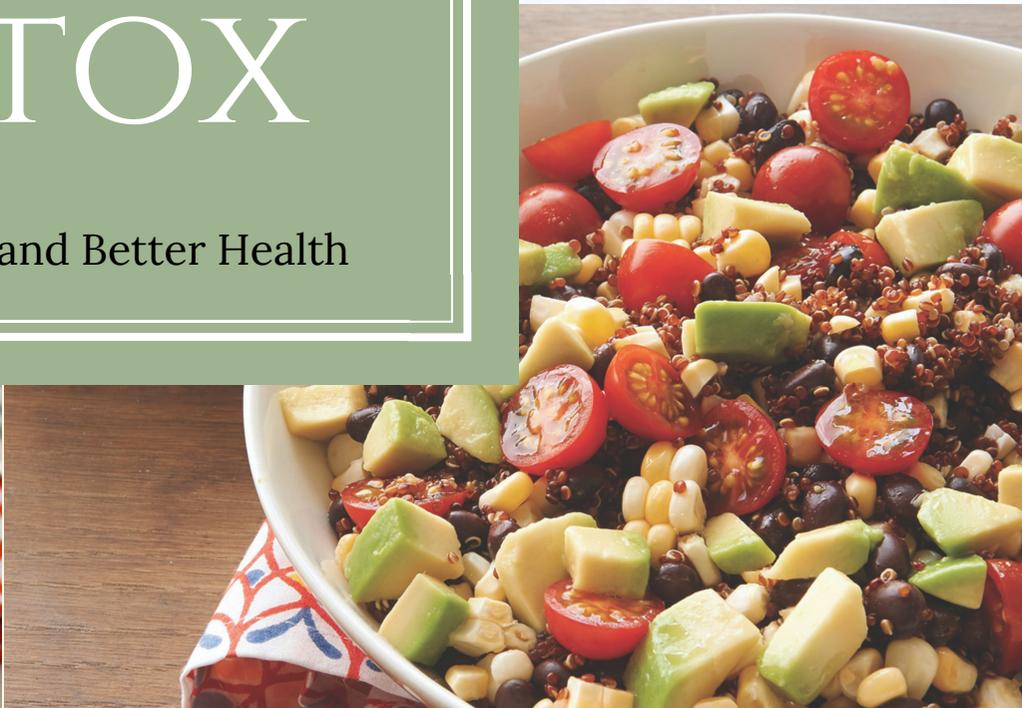




5-DAY DETOX

For Weight Loss and Better Health





ABOUT THE DETOX

Thank you for joining the 5-Day Detox.

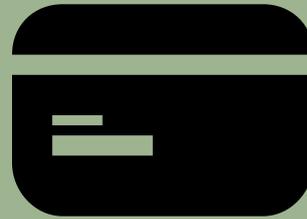
The 5-Day Detox can jump start your healthy eating habits and help you lose weight. A detox can also give you more energy, improve your mood, help you sleep sounder and eliminate intense food cravings.

Let's Get Started!

WHAT'S INCLUDED



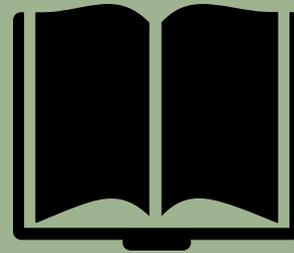
Shopping List



Bonus Recipes



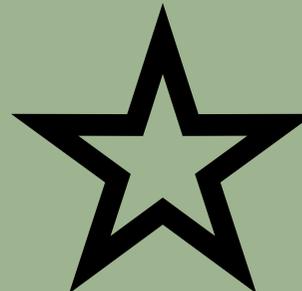
Detailed Meal Plan



Your Detox Guide:
Getting the Most out
of your Detox



Detox Recipes



Encouragement!

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
Corn (fresh or frozen)
Crushed tomatoes
Cucumber
Dried cranberries
Fennel bulb
Grape Tomatoes
Green apple
Honeydew melon
Kale
Kiwi

Fruits and Vegetables

(cont)

Lemon
Lime
Mango
Medjool dates
Oranges
Pear
Raisins
Raspberries
Red bell pepper
Red onion
Strawberries
Sweet potato
Tomatoes
Yellow bell pepper
Yellow onion

Grains

Quinoa

Condiments and herbs

Anaheim pepper
Apple cider vinegar
Balsamic Vinegar
Black pepper
Chili powder
Cilantro
Cumin
Diced green chilies
Dijon mustard
Dill
Dried oregano
Garlic
Ground Coriander
Hot Sauce
Jalapeno
Olive oil
Maple Syrup
Sea salt

Beans

Black beans
Garbanzo beans (chickpeas)
Kidney beans
Northern beans

Other

Almond milk
Chicken broth
Coconut water
Mahi or other white fish
Pumpkin seeds
Rotisserie chicken
Sliced almonds
Snapper, halibut or cod
Vegetable broth
Walnuts

5-DAY MEAL PLAN



Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Very Berry Smoothie	Kiwi Melon Smoothie	Magic Mango Smoothie	Super Green Juice	Radiant Red Juice
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Lunch

Spinach, Pear and Walnut Salad	Maple Roasted Sweet Potato Salad	Kale and Quinoa Salad	Collard Wraps with Tomato Hummus	Quinoa and Chickpea Salad
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Dinner

Red Quinoa Salad with Black Beans and Avocado	Quinoa Stuffed Peppers	Snapper and Asparagus	Three Bean Chili	Mahi with Mango Avocado Salsa
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DETOX RECIPES



Breakfast

1-4

Lunch

6-11

Dinner

12-17

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



Kiwi-Melon Smoothie

Ingredients:

1 cup unsweetened coconut water

1 kiwifruit, peeled

1/2 cup cubed honeydew melon

4–6 ice cubes

In a blender, combine the coconut water, kiwi, honeydew, and ice cubes. Blend until smooth. Pour into a tall glass.

Makes 1 serving

Kiwi Smoothie



Magic Mango Smoothie

Ingredients:

½ cup unsweetened almond milk

2 tablespoons fresh orange juice

½ cup fresh or frozen cubed mango

½ frozen banana

4–6 ice cubes

Directions:

In a blender, combine the almond milk, orange juice, mango, banana, and ice cubes. Blend until smooth.

Pour into a tall glass.

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

A close-up photograph of a white ceramic bowl filled with a light-colored soup. The soup contains shredded chicken, white beans, sliced green zucchini, and orange carrots. In the background, another similar bowl is visible, and a red and white patterned cloth is partially seen. A semi-transparent green rectangular box with a white double-line border is overlaid on the left side of the image, containing the word "LUNCH" in white, all-caps, serif font.

LUNCH

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.





MAPLE ROASTED SWEET POTATO SALAD

- 3 tablespoons pure maple syrup
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon sea salt
- 2 sweet potatoes cut into 1" cubes
- 1/3 cup pumpkin seeds
- 1 bunch curly-leaf kale, ribs removed, chopped
- 1/2 cup Walnut Vinaigrette*
- 1/2 cup pitted and sliced Medjool dates

Preheat the oven to 400°F. Line a baking sheet with parchment paper. In a large bowl, whisk together the maple syrup, oil, lemon juice, and salt. Add the sweet potatoes and toss to coat. Spread on the baking sheet and roast 20-30 minutes, or until tender. Remove and set aside. In a large bowl, toss the kale with the vinaigrette. Divide the kale among 4 serving plates and top with the sweet potatoes, pumpkin seeds, and dates.

*Walnut Vinaigrette: See recipe for Spinach, Pear and Walnut Salad.

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





WHITE CHICKEN STEW

2 tbsp extra virgin olive oil
1 clove garlic, minced
1 yellow onion, chopped
2 ribs celery, chopped
1 large (or 3 small) carrots, peeled and chopped
sea salt
ground black pepper
1 yellow pepper, chopped
1 jalapeño, diced (optional)
½ Anaheim pepper, diced
1 can diced green chilies
4 cups chicken broth
2 cans northern beans
1 cup chopped kale
1 rotisserie chicken, boned, skinned and coarsely chopped

In a Dutch oven, heat the oil over medium-high heat. Add the garlic, onion, celery, and carrots. Sauté for approximately 5 minutes or until the onion is translucent. Add salt and pepper. Add the yellow pepper, jalapeño, Anaheim pepper, and green chilies and cook an additional 3-5 minutes. Add the broth, beans and kale. Bring to a boil, reduce the heat, and simmer for 25 minutes, or until the vegetables are tender. Add chicken and simmer an additional 5 to 10 minutes or until chicken is warmed through. Makes 4 servings

QUINOA AND CHICKPEA SALAD

- ½ cup quinoa
- ½ cup chickpeas
- ½ cup red kidney beans
- 1 carrot, sliced thin
- 2 celery stalks, sliced thin
- 1 tsp sea salt
- Dressing:
 - 2 tbsp extra virgin olive oil
 - 1 tbsp balsamic vinegar
 - ½ tsp sea salt
 - ¼ tsp black pepper
 - ½ tsp dried oregano

Cook quinoa according to package directions. Cover and refrigerate until chilled. Add the chickpeas, beans, carrots, celery, and sea salt to the quinoa and toss to mix. In a small bowl, whisk together the olive oil, balsamic vinegar, sea salt, black pepper, and oregano. Pour the dressing over the quinoa mixture and toss well to combine. The salad can be stored in the refrigerator for 2 to 3 days. You can also choose any of the salad dressing recipes in chapter 21. Makes 2 servings



PRINTABLE 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
Corn (fresh or frozen)
Crushed tomatoes
Cucumber
Dried cranberries
Fennel bulb
Grape Tomatoes
Green apple
Honeydew melon
Kale
Kiwi

Fruits and Vegetables (cont)

Lemon
Lime
Mango
Medjool dates
Oranges
Pear
Raisins
Raspberries
Red bell pepper
Red onion
Strawberries
Sweet potato
Tomatoes
Yellow bell pepper
Yellow onion

Grains Quinoa

Condiments and herbs

Anaheim pepper
Apple cider vinegar
Balsamic Vinegar
Black pepper
Chili powder
Cilantro
Cumin
Diced green chillies
Dijon mustard
Dill
Dried oregano
Garlic
Ground Coriander
Hot Sauce
Jalapeno
Olive oil
Maple Syrup
Sea salt

Beans

Black beans
Garbanzo beans (chickpeas)
Kidney beans
Northern beans

Other

Almond milk
Chicken broth
Coconut water
Mahi or other white fish
Pumpkin seeds
Rotisserie chicken
Sliced almonds
Snapper, halibut or cod
Vegetable broth
Walnuts



DINNER

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 corn fresh or frozen (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.



THREE BEAN CHILI

- 1 tbsp olive oil
- ½ red onion, finely chopped
- 1 clove garlic, minced
- 2 stalks celery, chopped
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp ground coriander
- ½ teaspoon sea salt
- 1 cup crushed tomatoes
- 1 cup water
- 1 cup garbanzo beans, cooked and drained
- 1 cup black beans, cooked and drained
- 1 cup kidney beans, cooked and drained
- 2 tbsp hot sauce
- ¼ cup chopped cilantro

In a large saucepan over medium heat, heat the oil. Cook the onion until softened (approximately 3-4 minutes). Add the garlic and cook for an additional 3 minutes. Add the celery, chili powder, cumin, coriander and sea salt. Stir until combined. Add the tomatoes, water and beans and bring to a boil. Reduce heat, cover and simmer for 20 minutes. Add hot sauce to taste and garnish with cilantro. Makes 4 servings





GRILLED MAHI WITH MANGO AVOCADO SALSA

Salsa:

- ½ mango, peeled, pitted and chopped
- 4-5 grape tomatoes, sliced
- ½ avocado, peeled, pitted and chopped
- 1 tbsp fresh lemon juice
- ¼ teaspoon sea salt

Fish:

- 2 Mahi Mahi Fillets (or other white fish)
- ½ tbsp olive oil
- ½ tsp sea salt
- ¼ tsp ground black pepper

In a small bowl combine the mango, tomato, avocado and lemon juice. Sprinkle with sea salt and set aside. Brush the fish with olive oil (any remaining oil can be placed in the grill pan) and season with salt and pepper. Heat a grill pan on medium-high and grill for approximately 5 to 7 minutes on each side, or until the fish flakes easily. (the thickness of the fish will determine the exact cooking time needed)

Makes 2 servings



BONUS REIPES

Nutrient-Packed
Smoothie Bowls!





STRAWBERRY COCONUT CHIA PUDDING BOWL

- 1 Tbsp. chia seeds
- 1 cup almond milk
- 1 cup plain yogurt*
- 1 Tbsp. honey*
- 4 strawberries, sliced
- 1 Tbsp. sliced almonds
- 1 Tbsp. healthy granola
- 1 tsp. flat seeds

Mix chia seeds, milk, yogurt, and honey together. Refrigerate 30 to 45 minutes or overnight. Top with strawberries, almonds, coconut, granola and flax seeds. Enjoy!

*Note: for a vegan option, substitute a milk-based yogurt for a vegan option and substitute maple syrup for the honey.

MATCHA AND AVOCADO SMOOTHIE BOWL

- 1 frozen banana, peel removed
- 1/4 cup diced frozen peaches
- 1 teaspoon matcha green tea powder
- 1/4 avocado, peeled and pitted
- 1 1/2 cup almond milk
- 1/4 cup vanilla yogurt (vegan optional)
- 1 Kiwi, peeled and sliced
- 1 tablespoon dried coconut flakes
- 1 tablespoon goji berries

In a blender combine banana, peaches, matcha powder, avocado and almond milk. Blend until smoothie. Transfer to a bowl, swirl in vanilla yogurt and top with kiwi, coconut and goji berries.





MY FAVORITE RECIPES

YOURS FREE!





Collard Wraps with Tomato Hummus

Tomato Hummus:

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1/3 cup dry-packed sun-dried tomatoes
- 3 tablespoons tahini
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, chopped
- 1 teaspoon smoked hot paprika
- 1 teaspoon grated lemon peel
- Juice of 1/2 lemon
- 1/4 teaspoon sea salt

Wraps:

- 8 large collard green leaves
- 1 large yellow bell pepper, thinly sliced
- 1 zucchini, cut into matchsticks
- 1/3 cup fresh flat-leaf parsley

In a food processor, combine the chickpeas, tomatoes, tahini, oil, garlic, paprika, lemon peel, lemon juice, and salt. Process just until chunky. To make the wraps: Cut the firm white stalks off the collards. Put 2 collards on a work surface, with the paler sides facing up. The leaves should overlap slightly. Spread 1/3 cup of the hummus lengthwise down the center. Top with one-quarter of the pepper, zucchini, and parsley. Tightly roll the leaves beginning from the bottom and tucking in the sides as you go. Cut in half on a bias. Repeat with the remaining ingredients. Makes 4 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, frozen or canned 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

