



Detox Recipes

Juices:

- 2 Medium carrots
- 1/4 White cabbage
- 1 Small beet
- 1 Cup watercress salad
- 1 Cup of water (if you are using a blender)

Blender instructions (see video in InnerCircle):

Place all ingredients in the blender and blend until smooth. line a pitcher with a nut milk bag and poor the contents of the blender into the nut milk bag. Squeeze the bag until you cannot get any more juice out.

Juicer instructions (if you have a juicer):

Place ingredients in Juicer and Juice.

1 cup of spinach
1/2 cucumber
2 stalks of celery including leaves
3 carrots
1/2 apple
1 cup water (if you are using a blender)

Place all ingredients in a Juicer or blender. Follow instructions above.

Note: leave the skin on the cucumber for juicing. It is a great source of chlorophyll which help build red blood cells.

Green Machine

2 apples
1/2 cucumber
1/2 lemon
1/2 spinach
1/4 bunch celery
1/4 bulb fennel
1 " Ginger skin removed
1/4 head romaine lettuce
1 cup water (if you are using a blender)

If you have a blender follow the blender instructions
If you have a Juicer follow your Juicer instructions.

Eye Brightener!

6 carrots
1 cup kale
1 " ginger
1 cup water (if you are using a blender)

If you have a blender follow the blender instructions
If you have a Juicer follow your Juicer instructions.

Smoothie Options

Smoothie 1

1 cup kale or collard greens firmly packed, stems removed, coarsely chopped (4 ounces)
1 Granny Smith apple, coarsely chopped
1 ripe banana
1/2 cup loosely packed fresh flat-leaf parsley leaves

Smoothie 2

1 small red beet peeled and coarsely chopped
1 medium-size carrot, peeled and coarsely chopped
1 sweet apple, such as Honeycrisp or Pink Lady, coarsely chopped
1 ripe pear, such as red Bartlett or red D'Anjou, coarsely chopped
2 tablespoons fresh lemon juice
2 teaspoons minced fresh ginger

1. Steam beets and carrots until tender, about 10 minutes. Let cool to room temperature.
2. Combine beets, carrot, apple, pear, juice, ginger, and 2 cups water in a blender; blend until smooth.

Smoothie 3

1 red grapefruit peeled
1 banana
4 cups dandelion greens or kale
1 cup unsweetened coconut milk

Dandelion greens have been used for liver detox. However, they can be very bitter. If too bitter add pineapple to mask the bitterness.

Smoothie 4

1 1/4 cups almond milk
1/2 cup coconut water

2 leaves kale or Swiss chard, coarsely chopped
1/4 avocado
1/2 cup mango chunks

Directions

Blend together until smooth.

Lunches & Dinners

Soups (*soups are great because you can double batches and have them throughout the week*)

Creamy Avocado Arugula Broccoli Soup

1/2 avocado
About 8-10 decent sized broccoli clusters = to almost 1 full head
(stems kept at least an inch long)
1/3 onion of choice
2 hand fulls arugula
1 Tablespoon olive oil
Salt (about 1 teaspoon) or to taste
1 Tablespoon apple cider vinegar
Red pepper flakes (about 1/4 teaspoon) or to taste
Drizzle of honey or agave
Juice from half a lemon
1 inch minced ginger root
1 cup water

Directions

Lightly steam the broccoli. Remove from heat when bright green. Saute onions in olive oil until just soft.
Place cooked broc and onions and all the other ingredients in a blender, food processor or use hand emersion blender. Add 1/2 cup water and blend. Keep adding more water until reaches desired consistency. Add any additional salt to taste.

Traditional Miso soup

1 clove garlic
½" fresh ginger root
2 stalks celery
1 medium carrot
4 cups filtered water
2-4 tablespoons miso paste

Directions:

Finely chop garlic, ginger, celery, and carrots. Place them in a medium sauce pan.

Heat water in a separate pan or tea pot to less than boiling. Pour water over vegetables and let steep and cool for a few minutes.

When the temperature comes down enough so that you can tolerate holding your finger in it for 3-5 seconds, scoop some of it into a small bowl.

Add the miso paste to the removed liquid and mix until smooth, working out any lumps.

Then add that mix to the rest of the soup and stir well.

Miso Beet Asparagus soup

You need:

1 tablespoon olive oil
1/3 cup onion of choice diced
1/3 cup chopped celery
1 cup peeled, chopped beet
1/2 cup chopped carrot

1 cup chopped asparagus (bases removed, tips left whole)
Some fresh scallions, chopped
Large handful flat-leaf fresh parsley, chopped
1 tablespoon minced ginger
5 cups water
Salt (about 1 teaspoon) to taste
3 tablespoons miso paste of choice
A little minced jalapeño or chile pepper (to taste)

Directions:

Heat the oil in a large pot over medium-high heat. Add the onion and sauté for a few minutes until begins to brown. Add the celery and scallions and half the parsley and sauté for another minute.

Add the water, beet, carrot, ginger, salt and pepper of choice. Increase the heat to high. Bring to a boil, reduce the heat to medium/low, cover and simmer for 10 to 15 minutes.

While that cooks, remove a ladle of the hot water from the pot and place in a small bowl on the side. Add miso paste to the small bowl and stir/mash in until fully combined (refer to image in post). Now add the dissolved miso to the soup pot. You can't skip this step and just add the miso directly to the main pot of soup – it will clump and never fully incorporate.

Add the asparagus and cook for another 5 minutes. Remove from the heat when asparagus are bright green and still firm. Stir in remaining parsley. Place in bowls and serve warm.

Collard Wraps

8 large collard leaves
Veggies of choice (avocado, sliced tomatoes, cucumbers,

sprouts, etc.) and even quinoa or sunflower seeds are nice in there too!

Chickpea beet spread

For Chickpea beet spread:

10 oz soaked or canned garbanzo beans

1/2 a med-sized beet, peeled

2 carrots, peeled

Juice from one lemon

2 tablespoons tahini

3 teaspoons olive oil

Salt to taste

Cracked black pepper to taste

1-2 tablespoons agave nectar

A few sprigs of fresh parsley

1/4 fresh garlic clove

Directions

Place carrots into food processor and pulse until consistency of rolled oats. Remove and set aside. Put garbanzos, beets, parsley, garlic, olive oil and lemon juice in food processor and pulse until creamy. Add a little water, one tablespoon at a time, if necessary to thin a little. Scrape sides of food processor and add salt (like 1/4 teaspoon), some pepper, tahini and agave and pulse again a few times. Taste and add any additional salt or pepper. Fold in carrots until well combines. Place in fridge to chill.

Remove the healthiest looking collard leaves from the bunch and trim off the white stalk that does not have any green leaves attached. Soak leaves in warm water and vinegar bath for a few minutes to clean and bring to room temp. Dry leaves completely. Place leaves flat (rough side up) on a cutting board and gently glide a sharp paring knife across the length of the stem, shaving it down to the same thickness as the rest of the leaf (refer to image in post). Do this for each leaf. Careful not to nick or tear the leaf with the tip of your knife.

Each wrap will require two leaves for rolling. Place two leaves head to foot (with stalks at opposite ends) and overlapping about half way (refer to image in post). Apply a good amount of spread at the center where the two leaves overlap and pile up veggies of your choice. Fold in sides and tightly roll like you would a burrito. Leave whole if traveling or saving for later, but cut through center before eating.

Coconut Curry Carrot Soup.

1 tablespoon canola oil
2 teaspoons curry powder
1 medium garlic clove, smashed
1 (1/2-inch) piece ginger, peeled and smashed
1/2 medium onion, coarsely chopped
1 pound carrots, peeled and sliced into 1/4-inch-thick rounds
1 medium bay leaf
2 1/2 cups low-sodium vegetable broth
1/2 cup canned coconut milk
Toasted unsweetened coconut flakes, for garnish (optional)

INSTRUCTIONS

Heat the oil in a medium saucepan over medium heat. When it shimmers, add the curry powder and garlic and cook until fragrant, about 30 seconds.

Add the ginger, onion, carrots, bay leaf, and broth, increase the heat to medium high, and bring the mixture to a boil. Reduce the heat to medium low and simmer until the carrots are soft when pierced with a fork, about 20 minutes. Discard the bay leaf.

Working in batches, process the soup in a blender until smooth. (Be very careful when blending the hot soup, as steam could

blow off the blender lid.)

Pour the soup into a clean pot and return it to the stove over medium heat. Stir in the coconut milk and adjust the seasoning as needed. To make appetizer portions, serve small amounts of soup in shot glasses or demitasses. Garnish with a few flakes of toasted coconut, if using.

Note: This soup can be served hot or cold. If you're serving it cold, you may need to thin it with a little water.

Salads

Chilled Sesame and Spinach salad

Coarse salt

2 pounds spinach, stems trimmed, washed

1 1/2 tablespoons toasted sesame oil

1 1/2 tablespoons naturally brewed soy sauce

1 1/2 tablespoons rice vinegar

1 1/2 tablespoons mirin (rice wine)

3 tablespoons sesame seeds, toasted

Directions

Prepare an ice-water bath; set aside. Bring a large pot of water to a boil; season with salt. Add spinach, and cook just until wilted, about 30 seconds. Drain immediately in a colander, and plunge into prepared ice bath. Let spinach cool completely, about 30 seconds; drain again. Using your hands, squeeze excess water out of spinach, and transfer to a work surface. Coarsely chop spinach, and place in a medium bowl; set aside.

In a small bowl, whisk together sesame oil, soy sauce, rice vinegar, and mirin. Add dressing and sesame seeds to the

spinach; mix to combine.

Bigger Eats

Collard Wraps

8 large collard leaves

Veggies of choice (avocado, sliced tomatoes, cucumbers, sprouts, etc.) and even quinoa or sunflower seeds are nice in there too!

Chickpea beet spread

For Chickpea beet spread:

10 oz soaked or canned garbanzo beans

1/2 a med-sized beet, peeled

2 carrots, peeled

Juice from one lemon

2 tablespoons tahini

3 teaspoons olive oil

Salt to taste

Cracked black pepper to taste

1-2 tablespoons agave nectar

A few sprigs of fresh parsley

1/4 fresh garlic clove

Place carrots into food processor and pulse until consistency of rolled oats. Remove and set aside. Put garbanzos, beets, parsley, garlic, olive oil and lemon juice in food processor and pulse until creamy. Add a little water, one tablespoon at a time, if necessary to thin a little. Scrape sides of food processor and add salt (like 1/4 teaspoon), some pepper, tahini and agave and pulse again a few times. Taste and add any additional salt or pepper. Fold in carrots until well combines. Place in fridge to chill.

Remove the healthiest looking collard leaves from the bunch and trim off the white stalk that does not have any green leaves attached. Soak leaves in warm water and vinegar bath

for a few minutes to clean and bring to room temp.

Dry leaves completely. Place leaves flat (rough side up) on a cutting board and gently glide a sharp paring knife across the length of the stem, shaving it down to the same thickness as the rest of the leaf (refer to image in post). Do this for each leaf. Careful not to nick or tear the leaf with the tip of your knife.

Each wrap will require two leaves for rolling. Place two leaves head to foot (with stalks at opposite ends) and overlapping about half way (refer to image in post). Apply a good amount of spread at the center where the two leaves overlap and pile up veggies of your choice. Fold in sides and tightly roll like you would a burrito. Leave whole if traveling or saving for later, but cut through center before eating.

Shrimp With Kiwi - Lime Relish

2 jalapenos, finely chopped, seeds removed for less heat (1/4 cup)

2 tablespoons fresh lime juice (about 1 lime)

4 kiwi fruits, peeled and diced (1 1/2 cups)

Coarse salt

1/2 cup chopped cilantro

20 large U.S.-farmed shrimp, peeled and deveined (about 1 pound)

2 tablespoons safflower oil

Stir jalapeno and lime juice together. Add kiwi, 1/4 teaspoon salt (or to taste), and cilantro. Stir to combine.

Season shrimp with 1/2 teaspoon salt. Heat oil in a large skillet over high until shimmering. Add shrimp in a single layer and cook without turning until underside is pink, about 3 minutes. Turn and cook until opaque throughout, 2 minutes more. Remove from pan and serve immediately with kiwi-lime relish.

Shrimp Avocado Endive Salad

1/4 cup extra-virgin olive oil
3 tablespoons fresh lime juice
20 large shrimp, peeled and deveined
1 teaspoon chili powder
1/2 teaspoon coarse salt
Freshly ground pepper, to taste
2 medium Belgian endives, leaves separated, larger ones cut into 1 1/2-inch pieces (about 3 cups)
1 1/2 ripe avocados, halved, pitted, peeled, and cut lengthwise into 1/2-inch-thick slices
1 tablespoon coarsely chopped fresh tarragon

Whisk 2 tablespoons oil with 1 tablespoon lemon juice until combined.

Combine shrimp with remaining 2 tablespoons lemon juice, the salt, and pepper, and let stand for 10 minutes.

Heat remaining 2 tablespoons oil in a skillet over high heat. Add shrimp and juices, and cook, stirring, until shrimp are pink and cooked through, 1 to 2 minutes. Transfer shrimp and juices to a bowl.

Add endives, avocados, tarragon, and dressing to shrimp, and gently toss. Serve immediately.

Adzuki Bean & Pumpkin Casserole

2 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
small knob of fresh ginger, finely chopped
1 cup adzuki beans, soaked over night and drained

1/2 butternut pumpkin, cut into chunks
40g dried shiitake mushrooms, soaked for 30 minutes in warm water
1 stick of kombu (is kelp you can find in your natural food store)
750ml water
ground black pepper
miso paste thinned with warm water or salt
toasted sesame seeds, to serve

Heat the oil in a large saucepan, add the onion and sauté for a few minutes. Add the garlic and the ginger and sauté for another minute. Add the pumpkin, the beans, mushrooms, kombu and water and season with pepper and soy sauce. Leave to simmer for 20-30 minutes or until the beans are tender. Take out the kombu and slice it into small pieces, then return the kombu into the saucepan. Sprinkle with toasted sesame seeds and serve with brown rice.

Oven Steamed Salmon

2-4 Salmon fillets
Salt
Black pepper
Dried dill (optional)

Pre heat oven to 350. Wrap Salmon in tin foil. You want it to be closed tightly. Make sure there is some extra room in the tin foil for steam to move about. Bake for 20 min.

Sweet Potato Fries

2-3 Sweet potatoes
3 Tbl Coconut oil heated so it is a liquid
salt and peper to taste
Heat oven to 350

Combine all ingredients and toss

place Sweet potatoes on baking sheet with enough room so air can circulate.

bake for 30-45 min until your preferred crispiness is achieved.

Snacks

Carob orange logs

1 Cup date pitted whole
1/2 almonds
1/4 walnut
2 tbl carob powder
2 tbl Shredded unsweetened coconut
zest of one orange
1 tsp Cinnamon.

Put the dates into a food processor and blend into a coarse, chunky paste.

Add the nuts and blend until coarse – you should still see nut pieces.

Transfer to a bowl and mix in the shredded coconut and cacao powder.

Take a handful of the mix and press it very tightly in your palm, squeeze it together in a ball until it sticks, then begin to form it into a 2 inch roll.

Press the roll onto a baking sheet and form into a bar. Lightly dropping it onto the sheet and turning will help to form a flat surface on each side of the bar. Press the ends gently with the

palms of your hands.

If you choose, roll the bar in coconut to keep them from sticking together when stacked. Or simply cover with plastic wrap and store in the refrigerator until ready to pop into a lunch box, purse or back pack!

Ginger Spice Bars

1 cup dates, pitted, whole
1/2 cup raw almonds
1/4 cup raw pecans
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon

Cinnamon Raisin Bars

3/4 cup dates, pitted, whole
1/4 cup raisins
1/2 cup almonds
1/4 cup cashews
1 teaspoon ground cinnamon

Flax crackers (see video in Inner Circle)

Dips and dressings

Mexi-Dip

1 Cup Almond pulp from almond milk
1 Tbl Jalapeños
1/2 tsp Cumin
1/2 tsp Garlic
1 Tbl Olive oil
salt and pepper to taste

Carob Almond Spread

1 Cup Almond pulp from almond milk
1/4 cup carob powder
1/8 cup honey
1/4 almond milk
1- 2 tsp Hazelnut flavoring

Sweet Garlic Dip

1 Cup Almond pulp from almond milk
1/2 tsp sea salt
1 Tbl Olive oil
1 tsp Apple Cider Vin.
1 Tbl honey
1 tsp Garlic
Pepper to taste

Lemon Tahini Dressing

2 TBSP lemon juice
1 tsp rice vinegar or vinegar of choice I use ACV
1-2 TBSP tahini
1 tsp miso paste
1 tsp raw honey
1/8-1/4 tsp toasted sesame oil
1/8 cup of water more if needed

Directions:

Blend or stir all ingredients together.

Milks

Nut milk

1 cup of your preferred nut (soaked in salted water over night)
5 cups of water
1 Tbs. honey

Combine ingredients in blender and blend for about 3 min.
Line a pitcher with a nut milk bag. Pour ingredients into bag
and milk the bag.