



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

I Love Food

WINTER DETOX

Week 2 Recipes

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WEEK 2

Ready to prep ahead for a healthy week? Please keep the following in mind as you go along:

1. It's perfectly fine to mix-and-match as you see fit.
2. Feel free to use any of the recipes from Week 1. However, if you're trying to lose weight, you may want to limit or omit Avocado Toast until Week 4.
3. If you're feeling tired or overwhelmed, keep it super simple: salads with protein, sautéed greens or veggies with protein, and the soups.
4. Remember the magic formula: fiber + protein + healthy fat = happy meal.
5. This is our first week of squeaky clean living. So let's focus on the recommended foods and take a break from caffeine, flour products, starchy carbs (pasta, etc.), dairy, sugar and alcohol.
6. Manage your stress and sleep — these are just as important as nutrition in terms of maintaining a healthy balance in the body and losing excess weight. If you're chronically sleep-deprived or stressed, that can definitely affect what happens when you step on the scale — or how you feel in your clothes.
7. If you have to dine out for a business or social function, stick to the plan as best as you can. Fall back on simple meals: a plate of vegetables (salad or veggies that are raw, steamed, or roasted) along with a lean protein and a healthy fat (avocado, olive oil, dressing, nuts or seeds).



THE EASY/EMERGENCY MEALS ARE ALWAYS HERE FOR YOU

Remember — when all else fails, these are your go-to meals. I basically eat this way most of the time, and only make the “fancier” preparations a couple of times a week.

- **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes (you can also throw in leftover chicken or some shrimp). Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then throw in the tofu or other protein. Stir gently and sauté until warmed through. Season with salt, pepper, gluten free tamari, gomasio (Japanese seasoning with sesame seeds, sea salt and seaweed), etc.
- **Basic Salad:** We eat tons of salads for dinner. That’s why I always have a dressing or two in the fridge. Buy a plain organic rotisserie chicken (or cube some tofu) and shred the chicken (discard the skin). Slice and chop whatever veggies you have on hand. Toss with the greens and dressing, and top with your chicken (or fish or tofu or 2 hard-boiled eggs).

Remember, a protein portion is about the size of your palm, not including the fingers). Garnish with sea salt and pepper and some sliced avocado if you have it.



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GREEN TANGERINE SMOOTHIE

Serves 2. I don't know what it is, but I feel super healthy after drinking this one. The bright citrus makes for a nice alternative to the typical green smoothie. Oh, and it doesn't have to be a tangerine. Any orange will do!

INGREDIENTS

- 2 cups of filtered water
- 1/4 cup of raw cashews (soak overnight, then drain before use)
- 2 tablespoons of chia seed
- ¼ avocado
- 1 teaspoon vanilla extract
- 1 teaspoon freshly grated ginger or ½ teaspoon powdered
- 2 oranges (tangerine, navel, cara cara, blood orange), peeled and chopped
- 2 large handfuls of spinach
- a handful of fresh parsley
- ½ banana, frozen (optional)
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into high-speed blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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BLUEBERRY CUCUMBER SMOOTHIE

Serves 2.

INGREDIENTS

- 2 cups filtered water (i.e. Brita)
- 2 large handfuls of organic baby spinach
- ½ cucumber, peeled and chopped
- 6 tablespoons of hemp seed or your favorite plant-based protein powder (the simpler the better)
- 2 tablespoons chia seed
- 2 tablespoons almond or coconut butter
- ¼ lemon, chopped (don't have to peel)
- 1 teaspoon turmeric
- 1 teaspoon vanilla
- 1 teaspoon cinnamon or pumpkin pie spice
- 1 to 1 ½ cups frozen blueberries
- 1/2 banana, chopped and frozen (optional)

INSTRUCTIONS

Place ingredients into high-speed blender, adding frozen fruit last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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PUMPKIN SPICE SMOOTHIE

Serves 2. NOTE: if substantial weight loss is one of your goals, you might limit your enjoyment of this smoothie only 1-2 times a week. Pumpkin is a starchy vegetable, but it also has some great nutrients such as beta-carotene, which is a precursor to Vitamin A (anti-aging!). Also high in Vitamin C.

INGREDIENTS

- 2 cups of filtered water
- 1 cup pure pumpkin puree (unsweetened)
- 4 tablespoons of hemp seeds
- 2 tablespoons of raw walnuts
- 1 tablespoon of coconut butter
- 1 banana, chopped and frozen
- ½ cup frozen cauliflower florets
- a squeeze of fresh lemon
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground clove
- ½ teaspoon powdered ginger
- ½ teaspoon turmeric
- a pinch of cayenne pepper

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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CHERRY LEMON SMOOTHIE

Serves 2. Way better for you than a berry scone (my old fave).

INGREDIENTS

- 2 cups of filtered water
- 1/4 cup of raw, organic walnuts
- 2 tablespoons of hemp seed
- 2 tablespoons of chia seed
- 1 tablespoon coconut butter
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 organic lemon, chopped (seeds removed, but keeping the rind intact)
- 1 cup of organic frozen cherries
- 1/2 cup of organic frozen cranberries
- 1/2 banana, frozen (optional)
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into high-speed blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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KALE AVOCADO SMOOTHIE

Serves 2. Take your green smoothie up a notch.

INGREDIENTS

- 16 ounces of filtered water
- 6 tablespoons hemp seed or favorite plant-based protein powder
- 1 tablespoon chia seed
- 2 teaspoons maca powder (optional — this is a Peruvian root that can help manage stress and hormone levels)
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne
- 1/2 perfectly ripe avocado, skin and pit removed
- 1 banana, chopped and frozen
- 1 cup frozen organic kale

INSTRUCTIONS

Place all ingredients into high-speed blender, adding frozen fruit and kale last. Blend until creamy and smooth, and serve. Salud!



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MANGO COCONUT CHIA PUDDING

Makes 2-3 servings

INGREDIENTS

- 1 cup nut milk of choice
- 1 cup coconut milk, organic preferable
- 1 cup frozen mango
- ½ banana
- 1/4 teaspoon powdered ginger
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon fresh lemon juice
- 2 tablespoons hemp seeds
- 2/3 cup chia seeds
- pinch sea salt
- pinch cayenne
- Garnish: ¼ cup of pumpkin seeds, sliced almonds, pistachios, etc. and/or ¼ cup toasted (unsweetened) coconut flakes

Set the chia seeds in a bowl and reserve.

Blend the nut and coconut milks, mango, banana, ginger, cinnamon, vanilla, lemon juice, hemp seed, salt and cayenne until smooth. Pour the blended liquid over the chia seeds.

Stir the mixture with a whisk every two minutes or so. After ten minutes, cover and place in the refrigerator overnight.

In the morning, the chia will have absorbed the liquid, transforming the mixture into a light, airy pudding. Garnish with nuts, coconut, and a shake of cinnamon.



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SPICY COCONUT GINGER SOUP WITH GREENS

Serves 4. This soup comes together pretty quickly when you have prepped protein sitting in your fridge. The longer the broth simmers the more flavor it'll have — but when I'm in a rush I only simmer for 10 minutes. It's still delicious, especially when you're battling a cold or feeling low energy.

INGREDIENTS

- 1-2 tablespoons coconut oil
- ¼ cup sliced shallots
- 1 stalk lemongrass; discard tough outer leaves and slice thinly (don't worry if you can't find this — the soup is fine without it)
- 2-3 cloves minced garlic
- 1 tablespoon freshly grated ginger root
- 1 tablespoon freshly grated turmeric (or 1 teaspoon powdered)
- 1-2 tablespoons red curry paste (check the label for MSG, etc.). I like Thai and True brand, which is available at Portland area Whole Foods or [online](#).
- 1 quart broth of choice (homemade or if purchased, organic/low sodium)
- 2 cups organic, full fat coconut milk
- Protein: about 16 ounces shredded chicken or 4 servings of cubed tofu
- 4-6 massive handfuls of baby kale (or sliced kale). You really can't have too many greens in my opinion.
- 1-2 tablespoons of fish sauce (optional) — I use [Red Boat fish sauce](#), which is pretty easy to find
- Fresh cilantro, stems removed



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INSTRUCTIONS

In a large soup pot, heat coconut oil over medium heat. Add the shallots and lemongrass, and cook 10-15 minutes, until the shallots start to soften and caramelize.

Add the garlic and stir for a minute so it doesn't burn. Add the curry paste, ginger and turmeric. Stir so the shallots and lemongrass are coated with the spices.

Pour in the broth and stir; simmer for about 15-30 minutes (whatever you have time for).

Strain the broth and discard the solids. Return the broth to the pot and add the coconut milk and fish sauce. Stir and bring to a gentle simmer for a few minutes.

Add the kale and stir until the greens are wilted — I only do this for a minute or so because I like my greens to be bright and still a little tender. The pot will be quite full with the greens, but they'll wilt quickly.

Add the chicken or tofu and stir gently.

Remove from heat. Add the cilantro, stir, and serve.

Serve with additional fish sauce and cilantro on the side.



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CREAMY TOMATO SOUP

Serves 4-6. I adore creamy tomato soup, especially when it's dairy free!

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, thinly sliced
- red chili flakes, to preference
- 45 ounces (3 cans) roasted, diced or crushed tomatoes (low sodium preferable)
- 2 cups low-sodium chicken or vegetable broth (and additional broth if you prefer a thinner consistency)
- ½ - 1 cup cashew cream (same recipe from Week 1 packet); you can also use ½ cup full fat coconut milk
- ½ cup good quality sherry
- 10 large fresh basil leaves, chopped, plus more for garnish
- 1/4 teaspoon salt
- Sea salt and pepper to taste
- Chopped Italian parsley for garnish

INSTRUCTIONS

Set a soup pot on medium heat and warm the oil. Add the onions; sauté and stir occasionally until they start to brown — about 15 minutes.

Add the garlic, red pepper flakes and salt and stir for about a minute.



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Add the tomatoes and broth, and give the soup a stir. Bring to a boil, then reduce heat and simmer for 10 minutes.

Turn off the heat and let the soup cool for a few minutes.

Working in batches, pour the soup into a blender, and cover the lid with a towel (hot liquid tends to erupt) — blend on high. Puree until smooth.

Return the soup to the pot. Add the sherry and cashew cream (or coconut milk) and warm gently until hot (don't boil).

Garnish with chopped parsley and serve.



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CREAMY CELERY ROOT SOUP

Serves 4. Adapted from *The Conscious Cook* by Tal Ronnen

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 2 medium celery roots (also called celeriac), peeled and cut into 1-inch cubes
- 2 stalks organic celery
- 1 large onion, diced
- 2 quarts low sodium, gluten free chicken or vegetable stock
- 1 bay leaf
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado
- sea salt
- freshly ground pepper
- chopped Granny Smith apple for garnish, finely diced (optional)

INSTRUCTIONS

Heat the oil in a medium soup pot over medium heat. Add the celery root, celery, and onion and sauté for 6-10 minutes, stirring often, until soft but not browned. Add the stock, cashews, sesame seeds (or tahini) and bay leaf. Bring to a boil, then reduce the heat to medium low and simmer for 30-40 minutes, until the vegetables are soft.



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Working in batches, pour the soup into a blender, and cover the lid with a towel (hot liquid tends to erupt) — blend on high. Add the avocado to one of these batches. Season with salt and pepper to taste. Ladle into bowls.

Garnish with a spoonful of diced apple in the center of each dish and serve.



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ASPARAGUS SOUP

Serves 4. Recipe adapted from *10-Day Detox Diet* by Dr. Mark Hyman.

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, minced
- 1 head of cauliflower, chopped into small florets
- 2 ½ pounds of asparagus; trim tough root end and cut into ½ inch pieces
- 2 garlic cloves, minced
- ¼ teaspoon cayenne pepper
- 6 cups gluten-free, reduced sodium vegetable stock (or water)
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado, chopped
- 1 tablespoon fresh lemon juice
- chopped chives for garnish (optional)
- sea salt and pepper, to taste

INSTRUCTIONS

In a medium soup pot, heat the oil over medium high heat. Add the garlic; stir and cook for about 1 minute. Add the cauliflower, asparagus, cashews, sesame seeds (or tahini) and cayenne pepper. Cook 4-5 minutes, stirring frequently.

Pour in the broth (or water) and bring the soup to a boil. Reduce the heat to low and simmer until the cauliflower and asparagus are full cooked, about 5-8 minutes.



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Let cool for a few minutes. Carefully transfer to a blender (or use an immersion blender), add the avocado, and blend until smooth. Pour the soup back into the pot, stir in the lemon juice, and bring it to a gentle simmer. Season with salt and pepper to taste (about ½-1 teaspoon).

Garnish with chives and serve with a large salad with protein of choice.



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LEMON HERB VINAIGRETTE

Makes about 1 cup. Can store in fridge for 4-5 days.

INGREDIENTS

- 1/3 cup fresh lemon juice
- zest from one lemon
- 1 tablespoon minced shallot or garlic
- 1 tablespoon Dijon mustard
- 1 teaspoon raw honey
- 2/3 cup extra virgin olive oil
- 2 tablespoons chopped fresh mint (or other herb of choice)
- Sea salt and pepper to taste

INSTRUCTIONS

Put the lemon juice, zest, shallot, Dijon mustard and honey into a small bowl. Whisk until smooth. Slowly pour the olive oil into the vinegar mixture while whisking. Keep it to a thin stream so the dressing emulsifies properly. If you see the oil start to collect at the sides of the bowl, stop pouring oil and whisk until the oil is incorporated. Then, slowly start pouring the oil again, while whisking.

Whisk until all of the oil has been incorporated, then season to taste with salt and pepper.



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BALSAMIC-SHERRY VINAIGRETTE

Makes about 1 1/2 cups.

INGREDIENTS

- ¼ cup high-quality balsamic vinegar
- ¼ cup sherry vinegar
- 1 tablespoon freshly squeezed lemon
- 1 ½ tablespoons whole grain mustard
- 1 clove garlic, finely minced or pressed
- 1 teaspoon raw honey
- ¾ cup extra virgin olive oil
- sea salt and ground pepper to taste

INSTRUCTIONS

In a small mixing bowl, whisk vinegars with lemon juice, mustard, garlic and honey.

Slowly pour the olive oil into the vinegar mixture while whisking. Keep it to a thin stream so the dressing emulsifies properly. If you see the oil start to collect at the sides of the bowl, cut off the oil supply and continue to whisk until the oil is incorporated. Then, slowly start adding the oil back in, while whisking.

Whisk until all of the oil has been incorporated, then season to taste with salt and pepper.



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TAHINI DIP/DRESSING – “RANCH” STYLE

Adapted from *10-Day Detox Diet* by Dr. Mark Hyman

INGREDIENTS

- ½ cup tahini (sesame paste)
- 1 clove garlic, chopped
- ½ cup extra virgin olive oil
- ½ cup filtered water
- juice of 1 lemon
- zest from 1 lemon (zest before you juice)
- ¼ teaspoon onion powder
- 2 tablespoons chopped Italian parsley
- 2 scallions, chopped (white and green parts)
- sea salt and fresh ground pepper, to taste
- additional water if needed

INSTRUCTIONS

Blend everything except for the parsley and scallions until smooth. Add a little water — one tablespoon at a time — until you reach desired consistency.

Transfer mixture to a bowl and stir in the chopped herbs. Season with salt and pepper and serve. Can store in an airtight container in the refrigerator for up to five days.



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WALDORF SALAD

Serves 4. One of my favorite winter salads. Instead of chopping the parsley, I just tear the leaves and throw them into the salad.

INGREDIENTS

- 20-24 ounces of grilled or roasted chicken
- Vegan version: 1 portion of protein (tofu, tempeh or ¼ c. white beans)
- 2 cups of red grapes (ideally organic), halved
- 4 stalks organic celery, thinly sliced on a bias
- ½ cup of raw walnuts, lightly toasted in a pan for a few minutes
- ¼ cup Italian Parsley (leaves only), roughly chopped
- About 8 cups of mixed salad greens or sliced romaine
- Tahini Ranch Dip/Dressing (recipe in this packet)
- Sea salt and pepper to taste

INSTRUCTIONS

Prepare the Tahini Ranch Dip/Dressing. Save a portion to use later for veggie dip, and set aside about ½ cup for dressing. For the dressing portion: add water a tablespoon at a time and whisk until you reach a desired dressing consistency.

Add the salad greens, chicken, grapes, celery and parsley to a large mixing bowl. Drizzle with a small amount of dressing and toss (or mix with clean hands) — add more dressing a little at a time until the greens are lightly coated with dressing.

Portion the salad onto plates and garnish with sea salt and pepper to taste. Sprinkle the walnuts on top and serve.



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SUPER SIMPLE SALMON

4 servings. Great for busy weeknights — make extra so you have protein for lunch the next day.

INGREDIENTS

- 4 wild salmon fillets (4-6 ounces each). Our favorite is wild Sockeye. Please avoid Atlantic salmon if you can — it's farmed and can contain toxic chemicals.
- About 2 tablespoons extra virgin olive oil
- Lemon Pepper spice blend (store bought — check the ingredients to make sure it doesn't have any weird additives)
- ¼ cup chopped cilantro (optional)
- Tahini Dip (see Week 1 packet for recipe)

Preheat the oven to 450° F. Line a baking sheet with foil; you can also grill the salmon if you prefer.

Brush each fillet with olive oil, both sides. Place fillets onto the foil-lined baking sheet, skin side down. Sprinkle some lemon-pepper blend onto the fillets.

Bake for 12-15 minutes — until cooked through and the fish flakes easily. Monitor carefully so you don't overcook.

Garnish with a drizzle of Tahini Dip (thinned with water, if necessary) and chopped cilantro, if using.

Serve with a huge salad — like some arugula, cherry tomatoes, olives, dressing of choice, and then garnished with chopped nuts.



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EASY CUMIN CHICKEN

4 servings for the week's salads and sides

INGREDIENTS

- 20-24 ounces of organic, boneless/skinless chicken breasts (I find that 1 chicken breast from Whole Foods provides 2 servings)
- extra virgin olive oil
- sea salt
- freshly ground pepper
- red pepper flakes (optional)
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon sea salt
- a few grinds of black pepper

INSTRUCTIONS

Prepare the chicken: preheat the oven to 350 degrees F. Rinse the chicken and pat dry with a paper towel. Place the chicken breasts between sheets of wax paper and pound with a meat mallet (flat side) until thin.

Place the spices, salt and pepper into a small bowl and stir.

Place the chicken breasts on a lightly oiled baking tray (or on top of a silpat sheet). Drizzle with olive oil and use a pastry brush to spread oil evenly on both sides (or use clean hands... and wash with soap and hot water when done).

Sprinkle the spice mixture onto the chicken.



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Place the chicken in the center of the oven and bake for 20-30 minutes, or until an instant-read thermometer reaches 165 degrees F on the thickest part of the chicken (the juice should run clear at this point).

When the chicken is cool enough to handle, shred it into pieces with your fingers and store in an airtight container in the refrigerator for up to 3 days.

Now, you have chicken to add on top of any salad, or to serve alongside your vegetables.

For extra flavor, add a drizzle of salad dressing, or garnish with chopped herbs, before serving.



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TURKEY CHILI

Serves 6-8. This is a mash-up of two recipes — one of my own and one from a past participant in our Fall Training Camp program. Hearty and delicious, and full of veggies!

INGREDIENTS

- 2 tablespoons coconut or extra virgin olive oil
- 1 large yellow onion, chopped
- ½ cup carrot, chopped
- 2 cloves garlic, minced
- 1 ½ pounds ground turkey
- 1 cup zucchini, chopped
- 1 cup cauliflower, chopped
- 1 cup diced button or shiitake mushrooms
- (1) 24-ounce jar of Rao's Marinara Sauce (or other brand that doesn't include sugar or preservatives)
- 2 teaspoons cumin
- 1 ½ teaspoon dried oregano
- ¼ teaspoon cinnamon
- 1 tablespoon unsweetened cocoa powder (cacao)
- 2 bay leaves
- ¼ cup chili powder (a mild blend)
- 1 teaspoon of sea salt and a few grinds of pepper
- 1-2 cups of low sodium, gluten free broth
- Additional sea salt and black pepper to taste
- Garnish with: chopped red onion, avocado chunks, chopped cilantro, lime wedges



INSTRUCTIONS

Heat 2 tablespoons of coconut or olive oil in a large pot or Dutch oven. Add the onion and carrots, and sauté for 10-15 minutes, until the onion is tender and starting to brown. Throw in the garlic and cook for about a minute, stirring.

Crumble the turkey into the pot and sauté until cooked through.

Add in the zucchini, cauliflower, mushrooms, marinara sauce, spices, cacao, bay leaves, salt, pepper, and 1 cup of the broth.

Bring to a boil, then reduce heat and simmer for 30-40 minutes, stirring occasionally. Add extra broth for a thinner consistency if desired.

Discard the bay leaves and adjust seasonings for salt and pepper.

Ladle into bowls and serve with chopped red onion, avocado chunks, chopped cilantro, lime wedges and hot sauce (we like Cholula).



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GRILLED SKIRT STEAK AND ROASTED BROCCOLINI

Serves 4. Serve alongside fresh arugula and cherry tomatoes tossed with Lemon Herb Vinaigrette.

INGREDIENTS FOR THE BROCCOLINI

- 2 cloves garlic, finely minced
- 2 pounds broccolini
- extra virgin olive oil – about 1 ½ tablespoons
- balsamic vinegar
- ¼ cup pine nuts (optional)

INGREDIENTS FOR THE STEAK

- 1 ½ pounds of skirt steak (or flank), organic/grass fed preferable
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, thinly sliced
- 1 teaspoon freshly ground pepper
- 2 tablespoons of fresh thyme leaves (discard the stems)
- 1 tablespoon of Dijon mustard
- 1 tablespoon balsamic vinegar
- Sea salt and pepper to taste

INSTRUCTIONS

Prepare the beef: combine the olive oil, garlic, pepper, thyme leaves, Dijon, and balsamic vinegar in a small bowl and stir until blended. Rub the mixture onto the steak and let rest for about 30 minutes at room temperature.



Meanwhile, preheat the oven to 350° F. Rinse and dry the broccolini, then chop into 1-inch pieces. Place in a small bowl. Drizzle with a light stream of olive oil and balsamic vinegar. Add the garlic, then use clean hands to gently massage the oil into the broccolini. Transfer to a baking sheet (on a silpat or foil for easy cleanup).

Roast for about 10-12 minutes, until the broccolini is crisp-tender and even a little charred on the edges.

Season with sea salt and pepper, and remove to a platter. Cover with some foil to keep warm if preferred (it's delicious room temperature as well). Garnish with the pine nuts.

Alternate preparation: you can also throw the broccolini on the grill, using a grill basket and turning occasionally so it doesn't get burned.

Back to the steak: Heat your grill (or a grill pan) to very hot, then lower to medium-high heat and sear the steak to desired degree of doneness; medium-rare will take about 3-4 minutes, depending on the heat of your grill/grill pan.

When done, remove the steak to a plate and let it rest for a few minutes. This helps redistribute the moisture in the meat so that the juice won't run out when you cut into it.

Season the beef with salt and pepper to taste. Serve the beef alongside the broccolini and a large salad.



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MEDITERRANEAN HALIBUT WITH TOMATOES AND OLIVES

Serves 4. Adapted from a recipe from the Barefoot Contessa (Ina Garten).

INGREDIENTS

- 4 skinless halibut fillets (4-6 ounces each)
- 2 tablespoons extra-virgin olive oil plus more for brushing
- 1 medium onion, diced
- 1 cup chopped fennel
- 2 garlic cloves, minced
- 1 28-ounce can crushed San Marzano tomatoes
- Kosher salt and freshly ground pepper
- 1/2 cup low sodium gluten free chicken or vegetable stock
- 1/2 cup kalamata olives, chopped
- 1 cup coarsely chopped basil, plus small leaves for garnish
- 1 tablespoon ghee

INSTRUCTIONS

In a large deep skillet, heat 2 tablespoons olive oil. Add the onions and fennel and cook over moderately low heat, stirring occasionally, until softened, about 10 minutes. Add the garlic and cook until fragrant, about 1 minute.

Add the tomatoes to the skillet and stir. Season with salt and pepper and simmer over low heat for about 15 to 20 minutes. Add the stock and olives and cook over low heat for 10 minutes. Stir the chopped basil and ghee into the sauce.



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Light a grill or heat your grill pan. Brush the halibut fillets with olive oil and season with salt and pepper. Grill over high heat until just cooked through, about 4 minutes per side. Spoon the sauce onto a large deep platter, set the fillets on the sauce and garnish with basil leaves. Serve hot or at room temperature.

NOTE: The sauce can be refrigerated for up to 2 days. Reheat gently before serving.



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“FRENCH FRY” CAULIFLOWER WITH SALSA VERDE AND HARD BOILED EGG

Serves 2-3. Adapted from *A Homemade Life* by Molly Wizenberg
I was never a fan of cauliflower... until I tried this recipe. Tastes like French fries.

INGREDIENTS FOR THE SALSA VERDE

- 1 medium jalapeño, ribs and seeds removed and chopped
- 2 tablespoons finely chopped cilantro leaves
- 2 tablespoons finely chopped Italian parsley leaves
- 2 medium cloves garlic, finely minced
- 3 tablespoons fresh lime juice
- 1 tablespoon champagne vinegar
- 5 tablespoons olive oil
- sea salt and pepper to taste

INGREDIENTS FOR THE CAULIFLOWER

- 1 medium head of cauliflower (2-2 ½ pounds)
- 2-3 tablespoons of olive oil
- sea salt to taste

HAVE ON HAND

- 4 hard boiled eggs (2 per serving)



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INSTRUCTIONS

First, make the salsa verde: in a medium bowl, combine the jalapeño, cilantro, parsley, garlic, lime juice, salt and olive oil. Whisk until combined. Set aside at room temperature for 30-60 minutes to let the flavors meld.

Preheat the oven to 450° F. Wash and dry the cauliflower well. Put it on a cutting board and remove the leaves and some of the toughest parts of the core if intact.

Putting the cauliflower stem side down, slice vertically into ¼-inch slices. You'll get a few "steak" like slices, but the rest will crumble and that's okay.

Put all of the cauliflower into a large bowl and, with clean hands, toss with 2 tablespoons of olive oil. Each piece should have a thin coating of oil. If necessary, drizzle in a little more oil.

Spread the cauliflower on 2 heavy sheet pans — you want it to be in a single layer so it'll roast well. Salt lightly.

Bake until the cauliflower is tender and golden — some of the smaller pieces will be more deeply browned — for about 20-30 minutes. About 10 minutes into the cooking time, flip with a spatula.

Serve the cauliflower hot or warm, with salsa verde on the side. Serve alongside hard boiled eggs and your salad of choice.



ZUCCHINI HUMMUS

Adapted from *Choosingraw.com* (Gena Hamshaw)

HIGH SPEED BLENDER VERSION (FOOD PROCESSOR VERSION ON THE FOLLOWING PAGE)

INGREDIENTS

- 2 heaping cups (about 2 small zucchini) chopped
- 1 clove garlic, minced (optional)
- 1 tsp cumin
- 2 tbsp lemon juice
- 1 cup hulled sesame seeds
- extra olive oil and chopped parsley for garnish (optional)
- Sea salt and pepper to taste

INSTRUCTIONS

Place ingredients in a high speed blender (like a Vitamix) set to manual speed, with zucchini at the bottom. Begin blending at low speed, using the plunger to help get everything going. As the mixture blends, you can turn the speed up, until eventually the whole mixture is blending smoothly.

Switch speed to high, and let the mix get very creamy. Taste; add salt and pepper to taste, and re-blend. Spoon into a bowl and drizzle with a drizzle of extra virgin olive oil and chopped parsley.

Don't have a high speed blender? You can use a food processor (see next page).



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FOOD PROCESSOR OPTION

INGREDIENTS

- 2 heaping cups (about 2 small zucchini) chopped
- 1 clove garlic, minced (optional)
- 1 tsp cumin
- 2 tbsp lemon juice
- 3/4 cup tahini
- extra olive oil and chopped parsley for garnish (optional)
- Sea salt and pepper to taste

Instead of chopping zucchini, shred it using the processor's shredder attachment. Turn shredded zucchini into a bowl, and use paper towel or a clean dish cloth to squeeze out as much of the natural moisture as you can.

Return zucchini to processor and add remaining ingredients. Process till smooth. Add salt and pepper to taste, then process until incorporated. The food processor option will yield thinner hummus.

Spoon into a bowl and drizzle with a drizzle of extra virgin olive oil and chopped parsley.



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SUN DRIED TOMATO DIP

From *The 10-Day Detox Diet* by Dr. Mark Hyman

INGREDIENTS

- 1 medium-to-large fresh tomato, chopped
- 1 cup sun-dried tomatoes, reconstituted (buy dried tomatoes and soak in warm water for 5 minutes. Drain and discard the soak water) *note if the tomatoes are already salted (check the ingredients) you probably won't need to add any more salt.
- 1 clove garlic
- 1 tablespoon chopped fresh parsley
- ¼ cup extra virgin olive oil, plus 1 tablespoon
- 1 tablespoon raw pine nuts
- ½ teaspoon salt and freshly ground black pepper to taste.

INSTRUCTIONS

Blend all ingredients in a blender until smooth — about two minutes. You may need to stop periodically and use a spatula to scrape down the sides to get things going.

Store in an airtight container in the fridge for about 5 days.