



ITLS™ WEIGHT
MANAGEMENT
SOLUTION

CLEANSE RECIPES



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BREAKFAST AND SMOOTHIES

Baked Eggs

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

2 servings breakfast

1-2 tsp olive or avocado oil
1 shallot chopped
1 cup of cherry tomatoes, cut in half
4 ounces of shitake or other mushrooms
8 cups of mixed dark leafy greens, such as baby kale, spinach, beet greens or swiss chard
4 whole eggs
Fresh herbs, pepper and optional hot sauce

Preheat oven to 200°C. Lightly grease the bottom of a well-seasoned cast iron skillet with 1-2 tsp of avocado oil. Add the shallot, tomatoes, mushrooms and greens. Crack each egg over the greens and add herbs and pepper as desired, then place in the oven for 15-20 minutes until the white of the egg is cooked. Add hot sauce if desired.

Beauty Green Smoothie

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

1 serving snack

½ cup of fresh papaya, peeled and chopped
½ fresh ripe pear, peeled and chopped
2 cups of fresh spinach, chopped
¼ lime, peeled
2 sprigs of fresh parsley
½ tsp of fresh ginger root, peeled and chopped
1 cup of water

Add all ingredients in blender and blend until smooth.

Blueberry Chocolate Detox Smoothie

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

1 serving breakfast

½ cup of frozen blueberries
1 cup of baby spinach
½ frozen banana
1 Tbsp of unsweetened raw cacao powder
1 cup of filtered water
1-2 Tbsp of chia seeds

Blend and enjoy!

Chard, Tomato and Zucchini Frittata

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

2 servings

2 tsp of olive oil
⅓ cup of chopped onion
1 clove of minced garlic
1 small zucchini, chopped
1 ½ cups of cherry tomatoes
1 ½ cups of swiss chard (tough spines removed)
4 eggs whisked
Pinch of salt and pepper

Preheat oven to 180°C. Chop onion, zucchini, swiss chard and tomato. Mince garlic. In an oven-safe, nonstick skillet, heat olive oil. Sauté zucchini and tomatoes, then add chard and sauté a few more minutes until wilted. Add onions and garlic and sauté until soft and fragrant. Whisk eggs, add a dash of sea salt, and pour over vegetables. Place in oven and cook for approximately 10 minutes until cooked through. Remove from oven and let stand for a few minutes. Slice to serve.

Detox Green Smoothie

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

1 serving snack

2 cups of chopped dark romaine lettuce
½ cup of frozen pineapple
1 cup of cucumber, peeled and chopped
2 cups of filtered water
2 kiwi peeled and chopped
2 Tbsp fresh parsley, chopped
Optional 1 tsp of fresh chopped ginger root

Add ingredients to a high-speed blender and process until smooth.

Easy Spinach and Onion Egg Bake

Detox, FB, RR, SS, CC, P1, P2)

Serves 1-6

8 organic large eggs
8 egg whites
3 large tomatoes chopped
3 cups of baby spinach, washed and chopped
1 small onion chopped
½ cup fresh basil

Preheat oven to 180°C. In a medium bowl, whisk the eggs and egg whites. Add the remaining ingredients and mix well to combine. Line a 9x12 baking dish and pour in the egg mixture. Bake for 30-45 minutes, until the eggs are set. Set to cool for 15 minutes before cutting into squares. Leftovers will keep in the fridge for 3-4 days.

Egg Squares

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

Serves 6

8 organic large eggs
8 organic egg whites
3 sweet peppers (your choice of red/green or orange) diced
3 cups of chopped organic kale, or swiss chard
½ cup chopped fresh basil
2 Tbsp chia seeds
Spritz of sea salt and black pepper

Preheat oven to 180°C. In a medium bowl, whisk the eggs and egg whites. Add the remaining ingredients and mix well to combine. Line a 9x12 baking dish with parchment paper and pour in the egg mixture. Bake for 30-45 minutes until the eggs are set. Remove from the oven and allow to cool for at least 15 minutes. Cut into 12 squares and enjoy! Leftovers can stay in the refrigerator for up to 3 days.

Green Machine Smoothie

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

Serves 1

2 cups of baby kale
½ lemon peeled
1 cucumber, peeled and chopped
2 celery stalks, washed and chopped
1 cup of water
3 ounces of soft organic tofu

Add all ingredients to a high-speed blender and process until smooth.

Mushroom and Spinach Egg Bake

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

Serves 6

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

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook for 45 minutes at 180°C. Makes 6 servings. Can refrigerate and reheat in the microwave.



Orange Ginger Green Smoothie

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

1 serving snack

1 orange peeled and quartered
1 tsp of minced ginger
¼ cup of fresh parsley
½ cucumber peeled and chopped
½ cup kale shredded
1 slice of avocado
1 cup of water

Peel and chop orange, ginger, cucumber and kale. Place all ingredients in blender and blend.

Zucchini Hash Browns

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

Serves 1

2 eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp olive or avocado oil
1 cup shredded zucchini
¼ tsp salt

Add shredded zucchini to a strainer and sprinkle salt over it, stir and let sit for about 5 minutes. Stir and press zucchini to drain as much moisture out as you can. 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 it onto the other side.

SALADS AND GREENS

Beet and Arugula Salad

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

Serves 4

1 Tbsp extra virgin olive oil
¼ cup apple cider vinegar
⅛ tsp salt
⅛ tsp pepper
8 cups arugula
Sliced fresh beets, cooked or raw (not from a can)

Combine oil, vinegar, salt and pepper in a bowl and whisk for one minute. In a large bowl, toss the arugula with half of the dressing. Cut beets into cubes and place over arugula. Drizzle the remaining dressing on top of the beets.

Carrot Salad With Cilantro and Lemon

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

Serves 2

3-4 large carrots
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.

Cherry Tomato Salad With Green Onions and Cilantro

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

Serves 4-6

1 lb 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 the scallions, discarding the root tips and some of the green portions. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle it with lime juice and vinegar. Add lettuce and cilantro and toss to combine.

Crunchy Cucumber Salad With Basil

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

Serves 4

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

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

Cucumber, Tomato and Mint Salad

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

Serves 2

2 cups cucumber, sliced
3-4 medium plum tomatoes
¼ cup scallions, chopped
½ Tbsp fresh mint
1 Tbsp extra virgin olive oil
½ tsp black pepper
4 Tbsp red grape vinegar
½ tsp salt

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



Detox Salad

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

1 serving

4 cups of any variety leafy greens (arugula, spring mix, romaine, spinach, little gems, etc)

1 lemon, lime, or orange, peeled and squeezed into a juice

Toppings as desired:

Cucumber
Celery
Tomato
Carrots
Microgreens
Sprouts
Onion
Bell pepper “red, yellow or green”
Steamed green beans
Radish
Chopped broccoli
½ cup of berries, apple or pear

Place the leafy greens and toppings of your choice into a large bowl. Drizzle the fresh lemon, lime or orange juice over the top to taste. Add raw apple cider vinegar if desired.

Fennel and Radicchio Salad With Balsamic Vinaigrette

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

Serves 1

2 Tbsp extra virgin olive oil
Pinch of salt
¼ cup raw apple cider vinegar
1 ½ cups fennel bulbs (cored and thinly sliced)
4 cups radicchio (red chicory), torn and loosely packed

In a small bowl, whisk together the oil, vinegar, salt and pepper for about one minute. Place fennel and radicchio in a bowl and toss with dressing.

French Lentil Salad With Cherry Tomatoes

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

Serves 6

1 cup lentils, dried
4 cups water
2 tsp reduced sodium vegetable broth
4 celery stalks, diced
1 ½ cup cherry tomatoes, halved
2 medium shallots, finely diced
¼ cup parsley, fresh, chopped
1 ½ Tbsp olive oil
2 tsp Dijon mustard
2 Tbsp red grape vinegar
1 tsp herbes de Provence
Pepper, to taste
1 clove garlic, minced with salt, to taste

Place the lentils, water and broth base in a pot. Cover and bring to a boil over medium-high heat. Reduce the heat to medium and cook for 15 to 20 minutes, until the lentils are tender but firm. Remove from heat, drain any remaining liquid and transfer the lentils to a large bowl. Chill for at least 30 minutes. Stir in celery, tomatoes, shallots and parsley. In a small dish, make the dressing by whisking together the olive oil, mustard, vinegar, herbes de Provence, black pepper and garlic. Add the dressing to the lentil mixture and toss. Taste and season with salt, if desired. Chill until serving time.



Glowing Chopped Kale Salad With Citrus Vinaigrette

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

Serves 1

1 bunch lacinato kale
1.5 tbsp olive oil, divided
2 Tbsp lemon juice, divided
1 cup green cabbage, shredded
½ cup raw beets, shredded
¼ cup green scallion, chopped
¼ cup parsley, chopped
1 orange, segmented
½ cup pomegranate seeds
1 Tbsp apple cider vinegar
Sea salt to taste
Black pepper to taste

Wash, dry and remove the center ribs from the kale. Shred it finely. In a large mixing bowl combine the kale with 1 Tbsp olive oil, 1 Tbsp lemon juice and a pinch of salt. Massage it with your hands for 1-2 minutes or until the kale is bright green and pliable. Add in the cabbage, beets, scallions and parsley and toss well. Next add in the oranges and pomegranate seeds. In a small bowl whisk together the remaining olive oil, lemon juice, apple cider vinegar, a pinch of salt and pepper. Then drizzle the dressing over the salad.

Japanese Vegetable Salad

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

Serves 1

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

In a bowl. Soak radishes, cucumber, carrots in water and salt (water should be enough to cover all the vegetables). Toss and mix and let stand for at least 20 minutes or up to two hours. In a small saucepan, bring vinegar and water to a boil. Remove from heat and cool. Transfer vegetables to a colander and press gently to allow the liquid to drain off. Return vegetables to a bowl. Pour vinegar mixture over the vegetables and toss to coat. Cover the bowl and refrigerate until ready to serve.



Love My Kale Salad

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

Serves 2

1 head of organic kale
2 Tbsp lemon juice
1 Tbsp olive oil
¼ cup sundried tomatoes (in a packet), soaked in water for 20 minutes
1 handful of sprouts, such as sunflower, alfalfa, clover or sweet pea
½ avocado, cubed
1 chopped shallot

Slice kale into thin strips, and transfer to a large mixing bowl. Drizzle with the olive oil, lemon juice and sprinkle of salt. Massage kale until the color becomes dark green and leaves are soft. Add in chopped sundried tomatoes, shallot sprouts and avocado and toss with vinaigrette of choice.

Nopalito Salad With Pickled Jalapeños

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

Serves 4

1 pickled jalapeño
¼ cup red onions, minced
2 Tbsp olive oil
1 Tbsp lime juice
1 large tomato, sliced
½ cup parsley
4 nopales

Place the nopales in a bowl and add parsley, onion, oil, pickled jalapeño 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 edges of each plate.

Rainbow Tuna Salad

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

Serves 2

2 shallots chopped
3 large carrots, peeled and chopped
3 stalks of celery, chopped
1 can of tuna
2 Tbsp fresh lemon juice
4 Tbsp of raw apple cider vinegar
1 tsp of extra virgin olive oil
8 cups of baby spring mix or other leafy greens

Drain tuna and add to large mixing bowl along with celery, carrots and shallots. Add lemon juice, raw apple cider vinegar and oil and mix together. Place over leafy greens. Add more apple cider vinegar if desired. (Can substitute tuna for wild salmon.)

Simple Arugula Radicchio Salad

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

Serves 2

6 cups fresh arugula
2 heads radicchio lettuce, chopped
2 Tbsp extra virgin olive or avocado oil
2 tsp Dijon mustard
3 Tbsp red grape vinegar
1 lemon, juiced (for 1 Tbsp juice)

Chop radicchio. Wash and dry lettuces. Juice lemon. Add oil, mustard, vinegar and lemon juice to a small mason jar. Shake to combine. Add lettuces to bowl and toss to coat. Season with salt and pepper to taste.



DRESSINGS AND MARINADES

Asian Sesame Dressing

1 Tbsp Bragg Liquid Aminos or low sodium soy sauce
1 Tbsp olive oil
¼-½ tsp of sesame oil
Pepper

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



Creamy Balsamic Dressing

1 Tbsp olive or avocado oil
1 cup water
2-3 Tbsp balsamic vinegar
Juice of 1 lemon
1 tsp dried oregano
¾ tsp salt
½ tsp black pepper

Blend until creamy.

Detox-Friendly Ranch Dressing

1 egg room temperature
1 cup olive or avocado oil
1 Tbsp lemon juice
2 Tbsp red grape 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 fresh cilantro (or chives or other herb of choice)

Add all ingredients to blender and blend for 1 minute. It will keep in fridge in sealed container for 1 week.

Refreshing Lemon-Lime Dressing

1 lemon
1 lime
3 Tbsp of 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

¼ cup fresh lime juice
2 Tbsp olive or avocado oil
2 tsp chili powder
1 tsp garlic powder
½ tsp cumin
½ Tbsp salt
½ tsp pepper

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

Sweet Mustard Vinaigrette Dressing

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

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





SOUPS

Cauliflower Soup

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

Serves 6

- ⅓ tsp nutmeg
- 5 cups cauliflower florets
- 1 tsp extra virgin olive oil
- 4 cups water
- 1 medium onion, sliced
- 1 clove garlic, sliced
- 1 cup apple, cored and chopped

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

Cold Spinach Soup

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

Serves 1

- 1 pint of grape tomatoes
- 1 stalk celery
- 1 garlic clove
- ½ fresh orange, peeled and chopped
- 4 cups of baby spinach
- 2 basil or cilantro leaves
- ½ cucumber

Place the tomatoes, garlic, celery and fresh orange in a high-speed blender and blend until smooth. Add the spinach by the handful and blend until completely incorporated. Add the basil or cilantro and blend until smooth. If desired, make the cucumber into noodles using a spiralizer or vegetable peeler. First peel and discard the skin, and then add ½ to 1 cucumber, spiralized for some crunch, on top of the soup.

Creamy Carrot Soup

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

Serves 6

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

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 for about 15-20

minutes, until the vegetables are very tender. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for two hours.

Detox Broth

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

Serves 6

- 1 bunch celery diced
- 6 carrots diced
- ½ spaghetti squash, cubed
- 3 large yellow onions diced
- 1 inch ginger root, peeled and minced
- 1 cup washed cilantro
- 3 cloves fresh garlic, peeled
- 12 cups of water

Place all ingredients in a large soup pot. Cover the pot and bring the water to a boil. Reduce the heat and simmer for 1-4 hours. Strain, add sea salt and pepper to taste.

Chilled Tomato Soup With Basil

(Detox, FB, 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 grape vinegar

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





Detox Spicy Gazpacho

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

Serves 2

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

Blend all together and refrigerate overnight.

Detox Veggie Soup

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

Serves 1-2

1 Tbsp extra virgin olive oil or avocado oil
1 medium onion, chopped
2 cloves of garlic minced
1 inch of fresh ginger peeled and chopped
4 cups of broccoli florets
3 cups of baby spinach
2 stalks of celery chopped
4 large carrots, peeled and chopped
3 Tbsp fresh parsley
½ cup of low-sodium vegetable broth
Sea salt and black pepper

Heat the oil in a large pot over medium heat. Add the onion, garlic and ginger and sauté for 3-5 minutes, until softened. Add the broccoli, spinach, celery, carrots and parsley and continue cooking until the spinach wilts, about 2 minutes. Pour in enough broth to cover the vegetables and simmer covered until all vegetables are soft, about 20 minutes. Carefully pour the soup into a high-powered blender and puree until smooth. Return the soup to the pot, and season with salt and pepper to taste.

Roasted Red Pepper and Tomato Soup

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

Serves 2

1 pound of washed and chopped red bell peppers
1 pound of plum tomatoes
1 cup of diced onion
3 peeled garlic cloves, chopped
½ cup of chopped celery
1 tsp of dried thyme
1 ½ cups of detox broth
Fresh basil

Preheat oven to 200°C. Line a baking dish with parchment paper. Add the chopped peppers, tomatoes, diced onion, garlic, celery and thyme to the baking dish. Mix well and place in the oven for 20-25 minutes. Remove from the oven and add to the blender with the detox broth. Blend until smooth. Pour into a pot and heat until simmering. Season with a sprinkle of sea salt, pepper and fresh basil.

Spinach and Kale Soup

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

Serves 2

2 cups kale, chopped
3 cups baby spinach
4 cups low sodium vegetable broth or detox broth
Watercress (optional)
Red pepper flake (to taste)
Sea salt and black pepper (to taste)

Add chopped kale, low sodium vegetable broth or detox broth and a pinch of red pepper flakes, and bring soup to a boil. Lower heat and simmer until the kale is tender (about 6-8 minutes) then add 3 cups of baby spinach and an optional handful of watercress, and simmer for another 2 minutes. Season with salt and pepper.

Quick and Easy Gazpacho

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

Serves 4

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

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





POULTRY

Basil Chicken Packets

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

Serves 2

- 2 Tbsp fresh parsley
- 1 Tbsp lemon zest
- 1 ½ tsp dried basil
- ¼ tsp salt
- 2 medium summer squashes (yellow), sliced into half circles
- 1 medium red bell pepper, roughly chopped into bite-sized pieces
- ½ tsp pepper
- 2 chicken breasts, halved

Preheat oven to 230°C or a grill to medium-high heat. Center one half of the chicken breast halves on each side of a sheet of parchment paper. Combine parsley, lemon zest, basil and salt and sprinkle it over the chicken. Top with squash and peppers, then sprinkle with pepper. Fold the parchment paper on the sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16-18 minutes in the oven or 11-13 minutes on the grill. Internal temperature should reach 70°C.

Chicken With Balsamic Vinegar

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

Serves 2

- 1 Tbsp extra virgin olive oil or avocado oil
- 2 chicken breasts
- ½ tsp salt
- ¼ tsp black pepper
- 1 garlic clove, minced or pressed
- 1 carton of mushrooms, sliced
- 1 Tbsp balsamic vinegar
- 1 bay leaf
- ½ tsp thyme
- ½ cup vegetable broth

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 three minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms on top. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook for about three minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover and cook over moderately high heat for about 10 minutes. Turn the pieces occasionally as they cook. Check chicken with a meat thermometer; it's done when the internal temperature reaches 70°C. Transfer the chicken to a warm platter. Let the sauce cook, uncovered, over low heat for about 3-4 minutes. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve with a large plate of fresh or roasted vegetables.

Deviled Chicken

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

Serves 2

- 2 chicken breasts
- ¼ medium onion, chopped
- ¼ red bell pepper, sliced
- 1 cup chicken broth or stock
- 1 TBSP organic yellow mustard
- ½ TBSP paprika
- 1 TBSP parsley, chopped fine
- ½ tsp black pepper
- ½ tsp salt
- 1 garlic clove, minced or pressed
- ½ tsp red pepper flakes

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 three minutes; then flip and then sear the second side for two 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 five minutes. Add one cup of broth to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 more minutes, turning the chicken a few times. Transfer 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.

Grilled Cilantro Lime Chicken

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

Serves 2

- 2 lb boneless chicken breast
- 2 Tbsp olive oil
- 2 limes, zested and juiced
- ¼ cup cilantro, fresh, chopped
- ½ tsp salt
- ¼ tsp pepper
- ½ avocado, sliced
- 1 lime, cut into wedges

Create chicken cutlets by placing chicken breasts in Ziploc bag and pounding with mallet (or buy thinly sliced chicken breasts). Zest and juice limes. Chop cilantro. In a glass bowl, whisk together lime zest, juice, olive oil, cilantro, salt and pepper. Add chicken cutlets and marinate for at least 30 minutes. Preheat grill to medium high and oil grates. Remove cutlets from marinade and grill for about 4 minutes on each side; cooking time will vary based on thickness of cutlet. Chicken should reach an internal temperature of 70°C. Serve with sliced avocado, lime wedges and sprigs of cilantro.

NOTE: Charred marks on meat may look pretty, but they represent the development of dangerous compounds. To prevent dark grill marks, place a piece of aluminum foil on one area of grill. Grill chicken just until light grill marks appear then remove to foil to finish cooking. Serve with sliced avocado, lime wedges and sprigs of cilantro.

Herb-Roasted Chicken

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

Serves 8

3 lbs whole chicken
1 Tbsp black pepper
1 Tbsp sage
1 Tbsp tarragon
1 tsp parsley
1 tsp thyme
½ tsp salt

It is best to use fresh herbs for this recipe. Preheat oven to 220°C. Dry chicken with a paper towel inside and out. Add the pepper and herbs to the inside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in the oven for 45 minutes to one hour until juices run clear when the chicken's thigh is pierced, or until an internal thermometer reads 70°C. Let the chicken rest for 15 minutes. Carve and serve.

Slow Cooker Lemon Garlic Pepper Chicken

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

Serves 4

4 lb chicken, giblets removed
2 lemons, zested and juiced
10 cloves garlic use as whole head
½ tsp salt
2 tsp pepper
1 Tbsp dried oregano
1 Tbsp olive oil

Zest and juice lemons. Remove skins from garlic cloves but keep whole. Place chicken in slow cooker. Rub chicken with lemon zest, salt, pepper and oregano. Sprinkle with salt and add garlic cloves to pot. Drizzle chicken with lemon juice. Stuff one of the used lemons in the cavity of the chicken. Drizzle with olive oil. Set slow cooker to high for 4 hours or low for 6 hours. Cook until internal temperature of chicken reaches 70°C. Turn off slow cooker and let chicken stand for 15 minutes before carving. Remove chicken from slow cooker and carve. Mash garlic into remaining juices and drizzle over chicken if desired. Store leftovers to use for lunch.



Thai Chicken Stir-Fry

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

Serves 6

2 Tbsp olive or avocado oil
1 Tbsp tamari or coconut aminos
½ tsp minced garlic
4 chicken breasts, cubed
1 cup water
1 cup cauliflower
2 cups broccoli
½ tsp ginger
1 cup carrot slices
½ Tbsp ground cardamom
½ tsp chili powder
1 Tbsp curry powder

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



Turkey Lettuce Tacos

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

Serves 4

2 lb ground turkey
1 Tbsp olive oil
2 red onions, diced
2 Tbsp tomato paste
3 red bell peppers, diced
5 cloves garlic, minced
2 tsp chili powder
2 tsp oregano, dried
1 tsp salt
½ tsp pepper
1 tsp paprika
1 tsp cumin, ground
½ tsp cayenne (optional)
2 heads romaine lettuce, leaves separated and rinsed
1 cup guacamole
2 cup salsa
1 Tbsp cilantro, fresh garnish
Salt and pepper to taste

Dice peppers and onion. Mince or press garlic. Heat oil in a large sauté pan. Add turkey and brown, stirring often. Remove turkey from the pan and add onion and garlic. Sauté until fragrant. Stir in tomato paste. Add peppers and spices. Sauté an additional 2 minutes. Return turkey to pan and stir to combine. Simmer covered for 10 minutes. If the mixture is thick, you can add some "water" (a few tablespoons at a time) as you go. Remove from heat and let stand for 10 minutes. Place turkey in romaine "taco" boats and top with guacamole, salsa and cilantro.



SEAFOOD DISHES

Broiled Sole With Warm Eggplant Salad

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

Serves 1

- ½ Tbsp extra virgin olive oil or avocado oil
- 1 tsp balsamic vinegar
- 1 sole fillet
- ½ Tbsp capers
- ¼ red onion, sliced finely
- 1 medium tomato
- 1 Tbsp parsley
- ¼ eggplant, peeled and cubed

Preheat oven to 180°C. Place sole in oven and cook until it is tender and flakey. Heat oil in a nonstick skillet. Add the eggplant and sauté for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley and vinegar and stir to combine. Let cool for 10 minutes before serving. Top over broiled fish.

Caribbean Shrimp

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

Serves 4

- 1 lb rawshrimp, washed and peeled
- ¼ cup fresh squeezed grapefruit juice
- 2 fresh peppers (red, orange, yellow or green)
- 1 sweet onion, cut into sections
- 3 washed and chopped tomatoes
- 1 oz lime zest
- 1 Tbsp lime juice
- 1 garlic clove
- ¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least two hours. Skewer, and cook at 220°C, until vegetables are soft and shrimp is cooked through (approximately 12 minutes).

Chinese Steamed Bass With Cabbage

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

Serves 2

- 2 striped bass fillets
- 1 hot chili pepper, chopped
- 1 tsp grated fresh ginger
- 1 head of chopped or shredded cabbage
- 2 garlic cloves, minced
- 2 Tbsp low-sodium soy sauce tamari or coconut aminos
- 2 tsp olive or avocado oil

Sprinkle fish with chili pepper and ginger. Steam cabbage for five minutes. Lay fish on top of the cabbage and steam for five more minutes until cooked thoroughly. While steaming, heat the oil in a small saucepan and add the garlic and low-sodium soy sauce. Top over fish and cabbage.

Dilled Alaskan Cod

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

Serves 4

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

Preheat oven to 200°C. Evenly distribute lemon on baking sheet. Place cod on lemon slices and sprinkle with salt and pepper. Top with zucchini, squash, pepper and onion then sprinkle dill weed and dried mustard on top. Bake for about 15 minutes until fish is cooked through.

Fish in Parchment Paper With Pineapple Salsa

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

Serves 2

- 1 cup pineapple, fresh, diced
- 2 Tbsp red onion, diced
- ½ cup cilantro, fresh, chopped
- ½ jalapeño pepper, seeded and minced
- ½ cup cucumber, peeled and diced optional
- 1 lime, juiced
- 1 Tbsp olive oil
- Salt, to taste
- ⅛ tsp pepper
- 12 oz cod fillets (4-6 oz fillets)
- Parchment paper sheets

Preheat oven to 180°C. Dice pineapple/onion/cucumber. Chop cilantro, mince jalapeño, juice limes. For pineapple salsa: In a bowl, stir together pineapple, red onion, ½ cup cilantro leaves, jalapeño pepper, cucumber and 1 tablespoon lime juice. Set aside. For fish seasoning: In a small bowl, stir together 2 tablespoons olive oil, 2 tablespoons lime juice, pinch of salt, pepper and ½ cup cilantro leaves. Place each fish fillet on parchment sheet.

Top with ¼ of the seasoning mixture. Bring horizontal ends on parchment together, fold over and tightly seal by crimping from one end to the other. Twist ends once done wrapping the top portion to seal. Repeat with remaining fillets. Bake fish for about 15 minutes [fish should flake easily] and remove from the oven. When ready to serve, open parchment, top with salsa, and serve.

Ginger Shrimp Stir-Fry

(Detox, FB, RR, SS, CC, P1, P2)
Serves 4

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

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

Grilled Salmon With Spinach and Tomato Stack

(Detox, FB, RR, SS, CC, P1, P2)
Serves 1

- 1 Tbsp balsamic vinegar
- 2 Tbsp basil
- 1 tsp extra virgin olive oil
- 1 salmon fillet
- 1 cup spinach
- 2 tomatoes, 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 leaves. Cook for 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 the remaining basil leaves.

Quick Broiled Salmon With Ginger and Fresh Mint

(Detox, FB, 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 fillets
- 2 tsp lemon juice

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

Seafood Salad

(Detox, FB, RR, SS, CC, P1, P2)
Serves 2

- 2 oz cooked wild shrimp
- 2 oz cooked crab
- 1 Tbsp olive oil
- 1 cup cherry tomatoes
- 2 fresh carrots, chopped
- 1 cucumber, sliced

- 1 shallot finely chopped
- 1 Tbsp raw apple cider vinegar

Mix together and serve over fresh baby greens, such as spring mix.

Tuscan Cod

(Detox, FB, RR, SS, CC, P1, P2)
Serves 2

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

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

Whitefish Lettuce Tacos

(Detox, FB, RR, SS, CC, P1, P2)
Serves 2

- 12 oz white fish
- 1 ½ limes, juiced and divided
- ⅛ tsp pepper
- ½ cup cabbage, shredded
- ¼ cup red onion, thinly sliced
- ¼ cup grape tomatoes, sliced
- 1 Tbsp fresh cilantro, finely chopped
- ¼ cup avocado, diced
- ½ Bibb lettuce (8 large lettuce leaves)

Preheat oven to 180°C. Marinate white fish with lime juice (from 2 limes), pepper and cumin. Place white fish on a baking sheet and cook for 8-10 minutes until fish can be easily flaked. Once cooled, flake into pieces. In a large bowl combine cabbage, red onion, grape tomatoes, lime juice (from 1 lime) and cilantro. Arrange large lettuce leaves on a large platter. Add the cabbage mixture to each lettuce cup. Top with white fish pieces, then avocado pieces.

Zesty Red Snapper With Mushrooms

(Detox, FB, RR, SS, CC, P1, P2)
Serves 2

- 2 Tbsp lemon juice
- 2 wild snapper fillets (or other wild fish)
- ⅛ tsp red pepper flakes
- ⅛ tsp pepper
- ½ tsp oregano
- ½ tsp tarragon
- ½ tsp paprika
- 1 cup mushrooms
- ¼ tsp salt

Heat oven to 200°C. Mix dry herbs together. Brush fish fillets with lemon juice. Rub both sides of the fish with the herb mixture; then arrange on an ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat for about two minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15-20 minutes.



VEGETARIAN AND VEGETABLE DISHES

Artichokes and Green Beans

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

Serves 5

1 ¼ lbs fresh green beans
1 Tbsp extra virgin olive oil
¾ cup onion, finely chopped
1 garlic clove garlic
One 14 oz can artichoke hearts (rinsed, drained and quartered)
¼ Tbsp salt
⅓ tsp pepper

Place beans in a steamer basket. Place in a saucepan with more than one inch of water; bring to a boil. Cover and steam for 6-8 minutes or until crisp and tender. Remove from heat and set aside. In a nonstick 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, FB, 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

Sauté garlic in 1 Tbsp of olive oil for about 2 minutes. Add chopped kale and vinegar, cooking until just soft. Season with a dash of salt and pepper.

Broccoli Marinara

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

Serves 4

2 cloves garlic, chopped
2 Tbsp extra virgin olive oil
2 cups broccoli, chopped
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 including the juice, and simmer until the liquid has reduced to 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.

Cauliflower Spanish “Rice”

(Detox, FB, 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 zucchinis, chopped
1 Tbsp extra virgin olive oil
5 oz tomato paste (no added salt)
½ cup vegetable stock, unsalted

Using a food processor, pulse the 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 the 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.

Creole Okra and Tomatoes

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

Serves 4

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

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



Delicious Warm Greens

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

Serves 2

1 bunch of kale
1 bunch of swiss chard
1 sweet onion, chopped
3 roasted beets with their greens
1 carton of mushrooms
1 bunch of collard greens
½ cup of cilantro
Fresh leeks
Optional poblano pepper
1 fresh garlic, peeled and chopped

Sauté veggies in 1 Tbsp of avocado oil or extra virgin olive oil until soft. Add lean protein such as chicken, turkey, tofu or fish if desired.

Eggplant Casserole

(Detox, FB, 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 sliced thin

Put eggplants on a cookie sheet that has been 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 with the eggplants, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for 30 minutes at 190°C.



Eggplant Mixed Grill

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

Serves 2

1 Tbsp olive oil
2 Tbsp parsley
1 eggplant
¾ cup mushrooms
1 bell pepper
2 Tbsp 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, pepper and garlic. Place the onion, asparagus, mushrooms, eggplant and bell peppers in the bag to marinate for two hours in the refrigerator, stirring occasionally. Preheat the grill to high heat and lightly oil the grill before grilling the vegetables for six minutes on each side, or until tender.

Eggplant Stackers Over Spaghetti Squash

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

Serves 2

1 eggplant
1 lemon
3 garlic cloves
6 ounces firm tofu
¼ tsp dried oregano
14.5-oz can of organic diced tomatoes
8 ounces of baby spinach

Preheat oven to 220°C. Slice a washed eggplant into ½-inch rounds. Sprinkle with salt and place on paper towels to remove moisture. Zest entire lemon, cut in half, and juice half. Brush salt off eggplant and place on baking sheet. Spray eggplant with olive oil or avocado oil. Roast until lightly brown (about 15 minutes). Drain tofu and pat dry. Add tofu, lemon zest, lemon juice, 1 clove of peeled garlic, oregano, ½ tsp of salt, and black pepper to a food processor. Blend until smooth. Heat ½ Tbsp extra virgin olive oil in a small saucepan over low/ medium heat. Add 2 cloves of minced garlic and cook until fragrant, about 1 minute. Add tomatoes and pinch of pepper. Bring to a boil, reduce heat and simmer until slightly thickened, about 3-5 minutes. Layer eggplant, spinach and tofu and top with tomato sauce. Continue to layer.

You can serve over roasted spaghetti squash (1 cup)

Grilled Italian Vegetables

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

Serves 2

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 slices
3 garlic cloves, minced
3 Tbsp olive oil
3 Tbsp lemon juice
1 tsp basil
½ Tbsp salt

Preheat the grill to medium-high heat. Fold parchment paper over the outside of a 13 x 9 x 2 baking pan, then remove the parchment paper and place it on a cookie sheet. Place vegetables in the “parchment paper.” Combine all the ingredients and drizzle oil and lemon juice over vegetables. Grill for 20-25 minutes.

Mediterranean Summer Tomatoes

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

Serves 4

5 fresh tomatoes
5 shallots, chopped
3 Tbsp of extra virgin olive oil
¼ cup balsamic vinegar

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

Oven-Roasted Asparagus

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

Serves 2

1 bunch asparagus, ends trimmed
1 Tbsp olive oil
1 garlic clove minced
½ tsp pepper
1 Tbsp lemon juice
¼ tsp salt

Preheat the oven to 220°C. Place all ingredients in a mixing bowl and toss to coat asparagus. Bake for 15 minutes. Sprinkle with lemon juice.

Roasted Garlic Lemon Broccoli

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

Serves 6

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

Preheat oven to 200°C. Toss broccoli with the oil in a bowl and then add salt, pepper and garlic. Spread the broccoli in an even layer on a baking sheet. Bake for 15-20 minutes. Squeeze lemon over the broccoli before serving.

Sheet Pan Veggies

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

Serves 2

3 cups broccoli florets or fresh green beans
2 cups chopped tomatoes
2 red bell peppers, sliced
1-2 chopped onions
1 tsp basil
½ Tbsp salt
½ tsp pepper

Preheat the oven to 200°C. Place cut vegetables onto a baking sheet lined with parchment paper. Spray with avocado oil or coconut oil cooking spray, and add a pinch of salt and pepper. Roast veggies for about 15-20 minutes until soft.

Spicy Roasted Kale

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

Serves 1

4 cups kale, chopped
1 Tbsp olive oil
1 Tbsp chili powder
1 tsp salt

Preheat oven to 200°C. Combine kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread the kale on a baking sheet. Roast for five minutes, stir and continue roasting for 5-8 minutes until the edges are brown.

Summer Grilled Vegetables

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

Servings based on amount of vegetables

Approx 4 cups Vegetables of your choice, chopped in large pieces
1 Tbsp extra virgin olive oil
Dash of salt and pepper

Preheat the grill to high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness.

Tomatoes With Shallots and Fresh Basil

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

Serves 4

½ Tbsp olive oil
2 Tbsp red grape vinegar
1 shallot, minced
4 tomatoes
¼ tsp salt
Pepper to taste
5 fresh basil leaves, torn

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

Wilted Arugula and Portobello Mushrooms

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

Serves 2

1 Tbsp extra olive or avocado oil
½ small onion, chopped
2 cloves minced garlic
½ tsp crushed red pepper flakes
1 cap portobello mushroom, chopped
¼ cup vegetable broth
4 cups arugula leaves
½ tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for 3-5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms begin to soften. Pour in broth and simmer until liquid is reduced by half. Add arugula and cook until wilted. Season with black pepper and serve immediately.

Zucchini Noodle Primavera

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

Serves 2

2 Tbsp olive oil
4 cloves garlic, thinly sliced
2 carrots, spiralized or thinly sliced
1 red bell pepper, spiralized or thinly sliced
1 cup broccoli florets
1 cup cherry tomatoes, halved
Salt and freshly ground pepper to taste
2 zucchini, spiralized
2 yellow squash, spiralized
¼ teaspoon red pepper flakes
½ cup chopped fresh basil

Heat the olive oil in a large skillet over medium-high heat. Sauté the garlic for 1-2 minutes until fragrant. Add the carrot and bell pepper noodles, broccoli and cherry tomatoes and stir gently. Allow to cook for 3-4 minutes until the noodles begin to become tender. Season and salt/pepper. Add the zucchini and yellow squash noodles. Toss everything together and cook for another 3-4 minutes. Add the red pepper flakes and season again with salt and pepper. Remove from the heat. Add in the basil, toss one last time and serve.

