

DETOX RECIPES

Keep in mind you can eat as many vegetables as you would like but limit your fruit to 3 servings per day.

***You can use liquid aminos instead of soy sauce if you prefer.**

BREAKFAST

This is the hardest meal period for me. However, I started to get really creative and started looking at food as a way to fuel my body throughout the day. I broke it up during the 7 days, but this is what I found worked for me:

- ½ Grapefruit and Banana
- Bag of Fresh Raw Veggies (Cucumbers, Carrots, Peppers, Beans, Mushrooms, Radish)
- Strawberry, Blueberry, Cantaloupe, Kiwi
- Fresh Garden Salad (yup I did it and loved it) with Vinegar and Mustard Dressing with Fresh Herbs
- Fruit and veggie smoothie: 1 cup of fruit with spinach or kale and water

Baked Apples

2 apples

1 Tbsp cinnamon

1 tsp nutmeg

1 tsp allspice

Directions

1. Preheat oven to 350 degrees.
2. Cut apples into slices
3. Mix cinnamon, nutmeg, and allspice together in a bowl
4. Put apples in the bowl and mix around until fully coated
5. Coat baking pan in oil (olive oil or coconut oil. I use a coconut oil spray)
6. Place apples in the baking dish and add a little water to the pan
7. Bake for 25 minutes

Stir-Fry Veggies

- Red and Green Peppers
- Shredded Carrots
- Mushrooms
- Zucchini
- Broccoli
- Brussels Sprouts
- Artichokes
- Onions
- Water Chestnuts
- Asparagus
- Edamame (shelled)
- Minced Garlic
- Minced Fresh Ginger

In a skillet sauté garlic and ginger in 1 TSP of soy sauce, add all veggies and little more Soy Sauce to taste. Best to not over-cook veggies; warm and firm.

Portobello Mushroom Pizza

Sautee together until tender:

- Spinach
- Diced Zucchini
- Diced Onions
- Minced Garlic
- Dried or Fresh Oregano and Basil
- Red Pepper Flakes (if like)

Place on top of a Large Portobello Mushroom and add Diced Can Tomatoes and bake for 15 minutes.

Stuffed Peppers & Stuffed Portabella Mushrooms

Dice up veggies (carrots, celery, peppers, onions, mushrooms, garlic, eggplant, squash, zucchini) and sautee them in the veg broth and red pepper flakes. Stuff the green peppers and mushrooms with this and put them in the oven for about 20 min.

Detox Spaghetti Squash & Marinara Sauce (Option 2)

- 1 spaghetti squash, halved and seeded
 - 1 small onion, chopped
 - 1 zucchini chopped or a small green bell pepper, chopped or both!!
 - 2 cloves garlic, chopped
 - 1/2 cup sliced fresh mushrooms
 - 1 (28 ounce) can crushed tomatoes
 - 1 (6 ounce) can tomato paste
 - 3/4 cup vegetable broth
 - 2 tablespoons dried Italian seasoning
 - Minimal garlic salt and pepper to taste
1. Preheat an oven to 350 degrees
 2. Place the spaghetti squash cut side down on a baking dish. Fill the baking dish with about 1 inch of water.
 3. Bake in the preheated oven until the flesh of the squash is tender and the skin is easily pierced with a fork, about 45 minutes.
 4. After squash goes in the oven, heat the grape seed oil in a large skillet over medium heat. Stir in the onion, zucchini/bell pepper, and garlic; cook and stir until vegetables are tender, 5 to 7 minutes. Add mushrooms and cook for 3 more minutes. Stir the crushed tomatoes, tomato paste, vegetable broth, Italian seasoning, and sprinkle with a little garlic salt and pepper. Cover and simmer while the squash continues to cook, about 35 minutes.
 5. Scoop the flesh from the squash onto a plate, and use two forks to separate and fluff up the strands of squash
 6. Top with the sauce to serve.

Stuffed Portabella Mushrooms

Large Portabella's cleaned
Diced Tomato
Onion
Garlic
Spinach
Artichoke
Garlic
Cilantro
Any vegetables you love!

Chop all of the veggies put them in the cleaned Portabella and bake at 350 until vegetable are hot and juicy!!

SOUPS

Cabbage Soup

- Cabbage
- Onions
- Peppers
- Celery
- Carrots
- NSA Diced Tomato

Boil all the ingredients. I just used water seasoned w basil, onion powder, garlic powder, pepper. But you can also use NSA organic vegetable broth.

Veggie Soup

- Shredded Carrots
- Chopped Celery
- Onions
- Sliced Mushrooms
- Green Beans
- Savoy Cabbage
- Chopped Zucchini
- Garlic
- 1-2 Can of NSA Hunts Diced Tomatoes (entire can)
- Low Sodium Vegetable Broth (1-2) Large Box/Can
- Tomato Paste (2 TSP)
- Crushed Red Pepper Flakes to taste
- Dried Oregano

In a large pot put crushed garlic, shredded carrots, and celery and onion; sauté until tender. Add the veggie broth, cans of tomatoes, tomato paste and remaining vegetables (not the cabbage yet) bring to a slow boil. Add the cabbage and spices. I like it with a ton of veggies b/c it helps fill me up and I get more than my share of veggies

Shannon's Vegetable Soup

Fill a stock pot over half way with vegetable broth/stock. Add any vegetables you like and maybe some you haven't tried. I added Okra, Cabbage, Green Beans, Carrots, Mushrooms, Cauliflower, Onion, etc. I added crushed basil, either Cayenne Pepper or Crushed Red Pepper, Sea Salt, all to taste because that is how I cook ;).

SNACKS

These need to be accessible at all times. I made individual bags of veggies and kept them in arms reach at all times along with fruit. Make sure that you have more veggies than fruit during the day.

Bag of Fresh Raw Veggies (Cucumbers, Carrots, Peppers, Beans, Mushrooms, Radish)

- Apple
- Pear (Very Firm)
- Mandarin Oranges
- Banana

Roasted Kale Chips (Salt and Vinegar Style)

Break off large pieces of Kale and toss in Red Wine Vinegar. Place on large baking sheet and sprinkle with Sea Salt. Roast on 350 until crispy.

Steamed Edamame

Whole or Shelled Edamame steamed and tossed with Sea Salt and Red Pepper Flakes.

Roasted Asparagus with Lemon Zest

Roast Asparagus in oven until just tender (still pretty firm). Remove from oven and sprinkle Lemon Pepper Season (No Salt added) and Fresh Lemon Zest.

Cucumber Zings

(<http://www.heandsheeatclean.com/2013/03/clean-eat-recipe-cucumber-zings.html>)

Ingredients:

Cucumber, as many as you would like

Apple Cider Vinegar

Sea Salt

Pepper

Directions:

1. Slice a cucumber & place into a bowl
2. Pour Apple Cider Vinegar over the slices until covered
3. Season with sea salt and pepper

DRINKS

Jillian Michaels Detox Water

(<http://www.heandsheetclean.com/2014/01/jillian-michaels-detox-water.html>)

Ingredients:

- 60 oz of distilled water (if you're still afraid to use distilled water, spring water will be fine)
- 1 Tbsp cranberry juice (only PURE cranberry juice not the juice cocktail!)
- 1 organic dandelion root teabag
- 2 Tbsp lemon juice

Directions:

1. Brew the tea as listed on the box and let it cool to room temperature
2. Mix all ingredients together and add the tea (once cooled)
3. Drink the entire mixture each day for up to 7 days (you will make a new batch each day)

Apple Cider Vinegar Detox Drink

(<http://www.heandsheetclean.com/2014/08/refreshing-apple-cider-vinegar-detox-drink.html>)

Ingredients:

- 4 oz organic lemon juice or lime juice
- 20 oz filtered water
- 2 tsp apple cider vinegar

Directions: Add all ingredients to a cup and mix!

Tools for Success

- TLS Health Guide / Journal
- Healthy Detox FB group
- Detox kit
- Fit Body Family Group (click files tab for menus)
- Fit Clients App (accountability system)
- Initial Evaluation (weigh, measure, body fat, photo)
- Weigh in on Mondays only
- Unlimited training session each week
- Detox recipes (found in this folder)
- Recipes in your TLS Health Guide
- Guided Grocery store trip _____
- Fun Food Prep on _____
- Another Food Demo _____

Remember, you get out of this program what you put into it. Dig in and use the tools available to help you where in areas where you may struggle.

Reach out to your trainers for advice or guidance