

# Detox Food Preparation and Cooking Tips

## Food Preparation

1. Prepare vegetables in advance. Cut up and store enough veggies to last a few days, both for snacking and cooking. Clean and prep your greens before storing in fridge.
2. Use these [green storage bags](#) to extend vegetable shelf life in fridge.
3. Make big batches of brown rice and quinoa. This way it is ready and you just need to reheat or make as a salad.
4. Use organic frozen vegetables and fruit.
5. If using canned beans, make sure you use BPA free cans/boxes and rinse them very well.
6. Double the shake recipe in the morning and have it as a mid-morning snack.
7. Use canned or bagged wild Alaskan canned salmon. I love [Vital Choice](#) salmon and seafood products; they are high quality and taste fantastic.

## Cooking Tips & Techniques

1. Vegetables: Steam, water sauté, or roast your vegetables.
2. Spice up your food – add herbs and spices to your cooking. Adding fresh rosemary, chopped cilantro, chives, or parsley helps enhance the flavor and reduces the need to add fat.
3. I always add lemon zest to my cooked quinoa before using it in a recipe. Adds great flavor to every dish.
4. Roast a bulb of garlic and use it like you would butter.
5. When cooking fish or chicken, season with fresh herbs then just grill, broil or bake.
6. Use aromatics – scallions, bulb onions, ginger, garlic and lemongrass. They add flavor and aroma to foods.
7. Organic eggs are a great source of clean protein.
8. Choose vegetables from all categories – eat the ones you like and try something new.
9. Make a big batch of your own salad dressing and use whenever possible.

## Produce Cheat Sheet

### Lettuce:

- 1) Choose red, red-brown, purple or dark leaf loose leaf lettuce
- 2) Spend 10 minutes prepping your greens to preserve nutrients

- 3) Enrich your salads with non-lettuce varieties (arugula, spinach, radicchio, etc.)
- 4) Choose bagged greens with the most colorful and freshest leaves (look at best buy date)
- 5) Add some fat like avocado or olive oil dressing to absorb nutrients and mask bitterness of dandelion, arugula, and other bitter greens
  - ✓ Arugula is higher in antioxidants than most green lettuce, also has calcium, magnesium, folate and vitamin E.
  - ✓ Radicchio has 4 x more antioxidants than Romaine. Red radicchio has more antioxidants than green.
  - ✓ Spinach is high in antioxidants and lutein. There are more nutrients in bunches vs bags. Choose midsize leaves (they have more nutrients than small or large).

#### **How to store lettuce greens:**

*Pull off leaves, rinse and then soak in very cold water for 5-10 minutes. Dry with towel or spinner. If eating in the next 2 days, tear the leaves. If not eating right away, leave lettuce whole. Store in airtight micro-perforated bag by using a Ziploc and poking it with a pin or needle 10-20 times (can be reused over and over). Store in crisper drawer.*

#### **Garlic/Onions:**

1. Allium is the main active ingredient in garlic
2. To eat: press and rest; wait 10 minutes after chopping/slicing/pressing so that enzymes can create allicin, then heat or eat
3. Shallots have 6 x more nutrients than onions
4. Scallions have 140x more nutrients than onions
5. Onions – red, yellow – have a stronger flavor and more health benefits

#### **Carrots:**

1. Carrots with tops still attached are freshest and most flavorful
2. The whole carrot had more nutrients than bagged baby carrots
3. Cooked carrots have more available nutrients than raw
4. Purple, red, and yellow carrots are higher in nutrients than orange type

#### **Beets:**

1. Beets sold without their green leafy tops are probably old (the greens age quickly but beet root takes weeks to show real age)
2. Beet greens rival kale in nutrient content
3. Beets have a sweet taste with little impact on blood sugar; they rank at the top of healthiest of all veggies
4. Great source of folate, potassium, and fiber
5. Beets have 9x more antioxidants than tomatoes, 50x more than orange carrots



6. Purple color comes from betalain, a proven cancer fighter
7. Store greens and roots separately; store the root unwrapped in the crisper and use within 2 weeks
8. Beet roots are best eaten with mustard, oil and balsamic vinegar 😊

#### **Tomatoes:**

1. Size does matter -- downsize your tomato for more flavor and nutrients
2. Deep red tomatoes have more lycopene than green, yellow or gold
3. Cooked tomatoes are higher in lycopene than raw
4. Tomato paste has 10x more lycopene than raw (3 Tbsp of paste/day can protect against harmful UV rays)
5. Store fresh tomatoes at room temp

#### **Broccoli:**

1. Buy whole, tightly closed buds with a firm stem and bright green color
2. Doesn't store well; eat within 1-2 days of purchase
3. Store in micro-perf bag in crisper
4. Raw broccoli has 20x more anti-cancer properties than cooked
5. When cooking, steam for <4 minutes or sauté in olive oil until slightly tender

#### **Brussels sprouts:**

1. Look for bright green, tight heads
2. Store in micro-perf bags in crisper
3. To preserve nutrients, steam for 6-8 minutes (they become less sweet and bitter the longer they cook)

#### **Cabbage:**

1. Can be stored for weeks in fridge crisper
2. Go with red, it has 6x more antioxidants than green
3. Steam <5 mins for the least gas production and smell

#### **Cauliflower:**

1. Similar to cabbage but with 4x the antioxidants!
2. White cauli has more cancer fighting compounds than green or purple, but those have more antioxidants
3. Look for spotless cauli with no signs of mold
4. Can be stored for up to a week in fridge in crisper
5. Steam or sauté for most nutrient retention

**Kale:**

1. King of the crucifers!
2. Red leaf has more antioxidants than green
3. One serving has more calcium than 6 oz. milk & more fiber than 3 slices of bread
4. Store in crisper and eat within a few days of purchase
5. Best eaten raw; if cooked, lightly steam or sauté in olive oil

**Dried Beans and Peas:**

1. Sugar snap and snow peas have more fiber and antioxidants than peas themselves
2. Canned beans have higher antioxidant content than fresh, but less flavor and color (crazy, right?)
3. Black lentils are most nutritious variety

**Artichokes:**

1. Super nutritious; has most antioxidants of all veggies! 18 x more than corn; more antioxidants than 30 servings of carrots
2. High in prebiotic called inulin
3. Globe variety is most healthful
4. Steaming preserves 3x more antioxidants than boiling

***How to steam artichokes:***

*Rinse chokes and remove outermost leaves. Trim stems to ½ inch. Place in 1-inch of boiling water, stem sides up. Cover and steam for 15 minutes.*

**Asparagus:**

1. Does not store well; eat the day of purchase! Store in micro-perf bags
2. Just-picked will have most flavor and nutrients
3. Choose spears that are dark, shiny and straight; tight tips that are green/purplish in color
4. Stalk should be smooth and moist
5. Green varieties have 7x more antioxidants than white
6. Look for storage on ice/cold water when buying

**Avocado:**

1. Excellent source of soluble fiber
2. Add to salads to increase absorption of beta carotene by 500%
3. Hass avocado has 4x more antioxidants than all other kinds
4. Choose avocados that are soft at the top and yield slightly in the middle; if it rattles when you shake it, it's rotten



### Potatoes:

1. New potatoes have lowest impact on blood sugar
2. Colored potatoes are best (skin and flesh)
3. Eat the skin; 50% of antioxidants in skin (scrub and peel first; buy organic)

### Apples:

1. Least nutrients: Golden Delicious, Empire, Pink Lady, Ginger Gold
2. Highest nutrients: Granny Smith, Cortland, Ozark, Discovery, Red Delicious, Fuji, Gala, Braeburn, McIntosh, Honey crisp
3. Choose the reddest apples (except for Granny Smith)
4. Store in the fridge; eat local and seasonal!
5. If picked in July/August, they will last 2-3 weeks in fridge
6. Late season will last several months

### Blackberries/Blueberries:

1. Amazing food!
2. Blueberries have 4x the antioxidants of all other fruits and 10x that of vegetables
3. Eat berries every day; if possible (add to baked goods, cereals, bars, yogurt, smoothies, etc.)
4. They don't store well, pick and eat (store in crisper and rinse just before eating)
5. Buy in bulk when in season and freeze
6. Cooked and canned berries are very high in nutrients (more than raw)
7. Dried berries have less nutrients than raw or cooked
8. If choosing dried berries, avoid sun-dried and look for "no sugar added"
9. Wild blueberries have most nutrients

#### **How to freeze berries:**

*Dust with vitamin C powder and spread out on a cookie sheet. Place in freezer until frozen, then store in Ziploc. Thaw in microwave on defrost to preserve nutrients.*

### Strawberries:

1. Wild Virginia strawberry is more nutritious than California berries
2. Often picked before ripe and they don't ripen once picked
3. Choose completely red berries (no white on shoulders) with bright red gloss
4. Try to buy only local, in-season varieties

### Cranberries

1. Dried cranberries have 20% less antioxidants than fresh
2. Shown to fight bacteria/can treat bladder infection



## Raspberries

1. Hard to ship and store; spoil days after picking (that's why so expensive)
2. Choose berries that retained shape with no oozing juice

## Peaches/Nectarines:

1. Choose by background color, not the blush; look for creamy white or yellow background with no trace of green
2. White have 6x more antioxidants than yellow; the skin has 3x more antioxidants than flesh (buy organic)

## Apricots:

1. 3-8 x more phytonutrients than peaches/nectarines
2. Look for plump, light skinned apricots with deep yellow orange hue
3. For dried apricots, choose those with deep red/orange color
4. Air or sun dried have less nutrients than tunnel dried
5. Sulphured apricots have far more nutrients than unsulphured

## Cherries:

1. Bing and Lambert are most nutritious variety
2. Cherry juice and dried cherries retain significant amount of nutrients
3. Look for green, bright stems
4. Store in micro-perf bag in crisper; don't keep well

## Plums:

1. Yellow, rose and green skinned plums have less nutrients than red, purple, black or blue ones

## Grapes/Raisins:

2. Don't ripen once picked; unripe grapes have no flavor
3. Buy vine-ripened grapes only (Thompson)
4. Smaller grapes will have more complex flavor
5. Black/red are most nutritious
6. Should be plump and firm; should stay on vine when you shake them
7. Look for bright green, flexible stems; reject bags that are sticky, moist or contain loose fruit
8. Store in micro-perf bags in crisper for best freshness and flavor
9. Buy organic to reduce toxic exposure
10. Golden raisins have more nutrients than black
11. Currants are dried small grapes; have more antioxidants than raisins

## Oranges:

1. Contain 170 individual phytonutrients!
2. Look for color range from yellow to deep orange -- shows natural ripening; avoid uniformly orange color



3. Select largest oranges (have been on tree the longest!)
4. Don't ripen after picking; if going bad, juice them
5. Varieties with extra colorful flesh are: Cara Cara, Blood Oranges, Valencia, Tangelos and Mandarins
6. Most nutritious orange juice from Cara Cara, Blood Oranges and Valencia

#### **Grapefruit:**

1. Don't ripen after picking; look for yellow, not greenish yellow skin
2. Choose large, smooth and taut skinned, heavy grapefruits; avoid dents, scars, soft spots and bruises

#### **Banana:**

1. Lowest in antioxidant power; does have fiber and potassium
2. Store ripe bananas in fridge to squeeze a few more days out of them (the skin will be brown, but not the flesh inside)

#### **Pineapple:**

1. Don't ripen once picked; look for deep green crown leaves with no browning
2. Store in fridge up to 4 days

#### **Papaya:**

1. Will ripen once picked in about 2 days; ripe when mostly yellow/orange yellow
2. Look for firm stem, slight give

#### **Mangoes:**

1. Most nutritious tropical fruit; 5x more vitamin C than orange, 5x more fiber than pineapple
2. Should smell sweet with slight give; store in crisper

#### **Guava:**

1. Has 2x the phytonutrients of papaya; 9 grams fiber per cup; 4x the vitamin C of oranges
2. Look for skin with no spots/dents and a slight give

#### **Watermelon:**

1. 95% water; highly diluted nutrients; high in lycopene
2. Should have yellow ground spot (not white or green)
3. When tapped, should be hollow (rather than flat thump)
4. Smaller melons have more lycopene than large

#### **Cantaloupe:**

1. Choose deep orange flesh, if pre-cut; skin should have no dents/mold
2. Stem end should be an "innie" (if "outie" it was picked before ripe)
3. If not ripe, let sit on counter for a few days

#### **Honeydew:**

1. Look for cream colored skin (not green with a slight give)
2. Least nutritious, but sweetest melon

