

10-Day Cleanse

This 10-day cleanse was designed to aid the body's elimination of toxins and chemicals, and also minimize exposure to additional toxins. Many body systems are involved in detoxification such as the liver, intestines, and kidneys.

Key Features:

- Physician-grade protein drink with high quality nutrients to aid in the elimination of toxins
- Low-allergenic and low-inflammatory diet to enhance the function of the digestive system (Meal planning guide and recipes included!)
- Exercise or some movement activity and proper rest/sleep
- Optional encouraged cleansing activities: sauna, contrast hydrotherapy, dry skin brushing, and/or castor oil packs

Protein Drink:

- Metagenics UltraClear Renew (pea/rice protein, Flavors: vanilla, chai, or berry)
- Metagenics UltraClear Plus (rice protein only, Flavors: pineapple/banana, berry, vanilla)
 - *If you have a history of a lot of gas/bloating UltraClear Plus is recommended*

Foods to Avoid:

- **Gluten-** Wheat, rye, barley, spelt, oats, bread, pasta, flour, baked goods, etc
 - **Yeast containing foods-** breads, fermented foods
 - **Dairy-** milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein
 - **Red meat and processed meat-** beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage
 - **Shellfish-** shrimp, crab, lobster, clams, mussels, scallops
 - **Corn**
 - **Soy-** edamame, soy sauce, miso, tempeh, tofu, soy milk
 - **Nightshades-** tomato, peppers, eggplant, potatoes
 - **Peanuts**
 - **Eggs**
 - **Coffee, tea (green tea ok if absolutely need caffeine), alcohol, soda, sweetened fruit juice, energy drinks**
 - **Refined/added sugar, artificial sweeteners**
 - **High glycemic foods-** banana, grapes, papaya
 - **Refined oils, margarine, shortening**
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Foods Allowed ☺

PROTEIN

- **Plant based sources: majority of protein intake should be from this group**

- Beans and lentils

- Use Beano if you have difficulty digesting, start with smaller portions to assess tolerance level and gradually increase. Aim for at least ½ cup per day.

- Canned organic beans (Eden Organics uses BPA free cans)

- Nuts and nut butters

- Almonds, walnuts, sunflower seeds, pumpkin seeds, hazelnuts, brazil nuts, pecans, cashews, pistachios

- Avoid nut butters with added sugar and partially hydrogenated oils

- Flax and chia seeds

- **Fish:**

- Wild Alaskan salmon, herring, wild cod, trout, sardines, halibut, tilapia

- Avoid these fish due to high mercury and toxin content

- Tuna, farm-raised salmon (Atlantic salmon), catfish, mackerel, sturgeon, swordfish, shark

- **Meat:**

- When eating meats they should be organic, pasture raised, grass-fed/grass-finished.

- Avoid cheaper agri-industry meat and highly processed meats with nitrates and other chemicals.

- Chicken, turkey, lamb

VEGETABLES

- Aim to eat 2-5 cups a day (1 large salad per day plus a large serving of cooked veggies with an additional meal)
- Stir fry, steam, or bake- *Avoid* canned, boiled, or microwaving
- Emphasize dark leafy greens- romaine, spinach, kale, arugula, cabbage, collard greens, beet greens, mustard greens, parsley
- Broccoli, cauliflower, brussel sprouts, radish, cabbage (cruciferous)
- Asparagus, celery, cucumber, zucchini, squash, green beans, onions, garlic, chives, sweet potato

FRUITS

- 1-2 pieces of whole fruit per day or ½ cup of smaller fruits
- Apples, berries, cherries, pomegranate, plums, apricots, avocado, kiwi, lemons, limes, oranges, mango, peaches, pears, pineapple

GRAINS

- Limit grains if you are interested in losing weight
 - Always use 100% whole grains
 - Brown rice, red rice, wild rice, quinoa, gluten-free oats, amaranth, millet, buckwheat
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OILS/FATS

- Organic unrefined coconut oil
- Organic extra virgin olive oil (cold pressed)
- Organic walnut oil
- Flax oil (use raw- do not cook)
- Organic sesame oil
- Avocados and avocado oil
- Avoid canola oil, margarines, anything with partially hydrogenated oils (trans fats, vegetable fat/shortening), fully hydrogenated, and interesterified oils
- Refrigerate all oils except, olive oil, avocado, and coconut oil

DRESSINGS AND SPICES

- Limit vinegar- apple cider vinegar better than balsamic
- Try lemon juice with oil for dressings
- Wasabi
- Pure pesto from garlic, basil, salt and olive oil
- Ginger, garlic, onion, cumin, cloves, allspice, basil, bay leaves, dill, mustard, fennel, oregano, nutmeg, paprika, peppercorn, rosemary, sage, salt, thyme, turmeric
- Hummus and beans dips are great

BEVERAGES:

- Drink additional 2-3 liter of water during cleanse
- Caffeine free herbal teas
- Green tea ok
- Organic unsweetened rice, almond, coconut, hemp milk

SWEETENERS:

- Use very sparingly
- Blackstrap molasses, date sugar, 100% pure maple syrup, raw honey, or stevia

Diet Layout for the 10 days:

- **Days 1-2**
 - Drink 2 scoops of protein powder in about 8-12 ounces of water or milk alternative twice a day with breakfast and choose the second serving with lunch or dinner.
 - Can eat any foods on the foods allowed list. Can make a smoothie with protein powder with any foods allowed.
- **Days 3-8**
 - Drink 2 scoops of protein powder in about 8-12 ounces of water or milk alternative twice a day with breakfast and choose the second serving with lunch or dinner.
 - No meat or fish is allowed on these days
- **Day 9-10**
 - Drink 2 scoops of protein powder in about 8-12 ounces of water or milk alternative twice a day with breakfast and choose the second serving with lunch or dinner.
 - Meat and fish are allowed again, and can eat any foods on the foods allowed list.

Exercise

- It is important to exercise during the cleanse to encourage good circulation and sweat which help us detoxify
 - Aim for 30 minutes a day of at least brisk walking, yoga, or continue your current exercise/weight-lifting regime if you have been doing this prior to the cleanse
 - **Do not** start a strenuous new workout or try and train for a marathon while doing this cleanse
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Rest

- Get proper sleep at least 7-8 hours a night
 - Try meditation or deep breathing exercises
 - Or other activities that help you de-stress
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Cleansing Activities (Optional, though encouraged to do at least 1 of these)

- **Sauna-** can be used to sweat out toxins, if you are a member at a gym that has one this is convenient. Aim for 15-20 minutes.
 - **Castor Oil Pack-** Apply nightly over the liver for 15-20 minutes. See the handout provided for details.
 - **Dry skin brushing-** before each shower gently rub skin with a dry loofah or natural sponge. Start at hands and work towards chest. Then rub upwards from your feet, legs, and abdomen towards your heart. Try and get your back and buttocks as best as you can.
 - **Contrast hydrotherapy-** While you are in the shower alternate between hot and cold water. Perform 3 cycles of 3 minutes of hot water and 30 seconds of cold water. End on cold before you get out. Use temperatures that are tolerable for you.
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After the Cleanse: Food Reintroduction

- It is highly recommended that once you finish the cleanse to reintroduce the avoided allergenic foods one at a time. Now that your digestive system has healed and has a clean slate, this will allow you to notice if some of these allergenic foods cause negative symptoms/reactions. The most allergenic foods are gluten-containing, yeast, dairy, soy, corn, eggs, peanuts, shellfish, coffee, and sugar.

Food Reintroduction:

- Introduce 1 food at a time, every 2-3 days
- Eat that food 2-3 times during the day when testing
- If you react to a food, stop eating it and wait for symptoms to resolve before testing the next food
- If you already know you react to a certain food don't test it
- Reactions can happen 10 minutes to 12 hrs after eating a food and up to 48 hrs after eating a food for joint pain

- If you feel fine after 3 days you can test the next food
- If you do not feel fine eat the foods allowed during the elimination diet until you feel better

Symptoms that may be due to food allergy:

- **General:** Fatigue, anxiety, depression, insomnia, food cravings, obesity
- **Skin:** itching, burning, hives, red spots, sweating, acne, eczema, psoriasis
- **Ear, Nose & Throat:** Chronic nasal congestion, postnasal drip, fluid in the ears, sneezing, sore or dry throat, hoarseness, ringing in the ears, dizziness
- **Respiratory:** wheezing, mucus formation, shortness of breath, tightness of chest, asthma
- **Cardiovascular:** High blood pressure, arrhythmia, angina, racing heart, pounding heart, flushing
- **Gastrointestinal:** Irritable bowel syndrome, constipation, diarrhea, abdominal cramping, ulcerative colitis, Crohn’s disease, gallbladder disease, canker sores, indigestion, bloating, stomachache, gas, itching or burning or rectum/anus
- **Urinary:** frequent, urgent or painful urination, inability to control bladder, itching/discharge/pain, water retention

Sample Cleanse Menu

**If at any meal you are full after the protein shake you don’t need to eat more. The protein shake is enough of a meal for some people, though some people like to have a small portion of a meal with the protein shake. These meals are simply ideas for you, some of which could also be snacks if you get hungry between meals. **

Day	Breakfast	Lunch	Dinner
1	<ul style="list-style-type: none"> ● Protein drink ● Handful of nuts/seeds ● ½ cup berries 	<ul style="list-style-type: none"> ● Protein drink ● Grilled chicken breast salad 	<ul style="list-style-type: none"> ● Alaskan Salmon ● Veggies and Rice
2	<ul style="list-style-type: none"> ● Protein drink smoothie 	<ul style="list-style-type: none"> ● Turkey burger lettuce wrap ● Hummus with carrots, cucumber, and celery 	<ul style="list-style-type: none"> ● Protein drink ● Grilled chicken breast ● Roasted brussel sprouts
3	<ul style="list-style-type: none"> ● Protein drink ● Rice cake with nut butter 	<ul style="list-style-type: none"> ● Protein drink ● Paleo spinach artichoke dip with veggies and rice crackers 	<ul style="list-style-type: none"> ● Black bean salad ● Grilled asparagus
4	<ul style="list-style-type: none"> ● Protein drink ● Hearty oatmeal 	<ul style="list-style-type: none"> ● Chickpea cucumber salad ● Snack on Paleo spinach artichoke dip 	<ul style="list-style-type: none"> ● Protein drink ● Cream of broccoli soup ● Handful of nuts
5	<ul style="list-style-type: none"> ● Protein drink ● Pumpkin pie breakfast quinoa cereal 	<ul style="list-style-type: none"> ● Protein drink ● Black bean salad 	<ul style="list-style-type: none"> ● Lentil soup ● Snack on Paleo spinach artichoke dip
6	<ul style="list-style-type: none"> ● Protein drink 	<ul style="list-style-type: none"> ● Roasted sweet potato 	<ul style="list-style-type: none"> ● Protein drink

	<ul style="list-style-type: none"> ● Handful of nuts/seeds ● ½ cup berries 	<ul style="list-style-type: none"> ● Chickpea cucumber salad 	<ul style="list-style-type: none"> ● Cream of broccoli soup
7	<ul style="list-style-type: none"> ● Protein drink smoothie 	<ul style="list-style-type: none"> ● Protein drink ● Hummus and veggies ● Handful of nuts 	<ul style="list-style-type: none"> ● Lentil soup ● Steamed cauliflower
8	<ul style="list-style-type: none"> ● Protein drink ● Rice cake with nut butter 	<ul style="list-style-type: none"> ● ½ avocado ● Green salad 	<ul style="list-style-type: none"> ● Protein drink ● Roasted asparagus ● Red beans and quinoa
9	<ul style="list-style-type: none"> ● Protein drink ● Hearty oatmeal recipe 	<ul style="list-style-type: none"> ● Protein drink ● Chicken lettuce cups 	<ul style="list-style-type: none"> ● Tilapia baked in parchment ● Veggies and rice
10	<ul style="list-style-type: none"> ● Protein drink ● Pumpkin pie breakfast quinoa cereal 	<ul style="list-style-type: none"> ● Turkey, veggie stew 	<ul style="list-style-type: none"> ● Protein drink ● Canned Alaskan salmon curry salad

Recipes

Protein Drink Smoothie

- 2 scoops protein powder
- 8 oz almond, coconut, or rice milk
- ¼-½ cup of frozen berries
- Handful of spinach
- 1 TBS of ground chia or ground flax seed
- Add more water to desired thickness
- Blend together

Hearty Oatmeal

- 1/2 cup old-fashioned organic oats
- 1 cup water
- ¼ tsp salt
- 1 TBS ground flaxseeds or chia seeds
- 1/4 cup organic berries (I often used frozen)
- 2 TBS walnuts, mixed nuts, or pumpkin seeds
- Bring 1 cup water, oatmeal and salt to a boil. Turn down the heat and simmer for about 7-10 minutes until the water is evaporated and the oatmeal soft.

- Serve oatmeal topped with the berries, ground flax/chia, and/or nuts. Sprinkle with cinnamon and 1 tsp raw honey

Pumpkin-pie Breakfast Quinoa Cereal

- ½ cup quinoa flakes
- ½ cup pumpkin puree
- 1¼ cup almond milk
- 1-2 chopped pitted dates
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- ¼ teaspoon vanilla extract
- Pecans
- Combine the quinoa flakes, pumpkin, almond milk, and chopped dates in a small saucepan. Bring to a boil then reduce to simmer, stirring constantly until thickened, about 90 seconds. Stir in spices.
- Transfer to a bowl, and top with pecans

Grilled Chicken Breast Salad

- ½ of a sliced cooked grilled chicken breast
- 3-4 cups spring mix salad greens
- 1 celery stalk, sliced
- ½ cucumber, sliced
- sliced onion to taste
- chopped artichoke hearts (can get canned quartered artichoke hearts)

Apple Cider Vinegar Dressing

- 1 garlic clove, minced
- 1 tablespoon Dijon mustard
- 1/4 cup raw apple cider vinegar
- 2 tablespoons fresh lemon juice
- ½-1 tablespoon raw honey, as needed for sweetness
- 1/3 cup extra-virgin olive oil
- salt and pepper, to taste

Creamy Avocado Dressing

- 1 whole large avocado
- 1 clove garlic, peeled
- 1/2 tablespoon fresh lime or lemon juice
- 3 tablespoons olive oil or avocado oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- Can add cilantro or other herbs to taste
- Water
- In a mini food processor or blender add the peeled clove of garlic, avocado, lime or lemon juice, olive oil, salt and pepper.
- Process until smooth, stopping to scrape down the sides a few times. Thin the salad dressing out with a little bit of water (1/4 cup to 1/2 cup) until it reaches a desired consistency.
- Keep in an airtight container for at least a week, but 3 to 4 days is best.

Basic Lemon Dressing

- 1/4 cup fresh lemon juice
- 3/4 cup mild extra-virgin olive oil
- 3 cloves garlic, minced
- 1 teaspoon sea salt
- Black pepper to taste
- (optional 1 tsp dried oregano, basil and/or coriander)

Wild Alaskan Salmon Fillet

- celery seed
- paprika
- ground nutmeg
- chili powder
- garlic powder
- onion powder
- kosher salt
- fresh ground black pepper
- Alaskan salmon fillets thawed
- Extra-virgin olive oil
- Sprinkle each spice on the flesh side of the salmon and drizzle with a light coat of oil. Place the salmon on the grill (medium-high heat), flesh side first. Let cook for about 3-6 minutes depending on thickness then flip and cook another 3 minutes.

Veggies and Rice

- 4 tablespoons olive oil, divided
- 1 cup long grain brown rice
- 1/2 small onion, chopped
- Salt and fresh ground black pepper
- 2 1/2 cups low-sodium vegetable broth
- 4 cups small broccoli florets (about 2 heads) and whatever other cleanse friendly veggies you like
- 3/4 cup sliced almonds
- Preheat oven to 425°F.
- Heat 2 tablespoons of the oil in a large saucepan over medium-high heat. Add the rice and cook, stirring occasionally, about 6-9 minutes or until it begins to

brown. Add the onion and a little salt and pepper and cook about 5 minutes, until the onion starts to get soft.

- Add the vegetable broth and bring to a boil. Reduce heat to low and cover. Let simmer about 30-40 minutes, checking after 20 and 30 minutes to make sure there is still enough liquid.
- While the rice is cooking, toss broccoli with 2 tablespoons olive oil, salt, and pepper. Roast on the top rack for 10-15 minutes. Toast almonds in a frying pan over medium heat about 2 minutes, until lightly browned.
- When the rice is tender, toss with broccoli and almonds, and cook uncovered on medium heat until almost all the liquid is gone. Season with salt and pepper, if desired, and serve.

Turkey Burger Lettuce Wrap

- Cook 1 pre-made turkey burger
- Large lettuce leaves
- Avocado
- Onion
- Mustard
- Assemble everything together

Hummus (can also buy in the store with cleanse-acceptable ingredients)

- 1 (15-ounce) can chickpeas or 1 1/2 cups cooked chickpeas
- 1/4 cup fresh lemon juice (1 large lemon)
- 1/4 cup well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons water
- Dash ground paprika, for serving
- In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and

bottom of the bowl then process for 30 seconds more.

- Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
- Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 TBS of water until you reach the perfect consistency.
- Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store in an airtight container and refrigerate up to one week.

Roasted Brussel Sprouts

- 1 pound brussels sprouts, rinsed, ends trimmed, rough outer leaves of larger sprouts removed
- 1 Tbsp minced garlic (about 3 cloves)
- 1 teaspoon lemon juice
- 2 Tbsp olive oil
- Salt
- Freshly ground black pepper
- Preheat oven to 350°F.
- Toss sprouts with garlic, lemon juice, olive oil, salt, spread onto a roasting pan: Place brussels sprouts in a large bowl. Toss with garlic and lemon juice. Toss with olive oil so that the sprouts are well coated.
- Spread the brussels sprouts out in a large cast iron frying pan or roasting pan in a

single layer with plenty of space between the sprouts. Sprinkle generously with salt (at least half a teaspoon) and a few turns of black pepper.

- Roast in oven: Put brussels sprouts in oven on top rack, roast for 30 minutes, stirring the sprouts about halfway through the cooking. Take out sooner if getting burnt or cooking fast.

Paleo Spinach Artichoke Dip

- 1 cup raw cashews
- 1 cup water
- 2, 10 ounce boxes frozen, chopped spinach
- 2, 14 ounce cans or jars of artichoke hearts
- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced (about 1 cup)
- 2 garlic cloves, minced
- 1 1/2 teaspoons sea salt (adjust to taste and depending on how salty the artichoke hearts are)
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4-1/2 teaspoon cayenne pepper (to taste)
- 1 tablespoon lemon juice
- Soak raw cashews in enough water to cover them for at least a few hours or preferably overnight. Drain water, add the soaked cashews and 1 cup of fresh water to blender and blend until smooth. Set aside.
- Defrost the spinach and squeeze out the excess water. Set aside.
- Drain and roughly chop the artichokes.
- Sauté the onions in the olive oil until translucent, about 10 minutes. Add the minced garlic and cook for another minute.

- Stir in the chopped artichokes, salt, onion powder, garlic powder, black pepper and cayenne and heat through.
- Add in the spinach and lemon juice and stir until heated through.
- Stir in the cashew cream.

Black Bean Salad

- 1 ripe avocado, mashed
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lime juice
- 2 (15-ounce) cans no-salt-added black beans, rinsed and drained
- Sliced celery
- 4 cups shredded romaine lettuce
- 1/2 cup toasted pumpkin seeds
- A 1/4-1/2 cup chopped pineapple
- Toss everything together

Grilled Asparagus

- 1 pound asparagus thick spears
- 1-2 Tbsp Olive oil
- Kosher salt
- Preheat your grill for high, direct heat.
- Prep asparagus, coat with olive oil, sprinkle with salt: Prepare the asparagus by breaking or cutting off any tough bottom ends.
- Grill on high, direct heat: Brush the grill grates lightly with olive oil. Place the asparagus spears on the grill so that the thickest ends are aimed toward the hottest part of the grill.
- Grill the asparagus spears for 2-4 minutes, until lightly charred and just fork tender, turning them often so that they brown on all sides.

Chickpea Cucumber Salad

- 3/4 cup extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 cups canned garbanzo beans, drained

- 1-2 large cucumbers, peeled and diced
- 1 medium red onion, diced
- 1 bunch fresh basil, chopped
- Combine olive oil, vinegar, salt, and pepper in a large bowl and whisk. Add remaining ingredients, toss and chill.

Paleo Cream Of Broccoli Soup

- 1 teaspoon extra-virgin olive oil
- 1 yellow onion, sliced
- 1 teaspoon sea salt
- Freshly ground pepper, to taste
- 4 cups cauliflower florets - 1 medium head of cauliflower
- 3 cups unsweetened almond milk
- 3 cups broccoli florets, finely chopped
- 1 tablespoon onion powder
- Add oil, onion, salt and pepper to a large saucepan. Saute on medium-high heat for 5 minutes, adding a couple of tablespoons of water throughout the process to avoid from burning.
- Add cauliflower and milk. Cover and bring to a boil. Reduce heat to simmer and cover for 10 minutes, or until florets are soft.
- Add in half of the broccoli.
- Pour mixture into the jug of your blender or food-processor. Puree until smooth. Return to pot.
- Stir in remaining broccoli and onion powder. Cover and cook for another 10 minutes, until thickened.
- Serve immediately.

Lentil Soup

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cups diced onion (1 medium/large)
- 2 large garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cinnamon

- 1/4 teaspoon ground cardamom
- 1 can full-fat coconut milk*
- 3/4 cup uncooked red lentils, rinsed and drained
- 3 1/2 cups low-sodium vegetable broth
- 1/2 teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste
- 1 (5-ounce) package baby spinach
- 2 teaspoons fresh lime juice, or more to taste
- In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.
- Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.
- Add entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Add red pepper flakes or cayenne, if desired, to taste. Stir to combine. Increase heat to high and bring to a low boil.
- Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.
- Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired.

Roasted Sweet Potato

- Sweet potatoes scrubbed and rinsed, cubed
- Extra Virgin Olive oil
- Salt and pepper to taste
- Preheat oven to 425F.
- Cube your sweet potatoes, making sure they are about the same size, so they cook evenly. 1/2-1 inch cubes will do it.
- Drizzle a baking sheet with your oil

- Spread your cubed potatoes onto the pan
- Drizzle the potatoes with your oil, and toss them with your hands to make sure they are coated. Spread them out in a single layer, so they brown and not steam.
- Bake for 15-20 minutes, checking and giving them a stir halfway through.
- Take them out of the oven and sprinkle with salt and pepper.

Steamed Cauliflower

- Fill the bottom of a stockpot with 2 inches of water. Set up the steamer and put in the cauliflower florets. Cover with a tight fitting lid and steam over medium-high heat. Steam for about 5-7 minutes until, the cauliflower is tender but still has a crunch.
- If you feel like it, serve with drizzled with a little olive oil, a pinch of sea salt and a grind of fresh black pepper

Tilapia baked in parchment

- 12 ounces fresh or thawed from frozen Tilapia fillets
- 2 medium sized lemons, cut into 1/8 slices
- 2 sprigs fresh rosemary, thyme, dill, or whatever herb you like
- Sliced onion and garlic
- 1-2 TBS coconut or olive oil
- pinch of sea salt
- Heat oven to 400 degrees F
- Fold 2 sheets of parchment paper (each approximately 12 inches long) in half. Use scissors to cut each piece into the shape of a heart. Lay the open heart shaped parchment on a clean work surface. Using the crease as the center of your paper, place sliced lemons on the left side of each heart.
- Drizzle oil on both sides of fish fillets, then place fillets on top of lemon slices.

Add one herb sprig on top of each fish fillet. Fold right side of heart over the left side.

- Starting at the pointed end of the parchment, make small folds up and around the edges of the paper to completely seal the contents inside.
- Place packets on a rimmed baking sheet and bake at 400 degrees F. for 10-12 minutes. Remove from oven and transfer sealed packets onto plates. To open, use a steak knife to make a slice down the center of each packet. OPEN CAREFULLY, as steam will escape once it's been opened!

Red Beans and Quinoa

- 1 large onion, chopped
- 2 stalks celery, chopped
- 2 tablespoons minced garlic
- 1 tablespoon dried thyme
- 3 (15-ounce) cans kidney beans, rinsed and drained
- 4 cups vegetable broth
- 2 cups quinoa, rinsed
- Sea salt and freshly ground black pepper
- Place the onion, bell pepper, and celery in a large saucepan over medium-high heat. Cook, stirring occasionally and adding water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking, until the onions start to turn translucent, about 5 minutes.
- Add the garlic and thyme and cook until the garlic is softened and fragrant, about 1 minute. Add the kidney beans and vegetable broth. Bring to a boil over medium-high heat. Reduce the heat to medium-low and cook, covered, to allow the flavors to come together, about 10 minutes.
- Stir in the quinoa. Season with salt, black pepper and simmer, covered, until the

quinoa is cooked and the flavors are well blended, 12 to 15 minutes. Taste and adjust the seasoning. Serve hot.

Chicken Lettuce Cups

- 1 pound of chicken breast or chicken thighs (or minced chicken)
- 1 Tablespoon extra virgin olive oil
- 2 large garlic, minced
- 1" knob of fresh ginger, grated or finely minced
- 1 teaspoon sesame oil
- 1-2 tsp honey
- 1 teaspoon rice wine vinegar
- 2 green onions, minced
- salt and pepper to taste
- fresh lettuce leaves
- In large heated pan, add oil. Add garlic and ginger, cook till translucent.
- Add chicken and cook for about 3 minutes. Add rice wine vinegar and honey and combine with chicken meat.
- Add green onions and cook for about 5 minutes or until everything is combined well and chicken is cooked through. Add additional salt and pepper to taste.
- You can serve the filling while it's warm, or allow it to cool. Serve with lettuce leaves.

Turkey Veggie Stew

- 3 cups of pre-cooked turkey, shredded
- 3 celery stalks, diced
- 3 carrots, diced small
- 1 large yam or sweet potato, diced
- 1 medium onion, diced
- 4 kale leaves chopped
- 2 quarts of organic chicken, turkey or vegetable broth
- 2 garlic cloves, minced
- 1/4 cup flat-leaf parsley, finely chopped

- 1 bay leaf
- salt and pepper to taste
- Dice all your veggies and shred three cups of pre-cooked turkey
- Sauté the celery, carrots, and onion in your soup pot or dutch oven over medium heat with a little coconut oil for 4-5 minutes, then season with salt and pepper to taste
- Next add the broth, diced sweet potatoes, garlic cloves, and a bay leaf to the pot and cook uncovered over medium heat about 20 minutes, or until potatoes are tender
- Finally add your pre-cooked turkey, chopped kale, chopped parsley, and again add salt and pepper to taste. Simmer just until the turkey is heated through
- Remove bay leaf and serve

Canned Alaskan Salmon Curry Salad

- 2 cans Wild Alaskan Salmon deboned and drained
- 1 cup celery minced
- 1/2 cup apple unpeeled, diced
- 2 tbsp raisins or dried apricots chopped
- 1/4 cup pecans or slivered almonds chopped-coarsely
- 1 tsp curry powder
- 1/2 tsp salt
- 1 tsp apple cider vinegar
- 1/2 tsp black pepper
- 1/8 tsp cayenne pepper
- 1/2 cup unsweetened plain coconut yogurt
- Flake the Salmon with a fork
- Add remaining ingredients to salmon and mix until evenly combined. Serve with a scoop on top of a green salad.