of mixture for tonight's side dish (you can use the rest later in the week for veggie omelets). In medium-large sauté pan on medium heat, add 1-2 tbsp coconut oil or "butter" and your diced veggies. Sprinkle with salt/pepper and garlic salt. Cook until tender &/or slightly browned. (Raw veggies have the MOST nutrients & enzymes, so don't overcook them!)

10-Day Detox Recipes

Dinner Recipes

Black Bean Butternut Squash Chili

- 2 Tablespoons Olive Oil
- 1 Small Butternut Squash, Peeled And Cubed (About 2 Cups)
- Kosher Salt And Freshly Ground Black Pepper
- 1 Large Yellow Onion, Roughly Chopped (About 1 ½ Cups)
- 1 Yellow And 1 Orange Bell Pepper, Roughly Chopped (About 1 Cup Each)
- 1 Tablespoon Ground Cumin
- 1 Teaspoon Dried Oregano
- 2 Medium Cloves Garlic, Minced
- 3 1/2 Ounces (1/2 Small Can) Chipotle Chilies In Adobo
- 2 Cups Homemade Or Store-Bought Low-Sodium Vegetable Broth
- 2 (15 Ounce) Cans Black Beans, Drained And Rinsed
- 4 Scallions, White And Light Green Parts Only
- 1 Ripe Hass Avocado, Diced

Season butternut squash with salt and pepper. Cook, stirring occasionally, until lightly browned, 4 to 5 minutes. Add the onion and peppers, stirring and cooking until softened, about 3 minutes. Add the cumin, oregano and garlic and cook until aromatic, about 1 minute. Add the chipotle peppers, stock, and beans and cook until the squash has finished cooking, about 10 minutes. Mash the beans gently with a wooden spoon against the side of the pot to thicken, then season with salt and pepper. Ladle into bowls and serve with scallions and avocado.

Raw Detox Soup

- ½ an Avocado
- Juice of ½ A Lemon
- 1 Tbsp. Apple Cider Vinegar
- 1-2 Tsp. Agave
- 1 Clove Garlic
- 1/3 Cup Broccoli Florets
- 1/3 Cup Chopped Carrots
- 1/4 Cup Chopped Onion
- 1/2 Tbsp. Tamari Or Bragg's Liquid Aminos
- 1 Packed Cup Kale (or other leafy green)
- 1 Pinch Sea Salt
- ¼ - ½ Cup Water (start with ¼ cup and add as needed)

Combine all ingredients and blend until smooth. Top with cherry tomatoes and nutritional yeast. Enjoy feeling refreshed and rejuvenated!

10-Day Detox Recipes

Dinner Recipes

Shrimp Fried Rice

- 6-8 Large Wild Caught Shrimp/Person
- 1 Cup Baby Spinach (Optional)
- ½ Cup Onion, Diced
- ½ Cup Broccoli, Diced
- ½ Cup Carrots, Diced
- 2 Cups Cooked Brown Rice
- 2 Eggs
- 2 Tbs Coconut Oil
- Sea Salt And Pepper, To Taste
- Coconut Aminos Or Bragg's Liquid Aminos (optional in place of soy sauce)

Shrimp – Peel & devein if needed, rinse/dry. Season w/ salt, pepper & other seasonings of choice. Heat skillet to medium heat and add 1-2 tbs coconut oil or DF/SF butter. Cook shrimp for just 2-3 minutes each side, until no longer transparent.

Fried Rice – Saute spinach, onions, broccoli & carrots. Add 1/2c cooked brown rice. Scramble 2 eggs into side of frying pan. Add butter and sesame seeds (optional).

Detoxifying Swiss Chard and Kale Soup with Cilantro, Jalapeno and Lime

- | | |
|---|---|
| • 1 large (or 2 small) bunch(es) Swiss or rainbow chard (keep those stems!) | • 1 large clove garlic, minced |
| • A big few handfuls of kale, de-stemmed, washed and chopped | • Juice and Zest from 1 lime |
| • 1 bunch cilantro, chopped with stems | • 2 tablespoons tomato paste |
| • 1 large sweet potato, sliced | • 2-3 tablespoons olive oil |
| • 1 large carrot, chopped | • 5 cups chicken or vegetable stock (homemade is best!) |
| • 1 medium size yellow onion, sliced | • 2 tsp. ground coriander |
| • 1 jalapeno or Shishito pepper, finely chopped | • 2 tsp. ground cumin |
| | • 1 to 2 tsp. salt, depending on taste |

Heat the olive oil over medium heat in a large soup pot and sweat the onions, carrots and potato until just tender (about 5 to 7min). In the meantime, chop your chard stems scant 1/2 to 1/4 inch thick and add to the pot. Add cumin and coriander to the veggies. Add the tomato paste, garlic and jalapeno, smashing into the vegetable mixture until fragrant. Lay the kale, chard and cilantro on top and salt generously. Begin to fold the greens into the veggies, cover the pot with a lid and turn the heat down slightly until the greens begin to wilt. Next add your stock and bring the heat back up to a boil, then a gentle simmer until all of the vegetables (especially the potato!) are tender.

Remove from heat and cool briefly. Pour the soup into your high-speed blender or Vitamix and puree until smooth, rich and creamy. The color should be a nice, deep green. Bring the soup back to the pot over low heat and add the lime juice and zest.

10-Day Detox Recipes

Dinner Recipes

Chicken Quesadillas with Guacamole

- Extra Virgin Olive Oil
- 1 Brown Rice Tortilla per person
- ½ medium red onion, sliced
- 1 clove garlic, minced
- Large handful of spinach
- Dairy Free, Soy Free Cheddar Cheese (Daiya)
- Dairy Free, Soy Free PepperJack Cheese (Daiya)
- Organic Salsa (no vinegar or sugar)

*these amounts are for 1 quesadilla so double, triple, etc. according to number of servings

- Rotisserie Chicken or cooked chicken breasts

Chicken Quesadillas: Sauté sliced red onion and garlic in EVOO til soft and golden brown. Add in 1-2 handfuls of spinach and sauté till soft and wilted. Remove onion, garlic and spinach from skillet and set aside. Use organic cooking spray or EVOO to lightly coat bottom of the skillet. Place tortilla on skillet. Then lightly cover ½ of the tortilla with “cheddar cheese”, top that with shredded chicken, then onion/garlic/spinach mix, salsa and finally top that with the “pepperjack cheese”. Fold the empty side of the tortilla over on top of the covered side. Let cook until cheese is melted and tortilla gets crispy. Then flip the quesadilla over and cook on the other side til that cheese is melted and tortilla gets crispy. Place quesadilla on a plate and cut in to triangle pieces. Serve with guacamole and salsa.

Guacamole:

- 3 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced In a large bowl

Place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice.

10-Day Detox Recipes

Dinner Recipes

Butternut Squash & Kale Soup

- 8 Cups (Approx. 4 Pounds) Butternut Squash, Peeled And Cubed
- 2 Tbsp. Olive Oil
- Salt And Pepper
- 2 Tbsp. Coconut Oil
- 1 Onion, Diced (I Used A Yellow Onion)
- 3 Cloves Of Garlic, Diced
- 4 Cups Vegetable Broth
- 1 Tbsp. Cinnamon
- 1 Tbsp. Smoked Paprika
- ¼ Cup Almond Milk – More Depending On Consistency You Like Your Soup
- 1 Bunch Kale, Stems Removed And Roughly Chopped

Heat oven to 400 degrees. Combine olive oil, squash and sprinkle with salt and pepper. Place on a roasting pan and roast for about 40 minutes or until a fork easily pokes through the squash. Add oil and onion to large pot. Sauté until onion is translucent, about 5 minutes. Add garlic and sauté another 2-3 minutes. Add squash, broth, cinnamon and paprika to pot. Bring to a boil, then simmer another 10-15 minutes. (You may need to do this longer if you roasted squash prior and it is not already warm or at room temperature. You want squash to be warmed through.) Add almond milk and either use an immersion blender or transfer to a blender. Blend until smooth. Add kale and stir until kale wilts. Salt and pepper to taste. Serve warm with any side of your choice!

Burrito Bowls are the Best (layer in this order):

- Shredded Kale Or Spinach
- Black Beans
- Brown Rice
- Grilled Peppers And Onions
- Sliced Avocados
- Clean Eating Salsa (Look For One With 5 Ingredients Or Less)
- Sliced Black Olives

Pumpkin Quinoa Stew

- Olive Oil
- Onion
- Garlic
- Fresh Sage
- Cumin
- 1 Can Or A Handful Of Fresh Diced Tomatoes
- 1 Can Pure Pumpkin
- 3 Cups Veggie Stock (Or Chicken)
- 1 Cup Quinoa
- 2 Cans Black Beans Or Use Fresh, That's Best

Directions:

Sauté the onion garlic and sage in olive oil, add spices; add tomatoes, pumpkin and stock, bring to boil; add the quinoa, black beans to pot, reduce heat and simmer uncovered for 1 minute.

10-Day Detox Recipes

Dinner Recipes

Ultimate Meatballs

- 4 Oz. Baby Bella / Crimini Mushrooms, Halved
- 1 Stalk Of Celery, Roughly Chopped
- 1 Carrot, Peeled
- Bunch Of Scallions, The Bottom Third (Onion Portion And A Section Of The Greens)
- 1 Lb. Ground Beef Or Buffalo
- 2 Large Eggs
- 1/3 Cup Almond Meal
- 1 Tbsp. Dried Parsley
- 1/4 Tsp. Cayenne Pepper
- 1/4 Tsp. Ground Cinnamon
- 1 1/2 Cups Marinara (Heated And Reserved For Plating)
- Optional Garnish: Fresh Basil Leaves

Directions: Preheat oven to 350 F. In food processor, blend mushrooms, celery, carrots and scallions, until finely chopped. In a bowl, add ground beef, ingredients from the food processor, eggs, almond meal, parsley, salt, cayenne pepper and cinnamon. Thoroughly mix ingredients with your hands or a spoon. Using an ice-cream scooper, scoop a ball of meat mixture (12 meatballs total) and place each one on a large, greased baking pan. Cook for 35-40 minutes until preferred doneness. Remove and plate meatballs. Spoon heated marinara sauce over meatballs. Garnish with chopped fresh basil. Serve. Instead of serving on pasta I would serve this on a fresh bed of spinach.

Roast Chicken with Spaghetti Squash

Stuff the skin of a whole chicken with garlic, thyme, rosemary and sage; stuff the cavity with lemon quarters & rub the skin with olive oil, sea salt and pepper. Bake at 350 for 1 hour.

- 1 Medium Spaghetti Squash
- 1 Tablespoon Cooking Oil Or Olive Oil
- 2 Cloves Garlic, Minced
- 1 Tablespoon Chopped Parsley
- 1 8-Ounce Can Tomato Sauce Or Diced Fire Roasted Tomatoes
- 1 Tablespoon Chopped Fresh Rosemary Or 2 To 3 Teaspoons Crushed
- 1 Tablespoon Grated Nutritional Yeast
- 1 Cup Spinach
- 1/2 Cup Sliced Mushrooms
- 1 Cup Diced Eggplant
- 1/2 Cup Sliced Ripe Olives
- 1 Tablespoon Chopped Fresh Oregano Or 2 To 3 Teaspoons Crushed Dried Oregano
- Dried Rosemary
- 1/8 Teaspoon Ground Black Pepper

Directions: To prepare squash, heat 2 inches of water in a large saucepan or skillet. Halve squash lengthwise; scoop out seeds. Place squash cut sides down in skillet; cover and bring to boiling. Reduce heat to simmering. Cook, covered, for 20 to 25 minutes, or until squash separate easily with a fork. Meanwhile, prepare the tomato sauce: in another saucepan heat cooking oil. Add garlic and parsley; cook 1 minute. Add remaining ingredients and heat through. Taste for seasoning. To serve, use two forks to scrape and pull out the squash flesh into spaghetti-like strands. For each serving, place a bed of spaghetti squash on plate; top with spoonful's of the sauce.

10-Day Detox Recipes

Dinner Recipes

Oven-Baked Fajitas over Spring Mix Greens & Salsa

- 1 Pound Boneless, Skinless Chicken Breasts, Cut Into Strips
- 2 Tbsp Olive Or Coconut Oil 2 Tsp Chili Powder
- 1 1/2 Tsp Cumin
- 1/2 Tsp Garlic Powder
- 1/2 Tsp Dried Oregano
- 1/4 Tsp Seasoned Salt
- 1 (15 Oz) Can Diced Tomatoes With Green Chilies (Or Diced Tomatoes And 1 Jalapeno)
- 1 Medium Onion, Sliced
- 1/2 Red Bell Pepper, Cut Into Strips
- 1/2 Green Bell Pepper, Cut Into Strips Rudi's Gf Tortillas
- Optional Toppings: Cilantro, Chopped; Avocado, Sliced; Homemade Salsa*
- Organic Spring Mix Greens

Preheat the oven to 400 degrees. Place chicken strips in a greased 13x9 baking dish. In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt. Drizzle the spice mixture over the chicken and stir to coat. Next add the tomatoes, peppers, and onions to the dish and stir to combine. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender. Put Spring Mix on a plate or in a bowl and top with fajita mix and toppings.

***Homemade Salsa:**

- 5-6 Roma Tomatoes, Chopped
- 1 Small Onion, Chopped
- 1/2 Cup Fresh Cilantro, Chopped
- 2 Serrano Or Jalapeño Peppers, Seeded And Minced
- 1 Clove Garlic, Minced
- 2 Tbsp. Freshly Squeezed Lime Juice Salt And Pepper To Taste.

Put everything in a bowl. That's pretty much it. The longer it sits, the better the flavor!

Brown Rice Tortilla Chips

- 1-2 Brown Rice Tortillas
- Olive Oil Cooking Spray
- Sea Salt

Preheat oven to 450. Cut tortilla into strips or wedges and spread onto a baking sheet. Spray with olive oil. Cook for 5-7 minutes. Watch them because they will burn quickly. Remove from oven and sprinkle with sea salt.

10-Day Detox Recipes

Dinner Recipes

Crispy Baked Quinoa Crusted Parmesan Chicken

Make it a meatless meal by subbing eggplant slices for the chicken breasts

- 4 Boneless, Skinless Chicken Breasts
- Salt And Pepper To Taste
- 1/4 Cup Gluten-Free Flour (Pamela's, Or Almond Flour)
- 1 Egg, Lightly Beaten
- 1 1/2 Cups Cooked Quinoa (1/2 Cup Dry Cooked With 1 Cup Liquid)
- 1 Tsp Clean Italian Seasoning Blend (No Msg, Sugar, Etc)
- 1 Cup Mozzarella, Shredded (Dairy-Free)
- 1/4 Cup Parmesan, Grated (Dairy-Free, Soy Free)
- 2 Cups Spaghetti Sauce
- 2 Tbs Fresh Basil, Torn

Season the chicken with salt and pepper, dredge in flour, dip in egg and coat in the mixture of the quinoa and italian seasoning. Place the chicken on a rack on a baking pan and bake in a preheated 400F oven until cooked and lightly golden brown, about 25-30 minutes. Transfer the chicken to a baking dish, top with the cheese and broil until it has melted, about 2-4 minutes. Plate the chicken and top with hot spaghetti sauce and fresh torn basil and enjoy!

Italian Salad:

- Head Romaine Lettuce, Chopped
- 1-2 Roma Tomatoes, Sliced 1 Cup Shredded Carrot, Radish Blend
- 4 Oz Whole Black Olives Few Rings Of Purple Onion Italian Salad Dressing*

Italian Salad Dressing (dry mix):

- 1 Tbsp Garlic Powder
- 1 Tbsp Onion Powder
- 1 Tbsp Powdered Stevia
- 2 Tbsp Oregano
- 1 Tsp White Pepper (I Use Less)
- 1/4 Tsp Thyme
- 1 Tsp Basil
- 1 Tbsp Dried Parsley
- 1/4 Tsp Celery Seed

In salad shaker bottle mix:

- 1/4 Cup Of Apple Cider Vinegar
- 2/3 Cup Extra Virgin Olive Oil
- 2 Tbsp Water
- 2 Tbsp Coconut Aminos
- Tbsp. Of The Dry Mix

Shake to mix and enjoy!

10-Day Detox Recipes

Dinner Recipes

Perfect Salmon, Roasted Asparagus and Quinoa

- 4 Salmon Filets
- Olive Oil
- Sea Salt & Pepper
- Lemon Juice
- Bragg's Organic Seasoning

Drizzle salmon filet with olive oil, sprinkle with sea salt, pepper and Bragg's Organic Seasoning. Squeeze lemon juice over salmon and put it in a cold oven, then turn on the heat to 400 degrees. Twenty-five minutes later, the salmon is absolutely perfect. Tender, moist, flaky.

Roasted Asparagus

- 1 Bunch Of Asparagus
- Olive Oil
- Sea Salt

Wash asparagus. Toss in olive oil. Roast in oven until done. Remove and sprinkle with sea salt.

Quinoa

Prepare according to package directions.