



Inner Circle Detox Menu, Week 2

For this week there will be beans added to the diet. See Jessa's video on how to soak beans and nuts in the member's area. Nuts will have to be dehydrated - if you do not have a dehydrator then use your oven at it's lowest temp and leave the door propped open.

Some thing to be done in advance would be the Gluten free Muesli, Almond milk (which lasts in the fridge for 3 days so it will need to be done half way throughout the week again), Snacks can be done in advance. The nut balls and brownies will last about 4 days in the fridge. Also the flax crackers should be done in advance.

Foroups you can make larger batches and freeze for later or as an easy no prep lunch.

Breakfast

Baked Sweet potato

2 sweet potatoes
handful of toasted walnuts
dash of cinnamon
dash of Nutmeg (fresh if you have it)
dash of sea salt

Heat oven to 400 degrees. Prick sweet potatoes with a fork and wrap in foil.

Bake until tender, about 1 hour. Unwrap and split top with a knife.

Top with almonds, cinnamon, nutmeg, and salt. Squeeze orange wedges over sweet potatoes and serve.

You can get ready for your day while these are baking or bake a few the night before and have them cold.

Gluten Free Muesli

1 cup hemp seeds
1 cup almonds (chopped)
1 cup pumpkin seeds
1 cup walnuts (chopped)
1 cup dried coconut flakes

4 tbsp warmed honey (you want it liquidly. Never boil raw honey)
3 tsp cinnamon

Preheat the oven to 350°F and line two baking sheets with parchment paper. Mix the dry ingredients with honey and cinnamon. Spread them out on the baking sheets and let it roast in the oven for 10-15 minutes. Stir around a couple of times to keep it from getting burnt.

1 ¾ cup dried apricots (chopped)
1 ½ cups raisins
1 ½ cups dried apples (chopped)

While the dry ingredients are in the oven, chop the soft ingredients roughly and put in a large bowl. Let the roasted dry ingredients cool of before stirring it all together.

Store the muesli in large glass jars.

Since we are not drinking milk this week you can try a nut milk. See my video on how to make almond milk.

“Bigger Eats”

Ceviche - style shrimp and Avocado

Ingredients

- 3 limes
- 1 cup chopped seeded tomato \$
- 1 cup diced peeled avocado (about 1 avocado) \$
- 1/2 cup chopped fresh cilantro
- 3/4 teaspoon salt \$
- 1/4 teaspoon black pepper \$
- 3 garlic cloves, minced
- 1 pound cooked peeled medium shrimp \$
- flax crackers

Finely grate rind from limes to measure 1 tablespoon; juice limes to measure 1/4 cup. Place rind and juice in a large bowl. Add tomato and remaining ingredients except tortillas; toss well to combine. Cover and chill for 15 minutes, stirring occasionally.

Scoop salad with flax crackers

Total: 20 Minutes

- Salt and Pepper Shrimp
- 1/2 teaspoon each black, green, red, and white peppercorns
- 2 pounds shrimp, shells on \$
- 2 teaspoons salt, divided \$
- 2 tablespoons vegetable or peanut oil \$
- 4 cloves garlic, chopped
- 1 cup cilantro leaves, roughly chopped

Put peppercorns in a mortar and crush roughly with a pestle. Or put peppercorns in a large resealable plastic bag, spread out on a hard, flat surface, and crush with the bottom of a heavy frying pan or rolling pin.

Put shrimp, half of the crushed peppercorns, and 1 tsp. salt in a large bowl and toss to coat shrimp evenly. Set aside.

Heat a wok or large (not nonstick) pot over high heat. Add oil, garlic, remaining crushed peppercorns, and remaining 1 tsp. salt and cook, stirring constantly, until fragrant, about 1 minute. Add shrimp and cook, stirring constantly, until pink and cooked through, 3 to 4 minutes. Add cilantro, turn off heat, and toss to combine. Serve immediately.

The different peppercorns add a subtle range of pepper flavor to this dish, but you can stick to just black peppercorns too; simply decrease the total amount to 1 1/2 tsp.

Doughless Pot Stickers (adapeted From Whole Living)

1/4 cup reconstituted miso
3 tablespoons rice vinegar (brown rice vin if you can find it)
1 tablespoon toasted-sesame oil
3 small Thai chiles, 2 thinly sliced and 1 finely chopped
1 tablespoon finely grated fresh ginger
1 large garlic clove, finely grated
2 large scallions, 1 finely chopped and 1 thinly sliced on the bias
1 pound ground turkey (92 percent lean)
6 ounces shiitake mushrooms, stemmed and cleaned, caps thinly sliced
24 Boston lettuce leaves (from 2 heads; large leaves halved)

Stir together 3Tbl of reconstituted Miso paste, 3 tablespoons water, vinegar, 1 teaspoon sesame oil, and sliced chiles in a small bowl.

Heat broiler. Mix together 1 1/2 teaspoons reconstituted Miso paste, the ginger, garlic, and the chopped scallion and chile in a medium bowl. Mix in turkey until just combined.

Form mixture into 24 balls, dipping hands in water if needed to prevent sticking. Brush meatballs with 1 teaspoon sesame oil on a baking sheet. Broil 8 inches from heat source until golden brown and cooked through, 5 to 7 minutes.

Meanwhile, heat remaining teaspoon sesame oil in a large nonstick skillet over medium-high heat. Cook mushrooms until just starting to brown, about 2 minutes. Reduce heat to medium. Cook, covered, until tender, about 3 minutes more. Add remaining 1 1/2 reconstituted Miso paste. Toss to coat.

Arrange lettuce leaves on a platter, and top each with 1 meatball. Top with mushrooms, and sprinkle with sliced scallion. Serve with dipping sauce.

Baked Trout with Shiitake Mushrooms, Tomatoes and Ginger

2 whole rainbow trout (about 12 ounces each), cleaned, boned, butterflied If this intimidates you ask your butcher to do this for you.
2 green onions, chopped
2 large fresh shiitake mushrooms, stemmed, caps thinly sliced
1/2 cup chopped seeded tomatoes

2 teaspoons minced peeled fresh ginger
2 garlic cloves, minced
4 teaspoons reconstituted miso paste
2 teaspoons Asian sesame oil
Fresh cilantro sprigs

Preheat oven to 400°F. Line large rimmed baking sheet with foil; coat with nonstick spray. Sprinkle fish with salt and pepper. Open fish like a book and arrange, skin side down, on prepared baking sheet.

Mix next 5 ingredients in bowl. Sprinkle mixture over fish, drizzle with reconstituted Miso paste and sesame oil, then top with cilantro sprigs. Bake uncovered until fish is opaque in center, about 20 minutes.

Sardine Mandarin and Watercress Salad

Ingredients

Zest and juice of 1/2 lemon
1 tablespoon olive oil
Coarse salt and pepper
2 cups watercress sprigs
1/4 small red onion, sliced
1 tablespoon fresh tarragon
2 clementines, peel and pith removed, sliced
1 (4-ounce) can olive-oil packed sardines, drained
3 tablespoons toasted pumpkin seeds

Directions

Whisk lemon zest and juice with olive oil. Season with salt and pepper.

Arrange watercress, red onion, and tarragon on a platter.

Top with clementine slices, sardines, and pumpkin seeds. Season with salt & pepper. Drizzle with vinaigrette, and adjust seasoning as necessary.

“Salads”

Apple, Fennel, and Celery Salad

Vinaigrette:

1 teaspoon yellow mustard seeds
1 shallot, sliced
1 tablespoon, plus 1 teaspoon extra virgin olive oil
2 teaspoons brown rice vinegar
2 teaspoons Dijon mustard
1 tablespoon, plus 1 teaspoon honey
The juice of one lemon
3-4 tablespoons water
1 teaspoons dried parsley
1 teaspoons dried dill
Salt and black pepper, to taste

Salad:

8 cups spicy mesclun greens
1 large Granny Smith apple, thinly sliced
Juice of one lemon
1 medium fennel bulb, thinly sliced
2 inner celery stalks, sliced on the diagonal, with some leaves
2 tablespoons raisins
2 tablespoons dry toasted walnuts

To toast the walnuts, place in a small, dry skillet over medium heat for 1-2 minutes, until golden brown and aromatic. Set aside.

To make the vinaigrette, place mustard seeds in a small, dry skillet over medium heat; toast for 1-2 minutes until they begin to pop; set aside. In the same skillet, sauté shallots in olive oil; whisk in remaining vinaigrette ingredients. Turn off heat.

For the salad, place apple and fennel slices in a bowl with fresh lemon juice and toss to prevent them from turning brown. Pour out lemon juice before adding to salad.

In a large bowl, add mesclun, apple and fennel slices, and celery; add vinaigrette, and toss until well coated. Divide among 4 plates. Garnish with raisins and walnuts.

Black Bean Salad with Jicama, Tomatoes, Cilantro, and Lime

1 soaked and cooked black beans
2 T + 1 tsp. fresh-squeezed lime juice
1 tsp. garlic pure (or finely minced garlic)
3/4 tsp. ground cumin
3 T extra-virgin olive oil
1 small jicama, peeled and diced into small cubes
1 cup diced fresh tomatoes (I used Roma tomatoes, but any type of flavorful tomato will work)
4 green onions, cleaned and sliced
1/4 - 1/2 cup chopped cilantro
salt and fresh ground black pepper to taste

Pour black beans into a colander placed in the sink, rinse well with cold water (until no more foam appears) and let beans drain well. (You can pat them dry with paper towels if you're in a hurry.)

In a small bowl, mix together lime juice, garlic puree, and ground cumin, and then whisk in olive oil. Put the drained beans into a plastic or glass bowl and stir in 2 T of the dressing. Let beans marinate in the dressing while you prep other ingredients.

Peel jicama and dice into small cubes. (I used a vegetable peeler, but if your peeler isn't very sharp it might be easier to cut the jicama into slices and cut off the peeling with a knife. Don't get discouraged, because jicama is delicious in this salad.) Dice enough tomatoes to make 1 cup tomatoes. Clean green onions, then slice. Wash cilantro and spin dry or dry with paper towels, then chop enough to make 1/4 - 1/2 cup chopped cilantro.

Stir jicama pieces, diced tomatoes, sliced green onions, and chopped cilantro into the marinating beans. Stir in the rest of the dressing, season the salad with salt and fresh ground black pepper to taste, and serve.

This salad was not bad when it had been in the fridge overnight, but the flavor was definitely best when it was freshly made. You could make it a few hours ahead and keep it at room temperature if needed.

Kale Salad with Avocado and Apple

adapted from *Lucid Food* by Louisa Shafia

1 bunch of kale, thick stems removed and coarsely chopped
1 ripe avocado, diced

sea salt and freshly ground pepper
1 small garlic clove, peeled and minced
3 tablespoons olive oil
1 carrot, peeled and sliced into thin half moons
1 small, green apple, sliced thin
1 scallion, green part only, thinly sliced
1 large handful of raw or toasted pine nuts (or toasted almonds)
1 handful of dulse flakes- optional (this is a seaweed)
1 handful fresh mint, chopped- optional

Place kale in a large bowl with the avocado. Add salt, garlic, and olive oil. Mix very well, “massaging” the greens for about 3 minutes.

Reserve a small handful of the carrot and apple slices for garnish, then gently fold the rest into the kale mixture with the scallion, pine nuts, dulse flakes, and mint. Taste and season with additional sea salt, if necessary (the dulse is salty, so it be careful you don’t add too much).

Soups

Eastern Red Lentil Soup

1tsp butter
1 onion chopped
1 - 2 Tbl minced garlic
1 tsp Turmeric
1 tsp ground cumin
1/8 tsp cyenne
1 cup chopped tomatoes
1 cup of dried lentils soaked for 6-8 hours
4 cups veggie stalk
1 tsp. sea salt
1 tsp. cumin seed
1 tsp. mustard seed
1/4 cup chopped cilantro.

Heat butter in a 4 quart pot. Saute onions and garlic until tender. Add cumin turmeric and cayenne and cook about 3 min. Add tomatoes and cook until they start to brake down. Add lentils, veggie stalk and salt. Let simmer for 45 min.

Heat a 1sp of butter and put in the cumin seed and mustard seed. Saute them until they pop. Put this in the soup.

When ready to serve throw in the chopped cilantro.

Vegan Black Bean Chili

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 stalk celery, chopped
- 2 carrots, chopped
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 pinch black pepper
- 4 cups vegetable broth
- 4 cups soaked and cooked black beans
- 1 cup of frozen corn
- 1 (14.5 ounce) can crushed tomatoe

Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.

Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

“Snacks “

Nut balls

1 cup milled raw cashews

½ cup finely chopped walnuts

½ cup milled wall nuts

1 cup of dried apricots

1 cup of dates

cinnamon to taste

salt to taste

sesame seeds

Combine all ingredients in a food processor except the chopped walnuts. After processing the ingredients stir in the chopped walnuts. The batter should be sticky and hold together well. If it doesn't add some coconut oil in. Roll batter into balls the roll the balls in sesame seeds.

Raw Hazelnut & Chai Brownies (adapted from "Raw Cake", by Caroline Fibæk)

2 cups fresh dates, remove the seeds if they are present

4 tbsp coconut oil (room temperature)

2 tbsp maple syrup

6 tbsp raw cacao powder, or ordinary cocoa powder

1 tsp vanilla powder (not sugar) or 1 vanilla bean

3 chai tea bags, cut them open

(you can choose green, black or herbal chai tea)

2 tbsp grounded flax seeds (you can buy grounded or use a coffee grinder)

two pinches of sea salt

1/2 cup (1,2 dl) hazelnut, roughly chopped (you can use any kind of nuts or seeds)

Put all ingredients, except the hazelnuts, in a high speed blender. Add the chopped hazelnuts and work the dough by hand. Take a brownie tin or a plate, cover it with plastic wrap and press down the dough to whatever thickness you prefer (ours are about 1/2 inch high). Rub a bit of coconut oil on your hands to prevent the dough from sticking on them. Put the cake in the fridge and let it set for a least half an hour.

Slice it up in pieces, sprinkle with cacao powder and garnish with whole hazelnuts.