

Menu Ideas and Recipes for a 2 day Detox/Cleanse

(Recipes included for items marked with an *)

DAY ONE

Breakfast

Protein Smoothie *

Oatmeal w/ soaked nuts, berries, and unsweetened coconut

Lunch

Quinoa, Mango and Black Bean Salad *

Large mixed green salad w/ raw veggies (your choice)
dressed with lemon juice and olive oil and sprinkled with ground flax

Dinner

Miso Soup with ginger and green onions added (white or yellow: find tub in refrigerated section at any natural/health food store with directions on how to prepare – very easy and quick!!!!)

Triple “A” Salad *

During Day: See 0806_Nutrition Notes section: “Daily during detox,” for instructions.

DAY TWO

Breakfast

Protein Smoothie *

Small fruit salad (your choice of raw fruits; no grapefruit)
1 slice sprouted toast

Lunch

Quinoa salad (leftover from day one)
Miso Soup (leftover from day one dinner)
Fresh fruit or veggies

Dinner

Steamed/poached fish or tofu w/ steamed veggies and brown rice/wild rice combination
Fresh mixed greens salad w/ leftover dressing from Triple A salad
or olive oil/lemon dressing.

During Day: See 0806_Nutrition Notes section: “Daily during detox,” for instructions.

Detox Recipes

Protein Fruit Smoothie

1/4 cup light coconut milk	1 scoop protein powder
1/4 cup blue berries or other berries	1/2 cup unsweetened cranberry juice or pomegranate juice/seeds
Slice fresh ginger	Add stevia if sweetener is needed
1/4 organic lemon w/ peel	
1/2 banana	
1 Tbsp. ground flax	

Combine ingredients in blender, blend until smooth. Choose from a variety of fruits and berries. Using recipe as guideline and make own flavors according to taste and season of year.

Quinoa, Mango and Black Bean Salad

1/2 cup Quinoa	1/8 tsp. salt
1 cup water	Pinch cayenne pepper
1/4 cup orange juice	1 mango, diced
1/4 cup chopped cilantro	1 small red pepper, diced
2 tbsp. rice vinegar	1 cup canned black beans, rinsed
2 tsp. toasted sesame oil	2 green onions, thinly sliced
1 tsp. minced ginger	

1. Toast quinoa in small dry saucepan over medium heat until crackles and becomes aromatic, 4-6 minutes. Transfer to fine colander and rinse thoroughly. Return quinoa to pot, add water and bring to simmer. Reduce heat to low, cover and cook (keep on simmer) until tender and liquid has absorbed, 12-15 minutes.
2. Meanwhile, whisk OJ, cilantro, vinegar, oil, ginger, salt and cayenne in medium bowl. Add mango, bell pepper, beans and scallions; toss to coat.
3. When quinoa is done, add to mango mixture, tossing to combine.

Triple A Salad (Avocado, Arame, and Almonds)

1/4 cup raw almonds	1 Avocado
1/8 cup arame, soaked in 1 cup water	8 cups dark, leafy greens, like kale, watercress and spinach

Dressing

1 tbsp. extra virgin olive oil	2 Tbsp. toasted sesame oil
3 tbsp. brown rice vinegar or raw apple cider vinegar	1 Tbsp. Agave syrup
2 tsp. Dijon mustard	1/2 tsp. sea salt
	2 tsp. poppy or chia seeds

Roast almonds on dry cooking sheet in 300 oven for 7-10 minutes or until aromatic then chop.

Wash greens, spin or pat dry, and chop finely.

Drain arame and add to greens.

Dice avocado in peel and scoop out with spoon.

Combine dressing ingredients in jar and shake to combine, or whisk in bowl

Add dressing to greens and seaweed. Toss to combine.

Gently fold in avocado and garnish with almonds.

*Arame is seaweed that can be found in Asian section of markets.

Chia seed can be found at health food stores (Super supplements) and is similar to flax but has even higher antioxidant/fiber content.