

SPRING 5-DAY

Reset

with Edie Hoppin



recipes



 **SPRING 5-DAY DETOX SUGGESTED RECIPES**

	BREAKFAST	LUNCH	DINNER
DAY 1	Morning Muesli with Almond or Coconut Milk	Curried Salmon Salad in Lettuce Cups Beet and Carrot Slaw	Chicken, Asparagus and Sun-dried Tomatoes
DAY 2	Seed Porridge with Fresh Berries	Sautéed Chickpeas and Swiss Chard	Simple Roasted Salmon With Cabbage and Bok Choy Stir Fry
DAY 3	Strawberry Banana Smoothie	Quinoa Tabbouleh	Ginger Roasted Fish Roasted Asparagus & Shiitake Mushrooms
DAY 4	Chocolate Chia Pudding or Chia with Fresh Berries	Chopped Reset Salad	Spicy Black-Eyed Peas + Easy Greens Stir Fry
DAY 5	Protein Pancakes	Salmon, Arugula and Sweet Potato Salad	Lemony Chicken Skewers, Garlic Broccoli

Alternative recipes included:

- Quinoa Black Bean Salad
- Indian-style Coconut Curry
- Asian Cabbage Slaw with Almond Butter Dressing
- Assorted Smoothies in the Bonus Smoothie + Green Juice Guide

 **CREATE YOUR OWN MENU**

	BREAKFAST	LUNCH	DINNER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			

Roasted Vegetables

Makes 3 cups vegetables

Ingredients:

- 1 yellow beet, peeled
- 1 rutabaga, turnip or parsnip, scrubbed
- 2 large carrots, peeled
- 1 head broccoli or cauliflower, trimmed
- 2 TB coconut or olive oil

Preheat your oven to 375 degrees. If you have a convection roast option, use it. Cut all the vegetables into bite-sized pieces, aiming for relatively equal sizes. Place veggies in a roasting dish and drizzle with olive oil or coconut oil. Roast for 30-45 minutes, tossing occasionally. You'll know your veggies are done when they are fork tender, meaning you can easily pierce them with a fork. Store in a glass container with a tight fitting lid in the fridge for 5-6 days.

Brown Rice

Makes 3 cups cooked rice

Ingredients:

- 1 C brown rice
- 2 C water

Put rice and water into a medium sized pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 C quinoa
- 2 C water or broth

Place quinoa and liquid into a medium-sized pot and bring to a boil over medium-high heat. Reduce heat to low, cover and simmer until the liquid is completely, about 15-20 minutes. When done, fluff quinoa with a fork. You'll know your quinoa is ready when it looks like it's grown little tails – this is the germ separating from the seed.



BREAKFASTS

Morning Muesli

Serves 1

Ingredients:

- ½ C rolled oats
- 1-2 TB raw nuts such as walnuts, almonds or cashews broken into small pieces
- 1 TB unsweetened coconut flakes (optional)
- 1 TB freshly ground flax seeds
- ½ an apple, pear or banana, chopped or ½ C organic berries
- Sprinkle of cinnamon and nutmeg for flavor (optional)
- 4 oz non-dairy milk (coconut, almond, hemp, etc.), optional

Directions:

Combine first 6 ingredients in a bowl. Top with coconut or almond milk and serve.

Seed Porridge with Fresh Berries

Serves 1

Ingredients:

- 2 TB unsweetened coconut flakes
- 1 TB raw pumpkin seeds
- 2 tsp chia seeds
- 1 TB raw flax seeds
- ½ C fresh strawberries, raspberries or blueberries
- 2-4 TB non-dairy (coconut, almond, hemp, etc.) milk

Directions:

1. Grind the first 3 ingredients together and cover with 4-6 oz hot water.
2. Allow to sit for 5-10 minutes or until chia seeds have gelled to create a porridge. Grind flax seeds separately, then add to porridge with milk and fruit.

Strawberry Banana Smoothie

Serves 1

Ingredients:

- 1 small banana
- 2 TB chia seeds
- 2 TB nut butter
- ½ C frozen organic strawberries
- 8 ounces coconut, almond, or hemp milk, or water
- 1 small handful fresh spinach or kale

Directions:

1. Place all ingredients in a high-speed blender. Start blender on low, and increase speed to combine fully.
2. If you don't have a high-speed blender, start by blending the fruit, chia seeds, nut butter and liquid together until smooth, then add the greens and blend again.

Chocolate Chia Pudding

Serves 1

Ingredients:

- ¼ C chia seeds
- 8 oz full-fat canned coconut milk
- 1 TB maple syrup
- 1 TB raw cacao powder
- ½ C chopped organic strawberries or bananas (optional)

Directions:

Place the first four ingredients in a mason jar with a tight fitting lid. Close and shake well to combine, then store in the fridge overnight. Top with fruit in the morning and enjoy.

Chia Pudding with Berries

Serves 1

Ingredients:

- 8 oz full-fat canned coconut milk
- 1/4 C + 2 TB chia seeds
- 1-2 TB maple syrup, to taste
- 1/4 tsp vanilla extract
- 1/4 C strawberries - chopped, fresh* (or frozen)
- 1/4 C blueberries, fresh* (or frozen)
- 1/4 C raspberries, fresh (or frozen)

Directions:

Place the first four ingredients in a mason jar with a tight fitting lid. Close and shake well to combine. Add fruit and shake again, then store in the fridge overnight.

You may choose to save the raspberries for the top in the morning. Enjoy!

**When using fresh strawberries and blueberries, you might want to mash them a bit. This gives more flavor. It is not necessary with frozen fruit.*

Protein Pancakes

Serves 1

Ingredients:

- 1 small ripe banana
- 1 egg
- 1 TB almond butter
- Coconut oil for cooking

Directions:

1. Using a fork, mash banana in a medium size bowl, then add egg and almond butter and stir until combined.
2. Heat a medium skillet-over medium high heat. When warm, add coconut oil and swirl to coat skillet. When oil has melted, scoop some of the pancake mix into the pan and cook until set and browned on one side, then flip, cooking and set until browned on the other side, then remove from pan.
3. Serve with a little real maple syrup or fresh fruit.

Smoothies

See the bonus *Smoothie and Green Juice Guide* for smoothie ideas.

 **LUNCHES**

Curried Salmon Salad in Lettuce Cups

Serves 1

Ingredients:

- 1 six-oz can wild-caught salmon
- ¼ fennel bulb, tough root removed and diced
- ½ stalk celery, chopped into small pieces
- 1 green onion, finely chopped
- 1-2 tsp Dijon mustard
- ¼ C parsley, finely chopped
- 1-2 tsp curry powder
- Sea salt and pepper
- 3-4 large lettuce leaves, washed and dried (Butter lettuce works especially well here)
- 6 cucumber slices

Directions:

1. Drain salmon and place in a bowl. Use a fork to mash the salmon. Add fennel, celery, spring onion, mustard, parsley and curry powder. Mix well and season with a little sea salt and freshly ground pepper.
2. Scoop 1/3 of the salmon mixture into each lettuce cup and top with cucumber slices. Roll up and eat.

Beet and Carrot Slaw

Serves 4

Ingredients:

- 2 red beets, peeled and grated
- 3 carrots, peeled and grated
- Beet greens or 2 collard green leaves, de-stemmed, cleaned and cut into thin ribbons
- Juice of 1 lemon
- 1 TB olive oil
- 1 TB rice wine vinegar
- 2 TB sunflower seeds (optional)

Directions:

Add all ingredients to a bowl and toss well to combine. Store in the fridge in a glass container for about 5 days.

Sautéed Swiss Chard and Chickpeas

Serves 2

Ingredients:

- 1 TB olive oil
- 2 cloves garlic, thinly sliced
- 3-4 thin lemon slices, seeded with peel left on
- 1 (14-oz) can chickpeas, drained and rinsed
- 1 tsp sea salt
- 1-2 tsp smoked paprika
- 1 head Swiss chard, washed de-stemmed and chopped

Directions:

1. Heat a large skillet over medium heat and add olive oil. Next, add garlic and lemon slices, and cook for 1-2 minutes, stirring often.
2. Add chickpeas, salt and smoked paprika, and cook until lightly browned, about 3-5 minutes.
3. Add the chopped chard, stir, cover and cook until fully wilted, about 3 minutes more. Toss to combine, and serve immediately.

Quinoa Tabbouleh

Serves 4

Ingredients:

- 2 C broth
- 1 C quinoa
- 1 cucumber, cut in quarters lengthwise, seeded, and chopped
- 1 C parsley, rinsed, dried and finely chopped
- ½ C cherry or grape tomatoes, quartered
- ¼ C mint leaves, rinsed, dried and chopped
- ¼ C extra virgin olive oil
- ¼ C lemon juice, freshly squeezed – about 1 lemon
- Sea salt and freshly ground pepper to taste

Directions:

1. Place quinoa in a fine mesh sieve and rinse. Combine broth and quinoa in a pot and bring to a boil. When boiling, cover and reduce heat to low. Allow to simmer for 15 minutes – quinoa is finished when the germ has expelled from the seed, which will look like it's grown little tails. Don't stir quinoa (or any grain!) while it's cooking.
2. Combine all ingredients except olive oil and lemon juice in a large bowl and add cooked quinoa.
3. Whisk lemon juice and olive oil until blended, then pour over the quinoa. Toss gently to mix and distribute dressing over the grains and vegetables. Add more lemon juice and olive oil if salad is too dry.
4. Store in a glass container in the fridge for 4-5 days. This is a great grab-and-go lunch option.

Chopped Detox Salad

Serves 1

Ingredients:

- 1 boneless, skinless chicken breast
- 1 small handful cauliflower florets, chopped into small pieces
- ½ bunch kale, de-stemmed and thinly sliced
- 1 carrot, peeled and grated
- Small handful cilantro, washed and finely chopped (optional)
- 1 TB sunflower seeds (optional)

Dressing:

- ½ avocado, peel and seed removed
- ⅓ C raw apple cider vinegar
- Juice from 1 lemon
- ½ TB fresh cilantro, finely chopped
- 1 tsp sea salt
- 1 tsp freshly ground pepper

Directions:

1. Bring a medium-size pot of water to a boil, and add chicken breast. Turn down the heat and simmer for 15 minutes, or until chicken breast is cooked through and a meat thermometer reads 160 degrees. Drain, let cool, then shred into small pieces.
2. Meanwhile, heat oven to 400 degrees. Place cauliflower and carrot on a baking sheet and drizzle with 1 TB olive oil.
3. Place cooled chicken, cauliflower, kale, carrot, cilantro and sunflower seeds into a large bowl and toss to combine.
4. Place dressing ingredients in a blender and blend until smooth. Pour dressing over salad and toss to combine, then serve immediately.

Note: Make this dish vegetarian by skipping the chicken and replacing it with 1 C cooked chickpeas, kidney beans, or white beans.

Salmon, Arugula and Sweet Potato Salad

Serves 1

Ingredients:

- 1 small sweet potato, scrubbed and cut into small chunks
- 1/3 lb wild salmon fillet, seasoned with salt and pepper
- 2 TB white wine vinegar
- 2 tsp Dijon mustard
- 2 TB olive oil, divided
- 1/4 C finely chopped chives (optional)
- 10 oz arugula, washed
- Sea salt and freshly ground pepper

Directions:

1. Heat oven to 450 degrees. Place sweet potatoes on a rimmed baking sheet and toss with 1 TB olive oil. Season with salt and pepper, then roast for 10 minutes, tossing occasionally.
2. After 10 minutes, toss the sweet potatoes again and move to the side of the baking sheet. Place salmon on the other side and roast for 8-10 minutes, until salmon flakes easily. Remove from oven and let cool for 5 minutes.
3. Meanwhile, place vinegar, Dijon mustard and remaining oil in a small bowl and whisk together. Season with sea salt and pepper. Place arugula in bowl and toss to coat with the dressing.
4. Top with salmon and sweet potatoes, then serve.



DINNERS

Chicken with Asparagus and Sun-dried Tomatoes

Serves 2

Ingredients:

- 2/3 lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB olive oil
- 1/2 onion, chopped
- 4 garlic cloves, minced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 10 cremini mushrooms, trimmed, wiped and cut into quarters
- 2 TB sun-dried tomatoes in oil, chopped
- Sea salt and freshly ground pepper

Directions:

1. Heat a large skillet over medium-high heat. Add olive oil, chicken and onion to pan and sauté for 5-6 minutes, or until chicken begins to brown.
2. Next, add garlic cloves & mushrooms and cook a few minutes more, tossing occasionally. Add asparagus & sun-dried tomatoes and cook until asparagus is bright green and still crisp, about 3-4 minutes.
3. Crack some freshly ground pepper over the top and serve.

Simple Roasted Salmon

Serves 2

Ingredients:

- 1 lb wild-caught salmon
- Sea salt and pepper
- 2 TB fresh lemon juice – about half a lemon
- 1 TB wheat-free tamari

Directions:

1. Heat oven to 375 degrees. Cut salmon in 2 even-sized pieces and place on a baking sheet. Season with salt and pepper. Whisk together lemon juice and wheat-free tamari in a small bowl, then pour over the salmon and let marinate for about 10 minutes.
2. Roast salmon for 10-12 minutes or until the flesh flakes easily with a fork. Keep an eye on the salmon while cooking – a thin piece may take only 6-7 minutes to be finished.

Cabbage and Bok Choy Stir Fry

Serves 2

Ingredients:

- ¼ head green cabbage, cut into thin ribbons
- 3 baby bok choy or 1 small bunch regular bok choy, rinsed and sliced into small strips
- 1 TB wheat-free tamari
- 1 TB rice wine vinegar
- 2 tsp toasted sesame oil
- 1 tsp red pepper flakes (optional)
- 1 TB sesame seeds (optional)

Directions:

1. Heat a large skillet to medium-high heat.
2. Add cabbage and 1 TB water, and sauté for 2-3 minutes, tossing occasionally.
3. Once cabbage has started to wilt, add bok choy (sliced stalk first, then leaves), wheat-free tamari, and rice wine vinegar.
4. Continue sautéing until the cabbage and bok choy have wilted, then turn off heat and add sesame oil, red pepper flakes, and sesame seeds. Serve immediately.

Ginger Broiled Fish

Serves 2

Ingredients:

- 1 TB coconut oil, melted
- ¼ C hot water
- 4 tsp fresh grated ginger
- 1 TB umeboshi plum vinegar or rice wine vinegar
- 2 (6-oz) wild salmon, halibut or cod fillets

Directions:

1. Make marinade by whisking together oil, water, ginger and vinegar.
2. Place fish in a shallow baking dish, cover with marinade, and let sit for 30 minutes.
3. Heat oven to 400 degrees. Place dish on top rack, then roast fish for 10-12 minutes. Baste with remaining marinade once or twice while cooking.

Note: The rule of thumb is to cook fish 10 minutes per inch of thickness, so adjust your cooking time accordingly and keep an eye on the fish as it cooks.

Note: You can swap olive oil for the coconut oil, but if you have coconut oil I encourage you to give it a try!

Roasted Asparagus and Shiitake Mushrooms

Serves 2

Ingredients:

- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 12 shiitake mushrooms, quartered
- Olive oil
- Sea salt and pepper

Directions:

1. Heat oven to 375 degrees. Place mushrooms and asparagus in a single layer on a baking sheet. Drizzle with olive oil and toss to coat. Sprinkle with sea salt and pepper.
2. Roast for 8-10 minutes, tossing once or twice, until mushrooms and asparagus are starting to brown but asparagus spears are still crisp.

Spicy Black-Eyed Peas

Serves 2

Ingredients:

- 1 TB olive oil
- 1 leek or ½ onion, chopped
- ½ fennel, tough center and fronds removed and diced
- 3 stalks celery, trimmed and sliced
- 2 carrots, peeled, cut in half lengthwise and chopped
- ½ jalapeno pepper, seeded and finely diced (optional)
- 1 (14-oz) can black-eyed peas, rinsed and drained
- Sea salt and pepper
- Apple cider or rice wine vinegar
- 1 avocado, cut in half, seeded and sliced

Directions:

1. Heat a pan over medium-high heat. Add olive oil, leek/onions, fennel, celery, carrots and jalapeno. Sauté until vegetables are cooked through, 5-6 minutes.
2. Add black-eyed peas and stir to incorporate into the veggies. Add a dash of sea salt and freshly ground pepper. Cook for another 3-4 minutes or until black-eyed peas are heated through. Finish with a splash of vinegar to brighten the flavor.
3. Top with avocado if desired.

Note: Be sure to use gloves when handling the jalapeno as the capsaicin in the pepper can burn your skin. You'll want to remove the seeds unless you like your food very, very spicy.

Easy Greens Stir-Fry

Serves 2

Ingredients:

- Four C chopped greens (collards, arugula, spinach or kale or a mix, tough stems removed)
- 3 garlic cloves, peeled and chopped
- 1 TB olive oil
- 1 TB sesame seeds (optional)

Directions:

1. Heat a skillet over medium-high heat, then add olive oil, greens and garlic.
2. Toss the greens occasionally until they are bright green and cooked through, about 3-5 minutes.
3. Top with sesame seeds for an extra punch of calcium, and serve.

Garlic Broccoli

Serves 2

Ingredients:

- 1 large head broccoli, cut into small pieces
- 2 TB water
- 4 garlic cloves
- Sea salt and pepper to taste

Directions:

1. Heat a skillet over medium-high heat. Add broccoli and water to skillet. Allow broccoli to steam for 3-4 minutes, tossing occasionally.
2. Add garlic and continue to cook until broccoli is bright green and still crisp. Add more water if needed. Remove from heat and drizzle a little olive oil over the top. Season with sea salt and pepper and serve.

Lemony Chicken Skewers

Serves 2

Ingredients:

- ½ lb boneless, skinless organic free-range chicken breasts
- 1 TB fresh thyme or oregano, de-stemmed and roughly chopped
- 1 lemon, juiced
- 2 TB olive oil, divided
- Sea salt and fresh ground pepper

Directions:

1. Heat grill to medium-high. Meanwhile, cut chicken into 1-inch chunks and place in a medium bowl. Add salt, pepper, and olive oil, toss to coat, then thread onto skewers. If using wooden skewers, be sure to soak them in water for 10 minutes to avoid burning them.
2. Grill for 8-10 minutes, turning halfway through. You know the chicken is done when the juices run clear.
3. In a separate bowl, whisk together lemon juice, olive oil and fresh herbs. When chicken is cooked, remove from skewers and toss in lemon juice mixture. Serve immediately.

Note: Alternately, bake chicken in a 375-degree preheated oven for 10-12 minutes, turning once or twice, or sauté over medium-high heat in a skillet on the stove.



ALTERNATIVE RECIPES

Quinoa Black Bean Salad

Serves 1

Ingredients:

- ½ C cooked quinoa
- ½ C cooked black beans, drained and rinsed
- 2 C organic salad greens, washed and dried
- ½ red pepper, chopped
- ½ avocado, cut into bite size pieces

Dressing:

- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

Directions:

1. Place all salad ingredients in a medium bowl.
2. Place all dressing ingredients in a blender and blend until smooth. This dressing makes more than you'll need for this salad but stores well in the fridge for about a week in an airtight container. Shake before using.
3. Pour 1/3 C dressing over the salad and toss to combine, adding more dressing if you like. Serve immediately.

Indian-style Coconut Curry

Serves 2, with leftovers

Ingredients:

- 1 TB coconut oil
- 1 small yellow onion, peeled and chopped
- 1lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1-inch piece fresh ginger, peeled and diced
- 4 garlic cloves, minced
- 1 TB ground turmeric
- 2 TB curry powder
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas

Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add olive oil, chicken, ginger and onion to pan and cook until chicken begins to brown, then add garlic and cook for another minute.
3. Add curry powder and turmeric and stir until the chicken is coated and spices are fragrant, then pour in broth and coconut milk, and stir to combine.
4. Next, add carrots and cauliflower, bring to a simmer, cover and let cook for 15 minutes.
5. Just before serving, stir in peas. Taste, and add sea salt if needed. Serve with a side of brown rice.

Note: You can also swap out a 14-oz can of rinsed and drained chickpeas for the chicken to make this a vegetarian meal. Simply add them when you add the carrots and cauliflower.

Asian Cabbage Slaw with Almond Butter Dressing

Serves 1

Ingredients:

- 1 C napa cabbage, shredded
- 1 C red cabbage, shredded
- 1 carrot, peeled and grated
- ½ red pepper, seeded and cut into thin strips
- 2 green onions, trimmed
- ¼ C chopped cilantro
- 1 TB chopped almonds
- 1 tsp hot chili flakes (optional)

Dressing:

- 1 TB almond butter
- 1 TB rice vinegar
- Juice from a lime
- ½ TB wheat-free tamari
- ½ TB olive oil
- 1 garlic clove
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

Directions:

1. Place all salad ingredients in a medium bowl.
2. Place all dressing ingredients in a blender and blend until smooth, then pour over salad ingredients and mix well to combine.

Note: Boost the protein in this salad by adding poached or grilled chicken or turkey breast.



SALADS

Each day, you can choose to eat a fresh green salad in addition to your meals. To make your salads, combine the following:

Choose at least 3 different kinds of salad lettuces:

- Arugula*
- Belgian endive
- Butter lettuce
- Cabbage – red, green, Napa, Savoy
- Curly endive
- Dandelion*
- Mesclun
- Mizuna
- Mustard greens
- Radicchio
- Red leaf lettuce
- Romaine
- Spinach
- Watercress*

Top the salad with at least 4 different fresh veggies:

- Avocado*
- Beets*, steamed or grated raw
- Broccoli, raw or gently steamed
- Carrots
- Celery*
- Cucumber
- Fennel bulb*, chopped or sliced
- Herbs: chives, parsley*, oregano, mint, cilantro*, dill etc.
- Radishes*
- Seeds: raw sunflower, pumpkin, or sesame seeds
- Snap peas
- Spring onions
- Sprouts*

The items marked with an asterisk * are known for their detoxifying properties.

French Vinaigrette

Makes enough dressing for the week

Ingredients:

- 4-6 cloves garlic, chopped
- 1 TB Dijon mustard
- 1 large handful parsley, washed, dried and roughly chopped
- $\frac{2}{3}$ C rice wine vinegar
- $\frac{1}{3}$ C extra virgin olive oil
- Salt and pepper to taste

Directions:

1. Place all ingredients in a glass jar with a lid. Shake vigorously until ingredients are thoroughly mixed. Taste and adjust the seasonings to your personal preference.
2. Store in the fridge for up to 2 weeks, shaking well before each use.

Apple Curry Dressing

Ingredients:

- $\frac{1}{2}$ apple, seeded and diced
- 1 $\frac{1}{2}$ TB raw apple cider vinegar
- 2 tsp honey
- 2 small cloves garlic
- 1 tsp curry or turmeric powder
- $\frac{1}{4}$ C olive oil

Directions:

Combine all ingredients in a blender and blend until smooth. Transfer to a glass jar with a tight fitting lid and store in the fridge for about a week, shaking well before using.

Avocado Dressing

Ingredients:

- 1 ripe avocado, pitted and cut into chunks
- 1 clove garlic
- ½ TB fresh lemon juice
- 3 TB olive oil
- ½ tsp sea salt
- Dash cayenne pepper (optional, but it gives this dressing a fun kick)
- 1-2 TB water

Directions:

1. Combine all ingredients in a blender, then blend until smooth. Taste, then add more water by the tablespoon until you reach your desired consistency.
2. This dressing will store in the refrigerator for 1-2 days, but it's so yummy you probably won't have much left.

Cilantro Lime Dressing

Ingredients:

- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

Directions:

Place all ingredients in a blender and blend until smooth. This dressing stores well in the fridge for about a week in an airtight container. Be sure to shake well before using.

Kale Chips

Ingredients:

- 1 bunch lacinato or red Russian kale, rinsed and dried
- Olive oil
- Sea salt

Directions:

1. Heat oven to 350-375 degrees, depending on your oven. The kale chips burn quickly, so keep the temperature on the lower end if your oven tends to get hot or have hot spots.
2. Clean kale and remove the thick stem by folding each leaf in half lengthwise and cutting it away. Make sure kale is quite dry.
3. Pour a little olive oil into a dipping bowl. Dip your fingers in the olive oil and rub over each kale leaf, front and back.
4. Arrange kale on several baking sheets, making sure not to crowd the leaves. Sprinkle sea salt over the top.
5. Bake for 3-5 minutes, keeping an eye on the chips to make sure they don't burn. Turn the chips over and then bake for another 2-3 minutes. You may need more or less time depending on your oven. The chips are ready when they are bright green – discard any brown leaves as they are burnt and quite bitter.
6. Spice it up by sprinkling smoked paprika, cumin, or curry on before baking.

Spicy Chickpeas

Ingredients:

- 2 (15-oz) cans chickpeas/garbanzo beans, rinsed and drained
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, whisk together the olive oil, paprika, cayenne and sea salt. Add chickpeas and toss until evenly coated.
3. Spread chickpeas in a single layer on a baking sheet, and bake for 30-35 minutes or until golden brown and crispy. Halfway through baking, shake the tray to toss the chickpeas.
4. Remove from oven and let cool, then serve. Store in an airtight container on the counter up to 3 days.

Spinach Hummus

Ingredients:

- ¼ C tahini
- Juice of a lemon
- 1 C loosely packed fresh organic baby spinach
- 2 garlic cloves, minced
- 2 TB olive oil
- 1 (15-oz) can chickpeas/garbanzo beans, rinsed and drained
- 1 tsp sea salt

Directions:

1. Place tahini and lemon juice in a food processor or blender and process until smooth, Add spinach, garlic, and olive oil, and blend again.
2. Scrape down sides of blender or food processor, then add chickpeas/garbanzo beans and salt and blend again until smooth.
3. Transfer to a bowl, and drizzle another TB olive oil over the top. You can also sprinkle paprika over the hummus before serving.

ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- 2 slices turkey breast
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- Sliced apple with 1-2 TB nut butter (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Homemade trail mix
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices
- Lara bars – these are made from just fruit and nuts, and can be found in many grocery and convenience stores

Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full for longer

SWEET TREATS

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. **Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.**

Hot Chocolate Elixir

Combine 1 TB raw cacao powder, a pinch of sea salt, $\frac{1}{4}$ tsp cinnamon and a dash of cayenne pepper in a mug. Pour hot water over the top, and whisk until frothy. Add a little honey to sweeten, if desired. Add coconut milk and enjoy!

Raw Chocolate Pudding

Serves 4

Ingredients:

- 1 ripe avocado (1 small or $\frac{1}{2}$ large)
- 1 ripe banana
- 8 oz full-fat canned coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Directions:

1. Add ingredients to a blender or food processor and mix until blended.
2. Chill for 30 minutes and enjoy!

Rooibos Tea

It's naturally sweet and caffeine free, and it tastes great. Even major coffee chains carry Rooibos tea blends that can satisfy your sweet tooth on the run.

Raspberry Mousse

Serves 4

Ingredients:

- 2 C frozen raspberries
- 1 C raw cashews
- ½ C full-fat canned coconut milk
- 2 TB lemon juice
- 1 TB raw honey
- Water, if needed to help things blend

Directions:

1. Soak cashews for 4-6 hours in clean water that covers the cashews by about 2 inches. Or, if you're in a hurry, you can boil 2 cups of water and pour over raw cashews to help them soften. Let soak for about 30 minute. Drain cashews, then add the ingredients in the order listed to a blender or food processor and mix until blended. Add water to help things blend 1 tablespoon at a time.
2. Transfer mousse to an airtight glass container and place in the fridge to chill for at least 30 minutes before enjoying.



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