

Spring & Summer 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

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

Basic Citrus

1/2 cup water
juice from 1/2 a lemon
1 orange
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. Move to higher speed and add remaining ingredients.

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.

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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 the romaine and kale with water until smooth. Moving to a higher speed, add the celery, cucumber, grapefruit. Add banana last.

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.

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.

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Bob's Green Drink Smoothie

1 Tbsp ground flax
1 cup kale
1 cup spinach
½ cup blueberries
1 banana
½ 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 ½ 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.

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.

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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 fruit and blend until smooth.

Lemony Mint Green Smoothie

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

Blend romaine, mint, and lemon juice with water; add fruit, 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.

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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.

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 fruit and ice, blend until smooth.

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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

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.

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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

Gazpacho

2 cups tomatoes
½ cup pineapple
2 cups cucumbers
1 cup cherry tomatoes, sliced
1 medium red bell pepper, seeded and diced
1 garlic clove
2 Tbsp apple cider vinegar (or lime juice)
2/3 cup fresh dill or cilantro
2/3 cup fresh parsley
1 date

Blend all ingredients together except cherry tomatoes and 1 cup of cucumber (finely diced). Before serving, add cherry tomatoes and cucumber for texture.

Creamy Fennel Soup

1 fennel bulb
1/2 cucumber
1 red pepper
1 avocado
juice of 1 lemon
1 bunch spinach
1 green onion
½ tsp Celtic sea salt
1 mango, cut into tiny cubes

Chop fennel, cucumber, red pepper, and avocado and put into blender with juice of 1 lemon. Fill water 1/3 way up the side of the blender jar. Blend till smooth (stir a few times, as needed). Add spinach and blend until completely smooth. Add water as needed, but keep consistency creamy. Serve topped with mango and chopped green onion.

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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 olive oil in a nonstick saucepan over medium heat. Add garlic and onion and sauté until fragrant. Add broccoli and cook for 4 minutes or until bright green. Add water, salt and pepper, bring to a boil, lower heat and cover. Cook for 8 minutes or until broccoli is just tender. Pour soup into blender and puree with the arugula until smooth. Start slowly and work in batches. Serve with fresh lemon.

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 until tender and bright green, about 3 minutes. Let cool slightly (save some for garnish). Heat oil in a 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.

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.

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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 remaining ingredients to blender and blend until creamy. Adjust seasonings to taste. Adjust water to desired consistency. Heat and serve.

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
½ 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.

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!

Creamy Asparagus & Leek Soup

1 large leek
1/2 bunch of asparagus
2 garlic cloves, peeled and minced
1 bay leaf
Sprig of thyme
Chopped chives
1 cup unsweetened coconut milk
Celtic sea salt
Wheat-free tamari (to taste)
Black pepper (also to taste)

Remove the green tops from the leeks and slice the lower white section in half lengthwise, then into half-moons. Trim the bottom of asparagus about 1-2 inches, then cut into thirds (save the tops for garnish). Add coconut oil to soup pot over medium heat. Once oil is melted, add leeks. Cook leeks for 3-4 minutes, stirring often, until the leeks soften. Add garlic and cook until fragrant. Add bay leaf, sprig of fresh thyme, and asparagus pieces. Pour enough water into the pot to cover vegetables, then cover with lid. Simmer for 12-15 minutes. Add coconut milk to pot, then transfer mixture to a blender (or use an immersion blender in the pot) and blend until smooth and creamy. Season to taste with sea salt, tamari and black pepper if you like. Garnish with chopped chives and additional asparagus pieces and serve.

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Creamy Veggie Soup

8 cups vegetable broth
4 cups broccoli (about 1 head of broccoli)
4 cups green beans (about 24 green beans)
2 cups roughly chopped zucchini (about 2 zucchini)
2 cups yellow squash roughly chopped (about 2 squash)
1 cup chopped brown onion (about 1 medium onion)
¼ cup chopped celery (1 rib)
¼ cup raw macadamia nuts or cashews
1/8 cup freshly chopped garlic (about 4-5 cloves)
2 tablespoons cold pressed extra virgin olive oil
½ teaspoon Celtic sea salt

Saute the onions and garlic with a bit of the oil for a couple of minutes until soft and translucent. Add in the celery, zucchini and squash and saute for a few more minutes. Add in the green beans, broccoli and vegetable broth and bring to the boil. Simmer for about 20 minutes. Transfer to blender and blend to puree in batches (or use an immersion blender in your pot).

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.

Grain Salads (for lunch or dinner)

Unless otherwise noted, 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.

Radish and Pecan Quinoa Salad

- 2 cups cooked quinoa
- 1 cup baby arugula leaves
- 1 cup parsley leaves, minced
- 1/2 cup tarragon leaves, minced
- 1/2 cup mint leaves, cut in a chiffonade
- 1/2 pound pecans
- 1/4 cup walnut oil
- 1/4 cup apple cider vinegar
- 1 cup very thinly sliced radishes
- 1/4 cup shallot, minced
- 1/4 cup olive oil
- 1/2 cup raisins
- 1/2 cup dried cranberries

Prepare quinoa, set aside until warm to the touch. Combine all the ingredients in a large bowl and toss well. Season with salt to taste.

Quinoa and Spring Vegetable Pilaf

- 3 cups cooked quinoa
- 1 cup vegetable broth
- 2 cups frozen petite peas, thawed, divided
- 5 Tbsp chopped fresh mint leaves, divided
- 1 garlic clove, peeled
- 1 Tbsp grapeseed oil
- 1 large leek (white and pale green parts only), halved, thinly sliced (about 1 cup)
- 3/4 cup sliced shallots
- 8 ounces fresh shiitake mushrooms, stemmed, thickly sliced
- 1 14-ounce bunch asparagus, trimmed, cut on diagonal into 1-inch pieces

Prepare quinoa and set aside. Puree broth, 1 cup peas, 4 tablespoons mint, and garlic in blender until smooth. Add 1 Tbsp oil to large nonstick skillet over medium heat. Add leek and shallots; sauté until soft and light brown, about 4 minutes. Stir in mushrooms, then asparagus; sauté until mushrooms are tender and asparagus is crisp-tender, about 5 minutes. Mix in puree and 1 cup peas; stir until heated through, about 2 minutes. Add quinoa; stir to coat. Divide pilaf among bowls; sprinkle with remaining 1 tablespoon mint and serve.

Black Bean and Heirloom Tomato Quinoa with Lemon Dressing

- 1 cup quinoa, rinsed and drained
- 2 tsp lemon zest
- 2 Tbsp fresh lemon juice
- 1 Tbsp olive oil
- 2-3 drops Liquid stevia
- 1 (14-ounce) can black beans, rinsed and drained
- 2 medium heirloom tomatoes, diced
- 4 scallions, chopped
- ½ tsp Celtic sea salt
- ¼ tsp ground pepper
- 1/4 cup chopped cilantro

Prepare quinoa according to package instructions. Wisk lemon zest, juice, olive oil, stevia, salt, and teaspoon pepper together in a small bowl. Set aside. Toss quinoa with dressing. Add remaining ingredients and toss again. Serve warm or room temperature.

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Quinoa Salad with Asparagus, Edamame and Radish

2 cups cooked quinoa
Celtic Sea Salt
Extra-virgin olive oil
1/3 cup apple cider vinegar
2 Tbsp toasted sesame oil
2 Tbsp grated fresh ginger
1 bunch asparagus, ends trimmed, cut into 1 1/2-inch pieces (about 2 cups)
2 cups fresh or frozen shelled Edamame
4 or 5 small-to-medium radishes, sliced very thinly into discs or half-moons
1/2 cup fresh flat-leaf parsley, chopped

Prepare Edamame. Drizzle cooked Edamame with 1 tablespoon olive oil and toss to coat. Let cool. Boil 2-3 cups of salted water. Place asparagus and edamame in boiling water and blanch until bright green and slightly tender, about 3 minutes. While veggies are boiling, prepare an ice bath by adding ice and cold water to a large bowl. Remove vegetables from heat, drain, and immerse in the ice bath to stop the cooking. Let them chill completely in the ice water. In a small bowl add vinegar and whisk in 1/4 cup olive oil, followed by sesame oil. Whisk in ginger, along with salt and black pepper, to taste. Place cooled quinoa into a large serving bowl, add the asparagus and edamame, and the radishes with 1/2 cup of the vinaigrette. Toss and season to taste as needed with more vinaigrette, salt and pepper. Prior to serving, add chopped parsley.

Strawberry, Spinach & Quinoa Salad

1 cup quinoa, cooked
3/4 cup strawberries, diced
1/4 cup zucchini, diced
2 cups fresh spinach
1/4 cup pumpkin seeds
1 1/2 Tbsp apple cider vinegar
1 Tbsp olive oil
1/4 tsp black pepper

Cook quinoa, then in a large bowl mix together quinoa, strawberries, zucchini, pumpkin seeds and spinach. In a smaller bowl mix together dressing then drizzle over salad. Toss gently to mix. Serves 2-4

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Quinoa Salad with Veggies, Avocado, Cranberries & Almonds

2 Tbsp cranberries
1 cup quinoa, rinsed well
Celtic Sea salt
Zest from 1 lemon
2 Tbs. extra-virgin olive oil
1/4 tsp basil
1/4 tsp ground cumin
1/4 tsp sweet paprika
1 medium firm-ripe avocado, pitted, peeled, and cut into 1/2-inch chunks
1/2 cup shredded carrots
1 can artichokes, rinsed, drained well and sliced
1/2 cup cherry tomatoes, sliced
1 cup baby spinach
2 Tbsp coarsely chopped toasted almonds
1 medium scallion, white and light green parts only, thinly sliced
Freshly ground black pepper

Cook quinoa per package directions; add zest from half the lemon to boiling water. Let quinoa cool. In a pan, place 1 Tbsp oil with carrots, artichokes, tomatoes and spinach. Saute until vegetables soften. Add sliced almonds for 1 minute and blend until well mixed. Remove from heat. Finely grate the other half of lemon; place zest plus 1 Tbsp lemon juice in a small bowl, and whisk lemon zest and juice with olive oil, basil, cumin, paprika, and 1/4 tsp salt. In a large bowl, toss the vinaigrette with the quinoa, cranberries, avocado, scallions, and almonds

Quinoa, Mango & Black Bean Salad

1 cup cooked quinoa
1 cup veggie broth
1/4 cup orange juice
1/4 cup chopped fresh cilantro
2 Tbsp rice vinegar
2 tsp toasted sesame oil
1 tsp minced fresh ginger
1/8 tsp Celtic sea salt
Pinch of cayenne pepper
1 small mango, diced (see Tip)
1 small red bell pepper, diced
1 cup canned black beans, rinsed
2 scallions, thinly sliced

Follow package directions for making quinoa except substitute veggie broth for the water. Meanwhile, whisk orange juice, cilantro, vinegar, oil, ginger, salt and cayenne in a medium bowl. Add mango, bell pepper, beans and scallions; toss to coat. When the quinoa is finished cooking, add to the mango mixture and toss to combine. Serve chilled on a bed of Boston lettuce or in a collard wrap.

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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

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.

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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 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.

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.

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
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.

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)

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.

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

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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
¾ cup diced avocado
¾ cup oranges segments, cut into pieces if large
¾ cup grapefruit segments, cut into pieces if large
¾ 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.

Cranberry Mango Millet & Quinoa Salad

1-2 cups cooked millet

1 cup quinoa

For Salad

1 mango, cubed

½ cup slivered almonds

½ cup unsweetened dried cranberries

¼ cup yellow onions, diced

For Dressing

¼ cup lemon juice

1½ tablespoons coconut nectar (or a few dashes of stevia to taste)

2 tablespoons Dijon mustard

1 tablespoon poppy seeds

¼ teaspoons herbamare seasoning

Combine salad ingredients in a large bowl. Add cooked and chilled grains to bowl. Stir to combine. In a small bowl, mix together lemon poppy seed dressing ingredients before pouring over the salad. Serve at room temperature or cold.

Lemon-Saffron Millet Pilaf

2 tsp olive oil

2 shallots, peeled and finely diced

2 cloves garlic, peeled and minced

3 carrots, peeled and finely chopped

2 stalks celery, washed and finely chopped

¾ tsp coarse salt

¼ tsp freshly ground pepper

¼ tsp saffron threads, crumbled

1 ½ cups millet

3 cups water

3 tablespoons freshly squeezed lemon juice (about 1 lemon)

1 tablespoon finely chopped lemon zest, plus more zest for garnish

Heat the olive oil in a medium saucepan over medium heat. Add the shallots, garlic, carrots, celery, salt, and pepper, and cook until beginning to brown, about 5 minutes. Add the saffron and millet, and cook, stirring, 1 minute more. Add the water, lemon juice, and lemon zest. Bring to a simmer; cover, reduce heat to low, and let cook until all water has been absorbed, about 25 minutes. Turn off heat, and let sit, covered, until tender, 10 minutes more. Add the parsley, and stir with a fork to combine parsley and fluff pilaf. Serve garnished with lemon zest.

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Toasted Millet Salad

1-2 cups cooked millet
1 tsp Celtic sea salt
2 Tbsp olive oil
2 Tbsp apple cider vinegar
1 Tbsp freshly squeezed orange juice
1/4 tsp orange zest
1/4 tsp freshly ground black pepper
1/2 cup halved and thinly sliced radishes
1/3 cup finely chopped fresh Italian parsley
1/3 cup thinly sliced scallions
1/4 cup loosely packed, coarsely chopped black olives
1 cup diced English cucumber

Place olive oil, vinegar, orange juice, orange zest, pepper, and 1 tsp salt in a large bowl and whisk to combine. Add remaining ingredients and stir to coat. Add cooked and cooled millet, stir to thoroughly combine. Let sit at least 10 minutes before serving; serve chilled or at room temperature.

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.

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Amaranth Salad with Garbanzo Beans and Herbs

1 can garbanzo beans, drained and rinsed
1 cup fresh corn
1 whole avocado, sliced and peeled
1 cup cooked Amaranth
½ cup chopped bell peppers (red or yellow)
2 Roma tomatoes, seeded and sliced (grape tomatoes work, too)
½ red onion, finely diced
1 handful cilantro, parsley and mint
2 Tbsp lemon juice
¼ cup extra virgin olive oil
2 Tbsp lemon zest
Dash Celtic sea salt
Dash cayenne pepper

Toss everything together and season with a dash of cayenne pepper.

Amaranth & Quinoa Herb Salad

½ cup cooked quinoa
½ 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
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

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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.

Mango & Chicken with Wild Rice

1 cup cooked wild rice
1 cup cooked brown basmati rice
Coconut oil
2 small organic, boneless skinless chicken breasts, cubed
1 small onion, diced
1/2 mango, diced
Juice of half a lemon
1 tablespoon rice vinegar
1 tablespoon coconut nectar
Salt and pepper to taste
Generous pinch hot pepper flakes
1/4 cup fresh parsley, chopped

Coat a skillet with coconut oil and heat over medium-high heat. When pan is hot, add chicken, sprinkle with salt and pepper and cook for 5 minutes, then turn each piece to cook the other side. Add onion, cook for 2-3 minutes, until golden, then add mango, lemon juice, vinegar, hot pepper flakes and coconut nectar. Toss in rice and parsley. Stir and serve immediately.

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
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.

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Wild Rice and Celery Salad

2 cups cooked wild rice
Celtic sea salt to taste
1/3 cup lightly toasted broken walnut pieces
3 celery stalks, thinly sliced on the diagonal
1/2 cup chopped fresh parsley
1 tsp finely chopped fresh sage

For the dressing:

2 Tbsp freshly squeezed lemon juice
1 Tbsp apple cider vinegar
1 small garlic clove, minced
Salt and freshly ground pepper to taste
1 ½ Tbsp walnut oil
1 ½ Tbsp extra virgin olive oil

Toss rice in a large bowl with salad ingredients. Whisk together the lemon juice, vinegar, garlic, salt, pepper, walnut oil and olive oil. Toss with the wild rice mixture. Taste and adjust seasonings. Toss with salad and serve.

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.

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.

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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 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.

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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/Coconut 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
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.

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Kale Nori Salad

1 bunch Dino kale
2 sheets Organic Nori
2 Tbsp raw tahini
1 Tbsp Nama Shoyu
1 clove of garlic
¼ 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.

Simple 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

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.

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Raw Kale Salad with Grapefruit

1 bunch kale
1 tablespoon olive oil
1 tsp Celtic sea salt
juice of 1 lime
1 tsp 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.

Orange Arugula Salad

4 cups arugula
2 oranges, peeled and cut into segments
3 Tbsp olive oil
1 Tbsp 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 & Corn Massaged Kale Salad

4 stalks of green kale
3 stalks of asparagus, chopped into thirds
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

Steam corn and chopped asparagus until tender. Coarsely chop kale into pieces. Massage avocado with hands into the kale. Add lemon + lime. Let it sit while you chop up tomatoes, cucumbers, and onion. Add the chopped veggies and steamed asparagus to the salad. Cut the corn kernels from the stalk using a serrated knife. Add to the salad. Season with salt and pepper, if desired.

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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.

Sprouted Grains and Beans

½ cup raw quinoa, lentils or mung beans
jar or glass container for sprouting
cheesecloth to cover the jar
rubber band

Place the seed/grain in a glass jar and cover with water. Put the cloth over the top and secure with a rubber band. Soak it overnight or for at least 8 - 12 hours. In the morning, rinse and drain the jar well, leaving no water left in the jar. Place the jar upside down (cheesecloth side down) in a bowl in a cool, dark place while it sprouts. Rinse and drain the sprouts 2 times daily. You should see sprouting in about 48 hours.

Beans/Lentils

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

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!

Roasted Cauliflower and Lentil Salad

- 1 small head cauliflower, chopped
- 1 can steamed lentils (or freshly made lentils)
- 2 tablespoons olive oil
- Celtic sea salt
- Herbamare seasoning
- Dulce Flakes

Preheat oven to 425F. Place cauliflower in bowl, drizzle with olive oil and sprinkle with salt, herbamare and dulce flakes, 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, sprinkle with herbamare. Top with roasted cauliflower, toss gently to combine.

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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)
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.

Chickpea Patties

1 cup chickpeas, drained and rinsed
1 carrot, grated (about 1/2 cup)
1/4 onion, grated (about 1/4 cup)
1 parsnip, grated (about 1/2 cup)
1/2 lemon, squeezed
1 tsp cumin
1/4 tsp cinnamon
2 tsp dried parsley
2 garlic cloves, minced
1 tsp baking soda
1/4 tsp sea salt
1 Tbsp olive oil or coconut oil
Bibb Lettuce leaves

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 tablespoon oil. Flip over when first side browns. Serve in Bibb lettuce leaves

Easy Lentils & Roasted Beets

1 Tbsp apple cider vinegar
9 oz 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.

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Black Bean & Mango Hash

1-2 Tbsp olive oil
1/4 tsp salt
1/4 tsp pepper
1/2 sweet onion – chopped
1 can black beans – drained & rinsed
1 jalapeno- chopped
1 red pepper – chopped
1 cup corn (frozen or fresh)
2 limes
3-4 Tbsp chili powder
1 Tbsp cumin
1 clove chopped garlic
For garnish: mango, tomatoes, cilantro, avocado

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

Lentil Tacos

2 tablespoons coconut oil
1½ cups cooked lentils (can use canned)
1 medium sized summer squash (yellow and/or zucchini)
¼ cup minced onions + another 2 tablespoons for garnish
1 garlic clove, peeled and minced
1 tablespoon fajita/taco seasoning (use organic seasoning with no sugar added)
Sea salt to taste
Romaine lettuce

Garnish with 2 tablespoons minced red onions, freshly chopped cilantro, a few tablespoons
freshly made guacamole or sprouts

Heat a large saute pan over high heat. Melt the coconut oil and continue to heat until lightly smoking. Add the lentils, summer squash (and/or zucchini), garlic, salt, onion, and taco seasoning. Stir vigorously to incorporate all the ingredients. Cook until veggies are soft. Lay a few romaine leaves on plate and cover with the lentils and vegetables. Top with red onions, cilantro, guacamole and fresh sprouts.

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Sylvia's Bean Salad

- 1 can rinsed red kidney beans
- 1 can rinsed black beans, salt free/reduced
- 1 can rinsed chickpeas
- 1 medium red onion, diced small
- 1 red pepper, diced small
- ½ cup fresh parsley, chopped
- 1/3 cup apple cider vinegar
- 1/3 cup fresh lemon juice
- 2/3 cup olive oil
- 1 tsp Celtic Sea salt
- Fresh ground black pepper

Combine all ingredients in a large bowl and set in fridge to chill for at least 15 minutes. Taste for seasoning and serve.

Veggie Bean 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.

Vegetarian Mains 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.

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. 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.

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Summer Salsa

2 lbs. fresh tomatoes (about 6-8)
1/2 small red onion, peeled and quartered
2 garlic cloves
2 Tbsp fresh lime juice
1/2 tsp Celtic 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.

Peach Salsa

4 ripe peaches
½ large red onion (or more to taste)
dash or two cayenne to taste
1 lime
handful fresh cilantro
Celtic sea salt

Peel and core the peaches; cut them into small chunks. Finely dice the red onion. Remove the stem, seeds, and ribs of the jalapeño pepper and finely dice half of it (or less or more to taste). Chop the cilantro. Mix all ingredients together, and add the juice of 1 lime. Add a bit of kosher salt to taste. Let sit for a few minutes to let the flavors meld.

Cilantro Jicama Fiesta Slaw

1 1/2 cups red cabbage, shredded
1 cup jicama, thinly sliced
1/2 cup citrus, diced (orange, grapefruit 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 tbsps 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.

Wraps & Rolls

Tuna Chard Wraps

2 leaves of Swiss chard

½ cup leftover fresh tuna or organic canned tuna (Look for a mercury-free tuna)

2 tablespoons coconut milk (from can)

2 green onions

1 tablespoon fresh dill

1 tablespoon lemon juice

¼ teaspoon Herbamare original or sea salt

Freshly ground pepper, to taste

Lay the Swiss chard leaves face down so that the stem is visible. Run a small knife along the stem to remove the bulk of it, but not so much that the full leaf separates. Repeat for second leaf and set aside. Place coconut milk, green onions, dill, lemon juice, and herbamare in a blender and blend until smooth. Place tuna in a small bowl, combine with ½ the sauce, and sprinkle with pepper. Divide the tuna mix and place on each leaf. Roll the leaf tightly and cut down the middle. Place on a plate with extra lemon, remaining sauce and veggie sticks.

Lettuce Wraps

Your choice of bean

Brown rice

Lime

Cumin

Cayenne

Sea salt and pepper

Slices of avocado

Green onion

Cilantro

Boston or bibb lettuce

Toss beans and rice with lime, cumin, salt, pepper and even a dash of cayenne if you like heat. Warm in a pan briefly or have cold. Scoop into lettuce, top with avocado, cilantro and green onion.

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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 Zucchini Sprout Chard Wraps

4 large Swiss Chard leaves

1 zucchini, sliced in strips

1 tomato, sliced

1 avocado, sliced

bean sprouts

alfalfa sprouts

Place chard on a cutting board. Lay slices of zucchini, tomato, avocado, bean and alfalfa sprouts onto each leaf. Wrap up burrito style 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

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.

Veggie-Rice Rolls

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

Curry Chicken Salad Wrap

1 green apple, chopped
2 organic chicken breasts
1/3 cup coconut cream (cream from can of whole fat coconut milk)
Splash of apple cider vinegar
3 teaspoons curry
2 bunches of scallions
Sea salt + pepper to taste
Boston or bibb lettuce leaves
Sprouts

Poach or grill the chicken breasts. When cool, chop coarsely and set aside. In a blender or food processor, mix coconut cream, vinegar and curry powder. In a large bowl combine chicken, apple, scallions and curry sauce to taste. Season with salt and pepper. Serve a scoop or two in lettuce leaves. Top with sprouts.

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.

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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
4 radishes, very thinly sliced
1/4 tsp Celtic sea 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.

Cold Soba Salad with Chicken, Peppers & Cucumbers

Coarse salt and ground pepper
8 ounces soba (Japanese buckwheat noodles)
2 tbsp vegetable oil, such as safflower
1 tsp toasted sesame oil
2 tbsp fresh lime juice, plus lime wedges, for serving
2 tbsp 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
4 cups shredded organic chicken

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.

Cobb Salad

1 cooked organic chicken breast half
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 Tbsp apple cider vinegar
1 tsp Dijon mustard
1 Tbsp extra-virgin olive oil
1/2 tsp freshly ground pepper

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Slice cooked chicken into 1/2-inch cubes; set aside. Spread lettuce on a serving platter. Arrange chicken, 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.

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.

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 Tbsp olive oil
1 tsp apple cider vinegar
2 Tbsp 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.

Salmon with Cucumber Chile Relish

½ pound wild salmon
1 Tbsp olive oil
¼ tsp Celtic sea salt
1 medium cucumber, peeled, seeded and diced
1 shallot, minced
1 Serrano chile, remove seeds, minced
2 Tbsp 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

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remaining ingredients from above in a medium size bowl. Remove salmon from oven, transfer to plates and serve with relish.

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

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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.

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 1/2 cup brown rice and steamed broccoli.

Cod with Roasted Shitakes

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 rimmed baking sheet, toss mushrooms with 2 Tbsp olive oil and rosemary; season with salt and pepper. Roast until tender and browned, 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

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minutes. In a small bowl, whisk together remaining oil, lemon juice, mustard, and parsley; season with salt and pepper. Drizzle over cod.

Fish Tacos with Mango Salsa

8-12 ounces firm white fish (hake, halibut, cod) or salmon
½ cup coconut milk
¾ cup shredded coconut
1 tablespoon curry powder
1 teaspoon sea salt
4 large lettuce leaves (as shells), any kind works!

Mango Salsa

1 ripe mango, peeled and diced into ½ inch cubes
⅓ cup cilantro, roughly chopped
2 teaspoons grated ginger root
fresh squeezed juice and zest of 1 lime

Slice fish into ½ thick slices and dunk each piece in the coconut milk, then into the curry-coconut mixture. Coat all the sides of the fish with the mixture until well covered. Cook each mixture in coconut oil over medium heat until both sides are brown, the crumbs are golden, and fish is cooked through. (You could also bake in the oven at 350°F for 10-15 minutes if you prefer.) Make the mango salsa by blending the mango pieces, cilantro, ginger and fresh lime juice and zest together in a blender, leaving a few of the mango chunks out for extra texture. To serve, lay out 4 large lettuce leaves and fill each leaf with the cooked fish. Apply generous dollops of the mango salsa and sprinkle with chipotle or chili powder for some kick!

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
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 ¾ teaspoon salt and ¼ teaspoon pepper. Cook, stirring occasionally, until softened and starting to brown, 3 to 4 minutes. Add the quinoa and 1½ 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, ½ teaspoon salt, and ¼ teaspoon pepper. Heat the

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remaining 2 teaspoons of oil in a large non-stick skillet over medium-high heat. Season the cod with the paprika, ¼ teaspoon salt, and ¼ teaspoon pepper and cook until opaque throughout, 3-4 minutes per side. Serve with the pilaf.

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, ½ teaspoon salt, and ¼ teaspoon pepper. Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Season the trout with ¼ 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.

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.

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.

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

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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
1/2 tsp Celtic sea salt
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.

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

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.

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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!

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Roasted Chickpeas

1 can chickpeas

Possible spice combos:

Fresh parsley + cumin + sea salt

Unsweetened Coconut flakes + nutritional yeast + sea salt

Dill + nutritional yeast + thyme

Paprika + nutritional yeast + sea salt

Towel dry a can of chickpeas, put on baking sheet in 400°F oven, roast about 30 minutes until brown and crispy. Mix spices and olive in a bowl. Toss hot chickpeas in olive oil and spice mixture.

On-the-go snacks:

- Fresh fruit and dry roasted or raw nuts
- Fresh organic vegetables – raw or cooked
- Lara Bars
- 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)

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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)

Blend all the ingredients (excluding the coconut flakes) in your food processor until smooth. 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 until smooth and pastey. 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 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. 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
1/2 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.

Hot Chocolate

Unsweetened almond or coconut milk
2 Tbsp raw cacao
Liquid Stevia (to taste)
Optional: cinnamon or mint extract

21 Day Clean Eating Detox

Warm milk on stove top. Add cocoa powder and mix until combined. Add sweetener and spices.

Lemonade

Juice of 2 lemons

Liquid stevia, to taste

8 oz pure water or soda water

Stir and enjoy!