



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Detox Recipes



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Phase 1 Detox Recipes

Smoothies

Directions for all smoothies: Add the liquid to your high-powered blender first. Then add the remaining ingredients. Thoroughly blend until desired consistency. For thicker smoothies use frozen fruit. Add more water as desired. Feel free to make a double batch to last you through the day, but make sure to keep it refrigerated and remix as needed before drinking. NOTE: Whenever possible use organic, non-GMO ingredients.

Melissa's Favorite Green Smoothie (1 serving)

8-10 oz. water, hemp milk, flax milk or coconut milk (sugar and carrageenan free)
1 handful kale
1 head of fresh parsley chopped
1 handful baby spinach
3 broccoli florets
1/3 to 1/2 small cucumber
½ to 1 full pear
½ cup pineapple (fresh or frozen)
½ to 1 full avocado
1-2 tablespoons organic flaxseed oil
1-2 scoops Pure Pea Protein Powder

Melissa's Favorite Berry Smoothie (1 serving)

8-10 oz. water, hemp milk, flax milk or coconut milk (sugar and carrageenan free)
1-2 tbsp. ground organic flax, hemp or chia seeds
1 tbsp organic flaxseed oil
1 scoop Pure Pea Protein Powder
¼ to ½ organic avocado, ½ cup full fat organic coconut milk (carrageenan free), OR 1/3 cup organic sunflower seed butter (no sugar added)
turmeric, ginger, cinnamon (optional)
1/2 cup to 1.5 cups fresh or frozen berries (strawberries, blueberries, raspberries, blackberries)
1 large handful leafy greens (spinach, kale, beet greens, lettuce, cilantro, parsley, chard, collards)

Ginger Detox Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1-2 tablespoon organic flaxseed oil
1 1/2 cups of your favorite fresh or frozen organic fruit or vegetables* (optional)
1-2 scoops Pure Pea Protein Powder
1/2-inch chunk of fresh organic ginger root
2 cups organic fresh, organic leafy greens



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Fresh, organic basil, cilantro, lime or lemon



Strawberry Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1 cup organic strawberries
1-2 tablespoons organic flaxseed oil
1-2 scoops Pure Pea Protein Powder
1/2-inch chunk of fresh, organic ginger root
2 cups organic fresh, organic leafy greens
Fresh, organic basil, cilantro, lime or lemon

Cucumber, Apple & Pear Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1 pear (cored and peeled)
1 apple (cored and peeled)
1-2 tablespoons organic flaxseed oil
1 cucumber (peeled)
1 head of fresh parsley
1 lemon (juiced)
1-2 scoops Pure Pea Protein Powder
1/2" chunk of fresh ginger root
2 cups organic fresh leafy greens
Fresh, organic basil, cilantro, lime or lemon

Banana Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1-2 tablespoon organic flaxseed oil
1/2 organic banana
1-2 scoops Pure Pea Protein Powder
1/2" chunk of fresh, organic ginger root
2 cups fresh, organic leafy greens
Fresh, organic basil, cilantro, lime or lemon

Strawberry Banana Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1-2 tablespoon organic flaxseed oil
1/2 cup organic strawberries
1/2 organic banana
1-2 scoops Pure Pea Protein Powder
1/2" chunk of fresh organic ginger root
2 cups fresh, organic leafy greens
Fresh, organic basil, cilantro, lime or lemon



Triple Berry Banana Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1-2 tablespoon organic flaxseed oil
1 cup organic mixed berries
1/2 organic banana
1-2 scoops Pure Pea Protein Powder
1/2" chunk of fresh organic ginger root
2 cups fresh, organic leafy greens
Fresh, organic basil, cilantro, lime or lemon

Mango, Banana, Berry Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1-2 tablespoon organic flaxseed oil
1 cup organic mixed berries
1/2 organic banana
1/2 cup frozen mangoes
1-2 scoops Pure Pea Protein Powder
1/2" chunk of fresh organic ginger root
2 cups fresh, organic leafy greens
Fresh, organic basil, cilantro, lime or lemon

Apple, Pineapple and Kale Smoothie (1 serving)

8 oz. water, hemp milk or coconut milk (sugar and carrageenan free)
1-2 tablespoon organic flaxseed oil
1 apple
½ cup pineapple, fresh or frozen (not canned)
½ lemon, peeled
½ avocado
3 leaves kale
2 celery stalks
1-inch piece of ginger
1-2 scoops Pure Pea Protein Powder



Dressings

Garlic Flaxseed Oil Dressing (2 servings)

- 2 cloves organic garlic
- 1/8 teaspoon Celtic Sea Salt
- Juice from half of a freshly squeezed organic lemon
- 1/3 cup organic flaxseed oil

Mash garlic cloves with salt. Squeeze lemon juice into the mixture. Taste. If needed, add more salt, garlic, or juice. Mix in flax oil.

Apple-Cider Vinaigrette (2-3 servings)

- 3 tablespoons organic apple-cider vinegar
- 1/2 cup extra-virgin organic olive oil
- 1 teaspoon organic oregano
- 1/4 teaspoon Celtic Sea Salt
- 1/8 teaspoon freshly ground pepper

Mix all ingredients together and refrigerate in a sealed container. Let dressing sit at room temperature for a few minutes before using.

Vinaigrette Dressing (4-6 servings)

- 2/3 cup organic olive or flaxseed oil
- 1/4 cup organic balsamic vinegar or organic lemon juice
- 1/4 cup water
- 1 tablespoon organic Dijon mustard
- 1 clove organic garlic, minced
- Herbs to taste (i.e. basil, parsley, oregano, tarragon etc.)

Mix together and add herbs to taste.



Dinners

Kale Salad (2-3 servings)

2 bunches of organic kale
2 tbsp organic olive oil
1 fresh, organic lemon, juiced or 1 Tbsp lemon juice
1 small organic red onion, sliced
pinch of Celtic sea salt
organic sesame seeds to top
organic pumpkin seeds to top
organic sunflower seeds to top

Dressing:

2 organic avocados, chopped
2 tbsp organic olive oil
1 fresh, organic lemon juiced or 2 tablespoons lemon juice
1/2 tsp Celtic sea salt
freshly ground pepper to taste

Directions:

Use kitchen shears to cut the kale leaves off of the stems and into bite sized chunks. Place the kale in a salad bowl and toss with olive oil and lemon juice and salt. "Massage" the mixture with your hands for 2-3 minutes. Toss with the dressing ingredients that have been blended together until creamy. Top with seeds and enjoy!

Refreshing Vegetable Soup (2-4 servings)

1 organic cucumber
½ -1 cup coconut water
1/2 organic bell pepper
1/2 organic avocado
2 organic celery ribs
3 organic green onions
2 organic large chard leaves (or 4 small)
1 organic tomato (for garnish)
Juice from 1 organic lime
Small combination of herbs (such as cilantro, mint, and rosemary)
Small portion of dulse seaweed (optional)

In a blender combine the coconut water, 1/2 cucumber, avocado, celery, chard leaves, 1 green onion, lime juice, cayenne pepper, and seaweed. Blend on high. Next add the bell pepper, the rest of the cucumber, the 2 remaining green onions, and the herbs. Pulse until herbs are



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chopped up. Garnish the soup with avocado, tomato, green onion, fresh herbs, and bell pepper.



Melissa's Favorite Salad (4-6 servings)

2 collard leaves, trimmed and chopped
2 kale bunches, trimmed and chopped
4 romaine lettuce leaves, chopped
1 pear, cubed
1 small red onion, chopped
1 orange bell pepper, chopped
1 cucumber, chopped
1 avocado, diced
1 carrot, diced or grated
10 cherry tomatoes, halved
½ cup sunflower seeds or pumpkin seeds

Balsamic Vinaigrette Dressing:

1 cup extra virgin olive oil 1 Tbsp Dijon mustard
1/2 tsp black pepper
1/2 tsp sea salt
1/4 cup red onion, diced 2 cloves garlic, minced
3 Tbsp balsamic vinegar

Directions:

To make the dressing, blend all ingredients except olive oil in a high-speed blender or food processor until smooth. Once smooth, slowly add in the olive oil to fully emulsify. Place all the salad ingredients in a bowl. Toss to combine ingredients. To serve, pour dressing over salad and toss to coat. Enjoy!



Vegetable Soup (6-8 servings)

- 2 Tbsp olive oil
- 1 1/2 cups chopped yellow onion (1 medium)
- 2 cups peeled and chopped carrots (about 5)
- 1 1/4 cups chopped celery (about 3)
- 4 cloves garlic, minced
- 4 (14.5 oz) low-sodium vegetable broth
- 2 (14.5 oz) diced tomatoes (undrained)
- 3 cups peeled and 1/2-inch thick diced sweet potatoes (from about 3 medium)
- 1/3 cup chopped fresh parsley
- 2 bay leaves
- 1/2 tsp dried thyme
- Salt and freshly ground black pepper
- 1 1/2 cups chopped frozen or fresh green beans
- 1 cup frozen or fresh peas

Directions: Heat olive oil in a large pot over medium-high heat. Add onions, carrots, and celery and sauté 4 minutes then add garlic and saute 30 seconds longer. Add in broth tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste. Bring to a boil, then add green beans. Reduce heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20 - 30 minutes. Add peas and cook 5 minutes longer. Serve warm. For more flavor add in more dried herbs as desired. Other good herbs to add include basil, oregano, marjoram, or Italian seasoning.



Quinoa Salad (2-3 servings)

- 2 teaspoons + 1 tablespoon olive oil, divided
- 1 cup quinoa, rinsed
- 1 3/4 cups water
- 1 cup chopped white mushrooms
- 1 cup broccoli florets, cut into small pieces
- 1 cup frozen sweet peas (not canned)
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 tablespoons fresh lemon juice

Directions:

In a medium pot, add olive oil over medium-high heat. Add quinoa and stir. Cook for 5-6 minutes, stirring occasionally until oil is absorbed and quinoa is starting to brown. Add 1 3/4 cups water and bring to a boil. Reduce heat, cover and simmer until moisture is absorbed, about 15 minutes. When done, transfer the cooked quinoa to a medium bowl. While the quinoa is cooking, add olive oil to a large skillet over medium-high heat. Add mushrooms and broccoli and cook for about 3-4 minutes, stirring occasionally, or until mushrooms are starting to soften but still a little firm. Add sweet peas, salt, and garlic powder. Reduce heat to medium and cook, stirring occasionally, until sweet peas are no longer frozen and warm throughout, about 3-4 minutes. Remove from heat and add the mushroom/broccoli mix to the bowl of quinoa. Add the and lemon juice and stir.



Quinoa with Butternut Squash (2-3 servings)

- 1 tablespoon extra virgin olive oil
- 1 sprig fresh rosemary or 2 tsp dried
- 2–3 cloves garlic, minced
- 1 small butternut squash, peeled and finely chopped or about 3 cups
- 1 small sweet onion, chopped
- 1 cup dry quinoa
- 2 cups vegetable broth (store-bought or homemade)
- Sea salt and black pepper, to taste

Directions:

Warm the oil in a large, nonstick pot over medium-high heat. Once warm, add the rosemary sprig, onion and minced garlic; sauté for around 60 seconds, until the garlic is fragrant. Add the butternut squash to the pot and sauté for an additional 2-3 minutes, stirring occasionally. Add the quinoa and vegetable broth to the pan and stir well. Increase the heat to high until everything comes to a boil; then, reduce the heat to medium-low, cover, and cook for 20-23 minutes. Turn off the heat and let sit for 5 minutes before opening the pot and fluffing with a fork. Serve as desired.



Lentil Soup (6-8 servings)

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounces) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water or vegetable soup
- 1/2 cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- Celtic Sea Salt and ground black pepper to taste

Directions:

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper, and more vinegar if desired.



Butternut Squash Soup (6 servings)

2 tablespoons extra-virgin olive oil

1 large yellow onion, chopped

1 (3-pound) butternut squash, peeled, seeded, and cubed 3 garlic cloves, chopped

1 tablespoon sage

1 tablespoon rosemary

1 teaspoon grated fresh ginger

3 to 4 cups vegetable broth

Sea salt, ground black pepper and parsley, to taste

Pumpkin seeds, to garnish (about 1-2 tablespoons per serving)

Directions:

Heat the oil in a large pot over medium heat. Add the onion, salt, and pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley and pumpkin seeds.



Lentil and Sweet Potato Shepherd's Pie (8-10 servings)

Top Layer

3 large or 5 small organic sweet potatoes* (thoroughly washed + roughly chopped into big chunks)
2 Tbsp coconut oil or ghee
1/4 tsp Celtic sea salt

Middle Layer

1 cup mushrooms (stems removed and sliced in 1/4-inch slices)
4 Tbsp balsamic vinegar
1 Tbsp melted coconut oil
Pinch Celtic sea salt and black pepper
1 clove garlic, minced

Bottom Layer (optional)

1 Tbsp coconut oil
1 medium onion, diced
2 cloves garlic, minced
1 1/2 cups uncooked brown or green lentils, rinsed and drained
4 cups vegetable stock (no sugar added)
2 tsp fresh thyme
Mixed fresh or frozen vegetables i.e. peas, carrots, green beans (optional)

Directions:

1. Place sweet potatoes in a large pot and fill with water until they're just covered. Bring to a boil over high heat. Then reduce to medium-high heat and cook for 15-20 minutes or until they slide off a knife very easily.
2. Once cooked, drain and transfer to a large mixing bowl. Use a masher or fork to mash until smooth. Add coconut oil and season with salt and pepper to taste. Loosely cover and set aside.
3. While potatoes are cooking, preheat oven to 425 degrees F (220 C) and lightly grease a 9x13-inch (or similar size) baking dish (or more baking dishes, as needed, if altering batch size).
4. If adding (optional), add portobello mushrooms to a shallow dish. Top with balsamic vinegar, oil (optional), salt, pepper, and garlic. Toss to combine and let marinate for 5 minutes.
5. Next heat a large pot over medium heat. Once hot, add oil, onions, garlic and any raw veggies. Sauté until lightly browned and caramelized - about 4-5 minutes.
6. Add a pinch of Celtic salt and pepper. Then add lentils, vegetable broth, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender (20-30 minutes).
7. (If adding mushrooms) while lentils cook, heat a large skillet over medium heat. Once hot, add a dash of oil and the mushrooms with their marinade. Spread into an even layer and cook on one side for 2-3 minutes. Then carefully flip and cook on other side for 2-3 minutes. Then remove from heat and set aside.
8. In the last 10 minutes of cooking the lentils, add the frozen veggies, stir, and cover to meld the flavors together. Drain off any extra vegetable stock (there shouldn't be much). Taste and adjust flavor as needed, adding more salt and pepper for overall flavor.
9. Transfer the lentil mixture to your oven-safe baking dish and top with portobello mushrooms (optional) then mashed sweet potatoes. Smooth down with a spoon or fork and season with another crack of pepper and a little sea salt (and more thyme if desired).
10. Set on a baking sheet to catch any overflow and bake for 20 minutes or until the potatoes are lightly browned on top and the edges are bubbling.



11. Let cool briefly before serving. The longer it sits, the more it will thicken. Let cool completely before covering, and then store in the fridge up to 4-5 days or in the freezer up to 1 month. Reheats well in the microwave or in the oven.



Snacks

Asparagus Fries (1 serving)

Asparagus, however much you like
1 tablespoon olive oil per pound of asparagus
Celtic Sea Salt

Cut off woody end of asparagus. Line a pan with foil and preheat broiler. Lay out the asparagus in a single layer on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

Salsa (4-6 servings)

2 cups ripe tomatoes, chopped
1 cup Vidalia onions, chopped
1 cup green bell pepper, chopped
2 tablespoons fresh lime juice
1 jalapeno, finely diced
1 teaspoon Celtic Sea Salt
Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, lime juice, jalapeno, and sea salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid. Gently mix in the cilantro and sea salt to taste.

Kale Chips (2-3 servings)

1 bunch kale
1 tablespoon olive oil
1 teaspoon Celtic Sea Salt
1 teaspoon cayenne pepper

Preheat oven to 350°. Line a non-insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.



Cauliflower Popcorn (3-4 servings)

1 head of cauliflower (any color) chopped into small pieces
3-4 tbsp olive oil
Celtic sea salt to taste

Directions:

Preheat oven to 375 degrees F. Toss the cauliflower pieces with the olive oil and sea salt. Spread onto large cookie sheet. Bake 20-25 minutes (watch so they don't burn), until crispy.

Roasted Sweet Potato Fries (3-4 servings)

2 large sweet potatoes or yams
2 tbsp melted coconut oil
Celtic sea salt
Freshly ground pepper
ground cumin or paprika

Directions

Preheat oven to 375 degrees F. Slice the washed sweet potatoes or yams into match sticks. Toss with oil and spices. Spread onto parchment paper lined cookie sheet. Bake for 30 minutes or until crispy.

Tahini (4 servings)

1 cup raw sesame seeds
1/2-1 cup water
2 tbsp sesame oil or olive oil
Pinch of Celtic sea salt

Directions:

Put all ingredients in your Vitamix blender or a food processor and blend until creamy and smooth. Dip your favorite vegetables or apple slices into it and enjoy.

NOTE: Tahini tastes great with a sliced apple. You can also use this recipe to make salad dressings and hummus. It stays good for a week in the refrigerator.



Side Dishes

Cauliflower “Rice” (3-4 servings)

- 1 head of cauliflower (about 2 pounds)
- 3 Tbsp. ghee, divided
- 4 medium sized carrots, peeled and chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup finely chopped broccoli (optional)
- 1/2 tsp. olive oil
- Sea salt and ground pepper, to taste

Directions:

1. Chop the cauliflower into florets. Working in batches, place a few florets into the food processor or blender and pulse 2 or 3 times or until rice sized pieces are formed (try not to over-blend - bigger pieces are better than mush!). Place in a large mixing bowl and continue until all of the cauliflower is riced. Wrap the riced cauliflower in a few paper towels and wring out any excess moisture, then return to the mixing bowl.
2. Heat your skillet or wok over medium-high heat. Add 2 Tbsp. of ghee to the pan and allow it to melt. Add the onions, garlic and carrots and cook for about 2-3 minutes. If using broccoli, add them and cook 1 additional minute. Remove from pan and set aside in a large bowl.
3. Add a little sea salt and pepper, then transfer contents of the pan to the bowl with the vegetables and set aside.
4. Add the remaining 1 Tbsp. of ghee to the pan and allow to evenly coat the bottom and to get very hot. Add the “riced” cauliflower to the pan and toss. Cook for about 5-7 minutes, stirring only every couple of minutes so that it allows some pieces on the bottom to fry and get brown and crispy.
5. Add the vegetable mixture back to the pan and stir with the rice mixture to combine. Add olive oil and stir to combine. Remove from heat and add additional salt and pepper to taste. Serve and enjoy!

Oven Roasted Veggies – number of servings depends on amount of veggies used

Use the following vegetables, unpeeled, washed, and cut into bite-sized pieces: Broccoli, onions, garlic and asparagus.

Toss vegetables with olive oil and sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in roasting pan in single layers and roast approximately 20-25 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. The amount of time needed depends on the size of the veggie. Salt and pepper to taste. Serve while warm, or use cold leftovers in salad.

Vegetable Broth

Boil a variety of veggies like kale, whole garlic cloves, onion, carrots, celery, sea vegetables, yams, zucchini, chard, spinach for an hour and then strain...saving only the broth).



Sweet Treats

Vanilla Chia Pudding (1 serving)

1 cup coconut milk (or coconut cream)
1/4 cup chia seeds
1 tsp vanilla
Stevia or Monk Fruit to taste (optional)
Cinnamon (optional)

Directions:

Place coconut milk in a mason jar, then add remaining ingredients and shake vigorously. Place in the fridge. Ideally, retrieve it and shake it a few more times within the next 20 min. Then, let it chill for at least a couple of hours. It will start to gel up quickly from the chia.

Chocolate Chia Pudding (1 serving)

1 cup coconut milk (or coconut cream)
1-2 tbsp raw cacao powder
1/4 cup chia Seeds
1 tsp vanilla
Stevia or Monk Fruit to taste (optional)
Cinnamon (optional)
Strawberries, for topping (optional)

Directions:

Place coconut milk in a mason jar, then add remaining ingredients and shake vigorously. Place in the fridge. Ideally, retrieve it and shake it a few more times within the next 20 min. Then, let it chill for at least a couple of hours. It will start to gel up quickly from the chia. Serve with strawberries.

Berry Chia Pudding (1 serving)

2 cups coconut milk
1/3 cup chia Seeds
1/2 cup to 1 cup frozen mixed berries
zest of one orange
1 tsp vanilla
Stevia or Monk Fruit to taste (optional)
¼ tsp cinnamon

Directions:

Blend coconut milk, fruit, orange zest, vanilla, cinnamon and stevia. Combine with chia seeds and stir. Place in the fridge. Ideally, retrieve it and shake it a few more times within the next 20 min. Then, let it chill for at least a couple of hours. It will start to gel up quickly from the chia.



Chocolate Avocado Mousse (2 servings)

2 avocados
5 tbsp raw cacao powder
Pinch of Celtic sea salt
1/2 tsp vanilla
Liquid stevia to taste

Directions:

Blend all of the ingredients in your Vitamix blender or a food processor. Add stevia a drop at a time. Too much will ruin the whole batch. Serve with fresh berries.

Chocolate Energy Balls (4-6 servings)

1 cup finely ground sunflower seeds
1/2 cup ground flax seeds
1/4 cup sesame seeds
1/4 cup unsweetened coconut flakes
1/3 cup raw cacao
1/4 cup melted coconut oil
1/2 tsp vanilla
1 drop of mint essential oil (if you like a mint flavor)
Pinch of Celtic sea salt
Drops of stevia if sweetness desired

Directions:

Mix all of the ingredients together and roll into balls. If you put them in the fridge, they will grow firmer due to the coconut oil hardening with the cold temperature.

NOTE: You can make these and freeze them for future use. After the 21-Day Detox, you can mix and match the flavors and types of nuts and seeds you use for variety and fun. They are great travel food and hiking snacks.



Pumpkin Sunflower Seed and Coconut Balls (6-8 servings)

1 cup hulled sunflower seeds
1 cup dates, pitted (about 7 ounces)
1 cup unsweetened shredded coconut
1/4 cup pumpkin puree
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
pinch of nutmeg
pinch of salt

Directions:

1. Place the sunflower seeds in the bowl of a large food processor fitted with an “S” blade and process them into a fine flour. Add in the dates, ½ cup coconut, pumpkin, vanilla, cinnamon, ginger, nutmeg and salt and process until a sticky dough is formed. At this point, you can taste the batter and see if you’d like to make any adjustments – add in more seeds for a drier texture, more dates for sweetness, or more spice to taste.
2. Roll the mixture into small bite-sized balls.
3. Pour remaining ½ cup coconut flakes onto a plate. Roll balls into coconut flakes and coat evenly.
4. Store in the fridge for three to four days, to last longer.



Phase 2 Detox Recipes

Pesto Chicken Salad (4-5 servings)

Zoodles (a.k.a zucchini noodles)

3-4 medium zucchini made into zoodles with either a julienne peeler or spiralizer

Sea Salt

Pesto Sauce

3 cups packed basil leaves

4 garlic cloves

¼ cup walnuts or pine nuts

½ cup extra virgin olive oil

½ teaspoon sea salt

¼ teaspoon black pepper

Remaining Ingredients

1 tablespoon coconut oil (or grass-fed butter/ghee)

1 lb boneless, skinless chicken breasts, cut into bite sized pieces

½ bunch asparagus (about 12 stalks) cut into 1" pieces, tough ends removed

1/3 cup sun dried tomatoes

¼ cup pine nuts

Sea salt and pepper, to taste

Directions:

Add the pesto ingredients to a food processor (or blender) and pulse until well combined. Set aside.

Heat the coconut oil in a large pan over medium heat. Once the oil has melted, add the chicken to the pan. Sauté until the chicken is cooked through, about 5 minutes. Add the asparagus to the pan and sauté for 2-3 minutes, or until the asparagus starts to soften. Turn down the heat of the pan to medium-low, and add the zoodles to the pan. Stir well. Once the zoodles are warm, turn the heat off and add the pesto sauce, sun dried tomatoes, and pine nuts to the pan and stir until combined.



Chicken Cacciatore (3-4 servings)

1/2 cup + 2 tablespoons extra virgin olive oil
2 garlic cloves, pressed
2 tablespoons balsamic vinegar
1 1/2 tablespoons Worcestershire sauce
1 teaspoon crushed red pepper flakes
3 teaspoons fresh rosemary, 5 sprigs stripped and leaves chopped
4 large portobello mushroom caps
1 1/2 pounds (4) boneless, skinless chicken breasts
Coarse black pepper
Celtic Sea Salt
2 thinly sliced and seeded Italian light green peppers (cubanelle)
1 medium red onion, thinly sliced
28-oz. can fire-roasted diced or crushed tomatoes (lightly drained)
Handful flat-leaf (Italian) parsley, chopped

Directions:

1. Heat a grill pan or outdoor grill to high heat. You can also use a heavy-bottomed pan on the stove for both chicken and mushrooms.
2. In a large bowl, combine balsamic vinegar, Worcestershire sauce, crushed red pepper flakes, and rosemary, then whisk in about 1/2 cup olive oil. Run the mushrooms through the marinade and transfer to a plate to reserve.
3. Add chicken to remaining marinade and coat evenly. Let sit for 2-3 minutes.
4. Season 1 side of the chicken with salt and pepper.
5. Season the caps of the mushrooms with pepper only until done grilling, then add salt.
6. Place both mushrooms and chicken with the seasoned side down.
7. Place a heavy skillet on the mushroom caps to cook them, approximately 3-4 minutes per side until dark, tender, and well marked.
8. While chicken and mushrooms cook, add 1 tablespoon olive oil to a hot skillet. Add garlic, peppers, and onions to skillet, and season with salt and pepper. Cook and toss frequently for approximately 7-8 minutes.
9. Add tomatoes and parsley and heat through, approximately 1 minute. Remove from heat.
10. Thinly slice mushrooms and chicken and arrange on platter. Cover with the sauce mixture and serve.



Melissa's Easy Baked Chicken (2 servings)

2 chicken breasts, boneless and skinless

2 tablespoons coconut oil (plus some to coat baking dish) or bacon fat (use leftovers from breakfast or lunch recipes)

½ teaspoon paprika

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon sea salt

½ teaspoon pepper

Directions:

Preheat oven to 400 degrees. Grease rectangular baking dish. Place the chicken in the baking dish and sprinkle with seasonings. Top each piece of chicken with one tablespoon coconut oil or bacon fat.

Bake chicken for 35-40 minutes or until fully cooked. Serve with a side salad.

Chicken and Brussels Sprouts (2-3 servings)

6 chicken thighs, boneless

2 cups Brussels sprouts (or 1 bunch asparagus, trimmed)

2 tablespoons balsamic vinegar

4 tablespoons coconut aminos*

2 garlic cloves, minced

¼ cup olive oil

Celtic sea salt and pepper to taste

Directions:

In a small bowl, combine vinegar, coconut aminos, parsley, garlic, olive oil, sea salt and pepper. Pour mixture into a glass dish with a cover. Add the chicken thighs. Cover thighs and marinate for at least four hours or up to 12 hours. Preheat oven to 400 degrees. Remove chicken from marinade and place in baking dish (reserving the marinade). Bake for 25-30 minutes, or until fully cooked. Remove pan from oven. Add Brussels sprouts, leaving chicken in the pan. Drizzle remaining marinade over chicken and Brussels sprouts. Bake for another 8 to 10 minutes.

*Note: Coconut aminos taste like soy sauce but a much healthier substitute.



Lemon & Garlic Baked Chicken (2 servings)

1 lb. chicken breast
2 tbsp. grass fed ghee or butter or coconut oil
1 tbsp. lemon juice
1 tsp lemon zest
1 large clove of garlic, crushed or finely minced
Sea salt and black pepper to taste

Directions:

Preheat oven to 350 degrees and line a baking dish large enough to hold the chicken with parchment paper. Melt ghee or butter. In a small bowl, combine the butter, lemon juice, lemon zest, and garlic. Stir to combine. Place the chicken on the parchment paper and season with sea salt and pepper. Brush the butter mixture evenly over the chicken. Bake for 15-20 minutes or until lightly browned and cooked through. Serve with side salad or steamed broccoli and cauliflower.

Herb Baked Chicken (2 servings)

2 boneless, skinless chicken breasts
1 tablespoon olive oil, or avocado oil
½ teaspoon garlic powder
½ teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon dried oregano
salt and pepper, to taste

Directions:

Preheat oven to 425 degrees. In a small bowl, mix together the garlic powder, basil, thyme, oregano, salt and pepper until combined. Lightly coat the chicken breasts in olive oil, and then generously rub the spice mix on both sides of the chicken. Place the chicken breasts in a baking dish and cook for 20-25 minutes, until fully cooked. Let the chicken rest for a few minutes to allow the juices to redistribute within the meat, then serve.