



At Home Detox

Upon rising, drink 6 oz. filtered, lemon, or spring water. Continue drinking water throughout the day with a goal of 64 oz total. You can have one cup of black coffee per day and unlimited amounts of herbal tea.

If you don't have a juicer/extractor, simply blend the juice recipe and strain, or add water to desired consistency.

Morning Juice – Extract:

Day One

1 cucumber
1 handful kale
2 stalks celery
½ green apple
½ lemon, peeled
½" piece of ginger, peeled

Day Two

2 lemons
2 carrots
1 apple
2 beets

Day Three

1 cucumber
1 cup pineapple
1 lemon
½ cup parsley
1 apple
Mint (optional)

Lunch Smoothie – Blend:

Day One

1/2 cup water (or orange juice)
1 green apple
1/2 cup frozen pineapple chunks
1/2 frozen banana
1/2 inch fresh ginger , peeled and minced
1 cup fresh spinach
small handful fresh cilantro
1 tablespoon fresh lime juice

Day Two

2.5 C nut milk of choice (try to avoid additives and look for pure unsweetened nut milk - MALK or Elmhurst)
3 large lacinito kale leaves
1/2 mango
1/4 avocado
1 apple

Day Three

1 C water
1 C orange juice
3 large lacinato kale leaves
1/2 C chopped pineapple (frozen is fine)
1/2 bunch flat leaf parsley
1/2 pear

smoothie options: 1/4 C raw walnuts, 1/4 C shredded coconut, 1/4 C raw cashews. 1/2 C yogurt (unsweetened), 1/8 C ground flaxseed,

Dinner

Day One

Carrot Ginger Detox Salad

- *3 cups finely-chopped kale leaves
- *2 cups finely-chopped broccoli florets
- *2 cups finely-chopped red cabbage
- *1 cup matchstick (shredded) carrots
- 1 cup roughly-chopped fresh cilantro leaves
- 1/2 cup toasted slivered almonds
- 1/3 cup thinly-sliced green onions
- 1 avocado, peeled pitted and diced

Dressing:

- ½ a medium carrot
- ¼ cup filtered water
- 1 tablespoon EVOO
- 2 teaspoons rice vinegar
- 1 teaspoon chopped fresh ginger
- Pinch of sea salt to taste

*pre-packaged broccoli slaw or coleslaw works here as a time saver.

Combine dressing ingredients in a high speed blender. Toss all ingredients to combine.

Day Two (yields about 6 servings)

olive oil

- 1/2 of a red onion diced
- 2 cloves garlic minced
- 1 tablespoon fresh ginger peeled and minced
- 2 cups chopped celery
- 1 cup chopped carrots
- 3 cups broccoli florets
- 1 cup cauliflower florets
- 1/2 teaspoon turmeric
- 1 can 14.5 oz can of no salt diced tomatoes (preferably organic)
- 4 cups water
- 1 teaspoon Italian seasoning or any mix of fresh italian herbs (oregano, basil, parsley, rosemary, thyme, marjoram)
- pink Himalayan salt or sea salt, to taste
- fresh cracked black pepper to taste
- 2 cups kale de-stemmed and torn in pieces
- 1 cup purple cabbage chopped
- juice from ½ of a small lemon
- handful chopped parsley for serving

In a large pot, add oil and turn on the heat to medium-high. Add the onion, garlic and ginger. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli and cauliflower. Stir and cook for about 2-3 minutes, until slightly softened. Stir in the turmeric and diced tomatoes. Add water and bring to a boil. Reduce heat and simmer for 15-20 minutes or until vegetables are soft. Stir in the Italian seasoning, salt and pepper to taste, kale, cabbage and lemon juice near the last 2-3 minutes of simmering.
Serve hot with chopped parsley.

Day Three

Bed (2+ C) kale, ribs removed and chopped
1 apple, thinly sliced or chopped
Juice of ½ a lemon
¼ red onion, very thinly sliced
3-5 dates or other dried fruit (no sugar added), chopped
¼ cup slivered almonds
Salt and pepper to taste
2 tablespoons of EVOO

Combine kale, salt and pepper in a large bowl. Add EVOO and massage kale using your hands until it turns a darker green and begins to soften. Add lemon juice and toss. Add remaining ingredients and toss to combine.

dinner options: palm-sized portion of wild-caught fish, grass-fed, lean beef, 1 free range egg, ½ C raw walnuts/cashews/almonds, 1 C black/cannellini/kidney beans