

21-Day Clean Eating Detox



eat smart. live confidently.



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Welcome

The next 21 days could change your life. It will definitely change the way you think about food, how food tastes, your eating habits, and your food cravings. You'll also notice softer skin, more energy, and increased feelings of well-being. If you're not sure what that means, you'll figure it out soon enough!

The results of your detox can be as large or small as you want. You don't have to comply 100% with the guidelines to see amazing results. You can listen to your body and ease into and out of it, as needed. The choice is yours.

The fact is you know what your current diet can do, so this is a chance to learn what this new way of eating can do for you, too.

You'll start with taking out some of the main causes of inflammation in the body (see the long list to follow) and putting back in tons of fruits and veggies and other liver-loving foods that will give your kidneys, liver and digestive system a chance to do some clean up. It's best to limit the work of the body during this time, so providing it with as much healing and anti-inflammatory foods as possible is the goal. These foods will help boost and optimize the body's natural detoxification ability.

Remember, your body is constantly giving you an indicator of how your diet is affecting you. Your energy level, mental focus, hair, nails, skin, elimination, and mood can tell you a lot...if you're paying attention.

Observe these things going forward... don't worry so much about protein needs, carbs, or fats...just let go of any worries that you're not going to get what you need. Prove it by observing how you feel. Use this as your measuring stick to decide how things are working for you.

To get started, let's first determine your Detox Personality.



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Choose Your Detox Personality

The Wannabe: You need a push (or a kick) to get yourself started on a healthier eating style. You would like to eat better and you know that you should, you just have a hard time making it happen. You tend to succumb to fad dieting to lose weight and then end up going back to your old ways soon thereafter. You don't really like to cook or try new foods and consider yourself a picky eater.

If this sounds like you: Start and end your day with a greens smoothie; take the Liver Cleanse alone for the first 7 days 2x/day after meals. After day 7, add the am probiotic and the chlorella tablets. Monitor your reaction after 3-4 days, then add the pm probiotic. Take the DHA daily.

The Moderate: You like to eat and live healthy and you do...some of the time. You're not quite ready to give up your favorite foods, you like your pizza and other take-out, and you enjoy a cocktail (or two) each week. You feel you know what to do to eat healthy, but consistent execution is a problem. You like to cook but don't always do it; you'll try new foods if given the opportunity, but usually stick to what you know and love.

If this sounds like you: After the first week, experiment with an all raw day 1x/week; use the Liver Cleanse + chlorella tablets alone for the first 7 days 2x/day after meals, then add the am/pm probiotic. Take the DHA daily.

The Nutritionista: You are a self-proclaimed nutrition diva. You eat healthy most of the time and rarely steer off the healthy track. You hardly ever eat out and if you do, you still make healthy choices. You love to challenge yourself nutritionally and enjoy cooking and experimenting with the latest "superfoods."

If this sounds like you: Consume greens drinks alone until lunch each day; after the first 7 days, go all raw every other day; start the Liver Cleanse 2x/day in addition to the chlorella tablets and the am/pm probiotic. Take the DHA daily.



THE FOOD: What to Eat?

Foods to avoid during your detox:

- Red meats and pork; processed meats including deli meats, sausages, bacon
- Dairy products, including milk, butter, cheese, yogurt, ice cream, creamer (and foods made with these items); including non-dairy cleaner, margarine or non-butter spreads
- Foods that contain gluten, including: wheat and white flours, rye, bran, bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods, boxed foods or processed grains, etc.
- Chips, crisps, thins, pretzels, and any savory snack from a bag; including salted or seasoned nuts (raw or dry roasted nuts are ok)
- Chocolate, sweets, jam and sugar in any form (includes maple syrup, honey, agave, sugar in the raw, etc.)
- Soy foods or foods made with soy, soybean oil or textured vegetable protein, etc.
- Vegetable oils including corn, soybean, cottonseed, sunflower, canola
- Processed foods, ready-made meals, ready-made sauces and jarred sauces; frozen processed meals
- Alcohol
- Coffee and caffeinated tea (no caffeine)
- Store bought sauces, salad dressing, mayonnaise, ketchup
- Soda and bottled drinks, including diet versions
- Artificial sweeteners including Splenda, Equal, Sweet N Low, etc. (Stevia is ok)



Foods to include in your detox:

Fruits and vegetables should be organic as much as possible. If you choose to eat animal protein, it should come from a clean source (organic, farm-raised, free of hormones, additives). Fish should be cold water and wild caught.

- Organic fruit – including fresh, frozen, or dried. This includes apples, bananas, pears, oranges, grapefruit, raisins, pineapple, mango, kiwi, all berries, currants, nectarines, peaches, melons, etc.
- Organic vegetables, including fresh or frozen. Optimal veggies include: Arugula, Asparagus, Bamboo shoots, Bean sprouts, Beet greens, Bell peppers (orange, red, yellow, green), Broad beans, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Chicory, Cucumber, Corn, Eggplant, Endive, Fennel, Green beans, Hearts of palm, Jicama (raw), Jalapeno peppers, Kohlrabi, Mushrooms, Onions, Radishes, Snap beans, Snow peas, Shallots, Spaghetti squash, Summer squash, Tomatoes,
- Leafy green vegetables including kale, baby spinach, mustard greens, dandelion greens, radicchio, Swiss chard, turnip greens, watercress
- Beans and lentils, including dried or canned beans and hummus. This includes red kidney, black, garbanzo, cannellini, butter, black eye, pinto, red lentils, green lentils and brown lentils, etc.
- Gluten free grains, including brown rice, wild rice, quinoa, millet, amaranth, rice noodles, organic gluten- free oats.
- Gluten-free rice cakes and plain popcorn – made without sugar or salt
- Fresh or water-packed, wild, cold water fish – including wild salmon, cod, sardines, trout, halibut, and mackerel.
- Organic chicken and turkey
- Organic, cage-free omega-3 eggs



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- Dry roasted, unsalted nuts – eat any including Brazil, peanuts, almonds, cashew, hazel nuts, macadamia, pecans, pine nuts, pistachio, walnuts etc.
- Unsalted seeds – including sesame, flax, hemp, chia, sunflower and pumpkin
- Extra virgin olive oil and coconut oil
- Organic non-dairy milks – including hemp, rice, almond, hazelnut, walnut, coconut, and nut milks
- Garlic, ginger root; all spices including sea salt, turmeric, black pepper, mustard, miso
- Fresh herbs, including mint, basil, parsley, cilantro, rosemary, chives, coriander
- Vinegar, liquid aminos, wheat-free tamari
- Water – at least 2 liters/day
- Herbal or fruit teas; spa water



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THE SUPPLEMENTS: What to Take?

Daily supplements that will facilitate your detox:

- Probiotics
- Milk Thistle, Burdock & Dandelion Root
- DHA/EPA (1000 mg/day)
- Digestive Enzymes
- Chlorella tablets
- Protein Powder
- pH Testing Strips
- Epsom Salt

Suggested Brands:

Probiotics: VSL#3, Floragen3, Dr. Ohira, Culterelle, Align, AdvoCare's Probiotic Restore (6 Billion or more)

Milk Thistle, Burdock & Dandelion Root: Solaray Liver Blend SP 13; Whole Foods Colon Liver Cleanse

DHA/EPA: Nordic Naturals; Carlsons; Barleans

Digestive Enzymes: Garden of Life Ultimate Digestive Blend; Udo's Choice

Organic Chlorella tablets: NOW Organic Chlorella tablets

Protein Powder: Vega One all-in-one Nutritional Shake; Manitoba Harvest Hemp Pro 50

pH Testing Strips: Get them at Whole Foods or online at phionbalance.com



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THE GUIDELINES: What to Do?

To increase circulation and facilitate the release and elimination of stored toxins, please follow these simple instructions.

- On Monday morning, measure your pH levels using the pH testing strips. Record your level on your food journal. Monitor this daily to achieve alkalinity.
- Use the Meal Plan and Recipes to plan your meals each week. DO NOT SKIP THIS STEP. I will also provide sample meal plans for your inspiration.
- Stop eating 3 hours before bed. Herbal tea is ok.
- Use your Detox Food Journal log to record your progress.
- Upon rising, sip rooibos, dandelion, or detox tea OR warm water with lemon; have your greens smoothie 30 minutes later.
- Consume 64 fluid oz. of filtered, purified, spring or mineral water/day (try "spa water" infused with rosemary, cucumbers, lemon, lime, and other fresh herbs).
- Sleep at least 8 hours each night.
- Consume a Greens Smoothie for breakfast each day.
- Take warm Epsom salt and apple cider vinegar baths (3 times/week).
- Dry brush daily before your shower.
- Take a sauna or hot yoga a few times/week (try "poor man's sauna").
- Cold water rinse after your shower (works your goose muscles for better skin tone).
- Schedule a massage once/week.



Shopping List

*The list below contains all of the ingredients in your Detox recipes. Buy organic or local grown produce when possible. Only buy organic chicken, turkey and eggs. **You absolutely don't have to go out and buy everything on this list!** Browse through the recipes and decide what you want to make first (i.e., meal plan). You may have to go to Whole Foods or Mom's Organic Market to find some of these ingredients.*

Proteins

- Protein Powder (plain and flavored)
- Lentils (canned or dry)
- Black Beans (canned or dry)
- White Beans (canned)
- Cannellini Beans (canned)
- Garbanzo Beans (canned)
- Organic, Free Range Eggs
- Organic Chicken Breast
- Wild Sockeye Salmon
- Wild Salmon
- Anchovies
- Wild Cod
- Wild Halibut
- Wild Mackerel or Bluefish
- Organic Turkey

Non-starchy Vegetables (organic or local grown)

- Ginger
- Greens
- Cucumber
- Baby Spinach
- Romaine Lettuce
- Bok Choy
- Asparagus
- Celery
- Kale (any kind)
- Field Greens
- Dandelion Greens
- Collard Greens
- Beets
- Arugula
- Broccoli/Broccolini
- Garlic
- Tomatoes
- Cherry Tomatoes
- Sun Dried Tomatoes
- Green Bell Peppers
- Red Bell Peppers
- Yellow Bell Peppers
- Orange Bell Peppers
- Fennel
- Yellow Onions
- Green Onion
- Red Onion
- Purple Onion



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- Shallots
- Zucchini
- Jicama
- Carrots
- Corn
- Endive
- Arame (seaweed)
- Sugar Snap Peas
- Wakame (seaweed)
- Cauliflower
- Green Cabbage
- Jalapeño
- Parsnips
- Watercress
- Radishes
- Serrano Chiles
- Shitake Mushrooms
- Portobello Mushrooms
- Rutabaga
- Brussels Sprouts
- Hijiki (seaweed)
- Fresh lemons/limes

High Fiber Carbs/Grains

- Quinoa
- Sweet Potatoes
- Chickpeas
- Soba (Japanese Buckwheat Noodles)
- Brown Rice

Fresh & Dried Fruit

- Lemons
- Limes
- Apples
- Granny Smith Apples
- Kiwis
- Pineapples
- Bananas
- Grapefruit
- Medjool dates
- Mangos
- Blueberries (fresh and frozen)
- Strawberries (fresh and frozen)
- Grapes
- Papaya
- Avocado
- Peaches (fresh and frozen)
- Pomegranate seeds
- Raisins
- Currants
- Dried Apricots
- Oranges
- Goji Berries
- Tangerines



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Fresh Herbs/Spices/Extracts/Seeds/Nuts

- Extract (Hazelnut, Vanilla)
- Nu Naturals Liquid Stevia (regular and vanilla)
- Raw Cacao Powder
- Maca Powder
- Hemp Seeds
- Ground Flax Seeds
- Chia Seeds
- Sunflower Seeds
- Coriander
- Fennel Seed
- Fresh Mint
- Fresh Parsley
- Fresh Dill
- Fresh Cilantro
- Fresh Thyme
- Fresh Oregano
- Fresh Basil
- Fresh Rosemary
- Cinnamon
- Allspice
- Cloves
- Organic Vanilla
- Nutmeg
- Cinnamon
- Freeze-Dried Blueberries
- Raw Almonds or Cashews
- Almond Meal (ground almonds)
- Slivered Almonds
- Macadamia Nuts
- Raw Pine Nuts
- Raw Walnuts
- Raw Pecans
- Pumpkin Seeds
- Extra-Virgin Olive Oil
- Walnut Oil
- Sesame Oil
- Coconut Oil
- Grape Seed Oil
- Celtic/Kosher Sea Salt
- Cumin Powder
- Curry Powder
- Smoked Paprika
- Dried Chili Pepper
- Turmeric
- Garlic Powder
- Bay Leaf
- Red Pepper Flakes
- Nutritional Yeast
- Peanut Butter
- Almond Butter
- Nama Shoyu (unpasteurized soy sauce)
- Brined Capers
- Pomegranate seeds
- Cayenne Pepper



Busy Woman's Clean Eating Detox

Pantry /Fridge Items

- Apple Cider Vinegar
- Balsamic Vinegar
- Rice Wine Vinegar
- Brown Rice Vinegar
- Red Wine Vinegar
- White Wine Vinegar
- Unsweetened Coconut Milk
- Organic Unsweetened Almond/Hemp Milk
- Shredded Unsweetened Coconut Flakes
- Organic Chicken & Veggie Broth
- Dijon Mustard
- Canned Mandarin Oranges
- Tahini
- Wheat Free Tamari
- Braggs Liquid Aminos
- Coconut Water

Miscellaneous & Snack Foods

- Lara Bars
- Kookie Karma Raw Cookies
- Dulse Chips
- Organic Brown Rice Cakes
- Flax Crackers
- Dolmas
- Unsweetened Applesauce
- Raw Trail Mix
- Hummus



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My Food Journal: Day# ____

probiotics Liver cleanse Digestive Enzymes Chlorella DHA My pH: _____

For breakfast, I ate:

For a morning snack, I ate:

For lunch, I ate:

For an afternoon snack, I ate:

For dinner, I ate:

How did I feel today?

What strategies worked for me?

What will I do differently tomorrow?



Green Smoothies & Green Juice



Learn to Love Green Juice

Juicer not required! Green smoothies work beautifully in a Vitamix or high speed blender.

Sweeten it Up. Sweet juices like apple, pear and pineapple can be very overpowering in a juice blend – which makes them perfect for pairing with your greens. So even though the green color may stand out when you sip – the flavor will be sweet and vibrant. A banana works WONDERS as well.

Water it Down. Don't forget to add water! Mix your greens first in a bit of water to pulverize them and thin them out. Few people like a thick green juice. If juicing only thick leafy greens like chard or kale, add in a few spoonfuls of water to the juicer to thin out your juice. Also, 'water down' your juice by adding cucumber, celery, ripe pear and even watermelon or other melons.

Start Small. You don't need to drink a full glass every day to reap the green juice benefits. All you really need is a shot of this stuff to get a mild green juice high. It's rich in antioxidants, electrolytes and depending on what ingredients you use, usually pleasantly low in calories. So while you can drink as much as you'd like – don't feel bad about starting small! One small glass of green juice can easily have a few servings of fruit and/or veggies!

Add Zest. If your juice tastes "grassy" or "muddy" counteract it with sweetness, yes, but also add some zest! This can be in the form of an acid, spice or warmth. Try fresh ginger, lemon juice, orange juice, jalapeno, cayenne, tart green apple, grapefruit, sweet sharp beet, mint (my favorite) and more. Give it some zest and you won't notice the grassy undertones.

And remember, it takes time! Give it a few different sips, on different days, under different conditions. Try it after a long workout or run. Those salty green juice flavors may suddenly just what your body craves!



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The Recipes



Basic Green Smoothie Recipe

- 2-3 pieces or cups of fruit
- 2 cups of greens
- 2 cups water

Blend ingredients until a smooth consistency is created.

Sweet & Sassy Green Juice

- 1 cup cucumber
- 1 cup spinach
- 2 tsp fresh ginger, peeled
- 3/4 cup green apple
- 1 peeled kiwi OR more green apple
- 1/2 lemon, juiced
- 1 lime juiced

Add a little cold water and spinach to the blender. Starting at low speed, mix until smooth. Gradually moving to a higher speed, adding the remaining ingredients.

Morning Green Drink

- 1 cup water
- 1 head organic romaine lettuce, chopped
- 2 stalks organic celery (about 1 1/2 cups)
- 3-4 cups of chopped spinach
- 1 organic apple
- 1 cup chopped pineapple
- 1 organic banana
- 2 tbsp of fresh lemon juice

Add the water and chopped head of romaine and spinach to the blender. Starting at low speed, mix until smooth. Gradually moving to a higher speed, adding the celery apple, and pineapple. Add the banana and lemon juice last.



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Skinny Green Drink

- 1 head romaine lettuce
- 1 large cucumber
- 1 stalk celery
- 4 leaves kale
- 1 Banana
- 1 whole grapefruit, peeled
- 16-20 oz. pure water

Blend in your high speed blender.

The Goddess Shake

- 1 tbsp raw cacao powder
- 1 tbsp maca powder
- 1 tbsp hemp seed or 1 scoop protein powder
- 3 drops vanilla liquid stevia
- 2 medjool dates, pitted
- 1 small frozen banana
- 1 1/2 cups unsweetened almond milk

Blend ingredients in a fast speed blender.

Piña Colada

- 4 oz unsweetened coconut milk
- 2 cups bunch baby spinach
- 1 banana
- 5 sprigs fresh mint
- 1 cup fresh/frozen pineapple chunks
- 4 ice cubes (if needed)

Place spinach and water in blender and process on high until liquid. Add parsley, pineapple, coconut oil, stevia and ice and blend until smooth.



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Vanilla Goddess

1 cup almond milk
1/2 frozen banana
1 tbsp maca powder
1 tbsp chia seeds
1 scoop protein powder or 2 tbsp Hemp seed
2 pitted medjool dates
1 tbsp ground flax seeds
1 tsp organic vanilla
shake of nutmeg
3 drops vanilla crème liquid stevia

Blend all ingredients in a high speed blender.

Mango Banana

1 Fresh Mango (peeled)
1.5 Medium Bananas (peeled)
2 handfuls Baby Spinach
1 cup Water or Coconut Water
4-5 Fresh Mint Leaves

Toss everything in the blender and blend until smooth. If you like a thick smoothie, use frozen fruit and/or less water. If you like a thinner smoothie, use more water as you blend.

Bob's Green Drink Smoothie

1 Tbsp Ground Flax/Chia Seed (40 calories)
2 Tbsp Protein Powder
1 Cup Fresh Kale
1 Cup Frozen Spinach
½ Cup Blueberries
1 Banana
1 Cup Frozen Pineapple
Unsweetened almond milk

Add all ingredients to a blender and blend until combined.



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The Queen of Green

- 1 head romaine lettuce
- 5 stalks celery
- 1 large cucumber
- 4 large leaves kale
- 1 lemon, peeled if not organic
- 1 piece fresh ginger, vary to taste
- 1 granny smith apple for sweet

Blend all ingredients in your blender.

Blueberry Greens

- 1 cup water
- 1 banana
- 1 cup frozen blueberries (or fresh in season)
- 1 handful parsley
- 1 bunch kale

Blend water with fruits, add greens progressively, and blend until smooth. Use more or less water as desired.

Green Mango Delight

- 2 mangoes
- 1 large bunch of kale
- 3 stalks of celery
- 2 cups fresh/frozen strawberries
- 1/4 cup lime juice
- 1 slice ginger
- Handful of fresh mint
- Water or non-dairy milk to desired consistency

Put mangoes in blender and blend until smooth. Add kale and blend again. Add celery, ginger, lime juice and mint. Blend until smooth. Add liquid if desired.



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Grapes and Greens

1 cup of grapes
Juice of 1 lemon
1 bunch of spinach or romaine lettuce
1 cup of unsweetened coconut water
¼ inch slice of ginger
¼ tsp. cinnamon
· Blend all ingredients until smooth.

Lime Mint Drink

2 Tbsp lime juice
1 bunch fresh mint
1 apple
1 head of romaine
1-2 cups water
Ice cubes

Blend all. Adjust lime to taste. Add more liquid too thick for you.

Tropical Green Smoothie

1 cup papaya
1 mango
2 cups pineapple
4 cups spinach

Blend the pineapple until liquefied. Add the mango and papaya and blend until smooth. Add spinach a handful at a time to desired sweetness.

Lemony Mint Green Smoothie

1 apple
½ lemon, juiced
1 head Romaine
1 handful mint leaves
2 -4 cups water

Blend until creamy.



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Energy Smoothie

1 apple
1/2 lemon
2 cups field greens mix
1 medium avocado
1 handful fresh mint
Water or unsweetened coconut milk
Blend ingredients in a blender until creamy. Use less water if you prefer a thicker smoothie. Adjust the lemon and mint to taste.

Avocado Apple

1 medium apple
1 lemon, juiced
1 Romaine heart
1/2 medium avocados
1 handful fresh mint leaves
2 cups water

Blend ingredients in a blender until creamy.

Lemony Kale & Mint Greens Drink

1 bunch kale, stems and leaves, chopped
4 large lemons for limes or both, juiced
Dash sea salt
1 bunch fresh mint leaves
2 cups water

Blend ingredients in a blender until creamy.

Beginner Blueberry Kale Smoothie

1 large ripe banana, peeled
2-4 kale leaves
1 cup blueberries, frozen
1 packet of stevia (optional)
1 cup pure water

Pour the water and toss the banana and kale into the blender. Blend. Then add the blueberries and stevia. Blend again until smooth. Enjoy! 1-2 servings



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Tropical Kale Smoothie

1 large ripe banana, peeled
10 kale leaves
1 cup pineapple, fresh
3 dates, pitted
1 cup mango, frozen
3 ice cubes
1 1/2 cup pure water

Pour the water and toss the banana, kale, pineapple, and dates into the blender. Blend. Then add the mango and ice. Blend again until smooth. Very Yummy! 1-2 servings

Purple Tropics

1 large ripe banana, peeled
2 cups spinach
1/2 cup blueberries, freeze-dried
3/4 cup pineapple, fresh or canned
1 packet of stevia (optional)
5 ice cubes
1 cup water

Pour the water and toss the banana, spinach, blueberries, pineapple, and stevia into the blender. Blend. Then add ice. Blend again until smooth. Enjoy! 1-2 servings

Purple Kale Smoothie

1 large ripe banana, peeled
1 cup dandelion greens
1/4 medium beet (To turn the smoothie purple)
1 cup blueberries, frozen
1 packet of stevia (optional)
1 1/2 cups pure water
5 ice cubes

Pour the water and toss the banana, dandelion, and beet into the blender. Blend. Then add the blueberries, stevia, and ice cubes. Blend again until smooth. Enjoy! 1-2 servings



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Creamy Avocado Kale Smoothie

1 large ripe banana, peeled
4 large kale leaves
1/4-1/2 avocado flesh
3/4 cup blueberries, frozen
1/2 cup strawberries, frozen
1 packet of stevia (optional)
1 1/2 cups pure water

Pour the water and toss the banana, kale, and avocado into the blender. Blend. Then add the blueberries, strawberries, and stevia. Blend again until smooth. Enjoy! 1-2 servings

Advanced Berry Arugula Smoothie

1 large ripe bananas, peeled
1 handful arugula
1/2 cup strawberries, frozen
1 cup blueberries, frozen
1 1/2 cup pure water

Pour the water and toss the banana and arugula into the blender. Blend. Then add the strawberries, blueberries, and stevia. Blend again until smooth. Enjoy! 1-2 servings

Peachy Kale Smoothie

1 large ripe banana, peeled
10 kale leaves
4 dates, pitted
3/4 cup pineapple, frozen
1/2 cup strawberries, frozen
3/4 cup peaches, frozen
1 cup pure water

Pour the water and toss the banana, kale, and dates into the blender. Blend. Then add the frozen fruit and blend again until smooth. 1-2 servings



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High Antioxidant Smoothie

- 1 large ripe banana, peeled
- 2-4 large kale leaves
- 3/4 cup blueberries, frozen
- 1/2 cup pomegranate kernels, frozen
- 1 packet of stevia (optional)
- 1 1/2 cup pure water

Pour the water and toss the banana and kale into the blender. Blend. Then add the blueberries and pomegranate. Blend again until smooth. Enjoy! 1-2 servings

Savory Drinks/Soups

Creamy Curried Broccoli Soup

- 3 cups water
- 1 cup almonds or cashews or a combination
- 1 date (optional)
- 1 avocado
- 3 cups broccoli, stalks and florets
- 1 clove garlic
- 1 tablespoon olive oil (optional)
- ¼ - ½ small onions
- 1 ½ teaspoons sea salt
- ¾ teaspoon cumin powder
- 1 teaspoon curry powder

Blend almonds and avocado until smooth. Add the remainder of the ingredients and blend until creamy. Adjust seasonings to taste. Adjust water to desired consistency.

Gazpacho Soup

- 2 cups tomatoes
- ½ cup pineapple
- 2 cup cucumbers
- 1 cup cherry tomatoes, sliced in two
- 1 medium red bell pepper, seeded and diced
- 1 garlic clove



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2 Tbs. apple cider vinegar or lime juice
2/3 cup fresh dill or cilantro
2/3 cup fresh parsley
1 Tbs. maple syrup, or one large date

Blend all ingredients together except cherry tomatoes and 1 cup of cucumber (finely diced). Before serving, add cherry tomatoes and cucumber for texture and presentation. Enjoy the perfect healthy treat for a summer afternoon!

Creamy Fennel Soup

1 fennel bulb
1/2 cucumber
1 red pepper
1 avocado
juice of 1 lemon
1 bunch spinach
1 green onion
1 mango, cut into tiny cubes

Chop fennel, cucumber, red pepper, and avocado and put into blender with juice of 1 lemon. Fill with water 1/3 way up the side of the blender jar. Blend till smooth (if you are using a regular blender you will have to stop and stir a few times). Add leaves of 1 bunch of spinach and blend until completely smooth. If you need to add more water add only enough to blend so that the consistency remains creamy, not liquidy.

Serve into bowls with and top with mango cubes and chopped green onion ends.

Spicy Kale Soup

4 cups kale
1 clove garlic
1/4 cup lime juice
1/2 tsp cayenne
1/2 inch piece ginger
2 cups water

Blend. Add extra garlic, ginger or cayenne to taste. Play with the spices for variations.



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Recipes

Quinoa Salads (for lunch or dinner)

Quinoa Salad with Almonds and Flaxseed

1 cup of quinoa
1 Tbl. almond meal (ground almonds)
1-2 Tbl. ground flax seeds
1 red pepper, chopped
1 bunch of green onion, chopped
3/4 cup of raisins
Sea Salt to taste
Olive oil

Cook quinoa as directed on package. Sauté chopped red pepper and green onion in 1 Tbl. of olive oil. Add raisins and continue to sauté until raisins get plump and red pepper is a little soft. Add more olive oil if needed. Mix ground almond meal and flax with cooked quinoa. Combine with sautéed red pepper, green onion, and raisins. Add sea salt to taste and drizzle olive oil as the quinoa should not be too dry.

Serve warm, chilled or at room temperature.

Grape, Avocado, and Baby Kale Salad with Quinoa

6 cups baby kale (or baby spinach)
1 1/2 cups cooked quinoa
1/2 cup grapes, halved
1 cup beets, cut into small cubes
1 cup cucumber, cut into small cubes
1 whole avocado, cubed
3-4 tbsp white balsamic vinegar or apple cider vinegar
Sea salt and black pepper to taste

Mix all ingredients together well and season to taste with sea salt and pepper. Serve!



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Quinoa salad with toasted almonds

1/4 cup slivered almonds
1/2 cup (3 ounces) quinoa
4 teaspoons olive oil
1 yellow bell pepper, ribs and seeds discarded, cut into 1/2-inch chunks
2 garlic cloves, minced
2 scallions, thinly sliced
1/8 teaspoon red-pepper flakes
1 teaspoon chopped fresh thyme, plus more for garnish (optional)
1/4 teaspoon coarse salt
1 medium zucchini, halved lengthwise and sliced 1/2-inch thick
1 large celery stalk, diced
1 lime, halved

Preheat oven to 350 degrees. Toast almonds until crisp, lightly browned, and fragrant, about 7 minutes. Remove from oven and set aside. In a medium saucepan, heat 2 teaspoons olive oil over medium heat. Add yellow pepper, garlic, scallions, and red-pepper flakes; cook until the pepper is crisp-tender, about 5 minutes. Stir in quinoa, thyme, 1 cup water, and 1/4 teaspoon salt. Bring to a boil, reduce to a simmer, cover, and cook 7 minutes. Stir in zucchini, cover, and cook until quinoa is tender but not mushy, 5 to 8 minutes. Remove the saucepan from heat. Stir in celery, almonds, and remaining 2 teaspoons oil, season with salt, and fluff with a fork.

Mango Avocado Superfood Quinoa

3 cups cooked fluffy quinoa
1/2 cup chopped kale
1/4 cup chopped parsley
1/4 cup chopped cilantro
1-2 limes, squeezed + a bit of grated zest
1/4 tsp fine black pepper
1-2 Tbsp nutritional yeast
2 Tbsp ground flax seed
2 Tbsp hemp seeds
salt to taste

Mix together 1 cup diced avocado, 3/4 cup diced mango, 1 Tbsp goji berries soaked in lime juice (or any dried fruit you have) and a pinch of salt. Toss cooked quinoa with all the ingredients. Fold in the avocado, mango and goji berries last. Garnish with lime wedges.



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Lime Cilantro Superfood Quinoa

3 cups cooked fluffy quinoa
1/2 cup chopped kale
1/4 cup chopped parsley
1/4 cup chopped cilantro
1 lime, squeezed + a bit of grated zest
1/4 tsp fine black pepper
1-2 Tbsp nutritional yeast
2 Tbsp ground flax seed
2 Tbsp hemp, chia or flax seeds

Toss cooked quinoa with all the ingredients. Garnish with lime wedges.

Apricot and Almond Quinoa

1-1/2 cups quinoa
1/3 cup dried apricots, finely sliced
2-3/4 cups vegetable or chicken broth
1/2 teaspoon turmeric
1/4 cup olive oil
1/4 cup lemon juice
2 teaspoons grated orange zest
1/2 cup fresh, minced mint
2/3 cup slivered almonds, toasted
1/4 cup dried currants
salt and pepper

Bring the quinoa, apricots, broth and turmeric to a boil in a saucepan, cover and reduce heat to low. Simmer, covered, until all of the broth has been absorbed.

While the quinoa is cooking, combine the olive oil, lemon juice, orange zest and mint in a bowl and whisk together. When the quinoa is done, toss with the dressing. Mix in the almonds and currants. Taste and season with salt and pepper.



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Non-Grain Salads

Everyday Detox Salad with Carrot Miso Dressing

1 or 2 large handfuls of spinach
thinly sliced red onion
chopped cherry tomatoes
chopped cucumbers
chopped cilantro
salt and pepper

Combine the spinach, red onion, tomatoes and cucumbers in a large bowl. Drizzle with carrot miso dressing and top with chopped cilantro. Add freshly ground salt and pepper to taste.

Salad with Carrot and Ginger Dressing

1 head of baby gem lettuce (or any greens), roughly cut
1/4 red onion, thinly sliced
1/4 avocado, diced

Pulse the carrot, shallot and ginger in a blender until finely chopped. Scrape down the sides, add the miso, vinegar and sesame seed oil and whiz together. While the blender is going, slowly drizzle in the grapeseed oil and the water.

Combine the lettuce, onion and avocado in a bowl, drizzle with plenty of dressing and serve.

Arugula Mango Avocado Salad with Macadamia Nuts

1 large mango, cubed
1 avocado, diced
3/4 cup macadamia nuts, roasted/salted
5 cups fresh arugula

Dressing:

1/4 cup lemon juice
2 Tbsp apple cider vinegar
1/4 cup olive oil
1 Tbsp Dijon mustard
few drops stevia
dash garlic powder



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Whisk together the salad dressing ingredients. Toss the avocado, mango and nuts with the salad dressing. Pour dressing over the greens. Top with fresh black pepper.

Beet Salad

1 cup jicama, grated
1 cup carrots, grated
1 cup beets, grated
2 tablespoons orange juice, freshly squeezed
1 tablespoon lime juice, freshly squeezed
¼ cup olive oil
¼ teaspoon Celtic sea salt

In a large bowl, combine jicama, carrots and beets. In a glass jar, combine orange juice, lime juice, oil and salt; shake well. Toss dressing into salad. Serve.

Easy Kale Salad

1 bunch curly kale
1 large beefsteak tomato, chopped
1 large bell pepper (or 2 small), chopped

De-stem, chop, and wash kale well. Add about 1/3-1/2 cup of your favorite homemade dressing to the kale. Using your hands, "massage" dressing into salad well, till it's a little wilted in texture. Add tomatoes and peppers, and toss. Serve!

Fully Loaded Kale Salad

1 large bunch of kale (any variety) - remove thick stems/shred leaves by hand
2-3 Tbsp hemp seeds
2-3 Tbsp raw sunflower seeds
1/2 cup apple, sliced
1/2 avocado, diced/tossed in lemon juice
handful of cherry tomatoes, diced
1/2 cup juice-packed mandarin oranges
1 small sweet onion, thinly sliced
fine black pepper

Dressing:

2 1/2 Tbsp tahini
3 Tbsp seasoned rice vinegar
2 tsp apple cider vinegar
1-2 tsp healthy oil



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few drops stevia (optional - if you need extra sweetness to balance the bitterness of tahini)

Wash and dry kale. Pull tender leaves from thick lower stems. Shred leaves by hand. Add to large mixing bowl. Discard thick stems. Briskly mix together the dressing ingredients. Toss your kale salad in your dressing. Massage the kale with the dressing to soften it. Fold in hemp and sunflower seeds. Add the remaining toppings and toss gently.

Peanut Kale Salad

4 cups kale, chopped, stems removed (about one large bunch)
1 heaping Tbsp peanut butter (or try almond butter too!)
2 tsp wheat free tamari or Braggs Aminos
1 Tbsp apple cider vinegar
few drops stevia
black pepper to taste
1/2 cup red onion, thinly sliced
A few dashes cayenne
1/2 tsp chopped garlic
1/2 tsp chopped ginger, optional

Add all ingredients to a large soup pot, toss well to combine. Cover and turn heat to high. Wait until the small amount of liquid starts to boil, turn off heat. Shake the pot a few times with lid on to distribute heat and steam. Remove lid and toss kale well. Steam will have wilted the kale just enough to be tender. Transfer kale to serving bowl. Serve warm or chill in fridge until ready to serve.

Raw Kale Salad with Grapefruit

1 bunch kale
1 tablespoon olive oil
1/8 teaspoon Celtic
juice of 1 lime
1 teaspoon balsamic vinegar
1 grapefruit, sliced and chopped

Chop the kale into thin ribbons. Drizzle the olive oil onto the kale and then massage the kale with your hands. Sprinkle with salt, then add lime juice and vinegar. Add grapefruit to kale and toss salad. Allow to sit for 15 minutes so that kale softens and flavors integrate.



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Orange Arugula Salad

4 cups arugula
2 oranges, peeled and cut into segments
3 tablespoons olive oil
1 tablespoon balsamic vinegar
Celtic sea salt to taste

Place arugula and oranges in a bowl. Drizzle with olive oil and vinegar, then sprinkle with salt. Toss and serve.

Avocado Massaged Kale Salad

4 stalks of green kale
3 stalks of asparagus
1 stalk of white corn
1 ripe avocado
2-3 baby roma tomatoes
1/4 inch of euro cucumber
1/3 cup of purple onion
1 tsp lemon
1 tsp lime
salt + pepper to taste (optional)

Steam corn and asparagus (chopped into thirds) until tender. About 15 minutes or so. Coarsely chop kale into pieces. Massage avocado with hands into the kale. Add lemon + lime. Let it sit for 5-10 minutes to tenderize. Chop up tomatoes, cucumbers, and onion. Add to the salad. Add steamed asparagus to the salad. Cut the corn kernels from the stalk using a serrated knife. Add to the salad. Add salt and pepper if desired.

Mango Goji Guacamole

1 1/2 avocados, diced
1 champagne mango, diced
2 limes, squeezed (or use lemons if you'd like!)
1 1/2 Tbsp goji berries
dash of spices and/or salt (I used 4/s)

Directions: Toss and plate. Serve with sliced jicama or veggies for dipping.



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Creamy Kale Salad

- 1 ripe avocado, halved, seed removed
- 2 tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 3 tablespoons walnut oil or extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1/2 bunch kale (8 oz.), stemmed and coarsely chopped
- 1 small red beet, peeled and thinly sliced
- 1 sweet, crisp apple, cored and cut into thin wedges
- 1/2 cup toasted walnuts, chopped

Combine avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth. (It will be thick.) Season with salt and pepper. Combine kale, beets, apple, and walnuts in a large bowl. Toss with avocado dressing.

Endive & Tangerine Salad

- 5 honey tangerines
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon white-wine vinegar
- Coarse salt
- 1/4 cup almonds (1 ounce), toasted and coarsely chopped
- 1 tablespoon fresh oregano, coarsely chopped
- 3 heads endive (about 4 ounces each), trimmed, leaves separated

Cut away peel and pith from 4 tangerines using a sharp paring knife. Slice each into 1/4-inch-thick rounds. Halve remaining tangerine, and squeeze juice into a large bowl. Whisk in oil, vinegar, and 1/4 teaspoon salt. Mix together almonds and oregano. Cut any large endive leaves in half length-wise. Add leaves to bowl with vinaigrette, and toss. Divide endive, tangerines, and almond mixture evenly around 4 plates. In a small bowl or jar, whisk or shake together the oil, vinegar, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper.

Fresh Guacamole Salad

- 2 ripe avocados, in thick slices
- 1 red onion, sliced in half moons
- A generous handful of cilantro
- Cherry tomatoes, sliced in half
- Salt and pepper to season
- Juice and zest of 1 lime
- 3 tablespoons of extra virgin olive oil



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Whisk together the ingredients for the dressing in a bowl and set aside. Assemble the ingredients for the salad on a serving platter, start with the slices of avocado then top with the red onion slices and then the cherry tomatoes. Sprinkle cilantro all over the top of the salad. Drizzle over the dressing and then season with sea salt and a good grinding of black pepper. Serve straight away.

Arame and Sugar Snap Pea Salad

Sprinkle it in soups. Shower it on salads. Arame's a mild, semisweet kelp that provides calcium, iodine, iron, magnesium, and vitamin A wherever it goes.

1 cup dry arame
2 cups filtered water
1 cup diagonally sliced sugar snap peas
2 tsp. apple cider vinegar
2 tsp. toasted sesame oil
1/4 tsp. ground dried chili pepper

Soak arame in filtered water for at least 2 hours. Squeeze all excess liquid from arame and place in clean mixing bowl. Add sugar snap peas. In a small bowl, whisk together vinegar, oil, and chili pepper. Pour dressing over arame and peas. Toss well to mix. Serve immediately, or will keep in fridge for 1 day.

Wakame, Kale, and Avocado Salad with Japanese Dressing

Prepare the salad several hours before serving so the flavors can meld.

1 cup wakame, soaked in water to soften, and then drained and chopped
1 head kale, finely chopped or shredded
1 avocado, diced
2 green onions, chopped fine

Japanese Dressing:

1 Tb. toasted sesame oil
2 Tb. Nama shoyu (unpasteurized soy sauce) or wheat-free tamari
1 1/2 Tb. brown rice vinegar

In a bowl, mix all ingredients together. Using clean hands, "mash" the dressing into the greens until the kale appears to be quite wilted. Marinate in the refrigerator for several hours, if possible, or serve immediately. Garnish with toasted sesame seeds just before serving, if desired.



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Vegetable and Wakame Seaweed Salad

2 cucumbers, chopped
2 red peppers, chopped
1 red onion, chopped
2 tomatoes, chopped
3 cups wakame seaweed, soaked in hot water to hydrate, then drained well and sliced
2 Tb. brown rice vinegar
2 Tb. Nama shoyu or wheat-free tamari
2 Tb. raw honey
2 Tb. toasted sesame oil

Place all vegetables together in a large bowl. In a small bowl, mix brown rice vinegar, honey, and sesame oil. Pour over the vegetables and seaweed.

Beans/Lentils

Roasted Cauliflower & Steamed Lentil Salad

1 small head cauliflower, chopped
1 teaspoon spices (try smoked paprika, cumin, coriander seed, fennel seeds or curry powder)
1 can or box steamed lentils
2 tablespoons olive oil

Preheat oven to 350F. Place veg in a roasting tray. Drizzle with olive oil and sprinkle with spices. Roast for 20-30 minutes or until veg are well browned and tender. Place warmed lentils in bowl. Make a dressing of 1 tablespoon lemon juice and 2 tablespoons olive oil and sprinkle this over the lentils. Top with roasted cauliflower, toss gently to combine. Taste and season.

Warm Bean Salad

Dressing

1 small clove garlic
Pinch salt, plus 2 teaspoons
Juice 1 1/2 limes (about 3 tablespoons)
2 teaspoons kosher salt
1/4 teaspoon chili powder
1/4 cup extra-virgin olive oil



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Salad

- 1 cup fresh corn kernels (frozen or from about 2 ears)
- 1 orange bell pepper, diced
- 1/2 small red onion, finely chopped (about 1/4 cup)
- 1 tablespoon extra-virgin olive oil
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 small hass avocado, halved, seeded and diced
- 1/4 cup chopped fresh cilantro, leaves and stems

For the dressing: Smash the garlic clove, sprinkle with a pinch of the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste. Whisk the garlic paste, lime juice, salt and chili powder together in a bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream.

For the salad: Cook the corn, bell pepper, and onions in the olive oil until beginning to brown over medium-high heat in a skillet. Toss in the black beans and cook until warm. Add the dressing and toss to coat evenly. Adjust seasoning with salt and pepper. Remove from the heat and gently fold in the tomatoes, avocado, and chopped cilantro and serve!

Cabbage and Chickpea Skillet

- 2 Tbl. olive oil
- 1/2 sweet potato, diced
- 1 large shallot, sliced very thin
- 2 cups cooked chickpeas (canned is fine, but drain and rinse)
- 3 cups finely shredded green cabbage
- Nutritional Yeast
- salt and pepper

Dice sweet potato and shred cabbage. Heat oil in large skillet over medium heat. Add potatoes with a bit of salt stir and cover for about 5 minutes. Add shallot and beans. Cook for about 5 minutes, tossing a few times. Add cabbage, toss the mixture and cover. Cook for an additional 5-10 minutes, or until cabbage softens. Add salt and pepper, to taste. Serve with Nutritional yeast.

Black Bean & Mango Tacos

- 1-2 Tbl. olive oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 sweet onion – chopped
- 1 can black beans – drained & rinsed
- 1 jalapeno- chopped



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1 red pepper – chopped
1 cup corn (frozen or fresh)
2 limes
3-4 Tbl. chili powder
1 Tbl. cumin
1 clove chopped garlic
For garnish: mango, tomatoes, cilantro, avocado

Heat 1-2 Tbl. olive oil in large pan. Add onion, salt and pepper. Once onions become translucent, add corn, peppers, & black beans. Add your chili powder, cumin, garlic and lime juice. Garnish as you like with chopped mango, cilantro, tomatoes, avocado. Serve over brown rice, quinoa or salad.

Fried Eggs with Lentils

1 handful cooked legumes or cooked or raw veg
2 eggs

Heat a small fry pan on a medium high heat. Add the legume or veg. Cook for a few minutes just to warm up. Transfer to a plate. Add a few tablespoons oil and break the egg into the pan. Cook on a medium high heat for about 2 minutes or until the white is brown on the edges and no longer runny in the middle. Serve eggs on top of the lentils with lashings of salt and black pepper.

Baked Avocado & Eggs

Preheat oven to 425, have cast iron pan in there. Slice avocado in half, take out pit. Take pan out, put avocado half in pan, crack egg inside. Put whatever you want on top now and place in oven and cook till your eggs are done, as desired.

Seasoned Lentils

9oz bag small lentils
1 onion, peeled & diced
1 bay leaf
2-3 tablespoons Bragg's liquid aminos
2-3 tablespoons sherry, rice vinegar, red, or white wine vinegar OR lemon juice

Rinse lentils and place in a medium saucepan with the onion and bay leaf. Cover generously with water and bring to the boil. Simmer, uncovered for 15-20 minutes or until lentils are tender. Drain lentils and return to the pan. Season with Bragg's a few tablespoons extra virgin olive oil.



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Chickpea Patties

- 1 cup chickpeas, drained and rinsed
- 1 carrot, grated (about ½ cup)
- ¼ onion, grated (about ¼ cup)
- 1 parsnip, grated (about ½ cup)
- ½ lemon, squeezed
- 1 tsp cumin
- ¼ tsp cinnamon
- 2 tsp dried parsley
- 2 garlic cloves, minced
- 1 tsp baking soda
- ¼ tsp sea salt
- 1 Tbsp olive oil and coconut oil

In a high speed blender or food processor, pulse the chickpeas until ground. Mix all other ingredients with the chickpeas in a large bowl. Form into small patties and cook on med heat in 1 Tbl. each of olive and coconut oil. Flip over when first side browns.

Chicken (Main Course & Salads)

Cobb Salad

- 1 cooked chicken breast half
- 2 large eggs, hard boiled
- 1 head romaine lettuce, stalk and tough outer leaves removed, sliced into strips
- 1 cup chopped fresh watercress
- 3 tomatoes, chopped (about 1 1/2 cups)
- 1/2 small ripe Hass avocado, cut into chunks
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh chives
- 3 tablespoons red-wine vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon freshly ground pepper

Slice cooked chicken into 1/2-inch cubes; set aside. Slice each egg into six wedges; set aside. Spread lettuce on a serving platter. Arrange chicken, eggs, watercress, tomatoes, avocado, parsley, and chives in separate rows. Make the vinaigrette: In a small bowl add vinegar, and mustard. Slowly whisk in the oil. Season with pepper. Drizzle vinaigrette over salad, and serve.



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Cold Soba Salad with Chicken, Peppers & Cucumbers

Coarse salt and ground pepper
8 ounces soba (Japanese buckwheat noodles)
2 tablespoons vegetable oil, such as safflower
1 teaspoon toasted sesame oil
2 tablespoons fresh lime juice, plus lime wedges, for serving
2 tablespoons rice vinegar
2 bell peppers (ribs and seeds removed), thinly sliced
1 cup torn fresh basil leaves
1 English cucumber, peeled, halved lengthwise, seeded, and thinly sliced
1 rotisserie chicken, skin and bones removed, meat shredded (about 4 cups)

In a large pot of boiling salted water, cook noodles until al dente; drain, and rinse with cold water. Set aside. In a large bowl, whisk together oils, lime juice, and vinegar; season dressing with salt and pepper to taste. Add bell peppers, basil, cucumber, chicken, and noodles to bowl; toss with dressing. Serve noodle salad with lime wedges.

Rosemary Lemon Chicken

1 pound organic skinless, boneless chicken breast
2 tablespoons olive oil
¼ cup lemon juice
2 cloves garlic, pressed
¼ cup fresh rosemary, minced
½ teaspoon Celtic sea salt

In a medium bowl, combine olive oil, lemon juice, garlic, rosemary and salt. Rinse chicken breasts, pat dry and place in a 7x11 inch Pyrex baking dish. Pour marinade over chicken, cover and refrigerate for at least 30 minutes or up to 6 hours. Heat grill and cook chicken for 5-7 minutes per side until browned and cooked in the center. Serve.

Mustard Lime Chicken

1 lb organic skinless, boneless chicken breasts
½ cup fresh lime juice
½ cup fresh cilantro, chopped
¼ cup Dijon mustard
1 tablespoon olive oil
1 tablespoon chili powder
½ tsp Celtic
½ tsp pepper



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Combine lime juice, cilantro, mustard, olive oil, chili, salt and pepper in a food processor. Pulse until ingredients are well combined. Rinse chicken breasts, pat dry and place in a 7x11 inch glass baking dish. Pour marinade over chicken, cover and refrigerate for at least 15 minutes or up to 6 hours. Heat grill and cook chicken for 5-7 minutes per side until browned and cooked in the center. Serve.

Mango Chicken salad

1/4 cup olive oil
1/4 cup white-wine vinegar
1 tablespoon Dijon mustard
4 skinless, boneless chicken breast halves
1 mango, peeled, pitted, and coarsely chopped, for dressing

Dressing:

1/4 cup cilantro leaves, for dressing
1/4 cup mint leaves, for dressing
1 tablespoon curry powder, preferably
1 tablespoon white-wine vinegar
1/4 cup olive oil
Coarse salt and black pepper

Salad:

1 avocado, peeled, halved, pitted, and cut into 1/2-inch-thick wedges
1 large bunch watercress, tough stems removed (3 cups)
1/4 cup thinly sliced red onion

In a shallow pan large enough to hold chicken in a single layer, whisk together oil, vinegar, and mustard; add chicken, turning to coat. Cover and refrigerate for at least 2 hours. Grill until fully cooked and opaque throughout, 6 to 8 minutes per side. In a blender combine mango, cilantro, mint, curry powder, and vinegar. Puree until smooth. With the motor running, add oil; season with salt and pepper. To serve, slice chicken crosswise. Arrange on a platter or four serving plates, along with avocado, watercress, and onion; drizzle with dressing.

Grilled Chicken with Mint & Radish

4 boneless, skinless organic chicken breast halves
1/4 cup extra-virgin olive oil, plus 1 teaspoon for drizzling
1/4 cup lime juice (from 4 limes), plus 1 teaspoon for drizzling
2 garlic cloves, minced
3 cups tender greens, such as Mache or baby lettuces
1 cup fresh mint



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4 radishes, very thinly sliced

1/4 teaspoon coarse salt

Freshly ground pepper

Lime wedges, for serving

Combine chicken, oil, lime juice, and garlic in a bowl. Refrigerate for 30 minutes.

Preheat a grill or grill pan to high. Grill chicken until cooked through, about 4 minutes per side. Combine greens, mint, and radishes. Sprinkle with salt, season with pepper, and drizzle with oil and lime juice. Serve with chicken and lime wedges.

Almond-Crusted Chicken Breast with Spinach

Make a coarse paste of 1/2 cup roasted, unsalted almonds, 1 garlic clove, 1/2 teaspoon of coarse salt, and 3 tablespoons extra-virgin olive oil in a food processor. Rub onto 2 seasoned boneless, skinless organic chicken breast halves. Roast in 425-degree oven until cooked through, 15 to 18 minutes. Slice and serve on baby spinach with lemon wedges. Serves 2 to 4

Fish

Chipotle Lime Salmon

1 lb wild sockeye salmon, cut into 4 fillets

11-2 tablespoons olive oil

2 limes, sliced in half

1 teaspoon Celtic sea salt

1 teaspoon chipotle powder

Preheat oven to broil. Rinse salmon, pat dry and place on a metal baking sheet. Rub each fillet with olive oil. Squeeze the juice from one-half lime onto each fillet. Sprinkle fillets with salt and chipotle, then place a half lime on top of each fillet. Turn down oven temperature to 275°. Roast 8-13 minutes.

Bean & Salmon Salad

1 can drained wild sockeye salmon

1 tablespoon fresh lemon juice

1/2 can white beans, drained and rinsed

Handful of leafy veg (spinach, kale or collard greens - finely sliced into ribbons with a knife)

2 Tbsp chopped fresh herbs (cilantro, basil, mint, parsley, oregano, chives, thyme)

Chopped cherry tomatoes

1/2 avocado



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Combine lemon juice with 1-2 tablespoons extra virgin olive oil in a salad bowl. Season with salt and pepper. Add drained beans, leafy green veggies and tomatoes to the dressing and toss to combine. Sprinkle salmon over the salad. Top with avocado.

Salmon with Anchovy Olive Tapenade

4 (4 ounce) fillets wild salmon
¼ cup lemon juice, freshly squeezed.
1 tablespoon salted anchovies, chopped
1 tablespoon rosemary, minced
1 cup black kalamata olives, pitted
2 cloves garlic, minced
2 tablespoons olive oil

Rinse salmon fillets, place in a 7x11 inch glass baking dish and drizzle with lemon juice. In a food processor, place anchovies, rosemary, olives, garlic and olive oil; pulse until mixture turns into a coarse paste. Spread paste over fillets and marinate 2- 6 hours; if short on time, skip marinating time. Bake at 350° for 15-20 minutes.

Salmon with Tomato Basil Relish

½ pound wild salmon
1 cup cherry tomatoes, sliced in quarters
½ small shallot, minced
1 clove garlic, minced
1 tablespoon olive oil
1 teaspoon apple cider vinegar
2 tablespoons fresh basil, finely chopped
Celtic sea salt to taste

Turn oven on to broil. Cut fish into 2 pieces, leaving skin on; rinse and pat dry with paper towel. Place fish skin side down on a metal baking sheet. Rub fillets with olive oil, then sprinkle with salt. Reduce oven temperature to 275°. Place sheet with salmon on lowest rack and roast 8 -13 minutes. To make relish, stir together remaining ingredients from above in a medium size bowl. Remove salmon from oven, transfer to plates and serve with relish.



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Cod Piccata

1½ pounds wild cod
½ cup blanched almond flour
½ teaspoon Celtic
5 tablespoons olive oil
5 tablespoons grapeseed oil
1 cup organic chicken stock
¼ cup lemon juice
¼ cup brined capers
¼ cup fresh chopped parsley

Cut the cod into 6 pieces. Mix together flour, salt and chef's shake. Rinse the cod pieces in water, then dredge thoroughly in flour mixture, until well coated. Heat olive oil and 2 tablespoons of grapeseed oil in a large skillet on medium high heat; add half of the cod pieces and brown well, about 3 minutes per side. Transfer from skillet to a plate, and repeat with remaining cod. Place plate of cod in warm oven while preparing the sauce. Add chicken stock, lemon juice, and capers to skillet and use a metal spatula to loosen the browned bits and incorporate them into the sauce. Reduce the sauce by half then whisk in the remaining 3 tablespoons of grapeseed oil. Plate the cod, pour the sauce over it and sprinkle with parsley. Serve.

Salmon with Cucumber Chile Relish

½ pound wild salmon
1 tablespoon olive oil
¼ teaspoon Celtic
1 medium cucumber, peeled, seeded and diced
1 shallot, minced
1 Serrano chile, remove seeds, minced
2 tablespoons mint leaves, minced
¼ cup lime juice, fresh squeezed

Turn oven on to broil. Cut fish into 2 pieces, leaving skin on; rinse and pat dry with paper towel. Place fish skin side down on a metal baking sheet. Rub fillets with olive oil and sprinkle with salt. Reduce oven temperature to 275° and put sheet with salmon on lowest rack. Roast 8 -13 minutes. To make relish, stir together remaining ingredients from above in a medium size bowl. Remove salmon from oven, transfer to plates and serve with relish.



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Easy Cod

Place wild cod fillets on a baking dish, top with 2 teaspoons olive oil, fresh lemon juice and a pinch of sea salt and pepper. Bake at 375 for 10-12 minutes, or until cooked through; serve with ½ cup brown rice and steamed broccoli.

Wild Salmon with lentils & Arugula

4 6-oz. fillets wild salmon, skinless
1 medium red onion, diced
1 carrot, peeled and diced
1 stalk celery, diced
1 bay leaf
1 cup green lentils
Kosher salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil, plus more for drizzling
1 tablespoon fresh lemon juice
3 cups baby arugula (1 1/2 oz.)

In a medium pot, bring onion, carrot, celery, bay leaf, and lentils to a boil. Reduce to a simmer and cook until lentils are tender, about 25 minutes. Drain. Season with salt and pepper. Add olive oil and lemon juice. Stir in arugula and cover to keep warm. Meanwhile, heat oven to 375 degrees. Arrange fillets in a baking dish. Drizzle with olive oil and season with salt and pepper. Cover with foil and bake until cooked through, about 16-18 minutes. Serve atop lentils and squeeze with lemon juice.

Cod with Roasted Shitakes

2 pounds shiitake mushrooms, stems removed, halved if large
4 tablespoons olive oil
4 sprigs fresh rosemary
4 wild cod or halibut fillets (6 to 8 ounces each)
1 tablespoon fresh lemon juice
1 tablespoon Dijon mustard
Coarse salt and ground pepper
Preheat oven to 450. On a large rimmed baking sheet, toss mushrooms with 2 tablespoons olive oil and rosemary; season with salt and pepper. Roast until tender and browned, tossing occasionally, about 15 minutes. Push mushrooms to sides of pan; place cod in center and season with salt and pepper. Roast until opaque throughout, 8-10 minutes. In a small bowl, whisk together remaining oil, lemon juice, mustard, and parsley; season with salt and pepper. Drizzle over cod.



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Spiced Cod with Broccoli-Quinoa Pilaf

4 6-ounce pieces skinless wild cod, halibut, or striped bass fillet
3 teaspoons olive oil
1/2 small onion, chopped
Celtic sea salt and black pepper
1 cup quinoa, rinsed well
2 cups chopped broccoli
1/4 cup raisins
1/2 cup roasted almonds, coarsely chopped
2 scallions, sliced
1/2 teaspoon paprika

Heat 1 teaspoon of the oil in a medium saucepan over medium-high heat. Add the onion and season with $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Cook, stirring occasionally, until softened and starting to brown, 3 to 4 minutes. Add the quinoa and $1\frac{1}{2}$ cups water to the saucepan and bring to a boil; reduce heat to low, cover, and simmer gently until almost all the water has evaporated, 10 to 12 minutes.

Fold the broccoli and raisins into the quinoa, cover, and cook until the quinoa and broccoli are tender, 8-10 minutes more. Remove from heat and fold in the almonds, scallions, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Meanwhile, heat the remaining 2 teaspoons of oil in a large non-stick skillet over medium-high heat. Season the cod with the paprika, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper and cook until opaque throughout, 3-4 minutes per side. Serve with the pilaf.

Steamed Salmon and Greens

1 6 oz. wild salmon fillet
1 cup of your favorite fresh greens (kale, spinach, dandelion, chard, etc.)
1 wedge of lemon
Small handful (roughly 1/4 cup) of your favorite leafy herbs (parsley, basil, chervil, tarragon, etc.)

Line your steamer with the herbs and rest the salmon fillet on top. Steam for 11 minutes. Put the greens alongside the fish and steam for an additional seven minutes. Squeeze the lemon over the fish and greens and serve.

Broiled Mackerel with Rice Vinegar, Cucumbers, and Radishes

Make 3 slashes in the skin of mackerel or bluefish fillets, lightly rub with olive oil, and broil skin-side-up until fish is cooked through, about 5 minutes. Serve with radishes and peeled cucumber spears. Lightly sprinkle fish and vegetables with rice vinegar, sea salt and red-pepper flakes.



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Turkey Cutlet with Tomatoes, Greens Beans, and Capers

Pan-fry a seasoned turkey cutlet in olive oil until golden-brown on bottom; flip, and cook just until turkey is cooked through. Transfer to a plate and cook diced fresh tomatoes and caper berries (or capers) until juicy; spoon over turkey. Serve with steamed green beans.

Veggie Dishes and Sides

Portobello Mushroom and Sundried Tomato Sandwich with Fresh Basil

2 Portobello mushrooms
3 un-sulphured sun dried tomatoes
2 leaves fresh basil
Balsamic vinegar for drizzling
Salt, pepper and garlic powder, to taste
Handful of fresh lettuce
Olive oil spray

Preheat grill to medium high heat; spray both sides of Portobello with oil, season with salt, pepper and garlic powder. Grill about 6 minutes per side. Meanwhile, soak sun dried tomatoes as mushrooms cook, about 12 minutes. Remove from water and chop. Lay grilled portobellos on a plate with top sides down. Drizzle with balsamic. Layer one side with sun dried tomatoes, basil and lettuce. Top with other Portobello. Enjoy with a fresh salad.

Collard wraps

2 large collard leaves, stem carefully sliced down (follow [tutorial](#) here by choosingraw.com)
1/4 cup hummus
1/4 cup cooked quinoa or brown rice
Raw veggies of choice: cucumber, red pepper, arugula, carrots, etc.

Use the healthiest looking collard leaves from the bunch and trim off the white stalk that doesn't have any green leaves attached. (You can soak leaves in warm water and vinegar bath for a few minutes to clean and bring to room temp.) Dry the leaves completely and place flat (rough side up) on a cutting board. Gently glide a sharp paring knife across the length of the stem, shaving it down to the same thickness as the rest of the leaf. Do this for each leaf. Be careful not to nick or tear the leaf with the tip of your knife.



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Place two leaves head to foot (with stalks at opposite ends) and overlapping about half way. Apply a good amount of spread at the center where the two leaves overlap and pile up veggies of your choice. Fold in sides and tightly roll like you would a burrito. Leave whole if traveling or saving for later, but cut through center before eating.

Hummus & Olive Collard Wraps

2 big collard leaves
1/2 cup hummus
1/2 avocado, sliced
2 tablespoons olive paste (or chopped kalamata olives)
2 teaspoons hemp seed oil

Wash and dry the collard leaves. Remove the thick stem sticking out below the leaf. With the shiny, "front side" of the leaf facing up, spread half the hummus on the center of each leaf. Top with the remaining ingredients and wrap, burrito style. Serve and eat raw.

Real veggie burgers

1/2 cup grated vegetables
3 oz cooked lentils, chickpeas, beans or quinoa
1.5 oz ground almonds (almond meal)
1/2 a beaten egg
Salt and pepper (plus any other seasoning you like)

Combine veggies and beans/grains and almonds and egg in a large bowl. Season with salt and pepper and spices. Using your hands form into 2 patties and place on a large plate. Heat a pan on a medium heat. Add a little oil and carefully slide the burgers into the pan. Cook for 3-4 minutes on each side, being super careful when you turn because the burgers have a tendency to fall apart. Burgers are done when they're a deep golden brown color on both sides.

Cauliflower rice

Cut cauliflower evenly and pulse in food processor until resembles rice. Microwave for 8 minutes. Serve as you would rice. Optional: Sauté chopped onions with 1 tsp of extra virgin olive oil and garlic until translucent (about 4-5 minutes) and toss with rice, add baby spinach, toss again.

Steamed Greens

1/2 bunch greens (all Asian greens such as bok choy, broccoli, asparagus, sugar snap peas, snow peas, spinach, kale, broccoli)



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1-2 tablespoons lemon juice, lime juice, or any vinegar.
Splash of oil

Bring 1 inch water to the boil in a large pot. Trim greens and chop into bite sized pieces. Place a strainer or colander in the saucepan making sure the base isn't touching the water. Add greens and cover with a lid. Simmer for 5-10 minutes or until greens are bright green and tender. Transfer to a serving plate and drizzle over the sauce and oil, if using. Season with salt and pepper.

Roasted Root Veggies

A few cups vegetables (Brussels sprouts, beets, carrots, sweet potato, parsnips, rutabagas, etc.)

1-2 tablespoons balsamic vinegar, optional

2-3 tablespoons olive oil

Preheat oven to 400F. Remove any stalks from the veg and scrub them well. Chop into bite sized wedges – quarters, sixths or eighths. The smaller you chop, the faster they will cook. Splash with balsamic vinegar, if using and olive oil. Season with salt and pepper. Spread out on baking sheet for about 25-30 minutes or until the veg are tender.

Sweet Potato with Coconut, Pomegranate and Lime

4 sweet potatoes

1/2 cup light coconut milk

1/4 toasted unsweetened coconut flakes

2 tablespoons chopped cilantro

1 cup pomegranate seeds

Kosher salt

Lime wedges

Heat oven to 400 degrees. Arrange sweet potatoes, pricked with a fork, on rimmed baking sheet and roast until tender, about 45 minutes. Let cool slightly. Slice tops and mash sweet potatoes with a fork. Divide coconut milk, coconut flakes, cilantro, and pomegranate seeds among sweet potatoes. Season with salt. Garnish with additional sprigs of cilantro and serve with lime wedges.

Hijiki Seaweed with Carrots and Onions

Hijiki is dark brown seaweed commonly used in Japanese cooking. It is particularly high in calcium.

2 cups dried hijiki

2 onions, chopped

4 large carrots, chopped

1 Tb. sesame oil



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Soak hijiki in water to cover for 10 minutes. Drain, reserving 1/2 cup soaking liquid. Sauté onion in oil until translucent. Add carrots. Add hijiki and 1/2 cup reserved soaking water. Simmer for approximately 30 minutes, adding water if necessary. Add a dash of tamari or a pinch of Himalayan or sea salt, if desired.

Cilantro Jicama Fiesta Slaw

1 1/2 cups red cabbage, shredded
1 cup jicama, thinly sliced
1/2 cup citrus, diced (orange or mandarin)
1/4 cup white onion, diced
1/2 tsp citrus zest
2 Tbsp jalapeno, diced (de-seeded)
3 Tbsp extra virgin olive oil
2 Tbsp tahini
2 tbsp hemp seeds or pumpkin seeds (pepitas)
3 Tbsp apple cider vinegar (or lime juice)
1 cup cilantro (stems and leaves), chopped
A few drops liquid stevia
1/4 tsp cayenne
salt and pepper to taste

Prep all your veggies (great if you have a mandolin). Combine all the ingredients in a large mixing bowl – toss well. Customize the moisture-level of your slaw – to ‘wet’ your slaw a bit more, add in extra citrus juice. Salt and pepper slaw to taste. Chill in fridge until ready to be served.

Summer Salsa

2 lbs. fresh tomatoes (about 6-8)
1/2 small red onion, peeled and quartered
2 garlic cloves
2 tablespoons fresh lime juice
1/2 teaspoon sea salt
1/4 cup fresh cilantro leaves

For some heat, you can add one jalapeno (seeds removed for less heat) Pulse onion, garlic, lime juice, sea salt, cilantro, jalapeno in food processor until coarsely chopped. Add tomatoes and pulse until combined. Place salsa in a fine mesh strainer and drain briefly. Use on eggs, frittatas, guacamole.



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Soups

Broccoli and Arugula Soup

1 tablespoon olive oil
1 clove garlic, thinly sliced
1/2 yellow onion, roughly diced
1 head broccoli, cut into small florets (about 2/3 pound)
2 1/2 cups water
1/4 teaspoon each coarse salt and freshly ground black pepper
3/4 cup arugula (watercress would be good, too)
1/2 lemon

Heat the olive oil in a medium nonstick saucepan over medium heat. Add the garlic and onion and sauté for just a minute or until fragrant. Add the broccoli and cook for four minutes or until bright green. Add the water, salt and pepper, bring to a boil, lower the heat and cover. Cook for 8 minutes or until the broccoli is just tender. Pour the soup into a blender and puree with the arugula until quite smooth. Be very careful when blending hot liquids; start slowly and work in batches if necessary (you don't want the steam to blow the lid off). Serve the soup with a bit of fresh lemon.

Cucumber & Avocado Soup

Zest of 1/2 lime
Juice of an entire lime
1/2 teaspoon salt
1 cucumber, peeled and seeded, roughly chopped
1/2 avocado, peeled and roughly chopped

Blend everything together until creamy and smooth.

Broccoli & White Bean Soup

1 head broccoli (1 pound), cut into florets, stems thinly sliced
2 tablespoons extra-virgin olive oil
1 yellow onion, diced
2 garlic cloves, thinly sliced
One 15-ounce can cannellini beans, drained
2 1/2 cups organic chicken stock
Kosher salt and freshly ground black pepper
1 tablespoon pine nuts, toasted



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Steam broccoli florets and stems until tender and bright green, about 3 minutes. Let cool slightly. Reserve 1/2 cup florets for garnish. Heat oil in a medium pot over medium heat. Sauté onion and garlic until translucent, about 6 minutes. Add beans and stock and bring mixture to a simmer. Remove from heat and add broccoli; puree in batches in a blender until smooth. Season to taste with salt and pepper. Garnish each bowl with broccoli florets and toasted pine nuts.

Ginger Carrot Soup

1 Tablespoon olive oil
1 large onion, chopped
5 cloves garlic, minced
1 1/2-inch piece of ginger, grated (freezing the ginger makes it easier to grate)
1 Tablespoon ground cumin
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
2 pounds carrots, peeled and chopped
4 cups vegetable or chicken broth
2 Tablespoons lemon juice
salt and pepper
up to 1 cup coconut milk (optional)
cilantro for garnish

Heat the oil in a large saucepan over medium heat. Add the onions and cook, stirring, until softened. Add the garlic, ginger, cumin, cinnamon and allspice and cook for another 2-3 minutes. Add the carrots and stir to coat. Continue to cook for another 4-5 minutes.

Add the broth, cover and reduce heat to low and simmer for about 30 minutes, or until the carrots are soft. Use an immersion blender to puree until smooth. Stir in the lemon juice and coconut milk (if using) and add salt and pepper to taste. Ladle into individual bowls and garnish with cilantro.

Salad Dressings

Shallot vinaigrette

1/4 cup olive oil
1 shallot, minced
2 tablespoons apple cider vinegar
1 tablespoon chopped parsley
Kosher salt and black pepper, to taste



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Cook the shallots in the oil until soft. Let cool. Whisk the shallot mixture with the remaining ingredients.

Tahini Dill

¼ cup fresh lemon juice
3 tablespoons Tahini
3 tablespoons water
1 tablespoon chopped fresh dill
Pinch cayenne pepper
Kosher salt, to taste

Whisk all ingredients together.

Meyer lemon vinaigrette

3 tablespoon fresh Meyer lemon juice
3 tablespoons olive oil
Kosher salt and black pepper, to taste
Whisk all ingredients together.

Balsamic Vinaigrette Dressing

1/3 cup olive oil
3 tablespoons balsamic vinegar
2 teaspoons Dijon mustard
kosher salt and black pepper

Avocado and Cumin Dressing

1 small avocado
1 tbsp cumin powder
Juice of 2 limes
1 cup water
1/4 tsp salt
Dash cayenne pepper
1 tbsp olive oil

Blend all ingredients together in a blender or processor till smooth. Add olive oil in a thin stream (with machine running) till dressing is creamy.

Detox dressing

1/4 cup lemon juice
2 Tbsp apple cider vinegar



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1/4 cup olive oil
1 Tbsp Dijon mustard
few drops stevia
dash garlic powder
pepper
Whisk all ingredients together.

Carrot Miso Dressing

1 cup chopped carrots
1 shallot, chopped
1-inch piece fresh ginger, grated or chopped
3 Tablespoons white miso paste
2 Tablespoons rice vinegar
1 teaspoon sesame oil
1/4 cup olive oil
up to 1/4 cup water

Combine the carrots, shallot, ginger, miso, rice vinegar and sesame oil in a blender. Process until nearly smooth and then slowly add the oil. Continue to process until smooth and then add the water, one Tablespoon at a time, until the dressing has reached your desired consistency.

Makes about 1 1/2 cups, enough dressing for about 6-8 salads.

Creamy Green Salad Dressing

1 large avocado
2 cups spinach, finely chopped
1/2 apple
1 teaspoon cayenne pepper
1 teaspoon sea salt

Blend until smooth and creamy. Add a handful of dill, parsley or basil for variety.



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Dessert

Chocolate Hazelnut Banana "Ice Cream" with Sea Salt

1 frozen banana, chopped and peeled before you freeze it
Dash each of: raw cacao powder, hazelnut extract, sea salt

Place the banana and cacao powder in a small food processor or blender. Blend the hell out of that banana till it looks like ice cream. This will take a few minutes. Sprinkle sea salt to taste.

Warm Chia Seed Pudding with Coconut & Vanilla

1 cup unsweetened, organic coconut, rice, almond or hemp milk
¼ cup chia seeds
1 teaspoon vanilla extract
5-6 drops liquid stevia
pinch sea salt
1/2 teaspoon ground cinnamon

Heat the milk over medium in a small saucepan. Whisk in the vanilla, stevia and sea salt. Once the milk is almost to a simmer, whisk in the chia seeds and cinnamon. Remove from heat and set aside for 15 minutes, or until the mixture gels up to a tapioca consistency. Serve warm, at room temperature, or cool in the refrigerator.

Cold Chia Seed Pudding

1 cup unsweetened, organic coconut, rice, almond or hemp milk
¼ cup chia seeds
1 teaspoon vanilla extract
5-6 drops liquid stevia
pinch sea salt
1/2 teaspoon ground cinnamon

Date & Chia Pudding

1/4 cup almonds
2 Tablespoons chia seeds
3/4 cup water
8 dates, pitted
1/4 teaspoon cinnamon
1/4 teaspoon ground ginger



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pinch nutmeg
1 banana, peeled and cut into chunks
chopped almonds for garnish (optional)

Combine all ingredients in a high speed blender and process until very smooth and fluffy. Sprinkle with chopped almonds, if desired.

Coco-Date Balls

8 medjool dates (remove seeds and soak in water for a couple of hours)
1 cup walnuts
1 tbsp chia seeds
1/2 cup flavored protein powder (try chocolate, strawberry, or vanilla)
1 tsp pure vanilla extract
1/2 cup coconut flakes (unsweetened)

Place all the ingredients (excluding the coconut flakes) into your food processor and blend until smooth – about 1-2 minutes. Form into balls and roll in flaked coconut. Place in freezer for a couple of hours or until you are ready to enjoy to let them harden a bit.

Chia Seed Shake

2 cups unsweetened almond milk
2 tbsp chia seeds
1/2 tsp cinnamon
1/2 tsp vanilla extract
Powdered or liquid stevia to sweeten

Stir chia seeds into almond milk in a glass. Let sit for 15 minutes to allow the chia seeds to absorb some of the liquid and begin to create a gel. Stir in the rest of the ingredients, making it sweet to suit your taste.

Snacks

Homemade Coconut Pecan Pie Lärabar

1/2 cup almonds
1/2 cup pecans
1 1/3 cups pitted dates
1/2 cup dried, unsweetened coconut
pinch cinnamon (optional)



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Process the almonds, walnuts, dates, coconut, and cinnamon, if using, in a food processor or high speed blender until smooth (if using a Vitamix, you'll probably need to use the tamper). Roll the mixture into small balls and enjoy!

Seed & Fruit Snack Balls

1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1 1/3 cup organic raisins or cranberries
1/4 tsp sea salt

Mix all ingredients together in a food processor until mixture sticks together easily. Shape mixture into 1 inch balls by rolling with palms of hand. Roll balls in unsweetened shredded coconut (optional). Refrigerate for about 30 minutes.

Homemade Hummus

1 14 oz can garbanzo or white beans with liquid
1-2 cloves garlic, peeled
3 tablespoons lemon juice
3 tablespoons tahini

Whizz all ingredients in a food processor with 3 tablespoons of the cooking or canning liquid. Use a high speed and keep whizzing until the hummus is creamy and smooth. Taste and season, adding a little more lemon juice if needed.

Kale Chips

1 bunch of green kale (you can use purple or green)
1 Tbsp of extra-virgin olive oil
1/2 tsp ground coriander
1/4 tsp cayenne pepper
1/4 tsp curry powder
Fine grain sea salt to taste

Pre-heat oven to 300° and spray two baking sheets with Pam. Thoroughly wash kale and tear into bite sized pieces while discarding stems. Place in a salad spinner and dry well. Combine olive oil, coriander, cayenne, and curry powder into a small dish and whisk together. Transfer kale to a large bowl and drizzle the olive oil mixture over it. Toss with your hands until all the leaves are evenly coated. Spread the kale in a single layer onto the baking sheets and place in the oven for 18-20 min, turning once halfway through baking. The kale is done with it is crispy and slightly brown around the edges. Lightly sprinkle with salt



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Cucumber, Lime and Mint Cooler

1 cucumber, partially peeled and cut into large chunks
3 cups ice
1 Tablespoon lime juice
6 mint leaves, plus extra for garnish
1/4 teaspoon sea salt
1 cup sparkling water

Combine the cucumber, ice, lime juice, mint leaves, salt, and half of the sparkling water in a blender and pulse until smooth. Spoon into two glasses and top with a little sparkling water. Garnish with mint leaves, if desired.

Jicama Salad with Cilantro and Lime

about 1 pound jicama, peeled and cut into thin strips
2 small-to-medium cucumbers, seeded and cut into thin strips
juice of 3 limes
1/2 cup lightly packed fresh cilantro leaves
1/2 teaspoon salt
cayenne, or another hot pepper, to taste

Combine the jicama, cucumbers, lime juice, cilantro and salt in a large bowl and toss well. Cover and refrigerate for at least 30 minutes. Immediately before serving, add cayenne, to taste.

Flax crackers

4 cups flax seeds, soaked overnight
2 tablespoons (or more!) chopped herbs (parsley or cilantro)
1 teaspoon sea salt (adjust to taste)

Combine all of the ingredients in a large bowl and mix well. Spread mixture about ¼ inch thick onto silpat, parchment paper or other non-stick surface. Dip hands in water to make it easy to spread. Bring oven to warm and let dry for 2-3 hours then turn the oven off. Leave for as many hours as it takes to get to desired crispness. Once dry, break up into manageable sizes and store in an airtight container. They will last for weeks!



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Store bought and on-the-go snacks:

- Fresh fruit and dry roasted or raw nuts
- Fresh organic vegetables – raw or cooked
- Lara Bars
- Kookie Karma raw cookies (at Mom's Organic market)
- Dulse Chips: lightly toast dulse seaweed leaves to turn them into crispy chips.
- Organic brown rice cakes or flax crackers topped with almond butter, tahini or hummus and avocado. You can also buy "Mary's Gone Crackers" gluten free crackers.
- Dolmas (stuffed grape leaves). You can buy these in a can at most health food stores.
- Unsweetened applesauce
- 2-3 dates stuffed with walnut halves (take out each pit and replace with a walnut)
- Raw trail mix- combine your choice of raw nuts with sunflower or pumpkin seeds and organic, unsweetened dried fruit.
- Hard-boiled egg with fruit or veggies

