



)(TLS WEIGHT LOSS SOLUTION

FAT SHREDDER
RECIPES

TABLE OF CONTENTS

APPETIZERS

- 3 Artichokes & Green Beans
 Artichokes with Saffron and Almonds
 Avocado and Grape Tomato Guacamole
 Hot & Sour Soup
 Tomato & Garlic Green Beans
 Tomatoes with Shallots and Fresh Basil
- 4 Wilted Arugula and Portabella Mushrooms

DESSERTS, MARINADES & DRESSINGS

- Black Cherry Berry Shake
- Blackberry Creamsicle Shake
- Kale Chips
- Orange Anise Vinaigrette
- Spicy Lime Marinade

EGG DISHES & BREAKFAST FOODS

- Grain-Free Protein Pancakes
- Easy Spinach and Onion Egg bake – Breakfast for 6 days!

- 5 Mushroom and Spinach Egg Bake
 Zucchini Hash Browns

POULTRY & PORK

- Basil Chicken Packets
- Dea-Seau Chicken Thai Basil
- Chicken with Balsamic Vinegar
- Deviled Chicken

- 6 Herb Roasted Chicken
 Jerk Chicken
 Lemon Basil Chicken
 Moroccan-Style Chicken with Vegetables
 Sonoma Chicken
 Thai Chicken Stir Fry

SEAFOOD DISHES

- 7 Broiled Sole with Warm Eggplant Salad
 Caribbean Shrimp
 Chinese Steamed Bass with Cabbage
 Cod in Parsley Sauce
 Dilled Alaskan Cod
 Easy Shrimp Stir-Fry
 Easy Tilapia and Vegetable Packets
 Fish Veracruz
- 8 Ginger Shrimp Stir Fry
 Grilled Salmon with Spinach and Tomato Stack
 Grilled Tuna with Salsa
 Jazz Salad
 Parmesan Shrimp and Veggies
 Quick-Broiled Salmon with Ginger-Mint Salsa
- 9 Salmon and Herb Spaghetti
 Shrimp Salad
 Thai Spiced Calamari
 Teriyaki Salmon
 Tuscan Cod
 Zesty Red Snapper with Mushrooms

VEGETARIAN & VEGETABLE SIDE DISHES

- 10 Almond Broccoli Stir-Fry
 Artichokes & Green Beans
 Artichokes with Saffron and Almonds
 Broccoli Marinara
 Balsamic Kale
 Beet & Arugula Salad with Dried Cranberries
- 11 Brilliant Sautéed Broccoli
 Cauliflower Spanish “Rice”
 Carrot Salad with Cilantro and Lemon
 Cauliflower Soup
 Cauliflower Spanish Rice
 Cherry Tomato Salad with Green Onions and Cilantro
- 12 Chilled Tomato Soup with Avocado & Basil
 Classic Gazpacho
 Cold Tomato and Basil Soup
 Creamy Carrot Soup
 Creole Okra and Tomatoes
 Cucumber, Tomato and Mint Salad
 Curried Tofu Scramble with Roasted Peppers and Peas
- 13 Detox Spicy Gazpacho
 Eggplant Casserole
 Eggplant Mixed Grill
 Eggplant Spinach Sauté
 Fennel and Radicchio Salad with Balsamic Vinaigrette
 Fresh Summer Vegetable Ratatouille
- 14 Garden Vegetable Packet
 Garden Vegetable Soup
 Garlic Kale
 Golden Carrot Soup
 Green Bean Casserole
 Grilled Vegetables
- 15 Green Bean Salad with Asian Flavors
 Grilled Italian Vegetables
 Japanese Vegetable Salad
 Mushrooms and Peppers
 Napa Cabbage and Avocado Salad
 Nopalito Salad with Pickled Jalapenos
 Mediterranean Summer Tomatoes
- 16 Oven-Roasted Asparagus
 Quick and Easy Gazpacho
 Roasted Garlic Lemon Broccoli
 Sautéed Zucchini
 Snack Salad
 Spicy Grilled Vegetable Skewer
 Spicy Roasted Kale
 Vegetable Soup
- 17 Tomato Basil Soup
 Vegan Gazpacho with Chipotle
 Zucchini Mexicali
 Zucchini Tomato Vegetable Packet

APPETIZERS

Artichokes & Green Beans

(Detox, FS, RR, SS, CC, P1, P2)

Serves 5

- 1 ¼ lbs fresh green beans
- 1 TBSP extra virgin olive oil
- ¾ cup finely chopped onion
- 1 clove garlic
- 1-14 oz. can artichoke hearts –rinsed, drained & quartered)
- ¼ TBSP salt
- ⅛ tsp black pepper
- ¼ parmesan cheese – shredded (omit for Detox, FS, P1 or P2)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

Artichokes with Saffron and Almonds

(FS, RR, SS, CC, P2)

Serves 8

- 1 cup dried figs
- 1 cup water – boiling
- ¼ tsp Saffron spice
- 4 pounds baby artichokes – halved and chokes removed
- ½ cup almonds
- ¼ cup white wine vinegar
- 1 tsp paprika
- ¼ TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, and then remove. Sprinkle with ¼ tsp of saffron threads into the remaining liquid, allow too steep for 5 minutes. Heat oil in a large skillet over medium-high heat Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the artichoke are tender, about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, wine and paprika. Cook and stir until all of the liquid has evaporated. Remove from the heat, recover, and allow to stand for 5 minutes before serving.

Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, P2)

Serves 2-4

- 1 lemon
- 1 cup avocado, cubed
- 1 cup chopped onion
- 1 jalapeno pepper, diced
- 1 garlic clove, diced
- ½ cup cherry tomatoes
- ¼ cup cilantro leaves, diced
- Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Peel off the skin. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, cilantro and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

Hot & Sour Soup

(Detox, FS, RR, SS, CC, P2)

Serves 4

- 5 cups low sodium chicken broth
- ½ cup mushrooms
- 1 scallion
- 2 chicken breasts
- 1 TBSP soy sauce
- ½-1 TBSP hot sauce
- 1 egg white
- ⅛ tsp black pepper
- ½ cup bamboo shoots
- ¾ tsp rice vinegar
- 1 tsp grated ginger

Combine broth, mushrooms and ginger in a saucepan. Bring to a boil. Add chicken and simmer uncovered about 10 minutes. Add bamboo shoots; simmer 5 minutes. Add vinegar, soy sauce, hot sauce and pepper; bring to boil. Drizzle egg white into soup; stirring constantly (lacy strands will form). Stir in onions. Bring to a boil. Cover and simmer until ready to serve.

Tomato & Garlic Green Beans

(Detox, FS, RR, SS, CC)

Serves 4

- 4 garlic cloves
- ½ cup chopped onion
- 1 pound green beans
- 4 tsp olive oil
- ½ tsp salt
- 3 TBSP tomato paste
- 1 cup cherry tomatoes

Rinse and drain the green beans. Fry the onions and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

Tomatoes with Shallots and Fresh Basil

(Detox, FS, RR, SS, CC, P2)

Serves 4

- ½ TBSP olive oil
- ½ TBSP red wine vinegar
- 1 shallot, minced
- 4 tomatoes
- ¼ tsp salt
- Pepper to taste
- 5 fresh basil leaves torn.

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle the olive oil and vinegar over them, then top with basil and shallots and serve.

Wilted Arugula and Portabella Mushrooms

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

1 TBSP olive oil
½ small onion, chopped
2 cloves minced garlic
⅛ tsp crushed red pepper flakes
1 cap portabella mushroom, chopped
¼ cup dry sherry
¼ cup vegetable broth
4 cups arugula leaves
⅛ tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add arugula and cook until wilted. Season with black pepper and serve immediately.

DESSERTS, MARINADES & DRESSINGS

Black Cherry Berry Shake

(FS, RR, SS, CC)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
½ cup cherries, without pits
½ cup blackberries
½ cup water or low fat milk

Add ice (more ice for a thicker shake) with all ingredients and blend until creamy.

Blackberry Creamsicle Shake

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
1 cup blackberries
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

Kale Chips

(FS, RR, SS, CC, P2)

Serves 1-5

5 cups whole kale
1 TBSP olive oil
½ oz. dry sherry
Salt

Preheat oven to 300 degrees. Discard stem and inner rib of kale leaves and tear into about 2"-3" pieces. Place kale in a resealable bag. Add half of the oil and squeeze the bag so oil gets distributed throughout all leaves. Add remaining oil and repeat. Sprinkle the sherry and vinegar over the leaves and shake to spread evenly. Spread leaves on a baking sheet. Roast until crisp, about 35 minutes. Season with salt.

Orange Anise Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

⅛ tsp anise seed
2 TBSP orange juice
1 TBSP olive oil
⅛ tsp cumin
⅛ TBSP salt

Use a mortar and pestle and crush the anise seeds. Whisk together all the ingredients for about 1 minute.

Spicy Lime Marinade

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

¼ cup fresh lime juice
2 TBSP olive oil
2 tsp chili powder
1 tsp garlic powder
½ tsp cumin
½ TBSP salt

Whisk together lime juice, oil, chili powder, garlic, cumin salt and pepper.

EGG DISHES & BREAKFAST FOODS

Grain-Free Protein Pancakes

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
3 oz. unsweetened apple sauce
2 eggs
Cinnamon and nutmeg to taste
Coconut oil

Mix all ingredients together. Add coconut oil to a pan and when melted, spoon mixture into pan to form pancakes. Cook on medium high heat until browned and flip.

Easy Spinach and Onion Egg bake – Breakfast for 6 days!

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1 (or 6)

1-32 oz. carton of liquid egg whites
3 eggs
1-10oz package frozen chopped spinach
1 onion, chopped

Defrost spinach according to directions. Spray a glass 9x11 baking dish with cooking spray. Add all ingredients. Bake at 350 degrees for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1-2 minutes.

Mushroom and Spinach Egg Bake

(Detox, FS, RR, SS, CC, P2)

Serves 6

1 quart liquid egg whites
1 cup mushrooms
3 cups spinach
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 350 degrees. Makes 6 servings. Can refrigerate and re-heat in the microwave.

Zucchini Hash Browns

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

2 eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp olive oil
1 cup shredded zucchini

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.

POULTRY & PORK

Basil Chicken Packets

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

2 TBSP fresh parsley
1 TBSP lemon zest
1 ½ tsp dried basil
2 medium yellow summer squash, diced
1 medium red bell pepper, diced
1 TBSP black pepper
¼ tsp salt
2 chicken breasts, halved

Preheat oven to 450 degrees or grill to medium high heat. Center one chicken breast half on each side of aluminum foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and peppers, then sprinkle with black pepper. Bring up foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16-18 minutes in oven or grill 11-13 minutes.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, P2)

Serves 1

1 TBSP extra virgin olive oil
1 chicken breast
2 TBSP water
1 TBSP basil
⅓ tsp fish sauce
1 TBSP dehydrated red curry sauce/paste

Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

Chicken with Balsamic Vinegar

(FS, RR, SS, CC, P2)

Serves 1

⅓ tsp thyme
1 dash salt
1 TBSP extra virgin olive oil
½ tsp black pepper
¼ TBSP butter, unsalted
1 bay leaf
1 chicken breast, evenly sliced into strips
⅓ cup vegetable broth
½ cup sliced mushrooms

Season the chicken with salt and pepper. Heat oil in a heavy skillet and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover tightly and cook over moderately high-heat for about 10 minutes. Turn the chicken pieces occasionally as they cook. Transfer the chicken to a warm platter with foil. Let the sauce cook uncovered over moderately high heat for about 7 minutes. Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

Deviled Chicken

(Detox, FS, RR, SS, CC, P2)

Serves 2

¼ TBSP yellow mustard
1 garlic clove
¼ red bell pepper
¼ tsp red pepper flakes
¼ medium onion
¼ TBSP black pepper
1 TBSP parsley
¼ cup chicken stock
½ TBSP paprika

Mix the paprika and mustard with salt and pepper and season chicken breasts on both sides. In a skillet over medium-high heat. Add the seasoned chicken to the skillet and brown on the first side for 3 minutes; flip and then sear the second side for 2 minutes. Remove the chicken and reserve on a plate under a foil tent. Then add the onion, garlic, bell pepper, tomato paste and red pepper flakes to the pan. Cook the vegetables for 5 minutes. Add 1 cup of broth to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 minutes more, turning the chicken a few times. Remove the chicken to a platter. To finish the sauce, turn the heat off and add the parsley. Pour the sauce over the chicken and serve immediately.

Herb-Roasted Chicken

(Detox, FS, RR, SS, CC, PI, P2)

Serves 8

3 pounds whole chicken
1 TBSP black pepper
1 TBSP sage
1 TBSP tarragon
1 tsp parsley
1 tsp thyme
½ TBSP salt

It is best to use fresh herbs for this recipe. Preheat oven to 450 degrees. Rinse chicken; dry it well with a paper towel inside and out. With half the salt, salt the inside of the chicken. Add the pepper and herbs to the outside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in oven for 45 minutes to 1 hour until juices run clear when the chicken thigh is pierced, or until an internal thermometer reads 160 degrees. Let chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.

Jerk Chicken

(FS, RR, SS, CC, P2)

Serves 6

2 ½ cups frozen or fresh veggie mix (broccoli, carrots, cauliflower)
1 scallion
2 garlic cloves
1 hot pepper (amounts to your liking)
¼ TBSP curry powder
⅛ TBSP cinnamon
¼ TBSP allspice
¼ TBSP canola oil
¼ tsp thyme
¼ cup apple cider vinegar
⅓ cup teriyaki sauce
⅓ cup fresh orange juice

In a food processor, puree onion, hot pepper, garlic and scallions. Add orange juice, teriyaki sauce, vinegar, spices and oil and process to mix. Pour mixture over chicken pieces and refrigerate for 2 hours. Grill or bake until done. Serve with steamed vegetable mix.

Lemon Basil Chicken

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

½ tsp garlic powder
1 TBSP basil leaves
1 lemon
1 garlic cloves
3 pounds whole chicken

Preheat oven to 375 degrees. Remove excess fat from chicken; fasten neck skin to back with skewer. Fold wings across back with tips touching. Grate 2 tsp lemon peel, reserve. Cut lemon into halves; rub chicken with half of lemon. Place garlic, basil and remaining lemon in cavity. Rub chicken with reserved lemon peel; sprinkle garlic powder and remaining basil over chicken. Place chicken, breast side up, on rack in roasting pan. Cover and bake 1 hour. Uncover and bake 30 minutes longer.

Moroccan-Style Chicken with Vegetables

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

2 chicken breasts
1 ½ tsp cumin
½ tsp cinnamon
½ TBSP salt
½ tsp pepper
12 ½ oz. can diced tomatoes
Zucchini, cut into 2" slices

Preheat oven to 450 degrees. Center chicken breasts on aluminum foil. Combine spices, then sprinkle half of the mix over the chicken. Combine the remaining spice mix with the tomatoes and spoon next to the chicken. Arrange zucchini slices over the chicken and tomatoes. Bring up foil sides and double fold top and ends to seal the packets leaving some room for heat circulation. Bake 20-22 minutes.

Sonoma Chicken

(FS, RR, SS, CC, P2)

Serves 4

1 ½ cup mushrooms
¼ tsp pepper
4 TBSP olive oil
½ tsp garlic powder
1 tsp rosemary
1 onion, sliced
4 chicken breasts
½ cup tomatoes
1 ¼ cup chicken broth

Cut chicken into slices and pound until less than ½ thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a skillet with oil over medium-high heat. Add the chicken and cook 2-3 minutes on each side or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to skillet. Cover and cook for a few minutes. Add more broth if skillet becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes until about ¼ of liquid remains. Sprinkle parsley over and serve.

Thai Chicken Stir Fry

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

1 cup cauliflower
2 cups broccoli
½ tsp garlic powder
½ tsp ginger
1 cup carrot slices
½ TBSP ground cardamom
½ tsp chili powder
1 oz. curry powder
2 TBSP olive oil
4 chicken breasts
1 TBSP soy sauce

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half the chicken (chopped in cubes), and cook for 3 minutes. Remove and repeat with remaining chicken. Return all chicken to pan and all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

SEAFOOD DISHES

Broiled Sole with Warm Eggplant Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

½ TBSP extra virgin olive oil
¼ TBSP balsamic vinegar
Sole filet
½ TBSP capers
¼ red onion sliced fine
1 medium tomato
1 TBSP parsley
¼ eggplant, peeled and cubed

Preheat oven to 350 degrees. Place sole in oven and cook until it is tender and flaky. Heat oil in nonstick skillet. Add the eggplant and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley, vinegar and stir to combine. Let cool 10 minutes before serving. Top over broiled fish.

Caribbean Shrimp

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

1 pound shrimp
¼ cup freshly squeezed grapefruit juice
1 oz. lime zest
¼ oz. lime juice
1 garlic clove
¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – broil, bake, or sauté.

Chinese Steamed Bass with Cabbage

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

2 striped bass filets
1 hot chili pepper – chopped
1 tsp grated fresh ginger
½ head cabbage
2 garlic cloves-minced
2 TBSP soy sauce low sodium
2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce the pour over the garlic & oil.

Cod in Parsley Sauce

(FS, RR, SS, CC, P2)

Serves 1

1 TBSP unsalted butter
1 cup chopped carrots
1 cup chopped kale
1 cup chopped broccoli
2 TBSP white wine
1 cod fillet
1 TBSP parsley, chopped

Melt 1 TBSP butter in a saucepan with 2 TBSP white wine. Poach the cod in the pan with a TBSP of parsley until fish flakes easily. Season with salt and pepper. Serve with steamed carrots, broccoli and kale.

Dilled Alaskan Cod

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

4 cod fillets
1 lemon, sliced
Salt and pepper
1 zucchini, cut into strips
1 yellow squash, cut into strips
1 onion
½ tsp mustard (dried spice)
1 tsp dill weed

Preheat oven to 450 degrees. Evenly distribute lemon on aluminum foil. Place cod on lemon slices and sprinkle with salt and pepper. Top with zucchini, squash and onion, then sprinkle on dill weed and dried mustard. Bring up foil (may need to do each fillet in its own foil) and double fold into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15-18 minutes.

Easy Shrimp Stir-Fry

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

2 tsp Bragg's Amino Acids (or low-sodium soy sauce)
1 pound shrimp
1 TBSP olive oil
4 cups vegetables of your choice

Drizzle 1 TBSP oil in a skillet and cook shrimp, seasoning shrimp with salt and pepper, if desired. Add vegetables. Lower heat and cover pan until vegetables are heated through. Add Amino acids (or soy sauce) and enjoy!

Easy Tilapia and Vegetable Packets

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

½ tsp black pepper
1 tsp dill weed
4 TBSP chicken broth
1 cup broccoli
1 cup cauliflower
1 cup carrots, chopped
¼ tsp salt
4 tilapia filets

Heat oven to 450 degrees. Place each fillet on a 12-inch square of aluminum foil. Top each fillet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour ¼ of the broth over vegetables. Bring sides of foil to make a tent, fold top edges over to seal. Repeat for remaining fillets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes)

Fish Veracruz

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

2 cloves garlic, chopped
2 cup orange juice
1 TBSP onions
4 fish fillets (white fish)
¼ cup stuffed green olives, chopped pimiento
1 TBSP olive oil
1 oz. canned tomatoes with jalapeno

Preheat oven to 450 degrees. Coat baking dish with nonstick spray. Heat the oil in a large skillet over medium high heat. Add onion and garlic and cook 4 minutes, or until softened. Add the tomatoes, olives, and juice and cook 5 minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10-12 minutes or until fish is no longer translucent.

Ginger Shrimp Stir Fry

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

1 white onion, cut in wedges
¾ cup celery, chopped
½ cup baby carrot
½ cup snow peas
½ cup cauliflower
½ cup mushrooms
½ cup water chestnuts
2 ½ cup shrimp
2 tsp ginger, grated fresh
2 TBSP
2 TBSP olive oil low sodium soy sauce

In a large wok, heat oil on medium heat and stir-fry the onions, celery, carrots and ginger for 5-7 minutes. Add snow peas, cauliflower, broccoli and sauté 3-4 minutes. Add mushroom, water chestnuts and shrimp for 3-5 minutes. Add soy sauce and seasoning, and continue to cook until vegetables are heated through.

Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, PI, P2)

Serves 1

1 TBSP balsamic vinegar
2 TBSP basil, divided
1 tsp extra virgin olive oil
1 salmon fillet
1 cup spinach
1 tomato, sliced

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and the tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put the spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, then sprinkle with remaining basil.

Grilled Tuna with Salsa

(Detox, FS, RR, SS, CC, PI, P2)

Serves 1

1 oz. raw tuna
1 cup snow peas
2 TBSP fresh salsa
1 tsp olive oil

Lightly brush a grill pan, grill rack, or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), turning after 4-6 minutes. Tuna should maintain a little pink in the center, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

Jazz Salad

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

8 jumbo olives
6 shrimp
1 TBSP olive oil
1 cup cherry tomatoes
⅓ cup carrots, chopped
⅓ cup cucumber, sliced
2 lettuce leaves
2 TBSP balsamic vinegar
2 oz. crab

Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab and shrimp and toss in oil and vinegar dressing.

Parmesan Shrimp and Veggies

(RR, SS, CC)

Serves 4

1 TBSP canola oil
2 garlic cloves, minced
2 cups broccoli
1 summer squash
6 scallions, sliced
1 pound shrimp
3 TBSP white wine
1 TBSP fresh basil
1 TBSP lemon juice
¼ cup grated parmesan cheese to ingredients

In skillet heat oil over medium-high heat, then add garlic and cook for 1 minute. Add onions and cook for 2 more minutes. Add shrimp and sauté 2-3 minutes, or until shrimp is almost cooked. Add wine, lemon juice and basil and cook until shrimp is pink (about 1 minute). Sprinkle cheese evenly over the shrimp and vegetables.

Quick-Broiled Salmon with Ginger-Mint Salsa

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

½ cup scallions, chopped
½ tsp black pepper
½ oz. lime juice
2 TBSP fresh mint, chopped
1 tsp grated ginger
¼ tsp salt
2 salmon filets
2 tsp lemon juice

Preheat broiler on oven to high and heat an oven-safe skillet in for 10 minutes. The pan should be 5-7" from the heat source. Rub salmon with 2 tsp fresh lemon juice and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler and cook about 5-7 minutes, depending on thickness. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and scallion. Spoon over salmon. Garnish with 1 tsp olive oil.

Salmon and Herb Spaghetti

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

3 zucchini
⅓ cup olive oil
7 grape tomatoes
3 garlic cloves, minced
⅓ cup white wine
2 salmon filets
1 TBSP basil
2 TBSP olive oil
1 ½ TBSP oregano

Spiralize zucchini and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with zucchini pasta.

Shrimp Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

½ soy sauce
2 tsp balsamic vinegar
1 TBSP olive oil
⅓ cup tomatoes
10 basil leaves
3 oz. shrimp, cooked

Combine basil and tomato. Whisk oil, vinegar and soy sauce in a cup. Season with salt and pepper. Dress the basil mixture and add cooked shrimp.

Thai Spiced Calamari

(FS RR, SS, CC, P2)

Serves 4

2 TBSP Asian chili sauce
1 oz. lime juice
2 peaches, halved
10 oz. calamari, cut into 3 cm pieces
1 TBSP soy sauce
1 tsp ginger
8 arugula leaves

Combine sauces, lime juice and ginger and whisk with a fork. Add calamari and toss to coat; cover and refrigerate for 30 minutes. Remove calamari and pour marinade into a saucepan. Bring the pan to boil over high heat, then reduce to medium and let simmer for 3 minutes. Preheat grill on medium-heat and spray with cooking oil. Cook half of the calamari for 1 minute, turn and cook for another minute or until tender. Remove and cook rest of the calamari. Remove the remaining calamari and cook the peach halves for 2 minutes then cut into cubes. Divide arugula and top with calamari and peaches.

Teriyaki Salmon

(FS, RR, SS, CC, P1, P2)

Serves 1

¼ tsp lemon juice
¼ TBSP teriyaki sauce
¼ tsp soy sauce
¼ garlic clove, minced
6 oz. salmon fillet

Mix all ingredients in a bowl and marinate salmon fillet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20-25 minutes at 350.

Tuscan Cod

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

1 tsp olive oil
1 tsp cumin
2 cod fillets
1 diced red bell pepper
½ cup onions
½ - 1 tsp crushed red pepper flakes
1 cup cherry tomatoes, diced
½ clove minced garlic

Heat oil in skillet over medium-high heat. Add onion, bell pepper, garlic and sauté for 2 minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for 5 minutes. Add fish, spooning sauce over it. Cover and cook 10 minutes until fish flakes easily.

Zesty Red Snapper with Mushrooms

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

2 TBSP lemon juice
4 snapper fillets
⅓ tsp red pepper flakes
⅓ tsp pepper
½ tsp oregano
½ tsp tarragon
½ tsp paprika
1 cup sliced mushrooms
¼ tsp salt

Heat oven to 400 degrees. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat, about 2 minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15-20 minutes.

VEGETARIAN & VEGETABLE SIDE DISHES

Almond Broccoli Stir-Fry

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

2 tsp lemon
10 cups broccoli florets
2 cloves garlic
½ tsp ground ginger
½ cup slivered almonds, toasted (omit for programs that are nut-free)
1-2 tsp stevia
⅓ cup low-sodium soy sauce
2 TBSP sesame oil

In a nonstick skillet, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, stevia and ginger and cook 1-2 minutes or until stevia is dissolved. Sprinkle with lemon juice and almonds.

Artichokes & Green Beans

(Detox, FS, RR, SS, CC, PI, P2)

Serves 5

1 ¼ pounds fresh green beans
1 TBSP extra virgin olive oil
⅔ cup finely chopped onion
1 clove garlic
1-14oz can artichoke hearts, rinsed, drained and quartered
¼ TBSP salt
⅓ tsp pepper
¼ parmesan cheese, shredded (omit for Detox or FS)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through. Sprinkle with cheese just prior to serving.

Artichokes with Saffron and Almonds

(RR, SS, CC)

Serves 8

1 cup dried figs
1 cup water, boiling
¼ tsp Saffron spice
4 pounds baby artichokes, halved and chokes removed
½ cup almonds
¼ cup white wine vinegar
1 tsp paprika
¼ TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, then remove. Sprinkle with ¼ tsp of saffron threads into the remaining liquid; allow to steep for 5 minutes. Heat oil in a large skillet over medium-high heat. Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the artichoke are tender, about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, wine and paprika. Cook and stir until all of the liquid has evaporated. Remove from the heat, recover, and allow to stand for 5 minutes before serving.

Broccoli Marinara

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

2 cloves garlic chopped
2 TBSP extra virgin olive oil
2 cups chopped broccoli
Salt and pepper to taste
2 cups canned diced tomatoes with basil, garlic and oregano (no salt added)

Heat oil in large skillet over medium heat. Add garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.

Balsamic Kale

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

5 cups kale, chopped
1 garlic clove, minced
1 TBSP extra virgin olive oil
2 TBSP balsamic vinegar
Salt and pepper to taste

Cook kale in large covered saucepan over medium-high heat until the leaves are wilted. Uncover; stir in garlic, olive oil and vinegar. Cook while stirring for about 2 minutes. Add salt and pepper to taste.

Beet & Arugula Salad with Dried Cranberries

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

¼ cup dried cranberries
2 TBSP extra virgin olive oil
2 TBSP balsamic vinegar
1 tsp sugar
⅓ tsp salt
⅓ tsp pepper
8 cups arugula
1 can drained and sliced beets (or fresh after they're cooked)

Combine cranberries with ¼ cup water in a small bowl and microwave for 1 minute. Combine oil, vinegar, sugar, salt, and pepper in a bowl and whisk for 1 minute. In large bowl, toss arugula with half the dressing and portion into individual bowl. Cut beets into cubes and mound over arugula. Drizzle remaining dressing on top of beets. Drain cranberries on top of each salad.

Brilliant Sautéed Broccoli

(RR, SS, CC)

Serves 6

- 1 pound broccoli florets
- 3 TBSP parmesan cheese
- 1 tsp brown sugar
- 2 TBSP extra virgin olive oil
- 1 tsp red pepper flakes
- ¼ TBSP salt
- ⅛ tsp black pepper

Fill a pot with water and bring to a boil. Fill a large bowl or pot with half ice and half water. When the water comes to a boil, add the broccoli florets using a strainer with a handle, if possible. Allow broccoli to cook for 2 minutes until tender. Immediately remove from the boiling water, and transfer to a bowl of ice to stop the cooking process. Immerse the broccoli completely in ice water for a minute. Remove and place in a dish that is lined with paper towels. In a small bowl, mix together the cheese and sugar; set aside. Heat the oil in a large skillet over medium high heat. Throw in the broccoli and season with red pepper flakes, salt and pepper. Stir to coat the broccoli, then cook and stir for 1 to 2 minutes. Remove from the heat and dust with the parmesan cheese mixture.

Cauliflower Spanish “Rice”

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

- 1 cauliflower head, grated to the texture of rice
- 2 garlic cloves – chopped
- 1 medium green bell pepper
- 1 medium red bell pepper
- 3 celery stalks
- 2 large carrots
- 2 TBSP extra virgin olive oil
- 1 medium tomato – diced
- 2 tsp cumin

Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.

Carrot Salad with Cilantro and Lemon

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

- 1 large carrot
- 2 scallions
- 2 TBSP cilantro
- 1 TBSP lemon juice
- ⅛ tsp salt
- 1 dash cayenne pepper

Grate the carrot. Mince the scallion, discarding the root tips and some of the green portion. Place grated carrot in a bowl with the scallions, cilantro, lime juice and salt. Toss. Sprinkle pepper and serve.

Cauliflower Soup

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

- ⅛ TBSP nutmeg
- ½ ounce agave nectar
- 5 cups cauliflower
- 2 TBSP extra virgin olive oil
- 4 cups water
- 1 medium onion, sliced
- 1 clove garlic, sliced
- 1 cup apple, cored and chopped

Heat oil in saucepan. Add onion, garlic and apple and cook until soft. Stir in remaining ingredients and cook for 2 minutes. Add 4 cups of water and bring to a boil. Reduce heat to simmer and cook 15-20 minutes or until cauliflower is tender. Let cool 10 minutes. Puree soup in a blender and return to saucepan. Season with salt and pepper. Garnish with parsley or lemon zest.

Cauliflower Spanish Rice

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

- 1 head cauliflower
- 2 cloves garlic, chopped
- 1 green bell pepper, chopped
- 4 celery stalks, chopped
- 3 small zucchini, chopped
- 2 TBSP extra virgin olive oil
- 5 oz. no added salt tomato paste
- 3 tsp ground cumin
- ½ cup vegetable stock

Using a food processor, pulse cauliflower until it is small enough to look like pieces of rice. Heat oil in a large sauté pan and sauté all vegetables together until heated through. Add stock and lower heat stirring often. When cauliflower starts to soften, add tomato paste and spices and cook over low heat until it reaches the texture of cooked rice.

Cherry Tomato Salad with Green Onions and Cilantro

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

- 1 pound cherry tomatoes
- 6 scallions
- 2 tsp chili powder
- 2 tsp dried oregano
- ½ tsp crushed garlic
- ⅛ tsp salt
- 2 TBSP freshly squeezed lime juice
- 2 TBSP apple cider vinegar
- ¼ cup fresh cilantro leaves

Cut tomatoes in half. Mince scallions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and cilantro and toss to combine.

Chilled Tomato Soup with Avocado & Basil

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

8 cups cherry tomatoes
2 TBSP balsamic vinegar
1 avocado
8 basil leaves
1 cup chopped red bell pepper
1 cup chopped green bell pepper
2 cups chopped zucchini

Combine tomatoes, balsamic vinegar and salt in a blender. Puree until smooth, then strain through a mesh strainer. Add peppers and zucchini and refrigerate for 2 hours. Portion into 4 bowls and divide avocado. Tear basil leaves and sprinkle over top. Season with salt and pepper.

Classic Gazpacho

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

½ cup water
4 cups cherry tomatoes
1 large cucumber, diced
1 yellow bell pepper, diced
1 white onion, diced
¼ cup olive oil
2 garlic cloves, minced
1 jalapeno pepper, minced
2 TBSP parsley, chopped
2 TBSP basil, chopped
2 TBSP red wine vinegar

Blend tomatoes, water and oil in a blender. Transfer to a bowl and add remaining ingredients. Refrigerate and serve.

Cold Tomato and Basil Soup

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

8 cherry tomatoes
½ cup parsley, chopped
2 TBSP vinegar
¼ tsp salt

Combine all ingredients in a blender and puree until smooth. Transfer to bowl and chill for 2 hours.

Creamy Carrot Soup

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

1 cup chopped celery
Salt and pepper
6 oz. vegetable stock
3 TBSP olive oil
¼ oz. parsley
1 cup chopped onions
1 ½ pounds carrots, chopped

Put oil in a large deep saucepan over medium heat. When oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally, about 15 minutes or until carrots are softened. Add stock and cook until vegetables are very tender, about 15-20 minutes. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

Creole Okra and Tomatoes

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

1 TBSP extra virgin olive oil
1 yellow onion, chopped
4 cups okra, sliced
2 cup chopped plum tomatoes
1 bay leaf
½ tsp thyme
¼ TBSP salt
½ tsp red pepper

Heat oil in skillet over medium heat, and then add onion and sauté until tender. Add okra, tomatoes, bay leaf, thyme, salt and red pepper. Cover and cook 15 minutes. Uncover and cook 3-5 minutes or until okra is tender and piqued is mostly evaporated.

Cucumber, Tomato and Mint Salad

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

2 cups cucumber, sliced
3 tsp sugar
2 medium plum tomatoes
½ cup chopped scallions
½ TBSP fresh mint
2 TBSP extra virgin olive oil
½ tsp black pepper
3 TBSP red wine vinegar
½ tsp salt

In a large bowl, combine cucumbers, vinegar, sugar and salt and let sit for 30 minutes. Add tomatoes, scallions, mint and oil. Gently combine while seasoning with salt and pepper to taste.

Curried Tofu Scramble with Roasted Peppers and Peas

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

1 TBSP canola oil
½ yellow onion diced
1 TBSP curry powder
1 cup frozen green peas
½ cup red bell pepper
½ cup water
14 oz. firm, pressed and crumpled tofu*
¼ tsp salt
¼ TBSP cilantro
¼ tsp pepper

Heat the olive oil in a heavy-bottomed skillet over medium-high heat. Add the tofu, onion, curry powder, salt, and black pepper and sauté for 2 minutes, stirring frequently. Add water and cover. Cook 3 minutes. Stir in peas, roasted pepper and cilantro. Cook 2 minutes.

*Tip: Freezing tofu will make it crumble better.

Detox Spicy Gazpacho

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

4 cups tomatoes
1 cup chopped green bell pepper
1 cup chopped red bell pepper
¼ cup chopped celery
1 cucumber, chopped
½ cup chopped white onion
2 garlic cloves, minced
1 TBSP lemon juice
1 TBSP basil
1 tsp parsley
1 tsp cumin
Hot pepper sauce (to taste)
¼ cup balsamic vinegar

Mix all together and refrigerate overnight.

Eggplant Casserole

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

½ cup tomato sauce
1 tsp oregano
½ cup mushrooms
1 tsp basil
½ tsp garlic powder
1 cup chopped red onions
2 whole eggplants, peeled and sliced thin

Preheat oven to 350 degrees. Place eggplant on cookie sheet that is sprayed with cooking spray, and then spray some on the eggplant. Place under broiler for 10-15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour.

Eggplant Mixed Grill

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

2 TBSP olive oil
2 TBSP parsley
6 tsp oregano
2 TBSP basil
1 TBSP balsamic vinegar
1 TBSP salt
½ tsp pepper
6 cloves garlic, minced
1 red onion, cut into wedges
Asparagus (10 spears)

In a large resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt and pepper and garlic. Place the onion, asparagus, mushrooms, eggplant, and bell peppers in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat grill for high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.

Eggplant Spinach Sauté

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

1 eggplant, cut into 1" cubes
2 large carrots, cut into 1" pieces
1 cup cauliflower
1 bunch spinach
1 tsp olive oil
1 onion, diced
Salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, eggplant, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

Fennel and Radicchio Salad with Balsamic Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

2 TBSP extra virgin olive oil
⅛ tsp salt
¼-½ cup balsamic vinaigrette
1 ½ cups fennel bulbs (cored and thinly sliced)
2 cups radicchio (red chicory), torn and loosely packed

In a small bowl, whisk together the oil, balsamic vinegar, salt, and pepper for about 1 minute. Place fennel and radicchio in a bowl and toss with dressing. Serve over a lettuce leaf.

Fresh Summer Vegetable Ratatouille

(Detox, FS, RR, SS, CC, P1, P2)

Serves 8

½ tsp basil
½ tsp salt
3+ TBSP extra virgin olive oil
1 bay leaf
2 medium onions, sliced
2 zucchini, chopped
3 garlic cloves, minced
1 eggplant, unpeeled and cubed
1 summer squash, cubed
2 medium green bell pepper, chopped
1 red bell pepper, chopped
4 small tomatoes, chopped

Heat 1 ½ TBSP oil in a large stockpot over medium-high heat. Add the onions and garlic and cook until soft. In a large skillet, heat 1 ½ TBSP oil and sauté zucchini in batches until slightly browned on all sides. Remove zucchini and place in pot with onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time to add a new set of vegetables in. Season pot ingredients with salt and pepper. Add bay leaf and cover. Cook over medium heat for 20 minutes. Add chopped tomatoes and parsley and cook another 10-15 minutes, stirring occasionally. Remove bay leaf and adjust seasoning.

Garden Vegetable Packet

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

3 cups broccoli
2 cups cauliflower
1 red bell pepper, sliced
1 tsp basil
½ TBSP salt
⅙ tsp pepper

Preheat oven to 450 degrees. Center vegetables on a sheet of aluminum foil and sprinkle seasonings, then top with 2 ice cubes. Bring foil up and double fold top to seal and make like a tent. Bake 20-25 minutes.

Garden Vegetable Soup

(Detox FS, RR, SS, CC, PI, P2)

Serves 2

½ cup zucchini
2 garlic cloves, sliced
½ tsp salt
⅔ cup carrots, strips
½ cup onions, chopped
1 ½ cup cabbage, chopped
1 TBSP no-added-salt tomato paste
½ cup green beans
1 tsp basil
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion, and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in zucchini and heat 3-4 minutes.

Garlic Kale

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

5 cups kale, chopped
4 cloves garlic, minced
2 TBSP extra virgin olive oil

Remove leaves from the stem and tear into bite-sized pieces, discarding the stems. In a large pot, heat oil over medium heat. Cook and stir the garlic until softened, about 2 minutes. Add kale and continue to cook and stir for about 5 minutes or until kale is bright green and wilted.

Golden Carrot Soup

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

3 TBSP bay leaves
2 TBSP olive oil
¼ tsp black pepper
2 TBSP parsley
2 ½ cups carrots, chopped
1 onion, chopped
2 garlic cloves, minced
4 cans vegetable or chicken broth

Heat oil in saucepan. Add carrots, onions, garlic and bay leaves. Put in broth in another pan and bring to boil. Pour boiling broth over the vegetables and simmer 15 minutes or until tender. Remove pan from heat and remove bay leaves. Allow the soup to cool a little and then transfer to a food processor or blender and puree until smooth. Season with pepper. Garnish with parsley.

Green Bean Casserole

(RR, SS, CC)

Serves 4

1 cup onions, chopped
3 oz. goat cheese, hard type
3 cups green beans
1 cup mushrooms
¾ cup red bell pepper
4 TBSP balsamic vinegar
3 oz. fat-free cream cheese

Use fresh whole green beans and trim the ends and boil in just enough water to cover for 3 minutes. Combine the slightly cooked green beans, mushrooms, and red, yellow, or orange peppers in casserole dish. Toss with olive oil, soy sauce, or balsamic vinegar and roast for 15 minutes at 375 degrees. In a separate saucepan, sauté onions in olive oil until tender and brown. For additional flavor mix the greens, mushrooms and peppers with cream cheese and goat cheese and bake at 400 degrees for 5-8 minutes.

Grilled Vegetables

(Detox, FS, RR, SS, CC, PI, P2)

(Servings based on amount of vegetables)

Vegetables of your choice
Extra virgin olive oil
Dash salt and pepper

Preheat grill for high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness is reached.

Green Bean Salad with Asian Flavors

(RR, SS, CC)

Serves 4

1 lb. fresh green beans
2 TBSP rice vinegar
1 TBSP extra virgin olive oil
1 TBSP dry sherry
2 tsp soy sauce
1 tsp sesame oil
1 garlic clove, minced
¼ tsp black pepper
1 tsp sesame seeds

Cut off green bean stems and steam beans in a covered steamer for 8 minutes. Whisk together the vinegar, olive oil, dry sherry, soy sauce, sesame oil, garlic and pepper until emulsified, about 1 minute. Set aside. Toast the sesame seeds in a small, dry pan over medium heat, stirring occasionally until they turn a darker shade of tan and emit a toasted aroma, about 1 minute. Immediately remove them from the pan and set aside. When the beans are fork-tender, rinse them briefly with cold water and drain very well. Toss warm beans with the dressing in a serving dish. Sprinkle with sesame seeds and serve.

Grilled Italian Vegetables

(Detox, FS, RR, SS, CC, P1, P2)

Serves 6

2 red bell peppers, cut into strips
1 zucchini, thinly sliced
1 red onion, thinly sliced
8 small mushrooms
3 plum tomatoes, cut into ½" pieces
3 garlic cloves, minced
3 TBSP olive oil
3 TBSP lemon juice
1 tsp basil
½ TBSP salt

Preheat grill to medium-high heat. Fold aluminum foil over the outside of a 13x9 baking pan, then remove foil and place it on a cookie sheet. Place vegetables in the "foil pan." Combine all other ingredients and drizzle over vegetables. Grill 25-20 minutes.

Japanese Vegetable Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

1 TBSP red wine vinegar
¼ slices white radishes
¼ cup red radishes
¼ cup sliced and seeded cucumber
1 cup water
Salt to taste
¼ cup carrot strips, diagonally sliced

In a bowl, combine radishes, cucumber, carrot and salt. Toss and mix and let stand for at least 20 minutes or up to 2 hours. In a small saucepan, bring vinegar and water to a boil. Remove from heat and cool. Transfer vegetables to colander and press gently to allow liquid to drain off. Return vegetables to bowl. Pour vinegar mixture over vegetables and toss to coat. Cover bowl with plastic wrap and refrigerate until serving.

Mushrooms and Peppers

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

1 cup chopped red bell pepper
½ pounds mushrooms, sliced
1 tsp garlic, minced
1 tsp thyme
2 TBSP chicken broth
1 tsp olive oil

Heat oil in a skillet on medium-high heat and add mushrooms. Cook until they begin to brown. Then, add the peppers and cook 3 minutes. Add salt, pepper, garlic and herbs and cook 30 more seconds, then add broth. Cook until liquid evaporates.

Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

2 TBSP soy sauce (or Bragg's Liquid Amino Acids)
1 TBSP olive oil
1 tsp honey
½ tsp dark sesame oil
¼ tsp ground ginger
¼ tsp chili powder
Salt and pepper to taste
Avocado
½ cup sprouts
1 scallion
1 jalapeño pepper, diced
2 cups cabbage

Place the cabbage in a large bowl. Mince the scallions, discarding the root tips and some of the green portion. Remove stem of the jalapeno pepper, then cut lengthwise, scrape seeds out and finely mince. Add the scallions, jalapeno, sprouts and cabbage and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chili powder, salt and pepper for about 1 minute. Pour over the cabbage. Add avocado slices and toss gently.

Nopalito Salad with Pickled Jalapenos

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

¼ cup minced red onions
2 TBSP olive oil
1 TBSP lime juice
1 large tomato sliced
½ cup parsley
4 Nopales

Place the nopales in a bowl and add parsley, onion, oil, pickled jalapeno and lime juice. Toss to combine. Arrange a lettuce leaf on each individual plate and top each with the nopales mixture. Arrange the tomato slices around the edge of each plate.

Mediterranean Summer Tomatoes

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

5 fresh tomatoes
5 shallots, chopped
½ cup olive oil
¼ cup balsamic vinegar

Core and slice the tomatoes and arrange. Sprinkle shallots over the tomatoes. Whisk the oil and vinegar, then pour over tomatoes. Let stand for 5 minutes before serving.

Oven-Roasted Asparagus

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

1 bunch asparagus, ends trimmed
3 TBSP olive oil
1 clove garlic, chopped
½ tsp pepper
1 TBSP lemon juice
1 ½ TBSP parmesan cheese (optional)
¼ tsp salt

Preheat oven to 425 degrees. Place all ingredients in a plastic re-sealable bag and shake to coat asparagus. Bake 15 minutes. Sprinkle with lemon juice.

Quick and Easy Gazpacho

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

8 cups cherry tomatoes
1 cup water
2 TBSP red wine vinegar
1 tsp onion powder
½ tsp garlic powder
1 cucumber, chopped
1 green pepper, chopped

Combine all ingredients except cucumber and bell pepper. Puree until smooth and then add cucumber and bell pepper. Refrigerate for 2 hours before serving.

Roasted Garlic Lemon Broccoli

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

2 heads broccoli florets
2 tsp olive oil
1 tsp sea salt
½ tsp pepper
1 garlic clove
½ tsp lemon juice

Preheat oven to 400 degrees. Toss broccoli with the oil in a bowl then add salt, pepper and garlic. Spread broccoli in an even layer on a baking sheet. Bake 15-20 minutes. Squeeze lemon over the broccoli before serving.

Sautéed Zucchini

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

1 TBSP olive oil
½ medium red onion, sliced
4 large zucchini, diced
2 ½ cups mushrooms
1 medium tomato, sliced
1 clove minced garlic
1 tsp Italian seasoning

In a skillet, heat oil over medium heat. Sauté onions with salt and pepper for 2 minutes. Stir in zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.

Snack Salad

(Detox, FS, RR, SS, CC, PI, P2)

Serves 3

¾ TBSP Italian seasoning
¼ cup water chestnuts
1 cup sliced mushrooms
3 cups broccoli florets
1 cup celery, chopped
3 cups cauliflower florets
6 black olives, sliced

Combine all ingredients. Stir.

Spicy Grilled Vegetable Skewer

(Detox, FS, RR, SS, CC, PI, P2)

Serves 6

1 tsp ground ginger
2 TBSP shallots
4 TBSP soy sauce
1 tsp rice vinegar
3 TBSP canola oil
½ oz. lime juice
¼ tsp red pepper
1 yellow squash, cut into 1" slices
2 portabella mushrooms cut into quarters without stems
1 red bell pepper, cut in 1" chunks

Mix all ingredients and place vegetables in a covered container with marinade and refrigerate for 20 minutes. Skewer the vegetables. Spray the grill with cooking spray and grill on medium-high heat until they're soft and browned (about 8-10 minutes), turning frequently.

Spicy Roasted Kale

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

4 cups chopped kale, stems removed
1 TBSP olive oil
1 TBSP chili powder
¼ TBSP salt

Preheat oven to 400 degrees. Combine kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread kale on baking sheet. Roast for 5 minutes, stir and continue roasting for 5-8 minutes until edges are brown.

Vegetable Soup

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

3 ½ cups canned tomatoes
1 red onion, diced
1 cup portabella mushrooms, diced
2 cups frozen vegetable medley
1 tsp garlic powder
1 tsp basil leaves

Combine all ingredients in a pot. Bring to boil and simmer for 15 minutes.

Tomato Basil Soup

(Detox, FS, RR, SS, CC, P1, P2)

Serves 3

2 TBSP red wine vinegar
5 TBSP olive oil
6 fresh basil leaves
1 ⅓ tsp dried basil
1 cup chopped tomatoes, seeds and juice reserved
⅓ tsp salt
¼ tsp pepper
2 clove raw garlic
1 cup cucumber, chopped

Put tomatoes in saucepan with their seeds and juice along with the garlic, basil leaves, oil, vinegar, salt and pepper to taste. Heat to 150 degrees, below boiling point. Remove from heat and strain through a not-too-fine sieve, removing only the seeds and skin. Cool in refrigerator. Adjust seasoning. To serve: put cucumbers in bowls, ladle in soup and garnish with chopped basil.

Vegan Gazpacho with Chipotle

(FS, RR, SS, CC, P2)

Serves 2

2 oz. lime juice
2 TBSP lemon juice
4 fresh cilantro sprigs
2 cups green scallions
1 TBSP chipotle sauce
3 cups tomato juice
½ cup chopped cucumber
1 green bell pepper, chopped
1 oz. diced Cipollini onions
1 ½ cup cherry tomatoes

Mix together and serve.

Zucchini Mexicali

(FS, RR, SS, CC, P2)

Serves 10

¼ cup vegetable oil
1 zucchini, thinly sliced
1 onion, chopped
1 carrot, shredded
¾ cup celery
½ cup julienned green pepper
½ tsp salt
¼ basil
⅓ cup la victoria red taco mild sauce
2 tsp mustard
1 cup tomato, chopped

In a large skillet, combine first 8 ingredients. Cover and cook over medium-high heat for 5 minutes. Stir in taco sauce and mustard; top with tomato wedges. Cook uncovered for 5 minutes or until heated through.

Zucchini Tomato Vegetable Packet

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

1 onion, sliced
1 tomato, cut into chunks
1 TBSP olive oil
¾ tsp lemon pepper
½ tsp oregano
¼ tsp salt
2 large zucchini, chopped

Preheat oven to 450 degrees. Center vegetables on a sheet of aluminum foil. Drizzle with oil and seasonings. Bring up foil sides and double fold top and ends to seal; leaving some room at the top, like a tent. Bake 20-25 minutes.