

7 Days of Menus for Healthy Detoxification

Day One

Breakfast

Creamy Buckwheat cereal (Bob's Red Mill) – ½ cup cooked
¾ cup fresh or frozen blueberries
100% Pea Protein Powder or Whey Protein – 1 scoop
1 Tbsp. ground flaxseed

Snack

1 Tbsp. almond butter
½ cup fresh or frozen pineapple (unsweetened)
1 cup hot black or green tea

Lunch

Heart Lentil, Turkey and Swiss Chard soup*
Small arugula salad with daikon radish
Oil and vinegar vinaigrette

Snack

10 – 12 cherries
2 Tbsp. pumpkin seeds
1 cup hot black or green tea

Dinner

3 – 4 ounce lean bison burger
1 cup roasted broccoli*
1 cup roasted asparagus*
1 baked sweet potato
1 oz. dark chocolate

Day Two

Breakfast

Very Berry Smoothie*

Snack

2 Tbsp. coconut
4 Brazil nuts
1 cup green or black tea

Lunch

Large salad:

- 2 cups arugula greens
- 2 Tbsp. broccoli
- 2 Tbsp. celery
- 4 grape tomatoes
- 3 cucumber slices
- ¼ cup carrots
- 2 Tbsp. onions
- ¼ cup sunflower seeds
- ¼ cup beans
- Oil and vinegar vinaigrette

Baked sweet potato

Snack

¼ cup hummus

8 Crunchmaster® crackers

1 cup green or black tea

Dinner

3 – 4 ounces garlic Flank steak

1 cup roasted cauliflower

½ - ¾ cup sautéed spinach*

⅔ cup quinoa

Day 3

Breakfast

Creamy brown rice hot cereal (Bob's Red Mill) – ½ cup cooked

¾ cup fresh or frozen strawberries

1 Tbsp. ground flax seed

1 egg

Snack

1 Tbsp sunflower seed butter

1 slice whole wheat bread

1 cup green or black tea

Lunch

3 – 4 ounces roasted turkey

1 cup sautéed cauliflower and broccoli

1 cup sautéed cabbage

½ - 1 cup pinto beans with garlic and onion

Snack

2 Tbsp sunflower seeds

1 small banana

1 cup green or black tea

Dinner

4 ounces grilled wild Alaskan salmon
1 cup roasted baby bok choy
½ - ¾ cup sautéed Swiss chard
Sliced tomatoes
⅔ cup wild or brown rice

Day 4

Breakfast

Breakfast burrito:

- Whole wheat tortilla
- ¼ cup salsa
- ½ cup black beans
- ⅓ avocado

Snack

¼ cup hummus
2 – 4 stalks celery, baby carrots, grape tomatoes

Lunch

3 – 4 ounce turkey burger
Small spinach and arugula salad
Baked potato with skin
¾ cup blueberries

Snack

4 Brazil nuts
¾ cup fresh or frozen blackberries
1 cup green or black tea

Dinner

4 ounces grilled shrimp with garlic
½ cup wheat berry salad*
½ - ¾ cup sautéed kale
½ - 1 cup vinegar- based cole slaw
⅓ cup millet - cooked

Day 5

Breakfast

Steel cut oatmeal – ½ cup
¾ cup blueberries
1 Tbsp slivered almonds
1 scoop pea or whey protein powder

Snack

2 – 3 Tbsp. guacamole
2 - 4 celery stalks, baby carrots, cucumber slices
1 cup green or black tea

Lunch

Large Salad:

- 2 cups organic spinach and kale
- 2 Tbsp. broccoli florets
- ¼ cup shredded carrots
- 2 - 3 artichoke hearts
- 5 grape tomatoes
- 2 Tbsp. red, green or yellow peppers
- 2 Tbsp. onions
- 1 Tbsp. olives
- ¼ cup garbanzo or kidney beans
- 3 ounces grilled chicken breast
- Oil and vinegar vinaigrette

Snack

10 – 12 pecan halves
½ cup pomegranate arils (seeds)
1 cup green or black tea

Dinner

3 – 4 ounces baked turkey breast with garlic
1 cup roasted Brussels sprouts
1 cup broccolini
½ cup baked beets*

Day 6

Breakfast

2 egg omelet with peppers, onions and baby spinach topped with ⅛ avocado

Snack

10 – 12 hazelnuts
½ - ⅔ cup fresh or frozen pineapple (unsweetened)
1 cup green or black tea

Lunch

Homemade Chicken Soup for Your Soul*
Baby carrots

Snack

¾ cup blackberries
4 Brazil nuts
1 cup green or black tea

Dinner

1 cup Summer Garden Spaghetti Sauce*
⅓ cup Buckwheat (Soba), Quinoa or Brown rice pasta
Baby spinach salad

Day 7

Breakfast

2 Tbsp almond butter
1 slice whole wheat bread
¾ cup strawberries

Snack

¼ cup roasted garbanzo beans*

Lunch

3 – 4 ounces grilled chicken with onions and garlic
¾ cup roasted new potatoes
1 cup sautéed broccoli
⅓ cup sautéed mustard greens

Snack

2 Tbsp coconut
½ cup pomegranate arils (seeds)
1 cup green or black tea

Dinner

4 ounces grilled fish of choice with garlic
⅓ cup sautéed kale
1 cup zucchini and squash stir fry*
⅓ cup brown or wild rice
1 ounce dark chocolate

***Recipes included.**

Hearty Lentil and Swiss Chard Soup

Makes 8 Servings

Ingredients

1 large Vidalia onion - finely chopped
2/3 small bag baby carrots (about 2 1/2 cups) - chopped or shredded
5 stalks celery - diced
2 cloves garlic - minced
2 teaspoons Extra Virgin olive oil
Vegetable cooking spray
1 pound 100% ground turkey breast
2 teaspoons Extra Virgin olive oil
1/2 pound dried lentils
1/2 cup white wine
3 (32 oz) boxes (12 cups) reduced sodium, fat free chicken broth (I recommend 365 Whole Foods brand)
1/2 teaspoon Lawry's seasoned salt
1/2 teaspoon thyme
1/2 teaspoon sage
1 teaspoon parsley
1/2 teaspoon black pepper
3 bay leaves
1 bunch Swiss chard (8 - 12 oz) - stems removed and chopped in bite size pieces

Directions

1. In a colander, sort and wash dried lentils throwing away any damaged lentils.
2. In large soup pot, sauté onion, garlic, carrots, celery and Lawry's seasoned salt in 2 teaspoons olive oil and vegetable cooking spray until vegetables become tender and onions are clear – about 5 - 8 minutes.
3. Remove vegetables from pot and set aside.
4. In the same pot, brown ground turkey breast in the remaining 2 teaspoons olive oil.
5. Return the sautéed vegetables to the pot with the browned turkey breast.
6. Add lentils, wine, broth and remaining seasonings to the pot and bring to a boil.
7. Reduce heat to Low and simmer for 40 minutes.
8. Just before serving, add Swiss chard to the pot and cook for 3 - 5 minutes longer.

Note to vegetarians: To make this soup vegetarian, delete the turkey breast and use vegetable broth. The lentils will serve as the protein as well as the starch.

Nutrition Info per Serving: Cal: 233, Pro: 25 gm, Carb: 26 gm, Fiber: 6 gm, Tot. Fat: 3.5 gm, Sat. Fat: 0 gm, Trans Fat: 0 gm, Sod: 475 - 940 mg (depending on brand of low sodium broth used), Chol: 20 mg, %Cal/Fat: 12%, Vit. A: 160% DV, Vit. C: 35% DV

Roasted Broccoli

Makes 8 Servings

Ingredients

6 large broccoli crowns (about 6 cups florets)

3 Tbsp. extra virgin olive oil

½ tsp. Lawry's Seasoned Salt

¼ tsp. fresh ground black pepper

Directions

1. Wash florets thoroughly and let air dry.
2. Place florets in a zip top bag. Add olive oil. Seal bag and toss broccoli thoroughly to coat all florets. (This step can be done in a bowl if you prefer.)
3. Spray a rimmed baking sheet with vegetable cooking spray or line it with parchment paper. Layer broccoli florets in a single layer on the pan, stem side down.
4. Season with Lawry's Seasoned Salt and pepper.
5. Roast in 400° oven for 25 – 30 minutes (ovens will vary) rotating pan 180° half way through cooking cycle. Florets will become golden brown on the tips.

Nutrition Information per Serving: Calories: 62, Total Fat: 5gm, Saturated Fat: 0.5gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 3gm, Fiber: 2gm, Protein: 1.5gm, Sodium: 109mg

Roasted Asparagus with Shallots

Makes 6 Servings

Ingredients

Fresh asparagus spears – 2 pounds, washed thoroughly with ends trimmed off

1 large shallot or 1 ½ small shallots – peeled and minced

1 – 2 cloves fresh garlic – minced

Lawry's Seasoning Salt® or salt-free equivalent – ¼ teaspoon

Extra virgin olive oil – 1 – 1 ½ tablespoons

Vegetable cooking spray

Fresh ground black pepper – 1/8 teaspoon

Sea salt – 1/8 teaspoon

Preparation

1. Spray a cookie sheet or roasting pan with vegetable cooking spray.
2. Arrange asparagus spears in a single layer on cookie sheet (this may require 2 cookie sheets).
3. Drizzle olive oil evenly over asparagus spears. Add minced garlic. Toss to coat the asparagus completely and then place spears in single layer again.
4. Sprinkle minced shallots evenly over asparagus spears.
5. Sprinkle asparagus with Lawry's®, pepper and sea salt.
6. Roast in pre-heated 400° oven for 20 minutes (for the skinny spears) to 30 minutes (for the fatter spears) until asparagus is desired tenderness.

Nutrition Information per Serving: Cal: 62, Pro: 3 gm, Carb: 6 gm, Fiber: 3 gm, Tot. Fat: 3.5 gm, Sat. Fat: 0.55 gm, Trans fat: 0 gm, Chol: 0 mg, Sod: 115 mg, %Cal/Fat: 46%

Very Berry Smoothie

Makes 2 Servings

Ingredients

2 large handfuls (2 – 3 cups) baby spinach* (Detox vegetable)
1 cup blueberries* – fresh or frozen (Detox fruit)
1 cup blackberries – fresh or frozen (Detox fruit)
1 cup raspberries – fresh or frozen (Detox fruit)
¼ cup unsweetened pineapple tidbits – fresh or frozen (Detox fruit)
6 – 8 pitted cherries – fresh or frozen (Detox fruit)
1 pitted date
½ banana
¼ - ½ cup water or 4 – 6 ice cubes
2 – 3 scoops whey protein isolate or 100% pea protein powder
(48 gm total protein) – (Detox amino acids)

Directions

1. Place spinach in bottom of blender container.
2. Layer all fruits on top of spinach.
3. Add water or ice and blend until smooth (1 – 3 minutes depending on your blender.) **
4. Add protein powder and blend for 1 more minute until smooth.

Nutrition Information per Serving: Calories: 282, Total Fat: 1gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 47gm, Fiber: 11gm, Protein: 27gm, Sodium: 46-300mg (varies between protein powder brands)

* Buy organic when possible.

** If using frozen fruit, add water. If using fresh fruit, add ice cubes. Both will provide a frozen-type smoothie. If you prefer a non-frozen smoothie, use water.

Sautéed Spinach

Ingredients

12 – 16 ounce fresh organic baby spinach

1 ½ Tbsp extra virgin olive oil

1 – 2 cloves fresh garlic – pressed (depending on how garlicky you like it)

Sea salt – to taste

Black pepper – to taste

Directions

1. In large skillet, heat olive oil on Medium High heat.
2. Add garlic. Stir while garlic browns for about 30 seconds to 1 minute.
3. Add all of the spinach to the pan, allowing it to sit for 30 seconds to 1 minute until it begins to wilt on the bottom.
4. Carefully turn spinach, bringing the spinach on the bottom up to the top.
5. Allow spinach to continue to wilt, stirring occasionally, for 2 – 3 minutes. Cook 1 – 2 minutes more until desired doneness is achieved.
6. Add salt and pepper to taste.

Serve

Plate the spinach and top with roasted salmon fillet.

Add a serving of baked sweet potato fries and a small bowl of blueberries to complete this heart protecting meal.

Wheat Berry Salad with Figs & Red Onion

Recipe adapted from: www.thekitchn.com

Makes 8 Servings

Ingredients

1½ cups wheat berries
¼ cup rice vinegar
⅓ cup orange juice
2 Tbsp honey
½ cup golden raisins
½ cup dried figs, chopped finely
½ medium red onion, finely diced
3 large celery stalks, finely diced
¼ cup extra virgin olive oil
1 Tbsp lemon zest
1 cup roasted almonds, roughly chopped
Handful of parsley or mint, finely chopped
1 tsp sea salt
Ground black pepper, to taste

Directions

1. Put wheat berries in a saucepan and cover with water. Bring to a boil over medium heat. Turn heat down to low and partially cover the pot. Cook for 45 minutes, or until the wheat berries are soft yet still chewy.
2. While the wheat berries are cooking, whisk rice vinegar, orange juice, & honey together in a small saucepan. Bring to a boil and add raisins and figs. Turn off heat and let fruit steep in the juice and vinegar mixture.
3. Mix red onion and celery in a large bowl. When the wheat berries are tender enough to be chewed easily, drain them, then add to the large bowl with red onion and celery. Toss with olive oil and lemon zest. Add vinegar and juice mixture, all the fruit, and mix. Toss with almonds, parsley or mint, salt, and pepper.
4. Let salad stand at room temperature for at least one hour before serving, allowing flavors to mix and soak into the grain. Serve warm or at room temperature.

Nutrition Information (per serving): Calories: 380, Total Fat: 17gm, Saturated Fat: 1.5gm, Cholesterol: 0mg, Sodium: 320mg, Carbohydrates: 49gm, Fiber: 8gm, Protein: 10gm

Baked Beets

Makes 6 Servings

Ingredients

5 – 6 small - medium fresh beets

Heavy duty aluminum foil - cut into three 12 X 14 inch rectangles

Directions

1. Trim the greens and root tips from the beets.
2. Scrub with a firm vegetable brush to remove all dirt and debris (these vegetables grow underground, hence the name root vegetables, so they are very dirty) and pat dry with paper towels.
3. Place beets on foil rectangles.
4. For each rectangle, fold up diagonal corners to meet in the middle. Fold down and crimp sides to form a pouch. Place pouches on a baking sheet.
5. Bake in 400° oven for 60 – 80 minutes. The beets will remain firm when cooked.
6. Remove skin from beets by grabbing one end of the beet and squeezing gently. Skin should easily pull off.

Serving suggestion #1:

Spread with either a pat of butter or a small drizzle of extra virgin olive oil. Add salt and pepper to taste.

Serving suggestion #2:

Top the beets with a little crumbled feta or goat cheese and chopped walnuts.

Serve as the starch portion of your meal with a lean protein and two vegetables to create a Volumetric/Strategic plate.

Homemade Chicken Soup for the Soul

Makes 6 Servings

Ingredients

6 boneless, skinless chicken breast halves (about 1 3/4 pounds) - cut into 1/2 inch cubes
4 teaspoons Extra Virgin olive oil - divided equally into 2 (2-teaspoons) servings
2 1/2 cups shredded carrots (you can buy pre-shredded carrots)
5 stalks of celery - diced
1 large Vidalia onion - diced
2 cloves garlic - minced
1 (8 oz.) package sliced button or baby portabella mushrooms
2 (15 oz.) cans cannellini or pinto beans - rinsed and drained
10 cups reduced sodium, fat free chicken broth (this time I used **Kitchen Basics**® brand.
1/2 cup white wine
1/2 teaspoon Lawry's Seasoned Salt
1 teaspoon dried dill weed
1/2 teaspoon dried rosemary
1/2 teaspoon dried sage
1/2 teaspoon Lemon Herb Seasoning (I use McCormick - see photo)
1/2 teaspoon black pepper
1 1/4 pounds fresh asparagus spears - (1 large bunch)- trim off tough ends & cut remainder of spears in 1 inch pieces.

Directions

1. In a large soup pot, sauté carrots, celery, onion, garlic, mushrooms and Lawry's Seasoned Salt in 2 teaspoons olive oil until vegetables become tender and onions are clear - about 5 - 8 minutes. Remove mixture from pot and set aside.
2. In the same pot, brown chicken cubes in the other 2 teaspoons of olive oil. Add vegetable mixture back to the pot with the chicken.
3. Add the chicken broth, beans, white wine and all remaining seasonings to the pot and bring to a boil.
4. Turn heat down to simmer. Wash asparagus spears thoroughly and trim off 1 inch of the tough bottom end of the stem. Cut remaining part of each asparagus spear in 1 inch pieces.
5. Place asparagus pieces in a glass casserole dish and add 2 tablespoons water. Cover with a glass lid and microwave for about 2 minutes to blanch them. (This step can also be done by blanching the asparagus pieces in boiling water for 2 minutes.)
6. Add asparagus pieces to the soup.
7. Let soup simmer for about 30 - 45 minutes. Serve.

Nutrition Info per Serving: Cal: 410; Pro: 45 gm; Carbs: 36 gm; Fiber: 12 gm; Tot. Fat: 7 gm; Sat. Fat: 1.5 gm; Trans Fat: 0 gm; Sodium: 540-1,370 (depending on brand of low sodium broth used); Chol: 85 mg; %Cal/Fat: 15%

Summer Garden Spaghetti Sauce

Makes 20 Servings

Ingredients

Meat

- 1 lb 90% lean ground bison (or 96% lean ground beef)
- 1 (20.8 oz) package 100% ground turkey breast
- 1 Tbsp extra virgin olive oil
- ½ tsp Lawry's® Seasoned Salt

Vegetables

- 1 medium red bell pepper (choose organic, if possible) - diced
- 1 medium yellow bell pepper (choose organic, if possible) - diced
- 1 large Vidalia onion - diced
- 1 (8 oz) carton sliced fresh mushrooms (any variety)
- 4 cups fresh broccoli florets (from about 4 large broccoli crowns) – finely chopped
- 2 cloves garlic – minced
- 1 (15 oz) can fire roasted diced tomatoes, drained (or 4-5 fresh tomatoes grilled or raw, diced)
- 1 Tbsp extra virgin olive oil
- ½ tsp Lawry's® Seasoned Salt

Liquids

- 4 jars Bertoli® Pasta Sauce (not the cheese sauce)
- ½ cup red wine (optional) – (Cabernet, Pinot Noir, Zinfandel or Merlot)

Herbs

- 1 tsp dried or 2 tsp fresh basil
- ½ tsp oregano or 1 tsp fresh oregano
- ½ tsp dried Italian Seasoning herbs (optional)
- 4 bay leaves
- ½ tsp black pepper
- 1 ½ tsp sugar

Directions

1. Chop peppers and onions with an Alligator® chopper and finely chop broccoli florets with a mini-chopper (or use a sharp knife).
2. In a large stock pot, brown turkey breast and bison in 1 Tbsp olive oil with ½ tsp Lawry's® Seasoning Salt. Remove meat from pot and set aside.
3. In the same pot, sauté all the vegetables except for the tomatoes in 1 Tbsp olive oil plus ½ tsp Lawry's® Seasoning Salt.
4. When onions are clear and vegetables are tender, add the tomatoes and bring to a low boil to remove moisture (about 4 minutes).
5. Add the Bertoli® pasta sauce, red wine, herbs and sugar. Bring to a boil then reduce to a simmer. Simmer on Low heat for 45 minutes.

Nutrition Information per Serving (about 1 cup, not including pasta noodles): Calories: 195, Protein: 16 gm, Carbs: 19 gm, Fiber: 3 gm, Total Fat: 5.5 gm, Saturated Fat: 0.5 gm, Trans Fat: 0 gm, Cholesterol: 29 mg, Sodium: 678 mg.

Roasted Garbanzo Beans

Makes 7 Servings (1/4 cup each)

Ingredients

2 (19-oz) cans Chickpeas – rinsed and drained

1 Tbsp. extra virgin olive oil

½ tsp. sea salt

¼ tsp. garlic powder

¼ tsp. onion powder

¼ tsp. black pepper

Directions

1. Spread rinsed and drained beans on paper towels and let dry until free of water. (May take 1–2 hours)
2. Place beans in a gallon-sized zip top bag. Pour olive oil into bag. Seal and toss beans until coated.
3. Layer beans in a single layer on a jelly roll-type baking sheet lined with parchment paper. (If you don't have parchment paper, spray pan lightly with non-stick cooking spray). Allow plenty of space between beans.
4. Sprinkle with seasonings.
5. Roast beans in pre-heated 400° oven for 50 – 60 minutes, rotating pan every 15 minutes.
6. Serve warm or store in zip top bag and enjoy for days.

Nutrition Information per Serving: Cal: 115, Pro: 6 gm, Fiber: 5 gm, Tot Fat: 3.5 gm, Sat. Fat: 0 gm, Trans fat: 0 gm, Chol: 0 mg, Sod: 250 mg

Cook's Notes:

- The longer you roast the beans, the crunchier they get. For a crunchy outside and chewy inside, roast for about 40 minutes. For crunchy all the way through, roast for 50 – 60 minutes.
- It may take a few batches before you find your desired texture.
- You can vary the flavor by altering the seasonings. Some other flavor combinations to use instead of the onion and garlic powders include:
Cinnamon and sugar; Cumin and chili powder; Rosemary and dill; Curry powder

Zucchini and Summer Squash Stir Fry

Makes 6 Servings

Ingredients

4 medium yellow crookneck squash – cut into $\frac{3}{4}$ inch julienne slices

4 medium zucchini – cut into $\frac{3}{4}$ inch julienne slices

1 medium Vidalia onion – diced

1 clove fresh garlic – minced

2 teaspoon extra virgin olive oil

Vegetable cooking spray

$\frac{1}{4}$ teaspoon Lawry's® Seasoned Salt or NoSalt® Seasoned Salt

1 teaspoon chicken or vegetable bouillon

Directions

1. Heat olive oil in a large skillet. In addition, spray pan with vegetable cooking spray.
2. Add squash, zucchini, onion, garlic, bouillon and seasoning salt.
3. Sauté on medium heat for 5 – 7 minutes until liquid is gone and squash and onions are tender.

Nutrition Information per Serving: Cal: 66, Pro: 3 gm, Carb: 11 gm, Fiber: 3 gm, Tot. Fat: 2 gm, Sat. Fat: 0 gm, Chol: 0 mg, Sod: 256 mg, %Cal/Fat: 24%