

3 DAY DETOX



GAME PLAN,
RECIPES &
TIPS FROM
MONICA METZ



Welcome to the 3-Day Detox

Here's to a tasty and fun clean living bender!

Hello, and welcome to the 3-Day Detox — I'm excited you're here! First, I'd like to provide a bit of context on why I created this program...

Have you ever done a detox or cleanse, 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 love to eat. And I love to enjoy myself around food.

However, I'm a busy working mom, and I don't love being in the kitchen for hours and hours.

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

Because what good does 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 addictive, processed 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.”

If you have questions along the way, please email me at info@monicametz.com. I'm here to help! ~ **Monica**





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CHOOSE YOUR DETOX SPEED

Light, medium or hardcore — you choose.

I don't believe in one-size-fits all programs — or anything, for that matter. That's why I design programs that invite people to customize a game plan that puts them on a healthier path, but doesn't feel like a straightjacket.

So that's why I'm asking you to choose the detox “speed” that feels best and most realistic for where you are today — and where you want to take your health.

Your level of “clean” is completely up to you — it truly depends on what your health goals are for the short term, and for the year ahead. Please set your intention for light, medium, or hardcore — and make a commitment to follow that plan. Here's what that might look like:

- **OPTION A: LIGHT** — Cut back on sugar, refined carbs, dairy, and alcohol. Focus on adding more vegetables and fruit to your diet, as well as plant-based foods such as whole grains and plant proteins (soy, tempeh, beans).
- **OPTION B: MEDIUM** — Plan your meals around vegetables and plant-based foods; for example, make most of your plate vegetables, and have protein as a side. Stick to one (or less) serving of animal protein per day. Minimize sugar, refined carbs, dairy, and alcohol for the 3-day period.
- **OPTION C: HARDCORE** — Avoid all animal products (meat, seafood, poultry, dairy, eggs) for the three-day period — and cut out sugar, refined carbs, dairy and alcohol completely.

Please choose the level that appeals most to you. Commit to a level you can achieve, and sounds the most fun or inspiring. For added incentive, set a reward for sticking to that plan, and make it health-oriented, such as a massage, facial, private training session or Pilates class, etc.



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3-DAY DETOX — KEY PRACTICES

Here are a few “house rules” to keep you on point

- Start with water — drink 8-12 ounces of water right after you wake up. Then, drink water consistently throughout the day to power your detox: after coffee (if you’re having), mid-morning, 20 minutes before lunch, mid-afternoon, late afternoon, 20 minutes before dinner, and before bedtime.
- Get up 30-60 minutes earlier than usual, and follow a daily morning practice to gain clarity and focus. Use this time for journaling, meditation, some yoga — whatever you need to amp up the mindfulness, and feel empowered.
- Follow the fun — living healthier habits has to be fun, or you won’t do it. Pay attention to the healthy foods and habits that sound the most fun, and explore from there.
- Plants first: whenever possible, make vegetables and fruits the main attraction of your meals and snacks.
- Focus on "adding in" more of the healthy foods, so the unhealthy foods are crowded out.
- Emphasize **quality** over quantity — instead of focusing on eating less, focus on eating *more* of the nutrient-dense, fiber-filled, healthful, plant-based foods.
- Stop using refined sugar on a daily basis, and learn how to occasionally enjoy healthier sweets, without losing control.
- Enjoy meals with a side of deep breath, understanding that this helps improve digestion and metabolism.
- Learn how to eat until gently satisfied — not stuffed.



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- Become your own BFF, and practice some serious self-care. Start by getting a good night's sleep.
- Acknowledge that healthy living is a process — start with one layer, then move onto the next.



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LIFE PREP

Getting Your People Ready for Your 3-Day Detox

Part of getting ready for a program or lifestyle change involves setting up your kitchen for healthy meals.

Another part involves getting your *people* ready.

That means prepping your spouse/girlfriend/boyfriend, your parents, your kids, your friends, your co-workers, your personal trainer, your bartender, your dealer (kidding!) — and letting them know you're going to be doing something different for awhile. Maybe forever.

How does this affect your people?

For starters, you'll be eating more fruits and vegetables — so, they might end up doing that as well.

In addition, you'll be changing some lifestyle habits — you might start working out more, or stop buying processed snacks, or stop drinking as much.

Ideally, you'll start getting up earlier so you can cultivate an early morning grounding practice; and, as a result, you'll probably be going to bed earlier.

When we make changes in our lives, it's best to give the people around us a heads up. That way they can better support us in our journey — and, jump on board themselves!



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THE EMPOWERED PANTRY

Ingredients + Foods for the 3-Day Detox

All of my programs are built on delicious “real food” — and meals that are simple and easy to prepare. I’m not a fan of fancy, time-intensive meal prep — people simply don’t have time for it on a day-to-day basis.

Here’s a general list of foods and ingredients you’ll need for the 3-Day Detox, and beyond:

- **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 seasonal bounty, and treat yourself to some berries or oranges or apples or pears, 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** — This includes onions for caramelizing or sautéing, fresh garlic, fresh and dried herbs, fresh ginger, turmeric, cinnamon, pumpkin pie blend, chai spice, cumin, coriander, cayenne, black pepper, and high quality sea salt.
- **High quality fats** — We’ll be using small amounts of organic extra virgin olive oil, coconut butter, nut butters, tahini, olives, and whole avocados.



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- **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 game plan if desired (i.e., a couple of times a week). 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 (i.e., 2-3 ounces). Please avoid farmed fish as they can be full of toxins. If you eat fish, look for wild caught salmon, halibut, or the local fish in your area.
- **Meat and chicken** — This is optional, in small amounts (i.e., 2-3 ounces). If you eat meat, look for organic, pastured hens and grass-fed beef and lamb.



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CLEAN 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 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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KITCHEN FLOW: BATCH-AND-COAST

Planning and prep are key practices for healthy, homemade meals

Meal planning and kitchen prep are a couple of the most important practices for living a healthy lifestyle.

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.

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" — enjoy or modify leftovers — on the days in-between. This saves time and the stress of deciding what to make every day.

Now, I know we're only doing a 3-day program, but here's what the batch-and-coast system might look like for you for the full week:

- **Saturday** — Write down the meals for the week and go shopping for the ingredients.
- **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, etc. During the week, assemble meals using prepped ingredients until you cook again on Wednesday.
- **Midweek** — You might cook again on Wednesday or Thursday, depending on social commitments. Or, you might enjoy a super simple "raw" meal — a salad with veggies, a handful of nuts, and a delicious dressing.



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MASTER THE SUPER SIMPLE MEAL

Usually, “fast” food is best — especially during busy weeknights

The 3-Day Detox will provide plenty of recipes for you to explore. However, I don’t want you to get overwhelmed and feel like you need to cook up a masterpiece for each meal. For me, simple meals are best: a smoothie or oatmeal for breakfast, a large salad for lunch, and soup/salad for dinner.

Many of us are guilty of placing excessively high expectations around dinnertime, when it really only needs to be a simple, yet healthy meal. Mastering the super simple meal can relieve a lot of stress and time around getting food on the table, while also supporting your overall health goals.

Here are a couple of ideas to get you started:

- **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes (or use leftover chicken if you eat animal products). Drizzle some olive oil into a pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then add your protein. Stir gently and sauté until warmed through. Season with salt, pepper, gluten free tamari, or your favorite salad dressing/sauce, and serve over brown rice.
- **Smoothie or Leftover Soup for Dinner:** If you’ve been having a particularly indulgent or busy phase, having a small evening meal can be somewhat therapeutic — less hassle, minimal dishes, and fewer decisions about ingredients, cooking method, etc. If you’ve eaten two large meals during the day, you might even consider eliminating the evening meal, or blending up a green smoothie — or simply enjoying a bowl of warmed broth with a handful of greens and mushrooms thrown in.



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SUPPLIES + EQUIPMENT LIST

Tools and Items for to fuel your 3-Day Detox experience

Please note: you don't need everything on this list.

This is simply a list of my favorite kitchen gear and tools that can help enhance your healthy living experiment.

- **The Basics** — Most people have pots and pans, but if you don't, I recommend starting with a large sauté pan; a large pot for pasta, steaming, and soup; a steamer basket; spatula; rubber tipped tongs; and some wooden spoons.
- **Water Bottle** — Be intentional about this. Treat yourself to a design and appearance that pleases you. Also, make sure it's BPA-free. A couple of my favorites include the Love Bottle (glass, at <https://lovebottle.net/>) and Swell (stainless steel, <http://www.swellbottle.com/>). Both are an investment, but they're beautiful, and they'll make drinking water feel like a luxurious experience... which will lead to more hydrating!
- **2 Good Knives** — Most people already have a set of good knives, but if you don't, I hope you can invest in a couple of sharp, quality knives. They are much safer to use than lightweight, inexpensive knives. Visit your local kitchen goods store and see what you like. Hold them in your hand and figure out what feels best. I recommend a large "chef's knife" for cutting watermelon, cauliflower, etc — and a paring knife for fruit.
- **Salad spinner** — this is key for prepping and enjoying your leafy greens.
- **High-speed blender** — You can definitely make most of the recipes with a regular blender. However, if you're looking to up your game when it comes to smoothies and soups, a high



speed blender will make things that much easier — and more delicious — for you. I highly recommend the basic Vitamix model 5200, which you can find at vitamix.com. I know it's expensive, but it's a game-changer and well worth the investment. This basic model costs about \$450 (fancier models at Williams Sonoma can be as high as \$600+), and you can also buy a certified reconditioned model from Vitamix for as low as \$329.

- **Juicer** — I consider this a luxury item in the kitchen, especially with so many excellent juice bars starting to open up across our communities. If you have a juicer, then feel free to add fresh juices as a supplement to your 3-Day Detox game plan. Whether juicing at home or buying at a juice bar, please keep fruit to a minimum; ideally, you'll enjoy a no-sugar, veggies-only juice.
- **Zester or Microplane** — Fresh citrus zest is a great way to enhance salad dressing, dishes, smoothies, and drinks. Also a relatively inexpensive kitchen tool.
- **Spiralizer** — another luxury item — fun to have but not necessary. They're relatively inexpensive (i.e. \$30), and fun for making salads and "noodles." Easily found online and on Amazon.
- **Mandoline** — Also not necessary, but they make "shredded" salads and slaws a breeze. Fancy models exist, but I recommend a simple \$20 model easily found online or at an Asian market. Be sure to use a protective glove when using — very dangerous without!
- **Journal or notebook** — I encourage you to set aside some time to document and journal about your experience. This is done for a couple of reasons — it will help you get more grounded about your health dreams and goals. Secondly, because it's fun! Journaling and writing about your goals is a powerful tool for anyone who wants to change their life, in ways both big and small.



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- **Fun pens and art supplies** — you don't have to go crazy, but journaling is more fun when you have a couple of cool pens, double-sided tape, and maybe even some washi tape or stickers.



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3-DAY DETOX

Recipes

3-DAY DETOX — MEAL PLAN

- When in doubt (or pressed for time), keep it simple — a veggie sauté or the Cauliflower Soup.
- Try to shop on Saturday, and prep your veggies on Sunday. It can be more manageable if you divide the tasks into 2 days.
- Make a salad dressing or two on Sunday so you'll be set for the week.

3-DAY DETOX

	Mon – Day 1	Tues – Day 2	Wed – Day 3
Breakfast	<p>Start with water — 8-12 ounces!</p> <p>Easy Green Smoothie or Overnight Oats</p>	<p>Start with water — 8-12 ounces!</p> <p>Blueberry Beet Smoothie or Overnight Oats</p>	<p>Start with water — 8-12 ounces!</p> <p>Green Tangerine Smoothie or Overnight Oats</p>
Snack #1 if needed	<p>Try snacking on sliced vegetables, or a whole piece of fruit (apple or pear slices, ½ cup berries, etc.). Remember to drink at least 2 more servings of water throughout the morning, and then 20 minutes before lunch.</p>		
Lunch	<p>Large salad of choice, with a ½ cup of beans (or other protein of choice) on top. Enjoy salad dressing of choice: 5-Second, Balsamic Sherry, Ginger Miso or Maple Tahini.</p>	<p>Leftover Curried Cauliflower Soup with salad, or large salad/dressing of choice.</p>	<p>Kale Salad with Maple Tahini Dressing or large salad/dressing of choice.</p>
Snack #2 if needed	<p>Veggie sticks with Tahini Dip, Cucumber/Avocado Rounds, or Nacho Cheese Kale Chips. Remember to drink at least 2 more servings of water throughout the afternoon, and then 20 minutes before dinner.</p>		
Dinner	<p>Curried Cauliflower Soup and salad/dressing of choice.</p> <p>After dinner: caffeine-free tea of choice (cinnamon, chamomile, kava, etc.)</p>	<p>Super Simple Meal (veggie sauté, large salad, etc.).</p> <p>Or Simple Miso Soup</p> <p>Or Beet Bliss Salad</p> <p>After dinner: caffeine-free tea of choice (cinnamon, chamomile, kava, etc.)</p>	<p>Super Simple Meal (veggie sauté, large salad, etc.).</p> <p>Or Curried Coconut Lentil Soup</p> <p>Or Beet Bliss Salad</p> <p>After dinner: caffeine-free tea of choice (cinnamon, chamomile, kava, etc.)</p>



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YUMMY INFUSED WATER

So this isn't really a recipe — just go with what sounds fun and delicious to you. The result will be flavorful, vitamin infused water, without all of the sugar, artificial sweeteners and other additives. This is also nice to serve to guests — seeing fresh fruit and herbs in a water pitcher makes for a beautiful presentation.

INGREDIENTS — SOME OF MY FAVORITE COMBOS.

- Sliced lemon + cucumber
- Sliced cucumber + a sprig of fresh mint
- Sliced orange, sliced kumquat + a sprig of fresh rosemary
- Sliced strawberries + a sprig of fresh mint
- Sliced strawberries + a sprig of fresh basil
- Sliced ginger root + lemongrass
- Sliced grapefruit + a sprig of fresh mint

INSTRUCTIONS

Fill a large mason jar with filtered water. Add your ingredients and secure the lid. Place in the refrigerator overnight, or for 8 hours.

In the morning, you'll have delicious infused water. Enjoy in a glass or pour into your water bottle for hydrating goodness on-the-go.



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EASY GREEN SMOOTHIE

Serves 2. This is one of my signature recipes, and I love how it sets the tone for a healthy day.

INGREDIENTS

- 2 cups of filtered water or almond milk
- 2 large handfuls of baby spinach
- 6 tablespoons of hemp seed or a scoop of your favorite rice or pea protein powder
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract
- 1 banana, frozen or 1 ½ cups frozen peaches
- OPTIONAL — 1/2 cup of ice (for frosty texture)
- OPTIONAL NUTRITION BOOST — 6 leaves of romaine lettuce, chopped

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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BLUEBERRY BEET SMOOTHIE

Serves 2. I'm a big beet fan, but they can take a lot of work — the scrubbing, the peeling, etc. How happy was I when I found them in the frozen section — perfect for smoothies! Beets are rich in antioxidants and super detoxifying. And they've been shown to improve athletic/running performance and breathing function by increasing blood oxygen levels and reducing blood pressure.

INGREDIENTS

- 1 cup of unsweetened almond or coconut milk
- 1 cup of filtered water
- 2 tablespoons ground flax seed
- 2 tablespoon chia seeds
- the juice from half a lemon
- 1 teaspoon grated fresh ginger
- 1 cup frozen sliced beets, or raw (peeled and chopped)
- 2 cups frozen blueberries

- OPTIONAL (for sweetness) — ½ frozen banana (optional), or 1 medjool date (pitted)
- OPTIONAL — 1/2 cup of ice (for frosty texture)

INSTRUCTIONS

Place ingredients into blender, adding 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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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
- 1 teaspoon vanilla extract
- 1 teaspoon freshly grated ginger or 1/2 teaspoon powdered
- 2 oranges (tangerine, navel, cara cara, blood orange), peeled and chopped
- 2 large handfuls of spinach
- 1 1/2 cups frozen peaches or bananas

- OPTIONAL — a handful of fresh parsley
- OPTIONAL — 1/2 banana, for sweetness
- OPTIONAL — 1/2 cup of ice, for frosty texture

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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OVERNIGHT OATS

Serves 1. Sometimes, you need something hearty in the morning — you're going to have a hard workout later, or you just really want to chew your breakfast instead of drinking a smoothie. This is where overnight oats come in handy. Soaking the oats overnight makes them more digestible, and because you prep everything the night before, you have a convenient grab-and-go breakfast in the morning. Oatmeal is high in fiber and resistant starch, which helps you feel satisfied longer while also shuttling toxins from the body. Feel free to add fresh berries, a couple spoonfuls of pumpkin puree, goji berries, whatever you like!

INGREDIENTS

- 1/3-1/2 cup old-fashioned rolled organic oats (gluten free if preferred) — please do **not** use instant oats here
- 1 cup unsweetened non-dairy milk (hemp, almond, etc.)
- 1 tablespoon chia seeds
- 1 tablespoon ground flax seed
- 2 tablespoons hemp seed
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 tablespoon maple syrup or raw honey
- ½ cup of fresh berries of choice
- a sprinkle of flaked, unsweetened coconut and/or chopped nuts

INSTRUCTIONS

Place all of the ingredients except for the berries and coconut in a mason jar or bowl. Give everything a good stir, and then set it aside for about 10-15 minutes at room temperature. After 10-15 minutes, cover and place in the refrigerator overnight.

In the morning, you can add fresh berries, coconut or other add-ins — breakfast is served!



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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 😊

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



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- Zucchini
- Any herb you desire: basil, parsley, dill, mint, cilantro, watercress

A portion of protein should be about 2-3 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. You'll enjoy your salads far more if you make your own dressing.

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 "Three-Second Vinaigrette" (for example, I have an extra set-up at my office for lunchtime).



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5-SECOND VINAIGRETTE

+ Dressing 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 \$10-20 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. The inspiration for this dressing comes from a farmers market demo I once saw featuring Le Pigeon's Gabriel Rucker (James Beard Foundation's Rising Star Chef of the Year). Previously, I had only used one type of vinegar for a dressing recipe — Gabriel's demo used both balsamic and sherry vinegars in one dressing. Delicious combo!

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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GINGER MISO DRESSING

Makes about $\frac{3}{4}$ cup of dressing. Use for the Beet Bliss Salad or other greens. Also lovely drizzled over roasted or grilled vegetables, and rice “bowls”.

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1/4 cup filtered water
- 1/4 white miso (I use Westbrae Natural Mellow White Miso)
- 1 teaspoon raw honey
- 1-2 tablespoon of chopped scallion
- 1 tablespoon of grated ginger
- Juice from one lemon
- A drizzle of sesame oil

INSTRUCTIONS

Add all ingredients to a blender.

Blend until creamy and smooth. Will store in the fridge for about a week. Make it on Sunday, and you'll be set for your weekday lunch salads.



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BEET BLISS SALAD

Serves 2. This recipe was inspired by the lovely Bliss Salad at the Pearl District's Prasad — if you live in Portland, you definitely need to check them out for creative, healthful and super tasty vegan fare. This is one of my favorite ways to enjoy quinoa. As for roasted beets? Those are always such a treat — and so good for you: high in antioxidant, anti-inflammatory and detoxifying compounds. Prep tip: I like to cook the quinoa and roast the beets on Sunday. That way, the salad can come together quickly on busy weekdays.

INGREDIENTS

- 1 cup uncooked quinoa
- 1 beet, scrubbed and rinsed
- 1 sweet potato, scrubbed, rinsed and pricked a few times with a fork
- 1/4 c. walnuts, dry toasted in a pan for a few minutes
- 4 medjool dates, julienned
- A couple of large handfuls of baby lettuce, rinsed and spun
- Ginger Miso Dressing (recipe in this packet)

Instructions: Preheat oven to 400 degrees.

Prepare the quinoa according to package directions (I use the rice cooker since it does a nice job of preserving each grain's shape — I use the brown rice setting and water measurement). When done cooking, set aside.

When the oven is ready, roast the beet and sweet potato — for the beet, I favor Mark Bittman's method for roasting beets, which involves wrapping wet beets in foil and roasting at 400 degrees for 60-90 minutes. For this recipe, I used the same glass casserole to hold the beet and sweet potato during roasting.

When you're able to easily pierce the beet with a paring knife, the beet is finished roasting. Once the beet is cool enough to handle, use a paper towel to rub off the skin (this can get a little messy, so do it over the sink).



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Dice the beets and set aside. Peel and dice the sweet potato as well.

To assemble the salad, add baby lettuce, quinoa and sweet potato in a large bowl. Gently toss, being careful not to mash the sweet potato or crush the quinoa grains — no one likes a mushy salad.

Divide salad into two plates and garnish with cubed beets, walnuts, and dates.

Drizzle with dressing as you see fit — it's pretty rich, so a little goes a long way.



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KALE SALAD WITH MAPLE TAHINI DRESSING

Serves 4. Kale salad — it's everywhere! And for good reason. Kale is high in fiber and nutrients, including glucosinolates that have been reported to fight three kinds of cancer. Kale is also high in nutrients that help the body detoxify and reduce inflammation. From a practical standpoint, I love kale because it's the perfect foundation for a make-ahead salad — the sturdy greens stand up to a creamy dressing, and often the salad tastes even better the next day. I like to add a little sweetness to my kale salads — this recipe features a Maple Tahini Dressing, as well as chopped dates for garnish.

INGREDIENTS

- 1/3 cup of tahini
- 2 tablespoons extra virgin olive oil
- Juice from 1 lemon
- 1 tablespoon pure maple syrup (avoid brands that include high fructose corn syrup or other additives)
- 1/3 cup of water; you can add more for a thinner consistency
- 1/4 cup chopped pistachios
- 1 large bunch of Lacinato kale — remove the stems and thinly slice leaves. If in a rush, you can also use bagged kale.
- 1 apple, cored and chopped — or, 1/4 cup chopped medjool dates (or any dried fruit you have on hand)
- optional — a pinch of cayenne pepper, for heat
- sea salt and ground pepper to taste

INSTRUCTIONS

For the dressing: add the tahini, olive oil, lemon, and maple syrup into a small bowl. Whisk in the water a little bit at a time, whisking until the water is incorporated. Keep adding water and whisking until you reach the desired consistency for your dressing. Taste and season with sea salt and pepper.

Add the kale and half of the fruit (apples or dates) to a salad bowl. Drizzle some dressing onto the greens and use clean hands to mix and massage the kale so the leaves are coated evenly with dressing.



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Keep going through the process until the leaves are coated and the kale is slightly wilted.

Transfer the salad to a serving platter and scatter with the pistachios and remaining fruit. Drizzle on a bit of extra dressing if desired. Season with salt and pepper, and serve.



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CURRIED CAULIFLOWER SOUP

Serves 4. This is such a creamy, delicious soup — and you won't believe it's dairy free! Turmeric and ginger are very healing, and they can help reduce inflammation in the body. 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 support the body's natural detoxification processes.

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
- 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.

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.



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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.

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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SIMPLE MISO SOUP WITH VEGETABLES

Serves 4-6. This soup comes together really quickly, and it's perfect for a night when you don't want to spend much time in the kitchen. Make sure you don't boil the soup after adding the miso — that destroys miso's "good" bacteria and other nutrients. This soup is best enjoyed immediately; it won't freeze well. Feel free to add any vegetable of choice (thinly sliced cauliflower, shredded cabbage, etc.).

- 2 tablespoons coconut oil or extra virgin olive oil
 - 1 onion, sliced thin
 - 1 carrot, sliced thin
 - 2 cloves garlic, sliced thin
 - 1 teaspoon fresh ginger, grated
 - 1 teaspoon ground turmeric (or 2 teaspoons freshly grated turmeric root)
 - a pinch of red pepper flakes, optional
 - 4 cups of low sodium, gluten free broth of choice
 - 4 large handfuls of baby spinach
 - 1 tablespoon white miso paste (refrigerated section)
-
- OPTIONAL — Add protein of choice; either stir into the finished soup or serve on the side (i.e. cubed tofu, edamame, leftover chicken, shrimp or a hard boiled egg cut in half).
 - OPTIONAL — Garnish with fresh chopped cilantro and/or *gomasio* spice blend (you'll find it in the Asian section at the store)

INSTRUCTIONS

Heat the oil in a medium soup pot over medium heat. Add the onion and sauté until translucent but not browned — about 3-10 minutes.

Then add the carrot, garlic, ginger and turmeric — stir and cook for a minute.



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Add the broth and bring the soup to a boil, then simmer on low until the carrots are tender.

Strain the soup into a large bowl and discard the solids. Wipe out the pot and pour the broth back in. Whisk in the miso, keeping the soup over very low heat. Add the baby spinach and give it a stir to wilt the greens.

If using protein, add to pot.

Heat for a few minutes to make sure the protein is warmed through.

Serve with a sprinkle of *gomasio* spice blend and/or a sprinkling of fresh cilantro.



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CURRIED COCONUT LENTIL SOUP

Serves 2-3; can easily be doubled. This hearty soup is one of my most popular recipes — delightful in the winter and you know what? I love it in summer, too. After all, they eat curry in India year-round, right?

INGREDIENTS

- 2 tablespoons extra virgin olive oil (organic when possible), plus additional oil for drizzling
- 1 large yellow onion, chopped
- 4 garlic cloves, minced or pressed
- 1 tablespoon double-concentrated tomato paste (comes in a tube like toothpaste; found in the tomato sauce section)
- 1 teaspoon curry powder
- ½ teaspoon ground ginger, or 1 teaspoon freshly grated
- 1 teaspoon ground cumin
- ½ teaspoon turmeric, or 1 teaspoon freshly grated
- ¼ teaspoon kosher salt, or more to taste
- freshly ground pepper
- a pinch of Aleppo pepper (or cayenne)
- 1 quart low-sodium vegetable broth
- 1 can coconut milk
- 1 cup unsweetened pumpkin puree
- 1 ½ cup red lentils, picked through for stones and debris
- 1 large carrot, peeled and diced
- Juice of ½ lemon, or more to taste
- ¼ cup chopped fresh cilantro

INSTRUCTIONS

Warm the olive oil in a large pot over medium-high heat until hot and shimmering. Add the onions and garlic and cook until golden, about 4 minutes.



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Stir in the tomato paste, curry powder, turmeric, ginger, salt, pepper, and cayenne, and cook for 2 minutes longer.

Add the broth, coconut milk, the lentils, and the carrots. Bring to a simmer, then partially cover the pot and reduce the heat to maintain a gentle simmer. Continue to cook until the lentils are soft, about 20-30 minutes.

Taste, and add more salt if necessary.

Using an immersion or regular blender, puree the soup to desired consistency. Add a bit of water if necessary.

Reheat gently, then stir in the lemon juice and cilantro. Serve the soup drizzled with good olive oil and dusted lightly with Aleppo or cayenne pepper, if desired.

Note: for a heartier soup, stir in a cup or so of leftover rice after blending. I also like to ladle it into a shallow bowl alongside steamed greens.



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Protein on the side...

BAKED SEASONED TOFU

Adapted from *Moosewood Restaurant Daily Specials*. Add sliced tofu to salads and grain “bowls.”

INGREDIENTS

- 1 cake of fresh tofu (12 ounces), extra firm (be sure to use organic/non GMO tofu)
- 2 tablespoons low sodium soy sauce or tamari
- 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

- OPITONAL — ½ teaspoon Chinese three-spice powder

INSTRUCTIONS

Prepare the tofu: sandwich between two plates and rest a weight (a heavy can) on the top plate. Press for about 13-20 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 so.

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



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Protein on the side...

BASIC MARINATED TEMPEH

Tempeh is a fermented food made from whole soybeans. It's often easier to digest than tofu, and its texture makes it a popular ingredient for chilis, stews, and sandwiches. I'll admit — it took me awhile to warm up to tempeh. But now that I'm used to the texture, I enjoy it on top of salads and in wraps.

INGREDIENTS

- 8 ounces tempeh, sliced into thin strips (about 1/4 inch or a little less)
- ¼ cup of reduced sodium soy sauce or tamari
- 1 tablespoon rice wine vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon fresh ginger, grated
- 1-2 cloves garlic, minced
- 2 teaspoons coconut oil (optional, for pan frying)

INSTRUCTIONS

Add an inch or two of water to a medium sized pot and set a steamer basket inside. Bring the water a boil, reduce heat to medium low, then set the tempeh in the steamer basket and cover. Steam for 7-10 minutes. This helps mellow out some of tempeh's natural bitter flavor.

In the meantime, whisk together the soy sauce, rice wine vinegar, toasted sesame oil, ginger, and garlic. Remove the steamed tempeh from the pot and place it in the bowl. Let it marinade for about 10-20 minutes.

Heat the coconut oil in a pan over medium high heat. Remove the tempeh strips from the marinade, and then place into the pan. Pan fry until golden and crispy, turning occasionally.



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Protein on the side (if you eat seafood)...

SUPER SIMPLE SALMON

4 servings. Most of the time, I find myself eating 90% plant-based. However, once in awhile, I might have some wild-caught fish. This is an easy preparation for enjoying salmon — be sure to buy wild (Sockeye, Chinook, etc.). Farm-raised fish, such as “Atlantic” salmon, is full of toxins, and is dyed from gray to pink to give it a more natural color.

INGREDIENTS

- 4 wild salmon fillets (4-6 ounces each). Our favorite is 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 (check the ingredients to make sure it doesn’t have any weird additives)
- ¼ cup chopped cilantro (optional)
- Tahini Dip/Dressing (recipe in this packet)

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



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Protein on the side (if you eat chicken)...

EASY MAKE-AHEAD CHICKEN

6-8 mini-servings to use in salads, soups, stir fries, etc.

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 and freshly ground pepper
- OPTIONAL — herbs/spices of choice: 1 teaspoon of dried oregano, rosemary, chile powder, cumin, red pepper flakes, etc.

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 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 with salt and pepper. Feel free to sprinkle with some herbs of choice on both sides: dried oregano for a Mediterranean flavor; ground cumin and/or chile powder for Mexican flavors.

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).



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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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SNACK: TAHINI DIP/DRESSING

Whip up a batch to enjoy with carrot sticks, red pepper strips, zucchini spears, and any of your other favorite veggies.

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)
- 1 teaspoon ground sumac (Middle Eastern spice; can be found at Whole Foods and ethnic markets)
- ¼ teaspoon ground cumin
- sea salt and fresh ground pepper, to taste
- additional water if needed

INSTRUCTIONS

Blend all of the ingredients until smooth. Add a little water — one tablespoon at a time — until you reach desired consistency. Store in an airtight container in the refrigerator for up to three days.

Tip: I usually scoop some of the dip out and store separately as a dip. Then I blend the remaining dip with a little additional water to make a dressing for salads.



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SNACK: CUCUMBER-AVOCADO ROUNDS

Serves 1. Quick snack that puts leftover avocado to good use.

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!

Want more?



I hope the 3-Day Detox has been helpful for you, and that you've enjoyed my tips and recipes.

It's often easier to follow a plan when you're surrounded by others who are doing the same thing.

If you'd like to up your healthy lifestyle game — and could benefit from extra support and guidance — then I encourage you to consider signing up for one of my online programs.

In my online programs, you receive similar resources — a game/meal plan and recipes — plus daily email support and access to a private Facebook group. I also provide additional educational resources, handouts and other guidance.

If you'd like more info on my next program, feel free to email me at info@monicametz.com. I'd love to hear from you.

Wishing you health + happiness,

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