



DETOX

RECIPE GUIDE JOURNAL





Welcome to Detox Recipe Guide.

You're about to embark upon a personalized health adventure, during which you're likely to discover foods, flavors, and spices that suit your body, in specific. The method is simple:

1

Pick your body type.

2

Your body type is matched with certain foods and recipes.

3

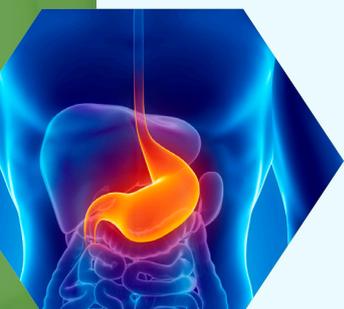
Choose recipes paired with your body type and go through all 3 phases.

THE THREE PHASES OF THE DETOX RECIPE GUIDE ARE:



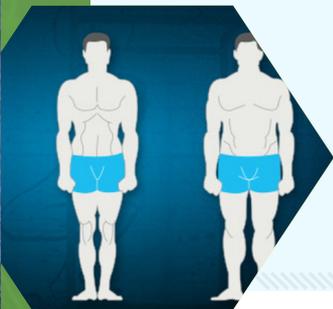
Detox phase:

This is the period of time with the intention is to provide rest and an opportunity for regeneration for your body system(s) most active, based upon your body type.



Transition phase:

Before returning to a normal diet, it's important to transition how you eat, in order to restore proper balance of stomach acid, digestive enzymes, and autonomic homeostasis -- or the balance of your nervous system's interpretation of fight or flight vs rest and digest -- since digestion of solid foods takes longer and requires more metabolic effort.



Lifestyle phase:

This is the period of time with the intention is to provide rest and an opportunity for regeneration for your body system(s) most active, based upon your body type.

Super simple, right? Choose your body type and then select your favorite recipes from each section for the designated amount of time. If you think you didn't choose the right body type, simply go back to the beginning and start again.

If you're ready to get started, please go to page

If you're interested to learn more about the science of Detox Recipe Guide, please continue reading.



<https://ReadyToLookYounger.com/VIP>

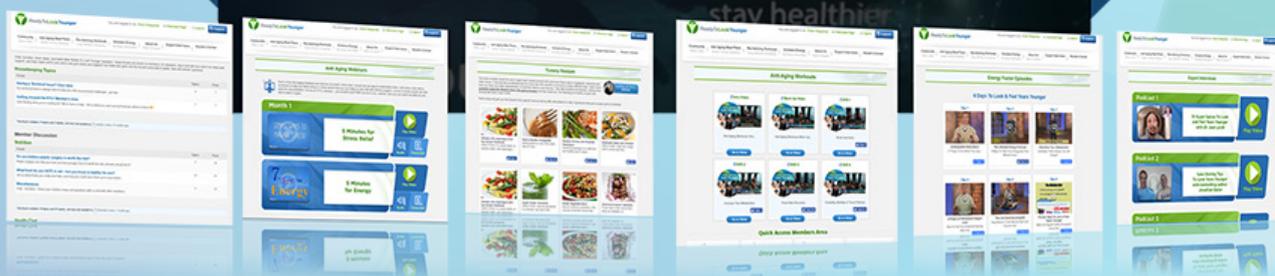
And, if you're interested in the next steps after Detox Recipe Guide, or other ways to optimize your health as you age, please click here for a 14 Day Trial into Ready To Look Younger, where you can join thousands of other members who share your goal of looking and feeling your absolute best:



Ready To Look Younger

EXCLUSIVE INVITATION

FREE



Of course, moving your body matters. And for each person, a bit different. That's why personalized workouts are so important. If you'd like to be able to build some personalized workouts for free, please visit: <http://CreateMyWorkout.com/VIP> and we'll gladly give you a free trial in **Create My Workout** + we'll even discount your future membership as a thank you for trusting us with Detox Recipe Guide.

You can also access your 100% free workouts by clicking the link below



Discounted Doctor-Designed Workouts
[Personalized For You \(click here\)](#)



TIME TO DETOX

THE SCIENCE OF DETOX RECIPE GUIDE:

We are meant to eat differently, depending upon our shape and size, ancestry, activity level, prior choices, mood/feeling/emotions, health status, and genetic expression on a minute-to-minute basis. To say there is a single solution for eating that is appropriate for everyone is a big and bold lie. Food simply doesn't work that way.

If I ask you a couple of questions, this might start to make a lot more sense:

Is there any arguing that a bear is meant to eat more food than a human?

And does it make sense that a lion eats meat, and that a small fish eat algae?

Sure, some animals -- like deer -- are meant to eat more or less the same diet, regardless of shape or size. However, when we consider animals that have a larger variety of shapes and sizes -- like the distinction between chimpanzees, gorillas, orangutans, and baboons -- it starts to become clear that shape, size, and natural living environment play a huge role in how each of these monkeys is meant to eat.



And we know this to be true across different whale species, too. For example, some orcas (killer whales) only eat salmon, and others eat marine mammals like sharks, seals, etc. This is based upon where they live, where they migrate (what their habits are), food availability, and socialization with the 'pod' (group) of orcas with whom they live. Of course, over time the orcas' diet changes the regulation and secretion of enzymes in their bodies, how they digest, and in turn, which foods they should eat.

Naturally, the same thing is true for humans. Depending upon how petite -- or large -- you are, you require different foods.

Depending upon the choices you make, you require different foods.

Depending upon where you live, weather conditions, socialization, your state of mind, and amount of time you have to digest, you require different foods.

Think about it... this is super simple, when you step away from all the bogus, generalized health information you keep hearing about the 'best' way to lose weight, eat right, or look great. It's all about some 'method' you follow that forces you to restrict yourself from eating your "favorite" foods.



Please notice this keyword: favorite.

Almost every single diet book out there is based upon allowance or restriction of your favorite foods; in other words, they are intentionally -- or inadvertently -- reinforcing emotional eating habits. And, the whole point of 'how' to eat to become healthy gets missed.

Please allow me to say this clearly: you are meant to see food as an energy source. Food is not intended to be chosen simply on flavor, since many of our favorite "foods" are not 'food', at all.

If you showed a vanilla cream donut to a deer, it might want a bite of it, but I think we can all agree that donuts are not 'food' for a deer. Similarly, they're not food for you either. They don't come from nature, they're not seasonal, and you don't naturally have the composition to adequately digest real food when you poison -- or block up -- your system with so-called foods that are not really foods, at all.

BODY AGING THROUGH FOOD, ENVIRONMENT, AND STRESS:

"It's distinctly possible your body's organs are aging faster than you are, biologically speaking. In other words, your ' is the rate at which you age, vs your 'biological' age is your chronological age, in terms of days, weeks, months, and years."



And depending upon the choices you make, how much each of your systems is under stress, and how often you take the time to de-stress priority organs for your body, you may find that your body's organs are aging much slower than expected, or much faster. Some easy examples to understand how environment affects body organ health include:



Smokers -- we all know that a smoker's lungs build up tar, and this tar leads to faster aging of the lungs.

Fast Food -- it's probably fair to say at this point that over-consumption of greasy fast food leads to clogged arteries, heart attacks, and strokes.



Over-exertion -- we've seen lots of cases of sudden cardiac death, either from chest trauma, overexertion, or unknown cause. In many cases, there is a link to overexertion, or one specific moment of pushing so hard that the heart fails.

Power lines & cancer -- there is strong evidence suggesting that the electromagnetic waves created by power lines leads to a change in body cells, which has an increased risk of associated cancers.





Sun exposure -- many people believe in using high-SPF sunblock; others believe that sunblock leads to cancer. Either way, there appears to be a balance -- that is unique to you, based upon your skin tone, exposure over time, and frequency of burn -- between time in the sun to boost immunity and avoiding too much sun to avoid cancer.

Oxygen -- the air we breathe has oxygen, which leads to free radical damage. We also know that concentrated oxygen -- like a hyperbaric chamber -- leads to faster healing. So, once again, oxygen has thresholds of helping us recover/heal vs causing free radical damage, which leads to diseases like cancer.



Depression & disease -- there is a strong link between 'feeling' and 'health' that is well-understood across medical practitioners. Patients who believe in themselves and have a positive attitude out-perform patients who do not believe in themselves and/or have a negative attitude, time and time again. It's clear that how you feel, on the inside, affects how you perform on the outside. time in the sun to boost immunity and avoiding too much sun to avoid cancer.

When we think of life and death circumstances, it becomes clear that our choices affect our health. However, it's the small choices that affect us in a 'small' way, throughout each and every day. For example, if you live in a city with a lot of smog, you're kind of like the smoker, except less at a time, and it's more gradual. Or if you're a professional athlete, then you're stressing your body in a life or death way on a regular basis, often asking it to perform at its maximum capacity. Either way, the choices we make affect our health, because they affect our genes on a minute-to-minute basis.

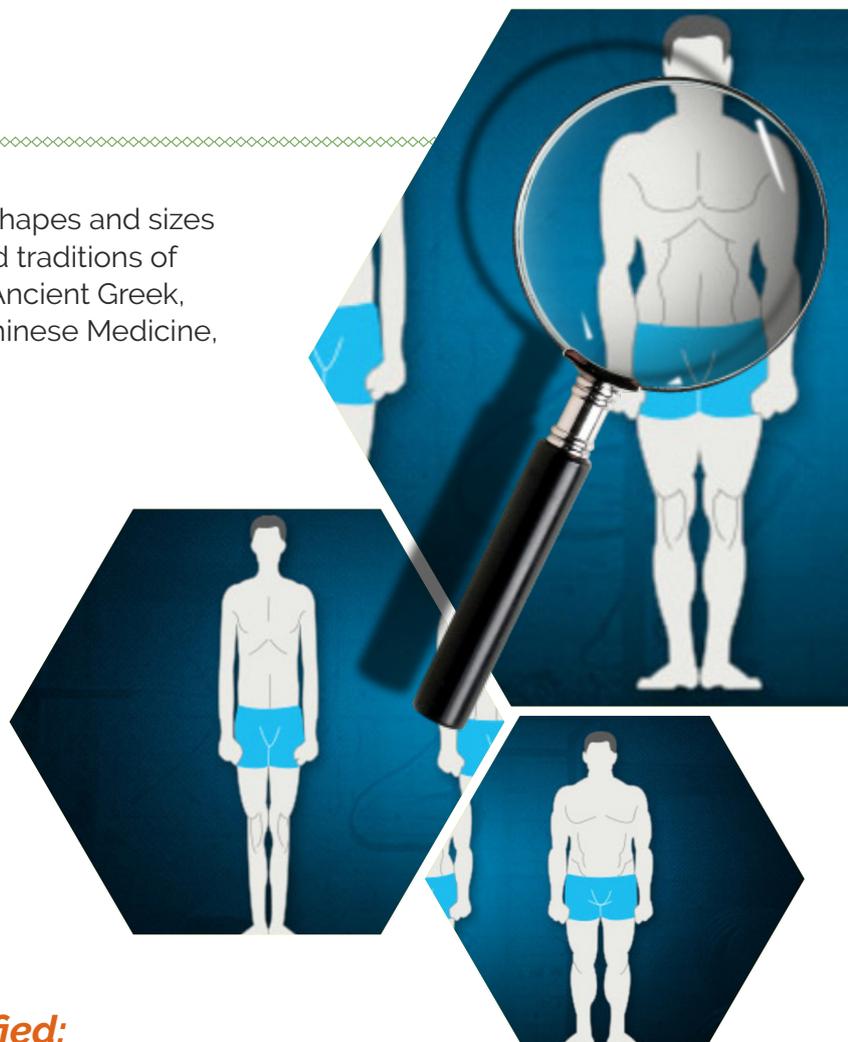
And in order to care for your body, its organs, and your health, you must first understand your body, and which systems are under greatest stress or demand. One great way to begin is by understanding body morphology, or how your body's shape and size biologically determines which bodily systems are highest functioning and most stressed.

BODY MORPHOLOGY:

Body morphology -- or the study of body shapes and sizes -- dates back to many ancient, cultures and traditions of our past, including the Ancient Egyptians, Ancient Greek, Traditional Chinese Medicine, 5 Element Chinese Medicine, Ayurvedic Practice/traditions.

And, most indigenous cultures around the world still live this way naturally, as they have people in their villages who do more of the manual labor, strategize for food for the village, nurture children as they grow, or plan ceremonies; there are but a few examples of how applying body morphology might look in practice.

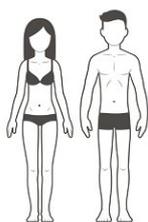
For most indigenous cultures, life path is chosen based upon biology first, rather than any other factor. It makes sense.



3 body types have been identified:

ECTOMORPH

-- long, thin bones



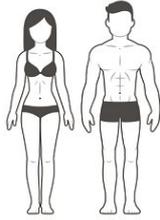
Ectomorphs are natural-born leaders, energetic beings, and purpose-driven individuals. They are often mistaken for being impersonal, although each statement made is done thoughtfully, in a calculated way. Due to busy minds and undying desire to conquer the world, ectomorphs may seem standoffish or the life of the party, depending upon what's most important to them at the time.

From a dietary standpoint, some ectomorphs do better than others with large portions of meat. In general, meat should be extremely well-cooked -- like stew meat -- and antioxidant intake should be high to balance oxidative stress to the nervous system. Fruit smoothies and veggie juices are advised. The taller and thinner the ectomorph, the hotter the environment should be, and the more time alone will be needed. The smaller-framed ectomorph will have more ability to adapt, albeit climate, activity level, diet, or relationships.



MESOMORPH

-- *medium build*



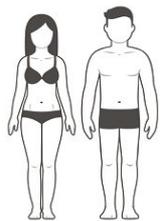
Mesomorphs are biologically lean, strong, and agile. They benefit from being active, living in warm and dry climates, and releasing energy through their upper bodies relatively early and often throughout each day. They are naturally great meat eaters and do well with 5-6 meals per day.

Mesomorphs benefit from a blend of a high antioxidant diet with a diet rich in animal-based proteins and veggies. For this reason, salads can be a great accompaniment to any meal, and choosing the highest quality meats will make a major difference in health, due to frequency of consumption.



ENDOMORPH

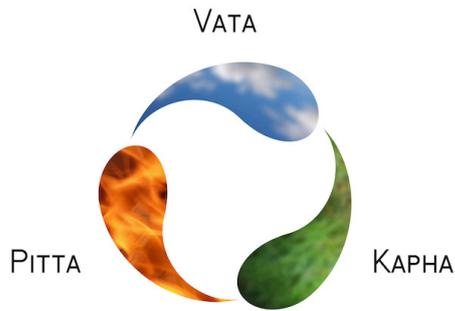
-- *thicker bones
(short or long)*



Endomorphs are bigger-boned people who tend to emphasize family, have big hearts, and are excellent with energy conservation through stored calories. Generally speaking, endomorphs function best at their own speeds, waking up later in the day, and while eating 2-3 meals per day.

Sugar is the enemy for endomorphs. Because energy is stored so easily, synthetic sugars, in particular, are like automatically-binding molecules of nastiness that attach to hips, thighs, upper arms, love handles, and the lower belly, resulting in rapid weight gain.





Within each body type, there are sub-classifications according to each area of science that discusses them. For example, Ayurvedic medicine discusses the following body types:

Vata

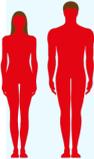
paired with the element of 'air' -- is mobile, and specializes in movement + communication. Vata is creative and flexible, by nature.



- When unhealthy, this dosha experiences fear, anxiety, isolation, loneliness, and exhaustion.
- This dosha is best paired with the Mesomorph first, and Ectomorph second.

Pitta

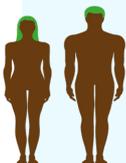
paired with the element of 'fire' -- is transformative, and able to digest/synthesize. This dosha is known for intelligence, understanding, digestion of foods, thoughts, emotions, and experiences.



- When unhealthy, pitta causes fiery, reactionary emotions such as frustration, anger, jealousy, and criticism. Imbalanced pitta is often at the root of inflammatory disorders.
- This dosha is best paired with the Ectomorph first, and mesomorph second.

Kapha

paired with the element of 'water' -- drives community, cohesiveness, and structure. This dosha embodies love and compassion, and a healthy body maintains great immunity, as well as function in general.



- When unhealthy, kapha triggers emotions of attachment, greed, and possessiveness. They can also be known for stubbornness, lethargy, and resistance to change. And they will experience resistance in the mind.
- This dosha is best paired with the Endomorph first, and Ectomorph second.

In ayurvedic tradition, these are referred to as 'doshas'. Each dosha corresponds with patterns and traits of an individual, likelihood of strain/disease for certain systems of the body, and natural health potential in certain areas. Interestingly, doshas also correlates with anthropometric measurements of the body, or the body's shape and size.

In Traditional Chinese Medicine (TCM), the body types are a bit different, and yet very similar:



thin, lean body types that move with grace. These people tend to be Type A, determined, and competitive, performing well under pressure.

When out of balance, Wood Types can be irritable, frustrated, and impatient and suffer health problems like PMS, high blood pressure, tight muscles, and headaches. Prolonged stress may result in craving alcohol or some other unhealthy vices or habits. Since the liver is the organ most closely linked with the 'wood type', anger, frustration, and intoxication are some of the most important epigenetic variables to manage.

- *The Wood Type is most closely associated with the Ectomorph.*



biologically designed to nurture, Earth people have square faces with strong jaws and generally large features, especially their mouths. Their bodies are often thick set or curvy. They are known for their reliability and ability to gather community and create harmony.

When out of balance, a thoughtful Earth Type can become obsessive, intrusive, and can cause worry unnecessarily. And since they wish to be needed sometimes, this can lead to codependent relationships, ultimately leading to further depletion. And since the organs most closely associated with the Earth Type are the digestive organs, they are susceptible to IBS, straining, loose stools, fatigue, and food allergies.

- *The Earth Type is most closely associated with the Endomorph.*



passionate, charismatic, infectious feeling characterizes the fire type. Prominent cheek bones, well-proportioned, and extremely enthusiastic, while often talkative

When out of balance, Fire Types experience anxiety, insomnia, and palpitations. They're prone to overheating, and they are more prone to acne and skin rashes. And since the heart is the organ most linked to the 'Fire Type', they are prone to circulatory issues, as well.

- *The Fire Type is most closely associated with the Mesomorph.*



intellectually sharp, with a high tendency for self-discipline, the Metal Types are often very successful. They like structure, and they tend to be organized and methodical. Perfectionists by nature, Metal Types are highly creative and detail-oriented. And since they are known for having super fast metabolisms, they rarely are overweight.

When out of balance, the Metal Types can allow grief and past hurt to damage relationships and result in further introversion. Since Metal Types tend to keep to themselves more than others to begin with, this can result in quite a bit of introversion. In some cases, Metal Types will replace intimacy with material things.

- *The Metal Type is most closely associated with the Ectomorph.*



often with round faces and, and soft rounded bodies, Water types have large soft eyes, and they are often regarded as wise beyond their years. A water type might enjoy anonymity, and might often prefer quietness, or calmness.

When out of balance, water types may experience sore joints, or low back pain. Water Types may also be fearful, timid, and indecisive.

- *The Water Type is most closely compared to some mix of an ectomorph and mesomorph.*

And once again, each body type corresponds with anthropometric measurements, meaning you can learn to measure and spot someone who is each body type.

Fascinating, right?

Yet, today, we pay very little attention to this in health and medicine. Somehow, with all of our advances, body morphology fell off the wayside. And yet it makes sense that if you have a super long digestive tract that it will take longer to digest food and foods like dense meats might ferment. It makes sense that you might want to eat animal-based proteins if your body naturally produces a lot of muscle, is built to sprint and be agile, and has a high level of stomach acid production. It makes sense that if you have a very sensitive gut -- meaning your nervous system tends to be on go-mode all the time, and you have a lot on your mind -- that you might want to eat well-cooked veggies and small servings of well-cooked meats if you choose food that is more dense.

And this is all based upon how you are naturally built. Learning to understand which types of foods best nourish your body is a fun and exciting adventure into *you!* The first step is to take a deep breath. The second step is to abandon everything you 'know' to be true. The third step is to let your body tell you what's true from here on out. (and no one else)

1 find the process of self-discovery to be awesome!



And I couldn't be more excited to share it with you.



You see, a few years ago I was teaching health at the international level, selling hundreds of thousands of copies of our top workout and diet programs, and traveling around the world healing bestselling authors, entrepreneurs, influencers, celebrities, athletes, etc. I thought I understood health, and then my intestine perforated. I became septic, meaning my body had an infection and was fighting itself; the end result: I underwent multiple organ failure.



You see, a few years ago I was teaching health at the international level, selling hundreds of thousands of copies of our top workout and diet programs, and traveling around the world healing bestselling authors, entrepreneurs, influencers, celebrities, athletes, etc. I thought I understood health, and then my intestine perforated. I became septic, meaning my body had its fighting itself; the end result: I underwent multiple organ failure.



To say the least, I was shocked to find out that what I thought to be 'the' perfect diet was awful for my body type. I was even more shocked to learn that the way my mind processes information is intense and not meant to be paired with meal time. Yet, it all made sense. I was meant to eat a variety of animal-based proteins in much smaller servings than I was eating, I was meant to eat a much larger variety of vegetables and in larger portions, and the hunch I had that fresh juice is outstanding for me turned out to be right.

I learned all of this through developing my intuition and how it is able to guide me with food choices. I was introduced to this way of thinking by a past mentor of mine, who works with an Italian doctor named Dr. Alberto Garoli. Dr. Garoli's research integrates eastern and western medicine, ancient medical wisdoms and traditions, and modern medical advances to yield a completely personalized approach to patient care.

Dr. Garoli's research is fascinating, and it's a modern-day example of how science is catching wind of traditions from our past.

Another gentleman, Reg Lenney, spent 40 years developing his approach to health coaching, which is now completely personalized. Much like the ayurvedic, Chinese, and Dr. Garoli-ites, Reg discovered the same basic factors that affect your health. Reg now speaks on international platforms, is the healer and health coach for pretty much every major celebrity in Hollywood, and he recently authored the book 'Be You', which details his approach to personalized health.

The point is:
this isn't a bandwagon.

And you should jump on anyway. In many ways, 'real' personalized health is like the discovery of penicillin, the calorie, or the internet. Once you understand how to care for your body, in specific, life will never be the same again.

Optimal health is the beginning of life. And the easiest way to get started on your path to optimal health is to begin learning about how your body is unique and responds differently to foods than other people, even within your family.

It's a great idea to create a reset period, so to speak, so we can help ensure you're able to absorb nutrients, once you begin eating for your body. Otherwise, you could eat the perfect diet, and all the gunk that built up in your gut over the years will stop you from absorbing nutrients and getting the energy you intended out of your food.

Digestive reset is why we begin with a detox. Digestive health is why there's a transition phase. And it's our view that life *begins* with optimal health, which is why there's a lifestyle section



Please enjoy Detox Recipe Guide. It was written for you, and with you in mind. If you have any feedback, questions, or comments, please don't hesitate to contact us:

support@ReadyToLookYounger.com

Also, if you're looking for even more personalized food recommendations, Chef Mark is the #1 resource we can share with you. Here's his contact information, and he's agreed to give discounted pricing for anyone referred by Detox Recipe Guide. (We do not receive any compensation for this referral.)

Chef Mark was kind enough to review, add thoughts, suggestions, and edits for every recipe in Detox Recipe Guide, and we are super grateful for his invaluable input. Considering the fact that he's cooked for people like Mick Jagger, the Queen, and more, I'd say we're pretty lucky to have his help.

And in spite of his success, Chef Mark keeps it real. He makes sure almost anyone can have access to personalized food coaching by offering some of the lowest rates I've seen in the industry. Please keep in mind that Mark actually spends time with each person he coaches, so this isn't some sort of lame 'fake coaching' situation where you can't get a hold of him. His prices are reasonable, and he takes the time to work with you on a personal basis. It's a sweet deal.

To get in touch with Mark, please see below:

Mark South
Email:
Phone #:

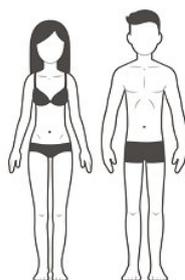
WHICH BODY TYPE ARE YOU?

Instructions:

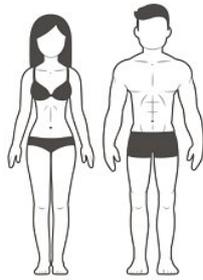


Please choose which body type looks most like you below. You'll see there are male and female images, and each body type has examples of people who are in shape, out of shape, and obese. The reason we show you all of these examples is to also give you a visual of what your body may look like when you are super fit. Often times, we base our self-judgments upon celebrities and fitness models, who look nothing like us and have completely different bodies. Let's instead epitomize what the best version of each of us might look like.

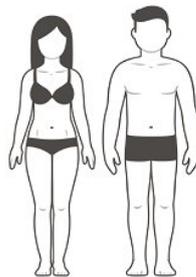
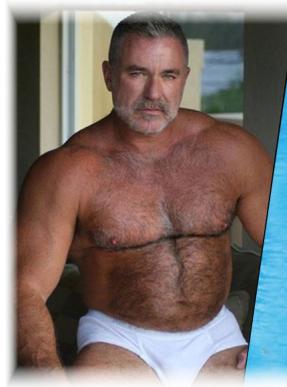
ECTOMORPH



MESOMORPH



ENDOMORPH



Do you know your body type?



If you're not sure, we'd love to help. In fact, we've developed a 2-minute questionnaire you can take right here: [Simple Health Plan](#)

NEXT STEPS ONCE YOU KNOW YOUR BODY TYPE:

- 1 Go to the detox section for your specific body type. (see table below for page #'s)
- 2 Review the recipes for your body type and go grocery shopping.
- 3 Plan out your meals for your detox phase, and be willing to adjust along the way.
- 4 Once you finish your detox phase, go to the Transition Phase for your body type.
- 5 After the transition phase, choose from the Lifestyle Phase recipes.
- 6 Learn what your body loves, or its superfoods, and bias what you eat towards these foods

Quick Reference Guide For Body Types & Recipes By Phase:

	Detox Recipes:	Transition Recipes:	Lifestyle Recipes:
Endomorphs:	(insert page #'s here, please, TEAM)		
Mesomorphs:			
Ectomorphs:			



Endomorph Detox Recipes



The main reasons to detox for an endomorph are to reduce circulatory stress and digestive strain. These are the two systems under greatest demand for endomorphs.

Some endomorphs tend to have longer digestive tracts, because they are taller than others. If this is the case for you, you'll want to consider a 2 week detox, rather than a 1 week detox for this phase. You see, food actually gets stuck in the digestive tract and ferments, especially dense food like animal-based protein. And this changes the way you absorb nutrients, the quality of your energy throughout the day, and your ability to heal throughout the night.

If you are a bit shorter and bigger boned (average or shorter), then one week will be plenty for your detox. Once again, your body will feel immense relief from temporarily removing animal-based protein from your diet and increasing your consumption of vegetables. You'll notice at first that you might feel famished, and then your metabolism will adjust. It typically takes 3-5 days, and once you pass this threshold, it's never the same again.

During this phase, choose freely from the recipes below. You will be eating no animal protein and minimal fats and oils, for the duration of up to a two week detox.



#1

Savory Green Morning Soup

Who said that soup isn't for breakfast? Enjoy this power-packed broth as a natural morning energizer. Cayenne pepper is a digestive stimulant that increases the flow of enzyme production as well as gastric juices, helping the body metabolize food and toxins. Celery is a blood cleanser and also supports healthy nervous system functioning.

What's in it

- 2 medium Yellow or green zucchini, ends cut and sliced into rounds
- ½ cup green string beans, ends trimmed
- 1 celery stalks, chopped into small pieces
- 2 bunches curly parsley, tough stems removed
- 4 cups filtered water or Vegetable stock
- pinch of cayenne pepper
- Garnish with Snipped Chives

How to make it

1. Place all ingredients in a large stock pot and bring to a boil. Add peppers.
2. Skim the top, reduce heat and simmer for 15 minutes or until veggies are tender.
3. Use a handheld blender to puree the soup, or place in batches in blender.
4. Serve warm.



#2

Fresh Garden Delight Soup

Broccoli lovers will enjoy this bold and savory mix of cleansing veggies with just enough zip to make it a delicious dish. Broccoli is also a great source of both vitamins K and C as well as folic acid. Vitamin C protects the body from free radical damage.

What's in it

- 1/2 cup fresh broccoli florets
- 1/2 stalk of celery, finely diced
- 1/2 cup Leeks, finely sliced
- 1 cup fresh spinach
- 1 carrot, peeled and finely chopped
- 3 cups Organic vegetable broth
- 1/2 tsp red pepper flakes
- 1/2 Lemon (juice)
- Garnish of Snipped Chives

How to make it

1. Heat 2 cups of Vegetable stock in a large stock pot.
2. Add Leek, carrot, celery, and broccoli. Cook over low heat for five minutes, stirring often.
3. Add the remaining vegetable broth and red pepper flakes. Bring soup to a boil and then cover and let simmer until veggies are tender. Don't let them get mushy.
4. Add the greens.
5. Use a handheld blender or transfer to a tabletop blender. Add lemon juice to taste and process until creamy



3

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



4

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#5

Green Beans and Basil Delight

Beans are high in fiber, and antioxidants that reduce inflammation and encourage detoxification. Basil is one herb that you can never get too much of. It has powerful antioxidant properties and helps keep the body alkaline. This soup is light but also still incredibly satisfying.

What's in it

- 1 medium leek
- 2 garlic cloves, crushed
- 1 cups fresh or frozen Diced Green beans
- 1 cup Spinach
- 6 cups filtered water or Organic Vegetable stock
- 1 cup fresh basil leaves
- ½ tsp
- 1 tsp cayenne pepper

How to make it

1. Simmer 2 cups of Vegetable stock and add chopped leeks and garlic with salt, pepper, and cayenne until tender.
2. Add the peas and cook for 2 minutes.
3. Add water or Stock and bring to a boil. Cook for 10 minutes.
4. Allow soup to cool and pour mixture into blender.
5. Add basil leaves and blend again.
6. Heat the mixture and serve.



#6

Ginger and Turmeric Carrot Soup

The therapeutic value of this delicious soup exceeds detoxification. Ginger has been shown to reduce inflammation and protect against cancer. Turmeric boosts brain health, balances blood sugar, reduces stress and relieves pain. Cayenne helps boost circulation, garlic fights bacteria and cinnamon boosts metabolism.

What's in it

- 1 large White onion, diced
- 2 garlic cloves, minced
- 1-inch piece ginger, peeled and grated
- 1-inch piece turmeric, peeled and grated
- ½ tsp cinnamon
- ¼ tsp cayenne
- 1 ½ pounds carrots, chopped
- 5 cups water or Organic Vegetable stock
- fresh Chives to garnish

How to make it

1. Heat 2 cups of stock in a large stock pot, add and cook onions until slightly soft and transparent.
2. Add garlic, ginger, turmeric, cinnamon, cayenne, salt, and pepper. Sauté the mixture for one minute then add the carrots and sweet potato and remaining cooking liquid Stock..
3. Bring mixture to a boil, reduce heat and cover. Simmer for 15 minutes or until potato is cooked..
4. Soup maybe Blended with hand blender until smooth or left as is,
5. Garnish with chives and serve warm.



#7

Cilantro Crush Cocktail

Cilantro is loaded with healing properties that promote healthy skin and hair while reducing the risk of heart disease and diabetes. This green herb is also known for its ability to draw heavy metals from the body.

What's in it

- 1 bunch cilantro
- 2 1-inch pieces ginger
- 2 Celery stick
- 50ml Aloe Vera juice pure (unsweetened)
- 1 Pear
- 2 Mandarins

How to make it

1. Put all ingredients through the juicer,
2. Place the Cilantro, Ginger and Mandarins in first, followed by the Celery to help to assist moving everything through, followed by the Aloe Vera.
3. Serve over ice.



8

Free Radical Busting Juicet

This is the perfect juice to start your day or use as an energy booster before working out. Ginger is loaded with therapeutic benefits, including its ability to balance blood sugar, reduce inflammation, and support healthy digestion. Green apples are high in fiber which supports cleansing and are packed with vitamins and minerals that protect the body from free radical damage.

What's in it

- 4 vine-ripened tomatoes
- 1 celery stalk, plus leaves
- ½ inch knob root ginger
- 1 large Pear
- 1 Cup diced Papaya
- 2 cups baby spinach
- Grated Nutmeg

How to make it

1. Put celery, ginger and Pear through the juicer.
2. Add the papaya and Spinach to a blender and top with the fresh juice, blend until smooth.
3. Serve with a sprinkling of Grated Nutmeg



#9

Cold Garden Greens and Blueberry Soup

What's in it

- 1 cup baby Spinach
- 1 cup shredded Kale Leaves
- ½ cup Frozen Blueberries
- ½ cup Artichoke hearts
- 10 ml pressed root ginger
- 1 cup Mandarin Juice
- Sprinkle of Cinnamon

How to make it

1. Put all ingredients in a Vitamix (or other blender) and blend until smooth.
2. Garnish with Cinnamon,



#10

Sweet Potato and Cabbage Detox Medley (AM only)

What's in it

- 2 large sweet potatoes, boiled lightly and cubed
 - 2 cups Baby Spinach
 - 1 cup white Napa Cabbage, sliced thinly
 - 1 cup Arugula lettuce
 - 2 eschalots Sliced
-
- ⅓ cup apple cider vinegar
 - 1 Tbsp honey
 - 1 Tbsp ginger, minced
 - 1 Tbsp snipped Chives
 - Fresh Blueberries (Am only recommended)

How to make it

1. Combine all the Lettuce leaves,
2. Blend all dressing ingredients until smooth
3. Add sweet potatoes last.
4. Mix remaining ingredients and pour over salad.
5. Toss and enjoy.

This salad is light enough to be refreshing, yet filling enough for a meal. The combination of flavors makes it hard to believe that it is so healthy. Cabbage is known as one of the world's healthiest foods and contains over twenty different flavonoids and 15 phenols, all with immense antioxidant power. Apple cider vinegar helps regulate blood sugar and promotes healthy gut bacteria. Honey is also a famous healing food, as it is an antioxidant powerhouse and natural source of energy.



#11

Green Salad

Even if green is not your favorite color, you are going to love the taste of this delicious and highly nutritious salad. This salad contains vitamin-rich broccoli which contain Vitamins A and E and a host of other antioxidant powerhouses.

What's in it

- ¼ head green or White cabbage
- ¼ head broccolini
- ¼ cup celery, chopped
- 2 large cucumbers
- 1 lemon, juiced
- 1 Diced Eschalot
- 1 Tps Apple Cider Vinegar
- 2 whole Peeled kiwi fruits
- 4 half cut fresh Figs
- ½ cup Artichoke hearts

How to make it

1. Mix the Eschalot, Vinegar, lemon juice and Kiwi flesh in a processor and blend to smooth, add a little coconut water if required.
2. Make cucumber noodles with spiralizer.
3. Chop up remaining veggies and toss them with the dressing.
4. Season to taste.



Cooking Tip: To get the most juice from a lemon, roll it first, and cut it lengthwise.

Tip: For a satisfying and balance salad for evening hours, remove all fruit and add additional greens such as, Asparagus and Crisp green beans,



#12

Blueberry Salad

What's in it

For the dressing

- 1 Tbsp lemon juice
- pinch of red pepper flakes
- 1 Tbsp rice wine vinegar
- 1 tsp honey
- ¼ tsp Basil or Chives
- 1 clove garlic, crushed

For the salad

- 1 cup Romaine lettuce, chopped
- 1 cup baby spinach
- 1 large cucumber, chopped
- ½ cup fresh blueberries
- ½ cup shredded carrots
- 1 white or Red onion, sliced
- ½ cup Cooked Green Beans, sliced
- 1 cup cooked Purple rice

How to make it

1. Combine all of the dressing ingredients in a shaker bottle with a lid. Shake until well blended.
2. Mix salad ingredients.
3. Pour dressing over salad and toss well.

Research has shown that eating antioxidant-rich blueberries slows the progression of liver disease as effectively as some conventional treatments. Red pepper flakes help boost immunity, aid in digestion, and control blood pressure.



#13

Rainbow Refreshing Mix

What's in it

For the dressing

- 15ml Apple cider vinegar
- 1 Cup sliced Cucumber
- ½ cup fresh cilantro
- ½ Tbsp fresh ginger
- ½ Tbsp raw honey
- Optional - Coconut water if requiring a little thinning.

For the salad

- 1 head cooked Broccoli chopped
- 2 cups Spinach, chopped
- 2 cups baby carrots
- ½ red onion
- ⅓ cup fresh cilantro
- ½ cup Artichoke hearts
- ½ cup raisins
- 15gms Sushi Pink Ginger
- 1 cup cooked Sweet potato
- 2 tsp snipped chives

How to make it

1. Add Dressing ingredients to a food processor and blend to smooth..
2. Add chopped veggies to a large bowl and mix.
3. Fold in Artichoke hearts, raisins, and Sushi Ginger.
4. Combine ingredients for the dressing in a blender and blend until combined.
5. Pour dressing on salad and toss.
6. Separately, coat warm cooked sweet potato with chives and serve a side.

Note: If you are not going to eat all of the salad at one time, keep the dressing separate from the salad.

This colorful blend will help reduce inflammation, promote healing, and cleanse your body. This salad contains cilantro (a good source of dietary fiber) as well as Vitamins A, C, E, and K along with calcium, iron, magnesium, and potassium. Kale aids in digestion and has more iron than beef. Hemp hearts are a great source of non-animal protein that contain vitamin E, along with phosphorus, sodium, potassium, magnesium, sulfur, calcium, iron, and zinc.



#14

Taste of the Earth Grounding Juice

This bold juice is loaded with phytochemicals, antioxidants, and vitamins that help the kidneys flush out toxins and reduce blood pressure. Drinking this juice simply makes you feel calmer and more grounded.

What's in it

- 3 carrots
- 3 mandarins
- 2 stalks celery, with leaves 1 large green apple, quartered
- A handful of organic parsley
- 2 fresh mint leaves
- Sprinkle of Cinnamon
- t

How to make it

1. Mix the Mandarins, carrots, celery, apple, and parsley in a juicer.
2. Grind the mint leaves with the back of a spoon and add to the juice.



#15

Hot Ginger Tonic

Lemon helps in digestion, helps purify the blood, reduces inflammation in the joints and fights free-radicals. Ginger boosts immunity, protects against cancer, and soothes the digestive tract.

What's in it

- 50 ml Aloe Vera juice (unsweetened)
- 2 Tbsp freshly grated ginger root
- 2 cups hot filtered water
- 1 Tbsp raw honey

How to make it

1. Mix the juices and water together with a spoon. Add the honey until it dissolves.
2. Allow to infused for 2-3 minutes



#16

Basic Vegetable Detox Broth

You can add all sorts of fun veggies to this basic detox broth. Parsnips are a root veggie that contain large amounts of dietary fiber, potassium, magnesium, zinc, and vitamins B,C, E. Onions are rich in sulphur, which helps the body release toxins from the liver.

Keep this cleansing broth on hand at all times when you need a quick pick-me-up.

What's in it

- 1 gallon filtered water
- 2 large onion, chopped
- 3 leeks, chopped roughly
- 6 garlic cloves, slices in half
- 3 parsnips, chopped
- 4 Carrot
- 1 bunch parsley
- ½ head green cabbage, chopped
- 1 3-inch piece of ginger root, chopped
- 6 celery stalks, chopped
- 1 Tbsp ground turmeric

How to make it

1. Wash all of the vegetables. No need to peel.
2. Fill a stock pot with water and add the vegetables. Bring to a simmer, cover with a lid, and simmer for a minimum of 90 minutes.
3. Strain the liquid through a mesh strainer and discard the vegetables.
4. Store in mason jars for up to 1 week or freeze.



#17

Berry and Spinach Specialt

What's in it

For the dressing

- 2 ½ Tbsp apple cider vinegar
- 1 Tbsp honey
- 10 Mint leaves
- ⅓ cup Blueberries

For the salad

- 6 oz baby spinach
- 8 oz blueberries
- 4 oz Arugula leaves
- ½ Cup of Artichoke Hearts
- ⅓ Cup sliced red onion
- ½ Cup sliced Celery
- 1 cup cooked diced Pumpkin

How to make it

Dressing

1. Mix the vinegar, honey, blueberries and Mint together in a food processor.
2. Blend until smooth

Salad

1. Toss the berries and spinach together.
2. Add the remaining ingredients..
3. Drizzle with dressing and serve

Not only is this salad full of health boosting vitamins and minerals, but it is also colorful and tastes amazing. Blueberries are known for their antioxidants that have a major impact on reducing whole-body inflammation. Spinach is high in niacin and zinc as well as protein, fiber, vitamins A, C, E, K, thiamin, vitamin B6 and folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.

Note: Serve this for your health conscious guests.



#18

Lettuce Wraps

These delicious wraps are easy to make and pair nicely with a bowl of veggie detox broth. Sprouts help with blood purification and boost immunity. Mangos contain tartaric acid, malic acid, and some citric acid that helps maintain the alkali reserve of the body.

What's in it

- 6 large romaine or chard leaves
- ½ cup Celery, sliced thin
- 1 mango sliced
- 1 cup sprouts
- ½ cucumber, sliced thin
- 4 Sliced Red Radish
- Pink Sushi Ginger to garnish
- Mint leaves to garnish
- Cooked Purple rice

How to make it

1. Lay out the lettuce leaves.
2. Divide ingredients between leaves.
3. Evenly sprinkle with vinegar, Sushi Ginger and mint leaves
4. Wrap and enjoy.



#19

Spring Nori Wraps

What's in it

For the wraps

- 1 package of nori wraps sheets
- 3 cups sprouts
- 1 cup Celery fine strips
- 1 cup English cucumber, cut into matchsticks
- ½ bunch mint, stems removed
- 1 bunch cilantro, stems removed
- Cooked Purple rice
- ½ bunch Thai basil

For the dipping sauce

- 1 Tbsp hoisin sauce
- 2 tsp liquid aminos
- 1 tsp garlic, minced
- 1 tsp Sriracha sauce
- 2 Tbsp warm water

How to make it

Sauce

1. Blend all ingredients together in a small bowl until desired thickness. Add more water if necessary.

Wraps

1. Soak each wrapper in warm water until it becomes pliable. About 45 seconds.
2. Lay out damp wrapper and create a base layer with sprouts.
3. Add carrots, rice and cucumber. Stay about ⅓ away from edge of wrapper.
4. Top with some mint, basil and cilantro.
5. Fold over sides and bottom for a nice tight roll.
6. Dip in sauce and enjoy!

These satisfying little wraps contain carrots which help the liver detox, mint for optimal digestion, cucumbers for hydration, and sprouts for protein that will keep you full and satisfied. Make a batch ahead of time and enjoy them all week.



#20

Easy Asparagus Sulpt

Asparagus is a natural diuretic and can help the body remove excess salt and fluid. In addition, it helps flush toxins from the kidneys and prevent kidney stones. The mint leaves in this soup aid in digestion and support healthy detoxification.

What's in it

- 1 small onion, chopped
- 1 large bunch asparagus spears, tough ends cut off and chopped
- 4 cups filter Water
- 1 cup water
- ½ cup fresh mint leaves
- ½ cup fresh dill
- ½ cup fresh flat leaf parsley
- 1 head boston lettuce

How to make it

1. Warm 2 cups water to a large saucepan over medium heat. add onion until soft and translucent.
2. Add the asparagus spears. Cook on low/medium for about 2 minutes.
3. Add the remaining vegetable stock and bring to a boil and simmer for 15 minutes
4. Add the lettuce leaves. Simmering for an additional minute.
5. Add fresh herbs.
6. OPTIONAL -Blend the soup in a blender until smooth. Or Serve as is.



#21

Tomato Popper Soupt

Tomatoes are rich in lycopene which has been shown to protect against breast, skin, and lung cancer. This satisfying soup also contains ginger and garlic, two powerful detoxifiers.

What's in it

- 1 pint grape tomatoes
- 1 Tbsp ginger, minced
- ½ medium Vidalia onion, chopped
- 2 Tbsp garlic, minced
- 2 12 oz cans fire roasted diced tomatoes
- 1 qt Organic vegetable stock
- handful fresh basil
- cayenne pepper to taste
- 2 Tsp Apple Cider Vinegar

How to make it

1. Warm oven to 300 degrees.
2. Place tomatoes on a baking pan and roast for 35 minutes. Turn off oven and allow them to sit for an additional 15 minutes. Remove any darkened skin.
3. Cook onions and ginger in a medium pan for a few minutes in Veg stock
4. Add the roasted tomatoes and garlic. Press down the tomatoes with the back of a spoons.
5. Add canned tomatoes and vegetable stock. Bring to a simmer and cook for 20 minutes.
6. Add basil, pepper, cayenne and Vinegar,
7. Mix with an immersion blender.
8. Garnish with chives.



#22

Carrot and Sweet Orange Juicet

Raw carrots contain indigestible fiber that helps the body naturally detox. Pectin is a soluble fiber found in apples that protects against plaque buildup in the blood vessels.

What's in it

- 3 large carrots
- 2 tangerine or Mandarins
- 1 Blood Orange
- 2 one-inch pieces of ginger

How to make it

1. Push all ingredients through a juicer, one at a time.
2. Enjoy over ice.



#23

Hot and Sour Cleansing Soup

This inflammation-busting Asian soup has amazing flavor that will have you coming back for more. Mushrooms contain selenium, a mineral not found in most fruits and vegetables. Selenium supports liver enzyme function, helps detoxify some compounds that cause cancer, and helps prevent inflammation.

What's in it

- 1 oz dried mixed mushrooms
- 6 cups filtered water or Vegetable stock
- ¼ cup apple cider vinegar
- 2 Tbsp liquid aminos
- 1 Tbsp ginger, minced
- 1 cup collard greens, chopped
- 1 cup sliced Bok Choy
- 6 scallions, trimmed and sliced thinly
- 2 cloves garlic
- ¼ tsp white pepper
- 1 jalapeno, sliced

How to make it

1. Cover dried mushrooms with 2 cups of boiling water.
2. Let them sit for 20 minutes. Remove the mushrooms from the water and slice them. Set the water aside.
3. Combine 4 cups of water and 2 cups of mushroom broth along with the sliced mushrooms and greens in a soup pot. Bring to a boil over medium heat.
4. Add the vinegar, aminos, and seasonings, allow soup to simmer uncovered for 10 minutes.
5. Add the scallions and white pepper and cook for a few more minutes.
6. Optional to add a serving of cooked rice, potatoes or Sweet potatoes.



#24

Reset Salad

This is a super quick and easy salad that will help your body shift into detox mode.

What's in it

For the dressing

- ¼ cup mint leaves
- 1 cup diced Mango cheeks
- 1 lemons, juiced
- black pepper

For the salad

- 8 cups mixed greens
- ½ red onion, diced
- 4 radishes, sliced thinly
- 1 cup Artichoke hearts
- 1 cup sliced Cucumber

How to make it

1. Place greens in large serving bowl, then and add red onion, radishes, Artichokes and Cucumber.
2. Blend the Dressing ingredients until smooth and drizzle over the leaves.
3. Season with pepper.
4. Enjoy immediately.



#25

Simply Cleansing Broth

What's in it

- 3 Cups of Organic Broth
- ½ cup sliced Artichokes
- ½ tsp freshly snipped Chives

How to make it

1. Warm the Broth
2. Finely shredded cooked artichoke hearts.
3. Snip chives
4. Place the artichokes and chives in a serving bowl and pour over the clear broth, serve
5. Tip: Broth is ideal for the whole period of a detox, have on hand a thermos flask to enable you to warm and transport your broth with you, keeping it available at all times.
6. Carry your Artichokes and chives separate and add to the warm broth prior to consumption.



Endomorph Transition Recipes:



Transitioning back to a 'normal' diet that includes more protein and fat means that you're bound to increase the amount of strain on your digestive system. This also means that your heart will be working harder while your body is adapting. That's why it's a great idea to transition your diet, rather than go directly from a detox to a lifestyle plan.

During this 5 day transition phase, please choose freely from the recipes below.



#1

Strawberry Hemp Refresher

What's in it

- 1 cup frozen strawberries
- ½ cup Blueberries
- 1 cup coconut water
- 1 cup pear juice
- 2 tbsp Hemp seeds
- 80ml egg whites
- Nutmeg

How to make it

1. Put everything in a blender and blend well.
2. Sprinkle with grated Nutmeg
3. Serve immediately.

This smoothie is a great way to start your day and will provide just the boost you need to tackle anything that comes your way. Strawberries are not only naturally sweet and delicious, but they also contain vitamin C, folate, potassium, manganese, fiber, and magnesium.



#2

Green Smoothie Deluxe

This smoothie is creamy and very refreshing with a medley of nutrient-rich ingredients that taste amazing when blended. The banana provides just the right amount of natural sweetener and contains potassium, calcium, manganese, magnesium, iron, folate, niacin, riboflavin, and B6. Spirulina is 60% protein and is an excellent source of vitamins A, K1, K2, B12, iron, manganese, and chromium.

What's in it

- ½ Cup of shredded Kale leaves
- ⅓ cup Italian, flat-leaf parsley
- 2 handfuls spinach
- ¼ avocado
- ½ green apple
- ½ Cup diced Papaya
- 1 Tbsp flax seeds
- 1 tsp spirulina
- 1 cup unsweetened almond milk
- ¼ cup Egg whites

How to make it

1. Cut any large veggies into chunks.
2. Place ingredients into blender and Process until smooth.



3

Soothing Chicken Soup

The spices in this soup offer powerful healing properties and flavor that will have you coming back for a second bowl every time. Turmeric contains curcumin, a powerful anti-inflammatory that has been revered for its therapeutic value since ancient times.

What's in it

- 2 lbs boneless chicken
- 8 cups chicken broth
- 1 cup Leek, chopped
- 1 tsp fresh grated ginger
- 3 cups carrots, chopped
- 3 cups celery, chopped
- 8 cloves garlic, chopped
- 1 head Broccoli
- ¼ Cup snipped Spring onions
- ½ Tbsp chopped parsley
- 1 tsp Pink Himalayan salt
- ¼ tsp black pepper

How to make it

1. Place the chicken in a large stock pot and add water to just cover the chicken, bring to a boil. Lower the heat and simmer for 20 minutes until the chicken is entirely cooked. Remove the chicken and set aside.
2. Cut up veggies while the chicken is cooking.
3. Combine the broth with the chicken stock. Add Leek, carrots, celery, .Bring to a boil, reduce heat to medium, and cook covered for about 10 minutes..
4. Shred the chicken with a fork and add it to the pot, along with Broccoli and parsley.
5. Bring the soup to a gentle boil, lower heat, and simmer covered, until all the veggies are tender. Add salt and pepper to taste
6. Garnish with the spring onions



4

Spaghetti Squash with Bison Meatballs

This dish has all the boldness of pasta without the carb overload. Spaghetti squash is a nutrient rich option and contains dietary fiber, vitamins C and A, along with potassium and calcium. Bison is a great source of lean protein and supports a healthy immune system while reducing inflammation. This meal is perfect for one of those days when you just need "a little more."

What's in it

- 1-3 pounds spaghetti squash
- 2 Tbsp water
- 2 Tbsp flex seed or Avocado oil
- ½ cup fresh parsley, chopped
- ½ tsp onion powder
- 1 tsp Italian seasoning
- ½ tsp Pink Himalayan salt
- ½ tsp black pepper
- 1 Tbsp garlic, minced
- ½ tsp red pepper flakes
- 1 pound bison
- 1 28 oz can crushed tomatoes

How to make it

1. Preheat oven to 375.
2. Cut the squash in half, lengthwise and scoop out the seeds. Place face down in an oven safe dish and add ½ cup of water. Cook at 375 degrees for 30 minutes.
3. Warm 1 tablespoon of oil in a large skillet over medium heat. Scrape out the flesh from the squash and cook in the skillet, stir occasionally until the moisture is gone and squash begins to lightly brown.
4. Stir in ¼ cup parsley and remove from heat.
5. Combine the rest of the parsley, onion powder, salt, pepper, and ½ teaspoon Italian seasoning in a medium bowl. Add the bison and gently mix. Form meatballs from 2 tablespoons of meat.
6. Heat the remaining oil over medium-high heat. Add the meatballs, reduce the heat and cook until brown, About 4-6 minutes. Set aside.
7. Add garlic and cook for one minute. Add crushed tomatoes, red pepper, Italian seasoning and salt and pepper to taste.
8. Serve the meatballs over the squash and top with tomatoes.

Tip: Add a portion of steamed purple veggies if additional carbohydrates are required.



#5

Protein Packed Berry Blast

This smoothie is perfect for pre or post workout. Because of its high protein content, it can replace breakfast, lunch and even dinner. Cinnamon has been used as a culinary and therapeutic spice for thousands of years and ranks at the top of the list regarding its antioxidant properties.

What's in it

- 12 oz Coconut water
- 1 cup spinach
- 2 cups frozen mixed berries
- ½ cup plain yogurt
- egg whites 25gms net protein
- 1 Tbsp Hemp seeds
- 1 tsp cinnamon

How to make it

1. Toss all ingredients in a blender and blend until smooth.
2. Serve immediately.



#6

Chicken and Tofu Veggie Stir Fry

The tofu in this recipe takes on the flavor of chicken and the veggies offer a nice crunch. It also contains plenty of vitamins and minerals that support healing. For instance, snap peas contain soluble fiber that supports optimal digestion.

What's in it

- 3 Tbsp Avocado oil
- 1 chicken breast or thigh meat, skin removed and diced into 1-inch pieces)
- Pink Himalayan sea salt and pepper
- red pepper flakes
- 3 oz firm tofu, cut into 1-inch cubes
- 1 cup broccoli florets, chopped
- 1 cup sliced Green Beans
- 1 cup sliced Carrots
- ½ cup shelled edamame beans
- 1 Tbsp raw honey

How to make it

1. Warm 2 tablespoons Avocado oil in a pan. Add the chicken and sprinkle with salt, pepper, and red pepper flakes. Cook through and remove from heat.
2. Wipe the pan and add one tablespoon coconut oil. Add tofu once the oil is hot and saute by continued movement over medium heat until brown on all sides. Remove and set aside.
3. Add broccoli, carrots and peas to the pan and saute until tender. Reduce the heat to medium and push all veggies to one side of the pan.
4. Add the Honey. Warm these together and combine the veggies.
5. Stir in edamame and red pepper flakes.
6. Add chicken and tofu, and saute until everything is mixed.



#7

Perky Pepper Smoothie

Green peppers contain powerful antioxidants that boost immunity and reduce inflammation. This smoothie will wake you up in the morning and give you a healthy start to your day.

What's in it

- 1 handful of spinach
- 1 green pepper, seeded
- ½ avocado
- 2 cloves garlic
- 2 tomatoes
- 1 cups filtered water or Cabbage Juice
- 80ml Egg whites
- 4 ice cubes

How to make it

1. Toss all ingredients in a blender and blend until smooth.
2. Serve immediately.



8

Chicken and Strawberry Salad

This colorful salad is full of flavor and health promoting ingredients. Tarragon triggers the stomach's natural digestive juices making it a powerful digestive aid. Plus, the balsamic vinegar adds just the right amount of zip.

What's in it

- 2 cups skinless chicken, roasted
- 2 stalks celery, chopped
- 1 Diced Eschallot
- ¼ cup Dried Cranberries
- ½ Seeded Pomegranate
- 30gms Pistachio nuts
- 1 Tbsp fresh tarragon, chopped
- 1 Tbsp Avocado oil
- 1 Tbsp balsamic vinegar
- pepper to taste
- 6 cups fresh salad greens

How to make it

1. Mix celery, eschallots, pistachios and Cranberries together in a large bowl along with the salad Greens
2. Combine the tarragon, olive oil, vinegar, and salt and pepper.
3. Add the chicken to the greens and toss with the dressing.



#9

Perky Pepper Smoothie

Green peppers contain powerful antioxidants that boost immunity and reduce inflammation. This smoothie will wake you up in the morning and give you a healthy start to your day.

What's in it

- 1 handful of spinach
- 1 green pepper, seeded
- ½ avocado
- 2 cloves garlic
- 2 tomatoes
- 1 cups filtered water or Cabbage Juice
- 80ml Egg whites
- 4 ice cubes

How to make it

1. Toss all ingredients in a blender and blend until smooth.
2. Serve immediately.



#10

Chicken and Strawberry Salad

This colorful salad is full of flavor and health promoting ingredients. Tarragon triggers the stomach's natural digestive juices making it a powerful digestive aid. Plus, the balsamic vinegar adds just the right amount of zip.

What's in it

- 2 cups skinless chicken, roasted
- 2 stalks celery, chopped
- 1 Diced Eschallot
- ¼ cup Dried Cranberries
- ½ Seeded Pomegranate
- 30gms Pistachio nuts
- 1 Tbsp fresh tarragon, chopped
- 1 Tbsp Avocado oil
- 1 Tbsp balsamic vinegar
- pepper to taste
- 6 cups fresh salad greens

How to make it

1. Mix celery, eschallots, pistachios and Cranberries together in a large bowl along with the salad Greens
2. Combine the tarragon, olive oil, vinegar, and salt and pepper.
3. Add the chicken to the greens and toss with the dressing.



#11

Salmon or Trout with Steamed Veggies With Purple Rice

This is a very soothing and satisfying dish with plenty of flavor and nutrition. Purple rice is an excellent source of magnesium, phosphorus, selenium, thiamin, niacin, and vitamin B6.

What's in it

- Salmon or Trout fillets 150gms
- ½ cup Purple rice, uncooked
- 1 cup Napa cabbage, chopped
- ½ head broccoli, chopped
- ½ red bell pepper, chopped
- 2 tsp Avocado oil
- 1 Tbsp minced garlic
- 1 handful fresh parsley, chopped
- ¼ tsp cayenne pepper
- 2 tsp liquid aminos
- sesame seeds for sprinkling

How to make it

1. Prepare the rice according to the package directions.
2. Place a little water in a wok or frying pan and bring it to a boil.
3. Add veggies and cook for 2 minutes over high heat. Drain and set aside.
4. Heat coconut oil in the wok and add garlic, cayenne powder, and parsley.
5. Add the vegetables and liquid aminos. Cook for 2 minutes.
6. Add sesame seeds for garnish
7. Serve Vegetables over the Purple rice and top with the fish.



#12

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#13

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#14

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#15

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#16

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#17

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#18

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#19

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#20

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#21

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#22

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#23

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#24

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.



#25

Beetsalicious Soup

Beets are loaded with vitamin C, fiber and essential minerals like potassium. Beets are known for their ability to cleanse the blood, detox the liver, and optimize the lymphatic system. This soup is so tasty, you will want to enjoy it even after the detox phase is over.

What's in it

- 3 medium beets
- 2 medium carrots, peeled and diced
- 1 medium White onion, diced finely
- 3 garlic cloves, crushed
- 1 small leek, diced finely
- 3 cups Organic vegetable broth, warmed
- ¼ tsp turmeric

How to make it

1. Fill a stock pot halfway with water. Add beets and bring to a boil. Simmer for 30 minutes or until tender.
2. Drain the beets and place them in a bowl to cool.
3. Warm 2 cups of Vegetable stock in a cast iron pan, add garlic, leek, onions, and carrot. Cook for 7 minutes over low heat. Remove veggies and put in a bowl.
4. Peel the cooled beets and cut into cubes.
5. Place the beets and veggies into a blender along with the vegetable broth, turmeric, Process until creamy.
6. Serve warm.



#18

Cabbage and Tomato Soup

Cabbage is one of the most potent detoxifying foods you can eat. The diuretic properties of this cruciferous veggie not only remove excess liquid from the body but also remove toxins. Cabbage also contains sulphur which helps the liver break down and release toxins.

What's in it

- 1 medium White onion, chopped
- 3 garlic cloves, crushed
- 1 stalks celery, chopped
- 2 large carrots, sliced
- 1 15 oz can, diced tomatoes
- 6 cups Organic vegetable broth
- ½ head white Napa cabbage, chopped
- Apple Cider Vinegar
- ¼ tsp cayenne pepper
- ¼ cup Basil

How to make it

1. Warm 2 cups of Vegetable stock in a stock pot over medium heat.
2. Add garlic, onions, celery, and carrots and saute for five minutes or until tender.
3. Season veggies with spices.
4. Add the diced tomatoes and mix well.
5. Add the vegetable broth and bring to a boil.
6. Stir in the chopped cabbage and simmer for about 20 minutes until cabbage is soft.
7. Add more seasonings to taste.
8. Serve warm.









