

# Fall & Winter Detox Recipes

## Green Smoothies & Green Drinks



### Learn to Love Green

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

**Sweeten it Up.** Sweet fruit like apple, pear and pineapple can be very overpowering – 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! Blend your greens first in a bit of cold water to pulverize them and thin them out. If blending thick leafy greens like chard or kale, this works wonders to thin out your drink. 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 enormous amounts to reap the benefits of greens. All you really need is a glass of this stuff to get a shot of antioxidants, electrolytes and energy. So while you can drink as much as you'd like – don't feel bad about starting small! One small glass of green drink can easily have a few servings of veggies in it!

**Add Zest.** If your juice tastes "grassy" or "muddy," you can counteract it with sweetness...but you can 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 tries, on different days, under different conditions. Try it after a long workout or run. Those salty green juice flavors may be just what your body craves!

# Greens Drinks/Smoothies Recipes

*Most of these recipes make two servings. Adjust on the fly to make as much as you need! No need to get picky with measurements – just have fun with it!*

## **Basic Green Smoothie Template**

2 fruits or 1 ½ cups frozen fruit  
1-2 cups of greens  
½ - 1 cup cold water

## **Basic Green**

1/2 cup water  
1 small apple  
½ cup frozen fruit  
1-2 cups greens

## **Basic Chocolate Protein**

1 cup unsweetened coconut, hemp or almond milk  
1/2 frozen banana  
1 scoop chocolate greens protein powder (Amazing Grass or Garden of Life Raw Protein)

## **Basic Citrus**

1/2 cup water  
juice from 1/2 a lemon  
1 orange  
1-2 cups greens



Blend ingredients with water until a smooth consistency is created. Serve over ice if you like it cold!

## **Sweet & Sassy Green Juice**

1 cup cucumber  
1 cup spinach  
2 tsp fresh ginger, peeled  
1 green apple  
1 peeled kiwi  
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.

## 21 Day Clean Eating Detox

### Morning Green Drink

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

Blend the romaine and spinach with water until smooth. Gradually moving to a higher speed, add the celery apple, and pineapple. Add banana and lemon juice last.

### Morning Green Drink 2.0

- 1 head romaine lettuce
- 1 large cucumber
- 1 stalk celery
- 4 leaves kale
- 1 Banana
- 1 whole grapefruit, peeled
- 1 cup cold water

Blend in your high speed blender.

### Piña Colada

- 4-6 oz unsweetened coconut milk
- 2 cups bunch baby spinach
- 1 banana
- 5 sprigs fresh mint
- 1 cup fresh/frozen pineapple chunks

Place spinach and mint in blender with coconut milk and process on high until liquid. Add pineapple, banana, and ice and blend until smooth.

### Mango Banana

- 1 cup fresh/frozen mango
- 1 banana
- 2 handfuls baby spinach
- 1 cup water
- 4 fresh mint leaves

Blend spinach and mint with water; add banana and mango and blend until smooth.



## 21 Day Clean Eating Detox

### **Orange Pear Smoothie**

1/3 cup water  
1 cup green grapes  
1 pear  
1 orange, peel removed  
1/2 cup fresh or frozen pineapple  
1/2 frozen banana  
1 cup kale  
handful of ice

Add all the ingredients to a high-powered blender. Start on a low speed, slowly increasing to high  
Blend until smooth, about one minute.

### **Bob's Green Drink Smoothie**

1 Tbsp ground flax  
1 cup kale  
1 cup spinach  
1/2 cup blueberries  
1 banana  
1/2 cup frozen pineapple  
Cold water

Blend greens with water; add fruit and flax; blend until combined.

### **The Queen of Green**

1 head romaine lettuce  
2 stalks celery  
1 large cucumber  
4 large leaves kale  
Juice of 1/2 lemon  
1 piece fresh ginger, vary to taste  
1 granny smith apple

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.

## 21 Day Clean Eating Detox

### **Green Mango Delight**

1 mango  
1 handful kale  
2 stalks of celery  
1 cups fresh/frozen strawberries  
2 Tbsp lime juice  
1 small slice ginger  
4 leaves fresh mint  
Cold water

Blend kale and water until smooth. Add mango and blend until smooth. Add celery, ginger, lime juice and mint. Blend until smooth. Add more liquid if desired.

### **Grapes and Greens**

1 cup green grapes  
Juice of 1/2 lemon  
2 cups spinach or romaine lettuce  
1 cup unsweetened coconut water  
¼ inch slice of ginger  
Dash cinnamon

Blend all ingredients until smooth.

### **Lime Mint Drink**

2 Tbsp lime juice  
1 bunch fresh mint  
1 apple  
1 head of romaine  
1 cup water

Blend all ingredients together, adjust lime and water to taste.

### **Tropical Green Smoothie**

½ cup papaya  
½ cup mango  
½ cup pineapple  
2 cups spinach  
Cold water

Blend the spinach with water until smooth. Add the pineapple, mango and papaya and blend until smooth.

### **Lemony Mint Green Smoothie**

1 apple  
½ lemon, juiced  
1 head romaine lettuce  
4-5 mint leaves  
Cold water

## 21 Day Clean Eating Detox

Blend romaine, mint, and lemon juice with water; add apple and blend until smooth.

### **Danielle's Amazing Arugula**

2-3 cups arugula  
Juice of half lemon  
1 apple  
½ cup frozen pineapple  
½ cup frozen mango  
Cold water

Add water to arugula and blend until smooth. Add lemon juice and apple slices, then frozen fruit.

### **Energy Smoothie**

1 apple  
Juice from ½ lemon  
2 cups field greens mix  
1 medium avocado  
1 handful fresh mint  
Cold water

Add water to greens and blend until smooth. Add lemon juice, avocado, apple and mint.

### **Avocado Minty Apple**

1 medium apple  
Juice of ½ lemon  
1 romaine heart  
1 medium avocado  
4-5 fresh mint leaves  
Cold water

Blend ingredients in a blender until creamy.

### **Really Lemony Kale & Mint**

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.

## 21 Day Clean Eating Detox

### **Beginner Blueberry Kale Smoothie**

1 banana  
5-6 kale leaves  
1 cup blueberries, frozen  
1 cup pure water

Blend the banana and kale with water. Add the blueberries and blend until smooth.

### **Tropical Kale Smoothie**

1 banana, peeled  
10 kale leaves  
1/2 cup pineapple  
2 dates, pitted  
1/2 cup mango, frozen  
3 ice cubes + 1 cup cold water

Blend the kale with water; add banana, pineapple, and dates until smooth. Add mango and ice and blend until smooth.

### **Caribbean Purple**

1 banana, peeled  
2 cups spinach  
1/2 cup blueberries  
3/4 cup pineapple, fresh/frozen  
5 ice cubes + 1 cup water

Blend water with spinach; add banana, blueberries, pineapple. Add ice, blend again until smooth.

### **Purple Kale Madness**

1 banana  
1 cup dandelion greens  
1/4 medium beet  
1 cup blueberries, frozen  
1 cup cold water + 5 ice cubes

Blend water with greens; add banana, blueberries, and beet. Add ice, blend again until smooth.

### **Avocado Kale Smoothie**

1 banana, peeled  
4 large kale leaves  
1/2 avocado flesh  
3/4 cup blueberries, frozen  
1/2 cup strawberries, frozen  
1 cup cold water

## 21 Day Clean Eating Detox

Blend water with kale; add banana, berries, and avocado. Add ice, blend again until smooth.

### **Spicy Berry Arugula Smoothie**

1 banana  
1-2 cups arugula  
1/2 cup strawberries, frozen  
1/2 cup blueberries, frozen  
1 cup cold water

Blend water with arugula; add banana, berries. Add ice, blend again until smooth.

### **Peachy Kale Smoothie**

1 banana  
5 kale leaves  
2 dates, pitted  
1/2 cup pineapple, frozen  
1/2 cup strawberries, frozen  
1/2 cup peaches, frozen  
1 cup cold water

Blend kale with water; add banana and dates, blend. Add frozen fruit and blend until smooth.

### **High Antioxidant Smoothie**

1 banana  
2-4 large kale leaves  
3/4 cup blueberries, frozen  
1/2 cup pomegranate kernels  
1 cup cold water

Blend kale with water until smooth. Add banana, blend. Add blueberries and pomegranate. Blend again until smooth.

### **Autumn Vanilla Delight**

1 cup unsweetened almond milk  
1/2 frozen banana  
1 Tbsp chia seeds  
2 Tbsp Hemp seed  
2 dates, pitted  
1 Tbsp ground flax seeds  
1 tsp vanilla stevia or extract  
shake of nutmeg

Blend all ingredients in a high speed blender.



## Soups/Stews

### **Creamy Curried Broccoli Soup**

3 cups water  
1 cup raw almonds or cashews (or ½ cup of each)  
1 date  
1 avocado  
3 cups broccoli  
1 clove garlic  
1 Tbsp olive oil  
½ small onion  
1 tsp Celtic sea salt  
¾ tsp cumin powder  
1 tsp curry powder

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

### **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 ingredients until smooth. Add extra garlic, ginger or cayenne to taste. Heat and serve.

### **Almond Chicken Soup with Sweet Potato, Collards, and Ginger**

4 cups organic chicken or veg stock  
1/2 yellow onion, diced  
1 garlic clove, minced  
1 sweet potato, peeled and diced (2 cups)  
8 oz organic boneless, skinless chicken breast, cut into 1-inch pieces  
1/2 cup smooth almond butter  
1 cup collard leaves, coarsely chopped (could also use Kale or Chard!)  
2 Tbsp minced fresh ginger  
Celtic sea salt and freshly ground black pepper  
1 lime, cut into wedges

Combine stock, onion, garlic, and sweet potato in a stockpot and bring to a boil. Reduce heat to a simmer and add chicken, cover and simmer 20 minutes. In a small bowl, whisk together almond butter and 1/2 cup of the soup mixture into a thick paste. Add collard leaves and ginger to the soup and bring to a boil;

## 21 Day Clean Eating Detox

reduce heat and simmer, covered, for 5 minutes. Stir in almond butter paste, season with salt and pepper. Serve with squeeze of lime wedge.

### **Broccoli & White Bean Soup**

1 head broccoli (1 pound), cut into florets, stems thinly sliced  
2 Tbsp 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 veg stock  
Celtic sea salt and freshly ground black pepper  
1 Tbsp pine nuts, toasted (or any nut you have on hand)

Steam broccoli florets and stems until tender and bright green, about 3 minutes. Let cool slightly (save some to garnish soup). 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 Tbsp olive oil  
1 large onion, chopped  
5 cloves garlic, minced  
1 1/2-inch piece of ginger, grated  
1 Tbsp ground cumin  
1 tsp ground cinnamon  
1/2 tsp ground allspice  
2 pounds carrots, peeled and chopped  
4 cups organic vegetable broth  
2 Tbsp lemon juice  
Celtic sea salt and ground pepper  
1/2 cup light coconut milk  
Fresh cilantro for garnish

Heat oil in a large saucepan over medium heat. Add onions and cook, stirring, until softened. Add garlic, ginger, cumin, cinnamon and allspice and cook for 2-3 minutes. Add carrots and stir to coat, cook 4-5 minutes. Add broth, cover and reduce heat to low, simmer for 30 minutes, or until carrots are soft. If you have one, use an immersion blender to puree until smooth. Stir in the lemon juice and coconut milk and add salt and pepper to taste. Garnish with cilantro.

### **Lentil & Butternut Squash Soup**

1 yellow onion, diced  
1 cup lentils  
3 large kale leaves, stems removed and chopped  
1 butternut squash, peeled and diced  
1/2 yellow pepper, diced

## 21 Day Clean Eating Detox

- 4 cloves garlic, minced
- 1 bay leaf
- 1 Tbsp fresh lime juice
- 1 1/2 tsp ground cumin
- 6 cups organic vegetable stock
- 1 Tbsp coconut oil
- 2 tsp Celtic sea salt (or more to taste)
- Fresh cracked pepper to taste

In large stock pot place 1 tbsp coconut oil. Add diced onion, butternut squash, pepper and heat over medium, stirring occasionally for 20 minutes. Stir in garlic and cook for 4 minutes. Add ground cumin and stir for 1 minute. Now, add lime juice, veggie stock, lentils and a bay leaf. Bring to a boil. Reduce heat to simmer and cook, covered, another 15 minutes. Stir in chopped kale and cook for 1-2 minutes. Season with salt and fresh ground pepper to taste.

### **Coconut Spinach & Chickpeas Stew with Lemon**

- 2 tsp oil
- 1 small yellow onion
- 4 large cloves garlic, peeled and minced
- 1 Tbsp grated ginger
- 1/2 cup sun-dried tomatoes, chopped
- 1 large lemon, zest & juice (about 2 Tbsp juice)
- Dash of red pepper flakes
- 15-ounce can chickpeas, drained
- 1 pound organic baby spinach
- 14-ounce can light coconut milk
- 1 tsp salt, or to taste
- 1 tsp ground ginger

Heat the oil in a Dutch oven or heavy pot over medium-high heat. Add the onion and cook for about 5 minutes or until onion is beginning to brown. Add garlic, ginger, sun-dried tomatoes, lemon zest and red pepper. Cook for 3 minutes, stirring frequently. Add chickpeas and coat with onion/garlic mixture. Cook over med high heat for a few minutes, or until chickpeas turn golden. Stir in a handful or two of spinach, wait for it to wilt down, and then add more. When all the spinach has been stirred in, pour in the coconut milk and add salt, ground ginger, and lemon juice. Bring to a simmer, then cook on low for 5-10 minutes more. Taste and add more salt and lemon juice, if necessary. Serve hot over roasted sweet potatoes, quinoa, brown rice, or just eat it by itself!

## Grain Salads (for lunch or dinner)

*Unless noted otherwise, I suggest making basic QUINOA this way:*

**The Quinoa:**

- 1 1/2 cup quinoa
- 1 1/2 cup water or veggie broth
- 1 tsp Celtic sea salt

Place quinoa in a fine mesh sieve and rinse thoroughly with water. Add quinoa to pot with water or broth, and salt. Bring to a boil, cover, and reduce to a simmer. Cook 15 minutes or so until the water is absorbed. Remove lid, fluff with a fork, and allow to cool.

**Quinoa Watercress and Pear Salad**

- 1 cup cooked quinoa
- 1 bunch watercress, stems removed and leaves sliced
- 2 ripe pears, peeled, cored and cut into 1/2-inch chunks
- 1/2 cup pomegranate seeds
- 1/2 cup chopped walnuts
- 2 tablespoons pomegranate juice
- 2 tablespoons white wine vinegar

Place cooked quinoa in a large bowl with watercress, pears, pomegranate seeds, walnuts, juice and vinegar. Stir to combine, then serve.

**Kale, Quinoa and Sweet Potato Salad with Apple**

- 1 1/2 cups cooked quinoa
- 3 Tbsp olive oil
- 3 cups peeled and diced sweet potato, about 2 medium sized sweet potatoes
- 4 cups chopped kale, discard the ribs
- 1 large apple, diced
- 1/2 cup dried cherries
- 1/2 tsp salt

*Balsamic Vinaigrette*

- 1/4 cup balsamic vinegar
- 1 shallot, finely diced
- 1 tsp dijon mustard
- Few drops liquid stevia
- 2 – 3 Tbsp olive oil
- 1/4 tsp salt

## 21 Day Clean Eating Detox

Add olive oil to a large skillet over medium-high heat, throw in diced sweet potatoes and salt, then cover. Stir occasionally (if it starts to brown too much, add a little water or broth.) Cook until just tender, about 7 minutes, then add handfuls of kale, stir until it wilts, and add more until all is in the skillet. Remove from heat and let it cool slightly. Add the quinoa, diced apple and cherries to the sweet potatoes. Gently stir in the vinaigrette, a little at a time. Serve warm, room temperature, or cold!

### **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 apple cider vinegar  
Celtic sea salt and black pepper to taste

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

### **Quinoa Salad with Almonds and Flaxseed**

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

Sauté chopped red pepper and green onion in 1 Tbsp 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.

### **Lemony Spinach Quinoa Bean Salad**

1 cup cooked quinoa  
1/4 cup fresh lemon juice  
1/8 cup olive oil  
1 cup kidney beans, drained and rinsed  
2 cups fresh baby spinach, steamed in microwave  
Garlic powder, ground coriander, and salt and pepper to taste

## 21 Day Clean Eating Detox

Toss the spinach in a bowl and microwave for 1 minute to steam it. Once the quinoa is cooked, transfer to a bowl and add all the other ingredients, stir to combine. Serve warm or cold.

### **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 uncooked 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 tsp grated orange zest  
1/2 cup fresh, minced mint  
2/3 cup slivered almonds, toasted  
1/4 cup dried currants  
Celtic sea salt and pepper

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

### **Quinoa with Black Beans and Hominy**

1 1/2 cups quinoa  
2 cups organic chicken broth  
1/2 tsp kosher salt  
Zest of 1 large lemon  
Two 15-ounce cans hominy, rinsed and drained  
One 15-ounce can black beans, rinsed and drained  
1/4 cup chopped fresh cilantro  
Kosher salt and freshly ground black pepper  
1 head butter lettuce, leaves separated

## 21 Day Clean Eating Detox

### *Dressing*

- 1/4 cup grapeseed oil
- 2-3 drops liquid Stevia
- 2 tablespoons fresh lime juice (from about 2 large limes)
- 1 Tbsp apple cider vinegar
- 1 Tbsp ground cumin
- 1 tsp kosher salt
- 1/4 teaspoon freshly ground black pepper

For the quinoa: In a 2-quart saucepan, bring the quinoa, veggie broth, salt and lemon zest to a boil over medium-high heat. Reduce the heat, cover the pot and simmer until the liquid has been absorbed and the quinoa is tender, about 20 minutes. Remove the pan from the heat and allow to rest for 10 minutes. In a small bowl, whisk together the grapeseed oil, stevia, lime juice, vinegar, cumin, salt and pepper until smooth. In a serving bowl, combine the quinoa, hominy, black beans and cilantro. Add the dressing and toss until coated. Season with salt and pepper. Spoon into the lettuce leaves and serve.

### **Quinoa Apple Salad with Curry**

- 1/4 cup dry roasted almonds
- 1 cup cooked quinoa
- Few drops liquid stevia
- 1 Tbsp finely chopped shallot
- 1 Tbsp curry powder
- 1/4 tsp Celtic sea salt
- 2 Tbsp fresh lemon juice
- Freshly ground pepper
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp dried currants
- 1 small apple, cut into 1/8-inch-thick wedges
- 1/4 cup fresh mint leaves, coarsely chopped, plus more for garnish

Coarsely chop nuts. Whisk together stevia, shallot, curry powder, salt, and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour oil in a slow, steady stream and whisk until dressing is emulsified. Add quinoa, currants, apple, mint, and nuts; toss well. Garnish with mint.

### **Mango Avocado Quinoa Salad**

- 2 ripe but firm avocados, halved, peeled and cubed
- 3 Tbsp fresh lime juice
- 2 mangoes, peeled and cubed
- 1 jalapeno, seeded and finely chopped
- 1 tsp apple cider vinegar
- 2 Tbsp chopped cilantro, plus more for garnish
- 1/2 tsp Celtic sea salt
- Few drops liquid stevia
- 3 Tbsp extra-virgin olive oil
- 1 – 15 oz. can black beans, rinsed and drained

## 21 Day Clean Eating Detox

4 cups organic baby spinach  
1 1/2 cups of cooked quinoa

Place the avocado, 1 tbsp lime juice, mango, and jalapeno to a large bowl and gently toss. Whisk together 2 tbsp lime juice, apple cider vinegar, cilantro, salt, and stevia in a small bowl. Slowly add olive oil while continuing to whisk. Add spinach, beans and quinoa to avocado mixture and gently toss with dressing.

### **Orange Quinoa Salad with Almonds, and Olives**

3 cups cooked quinoa  
1/2 cup kalamata olives, chopped  
Zest from one mandarin orange  
3 mandarin oranges, peeled, segmented, and diced  
1/4 cup parsley, chopped  
1/2 cup roasted almonds, chopped

Toss cooled quinoa mixture and remaining ingredients together. Season to taste with salt and pepper.

### **Coconut & Spinach Quinoa Salad**

1 cup uncooked quinoa  
1 cup Light Coconut Milk  
1/3 cup Vegetable Broth or Water  
1 cup Pomegranate Seeds  
4 cups Organic Baby Spinach  
1/2 cup Toasted Pistachio Nuts  
2 Tbsp. Orange Juice  
2 tsp. Fresh Thyme or 1 tsp. Dried Thyme  
3 Tbsp. Olive Oil  
Squirt of lemon  
Celtic Sea Salt  
Pepper

In a small pot, combine quinoa, coconut milk, water a pinch of salt and pepper, bring to a boil. Reduce heat to a simmer, cover, and cook until the liquid is absorbed, about 10-12 minutes. Empty into a bowl and allow to cool to room temp or use leftovers from fridge. In a small bowl, mix the orange juice, thyme, olive oil, salt and pepper. In a salad bowl, gently toss the spinach, quinoa, half of the pomegranate seeds and half the pistachios with the dressing. Garnish the top with remaining pom seeds and pistachios and fresh pepper.



*Unless noted otherwise, I suggest making basic MILLET this way:*

**Basic Millet Recipe**

- 1 cup organic Millet, washed and drained
- 1 pinch Celtic Sea Salt
- 3 cups water OR vegetable broth

Combine water, millet, and salt in sauce pan, cover and bring to a boil. Reduce heat to low and simmer for 30 minutes. Remove from heat, fluff with a fork, and serve.

**Roasted Beet and Millet Spinach Salad**

- 6-8 beets
- 1 Tbsp olive oil
- 1/8 tsp Celtic sea salt
- 1 cup cooked millet
- 2-3 large handfuls of spinach

*Dressing:*

- 2 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 1 tsp each thyme, parsley, rosemary, and sage
- 2-3 drops liquid stevia

Preheat oven to 425°. Wash and cube beets, toss with 1 tablespoon of olive oil and a pinch of salt. Roast beets until tender, 20-25 minutes. Whisk olive oil, vinegar, herbs, and stevia together. Toss dressing with roasted beets, millet, and spinach. Serve warm.

**Tomato, Basil & Millet Salad**

- 1 cup cooked millet
- 1 (15 ounces) can black-eyed peas, rinsed and drained
- 1 cup chopped green onions
- 1/3 cup thinly sliced basil
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon salt
- Ground black pepper, to taste
- 1 pint cherry tomatoes, halved
- 6 large leaves green or red leaf lettuce

Add black-eyed peas, green onions and basil to cooked millet, toss gently and set aside. In a small bowl, whisk together oil, vinegar, salt and pepper, then pour

## 21 Day Clean Eating Detox

dressing over millet mixture and toss to coat. Add tomatoes, then spoon salad over lettuce leaves and serve.

### **Greek Millet Salad**

1 cup cooked millet  
1/3 cup pitted and chopped Kalamata olives  
1/3 cup capers, drained  
¼ cup scallions  
¾ cup chopped parsley  
1 cup chopped tomatoes  
½ cup chopped purple cabbage

#### *Dressing*

2 Tbsp fresh lemon juice  
1 Tbsp Dijon mustard  
2 Tbsp apple cider vinegar  
1 Tbsp minced shallot  
2 tsp. dried oregano  
¼ cup olive oil  
Celtic sea salt, to taste

Blend all the dressing ingredients together until smooth in a blender, or whisk well with a fork in a bowl. Add the cooked millet to a large mixing bowl, pour the dressing on top, add the olives, capers, scallions, parsley, tomatoes and purple cabbage. Mix well and enjoy!

### **Avocado Citrus Millet Salad**

1 cup cooked millet  
Celtic sea salt  
1/2 cup plus 1 Tbsp. extra-virgin olive oil, more as needed  
3 Tbs. grapefruit juice  
3 Tbs. white wine vinegar  
few drops liquid Stevia  
Freshly ground black pepper  
3/4 cup diced avocado  
3/4 cup oranges segments, cut into pieces if large  
3/4 cup grapefruit segments, cut into pieces if large  
3/4 cup diced red onion (1/4-inch dice)  
1/4 cup chopped fresh mint

Place vinegar and grapefruit juice in a small bowl and gradually whisk in the remaining 1/2 cup of oil. Whisk in the stevia. Taste and season with salt, pepper, and additional vinegar, stevia, juice, or oil as needed. Add the cooked, cooled millet to a large serving bowl and toss to break up any clumps. Add the avocado, orange segments, grapefruit segment, red onion, mint, and 1/2 cup vinaigrette and toss. Taste and season as needed with more vinaigrette, salt, pepper, and serve.

*Unless noted otherwise, I suggest making basic AMARANTH this way:*

### **Basic Amaranth Recipe**

1 1/2 cups water OR veggie broth  
1/2 cup organic amaranth  
Celtic sea salt

Combine water, the amaranth, and a pinch of salt in a small saucepan. Bring to a boil, cover, reduce heat and simmer for about 25 minutes or until all the water is absorbed. Fluff with fork and serve.

### **Amaranth Tabouli**

1 cup cooked amaranth  
1 cup parsley, chopped  
1/2 cup scallions, chopped  
2 Tbsp fresh mint  
1/2 cup lemon juice  
1/4 cup olive oil  
2 garlic cloves, pressed  
1/4 cup olives, sliced  
lettuce leaves, whole

Place all ingredients except lettuce and olives in a mixing bowl and toss together lightly. Chill for an hour or more to allow flavors to blend. Wash and dry lettuce leaves and use them to line a salad bowl. Add tabouli and garnish with olives.

### **Amaranth & Quinoa Herb Salad**

1/2 cup cooked quinoa  
1/2 cup cooked amaranth  
1 Tbsp olive oil  
2-3 mint leaves  
1 tsp each: cumin, coriander, Celtic sea salt, onion powder  
1 cup diced carrots, celery, red onion  
Handful chopped fresh parsley  
2 Tbsp sunflower seeds  
1 Tbsp freshly squeezed lime juice

Season vegetables with herbs and saute in olive oil until soft. Add sunflower seeds, cooked grains, mint and parsley to pan, mix well to combine; add lime juice and refrigerate until ready to eat.

### **Amaranth & Black Bean Salad**

1 cup cooked Amaranth  
1 15-ounce can Black Beans, rinsed and drained  
1 cup corn kernels (frozen or fresh)  
1 cup cherry tomatoes, halved

## 21 Day Clean Eating Detox

1 cup roasted red peppers, chopped  
½ red onion, minced  
¼ cup chopped walnuts  
½ cup tomato juice  
1 Tbsp balsamic vinegar  
1 Tbsp Olive Oil  
½ cup fresh mint leaves, shredded  
1 tablespoon chopped garlic

In a large bowl mix the beans, corn, tomatoes, peppers, onion and walnuts. Add cooled amaranth and stir to combine. In a separate small bowl whisk together the tomato juice, vinegar, oil, mint and garlic. Pour this dressing over the amaranth mixture and stir until well blended.

*Unless noted otherwise, I suggest making basic WILD RICE this way:*

### **Basic Wild Rice Recipe**

2 cups water or organic vegetable stock  
1 cup organic wild rice  
Celtic sea salt

Combine rice, 2 cups water, and 1/2 teaspoon salt and bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 50 minutes. Remove from heat and let stand, covered, for 5 minutes; drain excess water, fluff with a fork, and serve.

### **Wild Rice Cranberry Pecan Salad Recipe**

2 cups cooked wild /brown rice mix  
1/2 cup dried unsweetened cranberries  
1/2 cup chopped pecans  
1/4 cup sliced green onions  
1 Tbsp lemon juice  
2 Tbsp olive oil  
1 tsp grated orange peel  
Salt and freshly ground pepper

In a serving bowl mix the rice, cranberries, pecans, and green onions together. In a separate jar, mix the lemon juice, olive oil, orange peel, salt and pepper to taste. Just before serving, mix dressing in with the rice mixture. Serve warm, chilled, or room temperature.

### **Wild Rice Salad with Toasted Nuts**

2 cups cooked wild rice  
1/2 cup dried unsweetened cherries, chopped  
1/3 cup chopped toasted pecans  
1/3 cup chopped toasted unsalted cashews

## 21 Day Clean Eating Detox

1/4 cup finely chopped green onions  
2 tablespoons finely chopped celery  
2 tablespoons finely chopped red onion

### *Dressing*

2 Tbsp apple cider vinegar  
1 Tbsp lemon juice  
1 clove garlic, minced  
1 tsp Dijon mustard  
few drops stevia  
1/3 cup extra virgin olive oil  
1/2 tsp ground pepper

In a large bowl, mix cooled rice, dried cherries, pecans, cashews, green onion, celery and red onion. In a blender, add vinegar, lemon juice, garlic, mustard and stevia. While the blender is running, gradually pour in the olive oil. Pour the dressing over the rice mixture and toss.

## Non-Grain Salads

### **Rainbow Salad with Broccoli Sprouts**

1 cup mixed greens  
1 cup baby greens  
½ cup watercress  
½ cup brocco sprouts  
½ cup shredded beets  
½ cup shredded carrots  
1 hard-boiled egg

#### *Dressing*

2 Tbsp olive or flaxseed oil  
¼ tsp dried mustard  
1 tsp minced garlic  
1 Tbsp apple cider vinegar  
½ cup chopped cilantro  
2 Tbsp lemon juice

Combine the greens, watercress, broccoli sprouts, beets and carrots in a large bowl. In a small bowl, whisk together the dressing ingredients. Pour the dressing over the salad greens and toss lightly. Garnish with egg.

### **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!

## 21 Day Clean Eating Detox

### Fully Loaded Kale Salad

1 large bunch of kale (any variety) - remove thick stems/shred leaves by hand  
2-3 Tbsp raw 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  
Black pepper

#### *Dressing*

2 1/2 Tbsp tahini  
3 Tbsp seasoned rice vinegar  
2 tsp apple cider vinegar  
1-2 tsp olive or grapeseed oil  
few drops stevia (optional)

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 kale salad with 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.

### Creamy Kale Salad

1 ripe avocado, halved, seed removed  
2 Tbsp apple cider vinegar  
2 tsp Dijon mustard  
3 Tbsp walnut oil or extra-virgin olive oil

## 21 Day Clean Eating Detox

Celtic sea 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.

### **Jicama Salad with Cilantro and Lime**

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.

### **Kale Nori Salad**

1 bunch Dino kale  
2 sheets Organic Nori  
2 Tbsp raw tahini  
1 Tbsp Nama Shoyu  
1 clove of garlic  
1/4 cup olive oil  
2 Tbsp lemon juice  
2 Tbsp water  
1 avocado  
2 Tbsp raw sesame seeds

Wash kale and remove the thick center stem. Roll kale like a burrito and slice it into thin ribbons. Place in a large bowl. Slice up nori sheets and add to the kale. Blend tahini, Nama Shoyu, garlic, olive oil, lemon, and water in blender until creamy. Toss dressing with kale and nori. Gently stir in avocado slices and sprinkle with sesame seeds. Yields 4 large servings.



## Beans/Lentils

### **Kale & Lentil Stew**

2 tablespoons olive oil  
1 medium onion, diced  
4 carrots, peeled and chopped  
2 garlic cloves, minced  
14.5 oz can of organic diced tomatoes  
Celtic sea salt & pepper  
1 1/2 cups of green lentils  
8 cups of vegetable stock  
a large bunch of kale, chopped (about 3 cups, chopped)  
1 bay leaf  
optional spices: a pinch of red pepper flakes, a pinch of finely chopped caraway seeds, thyme

In a large pot, heat the oil and add in the onions, carrots, and garlic. Cook for about 8-10 minutes, until the vegetables are soft. Add in the tomatoes along with their juices and season generously with salt and pepper. Cook the tomatoes down about 5 minutes to reduce the juices. Add the lentils and stir them in to coat. Add the stock. Bring it to a boil. When the stock is boiling, add in the chopped kale and then immediately bring the heat down to a simmer. Add in the bay leaf, cover the pot and cook for 35-40 minutes. After about 30-35 minutes, taste the soup and adjust the seasoning as desired. Add red pepper flakes and caraway seeds if using. Remove bay leaf. Serve warm.

### **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 425F. Place cauliflower in bowl, drizzle with olive oil and sprinkle with spices, toss to combine. Place on baking sheet and roast for 25 minutes or until veg are well browned and tender. Place warmed lentils in bowl. Make a dressing of 1 tablespoon lemon juice and 1 tablespoon olive oil and sprinkle over the lentils. Top with roasted cauliflower, toss gently to combine. Taste and season.

### **Cabbage and Chickpea Skillet**

2 Tbsp olive oil  
1/2 sweet potato, diced  
1 large shallot, sliced very thin  
2 cups cooked chickpeas (canned is fine, but drain and rinse)

## 21 Day Clean Eating Detox

3 cups finely shredded green cabbage  
Nutritional Yeast  
Celtic sea 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. Sprinkle with nutritional yeast and serve.

### **Seasoned Lentils**

9oz bag small lentils  
1 onion, peeled & diced  
1 bay leaf  
2 Tbsp Bragg's liquid aminos  
2 Tbsp apple cider vinegar OR lemon juice  
2 Tbsp olive oil

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, vinegar and a few tablespoons extra virgin olive oil.

### **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.

### **Veggie Bean Chili**

28 ounce can crushed tomatoes  
14 ounce can diced tomatoes  
2 tablespoons chili powder  
1 tablespoon ground cumin

## 21 Day Clean Eating Detox

2 teaspoons smoked paprika  
1/2 teaspoon Celtic sea salt  
2 large sweet potatoes, peeled and chopped into 1" pieces  
1 medium onion, coarsely chopped  
2 cloves garlic, minced  
15 ounce can kidney beans  
15 ounce can black beans

Combine all ingredients in the base of your slow cooker and stir to mix well. Cook on low for 10 hours.

### **Easy Lentils & Roasted Beets**

1 Tbsp apple cider vinegar  
9oz cooked lentils  
~10 pieces roast beets  
3-4 Tbsp sauteed onions  
Small handful roasted almonds  
Whisk vinegar with 2 tablespoons extra virgin olive oil in a large bowl. Season. Toss in lentils, onions if using and divide between two plates. Top with beets and almonds.

## Veggie Dishes and Sides

### **Real veggie burgers**

½ 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)  
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.

## 21 Day Clean Eating Detox

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 Tbsp 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.

### **Butternut Squash with Leeks and Baby Spinach**

2 Tbsp olive oil  
1 medium leek, cleaned and thinly sliced  
2 cups peeled and diced butternut squash  
1 cup cooked quinoa  
2 cups organic baby spinach  
2 Tbsp toasted pine nuts  
5 leaves sage, chopped  
1/8 tsp Celtic sea salt  
Pepper

Toss the squash in olive oil and salt and pepper, roast at 425 for about 20 minutes. Heat about one tablespoon of olive oil in a large saucepan over medium-high heat. Add the leeks and sage and cook, stirring occasionally, until softened, about 5 minutes. Add the cooked squash and cooked quinoa to the pan. Then add baby spinach, a few handfuls at a time, gently stirring until it just begins to wilt. Remove from the heat. Sprinkle with the pine nuts. Season with salt and pepper, to taste.

### **Quinoa & Grape Salad with Curry Vinaigrette**

2 cups water  
1 cup red quinoa  
1 tsp Celtic sea salt  
2 cups red grapes, halved  
2 celery stalks, chopped  
1/2 cup toasted walnut pieces  
3 radishes, sliced  
1 scallion, sliced (white and green parts)  
2 Tbsp dill (I used Gourmet Garden dill)  
1 jalapeno (seeded and finely chopped)

## 21 Day Clean Eating Detox

### *Curry Vinaigrette*

1 garlic clove, minced  
1 tsp Celtic sea salt  
2 tsp curry powder  
3 Tbsp white wine vinegar  
1/3 cup extra virgin olive oil

Bring the water and salt to boil, add quinoa. Cover and simmer for 12-15 minutes or until water is absorbed and quinoa is soft. Transfer quinoa to bowl and add grapes, celery, radishes, scallions, walnuts, dill and jalapeno. In a small bowl, whisk together garlic, salt, vinegar, curry and olive oil. Pour over quinoa salad and combine well. Serve warm, cold or at room temperature.

### **Roasted Butternut Squash with Lentils and Walnuts**

1 butternut squash, peeled and diced  
1-2 cups cooked lentils  
Olive oil  
Few drops liquid stevia  
Celtic sea salt  
Black pepper  
3/4 cup apple cider  
2 tablespoons apple cider vinegar  
2 tablespoons minced shallots  
2 teaspoons Dijon mustard  
1/2 cup walnuts halves, toasted

Preheat the oven to 400 degrees F. Place the butternut squash in a bowl and toss with 2 tablespoons olive oil, stevia, salt and pepper. Roast for 15 to 20 minutes, turning once, until tender. While squash is roasting, combine the apple cider, vinegar and shallots in a small saucepan, bring to a boil. Cook for 6-8 minutes or until cider is reduced to 1/4 cup. Whisk in the mustard, 1/4 cup olive oil, salt and pepper to taste. Place the cooked lentils in a serving bowl. Add the roasted squash and walnuts. Spoon vinaigrette over the veggies and gently toss.

## Chicken/Turkey

### **Rosemary Lemon Chicken**

1 pound organic skinless, boneless chicken breast  
2 tbsp olive oil  
¼ cup lemon juice  
2 cloves garlic, pressed  
¼ cup fresh rosemary, minced  
½ tsp 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 tbsp olive oil  
1 tbsp chili powder  
½ tsp Celtic sea salt  
½ tsp pepper

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.

### **Almond-Crusted Chicken Breast with Spinach**

In a food processor add 1/2 cup roasted, unsalted almonds, 1 garlic clove, 1/2 teaspoon of coarse salt, and 3 tablespoons extra-virgin olive oil, process until you get a coarse paste. Rub paste 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.

### **Turkey Cutlet with Tomatoes, Greens Beans, and Capers**

Sauté 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.

## Fish

### **Chipotle Lime Salmon**

1 lb wild sockeye salmon, cut into 4 fillets  
11-2 tablespoons olive oil  
2 limes, sliced in half  
1 tsp Celtic sea salt  
1 tsp 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.

### **Pan Seared Salmon with Avocado**

2 large avocados, cut and peeled  
3 Tbsp freshly squeezed lime juice  
3-4 Tbsp olive oil  
1 Tbsp chopped shallots or green onion  
1 Tbsp chopped parsley  
1 tsp Dijon mustard or to taste  
Celtic sea salt and pepper to taste  
1 to 1 1/2 pounds of salmon fillets

Put avocado pieces and lime juice into a food processor or blender and pulse until blended. Slowly add olive oil, pulsing, until you reach desired consistency of sauce. Add minced shallots (or green onions) and parsley, pulse just until combined. Remove to a bowl, add mustard, salt and pepper to taste. Coat the bottom of a sauté pan with oil, heat on medium high until almost smoking. Season both sides of the salmon fillets with salt and pepper, carefully lay the salmon into the pan, skin side down. Cook the salmon until about medium doneness, about 3-4 minutes per side. Serve salmon with avocado remoulade sauce.

### **Salmon with Anchovy Olive Tapenade**

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



## 21 Day Clean Eating Detox

marinate 2- 6 hours; if short on time, skip marinating time. Bake at 350° for 15-20 minutes.

### **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 Tbsp extra-virgin olive oil, plus more for drizzling  
1 Tbsp fresh lemon juice  
3 cups baby arugula (1 1/2 oz.)

Heat oven to 375. 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. 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.

### **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.

### **Cod with Roasted Shiitakes**

2 pounds shiitake mushrooms, stems removed, halved if large  
4 Tbsp olive oil  
4 sprigs fresh rosemary  
4 wild cod or halibut fillets (6 to 8 ounces each)  
1 Tbsp fresh lemon juice  
1 Tbsp 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.

### **Spiced Cod with Broccoli-Quinoa Pilaf**

4 6-ounce pieces skinless wild cod  
3 tsp olive oil  
1/2 small onion, chopped  
Celtic sea salt and black pepper

## 21 Day Clean Eating Detox

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 tsp 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. 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 filet  
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 filet 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.

### **Trout With Wild Rice, Radicchio, and Oranges**

1 cup wild and long-grain rice blend  
1/2 cup pecan halves  
3 oranges  
1/2 small head radicchio, thinly sliced (about 2 cups)  
2 Tbsp olive oil  
Celtic sea salt and black pepper  
8 trout fillets (about 1 1/2 pounds)  
1 Tbsp chopped fresh chives

Heat oven to 350° F. Cook the rice according to the package directions. Spread the pecans on a rimmed baking sheet and toast in oven, tossing once, until fragrant, 6 to 8 minutes. Let cool, then roughly chop. Cut away the peel and pith of 2 of the oranges. Working over a bowl, cut along both sides of each orange segment, releasing the segments into the bowl. Juice the remaining orange and add the juice to the bowl along with the radicchio, pecans, 1 tablespoon of the oil,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Season the

## 21 Day Clean Eating Detox

trout with  $\frac{1}{4}$  teaspoon each salt and pepper. Cook in batches, skin-side down first, until cooked through, 1 to 2 minutes per side. Serve the trout over the rice. Top with the orange mixture and sprinkle with the chives.

## Wraps & Rolls

### **Collard Veggie wraps**

2 large collard leaves, shave stem down the middle so it's flat  
1/4 cup hummus  
1/4 cup cooked quinoa or brown rice  
Raw veggies of choice: cucumber, red pepper, arugula, carrots, etc.

Wash and dry the collard leaves. Remove the thick stem sticking out below the leaf and shave the thick stem running down the middle with a knife so it lays flat. With the shiny side facing up, spread half the hummus on the center of each leaf. Top with the remaining ingredients and wrap, burrito style. Eat!

### **Hummus & Olive Collard Wraps**

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

Wash and dry the collard leaves. Remove the thick stem sticking out below the leaf and shave the thick stem running down the middle with a knife so it lays flat. With the shiny side facing up, spread half the hummus on the center of each leaf. Top with the remaining ingredients and wrap, burrito style. Eat!

### **Collard Cucumber Avocado Wrap**

Collard greens  
Chives, chopped  
Cilantro, chopped  
Avocado, cut in slivers  
Cucumber, diced  
Herbamare, to taste

With the light green of the collard facing down, use a paring knife trim the stem so it is flat. With shiny side up, spoon some hummus or almond mayo onto the center of the leaf, then add some veggies and a sprinkle of Herbamare or dulce flakes. Wrap it up burrito style, slice and eat.

### **Avocado Carrot Pepper Nori Rolls**

2 sheets sushi nori  
2 lettuce leaves, torn into pieces  
1/2 avocado, sliced  
1/4 cup grated or shaved carrot  
1/4 red bell pepper, sliced thinly  
1/4 cucumber, sliced thinly

## 21 Day Clean Eating Detox

Lay nori sheets side by side on cutting board, shiny side face down. If rectangle shaped, place sheets so longer side is vertical (like "portrait" view). Add lettuce first onto sheet, then layer on the avocado and vegetables. Don't over stuff or nori will get soggy. Using your finger, dab water onto the top and bottom edges of the nori sheets to seal the edges after you roll it. Roll the nori, cut in half and serve. Recipe makes two rolls, which is one serving.

### **Avocado Zucchini Sprout Nori Rolls**

2 nori sheets  
1 zucchini, sliced in strips  
1 tomato, sliced  
1 avocado, sliced  
bean sprouts  
alfalfa sprouts  
wasabi paste, to taste

Place Nori sheets on a cutting board. Lay slices of zucchini, tomato, avocado, bean and alfalfa sprouts onto each sheet. Moisten the edges with water to seal your roll. Roll tightly and squeeze gently to secure edges. Tuck any vegetables that are sticking out at either end of the roll. cut in half and serve. Recipe makes two rolls, which is one serving.

### **Veggie-Rice Rolls**

2 parsnips, peeled and chopped  
½ cup pine nuts  
½ cup cashews  
½ head cauliflower, chopped  
1 tsp Celtic Sea Salt  
½ tsp Nama Shoyu  
4 sheets organic Nori  
1 avocado, thinly sliced  
½ cup shredded carrot  
1 cucumber, seeded and thinly sliced  
½ cup sprouted mung beans

Place parsnips, nuts, cauliflower, salt and Nama Shoyu in food processor. Pulse until mixture looks like sticky rice. Spread mixture down center of Nori sheet. Arrange veggies on top. Roll up nori (moisten edges with water to help seal wrap). Slice and serve.

## Dips/Spreads

### **Cauli-Carrot Spread**

- 1 cup sunflower seeds
- 1 cup roughly chopped cauliflower
- 1 cup roughly chopped carrots
- 2 Tbsp olive oil
- 1 tsp salt

Place carrots in food processor and pulse a few times. Add cauliflower, sunflower seeds and oil...continue to process until desired consistency. Spread on wraps/rolls or use as a dip.

### **Almond Mayo**

- 1 cup raw almonds, soaked
- 1 cup water
- Juice of 1 lime
- Salt to taste

Blend well in high speed blender. Use as spread on wraps and rolls.

### **Raw Ranch Dip**

- 1 cup cashews, soaked for 2 hours and drained
- ½ cup water
- ¼ cup lemon juice
- ¼ cup apple cider vinegar
- 2 dates, soaked
- Date soak water
- 2 large cloves garlic
- 2 Tbsp red onion
- 1½ Tbsp Herbamare
- 1 T parsley, diced
- ½ t dill, diced
- 1 T green onion, diced

Blend all ingredients until super smooth. Then hand mix the diced ingredients.

### **Yummy Hummus**

- 1 can garbanzo beans, drained and rinsed
- 1/2 cup water
- 1 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Tamari
- 3 Garlic Cloves
- 3 Tbsp Tahini (sesame butter)
- Splash of Lemon Juice
- ½ tsp Celtic sea salt

## 21 Day Clean Eating Detox

Paprika and chopped parsley for garnish

Puree all ingredients in a food processor and blend until smooth. Add the water slowly to make the hummus the right consistency. Scrape into a bowl, drizzle with olive oil and sprinkle with paprika and chopped parsley.

### **Red Pepper Hummus**

1 Can garbanzo beans, drained and rinsed  
1/2 cup water  
1 Tbsp Extra Virgin Olive Oil  
3 Garlic Cloves  
3 Tbsp Tahini  
Splash of Lemon Juice  
1/2 cup roasted red peppers

Puree all ingredients in a food processor and blend until smooth. Add the water slowly to make the hummus the proper consistency. Add roasted red peppers at the end, blend until desired texture. Garnish with olive oil and chopped fresh parsley.

### **Artichoke Hummus**

1 can garbanzo beans, drained and rinsed  
1 can artichoke hearts  
2 tbsp tahini  
3 tbsp olive oil  
1 clove garlic  
2 tbsp lemon juice

Puree all ingredients in a food processor and blend until smooth.

### **Mango Goji Guacamole**

1 1/2 avocados, diced  
1 champagne mango, diced  
2 limes, squeezed  
1 1/2 Tbsp goji berries  
dash of or salt

Toss ingredients together and plate. Serve with sliced jicama or veggies for dipping

# Detox Salad Dressings

## **Shallot vinaigrette**

¼ cup olive oil  
1 shallot, minced  
2 tablespoons apple cider vinegar  
1 tablespoon chopped parsley  
Celtic sea salt and black pepper, to taste

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  
Celtic sea salt, to taste

Whisk all ingredients together.

## **Meyer lemon vinaigrette**

3 tablespoon fresh Meyer lemon juice  
3 tablespoons olive oil  
Celtic sea 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  
Celtic sea salt and black pepper

Whisk all ingredients together.

## **Avocado and Cumin Dressing**

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



## 21 Day Clean Eating Detox

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  
1/4 cup olive oil  
1 Tbsp Dijon mustard  
few drops stevia  
salt and pepper to taste

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

## Snacks /Chips /Crackers

### **Jicama Stix**

1 medium jicama, peeled and sliced into thin strips  
1 Tbsp nutritional yeast  
½ tsp ground cumin  
Dried dill  
¼ tsp Celtic sea salt  
2 Tbsp flaxseed or olive oil

Place jicama in a bowl and set aside. In another bowl, mix remaining ingredients. Pour dressing over jicama and toss to coat.

### **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.

### **Raw 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!

## On-the-go snacks:

- Fresh fruit and dry roasted or raw nuts
- Fresh organic vegetables – raw or cooked
- Lara Bars
- Kookie Karma raw cookies
- Dulse Chips: lightly toast dulse seaweed leaves to turn them into crispy chips.
- Organic brown rice cakes or flax crackers topped with almond butter, hummus or avocado.
- Unsweetened applesauce
- 2-3 dates stuffed with walnut or pecan halves (take out each pit and replace with nut)
- Raw trail mix- combine your choice of raw nuts with sunflower or pumpkin seeds and organic, unsweetened dried fruit.
- Chia seed pudding
- Hummus with veggies
- Celery with peanut or almond butter
- Roasted chick peas

## Detox Desserts

### **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 heck out of it until 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

Combine ingredients in a jar with a lid, stir well. Keep in fridge until solid, stir again and serve.

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

## 21 Day Clean Eating Detox

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.

### **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

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

### **Homemade Chocolate Chip Cookie Dough Lärabar**

1/2 cup dry roasted almonds  
1/2 cup raw cashews  
1 1/3 cups pitted dates  
1/2 cup dried, unsweetened coconut  
1/2 tsp vanilla powder  
1/8 tsp sea salt  
2-3 Tbsp raw cacao nibs  
1/2 cup dried unsweetened cherries

Process all the ingredients together in a food processor or high speed blender until smooth and pastey. Roll the mixture into small balls, bars or cookies!

### **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.

## 21 Day Clean Eating Detox

Shape mixture into 1 inch balls by rolling with palms of hand. Roll balls in unsweetened shredded coconut (optional). Refrigerate for about 30 minutes.

## Spa Water / Beverages

### **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. Top your glass with sparkling water.

### **Pear & Lemon Spice**

5 pears, cored and sliced into wedges  
1 small lemon, sliced into thin slices  
6 whole cloves  
2 cinnamon sticks

Fill a pitcher of water and add in all of the ingredients. Let refrigerate at least 2 hours to allow the flavors to gently infuse the water.

### **Orange Ginger Fizz**

2-3 oranges, cut into slices  
1 sliced lime  
½ inch ginger root  
Dash of club soda

Place fresh cut orange, lime slices and ginger root to a pitcher. Fill with cold water and ice, let chill for a few hours. Add a dash of club soda before serving.

### **Lemon Cucumber Rosemary**

12 thin slices cucumber  
4 thin slices lemon  
4 sprigs fresh mint, slightly crushed  
2 sprigs fresh rosemary, slightly crushed

In a pitcher, combine 6 cups water, cucumber, lemon, mint, and rosemary. Serve, or cover and chill at least 2 hours or up to 8 hours. Add ice cubes just before serving.