



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Three Day Detox

Detox Plan + Recipes

www.monicametz.com

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Why Did I Create This Detox?

Have you ever done a detox in the past and found yourself starving? Deprived? Discouraged?

Have you been frustrated by the food — or the lack of it — because it has been too extreme or too difficult to prepare? Or worse, too unappetizing (think: shake-in-a-can)?

Me too.

Here's the thing: I love food. I like to eat. And I like to enjoy myself around food.

However, I'm a busy working mom, and I simply can't spend hour after hour in the kitchen. Nor do I want to — too many other fun or important things to do!

That's why I created this program — for busy people who love food as much as I do.

Because what good is it if the food you eat is healthy but tastes like crap or bores you to tears? In some ways, that's just as bad — and perhaps more soul-sucking — as eating the processed, addictive foods that make you feel like crap.

So let's stop all that, you and me.

Let me show you how to enjoy delicious, nutritious meals that will keep both your body and your mouth happy.

Not “hangry.”



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The Clean Living Bender

Maybe you just got back from Vegas — or you've been back for a couple of weeks now, and you're still feeling the effects.

Or maybe you've been working so much you've been living on little sleep — and way too much caffeine and take-out.

Or maybe you simply haven't been taking very good care of yourself, and you're feeling run down and low energy. Headachy. Puffy. Like you might catch the next cold looking your way.

Well, it's time to take your medicine.

Healthy food-as-medicine, that is!



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THE MOSTLY-PLANTS LIFESTYLE

Explore, play and experiment your way to a healthier lifestyle

My detox and nutrition programs — above everything else — are about what I call “maxing out on plants.” That means you’ll be invited to eat a wide assortment of vegetables and fruits, and that I’ll constantly be encouraging you to try to make plants the star attraction of any meal or snack.

What about other foods — maybe some of your favorites such as dairy and sugar? Here are some quick answers:

Flour/Bread/Crackers/Wraps — This is a tough one, but the truth remains: flour-based foods, gluten-free or otherwise, are simply not healthy foods. Are they terrible? No, I wouldn’t say that. But eating them on a daily basis will cause a continual cycle of blood sugar instability that can cause us to gain weight — or make it impossible to lose. Try your best to replace flour-based foods with healthy snacks such as whole fruit, veggie sticks and moderate amounts of unsalted nuts and seeds (up to ¼ cup per day).

Refined Sugar — I encourage you to remove all refined sugar products from your home. If you want to keep some treats around for kiddos, please make sure they’re the kind you don’t find tempting — for example, sour patch worms vs. your favorite dark chocolate.

Dairy — I don’t recommend it, and certainly not as a health food. I know the milk and Greek yogurt manufacturers have spent a lot of money to convince you otherwise, but dairy can be extremely disruptive in the body. It can affect digestion, cause skin issues, contribute to cholesterol issues, and cause all sorts of other issues. And, in my experience leading detoxes and coaching clients, removing dairy can be



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very helpful for weight loss. So if you care about losing weight and being healthier, minimize your use of dairy.

Protein — It's important, but basically no one in this country is protein deficient. It's really easy to include in the diet. And, you simply don't need as much as the beef/chicken/dairy marketing armies may lead you to believe. Further, you can get plenty of protein on a plant-based diet. I cover this more extensively in my online nutrition programs.

Animal proteins — These are optional, and I would encourage you experiment with going meatless for the 3 Day Detox. Excess protein can be converted to fat in the body, and it can also put stress on the kidneys. In addition, I don't recommend animal products for anyone with high cholesterol, high blood pressure or heart disease.

Fat — Some healthy fat is good, but it's far better when we get our fat from whole, unrefined foods such nuts, seeds, olives and avocado. That way, we benefit from the fiber and antioxidants you won't find in oil.

Carbs — Foods made from refined flour aren't healthy, and they can cause weight gain. However, moderate amounts of whole-food carbs provide energy for the body and brain. Small amounts of carbs from fruit, sweet potatoes, intact grains, and beans/legumes are absolutely part of my ongoing programs. If you feel sluggish after a serving of carbs, simply reduce your serving sizes or eliminate completely.

Alcohol — I can't tell you how many people struggle with this one. I cover this in my nutrition programs more deeply, but for now just know that cutting back on alcohol can have a profoundly positive affect on your body.



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Pre-Tox

In general, I'm not a huge fan of going cold turkey.

Sometimes that works. And sometimes it's necessary, of course, especially if you're talking about breaking an addiction to alcohol or drugs.

But for the purposes of this detox, I think it's best if you do some weaning before you actually start. The potentially irritating foods to wean yourself off of include:

- Refined sugar and sweeteners
- Dairy
- Gluten and all refined flour products (gluten free or otherwise)
- Caffeine (please see my notes on cutting back gradually — following page)
- Alcohol

This weaning process ideally involves some psychological and emotional prep. After all, so many of our food decisions are driven by emotion and mood.

So before you begin, spend some time thinking about what you're weaning yourself from, and why abstaining from these foods is important to you.

In other words, why are you doing this detox?

How do you wish to be changed by the experience?

How can “reward” yourself with healthier alternatives to food/drink rewards of the past?

And my favorite, how can you make it *fun*?



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A Few Words About Caffeine

If you drink caffeine regularly — and especially if you get headaches if you skip your daily hit — here's the trick to exiting gracefully *before* you start the detox:

- **Day 1-3:** drink half the amount of caffeine that you usually do. For example, if you make your own coffee, use 50/50 regular and decaf beans. If you get your coffee at a coffee shop, order half-decaf (or, “split shot” if you want to be cool and sound like a barista).
- **Day 4-5:** drink 25% the amount of caffeine.
- **Day 6-7:** try having a cup of green tea.
- **Day 8:** try having a cup of white tea. This has a tiny amount of caffeine.
- **Day 9 and beyond:** try naturally caffeine free, herbal tea such as cinnamon, licorice, rooibos, etc.

I know some of you hardcores out there will try going cold turkey. Which is fine (if you don't mind headaches), but if the headaches become too crazy for you, please consider taking a more gradual approach.

If you're a heavy caffeine user, try cutting back gradually so that you're caffeine free before you start the 3 Day Detox.

Remember, this doesn't have to be permanent. We're just embarking on a little health experiment to see how we feel after not being on caffeine for awhile.



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Navigating Resistance

Choosing not to have some of our favorite foods and beverages — caffeine, alcohol, sugar, dairy, bread, crackers, pasta, beans, grains — will no doubt come as a challenge to all of us at one time or another.

And guess what — that part of you that resists the call to live clean doesn't care whether you're doing this for 3 days or 3 years.

This voice inside you — what author Steven Pressfield calls **Resistance** — doesn't like the sound of any of this clean livin' stuff.

Resistance won't help us live clean. In fact, it'll plot and scheme against us, trying to steer us back to the unhealthy foods and lifestyle practices that are bogging us down and keeping us from living the vibrant, healthier lives of our dreams.

Resistance keeps us from trying kale or cauliflower or mushrooms because it's easier to hit up a burrito or sub sandwich.

Resistance tells us we can't go to sleep early because we need to work. Or binge-watch something on Netflix.

Resistance keeps those new running shoes sitting unused in their shoebox because we're out of shape and it'll be too embarrassing to be seen jogging at a snail's pace.



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Turn Down the Volume on Resistance

Resistance is unrelenting. Inner critic, critical voice, inner brat — whatever you want to call it, that voice will always be there. Our job is to remember we can turn down the volume. To scrunch that voice down into a tiny little ball. To rid ourselves of what no longer serves us.

Let's turn down the volume on Resistance and take a few small steps — heck, a leap if you feel like it — towards a healthier life this week.

When Resistance whines in your ear about cheating — about having a glass of wine or some French fries or a teeny square of dark chocolate (*come on — no one will know!*) here's what you say in return:

Yes, it kind of sucks that I can't have _____ right now... but it's going to be soooooo great when I start to lose some of the "puffies" and start feeling leaner.

I'm looking forward to feeling more energetic.

I'm excited about feeling more empowered.

I'm motivated to feel more... well, more me.

What's that you say, Resistance?

Yep, that's what I thought.

Crickets.



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Our Detox Practices + Principles

- We'll prioritize "real food" — as pure and unrefined as possible
- We'll focus on "adding in" more of the healthy foods, so the unhealthy foods are crowded out
- We'll remember/make time to eat — this is for you naughty meal skippers out there!
- We'll resist counting: calories, carbs, fat grams
- We'll try our best to incorporate vegetables — several servings — at every meal
- We'll enjoy plants first, with protein on the side
- We'll finally break up with sugar
- We'll enjoy our meals with a side of deep breath
- We'll learn to eat until we're gently satisfied
- We'll celebrate progress, not perfection
- We'll learn how to be our own BFF
- We'll acknowledge that healthy living is a process — start with one layer, then move onto the next



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Be Your Own BFF + Other Crazy Talk

Be your own BFF? WTF?

I can tell you this is often the most challenging part of any detox I lead.

Self-love, self-acceptance, Buddhism's *lovingkindness* — whatever you want to call it, it's super important. And it's not a skill that comes easy. It requires practice.

Accepting and loving ourselves — and refraining from judgment and criticism — is a key factor in fostering health and balance in our bodies. It can be just as important as putting kale in our smoothies or going to bed early or showing up for yoga class.

Without it, we might create stress in the body, mess with our hormones, and then suffer the consequences.

Weight might stick around.

We might feel fatigued, lethargic or powerless.

We might become more vulnerable to colds and illness.

So don't do that. Love yourself up. Shower yourself with self-care. Make time for therapeutic massage, meditation, or a walk outside.

Do whatever you need to do to feel loved and like you matter. Because you do.



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THE EMPOWERED PANTRY

Ingredients + Foods for the 3 Day Detox

The 3 Day Detox is all about delicious “real food” — and meals that are simple and easy to prepare. Because we’re all busy, and if healthy food takes too long to make, we’ll choose take-out every time.

Here’s a general list of foods and ingredients you’ll need for the Detox:

- **Lots of fresh vegetables** — organic when possible. Leafy greens, lettuces, zucchini, broccoli, cauliflower, sweet potatoes — the possibilities are endless!
- **Lots of fresh fruit** — I know it’s hip to hate on fruit currently, but this misinformed trend will pass. Fresh fruit doesn’t make you fat — just ask any fruitarian. Refined sugar, refined carbs, alcohol, dairy, processed foods, too much oil or fat — now, that stuff can make you fat. But not fruit. So enjoy the season’s bounty, and treat yourself to some apples or pears or berries or whatever looks good at the market — organic and/or locally sourced is ideal.
- **Frozen kale, spinach and berries for smoothies** — Organic when possible, especially when purchasing strawberries and blueberries.
- **Spices and aromatics** — Including onions for caramelizing or sautéing, fresh garlic, fresh and dried herbs, cinnamon, pumpkin pie blend, chai spice, turmeric, cumin, coriander, cayenne, black pepper, and high quality sea salt.



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- **High quality fats** — We'll be using small amounts of organic extra virgin olive oil, coconut butter, nut butters, tahini, olives, and whole avocados.
- **Nuts and seeds** — A great “whole food” source of healthy fats. Look for raw/unsalted almonds, pistachios, walnuts, hazelnuts, brazil nuts, hemp seed, chia seed, ground flaxseed, and pumpkin seeds.
- **Beans and legumes** — I know the Paleo/ketogenic craze has a lot of people down on beans right now, but volumes of research still prove these are very healthy foods for most people. Initially, they can be a little difficult to digest, so if you haven't had them lately start with a small amount (i.e., a couple of tablespoons on a salad).
- **Whole, intact, grains** — Again, Paleo folk are down on grains, but these can also be healthful for most people. As with beans, there is loads of research supporting grains as a healthy food. Stock your pantry with brown, black or red rice, and pseudograins such as quinoa and millet.
- **Vinegars** — Such as balsamic, sherry, champagne, rice, and apple cider vinegar.
- **Simple fermented foods** — Made with minimal ingredients, such as organic sauerkraut or kimchi.
- **Eggs** — a limited amount of eggs can be part of your detox if desired. If you eat eggs, please avoid factory-farmed eggs and pay a little extra for eggs from pastured hens raised on organic, non GMO feed.
- **Wild seafood** — this is optional, in small amounts. Please avoid farmed fish as they can be full of toxins. If you eat



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fish, look for wild caught salmon, halibut, or the local fish in your area.

- **Meat and chicken** — For the 3 Day Detox, I encourage you to either try going “meatless” for the detox, or limit your animal protein to small servings (2 ounces) of wild seafood and chicken.

In general, try eating less than you usually do, and less often. For example, if you’re used to eating chicken every day, try abstaining from it during your detox, or only have it once. And when you do have it, eat half the amount you usually do. A small serving of animal protein goes a long way!



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SHOPPING

Hint: most of your shopping cart should be produce

I recommend buying organic whenever possible. Organic produce is low in pesticides, and it can't be grown with the really scary ones you get to use with conventional produce.

Some conventional produce, however, doesn't pose a big pesticide risk — for more info, check out Environmental Working Group (EWG)'s list of the “Clean 15” and “Dirty Dozen” to see where you can save money by selectively going conventional.

For example, apples are the #1 item on EWG's Dirty Dozen list, so I always buy organic apples. However, avocados are #1 on the Clean 15, so I'm able to save some money by buying conventional avocados. For more info about the 2015 list, please visit:

http://www.ewg.org/foodnews/dirty_dozen_list.php

I also recommend shopping at your local farmers market whenever possible. The nutrients in produce start to degrade the minute the vegetables and fruit is harvested — cut down the transit/shelf time and you'll benefit from a higher nutrition load.

Hemp, chia, flax and other nuts and seeds can be purchased at Whole Foods, health food stores and on Amazon.com. Many of the nuts and seeds can be purchased in the bulk aisle. Check the per/ounce price, though, to see where the best value is (sometimes it's actually more expensive to go bulk).

In order to maximize efficiency, I do one big shop on Saturday, and then a smaller, supplemental shop midweek. I also like to split up my shopping and prep time so that my weekend



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doesn't get hijacked by kitchen duty — I shop on Saturdays and prep on Sundays.

Sometimes, I spread out some of the prep to Monday night — again, so Sunday doesn't feel like a kitchen marathon.



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3 Day Detox

Shopping List

Recipe ingredients are in **bold**

VEGETABLES (use any non-starchy vegetables for salads/sides)

- | | | |
|---|--|--|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Celery | <input type="checkbox"/> Onions (yellow, red, scallions) |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Peas: snow, sugar |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Fennel | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Garlic | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Broccolini or Broccoli | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Greens (chard, mustard) | <input type="checkbox"/> Sprouts (bean, alfalfa) |
| <input type="checkbox"/> Cabbage (any variety) | <input type="checkbox"/> Kale | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Lettuce, baby greens | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Zucchini |

FRUIT

- | | | |
|---|---|--|
| <input type="checkbox"/> Acai puree (unsweetened) | <input type="checkbox"/> Cherries | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Lemon/Lime | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Mango | <input type="checkbox"/> Pomegranate/seeds |
| <input type="checkbox"/> Blackberries (frozen) | <input type="checkbox"/> Oranges/Tangerines | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Peaches (frozen) | <input type="checkbox"/> Strawberries |

PROTEIN

- ☐ Plant-based: non-GMO, **organic soy** such as **tofu/tempeh**; organic beans of choice.
- ☐ **Eggs**: ideally from pastured/organic hens
- ☐ Optional in small amounts (2 ounces) - Poultry: ideally pastured and organic.
- ☐ Optional in small amounts (2 ounces) - Seafood: wild and/or sustainably sourced. Please avoid using farmed fish and shrimp.

FATS + OILS

- | | |
|--|--|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Hemp oil (don't heat) |
| <input type="checkbox"/> Coconut butter, organic | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Coconut milk, organic | <input type="checkbox"/> Olive oil, extra virgin |
| <input type="checkbox"/> Coconut oil, organic | <input type="checkbox"/> Pumpkin seed oil (don't heat) |
| <input type="checkbox"/> Coconut flakes, unsweetened | <input type="checkbox"/> Sesame Oil |
| <input type="checkbox"/> Flax oil (don't heat) | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Ghee, organic | <input type="checkbox"/> Walnut oil (don't heat) |

HERBS/MISC.

- ☐ Basil, Cilantro, Dill, Mint, Parsley
- ☐ Ginger root
- ☐ Turmeric (root)
- ☐ Medjool dates

PANTRY

- ☐ Broth: gluten-free, low-sodium
- ☐ Coconut milk
- ☐ Vinegars: balsamic, rice, etc.
- ☐ Raw honey
- ☐ Sea salt + pepper
- ☐ Spices: 5-spice, cayenne, chili powder, chipotle, cumin, curry powder, red pepper flakes
- ☐ Vanilla extract
- ☐ Thai red curry paste
- ☐ Crushed tomatoes, tomato paste
- ☐ Kalamata olives
- ☐ Whole grain mustard

NUTS/SEEDS (limited amounts; buy raw/unsalted)

- | | |
|---|---|
| <input type="checkbox"/> Almond/almond butter | <input type="checkbox"/> Pepitas/pumpkin seeds |
| <input type="checkbox"/> Brazil | <input type="checkbox"/> Pine nuts |
| <input type="checkbox"/> Chia seeds, whole | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Flax seeds, ground | <input type="checkbox"/> Sunflower seeds/butter |
| <input type="checkbox"/> Hemp seeds, hulled | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Macadamia nuts | <input type="checkbox"/> Sunflower seeds/butter |
| <input type="checkbox"/> Cashews, raw | <input type="checkbox"/> Walnuts |



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Pantry: What You Won't Need

Let's face it. You won't need about 85% of what you'll find in the standard American kitchen.

Make a plan to remove the following kinds of foods from your home. Donate the food to your office snack room, or the local food bank. Or if you really can't bear to part with some of it, pack it up and leave it with a friend for a period of time.

How do you know which foods to increase and which to decrease or omit?

The majority of the whole, unrefined foods won't have labels; and if they do, they'll have a limited ingredient list that doesn't include sweeteners, coloring, preservatives or other additives. Ideally, 5 ingredients or less.

Items we can kick out of our pantry include:

- **Dairy products** — I know this can be scary for some of you... just remind yourself that this is temporary. Ideally, abstain from dairy for a couple of weeks after the 3 Day Detox is over, then assess your results and see how you feel. In my experience, many clients feel much better simply by giving up commercial dairy products.
- **Flour-based products** — such as bread, pizza crust, crackers, chips, and pasta — even if gluten free! Refined carbs can wreak havoc with blood sugar and your metabolism.



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- **Sugar and Sweeteners** — and any food that contains added sugar or artificial sweeteners. This would even include agave-sweetened foods and beverages.
- **Processed Foods** — Anything that contains hydrogenated oils or refined vegetable fats and ingredients that you don't recognize and/or can't pronounce (check the labels carefully).
- **Caffeine** — Coffee, black tea, yerba maté and other caffeinated beverages/uppers.
- **Wine, beer, cocktails** — During our detox, we'll be abstaining from alcohol. And we'll be thinking about how we can drink less in the long term.



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Plan Your Meals and Prep Time

Meal planning: this is one of the most important concepts. If you take some time to plan the week's meals (and the ingredients you'll need to make those meals), you will be far more successful than if you wing it.

Chronic winging it leads to unhealthy food decisions such as take-out and frozen entrees, both of which can be filled with unhealthy fats, preservatives and ingredients that can irritate our bodies and lead to weight gain (i.e. gluten, dairy, sugar, etc.).

We're all busy, and I find that most people don't have time to cook a from-scratch meal every night. That's why I batch-cook 2-3 times a week and "coast" on the days in-between. Enjoying leftovers saves me time and the stress of deciding what to make every day. Here's how things typically look for me:

- **Saturday:** Write down the meals for the week and go shopping for any ingredients I need.
- **Sunday:** Prep the vegetables (i.e. chop veggies and store in air-tight glass containers), make a salad dressing and a dip, make a soup and cook extra servings of protein for the week (i.e. grill chicken, roast tofu, etc). Assemble meals using prepped ingredients until you cook again later in the week.
- **Tues./Wed.:** Cook some additional protein and make another soup to last the rest of the week. Prep extra vegetables if needed.



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Emergency Meals

Sometimes, the “plan” doesn’t come together. You have a busy Sunday and don’t get to make as much as extra food as you would like. Or you work late (or the kiddos have late soccer practice) and you have limited ingredients on hand.

That’s why it’s important to have a couple health-friendly emergency meals in mind. These are very simple meals that will sustain you and keep you from falling into the take-out/frozen meals habit.

Here are a couple of ideas to get you started:

- **Veggie Sauté:** Chop whatever vegetables you have on hand. Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then add your protein of choice (i.e. shredded chicken or, for vegetarians/vegans, tofu). Stir gently and sauté until tofu is 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. Cube some leftover tofu, or, if you eat animal protein, shred a small amount of chicken. Slice and chop whatever veggies you have on hand. Toss with the greens and dressing, top with your protein (a 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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3 Day Detox Meal Planner

Here's the plan!

- The previous Friday: make a plan for when you'll shop and prep.
- Determine your proteins for the week. Cook/prepare on Sunday. Use these for salads throughout the week.
- Also on Sunday, make 1-2 soups to enjoy during the week. Freeze any extra for a future meal.
- Also on Saturday or Sunday, wash and prep your veggies so weeknight meals can be assembled quickly.

	Sunday	Monday	Tuesday
	PREP/COOK DAY		
Breakfast	Blackberry Mint Smoothie	Easy Green Smoothie	Detoxifying Blueberry Smoothie
Snack #1	½ apple, sliced	½ cup of fresh berries or carrot sticks	½ apple, sliced
Lunch	Large salad using the Magic Salad formula, with Balsamic Sherry or 5-Second Vinaigrette.	Curried Cauliflower Soup with salad/veggies/dressing of choice	Leftover Curried Cauliflower Soup or Creamy Broccoli Soup — with salad/veggies/dressing of choice
Snack #2	Cucumber Avocado Rounds or 8 ounces of leftover smoothie	1/4 cup Spiced Seed Mix or 8 ounces of leftover smoothie	2 TB almond butter with carrot sticks or 8 ounces of leftover smoothie
Dinner and prep for the next day	Prep/chop veggies Prep baked tofu, hard boiled eggs or other protein for Day 2-3 lunches. You could also simply have some cooked beans on hand for your salads and meals. Make dressing(s) Make 1-2 soups for the week Dinner: Taco Lettuce Wraps	Leftover Taco Lettuce Wraps Or Creamy Broccoli Soup served with salad + protein + healthy fat/dressing Or Simple veggie sauté with tofu (or a small amount of shredded chicken if you eat animal protein).	Large salad with veggies of choice — add 1/3 cup of cooked whole grains or beans if desired. Or Weeknight Curry Pot



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THE RECIPES



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BLACKBERRY MINT SMOOTHIE

Serves 2. Blackberries are packed with antioxidants that fight cancer and reduce inflammation. They're also great for our skin — their special antioxidants prevent free radicals from forming wrinkles, and the Vitamin E in blackberries helps keep skin looking radiant and healthy. Plus — they're delicious!

INGREDIENTS

- 1 cup organic, unsweetened almond milk (or water)
- 1 cup filtered water
- ½ cucumber, peeled and chopped
- 6 tablespoons of hemp seed (for protein) OR 2 servings high-quality, organic protein powder of choice
- ¼ avocado, peeled and chopped
- a pinch of sea salt (optional)
- 1 ½ cups blackberries, frozen
- 1/2 banana, frozen
- a few sprigs of fresh mint
- 1/2 cup of ice (optional)

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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DETOXIFYING BLUEBERRY SMOOTHIE

Serves 2.

INGREDIENTS

- 2 cups filtered water
- ½ cucumber, peeled and chopped
- 4 tablespoons hemp seed
- 1 tablespoon chia seed
- 3-4 leaves of fresh kale
- 2 cups of frozen blueberries
- a few sprigs of fresh watercress — if you want to be hardcore about it, add ½ a bunch
- 1/2 banana, frozen (optional)
- 1/2 cup of ice (optional)

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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EASY GREEN SMOOTHIE

Serves 2. This easy smoothie helps you start getting your veggies at every meal. Most people add spinach or kale to smoothies, but romaine is another great, mild option to consider. It's high in fiber, minerals such as manganese and potassium, and vitamin C.

INGREDIENTS

- 2 cups of filtered water or almond milk
- 2 large handfuls of baby spinach
- 6 leaves of romaine lettuce, chopped
- 6 tablespoons of hemp seed (for protein)
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract
- a pinch of sea salt (optional)
- 1 banana, frozen or 1 ½ cups frozen peaches
- 1/2 cup of ice (optional)

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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Nutrition + Lifestyle

CURRIED CAULIFLOWER SOUP

Serves 4. Turmeric and ginger both reduce inflammation in the body — very healing. And cauliflower — well, what doesn't it do? It's well known for its cancer-fighting antioxidants, and it's also high in vitamin C, as well as glucosinolates, which power detox processes in the body.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- ½ medium onion, diced
- 2 cloves garlic, sliced thinly
- 1 medium/large head of organic cauliflower, cut into 2-inch chunks
- 1 tablespoon curry powder
- 1 tablespoon ground turmeric
- ½ teaspoon fresh ginger, grated (or ¼ teaspoon powdered)
- 4 cups filtered water
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado
- sea salt and ground pepper to taste
- chopped cilantro for garnish (optional)
- lemon wedges to accompany

INSTRUCTIONS

Heat the oil in a medium soup pot over medium heat. Add the onion and sauté until translucent but not browned — about 5-10 minutes. Toss in the garlic, curry powder, turmeric, and ginger; stir for a minute so the garlic won't burn.



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Then add 4 cups water and the cauliflower, cashews, and sesame seeds (or tahini). Bring to a boil, reduce the heat to low, and simmer for 10-15 minutes, or until the cauliflower is tender. Let cool for 5 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. Add the avocado to one of these batches.

Return the soup to the pot and warm gently to desired temperature. Season with salt and pepper to taste. Ladle into bowls and garnish with the cilantro. You can also drizzle with some good extra virgin olive oil.

Serve with lemon wedges on the side so people can season according to taste.



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CREAMY BROCCOLI SOUP

Serves 4. Kale may get all the fanfare these days, but broccoli's no slouch. A hall-of-fame super food, broccoli is high in a trio of special phytonutrients that support Phase I and Phase II detoxification processes in the body. It's also rich in vitamins A and K, which help support the body's ability to generate vitamin D. And it's a rich source of vitamin C and other antioxidants, making it a powerful cancer-fighter. This recipe was adapted from *Moosewood Restaurant Daily Special*, one of my favorite cookbooks.

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 2 cups organic chopped onions
- ½ cup diced organic celery
- 2 garlic cloves, minced
- 2 large stalks of organic broccoli
- 4 ½ cups filtered water or gluten free, low sodium vegetable stock
- 1/4 cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado, chopped
- 1 tablespoon fresh lemon juice
- sea salt
- freshly ground pepper
- 1 tablespoon chopped fresh dill (or 1 teaspoon dried)

INSTRUCTIONS

In a large soup pot, combine the oil, onions, celery, garlic and a ½ teaspoon of sea salt. Cook, uncovered and on medium heat, for about 10 minutes, stirring often.



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While the onions and celery are cooking, prepare the broccoli: cut the crowns into 2" florets. Peel and chop the stems into 2" pieces.

When the onions are translucent, add 4 cups of water or low-sodium gluten-free vegetable stock and all of the broccoli. Add the cashews and tahini. Stir, then cover and bring to a boil, then lower heat and simmer for about 10-15 minutes.

Stir often, until the broccoli is tender and the soup begins to thicken. Remove from heat and let cool for about ten minutes.

Stir in the lemon juice, dill and pepper and chopped avocado. Working in batches, puree the soup in a blender (or with an immersion blender) until smooth.

Serve garnished with dill sprigs and lemon slices. You can also garnish with a drizzle of high quality extra virgin olive oil (lemon infused olive oil is wonderful here).



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THE MAGICAL SALAD FORMULA

START WITH SALAD GREENS (2-3 CUPS)
+ YOUR FAVORITE NON-STARCHY VEGETABLES
+ SOME PROTEIN
+ SOME HEALTHY FAT, NOT A LOT
+ A DRIZZLE OF DRESSING
= DELICIOUS, SATISFYING SALAD

Salad greens can include: baby greens, baby spinach, herb mix, baby kale, romaine, butter lettuce, etc. Buy pre-washed if that's more convenient for you.

Some examples of non-starchy vegetables include (basically any vegetable you like, not including starchy vegetables such as potatoes, sweet potatoes, squash, etc.). These can be raw, lightly steamed, roasted, sautéed or grilled. Just not battered and fried 😊

- Cucumber
- Celery
- Carrots
- Asparagus
- String beans
- Snap peas
- Brussels sprouts (roasted or raw/thinly sliced)
- Zucchini
- Tomatoes: roma, cherry, grape, heirloom, etc.
- Beets: raw or roasted
- Broccoli, roasted, sautéed or lightly steamed
- Cauliflower, roasted, sautéed or lightly steamed
- Cabbage, sliced into ribbons or chopped



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- Kale, sliced into ribbons
- Artichoke hearts
- Kalamata olives
- Any herb you desire: basil, parsley, dill, mint, cilantro, watercress

A portion of protein should be about 3 ounces (slightly smaller than the size of your palm, not including the fingers).

Healthy protein choices include beans, lentils, tofu or tempeh.

If you eat animal products, you can add a small portion of chicken, turkey, hard boiled eggs or wild seafood.

A portion of healthy fats can include a ¼ avocado or a ¼ cup of unsalted nuts or seeds (raw is ideal). These include almonds, cashews, pistachios, Brazil nuts, pecans, pumpkin seeds, sunflower seeds, pine nuts and hemp seeds.

Salad dressing is so important, and making your own is key. Store-bought dressings often contain unhealthy refined fats, sugar and toxic preservatives. They also taste pretty yucky compared to homemade. So please avoid the store-bought stuff.

Plan on making salad dressing on Sundays so that you have enough for the week. Or, keep a bottle of balsamic vinegar and olive oil handy for the “Five-Second Vinaigrette” (I have an extra set-up at my office for lunchtime).



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5-SECOND VINAIGRETTE

And... how to dress your greens

INGREDIENTS

- 1 bottle of high quality aged balsamic vinegar (Fini is a brand I use, and can be found in most Whole Foods and gourmet markets)
- 1 bottle of extra virgin olive oil, organic preferred
- high quality sea salt
- freshly ground pepper
- salad greens
- chopped herbs (parsley, dill, basil), optional

INSTRUCTIONS

Quality ingredients are key here. Splurge on a \$15-20 balsamic if you can. I make this “dressing” often when we have company. People really enjoy it, and they’re surprised to hear the recipe is literally a drizzle of this and a drizzle of that.

Wash and spin salad greens. Place greens into a large bowl. Drizzle with the balsamic vinegar — several times around the bowl. Then, stream a light drizzle of olive oil onto the greens. Toss gently with kitchen tongs and garnish with sea salt, freshly ground pepper and herbs (if you have on hand).

Be careful not to overdress — greens should be *lightly* coated with the “dressing.” You can always add more and toss again. Too much oil will make the greens soggy and unappetizing.



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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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BAKED SEASONED TOFU

Adapted from *Moosewood Restaurant Daily Specials*. Make a batch on Sunday to any entrée or salad throughout the week.

INGREDIENTS

- 1 cake of fresh tofu (12 ounces), extra firm (be sure to use organic/non GMO tofu)
- 2 tablespoons gluten free, low sodium tamari sauce
- 2 tablespoons water
- 1 tablespoon dark sesame oil
- 2 teaspoons tomato paste (I like to use the double-concentrated paste that comes in a tube like toothpaste)
- 1 teaspoon rice vinegar
- 1 teaspoon raw honey
- ½ teaspoon Chinese five-spice powder (optional)

INSTRUCTIONS

Prepare the tofu: sandwich between two plates and rest a weight (a heavy can) on the top plate. Press for about 15-20 minutes to express the excess liquid. Preheat the oven to 375° F.

Drain the tofu and cut it horizontally into 3 slices. Stack the slices then cut all three layers on two diagonals, making an X. This will yield 12 triangles of tofu. Combine all of the sauce ingredients in a small bowl and stir until blended.

Arrange the tofu triangles in a baking dish and spoon the sauce over the tofu. Bake, uncovered, for about 35 minutes, carefully turning the tofu with a spatula every 10 minutes or



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so. When the tofu has a taut, seared appearance — and the sauce has mostly evaporated — it's ready to serve.

This can also be made ahead and stored in the fridge to use on top of salads or alongside veggies. Store for up to 3 days in the fridge.



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TACO LETTUCE WRAPS

Serves 4. Adapted from *VB6* by Mark Bittman

INGREDIENTS

- Butter lettuce, iceberg or romaine leaves; you could also serve the taco meat on top of salad greens
- 2 tablespoons olive oil
- 1 small red onion
- 2 tablespoons chopped garlic
- 1 teaspoon sea salt
- ½ teaspoon ground pepper
- Protein of choice: 1 package of tempeh (or 1 ½ pounds of ground turkey)
- 1 red bell pepper, chopped (optional)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground chipotle (if you like spicy)
- 2 limes, 1 halved, one quartered
- ¼ cup chopped fresh cilantro, for garnish
- ¼ cup chopped scallions, for garnish
- 1 ripe avocado

INSTRUCTIONS

Put the oil in a large skillet over medium-high heat. Add the onion and garlic; sprinkle with salt and pepper. Cook, stirring occasionally until the vegetables soften, 3 to 5 minutes.

Then add the spices (cumin, chili powder and chipotle, if using). Stir until the onions are well coated with oil and spice.



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Crumble the tempeh (or turkey) into the pan with your hands. Cook, stirring and scraping the bottom of the skillet occasionally, and adjusting the heat as necessary, until the tempeh browns and crisps as much or as little as you like it, anywhere from 10 to 30 minutes. If using turkey, cook until the meat is no longer pink inside.

Add the bell pepper to the pan if you're using it. Stir and cook, continuing to scrape any browned bits from the bottom of the pan until the mixture is fragrant, less than a minute.

Squeeze the juice of the halved lime over all, garnish with cilantro and scallions, and serve with the lettuce wraps and lime quarters.

Serve alongside extra vegetables such as a side salad, or a plate of sliced jicama drizzled with lime, sea salt and chili powder.



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WEEKNIGHT CURRY POT

Serves 4. I'm always on the lookout for tasty ways to clear out my fridge near the end of the week. This helps me reduce the waste and make the best use of what's on hand. This Weeknight Curry recipe is adapted from Heidi Swanson's *Super Natural Every Day* — another lovely cookbook to have at your disposal. Feel free to use any vegetables still hanging out in your veggie drawer. This recipe is extremely versatile.

INGREDIENTS

- 1 tablespoon coconut oil or ghee
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- fine-grain sea salt
- 2 zucchini, cut into ½-inch pieces
- 2 teaspoons red Thai curry paste (adjust to suit your preferences, and in accordance with how spicy your brand of paste is)
- 2/3 cup of full fat coconut milk
- 2 cups chopped cauliflower
- 12 asparagus spears, with the woody end trimmed off, and cut into 1-inch pieces
- ½ cup of filtered water or broth
- 8 ounces of organic extra firm tofu, cut into cubes or 2 cups of cooked garbanzo beans, rinsed and drained
- 2 tablespoons chopped cilantro
- Sea salt and pepper to taste



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INSTRUCTIONS

Heat the coconut oil in a large pot over medium heat. Stir in the onion and a big pinch of salt. Sauté until the onion starts to become translucent at the edges, about 2-3 minutes.

Stir in the zucchini and cook for about a minute

In the meantime, whisk together the curry paste and a few tablespoons of the coconut milk in a small bowl. Add this to the pot and stir until the onions and zucchini are well coated. Stir in the remaining coconut milk.

Bring to a simmer, then add the tofu or garbanzo beans, cauliflower and asparagus. Cover and cook for a few minutes, until the vegetables lose a bit of their raw edge.

Uncover and add the broth (or water). Stir and taste.

Add a little salt at a time to bring out the flavors of the curry.

Ladle into bowls, garnish with cilantro and serve.



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CUCUMBER-AVOCADO ROUNDS

Serves 1. This quick snack puts leftover avocado to good use. It's extra satisfying if you sprinkle with some high quality sea salt. I adore Jacobsen Salt, which is made here in Oregon. You can also purchase it online at <http://jacobsensalt.com/>. Maldon is a high-quality brand that's easily found in gourmet markets or on Amazon.com.

INGREDIENTS

- ½ cucumber, peeled and cut into rounds
- ¼ avocado, chopped
- a few cherry tomatoes, sliced
- a pinch of cayenne (optional)
- sea salt and fresh ground pepper, to taste

INSTRUCTIONS

Set the cucumber rounds on a plate. Top each round with a chunk of avocado, then a slice of cherry tomato.

Sprinkle with cayenne (if desired), sea salt and pepper. Enjoy!



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SPICED SEED MIX

This is excellent as a snack, or sprinkled onto any dish to give it more oomph. I especially like to use this to garnish salads or soups. But be careful — it's a little addictive! Adapted from a recipe from BonAppetit.com.

INGREDIENTS

- 1 cup raw sunflower seeds
- 1 cups raw pumpkin seeds (pepitas)
- 1/2 cup raw pistachios
- 2 tablespoons coconut oil (place jar in hot water for a few minutes to liquefy)
- ¼ to ½ teaspoon cayenne
- 1 tablespoon sea salt

INSTRUCTIONS

Preheat oven to 400° F.

Toss sunflower and pumpkin seeds with oil, cayenne, and salt to coat. Slide onto a baking sheet and toast in the oven, stirring and tossing often, until golden brown, 5–7 minutes. Let cool.

Store in an airtight container at room temperature.