



5-DAY
END OF
SUMMER
DETOX
Short-on-Time plan





SHORT-ON-TIME PLAN

Doing a real food detox can be time consuming and although many of us like to cook, most don't have the time to prepare every meal.

If you're short on time and don't mind eating leftovers, the short-on-time 5-Day Detox is for you. Included in this special bonus section is your short-on-time meal plan, short-on-time shopping list and short-on-time recipes .

Let's Get Started!

SHORT-ON-TIME SHOPPING LIST



Your shopping list can be downloaded from the program materials. But lets take a quick look at the list...

Fruits and Vegetables

Asparagus
Avocado
Baby spinach
Banana
Blueberries
Carrot
Celery
Cherry tomatoes
Collard greens
Corn (fresh or frozen)
Cucumber
Dried cranberries
Fennel bulb
Green apple
Green beans
Kale

Fruits and Vegetables (cont)

Lemon
Lime
Orange
Pear
Radishes
Raisins
Raspberries
Red bell pepper
Red onion
Strawberries
Tomatoes
Yellow bell pepper
Yellow onion
Yellow wax beans

Grains

Quinoa
Red Quinoa

Condiments and herbs

Apple cider vinegar
Balsamic Vinegar
Black pepper
Cumin
Dijon mustard
Dried oregano
Fresh Dill
Garlic
Olive oil
Sea salt

Beans

Black beans
Garbanzo beans (chickpeas)
Northern beans

Other

Almond milk
Sliced almonds
Snapper, halibut or cod
Vegetable broth
Walnuts

5-DAY SHORT-ON-TIME MEAL PLAN



Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Very Berry Smoothie	Super Green Juice	Radiant Red Juice	Super Green Juice	Very Berry Smoothie
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Lunch

Spinach, Pear and Walnut Salad	Red Quinoa Salad	Quinoa Stuffed Peppers	Four bean Summer salad	Kale and Quinoa Salad
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Dinner

Red Quinoa Salad	Quinoa Stuffed Peppers	Four bean Summer salad	Kale and Quinoa Salad	Snapper and Asparagus
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A close-up photograph of a white ceramic bowl filled with a vibrant quinoa salad. The salad consists of cooked quinoa, halved cherry tomatoes, diced avocado, and corn kernels. The bowl is set on a wooden surface with a patterned cloth underneath. A semi-transparent green box with a white border is overlaid on the left side of the image, containing the text 'SHORT-ON-TIME RECIPES'.

SHORT-ON-TIME
RECIPES

BREAKFAST



Very Berry Smoothie

Ingredients:

3 to 4 fresh or frozen strawberries

¼ cup fresh or frozen blueberries or raspberries

½ banana

½ cup unsweetened almond milk

4 ice cubes

Directions:

Place all ingredients in a blender and blend until smooth.

Pour into a glass and enjoy.

Makes 1 serving



Super Green Juice

Ingredients:

4 large kale leaves

1 green apple

1 rib celery

½ cucumber

½ lemon

Directions:

In a juicer, juice all ingredients and serve in a tall glass. If you enjoy your juice cold, you can pour over ice.

Makes 1 serving

Radiant Red Juice

Ingredients:

1 cup fresh or frozen mixed berries, such as blueberries, raspberries, and blackberries

1 green apple, quartered and cored

1 rib celery

½ cucumber

½ lemon

1 cup baby spinach leaves

Directions:

In a juicer, juice the berries, apple, celery, cucumber, lemon, and spinach. Serve in a tall glass. If you enjoy your juice cold, pour it over ice.

Makes 1 serving



LUNCH & DINNER

SPINACH, PEAR AND WALNUT SALAD

- 4 cups baby spinach
- 1/2 fennel bulb, thinly sliced
- 1 pear, cored, peeled, and thinly sliced
- 1/4 cup coarsely chopped walnuts
- 1/4 cup thinly sliced red onion
- 2 tablespoons raisins

In a salad bowl, combine the spinach, fennel, pear, walnuts, onion, mushrooms and raisins. Add the vinaigrette (see below) and toss just before serving. Makes 2 servings

Walnut Vinaigrette:

- 1/4 cup extra-virgin olive oil
- 1/4 cup walnut pieces
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon grated orange peel
- 1 clove garlic, chopped
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

In a blender or mini food processor, combine all ingredients and blend until coarse.



FOUR-BEAN SUMMER SALAD

- 2 cups yellow wax beans, cut in half and trimmed
 - 2 cups green beans, cut in half and trimmed
 - 4 radishes, washed and sliced thin
 - 1 cup garbanzo beans
 - 1 cup northern beans (or other white bean)
 - $\frac{1}{4}$ cup roughly chopped fresh dill
- Dressing:
- $\frac{1}{2}$ cup extra virgin olive oil
 - $\frac{1}{4}$ cup white balsamic vinegar
 - $\frac{1}{2}$ tsp sea salt
 - $\frac{1}{4}$ tsp ground black pepper

In a medium bowl whisk together the vinegar, oil, salt and pepper and set aside. In a large pot with a tight-fitting lid and steamer tray steam the yellow and green beans. Steam the vegetables to a tender-crisp and take care not to overcook. While the vegetables are steaming prepare an ice bath (large bowl of water with ice cubes). When the vegetables are done, drain with a strainer and immediately place in the ice bath. Once cooled, remove from ice bath and set aside. In a large bowl combine yellow beans, green beans, radishes, garbanzo beans, northern beans, and dill. Gently mix, top with dressing and serve.



KALE AND QUINOA SALAD

- ¾ cup red quinoa
 - 1 ½ cup water
 - 1 tsp salt
 - ½ bunch kale, washed, stems removed and chopped
 - 1 carrots, chopped
 - 1 tomato, chopped
 - ½ cucumber, chopped
 - ½ yellow pepper, chopped
 - ¼ red onion, chopped
 - 1 tbsp sliced almonds
- Dressing:
- ½ cup extra virgin olive oil
 - 1 tbsp balsamic vinegar
 - 1 tsp salt
 - ¼ tsp black pepper
 - 1 tsp Dijon mustard

Cook quinoa according to package directions. In a small bowl, whisk together olive oil, balsamic vinegar, salt, pepper and Dijon mustard and set aside. In a large bowl combine kale, carrots, tomato, cucumber, pepper and onion. Fold in the quinoa and gently stir. Split between two bowls, sprinkle with sliced almonds and drizzle with dressing. Make 2 servings



RED QUINOA SALAD WITH BLACK BEANS AND AVOCADO

1 cup red quinoa

2 cups water

2 tablespoons extra-virgin olive oil

2 tablespoons lime juice

1/4 teaspoon salt

1 cup fresh or frozen corn (thawed if frozen)

1 avocado, pitted, peeled and diced

8-10 cherry tomatoes, halved

1 can (15 ounces) black beans, rinsed and drained

In a saucepan over medium-high heat, combine the quinoa and water and bring to a boil. Reduce the heat to low, cover and cook for 15 minutes, or until the water is absorbed. Set aside, covered to steam for 5 minutes. Fluff the quinoa with a fork and transfer to a medium bowl. Cover and refrigerate until chilled.

In a small bowl, whisk together the oil, lime juice, salt and pepper.

Add the corn, avocado, tomatoes and beans to the quinoa and stir to combine. Add the dressing and stir gently. Makes 4 servings



QUINOA STUFFED PEPPERS



- 1 ½ cups quinoa
- 3 cups vegetable (or chicken) broth
- 1 tbsp extra virgin olive oil
- ½ small yellow onion, diced
- 1 large carrot, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp dried oregano
- 1 tsp sea salt
- ½ tsp black pepper
- 1/3 cup sliced almonds
- 1/3 cup dried cranberries
- 4 red or yellow bell peppers, cored, seeded and halved (reserve top of pepper)

Cook quinoa according to package direction but replacing water with broth. In a Dutch oven over medium-high heat, heat the oil. Add the onion and cook, stirring frequently, for 4 to 5 minutes, or until translucent. Add the carrots, and garlic, and cook stirring frequently for 1 minute. Add the reserved quinoa, cumin, oregano, salt, pepper, almonds, and cranberries and cook for 1 to 2 minutes more. Set aside. Oil a 9x12 baking pan. Divide the quinoa mixture evenly among the bell peppers. Place the reserved top on each pepper and arrange them upright in the pan. Cover with foil and bake for approximately 30-40 minutes or until peppers are tender and filling is hot throughout. Transfer to plates and serve. Makes 4 servings

SNAPPER AND ASPARAGUS EN PAPILLOTE

4 snapper or halibut filets (1 1/2 pounds total)
Sea salt (to taste)
Black pepper (to taste)
1 teaspoon extra-virgin olive oil
24 thin asparagus spears, trimmed
1 lemon, thinly sliced
2 tablespoons chopped fresh dill

Preheat oven to 375 degrees

Prepare 4 sheets of parchment paper (cut into heart shapes approx. 18in x 12in. Season both sides of the fish with salt and pepper. Place 1 fillet on one half of the parchment heart, leaving at least a 1in. border. Drizzle with one-quarter of the olive oil and top with 6 asparagus spears and a few lemon slices. Sprinkle with one-quarter of the dill. Fold the other side of the heart over the fish and twist the edges together to make a seal. Fold the bottom edge under the packet to keep it from opening during cooking. Repeat with the remaining ingredients.

Transfer the packets to 2 baking sheets and bake for 12 - 15 minutes. Using oven mitts or tongs, transfer the packets to 4 plates. Open with scissor. Take care as steam will be hot.

