



21-DAY CHALLENGE
RECIPES

TABLE OF CONTENTS

PHASE I

4	<ul style="list-style-type: none"> Artichokes & Green Beans Wilted Arugula and Portabella Mushrooms Ketchup Creole Seasoning Blend Detox Salad Dressing French Dressing Hot Sauce (vegan) 		<ul style="list-style-type: none"> Chilled Tomato Soup with Avocado & Basil Classic Gazpacho Cold Tomato and Basil Soup Creamy Carrot Soup Cucumber, Tomato and Mint Salad Curried Tofu Scramble with Roasted Peppers and Peas
5	<ul style="list-style-type: none"> Lemon Garlic Salad Dressing Parsley Dressing Orange Anise Vinaigrette Strawberry Vinaigrette Spicy Lime Marinade Taco Seasoning Mix Easy Spinach and Onion Egg bake – Breakfast for 6 days! Zucchini Hash Browns 	11	<ul style="list-style-type: none"> Detox Spicy Gazpacho Eggplant Casserole Eggplant Mixed Grill Fennel and Radicchio Salad with Balsamic Vinaigrette Garden Vegetable Packet Garden Vegetable Soup Garlic Kale
6	<ul style="list-style-type: none"> Basil Chicken Packets Deviled Chicken Balsamic Vinaigrette Lemon Chicken Thai Chicken Stir Fry Broiled Sole with Warm Eggplant Salad 	12	<ul style="list-style-type: none"> Golden Carrot Soup Japanese Vegetable Salad Mediterranean Summer Tomatoes Mushrooms and Peppers Oven-Roasted Asparagus Quick and Easy Gazpacho Snack Salad Spicy Grilled Vegetable Skewer
7	<ul style="list-style-type: none"> Caribbean Shrimp Chinese Steamed Bass with Cabbage Easy Shrimp Stir-Fry Grilled Salmon with Spinach and Tomato Stack Parmesan Shrimp and Veggies Quick-Broiled Salmon with Ginger-Mint Salsa Salmon and Herb Spaghetti 	13	<ul style="list-style-type: none"> Spicy Roasted Kale Vegetable Soup Zucchini Tomato Vegetable Packet
8	<ul style="list-style-type: none"> Shrimp Salad Teriyaki Salmon Tuscan Cod Zesty Red Snapper with Mushrooms Almond Broccoli Stir-Fry Artichokes & Green Beans Broccoli Marinara 		
9	<ul style="list-style-type: none"> Beet & Arugula Salad with Dried Cranberries Balsamic Kale Cabbage Soup Carrot Salad with Cilantro and Lemon Cauliflower Soup Cauliflower Spanish "Rice" 		
10	<ul style="list-style-type: none"> Cherry Tomato Salad with Green Onions and Cilantro 		

PHASE I RECIPES

Artichokes & Green Beans

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

Serves 5

- 1 ¼ lbs fresh green beans
- 1 TBSP extra virgin olive oil
- ⅔ 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.

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.

Ketchup

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

Serves 4

- 6 oz. no-salt-added tomato paste
- ½ cup water
- 2 oz. rice vinegar
- 5 tsp stevia
- ¼ tsp onion powder
- 1 TBSP salt
- ⅛ ground cloves
- ⅛ cinnamon
- ⅛ tsp garlic powder

Mix all ingredients well. Makes 1 ½ cups.

Creole Seasoning Blend

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

Serves 20

- 2 TBSP onion powder
- 2 TBSP garlic powder
- 2 TBSP oregano
- 2 TBSP basil
- 1 TBSP thyme
- 1 TBSP pepper
- 1 TBSP red pepper
- 5 TBSP paprika
- 1 TBSP salt

Mix all ingredients together and store in an airtight container.

Detox Salad Dressing

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

Serves 1

- ⅛ tsp paprika
- ½ cup water
- ⅛ TBSP black pepper
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp oregano
- ⅛ tsp basil
- ½ tsp white wine vinegar
- 1 oz. Dijon mustard

Combine all ingredients into a jar and mix.

French Dressing

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

Serves 10

- ½ tsp dry mustard
- ¼ tsp white pepper
- 1 TBSP no-added-salt tomato paste
- 7 TBSP olive oil
- 2 tsp water
- ¼ TBSP white onions

In a large mason jar, combine all ingredients, seal tightly and shake.

Hot Sauce (vegan)

(FS, RR, SS, CC, P1, P2) Makes 2 cups

Latex gloves

- 10-15 hot peppers
- 1 cup apple cider vinegar
- 4 garlic cloves
- ½ tsp salt
- ½ tsp chili powder
- ½ tsp coriander
- ¼ tsp cumin
- Juice of ½ lime
- Zest of ½ lime
- Chia seeds to thicken sauce (optional)

Wearing latex gloves, remove the seeds from peppers and chop. Blend all ingredients with pepper. If it is too thin, add more peppers or chia seeds. If too thick, add more vinegar. Store in glass jar. Keeps for 6 months.

Lemon Garlic Salad Dressing

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

Serves 8

1 TBSP salt
½ cup fresh lemon juice
½ cup olive oil
1 tsp black pepper
2 garlic cloves

Mix the lemon juice and oil together. Crush garlic with the salt and mix it into the lemon and oil mixture. Add pepper to taste.

Parsley Dressing

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

Serves 1

3 TBSP olive oil
½ TBSP lemon juice
¼ tsp onion powder
2 tsp parsley, chopped

In a bowl, combine oil, lemon juice, and onion powder. Add chopped parsley, mix thoroughly with a whisk and serve.

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.

Strawberry Vinaigrette

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

Serves 8

¼ tsp tarragon
½ TBSP salt
¼ tsp pepper
2 TBSP pepper
2 TBSP balsamic vinegar
½ pint strawberries
1 cup olive oil
¼ tsp stevia

In a food processor, mix all together until smooth.

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.

Taco Seasoning Mix

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

Serves 20

3 TBSP chili powder
1 TBSP garlic powder
1 TBSP onion powder
2 tsp cumin
2 TBSP salt
1 tsp pepper
1 tsp crushed red pepper
1 tsp oregano
½ tsp paprika

Mix all ingredients together. This mix makes enough for about 5 pounds of ground meat or turkey.

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.

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.

Basil Chicken Packets

(Detox, FS, RR, SS, CC, PI, 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.

Deviled Chicken

(Detox, FS, RR, SS, CC, PI, 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.

Balsamic Vinaigrette

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

Serves 10

- ¾ cup extra virgin olive oil
- ¾ cup balsamic vinegar
- 1 garlic clove, crushed
- ½ tsp dried oregano leaves
- 2 tsp Dijon mustard

Combine all ingredients in a mason jar. Season with salt and pepper to taste and seal tightly. Shake until all ingredients are combined and refrigerate until cold.

Lemon Chicken

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

Serves 4

- 4 chicken breasts
- ½ tsp lemon pepper
- 1 ½ TBSP lemon zest
- 1 ½ TBSP dill weed
- ½ cup sour cream (light or fat free)

Preheat oven to 425 degrees. Combine sour cream, dill, lemon pepper and lemon zest in a small bowl (may use plain Greek yogurt instead of sour cream). Spray a casserole dish with cooking spray. Spread ¼ of the lemon dill sauce on bottom. Arrange chicken breasts on top of sauce in a single layer. Pour remaining sauce over chicken. Spread evenly. Bake uncovered for 30-35 minutes until chicken is tender and no longer pink.

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.

Broiled Sole with Warm Eggplant Salad

(Detox, FS, RR, SS, CC, PI, 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.

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!

Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, P1, 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.

Parmesan Shrimp and Veggies

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

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 parmesan cheese

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, P1, 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, PI, 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.

Teriyaki Salmon

(FS, RR, SS, CC, PI, 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, PI, 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, PI, 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.

Almond Broccoli Stir-Fry

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

Serves 4

2 tsp lemon
10 cups broccoli florets
2 gloves 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
⅓ 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.

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.

Beet & Arugula Salad with Dried Cranberries

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

Serves 4

¼ cup dried cranberries
2 TBSP extra virgin olive oil
2 TBSP balsamic vinegar
1 tsp sugar
⅛ tsp salt
⅛ 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.

Balsamic Kale

(Detox, FS, RR, SS, CC, P1, 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.

Cabbage Soup

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

Serves 3

½ tsp pepper
¼ cup onions
1 cup carrots
3 TBSP garlic
1 cup canned northern beans, drained and rinsed
1 ½ cups drained tomatoes
¼ tsp salt
4 cups vegetable broth
1 cup green beans, trimmed
4 cups chopped white cabbage
1 tsp Italian seasoning

Combine cabbage, onions, carrots with broth and simmer for 15 minutes. Add tomatoes, beans and seasonings. Simmer 20 minutes.

Carrot Salad with Cilantro and Lemon

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

Serves 4

8 cherry tomatoes
⅓ 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, P1, 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.

Cucumber, Tomato and Mint Salad

(Detox, FS, RR, SS, CC, P1, 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, P1, 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 crumbled 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
⅓ 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.

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.

Garden Vegetable Packet

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

Serves 4

3 cups broccoli
2 cups cauliflower
1 red bell pepper, sliced
1 tsp basil
½ TBSP salt
⅛ 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, P1, 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, P1, 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.

Japanese Vegetable Salad

(Detox, FS, RR, SS, CC, PI, 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.

Mediterranean Summer Tomatoes

(Detox, FS, RR, SS, CC, PI, 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.

Mushrooms and Peppers

(Detox, FS, RR, SS, CC, PI, 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.

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
⅛ 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.

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, P1, 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, P1, 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.

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.



PHASE 2 RECIPES

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.

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.

Balsamic Vinaigrette

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

Serves 10

- ¾ cup extra virgin olive oil
- ¾ cup balsamic vinegar
- 1 garlic clove, crushed
- ½ tsp dried oregano leaves
- 2 tsp Dijon mustard

Combine all ingredients in a mason jar. Season with salt and pepper to taste and seal tightly. Shake until all ingredients are combined and refrigerate until cold.

Basil Vinaigrette

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

Serves 10

- 1 cup extra virgin olive oil
- ½ cup cider vinegar
- 3 TBSP chopped basil
- 2 cloves garlic, minced

In a mason jar, whisk together olive oil, vinegar, basil and garlic. Refrigerate until cold.

Black Cherry Berry Shake

(FS, RR, SS, CC, P2)

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.

Creole Seasoning Blend

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

Serves 20

2 TBSP onion powder

2 TBSP garlic powder

2 TBSP oregano

2 TBSP basil

1 TBSP thyme

1 TBSP pepper

1 TBSP red pepper

5 TBSP paprika

1 TBSP salt

Mix all ingredients together and store in an airtight container.

Detox Salad Dressing

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

Serves 1

⅛ tsp paprika

½ cup water

⅛ TBSP black pepper

⅛ tsp onion powder

⅛ tsp garlic powder

⅛ tsp oregano

⅛ tsp basil

½ tsp white wine vinegar

1 oz. Dijon mustard

Combine all ingredients into a jar and mix.

French Dressing

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

Serves 10

½ tsp dry mustard

¼ tsp white pepper

1 TBSP no-added-salt tomato paste

7 TBSP olive oil

2 tsp water

¼ TBSP white onions

In a large mason jar, combine all ingredients, seal tightly and shake.

Hot Sauce (vegan)

(Detox, FS, RR, SS, CC, P1, P2) Makes 2 cups

Latex gloves

10-15 hot peppers

1 cup apple cider vinegar

4 garlic cloves

½ tsp salt

½ tsp chili powder

½ tsp coriander

¼ tsp cumin

Juice of ½ lime

Zest of ½ lime

Chia seeds to thicken sauce (optional)

Wearing latex gloves, remove the seeds from peppers and chop. Blend all ingredients with pepper. If it is too thin, add more peppers or chia seeds. If too thick, add more vinegar. Store in glass jar. Keeps for 6 months.

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.

Lemon Garlic Salad Dressing

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

Serves 8

1 TBSP salt

½ cup fresh lemon juice

½ cup olive oil

1 tsp black pepper

2 garlic cloves

Mix the lemon juice and oil together. Crush garlic with the salt and mix it into the lemon and oil mixture. Add pepper to taste.

Parsley Dressing

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

3 TBSP olive oil

½ TBSP lemon juice

¼ tsp onion powder

2 tsp parsley, chopped

In a bowl, combine oil, lemon juice, and onion powder. Add chopped parsley, mix thoroughly with a whisk and serve.

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.

Strawberry Vinaigrette

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

Serves 8

¼ tsp tarragon
½ TBSP salt
¼ tsp pepper
2 TBSP pepper
2 TBSP balsamic vinegar
½ pint strawberries
1 cup olive oil
¼ tsp stevia

In a food processor, mix all together until smooth.

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.

Taco Seasoning Mix

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

Serves 20

3 TBSP chili powder
1 TBSP garlic powder
1 TBSP onion powder
2 tsp cumin
2 TBSP salt
1 tsp pepper
1 tsp crushed red pepper
1 tsp oregano
½ tsp paprika

Mix all ingredients together. This mix makes enough for about 5 pounds of ground meat or turkey.

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.

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.

Chicken with Balsamic Vinegar

(FS, RR, SS, CC, P2)

Serves 1

1/8 tsp thyme
1 dash salt
1 TBSP extra virgin olive oil
1/2 tsp black pepper
1/4 TBSP butter, unsalted
1 bay leaf
1 chicken breast, evenly sliced into strips
1/6 cup vegetable broth
1/2 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.

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
1/8 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.

Deviled Chicken

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

Serves 2

1/4 TBSP yellow mustard
1 garlic clove
1/4 red bell pepper
1/4 tsp red pepper flakes
1/4 medium onion
1/4 TBSP black pepper
1 TBSP parsley
1/4 cup chicken stock
1/2 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.

Thai Chicken Stir Fry

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

Serves 6

1 cup cauliflower
2 cups broccoli
1/2 tsp garlic powder
1/2 tsp ginger
1 cup carrot slices
1/2 TBSP ground cardamom
1/2 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 add all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

Broiled Sole with Warm Eggplant Salad

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

Serves 1

1/2 TBSP extra virgin olive oil
1/4 TBSP balsamic vinegar
Sole filet
1/2 TBSP capers
1/4 red onion sliced fine
1 medium tomato
1 TBSP parsley
1/4 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
1/4 cup freshly squeezed grapefruit juice
1 oz. lime zest
1/4 oz. lime juice
1 garlic clove
1/4 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.

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!

Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, P1, 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.

Quick-Broiled Salmon with Ginger-Mint Salsa

(Detox, FS, RR, SS, CC, P1, 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
- ⅛ cup olive oil
- 7 grape tomatoes
- 3 garlic cloves, minced
- ⅛ 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.

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 marinade 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
- ⅛ tsp red pepper flakes
- ⅛ 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.

Artichokes & Green Beans

(Detox, FS, RR, SS, CC, P1, 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
- ⅛ tsp 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. Sprinkle with cheese just prior to serving.

Broccoli Marinara

(Detox, FS, RR, SS, CC, P1, 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.

Beet & Arugula Salad with Dried Cranberries

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

Serves 4

- ¼ cup dried cranberries
- 2 TBSP extra virgin olive oil
- 2 TBSP balsamic vinegar
- 1 tsp sugar
- ⅛ tsp salt
- ⅛ 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

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

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
⅓ 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.

Balsamic Kale

(Detox, FS, RR, SS, CC, P1, 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.

Cabbage Soup

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

Serves 3

½ tsp pepper
¼ cup onions
1 cup carrots
3 TBSP garlic
1 cup canned northern beans, drained and rinsed
1 ½ cups drained tomatoes
¼ tsp salt
4 cups vegetable broth
1 cup green beans, trimmed
4 cups chopped white cabbage
1 tsp Italian seasoning

Combine cabbage, onions, carrots with broth and simmer for 15 minutes. Add tomatoes, beans and seasonings. Simmer 20 minutes.

Carrot Salad with Cilantro and Lemon

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

Serves 2

1 large carrot
2 scallions
2 TBSP cilantro
1 TBSP lemon juice
⅓ 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, P1, P2)

Serves 6

⅓ 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, P1, 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, P1, 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, P1, 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, P1, 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, P1, P2)

Serves 4

8 cherry tomatoes
⅓ 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, P1, 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.

Cucumber Salad with Basil

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

Serves 4

3 large cucumbers
½ cup sliced red onions
1 TBSP chopped basil fresh
1 TBSP fresh parsley, chopped
1 TBSP extra virgin olive oil
2 ½ tsp Dijon mustard
¼ salt
2 TBSP balsamic vinegar

Place cucumbers and onion in a bowl. Combine basil and remaining ingredients, then pour over cucumber mixture and toss gently. Cover and chill.

Cucumber, Tomato and Mint Salad

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

4 cups tomatoes
1 cup chopped green bell pepper
1 cup chopped red bell pepper
¾ 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.

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.

Garden Vegetable Packet

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

Serves 4

3 cups broccoli
2 cups cauliflower
1 red bell pepper, sliced
1 tsp basil
½ TBSP salt
⅛ 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, P1, 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, P1, 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, P1, 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.

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.

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.

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.

Oven-Roasted Asparagus

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

Serves 4

8 cups cherry tomatoes
1 cup water
2 TBSP red wine vinegar
1 tsp onion powder
⅛ 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.

Snack Salad

(Detox, FS, RR, SS, CC, P1, 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, P1, 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, P1, 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.

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

Vegetable Soup

(Detox, FS, RR, SS, CC, P1, 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.

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.
