



# MEAL PLAN & recipes

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COMMIT-TO-FIT 14-Day Detox Challenge  
[DoctorVenus.com](http://DoctorVenus.com)

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# PHASE ONE

sample


## meal plan

		BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	■■■	Autumn Greens Smoothie	Black Bean Butter Lettuce Cups – make extra for Wednesday	Autumn Quinoa & Spinach & Pomegranate Salad	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
TUES		Quinoa Morning Porridge	Leftover Autumn Quinoa	Healthy Cauliflower Soup	Creamy Energy Boosting Shake
WED		Leftover Quinoa Morning Porridge	Chicken Tacos with Cole Slaw	Leftover Black Bean Butter Lettuce Cups	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon

# PHASE TWO

sample

## meal plan

	 BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
THU	Protein Power Smoothie	Vegetable Curry	Curried Sweet Potato Soup with Raw Chopped Salad	Toasted Kale Chips / Green Apple with Almond Butter & Cinnamon
FRI	Non-Dairy Apple Parfait – makes 2 save one for breakfast on Thursday	Leftover Sweet Potato Soup and Chopped Salad	Black Bean Lettuce Cups – make extra for lunch tomorrow	Steamed Artichoke (make 2)/ Creamy Energy Boosting Shake
SAT	Non-Dairy Apple Parfait	Leftover Black Bean Lettuce Cups	Collard Green Banh Mi and Cucumber Salad	Steamed Artichoke / Spiced Pear & Apple Crumble
SUN	Fall Fruit Smoothie	Portobello Sandwich Cups	Fall Fresh Pasta Salad with Sweet & Savory Salad	Guacamole & Veggies / Fall Fruit Salad
MON	Fall Fruit Smoothie	Leftover Fall Fresh Pasta Salad	Sprouts and Sprouted Stir Fry with Brown Rice	Pumpkin Pie Chia Pudding
TUE	Protein Power Smoothie	Collard Green Banh Mi	Autumn Quinoa with Steamed Artichokes	Kale Chips / Pumpkin Pie Chia Pudding

WED

Quinoa  
Morning  
PorridgeLeftover  
Autumn QuinoaBurrito Bowl with  
Toasted Kale  
Chips

Fall Fruit Salad

# PHASE THREE

## sample meal plan

**BREAKFAST****LUNCH****DINNER****SNACKS & TREATS**

THU

Green and  
Gorgeous  
Breakfast  
SmoothieSeasonal  
Vegetable  
CurrySprouts &  
Sprouted Stir Fry  
with Brown Rice  
& Cucumber  
SaladToasted Kale Chips /  
Chocolate Banana  
Fro-Yo

FRI

Greens, Eggs  
and No Ham!Leftover Stir Fry  
& Brown RiceBurrito Bowl and  
Sweet & Savory  
Salad – make  
enough to have  
Saturday.Toasted Kale Chips /  
Chocolate Banana  
Fro-Yo

SAT

Autumn  
Greens  
SmoothieTangy Salmon  
SaladLeftover  
Seasonal  
Vegetable  
CurryCarrots & Celery with  
Hummus / Spiced  
Pear & Apple  
Crumble

SUN

Savory  
Avocado  
WrapSautéed Shrimp  
with Cilantro  
Avocado  
Sauce &  
Sautéed GreensFall Fresh Pasta  
Salad with  
Sweet & Savory  
SaladCarrots & Celery with  
Hummus / Spiced  
Pear & Apple  
Crumble

# phase one & three

## Shopping List

### Produce

1lb pre-washed spinach  
 6 bunches of kale (mix and match)  
 3 heads of butter lettuce  
 1 bunch swiss chard  
 1 bunch carrots  
 1 bunch celery  
 1 head green cabbage  
 1 lb brussel sprouts  
 1 small broccoli or brocolini  
 2 medium cauliflower  
 1 large bok choy  
 1 bag mung bean sprouts  
 5 cucumbers  
 2 small packages of shitake mushrooms  
 2 shallots  
 1 small celery root  
 3 white onions  
 1 red onion  
 3 leeks  
 2 parsnips  
 2 bunches green onions  
 4 heads of garlic  
 4 medium sweet potatoes  
 1 small butternut squash  
 8 avocados  
 2 beets  
 4 green apples  
 4 honey crisp apples  
 4 pears  
 2 pomegranates  
 1 bunch bananas  
 1 bunch mint  
 4 bunches cilantro  
 1 bunch basil  
 1 bunch oregano  
 2 bunches parsley  
 1 bunch chives  
 1 bunch tarragon  
 1 bunch sage  
 4 lemons  
 8 limes  
 1 ginger root

### Grains, Beans and Canned Goods

1lb of quinoa  
 1lb of brown rice

1lb kelp noodles  
 1 package Gluten Free Oats (Bob's Red Mill)  
 4 cans of black beans (Eden Organics)  
 2 cans of white beans (Eden Organics)  
 2 cans garbanzo beans  
 3 cans full fat coconut milk  
 1 can sustainably caught salmon  
 5 cartons of vegetable broth (4 cup size)

### Condiments

Sliced Almonds  
 Raw Sunflower Seeds  
 Pistachios (bulk)  
 Pecans (bulk)  
 Pine nuts  
 Sea Salt  
 Pepper  
 Cumin  
 Onion Powder  
 Sesame Seeds  
 Cinnamon  
 Nutmeg  
 Ground Ginger  
 Curry Powder  
 Unrefined Coconut Oil  
 Coconut Butter  
 Olive Oil  
 Apple Cider Vinegar  
 Mustard (pick one you like)  
 Horseradish  
 Mirin – (near Asian section; Eden Organics Brand or other brand without fructose)  
 Gluten Free Tamari  
 Almond Butter

### Meat / Dairy / Eggs / Refrigerated Section

Small container of ghee  
 Rotisserie Chicken  
 1 ½ lb medium shrimp, peeled and deveined  
 1 dozen eggs  
 1 carton of unsweetened almond milk  
 1 bottle of unsweetened cranberry juice  
 1 coconut water – you may want to buy several to have as a drink  
 Hummus

### Frozen

4 frozen bananas – or freeze your own

### Miscellaneous

Raw Cacao Powder  
 Maca Powder  
 Chia Seeds (if you can buy in bulk only get 1 cup)  
 Hemp Seeds (if you can buy in bulk only get ½ cup)  
 Raw cashews

# phase two

## Shopping List

### Produce

4 bunches of kale (mix and match)  
 2 head of butter lettuce  
 1 bunch collard greens  
 1 bunch swiss chard  
 1 bunch carrots\*  
 1 bag baby carrots  
 1 bunch celery\*  
 1 jicama  
 1 fennel  
 1 small broccoli  
 1 small butternut squash  
 1 lb brussel sprouts  
 1 bag mung bean sprouts\*  
 5 cucumbers  
 2 small package of shitake mushrooms  
 2 large portobello mushrooms  
 2 shallots  
 2 red onions  
 2 white onions  
 1 leek  
 1 bunch green onions  
 2 heads of garlic\*  
 7 sweet potatoes  
 1 medium head of cauliflower  
 6 avocados  
 2 beets  
 4 green apples\*  
 6 pears  
 2 persimmons  
 2 pomegranates\*  
 1 bunch bananas\*  
 1 bunch mint  
 2 bunches cilantro  
 1 bunch parsley\*  
 1 bunch basil\*  
 1 bunch sage\*  
 5 lemons  
 4 limes  
 1 ginger root\*  
 4 artichokes  
 jalapeño (optional)

### Grains, Beans and Canned Goods

1lb of quinoa  
 1lb of brown rice \*  
 1lb kelp noodles\*  
 1 package Gluten Free Oats (Bob's Red Mill)\*  
 4 cans of black beans (Eden Organics)  
 3 cans garbanzo beans  
 1 can white beans

2 cans full fat coconut milk  
 4 cartons of vegetable broth (4 cup size)  
 1 can pumpkin puree

### Condiments

Raw Sunflower Seeds\*  
 Sliced almonds\*  
 Pistachios\*  
 Pecans\*  
 Olive Oil\*  
 Apple Cider Vinegar\*  
 Gluten Free Tamari\*  
 Almond Butter\*  
 Horseradish\*  
 Mirin\*  
 Vanilla  
 Sesame Seeds\*  
 Cinnamon\*  
 Nutmeg\*  
 Allspice\*  
 Ginger\*  
 Curry powder\*  
 Cumin\*  
 Dried oregano  
 Dried basil  
 Dried thyme  
 Kalamata Olives – pitted  
 1 ½ cup raw cashews  
 Stevia Extract (powder)

### Meat / Dairy / Eggs / Refrigerated Section

1 carton of unsweetened almond milk  
 1 bottle of unsweetened cranberry juice\*  
 Hummus\*

### Frozen

Blueberries

### Miscellaneous

ORGAIN plant-based protein powder  
 Chia Seeds\*  
 Hemp Seeds\*  
 Raw Cacao Powder\*  
 Maca Powder\*

\* These are items you may already have from week one. Do a quick inventory before shopping for week two.



# breakfast

## ■■■ Autumn Greens Smoothie

[Serves 1]

### INGREDIENTS

1 cup coconut water or water  
1 large handful spinach  
½ banana  
1 pear, chopped  
dash of cinnamon

Blend and enjoy!



## ■■■ Fall Fruit Smoothie

[Serves 1]

### INGREDIENTS

½ cup unsweetened cranberry juice  
½ cup fresh chopped apples  
½ cucumber  
½ cup ice

Blend and enjoy!





## ■■■ Protein Power Smoothie

[Serves 1]

### INGREDIENTS

1 cup unsweetened almond milk  
1 tablespoon almond butter  
1 scoop plant protein powder  
½ banana  
1 teaspoon cinnamon  
½ cup frozen blueberries

Blend and enjoy!



## ■■■ Green and Glowing Breakfast Smoothie

[Serves 1]

### INGREDIENTS

½ bunch kale  
1 handful spinach  
½ cucumber  
1 pear, sliced  
½ cup unsweetened cranberry juice

Blend and enjoy!



## ■ ■ ■ Quinoa Morning Porridge

[Serves 2]

### INGREDIENTS

½ cup rinsed quinoa  
1 15oz can of coconut milk (Native Forest, full fat)  
1 teaspoon cinnamon  
1 teaspoon chia seeds  
1 teaspoon hemp seeds

Combine all ingredients except hemp seeds and simmer for 10 – 15 minutes until liquid is absorbed. Sprinkle with hemp seeds. Enjoy!



## ■ ■ ■ Greens, Eggs and No Ham!

(for phase 1 and phase 3)

[Serves 1]

### INGREDIENTS

1 tablespoon coconut oil  
4-5 kale leaves shredded or cut into ribbons  
2 eggs  
2 sprigs of mint, minced (optional)  
Sea salt and pepper



Heat coconut oil in a pan until melted, add kale and sauté until bright green and a bit wilted. Crack eggs into the kale and mix to scramble the eggs. Top with mint and season with salt and pepper

## Non-Dairy Apple Parfait

[Serves 2]

### INGREDIENTS

½ cup soaked raw cashews (soak at least 20 minutes – up to an hour)  
½ cup unsweetened almond (or coconut) milk from a carton (not canned)  
½ teaspoon vanilla  
1 cup chopped apple  
1/3 cup rolled gluten-free oats (no need to cook these!)  
1 tablespoon hemp seeds



Combine cashews, milk and vanilla in a blender and blend until smooth. Layer ingredients in a small cup: Dollop of cream, spoonful of apples, top with oats and hemp seeds and enjoy!

## Savory Avocado Wrap

[Serves 1]

### INGREDIENTS

1 butter lettuce or collard leaf  
½ avocado  
1 teaspoon chopped basil  
sea salt and pepper  
1 egg scrambled  
small handful of spinach



Smear leaf with the avocado and sprinkle with basil, salt and pepper, add scrambled egg and spinach. Fold in half and enjoy!

## lunch

### Black Bean Butter Lettuce Cups

[Serves 2]

#### INGREDIENTS

1 15oz can of black beans, drained and rinsed (Eden Organics is a great brand)  
¼ cup minced red onion  
small handful of cilantro, chopped  
8 butter lettuce leaves (these make really nice cups, romaine works as well)  
1 avocado  
1 lime  
Sea salt



Mash beans and red onion together in a bowl, stir in chopped cilantro. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt.

### Tangy and Tart Salmon Salad

(for phase 1 and phase 3)

[Serves 2]

#### INGREDIENTS

1 can of sustainably caught salmon, drained  
½ celery, diced  
¼ cucumber, diced  
½ green apple, diced  
1 tablespoon sunflower seeds  
1 tablespoon olive oil  
salt and pepper to taste  
butter lettuce or other greens



Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.



## ■■■ Raw Chopped Salad with Lemon Tarragon Dressing

[Serves 4]

### INGREDIENTS

1 head of kale, cut into small ribbons  
2 stalks of celery, diced  
1 cucumber, diced  
2 carrots, diced  
1 fennel, thinly sliced  
1 beet, shredded  
1 tablespoon sunflower seeds  
1 can of garbanzo beans drained and rinsed



Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

### **Dressing:**

#### INGREDIENTS

¼ cup fresh squeezed lemon juice  
2 tablespoons apple cider vinegar  
2/3 cup olive oil  
1 small handful of tarragon leaves, chopped  
1 teaspoon pepper  
sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.

## Portobello Sandwich Cup

[Serves 1]

### INGREDIENTS

1 large Portobello mushroom, brush with olive oil and grill or sauté until slightly charred. This can be done in advance  
 1 – 2 tablespoons hummus  
 4-5 cucumber slices  
 sliced red onion  
 chopped kalamata olives

Spread hummus on Portobello mushroom, top with rest of the ingredients and enjoy! Eat like an open faced sandwich or with a fork and knife



## Sautéed Greens with Garlic and Parsley

[Serves 2]

### INGREDIENTS

1 glug of coconut oil  
 3 cloves of finely chopped garlic  
 juice and zest of one lemon  
 1 bunch dark, leafy greens such as kale or collard greens  
 1/2 cup vegetable broth  
 handful of chopped parsley  
 salt and pepper



Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in parsley just before serving.

## ■■■ Chicken Tacos with Cole Slaw

(for phase 1 and phase 3)

[Serves 4]

### INGREDIENTS

1 rotisserie chicken, shredded (not during phase 2)  
2 teaspoons cumin  
1 teaspoon garlic  
1 teaspoon onion powder  
1 teaspoon salt  
1 avocado

Put the shredded chicken in a bowl and season with cumin, garlic, onion powder and salt. Mix and set aside.

### Slaw Topping:

#### INGREDIENTS

1 head of green cabbage, finely sliced  
4 green onions  
1 cup of cilantro, chopped  
4 limes, juiced  
1/2 cup of olive oil  
Salt to taste

Mix cabbage, onion and cilantro in a bowl and dress with the lime, olive oil and salt. Assemble by filling a bowl with chicken and topping it with the slaw and avocado.





## ■■■ Sautéed Shrimp with Cleansing Cilantro Avocado Sauce

(for phase 1 and phase 3)

[Serves 4]

### INGREDIENTS

1 ½ lbs medium to large shrimp. Buying them peeled and deveined will save you a lot of time

1 bunch cilantro

1 bunch oregano

1 avocado

1 tablespoon coconut oil

Zest and juice of one lemon and one lime

Salt and pepper



Season the shrimp with salt and pepper. Heat oil in a sauté pan over medium heat. Add the shrimp and cook, flipping periodically until pink all the way through – 8 minutes or so.

Mix the rest of the ingredients in a blender or food processor and serve as a dipping sauce for the shrimp.

Serve alongside the Sautéed Greens.

## dinner

### Autumn Quinoa

[Serves 4]

#### INGREDIENTS

2 cups quinoa, rinsed and soaked for 20 minutes  
4 cups vegetable broth  
4 cloves of garlic minced  
2 shallots, chopped  
½ bunch swiss chard, cut into ribbons  
1 15oz can of white beans (Eden Organics is a great brand)  
1 sweet potato, grated  
1 beet, grated  
1 carrot, grated  
large bunch of sage, cut into ribbons  
½ cup almond slivers  
zest and juice of one lemon  
¼ cup olive oil



In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

## Spinach and Pomegranate Salad with Tarragon Mustard Dressing

[Serves 2]

### INGREDIENTS

4 cups baby spinach  
1 pomegranate, seeded or 1/3 cup seeds  
2 baby leek, thinly sliced  
1 avocado, diced  
½ cup white beans, drained and rinsed  
¼ cup pinenuts or sliced almonds

Mix all ingredients in a bowl and dress.

### Dressing:

#### INGREDIENTS

3 tablespoons apple cider vinegar  
½ cup olive oil  
2 cloves garlic, minced  
1 tablespoon whole grain mustard  
2 tablespoons chopped tarragon  
salt and pepper to taste

Whisk all ingredients together and dress your salad.



# Healthy Cauliflower Soup

[Serves 4]

## INGREDIENTS

2 tablespoons clarified butter or ghee  
 (can be bought at the store)  
 2 tablespoons olive oil  
 1 medium onion, chopped  
 2 cloves of garlic, minced  
 1 small head of cauliflower, chopped  
 1 small celery root, peeled and cubed  
 2 parsnips, peeled and cubed  
 4-6 cups of vegetable broth (or 2-4 cups  
 broth + 2 cups water)  
 4 tablespoons freshly chopped parsley  
 4 tablespoons freshly chopped chives  
 fresh horseradish, to taste  
 Cashew Cream (optional, recipe to follow)  
 Salt & pepper



Melt the clarified butter or ghee in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften – 25 - 30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs. When serving, top each bowl of soup with a dollop of cashew cream (optional).

## Cashew Cream

### INGREDIENTS

½ cup raw cashews, soaked overnight  
 ½ - ¾ cup water

Soak Cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.

## ■■■ Fall Fresh Pasta Salad

[Serves 4]

### INGREDIENTS

1 small butternut squash, cut into small .5" cubes  
1 tablespoon coconut oil  
1 package of kelp noodles  
¼ cup olive oil, plus additional for tossing at the end  
1 leek, thinly sliced  
3 cloves garlic, minced  
1 cup of maitake or shitake mushrooms  
1 handful chopped sage  
1 can garbanzo beans, optional  
Salt and pepper

Heat oven to 400°. Toss the squash in coconut oil, salt and pepper. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Then, sauté the noodles with 2 tablespoons of olive oil over medium heat for 10 minutes.

While noodles and squash cook, heat 2 tablespoons of olive oil in a sauté pan and cook leek until melted, about 8 minutes. Add garlic and mushrooms and cook for another 7-8 minutes.

Combine the noodles, squash, mushroom and leek mixture in a bowl. Add sage, salt and pepper and toss with remaining olive oil.

For added protein you can add a can of garbanzo beans.



## ■■■ Curried Sweet Potato Soup

[Serves 4]

### INGREDIENTS

1 tablespoon ghee  
1 ½" piece of ginger, sliced and crushed  
4 clove garlic, minced  
Zest and juice of one lime  
2 teaspoons curry  
3 sweet potatoes, peel removed, and cut into 1" pieces  
1 15oz can of full fat coconut milk  
2 cups water  
½ bunch cilantro, chopped



Heat ghee in a large saucepan over medium heat. Add ginger and garlic, lime zest and cook until slightly browned, about 3-4 minutes. Add curry and cook until fragrant - about 1 minute. Add sweet potatoes, coconut milk and water. Bring to a boil, reduce to low and simmer, covered, for 25 minutes. Turn off heat and leave on stove for ½ hour to allow flavors to meld.

Puree soup in blender or food processor. Garnish with chopped cilantro, lime juice and enjoy!



# Sprouts and Sprouted Stir-Fry

[Serves 4]

## INGREDIENTS

### Rice:

- 1 1/2 cup brown rice
- 1 garlic clove minced
- 3 cups water or veggie stock

### Teriyaki Sauce:

- 1/2 cup Mirin (Eden Organic Brand or other brand without fructose)
- 1/2 cup gluten-free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

### Stir-Fry:

- 2 tablespoons coconut oil
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 1 small white onion
- 1 bunch of broccolini or a small head of broccoli cut into bite size pieces
- 1 celery stalk cut into chunks
- 8 brussel sprouts, halved
- 1/2 bunch kale, cut into ribbons
- 1 bunch of Enoki or Shitake Mushrooms

- 1 handful mung bean sprouts

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts.





## ■■■ Burrito Bowl

[Serves 4]

### INGREDIENTS

1 cup brown rice  
 2 15oz cans of black or adzuki beans  
 (Eden Organics is a great brand)  
 4 green onions, sliced  
 2 limes, juiced  
 4 garlic cloves, minced  
 1 heaping teaspoon cumin  
 2 avocados, sliced  
 small handful of cilantro, chopped



Cook brown rice by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.)

While rice is cooking, open the cans of beans and pour into a small saucepan over low heat. Stir in the onions, lime juice, garlic, and cumin and let flavors combine for 10-15 minutes.

When rice is done cooking, put rice into individual serving bowls. Top with beans, avocado, and cilantro.

## ■■■ Cucumber Salad

[Serves 4]

### INGREDIENTS

1 cucumber sliced thinly  
 1 lemon  
 2 teaspoons apple cider vinegar  
 Black or traditional sesame seeds

Mix all the ingredients in a bowl and enjoy!



## Collard Green Banh Mi

[Serves 1]

### INGREDIENTS

1 large collard green with thick part of stem removed  
½ cucumber, cut into matchsticks  
1 carrot, cut into matchsticks  
½ avocado, sliced  
small handful of sprouts – mung bean sprouts are most common and can be found in the produce section  
2 sprigs of basil, chopped  
3-4 sprigs of mint, chopped  
small handful of cilantro, chopped



Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

### Dipping Sauce:

#### INGREDIENTS

1 teaspoon ginger, minced (grating it with a zester is an easy way to do this)  
1 garlic clove, minced  
1 green onion, sliced  
¼ cup gluten free tamari.

Mix all ingredients and serve with Collard Green Banh-Mi



# Sweet and Savory Salad

[Serves 4]

## INGREDIENTS

- 1 large head of butter lettuce
- ½ cucumber, sliced
- 1 pomegranate, seeded or 1/3 cup seeds
- 1 avocado, cubed
- ¼ cup shelled pistachios, chopped

## Dressing

### INGREDIENTS

- ¼ cup apple cider vinegar
- ½ cup olive oil
- 1 garlic clove, minced

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.



## Seasonal Vegetable Curry

[Serves 4]

### INGREDIENTS

2 tablespoons coconut oil  
1 onion, peeled and diced  
1 tbsp. curry powder  
2 carrots, peeled and diced  
1 medium cauliflower, cut into florets  
2 medium sweet potatoes, diced  
Small handful of brussel sprouts, halved  
2 cups garbanzo beans (cooked or canned)  
1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)  
4 cups vegetable broth  
2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)  
Salt and pepper to taste  
Fresh basil strips for garnish



In a large pot heat coconut oil and sauté onions and curry powder until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable broth. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with basil.



## snacks

### Steamed Artichoke with Lemon and Herbs

[Serves 2]

#### INGREDIENTS

2 artichokes  
1 lemon  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon dried thyme  
sea salt and pepper



Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30 – 40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.

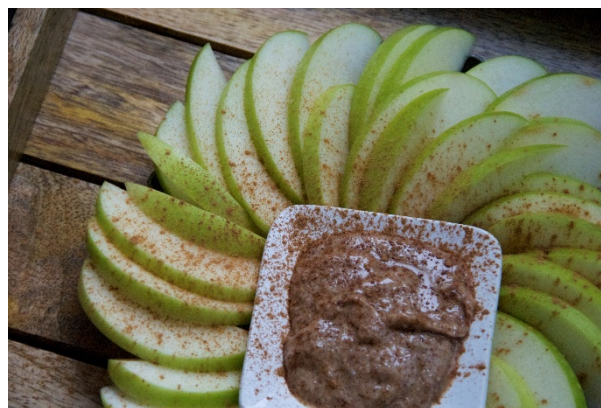
### Green Apple with Almond Butter and Cinnamon

[Serves 1]

#### INGREDIENTS

1 green apple, sliced  
1 tablespoon almond butter  
sprinkle of cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.



## ■■■ Carrot and Celery Sticks with Flavored Hummus

[Serves 1]

### INGREDIENTS

2 carrots, cut into sticks  
2 celery stalks, cut into sticks  
2 tablespoons hummus

Dip carrots and celery in hummus and enjoy!



## ■■■ Guacamole and Veggies

Buy guacamole at the store or make your own.

### INGREDIENTS

2 avocados  
¼ red onion, chopped  
2 cloves of garlic, minced  
1 lime, juiced  
¼ jalapeño, diced (optional)

Mash the avocados with ¼ chopped red onion, 2 cloves minced garlic and a squeeze of lime juice. Add chopped jalapeño for added heat.

Serve with baby carrots, cucumber and jicama



## ■ ■ ■ Toasted Kale Chips

[Serves 1]

### INGREDIENTS

1 head of kale torn into large pieces

2 teaspoons extra virgin olive oil

1 teaspoon curry powder (or seasoning of your choice)

sea salt and pepper

Toss kale with oil and season with curry powder and sea salt. Bake for 8-10 minutes at 375° or until crisp. Careful not to burn.





## treats

### Honeycrisp Apples with Warmed Coconut Butter and Cinnamon

[Serves 2]

#### INGREDIENTS

2 Honeycrisp apples cut into slices

¼ cup coconut butter

½ teaspoon cinnamon

Put the apples in 2 serving bowls. Warm the coconut oil by placing it in a steamer for 10 minutes. Stir and drizzle on the apples. Top with cinnamon



### Creamy Energy Boosting Shake

[Serves 1]

#### INGREDIENTS

½ cup unsweetened almond milk

1 tablespoon almond butter

½ avocado

¼ cup raw cacao powder

2 teaspoons maca powder (optional)

¼ teaspoon of stevia extract powder

½ cup ice

Blend and Enjoy!



## ■■■ Fall Fruit Salad

[Serves 2]

### INGREDIENTS

1 persimmon, chopped  
1 pomegranate, seeded  
Zest and juice of one lemon  
1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!



## ■■■ Chocolate Banana Fro-Yo

[Serves 2]

### INGREDIENTS

2 frozen bananas  
3 tablespoons raw cacao  
¼ cup unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.



## ■■■ Pumpkin Pie Chia Pudding

[Serves 2]

### INGREDIENTS

1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)  
¼ cup chia seeds  
½ cup pumpkin puree  
1 teaspoon cinnamon  
½ teaspoon ground ginger  
½ teaspoon nutmeg  
dash of allspice

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.



## ■■■ Spiced Pear and Apple Crumble

[Serves 2]

### INGREDIENTS

1 tablespoon coconut oil  
1 apple, sliced  
1 pear, sliced  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
¼ cup rolled gluten-free oats  
¼ chopped pecans

In a sauté pan, heat coconut oil and add the sliced apples, pears, cinnamon and nutmeg and cook until fruit is tender - about five minutes.

Spoon the fruit into 2 bowls and top with oats, pecans and a little more cinnamon.

