



**5-Day Detox Challenge**  
**Meal Plan**

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## General Food Guidelines

Curious what you can and can't eat on the detox this week? Generally speaking, you want to eat as much locally grown, in season, organic food as possible while staying far away from highly processed, sugary, white, fatty foods.

### Foods to Eat

- Lots of Veggies: specially green veggies (skip the potatoes, iceberg lettuce and corn)
- Lean animal proteins: organic chicken breast, organic turkey, and wild caught fish
- Plant-based proteins: legumes and beans (including lentils)
- Whole grains: gluten-free only - quinoa, millet, buckwheat and brown rice
- Healthy fats: avocado, coconut products, nuts & seeds (no peanuts), or olive oil at every meal
- Non-dairy milk (occasional): Unsweetened almond milk (or) coconut milk (full-fat)
- Fruit (occasional): Organic berries (fresh or frozen)
- Natural sweetener (sparingly, if at all): honey, stevia or maple syrup
- Herbs & Spices: Lots (including sea salt & black pepper)
- + Filtered Water: ½ your current body weight consumed daily in ounces

### Bonus Detox Foods

- Arugula (aka: rocket)
- Artichoke
- Asparagus
- Beets and their greens
- Burdock root
- Fresh herbs
- Dandelion greens
- Radishes

### Foods to Avoid

- **Sugar** : including sugars that appear healthy such as yogurt, energy bars or granola
- **Dairy**: cheese, yogurt, milk, kefir, butter
- **White foods**: bread, pasta, rice, potatoes, crackers (including rice crackers), tortillas
- **Gluten foods**: bread, pasta, 'natural flavor' in seasonings/dressings, wraps, baked goods
- **Caffeine**: Coffee, soda, energy drinks (as little caffeine as possible)
- **Alcohol**: all of it!
- **Soy**: including tofu and soy milk. Small amounts of fermented soy products such as wheat-free tamari, tempeh and miso are okay.
- **Meat**: Pork and beef
- **Processed foods**: anything pre-made (including chips of any kind)
- **Table or kosher salt**: (except sea salt)
- **All artificial sweeteners**: even those in gum and breath mints (including Splenda)
- **Canned foods**: (except for artichokes in glass jars and Eden Organic beans)
- **Fast foods**: all of it!

## 5-Day Detox Challenge: Meal Plan

	Breakfast	Lunch	Dinner
Monday	Fruit & Nut Smoothie	White Bean Salad	Lemon Chicken, Millet and Asparagus
Tuesday	Green Drink	Lemon Chicken, Millet and Asparagus Leftovers	Spicy Black Eyed Peas & Collards w/Side Salad
Wednesday	Fruit & Nut Smoothie	Spicy Black Eyed Peas & Collards w/Side Salad Leftovers	Chicken Tacos w/Raw Beet Salad
Thursday	Green Drink	Chicken Tacos w/Raw Beet Salad Leftovers	Veggie Quinoa, Lemon Asparagus & Side Salad
Friday	Fruit & Nut Smoothie	Veggie Quinoa, Lemon Asparagus & Side Salad Leftovers	Salmon w/pea pesto, Millet Slice & Side Salad

## Snack Ideas

- Green juice (daily if possible; see recipe below))
- Traditional Hummus or Black Bean Hummus (hummus recipes below)
- Veggie sticks (eat with hummus or plain)
- Handful of raw almonds
- Small handful raw sunflower or pumpkin seeds (about 1 T)
- Avocado w/sea salt
- Blanched asparagus
- Kale chips (see recipe below)
- Fruit (lowest sugar fruits only on occasion: grapefruit, cherries, berries, pineapple)
- Avoid watermelon, cantaloupe and dried fruits
- Banana Ice Cream w/almond slivers and/or carob chips (see recipe below; eat sparingly if at all)

## Cooking and Prep Tips

- Pre-cut veggies for quick snacks AND easy salad making. Store in airtight, glass containers in the fridge. Make sure to cover celery, carrots and radishes with water so they don't dry out. Having easy grab-n-go snacks while detoxing will help keep you on track for the week.
- Make a double batch of green juice and store half in the fridge for a snack the following day. (Do not exceed 24-hour storage or the juice will get quite bitter.)
- When chopping one onion, go ahead and chop two. Store the extra onion in an airtight container in the fridge for future meal prep.

## Detox Specific Prep Tips

To make the most of your kitchen time this week, here are some (not all!) food preparation tips if you follow the 5-Day Menu Plan exactly as is:

### Sunday night:

- Pre-cut veggies for easy salad making and pineapple for simple green drink/juice blending.
- Make traditional and/or black bean hummus for snacking.
- Freeze a few bananas for ice cream snack later in week (if appealing to your palate).
- Make the millet loaf to be used with meals all week. Cover well in fridge.
- Make Black-Eyed Pea & Collards. Store and reheat.
- Make the White Bean Salad for lunch tomorrow.

### Monday night:

- Make lemon chicken and garlic asparagus. Reheat slice of millet for meal.
- Pack leftovers for lunch tomorrow.

### Tuesday night:

- Reheat Black-Eyed Peas & Collards.
- Make fresh side salad with a double batch of salad dressing.
- Pack leftovers for lunch tomorrow (including salad w/dressing).

### Wednesday night:

- Make a pot of plain quinoa (for meal prep tomorrow night); store in airtight container in the fridge.
- Make chicken tacos & Raw Beet Salad for dinner.
- Pack leftovers for lunch tomorrow.

### Thursday night:

- Assemble Veggie Quinoa, Lemon Asparagus & Side Salad (w/dressing) for dinner.
- Pack leftovers for lunch tomorrow (including salad w/dressing).

### Friday night:

- Eat any leftovers (or) make Salmon w/Pea Pesto, Side Salad (w/dressing) and slice of millet.

## 5-Day Detox Challenge: Recipes

### Breakfast

#### Fruit & Nut Smoothie

Yield: 1 serving

##### ***Ingredients:***

- 1/2 cup unsweetened almond milk
- 1/2 cup filtered water
- 1-2 Tbsp almond butter
- 1 Tbsp ground flax seed
- 1/2 cup berries (fresh or frozen)
- ½ banana (optional)
- 1 heaping handful spinach

##### ***Directions:***

1. Blend to desired consistency.

#### Green Drink

Yield: 1 serving

##### ***Ingredients:***

- 2 cups filtered water
- 1 Tbsp ground flax seed
- 1 cup pineapple
- 1 banana
- 1 handful spinach
- 1 collard leaf (stem removed)
- 1 lacinto kale leaf (stem removed)

##### ***Directions:***

1. Blend to desired consistency.

##### ***Special Note:***

- Add parsley, mint or dandelion greens to change flavor and get more cleansing benefits.
- Can't eat bananas? Substitute 1 avocado + 3/4 cup strawberries to get light flavor and creamy texture.

## Green Juice

Yield: 1 Serving

### **Ingredients:**

- 1 cup filtered water
- 1 collard green leaf
- 1 cup pineapple

### **Directions:**

1. Blend to desired consistency.

### **Special Note:**

- Double recipe and store in fridge for following day. Do not exceed 24 hour storage or greens become quite bitter.

## Lunch and Dinner

### White Bean Salad

Yield: 2 servings

### **Ingredients:**

- 1 can *Eden Foods* white beans (cannellini or great northern), rinsed and drained
- 1 celery stalk, thinly sliced
- 1/2 red pepper, chopped
- 1/4 cup tops of green onions, diced (the green tips)
- 1/4 cup fresh parsley, chopped
- 2 handfuls mixed greens
- Dressing
- 2 Tbsp olive oil
- Juice of 1 lemon
- Sea salt & pepper to taste

### **Directions:**

1. In one bowl, mix together beans, celery, red pepper, green onions and parsley.
2. In a separate bowl, whisk together olive oil, lemon, salt and pepper.
3. Top of mixed greens with 1/2 bean mixture and season with salad dressing



## Millet Loaf

Yield: 6 -8 servings

Make sure your millet is rinsed thoroughly. It's especially good to soak millet for 1-9 hours before cooking, if time allows.

### **Ingredients:**

- 1 1/2 cups millet
- 3 cups water
- Sea salt

### **Directions:**

1. (Optional) Toast millet in a heavy-bottomed pot or large pan over high heat. Stir constantly until the millet starts popping and jumping around. Be sure the millet doesn't burn.
2. Add sea salt to water and bring to a boil.
3. Add millet and return to a boil. Reduce heat, cover and simmer until all the liquid has been absorbed (about 20-25 minutes).
4. Turn off heat and let stand, covered, for 5 minutes.
5. Pack into a loaf pan, cover with wax paper and refrigerate overnight. In the morning cover with foil or plastic wrap.
6. To reheat with meals: slice and pan fry in a little extra-virgin olive oil over low heat until browned, and warm. Can also eat cold over a salad.

### **Special Note:**

- You do not need to make this in "loaf" form. You can leave it light and fluffy if you prefer. The loaf form simply allows for easier reheat and grab-n-go.

## Garlic Asparagus

Yield: 2 servings

### **Ingredients:**

- 1 bunch asparagus, halved
- 3 garlic cloves, minced
- 3 Tbsp olive oil

### **Directions:**

1. Bend asparagus stems and let the ends break off naturally. Rinse well and cut in half.
2. Heat oil over medium heat, add garlic for 1 minute.
3. Add asparagus and cook for 5 minutes (al dente) or 10 minutes (soft). Stir to avoid garlic burning.

## Herb & Lemon Chicken

Yield: 4 servings

### **Ingredients:**

- 1 pound organic chicken breasts
- 2 Tbsp olive oil
- Juice of 1 fresh lemon (about 1/4 cup)
- 1 teaspoon dried basil (or) 1 Tbsp fresh basil
- 1 teaspoon dried oregano (or) 1 Tbsp fresh oregano
- 1 teaspoon chopped garlic
- Sea salt and black pepper

### **Directions:**

1. Salt and pepper chicken breasts.
2. Heat oil over medium heat in a large skillet. Add chicken and cook on each side for 8 minutes.
3. Meanwhile, mix together lemon, basil, oregano and garlic. After chicken has cooked 8 mins on each side, add herb & lemon mixture to pan and stir up anything that has stuck to the bottom of the pan.
4. Reduce heat, cover and simmer until chicken fully cooked through - about 6 minutes.

## Spicy Black-Eyed Peas & Collards

Yield: 6 servings

### **Ingredients:**

- 2 Tbsp olive oil
- 2 medium onions, thinly sliced
- 4 garlic cloves, minced
- 3 celery stalks, diced into 1/2 inch wedges
- 1 1/2 cups dried black-eyed peas
- 7 cups filtered water
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1/8 - 1/2 teaspoon cayenne (depends on how spicy you like foods)
- 1-2 teaspoons sea salt
- 4-5 collard green leaves, cut into 1/4 inch strips with end of stems removed
- Raw apple cider vinegar to taste (topping)

**Directions:**

1. Heat oil in a soup pan over medium heat. Add onions and sauté for about 15 minutes (until soft and golden).
2. Add garlic and cook for 1 minute.
3. Add celery, peas, water, bay leaves, thyme and cayenne. Bring to a boil, reduce heat, cover and simmer for 25 minutes.
4. Meanwhile, clean and prep collard leaves. Add to pot and cook for another 15-20 minutes (or until beans are soft). Be careful not to over cook peas or they will become quite mushy.
5. When peas are cooked, add salt.
6. Season individual bowls with apple cider vinegar
7. (Can serve over millet if you want a heartier meal).

## Chicken Tacos

Yield: 4 servings

**Ingredients:**

- 1 bunch Collard Greens (big leaves)
- 2 Tbsp extra-virgin olive oil
- 1 red onion, sliced
- 3 cloves garlic, diced
- 2 organic chicken breasts (about 3/4 lb.), sliced
- 2 tomatoes, chopped
- 1 avocado, sliced
- sea salt

**Directions:**

1. Thoroughly wash collard green leaves. Snip/break off ends and set aside to air dry.
2. Over medium heat, pour olive oil in pan add onions. Sauté for about 3-5 minutes, add garlic and sauté for another minute. Stir to avoid garlic burning.
3. Add chicken to pan, cook well (about 5-8 minutes, but will depend on size of your slices).
4. To assemble taco: take collard green leaf, add chicken mixture, top with tomato and avocado slices. Sprinkle a pinch of sea salt. Enjoy!

## Raw Beet Salad

Yield: 4 servings

**Ingredients:**

- 1/2 pound beets, grated
- Juice of 1 orange (about 3 T)

- Juice of 1/2 lemon (about 1 T)
- 1 Tbsp olive oil
- 2 Tbsp fresh parsley, minced
- Sea salt to taste

**Directions:**

1. Peel beets (use a vegetable peeler) and grate (food processor shredding blade works great).
2. Mix juices, olive oil and parsley together in a separate bowl. Toss with beets and sprinkle sea salt.

## Veggie Quinoa

Yield: 4 servings

**Ingredients:**

- 1 cup prepared quinoa
- 1 small red onion, chopped
- 2 Tbsp olive oil
- 1/2 red pepper, chopped
- 1 small carrot, chopped
- 1 cup broccoli florets
- 2 garlic cloves, minced
- 1 Tbsp fresh basil
- Ground black pepper to taste
- (1 lemon, optional)

**Directions:**

1. 1 cup prepared quinoa fluffed. To Make Quinoa:
2. Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear.
3. Combine 1 cup dried quinoa and 2 cups waters in a saucepan. Cover and bring to a boil.
4. Reduce heat to a simmer and continue to cook covered for 15 minutes or until all water has been absorbed.
5. Remove from heat and let stand for 5 minutes covered; fluff with a fork. (If you make ahead of time, allow to cool and store in an airtight container in the fridge).
6. In a large sauté pan, heat olive oil over medium heat.
7. Add onions and sauté 2 minutes. Add veggies and sauté another 3 minutes. Add basil, garlic for 1 minute.
8. Add veggie mixture to quinoa, toss and top with black pepper to taste

**Special Notes:**

- Squeeze the juice of 1/2 - 1 lemon to make quinoa even more refreshing and cleansing.
- Add more chopped fresh basil for garnish. Can be served warm or cold. To serve cold: cover and refrigerate for at least 30 minutes.

**Lemon Asparagus**

Yield: 2 servings

**Ingredients:**

- 1 bunch asparagus
- Juice of 1 lemon
- Sea salt

**Directions:**

1. Bend asparagus stems and let the ends break off naturally. Rinse well.
2. Fill a large pot of water half full of water, add sea salt and bring to a boil.
3. Add asparagus and cover partially until second boil starts.
4. Cook for about 5-8 minutes (or) when color turns deep green.
5. Drain well, put on a plate, season with lemon juice and sea salt.

**Salmon & Pea Pesto**

Yield: 1 serving

**Ingredients:**

- Salmon or white fish of your choice
- 1 cup sweet peas (fresh or frozen)
- 1/2 cup basil
- 1 teaspoon olive oil
- 1 teaspoons garlic powder
- 1 teaspoon lemon juice

**Directions:**

1. Blend peas, basil, oil, garlic powder and lemon juice in a food processor.
2. Broil fish in oven (550 degrees) for 5-7 minutes. Top with pesto.

## 5-Day Detox Challenge: Side Salad Ideas

Each day on the detox you'll be eating a fresh salad. Most days you will need to assemble your own side salad. This is a time to get creative and have fun with all the different toppings and greens available. Here are 3 simple steps for how to assemble a tasty salad in minutes:

### Step 1: Fresh Green Base

Choose at least 3 different kinds of salad greens to pick from throughout the week

- Arugula\*
- Belgian Endive
- Butter lettuce
- Dandelion greens\*
- Radicchio
- Red leaf lettuce
- Romaine lettuce
- Mesclun
- Mizuna

### Step 2: The Core

Top the salad with fresh veggies based on your palate preference for the day/meal. It's best to select at least 4 different veggies such as:

- Avocado
- Raw grated beets\*
- Carrots
- Radishes\*
- Chopped fennel bulb\*
- Spring onions
- Celery
- Broccoli
- Cucumber
- Herbs: parsley\*, mint, cilantro\*, basil, oregano, etc.

Items with an asterisk \* are well known for their detoxifying properties. Try to get these at every salad if possible.

### Step 3: The Flare

Season your salad with a healthy, simple, home-made dressing. See recipes below.

## 5-Day Detox Challenge: Salad Dressing Ideas

### Basic Oil & Vinegar Dressing

- 1 Part Oil
- 3 Parts Vinegar
- Sea salt & fresh ground black pepper

### Ratio Examples:

#### Oil & Lemon Dressing

- 1 Tbsp Olive Oil
- 3 Tbsp Lemon Juice
- Sea salt and pepper

#### Oil & Balsamic Dressing

- 2 Tbsp Olive Oil
- 6 Tbsp Balsamic Vinegar
- Sea salt and pepper
- (Add a clove or two of pressed garlic for some extra zing!)

#### Oil & Raw Apple Cider Vinegar Dressing

- 1/4 cup Olive Oil
- 3/4 cup Raw Apple Cider Vinegar
- Sea salt and pepper

As you can see, it is easy to prepare dressings in advance. Pour in a glass jar and give a good shake when you want to use it. Unless there are fresh herbs or raw garlic the dressing will keep for quite a long time in the fridge.

## 5-Day Detox Challenge: Snack Recipes

### Traditional Hummus

#### **Ingredients:**

- 1-2 garlic clove, peeled
- Juice from one fresh lemon
- 1 tablespoon tahini
- 1 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1 (15-ounce) can *Eden Foods* garbanzo beans, rinsed and drained
- 2 teaspoons extra-virgin olive oil

#### **Directions:**

1. Combine all ingredients except salt in a food processor and puree until smooth. (Add water if mixture is too thick).
2. Season with sea salt to taste. Serve with raw veggies or on salads.
3. Enjoy!

### Spicy Black Bean Hummus

#### **Ingredients:**

- 1 garlic clove, peeled
- Juice from one fresh lemon
- 1 tablespoon tahini
- 1 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1 (15-ounce) can *Eden Foods* black beans, rinsed and drained
- Dash of crushed red pepper
- 2 teaspoons extra-virgin olive oil
- Dash of ground black pepper

#### **Directions:**

1. Place garlic in a food processor; process until finely chopped.
2. Add lemon juice, tahini, cumin, salt, black beans, and crushed red pepper; process until smooth.
3. Spoon bean mixture into a medium bowl, and drizzle with extra-virgin olive oil.
4. Sprinkle with ground black pepper.



## Kale Chips

### **Ingredients:**

- 1 bunch lacinato kale
- Olive oil
- Sea salt

### **Directions:**

1. Heat oven to 350-375 degrees, depending on your oven. The kale chips burn quickly, so keep the temperature on the lower end if your oven tends to get hot or have hot spots.
2. Clean kale and remove the thick stem by folding each leaf in half lengthwise and cutting it away. Make sure kale is quite dry.
3. Pour a bit of olive oil into a dipping bowl. Dip your fingers in the olive oil and massage over each kale leaf, front and back.
4. Arrange kale on several baking sheets making sure not to crowd the leaves. Sprinkle sea salt over the top.
5. Bake for 5-7 minutes, keeping an eye on the chips to make sure they don't burn. Turn the chips over and then bake for another 5 minutes more. You may need more or less time depending on your oven. The chips are ready when they are bright green and haven't turned brown yet except maybe at the edges.
6. Add some flavor by sprinkling smoked paprika, cumin, or curry on before baking.

## Raw Banana Ice Cream

Yield: 1 Serving

### **Ingredients:**

- 1 frozen banana
- Dash of unsweetened almond milk or water

### **Directions:**

1. Blend in a mini-food processor or blender to desired consistency.
2. Top with fresh strawberries or a few carob chips.

### **Special Note:**

- This is a great craving buster during detox week. Try to eat as sparingly as possible, if at all.
- The best bananas for this ice cream are ones that have browned. Peel banana, put in Ziploc bag in freezer overnight. For detox week - freeze a few Sunday night so you have quick access.
- Kids LOVE this ice cream too :)