



TLS[®] WEIGHT LOSS SOLUTION

FAT SHREDDER RECIPES



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*Please note, all cooking temperatures in this recipe book are in Fahrenheit.

EGG DISHES AND BREAKFAST FOODS



Two Eggs Over Greens

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

Serves 1

Fresh lettuce spring mix
2 large eggs
2 Tbsp onions, shallots or scallions, chopped
1 ½ cups of your favorite combination of vegetables, grated or chopped (summer squash, zucchini, brussel sprouts or any others)
Avocado oil
1 Tbsp of liquid aminos

Prepare a plate of your favorite fresh greens, spinach, spring mix or other greens. In a sauté pan, heat up a drizzle of avocado oil, add in the vegetables and stir until slightly softened and bright in color. Add the liquid aminos. Set this on top of the salad mix. In the same pan, immediately add a drizzle of oil and fry two eggs over-easy, so the yoke is hot but not cooked through (still runny). Add that on top of the salad, breaking the yoke so it saturates into the vegetables and the salad.

Optional: Grind some fresh pepper on top.

Easy Spinach Egg Bake

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

Serves 6

1 32-oz carton of liquid egg whites
3 eggs
4 handfuls of fresh chopped spinach or any of your favorite vegetables (like mushrooms, peppers, broccoli or asparagus)
1 onion, chopped
Salt and pepper
Cayenne or chili peppers for some kick

Preheat the oven to 350 F. Spray a glass, 9x11 baking dish with cooking spray or approved oil. Beat the eggs together in a bowl, then stir in all other ingredients. Pour the mixture into the dish. Bake for 45 minutes. Split into 6 pieces. If you have leftovers, store it in the refrigerator and reheat it in the oven or on a skillet.



Grain-Free Protein Pancakes

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS® Nutrition Shake — Vanilla
3 oz unsweetened apple sauce or 1 slightly overripe banana
2 eggs
Cinnamon to taste

Mix all the ingredients together. Add coconut or avocado oil to a pan and, when it's melted, spoon the mixture into the pan to form pancakes. Cook on medium-high heat until browned and flip. Serve with fresh berries on top.

Seafood Vegetables Egg Steam

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

Serves 2

3 eggs
3 headless shrimp
1 tomato
1 cup spinach
½ cup cilantro
2 oz water
1 tsp mushroom bouillon powder or chicken bouillon powder

Add the egg, mushroom/chicken bouillon powder and water into a bowl and stir well. Chop the shrimp, tomato, spinach and cilantro and add them into the egg bowl. Stir well again. Steam your egg bowl for about 10–15 minutes.

*Tip: Put a wooden chopstick or wooden toothpick into your egg bowl and quickly remove it. If it doesn't come out wet or if there is no egg stuck to it, your egg is ready to eat.

Sundried Tomato and Spinach Omelet

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

Serves 1

2-3 eggs
½-1 TBSP of sundried tomatoes (dried or from a jar)
1 Tbsp red onion, chopped
1 handful of spinach, chopped
3-4 fresh grape tomatoes, sliced
Dash of cayenne
Salt and pepper

In a bowl, combine eggs, salt, pepper, dash of cayenne or original Mrs. Dash, and beat together. In a small sauté pan, (8-inch/20 cm size is perfect for omelet). Medium heat – drizzle of avocado oil, add vegetables and stir until slightly softened and bright in color, dash of salt and pepper, set aside. In the same pan, add another drizzle of oil and pour in egg; it will fill the 8-inch pan perfectly. Once edges are cooked, it should be easy to slide a spatula under and flip the entire egg cake over; some egg from top will run off and that's OK.

Add sautéed vegetables onto one side and then flip the other half of it over on top of itself. Serve immediately.

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 avocado oil
1 cup zucchini, shredded

Heat oil in a skillet. Mix all the ingredients together in a bowl and drop them a spoonful at a time into the hot skillet. After browning on one side, spray them with cooking spray and flip. Brown the other side.



TLS[®] NUTRITION SHAKES



Be sure to **Download** the TLS Shaking and Baking recipe booklet on [TLSslim.com](https://www.TLSslim.com) for delicious deserts, treats and shakes.



Black Cherry Berry Shake

(FS, RR, SS, CC)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
½ cup cherries, without pits
¼ cup blackberries
½ cup water or unsweetened almond milk/soy milk

Add ice (more ice equals a thicker shake) with all of the 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 milk/soy milk

Blend all of the ingredients with ice until creamy.

Chocolate Banana Protein Goodness

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Chocolate
1 small banana or ½ large one
1 large handful of fresh spinach
1 Tbsp of chia seeds or hemp hearts
1 cup unsweetened almond milk/soy milk

Blend all of the ingredients together in a blender. If you want the consistency to be thinner, add up to ½ cup of cold water.

Chocolate Green Machine

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Chocolate
1 handful of fresh spinach or kale
1 small chunk of zucchini or cucumber
1 cup unsweetened almond milk/soy milk

Blend all of the ingredients in a blender. If you want the consistency to be thinner, add up to ½ cup of cold water.

Spinach, Kiwi and Pear Shake

(FS, RR, SS, CC, P2)

Serves 1

½ lb spinach
1 kiwi
½ pear
1 scoop NutriClean[®] Fiber (optional)
2 scoop TLS Nutrition Shake — Vanilla
16 oz water or unsweetened almond milk/soy milk
Ice

Take off the skin of the kiwi and pear. Add the spinach, kiwi, pear, fiber, vanilla shake, water/almond milk/soy milk and ice in a blender. Blend well and serve.

Spinach, Strawberry and Avocado Shake

(FS, RR, SS, CC, P2)

Serves 1

½ lb spinach
¾ cup frozen or fresh strawberries
½ avocado
1 scoop NutriClean Fiber (optional)
2 scoop TLS Nutrition Shake — Vanilla
16 oz water or unsweetened almond milk/soy milk
Ice

Wash the spinach and strawberries. Add the spinach, strawberries, avocado, fiber, vanilla shake, water/almond milk/soy milk and ice in a blender. Blend well and serve.



SALADS



Fennel and Radicchio Salad With Balsamic Vinaigrette

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

Serves 1

- 2 Tbsp avocado oil
- ½ 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 the fennel and radicchio in a bowl and toss with dressing. Serve over a lettuce leaf.

Japanese Vegetable Salad

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

Serves 1

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

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



Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

- 2 Tbsp low-sodium soy sauce (or liquid amino)
- 1 Tbsp olive oil
- 1 tsp stevia
- ½ tsp dark sesame oil
- ½ tsp ground ginger
- ½ 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 — discard the root tips and some of the green portion. Remove the stem of the jalapeño pepper, cut it lengthwise, scrape the seeds out and then finely mince it. Add the scallions, jalapeño, sprouts and cabbage together and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chili powder, salt and pepper for about 1 minute. Pour the mixture over the cabbage. Add avocado slices and toss gently.

Nopalito Salad With Pickled Jalapeños

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

Serves 4

- ¼ cup minced red onions
- 2 Tbsp avocado oil
- 1 Tbsp lime juice
- 1 large tomato, sliced
- ½ cup parsley
- 4 nopales

Place the nopales in a bowl and add in the parsley, onion, oil, pickled jalapeños 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.

Quick and Easy Snack Salad

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

Serves 3

- ¾ Tbsp Italian seasoning
- 2 Tbsp olive oil
- ¼ cup water chestnuts
- 1 cup sliced mushrooms
- 3 cups broccoli or cauliflower florets
- 1 cup celery, chopped
- 2 cups peppers (your choice of color)
- 1 cup cucumber, sliced and quartered

Combine all the ingredients and add a dash of salt to taste. Stir and serve with fresh parsley.

MARINADES AND DRESSINGS



Asian Sesame Dressing

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

Serves 1

1 Tbsp low-sodium soy sauce or liquid aminos
1 Tbsp olive oil
¼–½ tsp sesame oil
Pepper

Add all the ingredients into a container, shake thoroughly and serve over your favorite mixed greens salad.

Detox-Friendly Ranch Dressing

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

Serves 1

1 egg (room temperature)
1 cup olive or avocado oil
1 Tbsp lime juice
2 Tbsp red wine vinegar
1 tsp sea salt
1 tsp pepper
¾ tsp onion powder
¾ tsp garlic powder
½ cup unsweetened (full fat) coconut milk
1 handful cilantro (or herb of choice)

Blend all ingredients for approximately 1 minute in a blender. It lasts in the refrigerator for one week.

Orange Anise Vinaigrette

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

Serves 4

⅓ tsp anise seed
2 Tbsp fresh orange juice
1 Tbsp olive oil
⅓ tsp cumin
⅓ Tbsp salt

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

Refreshing Lemon-Lime Dressing

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

Serves 3

1 lemon
1 lime
3 Tbsp olive oil
Salt and pepper

Squeeze the juice of both the lemon and lime into a container. Add the olive oil and a dash of salt and pepper. Shake thoroughly and drizzle over any salad.



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

Sweet Mustard Vinaigrette Dressing

(FS, RR, SS, CC, P2)

Serves 4

2 Tbsp organic yellow or Dijon mustard
2 Tbsp apple cider vinegar
1 Tbsp olive oil
1 tsp white monk fruit powder or ½ tsp of Stevia powder
Salt and pepper

Add all the ingredients into a container, shake thoroughly and serve over your favorite mixed greens salad.

SOUPS



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 jalapeño pepper, minced
- 2 Tbsp parsley, chopped
- 2 Tbsp basil, chopped
- 2 Tbsp red wine vinegar

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

Creamy Carrot Soup

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

Serves 6

- 6 oz vegetable stock
- 1 ½ pounds carrots, chopped
- 1 cup celery, chopped
- 1 cup onions, chopped
- 3 Tbsp avocado oil
- ¼ oz parsley
- Salt and pepper

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

Garden Vegetable Soup

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

Serves 2

- Avocado oil
- ½ cup zucchini
- ⅓ cup carrots, strips
- ½ cup onions, chopped
- 1 ½ cups cabbage, chopped
- ½ cup green beans and any other combination of your favorite vegetables
- 2 garlic cloves, minced
- 1 tsp basil
- ½ tsp salt
- 1 Tbsp no-added-salt tomato paste or 1 can of diced tomatoes, no salt added
- 4 cups vegetable broth

In a large saucepan with a drizzle of avocado oil, sauté carrots, onion and garlic over low heat for about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring it to a boil and immediately lower the heat and simmer while covered for 15 minutes. Stir in the zucchini and heat for 3–4 minutes.

Golden Carrot Soup

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

Serves 2–3

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

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





Tomato and Chives Tofu Soup

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

Serves 1

2 tomatoes
 ¼ lb chives
 7 oz tofu (firm, soft or silken)
 ¼ tsp black pepper
 2 tsp mushroom bouillon powder or chicken bouillon powder
 30 oz water

Cut each tomato into 4 pieces. Cut the tofu into cubes. Cut the chives equal to the size of your smallest finger. First, add the tomato into boiled water. Wait for 5 minutes, and then add the tofu in. Wait another 3 minutes, then add in the chives and mushroom bouillon powder/chicken bouillon powder. Cook for another 2 minutes. Sprinkle with black pepper just prior to serving.

Tomato Egg Soup

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

Serves 1

2 tomatoes
 ¼ lb cilantro
 2 egg whites
 ¼ tsp black pepper
 2 tsp mushroom bouillon powder or chicken bouillon powder
 30 oz water

Cut each tomato into 4 pieces. Chop the cilantro. Add the tomato into boiled water. Wait for 5 minutes, and then add eggs (leave the whole egg or stir as you desire). Add the mushroom/chicken bouillon powder in. Cook it for another 2 minutes and add in cilantro. Sprinkle with black pepper just prior to serving.



Hot and Sour Soup with Chicken

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

Serves 4

2 chicken breasts
 5 cups low-sodium chicken broth
 ½ cup mushrooms
 1–2 scallions
 1 Tbsp low sodium soy sauce (or liquid aminos)
 ½–1 Tbsp hot sauce
 1 egg white
 ⅛ tsp black pepper
 ½ cup bamboo shoots
 ⅔ tsp rice vinegar
 1 tsp grated ginger

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

Mushrooms and Red Spinach Soup

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

Serves 1

1 cup mushrooms
 1 lb red spinach
 30 oz water
 1 tsp mushroom bouillon powder or chicken bouillon powder

Cut the mushrooms into pieces. Add the mushrooms into boiling water and cook for 5 minutes. Add the red spinach and mushroom/chicken bouillon powder in. Cook for another 3 minutes and then turn off the stove.

CHICKEN DISHES



Asian Turkey Meatballs with Roasted Vegetables

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

Serves 2-3

1 lb ground turkey
1 egg
1 small thumb fresh ginger, grated
2 fresh green scallions, chopped finely
1 Tbsp low-sodium soy sauce (or liquid amino)
Pepper
1 tsp Korean chili flakes or red chili flakes
3-4 cups of your favorite medley of vegetables (green beans, red peppers, broccoli and carrots go very well with this dish), cut up
Avocado oil

Preheat oven to 425 F. Cut up your vegetables, place in bowl, drizzle with 1-3 Tbsp avocado oil, salt and pepper, toss so all vegetables are evenly and lightly coated. In medium-sized bowl, combine turkey with all ingredients and mix thoroughly. Roll into balls all approx. identical in size. Line half a large baking sheet with aluminum foil, brush a drizzle of avocado oil over it. Place turkey meat balls apart on baking sheet. Spread vegetables out onto the other side on the baking sheet. Bake for 12-15 minutes, depending on size of meatballs. Serve over cauliflower rice with roasted vegetables.

Balsamic Chicken Breast

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

Serves 2

2 chicken breasts sliced into strips
1 cup sliced mushrooms
1 small red onion, sliced
1/8 tsp thyme
1 clove fresh garlic, minced
1/2 tsp salt
1/2 tsp black pepper
1 bay leaf
4 Tbsp balsamic vinegar
2 Tbsp vegetable broth
1 Tbsp avocado oil

Season the chicken with salt and pepper. Heat oil and vegetable broth in a heavy skillet and cook the chicken over medium-high heat until nicely browned. Add the garlic and half the balsamic vinegar while cooking the chicken. Once browned, add mushrooms, red onions and rest of spices. Continue cooking, shaking the skillet and redistributing the mushrooms and onions so they cook evenly. Once chicken is nearly done, add remaining balsamic vinegar, let sit on low heat for approx. 5 minutes, stirring if necessary. Serve over a green salad or cauliflower rice.



Basil Chicken Packets

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

Serves 4

2 Tbsp fresh parsley
1 Tbsp lemon zest
1 1/2 tsp dried basil or several fresh leaves chopped up.
2 medium yellow summer squash, diced
1 medium red bell pepper, diced
1 Tbsp black pepper
1/4 tsp salt
2 chicken breasts, halved

Preheat oven to 450 F 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 Wings Air Fryer/Grilled

(FS, RR, SS, CC, P2)

Serves 1

1 lb chicken wings (approx 6 chicken wings)
2 Tbsp fish sauce
1 Tbsp low-sodium soy sauce (or liquid amino)
1 Tbsp garlic powder
1 tsp black pepper
1 Tbsp mushroom bouillon powder/chicken bouillon powder

Prepare a big bowl. Add fish sauce, soy sauce, garlic powder, black pepper and mushroom bouillon powder/chicken bouillon powder. Stir well. Rinse chicken wings and put in the bowl of sauce. Mix or shake well. Leave in refrigerator at least 30 minutes (you can leave overnight for cooking the next day). Put chicken wings in an air fryer or oven and heat at 390 F for 25 minutes (turn them over to other side halfway through cooking).

Deviled Chicken

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

Serves 2

2 chicken breasts
¼ medium onion
¼ red bell pepper
4 Tbsp organic yellow or Dijon mustard
1 garlic clove, minced
¼ tsp red pepper flakes or cayenne
½ Tbsp paprika
¼ Tbsp black pepper
1 Tbsp parsley
¼ cup chicken broth

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 and red pepper flakes to the pan. Cook the vegetables for 5 minutes.

Add ¼ 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 off the heat and add the parsley. Pour the sauce over the chicken and serve immediately.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, P2)

Serves 1

1 Tbsp avocado oil
1 chicken breast
2 Tbsp water
1 Tbsp basil
⅛ 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.

Lemon Basil Chicken

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

Serves 4

4 chicken breasts, sliced into strips
1 Tbsp dry basil or a large handful of fresh basil leaves
1 lemon
1 garlic clove, minced
Salt and pepper
Avocado oil

Grate 2 tsp lemon peel, reserve for later. Cut lemon into halves and juice, reserve for later. Pat dry chicken breasts, cut into strips, season with salt and pepper. Heat oil on medium to high heat. Place garlic and chicken in pan and cook until browned. Add lemon zest and stir.

When chicken is nearly done, add lemon juice and fresh basil, place on low heat to simmer, stir if necessary. Serve over cauliflower rice and your favorite vegetables cut up and flash stir-fried in low-sodium soy (or liquid amino).



Moroccan-Style Chicken with Vegetables

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

Serves 2

2 chicken breasts
1–2 tomatoes, diced
1 shallot, minced
1 small to medium zucchini, cut into 2-inch slices

1 ½ tsp cumin
½ tsp cinnamon
½ Tbsp salt
½ tsp pepper
2 Tbsp tomato paste

Preheat oven to 450 F. Center chicken breasts on aluminum foil. Combine the dry spices, then sprinkle half of the mix over the chicken. Combine and mix the remaining spice mix with the onion, tomatoes and paste 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

4 chicken breasts
1 ½ cup mushrooms
1 onion, sliced
½ cup tomatoes
½ tsp salt
¼ tsp pepper
½ tsp garlic powder
1 tsp rosemary
1 cup chicken broth
4 Tbsp avocado oil
Fresh parsley, chopped roughly

Cut chicken into slices and pound until less than ½ thickness. Sprinkle chicken 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. Add chicken back in, raise heat to high and cook uncovered, stirring frequently for 3 minutes until about ¼ of liquid remains. Sprinkle with fresh parsley and serve over fresh green salad or cauliflower rice.

Thai Chicken Stir Fry

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

Serves 4–6

4 chicken breasts, cut into strips
1 cup cauliflower
2 cups broccoli
1 cup carrot slices
½ tsp garlic powder or 1 fresh garlic clove, minced
½ tsp ginger powder or 1 small ginger finger, grated
½ Tbsp ground cardamom
½ tsp chili powder
1 Tbsp curry powder
2 Tbsp avocado oil
1 Tbsp soy sauce

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half the chicken (cut into strips), 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

- 1–2 sole fillets
- ¼ red onion, finely sliced
- 1 medium tomato, diced
- ¼ eggplant, peeled and cubed
- ½ Tbsp avocado oil
- ¼ Tbsp balsamic vinegar
- ½ Tbsp capers
- 1 Tbsp parsley

Preheat oven to 350 F. Place sole in oven and cook until it is tender and flaky, approx. 10–15 minutes. 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. Serve on side or over top broiled fish.

Caribbean Shrimp

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

Serves 4

- 1 lb shrimp
- ¼ cup grapefruit juice, freshly squeezed
- 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. Serve over salad, cauliflower rice or your favorite vegetables sautéed.



Chinese Steamed Bass With Cabbage

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

Serves 2

- 2 striped bass fillets
- ½ head cabbage
- 1 hot chili pepper, chopped
- 1 tsp fresh ginger, grated
- 2 garlic cloves, minced
- 2 Tbsp low-sodium soy sauce
- 2 tsp avocado 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 and pour over the garlic and oil.

Cioppino (seafood stew)

(FS, RR, SS, CC, P2)

Serves 2

- 1 Tbsp extra virgin olive oil
- 1 onion, chopped
- 4 cloves of garlic, minced
- 1 can diced tomatoes (28 oz)
- 1 cup low-fat fish or chicken broth
- ½ cup clam juice
- ½ lb mussels in the shell, scrubbed with beards removed
- ½ lb cod or monkfish
- ½ lb large shrimp, peeled and deveined
- 2 Tbsp fresh basil (or ½ tsp dried), chopped
- ½ tsp red pepper flakes
- ½ cup fresh flat-leaf parsley, chopped
- ½ fennel bulb, thinly sliced

Optional to add or substitute clams, scallops or capers.

Heat oil in soup pot over medium heat. Add onion and garlic until softened (5 minutes). Add the fennel and cook 2–3 minutes. Stir in the tomatoes, broth, clam juice, basil, red pepper flakes and ¼ cup of parsley, and bring to a boil. Reduce heat and simmer for 15 minutes. Add mussels, cod or monkfish and shrimp. Cover and cook for about 5 minutes until the mussels open and the shrimp, fish and scallops are firm. Stir in the remaining parsley and capers.

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 F. 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.

Fish Veracruz

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

Serves 4

2 garlic cloves, chopped
2 cups orange juice
1 Tbsp onions
4 fish fillets (white fish)
¼ cup stuffed green olives, chopped pimiento
1 Tbsp avocado oil
1 oz fresh tomatoes with jalapeno

Preheat oven to 450 F. 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, P1, P2)

Serves 4

2 ½ cups of shrimp
1 white onion, cut in wedges
¾ cup celery, chopped
½ cup baby carrots
½ cup snow peas
½ cup cauliflower or broccoli
½ cup mushrooms
½ cup water chestnuts
2 tsp ginger powder or 1 fresh finger of ginger, grated.
1–2 garlic cloves minced
2–4 Tbsp low-sodium soy sauce (or liquid amino)
2 Tbsp avocado oil

In a large wok, heat 1 Tbsp oil on medium heat, add half garlic and ginger and all the shrimp. Cook until pink and set aside. In same wok, heat 1 Tbsp oil and remaining garlic and ginger, add hardest or most dense vegetable first, like carrots, cauliflower and broccoli. As they cook, add half the soy sauce and the next batch of vegetables until you add the softest, like mushrooms, snow peas and water chestnuts. Add remaining soy sauce and shrimp, and continue to toss until all vegetables are softened but still bright in color. Serve over cauliflower rice.



Grilled Salmon with Spinach and Tomato Stack

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

Serves 2

2 salmon fillets
1 Tbsp balsamic vinegar
2 Tbsp fresh basil, chopped
1 tsp avocado oil
2 cups of fresh spinach
1 tomato, sliced (or any of your favorite vegetables)

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 the balsamic vinegar, then sprinkle with remaining basil.



Grilled Tuna with Salsa

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

Serves 1

1 tuna steak
2–4 Tbsp fresh salsa
1 cup your favorite lettuce/greens
1 cup snow peas
1 tsp avocado oil
1 Tbsp of low-sodium soy (or liquid amino)
Salt and pepper

Lightly brush a grill pan, grill rack or broiler pan with oil. Season tuna with salt and pepper. Grill tuna on the pan over medium heat (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 on top of bed of greens and snow peas. Optional to sprinkle the soy (or liquid amino) over salad.

Quick-Broiled Salmon with Ginger-Mint Salsa

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

Serves 2

2 salmon fillets
½ cup scallions, chopped
½ oz lime juice
2 Tbsp fresh mint, chopped
1 tsp ginger, grated
¼ tsp salt
½ tsp black pepper
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 scallions. Spoon over salmon. Garnish with 1 tsp olive oil.



Shrimp Salad

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

Serves 1

- ½ low-sodium soy sauce
- 2 tsp balsamic vinegar
- 1 Tbsp avocado oil
- ½ 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. Optional: Add a bed of greens or any of your favorite vegetables.

Rockfish/Cod Fish Steam Soy Sauce

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

Serves 2-3

- 1 rockfish/cod fish
- 2 tsp ginger, minced
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 1 Tbsp soy sauce
- ½ tsp sesame oil
- 2 tsp garlic, chopped
- 6 oz water
- 1 tsp salt
- 1 tsp mushroom bouillon powder/chicken bouillon powder

Clean and clean rockfish. Rinse and cut ginger and green onion to thin slices. Rinse and cut cilantro to half. Add soy sauce, sesame oil, garlic, mushroom/chicken bouillon powder into 6 oz of water and stir well. Put ginger and onion into the fish and put the fish into an oval plate or a big bowl. Add in the mixture of sauce. Steam for about 15-20 minutes. Add cilantro just prior to serving.

Tuscan Cod

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

Serves 2

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

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

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

Heat oven to 400 F. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange fish on an 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.



APPETIZERS AND VEGETABLE SIDE DISHES

Artichokes and Green Beans

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

Serves 5

- 1 ¼ lb fresh green beans
- 1 Tbsp extra virgin olive oil
- ½ cup onion, finely chopped
- 1 clove garlic
- 1 14-oz can artichoke hearts, rinsed, drained and quartered
- ¼ Tbsp salt
- ⅛ tsp pepper

Place beans in a steamer basket. Place in saucepan over 1 inch of water and 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.

Balsamic Kale

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

Serves 4

- 5 cups kale, chopped
- 1 garlic clove, minced
- 1 Tbsp avocado 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, avocado oil and vinegar. Cook while stirring for about 2 minutes. Add salt and pepper to taste.



Bean Sprouts Stir Fry

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

Serves 2

- 1 lb bean sprouts
- ¼ lb chives
- 2 tsp garlic, chopped
- 3 tsp avocado oil
- 2 tsp mushroom bouillon powder or chicken bouillon powder

Rinse bean sprouts and chives. Cut chives into little-finger size. Fry chopped garlic with avocado oil for 10–15 seconds on medium-high heat until garlic turns light gold. Add bean sprouts in and stir fry for 5 minutes. Add chives and mushroom/chicken bouillon powder. Cook for another 2 minutes.

Broccoli Marinara

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

Serves 4

- 2 garlic cloves, chopped
- 2 Tbsp avocado oil
- 2 cups broccoli, chopped
- Salt and pepper to taste
- 2 cups fresh 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 juice and simmer until the liquid has reduced about half. Place 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.



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
- ¼ 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 Rice

When making your own cauliflower rice at home, here is what you will need:

- Head of cauliflower
- Blender
- Strainer
- Paper towel

Chop entire cauliflower (head and usable stems) into florets and chunks. Fill blender ¾ full with cauliflower florets. Fill with filtered water to top of cauliflower. Blend on slowest setting; you may need to prod with blender-safe instrument so that all the cauliflower is “riced.” Place 1–2 paper towel(s) in strainer and pour the contents of the blender slowly into the strainer. Repeat until you have riced all the cauliflower. (You can choose to separate into serving sized and keep in fridge or freezer).

Cooking Cauliflower Rice

In a large skillet pan, add a drizzle of avocado oil and 1–2 Tbsp of chicken, vegetable or mushroom broth/stock on medium to high heat. Add chopped onion, vegetables and herbs until fragrant. Add cauliflower rice, salt, pepper and any other desired spices. Fry until desired softness or crispiness is reached.

Mexican rice: finely chopped shallots, turmeric, cumin, garlic powder and fresh cilantro
Asian rice: finely chopped scallions, peas, freshly grated ginger and low-sodium soy sauce (or liquid amino)

Spanish rice: finely chopped onion, 2 Tbsp salsa or tomato paste

Mushroom and parsley rice: finely chopped mushroom, finely chopped shallots, parsley, salt and pepper.

Cherry Tomato Pico de Gallo With a Kick

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

Serves 6

- 1 lb cherry tomatoes, sliced in half
- 3–4 scallions or 3 Tbsp red onion, minced
- 1 tsp chili powder
- ¼ tsp garlic powder
- ½ tsp salt
- 1–2 limes, freshly squeezed
- 1 Tbsp apple cider vinegar
- ½ cup fresh cilantro leaves

In a bowl, combine the tomatoes, onions, chili powder, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add cilantro and toss to combine. Serve over eggs or any lean protein, like chicken breast or fish filet.



Creole Okra and Tomatoes

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

Serves 4

- 1 Tbsp avocado oil
- 1 yellow onion, chopped
- 4 cups okra, sliced
- 2 cup plum tomatoes, chopped
- 1 bay leaf
- ½ tsp thyme
- ¼ Tbsp salt
- ½ tsp red pepper

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

Curried Tofu Scramble with Roasted Peppers and Peas

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

Serves 4

- 1 Tbsp avocado 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 avocado 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.

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 red onions, chopped
- 2 whole eggplants, peeled and thinly sliced

Preheat oven to 350 F. Spray a baking sheet with cooking oil and place eggplant on the baking sheet. Spray cooking oil on top of the eggplant. Place under broiler for 10–15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom; layer eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour.



Eggplant Mixed Vegetable Grill

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

Serves 4

- 2 Tbsp avocado oil
- 2 Tbsp parsley
- 6 tsp oregano
- 2 Tbsp basil
- 1 Tbsp balsamic vinegar
- 1 Tbsp salt
- ½ tsp pepper
- 6 garlic cloves, minced
- 1 large eggplant, sliced and quartered
- 1 red onion, cut into wedges
- 10 asparagus spears, trimmed

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, mixing/turning occasionally. Preheat grill for high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.



Fresh Summer Vegetable Ratatouille

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

Serves 8

- ½ tsp basil
- ½ tsp salt
- 3 Tbsp avocado oil
- 1 bay leaf
- 3 garlic cloves, minced
- 2 medium onions, sliced
- 2 zucchinis, chopped
- 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, P1, P2)

Serves 4

- 3 cups broccoli
- 2 cups cauliflower
- 1 red bell pepper, sliced
- 1 tsp basil or fresh handful, chopped
- ½ Tbsp salt
- ¼ tsp pepper

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

Garlic Kale Sautee

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

Serves 2

- 5 cups kale, chopped
- 4 cloves garlic, minced
- 2 Tbsp avocado oil
- Salt

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.

Green Beans With Garlic and Tomato

(Detox, FS, RR, SS, CC)

Serves 4

4 garlic cloves
½ cup chopped onion
1 lb green beans
4 tsp avocado oil
½ tsp salt
1 cup cherry tomatoes

Rinse and drain the green beans. Sauté the onions and garlic until fragrant. Add the green beans and salt. Stir and cook approx. 5 minutes on medium-high heat until beans are a bright color and ready. Add a splash of water, if needed. Add fresh tomatoes.

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-inch pieces
3 garlic cloves, minced
3 Tbsp avocado oil
3 Tbsp lemon juice
1 tsp basil
½ Tbsp salt
Aluminum foil

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

Guacamole

(FS, RR, SS, CC, P2)

Serves 2–4

1 large avocado, cubed
¼ cup chopped onion, red or yellow
1 jalapeño pepper, diced
1 garlic clove, minced
½ cup cherry tomatoes, halved or quartered
¼ cup cilantro leaves, diced
1 lime
Dash salt and pepper

Squeeze lime in medium bowl. Remove avocado pit and dice. Scoop diced pieces out of the skin and mash with a fork to desired consistency. Add tomatoes, onion, garlic, cilantro, jalapeno, salt and 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; it can also be served immediately. Eat alongside a salad, dinner or dip with celery stick, zucchini and cucumber slices.



Indian Roasted Vegetables

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

Serves 3–4

2 cups Brussels sprouts, halved or quarter
3 cups cauliflower, cut into bite-sized florets
2 cups broccoli, cut into bite-sized florets
1 small/medium onion of choice, chopped
1–2 TBSP avocado oil
2 tsp turmeric
1 tsp cumin
1 tsp garlic powder
Salt and pepper

Preheat oven to 425 F. Place all chopped vegetables in a bowl. Lightly coat vegetables with oil and season with turmeric so cauliflower appears yellow — a few shakes of cumin, garlic, salt and pepper. Toss so everything is evenly coated. Spread out vegetables on a baking sheet and bake for 20–25 minutes or until cauliflower and broccoli appear to be getting crispy edges. At halfway point, turn vegetables with spatula. Place back in oven until desired crispiness.

Mediterranean Summer Tomatoes

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

Serves 4

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

Core and slice the tomatoes and arrange on a plate. Sprinkle shallots over the tomatoes. Whisk the oil and vinegar, and then pour over tomatoes. Let stand for 5 minutes before serving. A fresh side for any entrée.



Oven-Roasted Asparagus

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

Serves 4

1 bunch asparagus, trimmed
3 Tbsp avocado oil
1 clove garlic, chopped
½ tsp pepper
1 Tbsp lemon juice
¼ tsp salt

Preheat oven to 425 F. Place all ingredients in a resealable plastic bag and shake to coat asparagus. Bake 15 minutes. Sprinkle with lemon juice.

Roasted Garlic Lemon Broccoli

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

Serves 6

2 heads broccoli florets
2 tsp avocado oil
1 tsp sea salt
½ tsp pepper
1 garlic clove, minced
½ tsp lemon juice

Preheat oven to 400 F. Toss broccoli with the oil in a bowl. 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, P1, P2)

Serves 2

1 Tbsp avocado oil
½ medium red onion, sliced
4 large zucchinis, diced
2 ½ cups mushrooms
1 medium tomato, sliced
1 garlic clove, minced
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.

Spicy Grilled Vegetable Skewer

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

Serves 6

1 tsp ground ginger
4 Tbsp low-sodium soy sauce or liquid amino
1 tsp rice vinegar
3 Tbsp avocado oil
½ oz lime juice
¼ tsp pepper
1 yellow squash or zucchini, cut into 1–inch slices
2 portabella mushrooms, quartered without stems
1 red bell pepper, sliced 1–inch chunks
1 yellow bell pepper, sliced 1–inch chunks
½ red onion, chopped into quarters
Skewers

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

Spicy Roasted Kale Chips

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

Serves 4

4 cups chopped kale, stems removed (best type for kale chips is Tuscan kale, often referred to as dinosaur kale)
1 Tbsp avocado oil
1 Tbsp chili powder
¼ Tbsp salt

Preheat oven to 400 F. Combine kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread kale on baking sheet. Roast for 3–5 minutes, stir and continue roasting for another approx. 5 minutes or until edges are brown.

Thyme Mushrooms and Peppers Sauté

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

Serves 4

1 cup red bell pepper, chopped
½ lb mushrooms, sliced
1 tsp garlic, minced
1 tsp thyme
2 Tbsp chicken broth
1 tsp avocado oil

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

Tomatoes With Shallots and Fresh Basil

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

Serves 4

½ Tbsp avocado 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 on a platter. Sprinkle evenly with salt and pepper. Drizzle the avocado oil and vinegar over them. Top with basil and shallots and serve.

Zucchini Mexicali

(FS, RR, SS, CC, P2)

Serves 10

¼ cup avocado oil
1 zucchini, thinly sliced
1 onion, chopped
1 carrot, shredded
¾ cup celery
½ cup green pepper, julienned
½ tsp salt
¼ basil
½ cup la Victoria red taco sauce, mild
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 avocado oil
¾ tsp lemon pepper
½ tsp oregano
¼ tsp salt
2 large zucchinis, chopped

Preheat oven to 450 F. 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.