

# ROCK

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## THE DETOX



WEEK 1



## Welcome to Week 1: Getting into the Rock the Detox Mindset



Hello, and welcome to Week 1 — let's get this party started! Throughout Week 1, I'll be sharing a lot of content about cultivating a stronger mindset around your health goals. We'll also talk about designing a kick-ass morning routine, and why this is important for your progress.

I love to pack a lot of content and info into my programs. However, I also recognize this might be overwhelming for some people. So, if you ever start to feel overwhelmed by it all, please take a deep breath, take a step back, and get back to the basics.

For example, if the recipes or ingredient lists seem overwhelming at first, ease your way in with the simpler preparations: the Easy Green Smoothie, a big salad for lunch, and a soup for dinner.

Before we get into all that, though... one of my favorite topics ever: **mindset**. Getting yourself in the right state of mind is vital for making positive change in your life. Starting on Monday, each weekday I'll send an email to you with a daily lesson or tip. Week 1's lessons will cover:

- **Setting Your Intention**
- **Recommended Daily Practices**
- **The Morning Routine and Why It Matters**
- **Maxing the Plants**
- **The Weekend Challenge**

One last thing before we get started — if you have questions or feedback at any time, please email me at [monica@monicametz.com](mailto:monica@monicametz.com). I'd love to hear from you!



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# *Master the Simple Meal*

## **Remember — simple is good!**

Please don't feel pressured to cook a complex, from-scratch dinner every night.

Use the batch cooking method so you can enjoy leftovers on busy nights.

If you don't have leftovers on hand, but you're too tired to cook, enjoy a large salad with a delicious dressing and a side of warmed grains and/or beans.

For example, my typical day looks like this:

- **Breakfast** — Green Smoothie
- **Lunch** — Huge salad with beans or tempeh
- **Dinner** — A soup with side salad, or rice bowl. Once a week I might do something more complex, such as Taco Lettuce Wraps or a stew.

Have fun experimenting and exploring, and let me know if you have any questions along the way!



## ROCK THE DETOX 2016

- Friday or Saturday: use a blank template to plan which meals you'll cook at home (and enjoy leftovers for lunch)?
- Set your intention for the meals you'll enjoy away from home (travel, dinners out, etc.)
- On Sunday: make extra portions to enjoy through Wednesday. Plan to cook again on Wednesday night.

# ROCK THE DETOX

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PREP/COOK DAY			PREP/COOK DAY		COOK OR DINE OUT	SHOPPING DAY
Breakfast	Easy Green Smoothie	Blackberry Mint Smoothie	Ginger Pear Smoothie	Chia Breakfast Bowl	Easy Green Smoothie	Blackberry Mint Smoothie	RTD breakfast of choice
Snack #1 if needed	Try snacking on sliced vegetables, or a whole piece of fruit (apple or pear slices, ½ cup berries, etc.)						
Lunch	Large salad with greens, vegetables, protein, dressing, and healthy fat of choice. Add a handful of berries if desired.	Leftover Cauliflower Soup with large salad.	Leftover Cauliflower Soup with large salad.	Kale Salad with Maple Tahini Dressing or large salad with dressing of choice. Add beans/protein as desired.	Brussels Sprouts Salad — or large salad with dressing of choice. Add beans/protein as desired.	Leftover Frittata with large salad. Or, large salad with dressing of choice. Add beans/protein as desired.	Soup/salad or RTD entrée of choice.
Snack #2 if needed	Veggie sticks with tahini dip, cucumber/avocado rounds, or ants on a log. If snacking on nuts, limit to ¼ c per day.						
Dinner and prep for the next day	Prep/chop veggies.  Prepare proteins for salads (tofu, tempeh, beans or animal protein).  Make dressing(s) and tahini dip.  Make Cauliflower Soup (Creamy or Curried) and serve with salad.	Super Simple Meal (veggie sauté, large salad, etc.).  Or  Simple Miso Soup	Super Simple Meal (veggie sauté, large salad, etc.).  Or  Quinoa with Black Beans and Oranges  Or  Asian Stir Fry	Super Simple Meal (veggie sauté, large salad, etc.).  Or  One Bowl Wonder with Chipotle Cheese Sauce	Super Simple Meal (veggie sauté, large salad, etc.).  Or  Veggie Frittata  Or  Taco Lettuce Wraps	If at home, make the RTD meal of your choice.  If headed out, try sharing 1-2 salads, then share an entrée.	If at home, try:  Lemony Asparagus with Dijon Salmon  Or  Asian Stir Fry  Or  One Bowl Wonder with Chipotle Cheese Sauce

## MASTER SHOPPING LIST

I know this looks daunting, but don't worry — you're not buying everything on this list! Please simply check off or circle the items you'll need for the recipes you're planning on preparing this week.

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

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

### FRUIT

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Acai puree (unsweetened) | <input type="checkbox"/> Dates, medjool     | <input type="checkbox"/> Pears             |
| <input type="checkbox"/> Apples                   | <input type="checkbox"/> Goji berries       | <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; black beans; lentils, black beans, white beans, etc.
- ☐ 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"/> Olive oil, extra virgin       |
| <input type="checkbox"/> Coconut milk, organic       | <input type="checkbox"/> Pumpkin seed oil (don't heat) |
| <input type="checkbox"/> Coconut oil, organic        | <input type="checkbox"/> Sesame Oil                    |
| <input type="checkbox"/> Coconut flakes, unsweetened | <input type="checkbox"/> Tahini (sesame paste)         |
| <input type="checkbox"/> Olives                      | <input type="checkbox"/>                               |

### HERBS/MISC.

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

### PANTRY

- ☐ Cacao powder
- ☐ Miso paste (refrigerated)
- ☐ Broth: gluten-free, low-sodium
- ☐ Non dairy milk/coconut milk
- ☐ Vinegars: balsamic, rice, sherry
- ☐ Raw honey, maple syrup
- ☐ Nutritional yeast
- ☐ Spices: bay leaf, cayenne, chili powder, Chinese 5-spice, chipotle, cinnamon, cumin, curry powder, Italian seasoning, nutmeg, red pepper flakes, sumac, turmeric, onion flake, garlic flake, oregano, cacao, anise
- ☐ Extracts: vanilla
- ☐ Thai red curry paste, fish sauce
- ☐ Canned tomatoes + paste
- ☐ Capers
- ☐ Tamari (GF soy sauce)
- ☐ Dijon mustard
- ☐ Quinoa

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

- |  |  |
|--|--|
| <input type="checkbox"/> Almonds/almond butter | <input type="checkbox"/> Nigella, poppy, caraway |
| <input type="checkbox"/> Chia seeds, whole     | <input type="checkbox"/> Pistachios              |
| <input type="checkbox"/> Flax seeds, ground    | <input type="checkbox"/> Sesame seeds            |
| <input type="checkbox"/> Hemp seeds, hulled    | <input type="checkbox"/> Walnuts                 |
| <input type="checkbox"/> Cashews, raw          | <input type="checkbox"/>                         |





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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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## BLACKBERRY MINT SMOOTHIE

Serves 2. Blackberries are wonderful for aging skin — full of fiber and anthocyanins that reduce inflammation, and also support a healthy brain. Blackberries also contain vitamin E, an important antioxidant that helps the body resist fat oxidation, which causes wrinkles. Finally, blackberries have been shown to reduce heart disease and inhibit certain kinds of cancer, including colon cancer.

### INGREDIENTS

- 1 cup organic, unsweetened almond milk (or water)
- 1 cup filtered water
- ½ cucumber, peeled and chopped
- 4 tablespoons of hemp seed (for protein)
- ¼ avocado, peeled and chopped
- a pinch of sea salt (optional)
- 1 ½ cups blackberries, frozen
- 1/2 banana, frozen (optional)
- a few sprigs of fresh mint (about 10 leaves)
- OPTIONAL — 1/2 cup of ice (for frosty texture)
- OPTIONAL NUTRITION BOOST — 2 tablespoons chia seed

### 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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## GINGER PEAR SMOOTHIE

Serves 2. This is a light, refreshing, and sweet-tart smoothie that I love to make after I've been through a relatively indulgent phase. This is great smoothie to make if you overdo it at the farmers market and come home with a case of pears.

### INGREDIENTS

- 1 cup unsweetened coconut milk + 1 cup filtered water — or, 2 cups filtered water
- 1 romaine heart, or 1/3 of a large head of romaine
- ½ zucchini, chopped
- a large handful of baby kale or spinach
- 2 tablespoons raw pumpkin seeds (soaked overnight if using regular blender; discard soak water)
- 1-2 ripe pears, cored and chopped (if extra large, you'll probably only need one) — leave the skin on
- 1 teaspoon freshly grated ginger (add more if you like it spicy)
- the juice from ½ lime
- 1 ½ cups frozen peaches (or a banana, frozen and in chunks)
- OPTIONAL — 1/2 cup of ice (for frosty texture)
- OPTIONAL NUTRITION BOOST — 2 tablespoons chia seed

### 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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## CHIA BREAKFAST BOWL

Makes 2-3 servings. Chia pudding is an excellent prep-ahead breakfast — you can mix it up the night before, spoon into mason jars, then pop it into the fridge to set up overnight. In the morning, add some of your favorite fruit and/or nuts on top, and you have an excellent breakfast-on-the-go. I first learned about chia pudding from Gena Hamshaw's excellent blog and book, *Choosing Raw* — definitely worth checking out.

### INGREDIENTS

- 1 ½ cups of your favorite unsweetened nut milk — or 1 cup of nut milk and ½ cup unsweetened coconut milk
- 1-2 tablespoons maple syrup or honey
- 1 teaspoon vanilla
- 1 small pinch of salt, sea salt or pink Himalayan
- 1/3 cup chia seeds
- ½ cup unsweetened coconut flakes
- 1-2 cups of your favorite fruit — berries, chopped apple, sliced bananas
- ½ cup of raw walnuts, chopped
- OPTIONAL
  - Additional drizzle of honey or maple syrup
  - Garnish with a dusting of cinnamon

### INSTRUCTIONS

Place the coconut flakes in a small pan over low heat. Stir frequently so the flakes don't burn. Remove from heat once the flakes turn a golden color.

Blend or whisk the coconut milk, nut milk, maple syrup and salt in a blender. Pour into a bowl.

Add the chia seeds and whisk. Let the mixture stand for about five minutes, then whisk again, breaking up any clumps that have formed. Let the mixture stand once again for about 5-10 minutes, then whisk again.





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Cover and store in the refrigerator for at least an hour (or overnight). As the pudding sets up in the refrigerator, the chia will absorb the liquid, transforming the mixture into a light, airy pudding.

To serve, spoon chia pudding into a bowl or parfait glass. Top with berries, coconut flakes and chopped walnuts. Drizzle with a teaspoon of honey and some cinnamon, if desired.



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## AVOCADO TOAST

Serves 1. This recipe includes refined carbs (bread), so I wouldn't make it an every day staple. But it's delicious and fun to have 1-2 times a week. Dress it up with whichever toppings appeal.

### INGREDIENTS

- 2 pieces of gluten free bread such as Canyon Bakehouse, Udi's or Franz Bakery (usually found in the gluten free/frozen section)
- ½ of a perfectly ripe avocado
- ½ cup of cherry tomatoes, halved (optional)
- sea salt for garnish
- freshly ground pepper

### INSTRUCTIONS

Toast bread to desired doneness.

Remove pit from avocado and slice down the center. Use your fingers to peel the skin away from the flesh, similar to peeling an orange section.

Why? A lot of the nutrients are actually in the flesh located adjacent to the skin, so scooping out the flesh with a spoon could leave behind some of the nutrients.

Use a knife to spread the avocado onto the toast. Garnish with tomatoes (if using), sea salt and pepper. Feel free to add chopped fresh herbs if desired.

*Note: you really need a quality avocado for this — anything slightly mushy or browned will not taste good.*





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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
- Kale, sliced into ribbons
- Artichoke hearts



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- 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

+ 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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*For salad, “bowls”, and veggie sautés...*

## DIJON VINAIGRETTE

Makes about a cup. Adapted from *Crazy Sexy Kitchen* by Kris Carr

### INGREDIENTS

- ¼ cup Dijon mustard
- ¼ cup extra virgin oil or flax oil
- 1-2 tablespoons raw honey — start with 1 and taste. Whisk in second tablespoon if you really need it. You can also omit the honey entirely.
- 1-2 garlic cloves, finely minced (depends on how much you like garlic)
- ¼ cup sherry vinegar
- freshly ground pepper and sea salt, to taste

### INSTRUCTIONS

In a small bowl, whisk ingredients well. Or, pour all ingredients into a glass mason jar with a tight lid and shake vigorously.

Pour into a glass bottle or mason jar and keep for a week in the fridge.



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*For salad, “bowls”, and veggie sautés...*

## 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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*For salad, “bowls”, and veggie sautés...*

## LEMON THYME VINAIGRETTE

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

### INGREDIENTS

- 1/3 cup fresh lemon juice
- 1 teaspoon orange zest
- 1 tablespoon minced shallot or garlic
- 1 tablespoon Dijon mustard
- 1 teaspoon raw honey
- 1/8 teaspoon grated nutmeg
- 2/3 cup extra virgin olive oil
- 1 tablespoon chopped fresh thyme
- Sea salt and pepper to taste

### INSTRUCTIONS

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

Whisk until all of the oil has been incorporated, then stir in the chopped thyme. Season to taste with salt and pepper.



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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 five 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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## BRUSSELS SPROUTS SALAD WITH APPLE + ALMONDS

Serves 4. Most people think of roasting Brussels sprouts, but they're excellent raw too. Brussels sprouts are high in vitamins C and A, and are support detox processes, as well as work to reduce inflammation in the body.

### INGREDIENTS

- Lemon Thyme Vinaigrette (recipe in this packet)
- About 16 ounces of Brussels sprouts, shredded using a mandoline or sliced thinly by hand. Or, you can chop into small pieces — whichever texture you like best.
- 1 red apple, cored and sliced into matchsticks
- 1 cup unsalted almonds, chopped
- A handful of Italian parsley, leaves only, chopped
- Sea salt and pepper to taste
  
- OPTIONAL — Sometimes, I like to add a handful of dried fruit: raisins, currants, or chopped dates

### INSTRUCTIONS

Place the shredded Brussels sprouts and apple into a salad bowl.

Drizzle a little vinaigrette over the top and toss gently until things are moistened but not soggy.

Divide the salad onto plates. Garnish with chopped parsley and almonds; season with salt and pepper.



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## CREAMY CAULIFLOWER SOUP

This is adapted from Dr. Mark Hyman's book, *10-Day Detox Diet*. It's simple, easy to prepare, and delicious. Some people even like it chilled. A perennial favorite on my programs.

### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 medium onion, diced
- 3 cloves garlic, sliced thinly
- 1 medium/large head of organic cauliflower, cut into 2-inch chunks
- 4 cups low-sodium vegetable broth (or 4 cups filtered water)
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- To finish: 1 teaspoon white wine vinegar
- To taste: sea salt + freshly ground pepper
  
- OPTIONAL — Italian parsley for garnish, minced
- OPTIONAL — a couple pinches of cayenne

### 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 and stir for a minute so the garlic won't burn.

Then add 4 cups broth (or 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.



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Let cool for 5 minutes. Use an immersion blender to blend smooth, or use a traditional blender. If using blender, work in batches. Transfer soup to the blender, and remove the center of the blender lid — this helps steam escape (translation: avoid kitchen explosions). Before blending, replace the lid, and place a kitchen towel over the hole in the lid. Hold the towel and lid in place while you blend the mixture until smooth.

Transfer the blended soup back to the pot, and gently reheat. Season with salt and pepper to taste. Stir in the white wine vinegar. If you desire heat, stir in a couple pinches of cayenne.

Ladle into bowls and serve, drizzled with ¼ teaspoon of olive oil, more cracked pepper, and minced parsley.



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## CURRIED CAULIFLOWER SOUP

Serves 4. This is the exotic cousin of the Creamy Cauliflower Soup. 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.

Then add 4 cups water and the cauliflower, cashews, and sesame seeds (or tahini). Bring to a boil, reduce the heat to low, and



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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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## 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 the 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 3 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 5-10 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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## QUINOA WITH BLACK BEANS AND ORANGES

Serves 4. This recipe is beautiful and pops with color and flavor. It is a good one to take to a pot luck. Just double the ingredients and serve in a wide, low serving dish, edges lined with lettuce or kale leaves. Sprinkle with chopped parsley or cilantro. Inspired by Tara Mataraza Desmond in *Choosing Sides*.

- 3/4 cup white quinoa
- 1 1/4 cup water
- The zest, segments and juice of 2 large oranges
- 2 15-ounce cans cooked black beans, drained and rinsed
- 2-3 green onions, sliced
- 2-3 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- Salt and Pepper to taste
- Chopped parsley or cilantro, for garnish

### INSTRUCTIONS

Start with a good rinsing of the quinoa. This removes any bitter taste.

Bring the water to a boil in a medium saucepan. Stir in the quinoa, cover and lower the heat. Simmer for 15 minutes until the liquid is absorbed. Spread cooked quinoa in a wide dish and allow to cool completely and dry out a bit.

Meanwhile, combine the remaining ingredients in a bowl and toss gently.

Spoon the bean mixture on top of the cooled quinoa and fold all together to combine. Taste and adjust seasonings if necessary. Garnish with chopped parsley or cilantro. This can be served at room temperature or cold from the fridge, stored in an airtight container for up to 24 hours.



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## 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 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
  
- OPITONAL — ½ teaspoon Chinese five-spice powder

### 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.



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Bake, uncovered, for about 35 minutes, carefully turning the tofu with a spatula every 10 minutes or so.

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



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## 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. This recipe comes from Gena Hamshaw's (author of *Choosing Raw*) post on Food52.com. Link: <http://food52.com/blog/6278-all-about-tempeh-plus-a-mizuna-salad-with-miso>

### INGREDIENTS

- 2 tablespoons apple cider or rice vinegar
- 2 tablespoons soy sauce or tamari
- 2 tablespoons water
- 1 teaspoon grated or minced ginger root
- 1 teaspoon toasted sesame oil
- 8 ounces tempeh, sliced into thin strips (about 1/4 inch or a little less)
- 2 teaspoons coconut oil (optional, for frying)

### INSTRUCTIONS

Whisk together the vinegar, soy sauce or tamari, water, ginger, and sesame oil.

Arrange tempeh in a large, shallow bowl (a small casserole will also work) and pour the marinade over the pieces.

Allow them to marinate for 2-3 hours (or over the course of a day, refrigerated).

You can either bake or pan fry the tempeh. To fry, heat the coconut oil on a skillet pan or in a large frying pan over medium high heat. Cook each side for about four minutes, and serve hot.

To bake, heat an oven to 375 degrees and bake them tempeh pieces for 25 minutes, flipping once through.





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*If you eat fish...*

## LEMONY ASPARAGUS WITH EASY DIJON SALMON

Serves 4. 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. So keep it wild!

### INGREDIENTS FOR THE ASPARAGUS

- 1 tablespoon extra virgin olive oil
- 1 bunch asparagus
- zest from one lemon (zest before you juice it)
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons capers, rinsed
- sea salt and freshly ground pepper

### INGREDIENTS FOR THE SALMON

- 4 wild salmon fillets (4-6 ounces each). Our favorite is Sockeye.
- 2 cloves garlic, minced
- 2 teaspoons Dijon mustard
- 2 tablespoons fresh squeezed lemon juice
- ½ teaspoon sea salt
- freshly ground pepper
- 2 tablespoons extra virgin olive oil
- Additional lemon slices for garnish
- OPTIONAL — 2 tablespoons Italian parsley, chopped



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## INSTRUCTIONS

Preheat the oven to 450° F and line a baking tray with foil (things gets a little messy otherwise).

Rinse the asparagus. Snap off and discard the woody root end. Set aside.

Place the garlic, Dijon, 2 tablespoons lemon juice, salt, pepper and 2 tablespoons olive oil into a small bowl. Whisk until blended.

Place the salmon fillets onto the foil-rimmed tray, skin side down. Spoon or brush the garlic-dijon mixture onto the salmon. Place 1-2 lemon slices on top of each fillet.

Bake for 12-15 minutes — until cooked through and the fish flakes easily. Monitor carefully so you don't overcook. Garnish with chopped parsley, if using.

After the salmon has been roasting for about five minutes, prepare the asparagus. Drizzle about a tablespoon of olive oil into a large saucepan or skillet, on medium heat. Add the asparagus and cook for about 5 minutes, moving it with the tongs occasionally, until the asparagus is crisp-tender.

Toss in the lemon zest and 1 tablespoon lemon juice. Season with salt and pepper to taste, and garnish with capers.

Serve the salmon alongside asparagus, and add a side salad.



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*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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## TACO LETTUCE WRAPS

Serves 4. Adapted from *VB6* (Vegan before 6) by Mark Bittman — love this book and concept! This recipe is very family friendly — definitely one of the most popular recipes I recommend to people. Filling, savory and satisfying!

### 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.

Crumble the tempeh (or turkey) into the pan with your hands. Cook, stirring and scraping the bottom of the skillet occasionally, and



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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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## VEGGIE FRITTATA WITH KALE AND CARMELIZED ONIONS

Serves 4. I'm not a huge fan of having eggs every day, but find that many people can tolerate 1-2 servings a week. If you eat eggs, a frittata is a great way to sneak in some extra vegetables, especially if you serve it with a large salad. You can also slice leftover frittata into strips, and serve it over a lunchtime salad. Please be sure to buy high-quality eggs; ideally, eggs from pastured hens raised on organic feed. This often means paying twice the price, but the quality is well worth it, and you'll avoid supporting factory farming practices.

### INGREDIENTS

- 1 large bunch of kale (remove stems and slice the leaves into ribbons)
- 1 medium onion, sliced thinly
- 2 cloves of garlic (feel free to add more to your preference), minced
- 2 cups of button or shiitake mushrooms, sliced
- 8 eggs, preferably pastured and/or organic
- 2 tablespoons of extra virgin olive oil
- pinch of red pepper flakes (optional)
- 1/4 cup chopped Italian parsley, plus additional for garnish if you like
- sea salt
- ground pepper

### INSTRUCTIONS

Pre-heat your oven on the broiler setting. Heat the oil in a cast-iron or ovenproof skillet over medium heat. Add the sliced onion and cook for about 15-25 minutes, stirring occasionally, until the onions are nicely browned.

Add the minced garlic and red pepper flakes, if using. Stir for a minute or so.



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Add the sliced kale and mushrooms and cook until the mushrooms are soft, between 5 and 10 minutes. If things start sticking, add a bit of water. Sometimes it's easier to move the greens around with a pair of tongs — this way, you can make sure the greens get coated with the olive oil-garlic mixture.

While the greens and mushrooms are cooking, crack 8 eggs into a mixing bowl. Whisk until blended. Add a generous pinch of salt and some pepper and whisk again. Add half of the chopped parsley and whisk again to incorporate.

When the kale is wilted and the mushrooms are cooked through, carefully pour the egg mixture over the greens, tilting the pan to evenly distribute the egg among the vegetables.

Cover and continue to cook over medium heat for a few minutes. The eggs should start setting up in the pan, with the sides getting firm.

Once the sides are firm, put the pan in the oven and broil for a few minutes — watch carefully, because this won't take long! Remove from oven when the frittata gets a little puffy on top. Let frittata stand for a few minutes off heat. This will make it easier to slice. Scatter with the remaining parsley and serve. The frittata is lovely served hot, room temperature or even cold.



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## ASIAN STIR FRY WITH CASHEWS

Serves 4. This is a great way to clear out your vegetable drawer and use those beauties before they have to go to the compost pile. Adding fresh herbs might seem like an unnecessary layer of complication, but they really make the dish. Fresh herbs can make an otherwise ordinary meal downright exotic.

### INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, cut in half and sliced into thin half-moons
- 2 stalks celery, sliced thin on the bias
- 2 carrots, sliced thin on the bias
- 1 organic red bell pepper, seeded and sliced into strips
- 2 portobello mushroom caps, wiped clean with a moist paper towel and sliced into ½" slices (trim woody stem)
- 1 bunch dark leafy greens such as kale, mustard greens, chard, rinsed well. Remove stalks and discard (or freeze/save for homemade stock). Tear leaves into bite-sized pieces
- 2 cloves of garlic, minced
- ½ inch of fresh ginger, grated
- 1 hot red chile, sliced into very thin rounds (optional) — or a pinch of red pepper flakes
- ½ cup whole raw cashews (these can be toasted lightly in a pan over low heat for a few minutes if you prefer)
- 2 tablespoons rice cooking wine or mirin
- 2 tablespoons low sodium, gluten free tamari
- 2 tablespoons low sodium, gluten free vegetable stock
- 1 tablespoon sesame oil
- lime wedges, for garnish
  
- OPTIONAL HERBS FOR GARNISH —
- ½ cup basil leaves, sliced into ribbons
- ½ cup fresh mint leaves, chopped



- ½ cup fresh cilantro, chopped

#### INSTRUCTIONS

Prep and chop all of your vegetables before you start cooking. Stir-frying is a fast cooking method, so you'll want to have everything at your disposal before you start.

Place the rice cooking wine, tamari, vegetable stock and sesame oil into a small bowl and whisk until blended. Set aside.

In a large sauté pan or wok, heat the coconut oil over medium high heat. Add onion, celery, carrots and stir fry for 2 minutes. Add the red bell pepper, Portobello slices, and greens and stir-fry for another couple of minutes.

Add the garlic, ginger and red chile pepper (or chili flakes), and toss vegetables gently with tongs. Add a tablespoon or two of water if things are sticking.

Cook another 2 minutes or until vegetables are crisp-tender. Add the cashews. Sprinkle with the rice wine-tamari mixture and give everything a toss with the tongs.

Serve onto plates and garnish with chopped basil, mint and cilantro, with lime wedges on the side. Serve extra tamari and sesame oil on the side if desired.



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## ONE-BOWL WONDER WITH KILLER CHIPOTLE “CHEESE” SAUCE

Makes enough sauce for at least 4 servings. The bowl ingredients below are for 1 serving. I prepare a “bowl” meal a couple of times a week. It’s quite filling, so it’s perfect if you’ve eaten pretty light throughout the day or if you had a hard workout and need a solid “recovery” meal. The cashew based “cheese” sauce is an adaptation of the Nacho Cheese found in *The Plantpowered Way* by Rich Roll and Julie Piatt.

### INGREDIENTS FOR THE SAUCE

- 1 cup raw cashews, soaked overnight or while you’re at work
- 2 tablespoons nutritional yeast (usually found in the bulk section)
- ½ cup of filtered water; add more for desired consistency
- ¼ cup of white miso
- Juice from 1 lemon
- 1 clove garlic, chopped
- 1-2 canned chipotles in adobo sauce or 1 teaspoon of dried chipotle powder. Start mild — you can always add more.
- Sea salt and pepper to taste

### TO BUILD THE BOWL — BASE AND TOPPINGS

- 1/3 cup whole grains (cooked brown rice or quinoa)
- 1/3 cup cooked beans of choice
- Greens for steaming: ½ bunch of kale or a few handfuls of baby spinach
- Some fresh herbs: my favorite is handful of fresh cilantro and/or chopped scallions
- Other toppings might include fresh salsa, sliced olives, steamed veggies, etc.

### INSTRUCTIONS

Warm a pan with a bit of olive oil and add the cooked grains and beans. Cook over medium low heat until warm, stirring occasionally.



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In the meantime, set a steamer basket in a pot over a couple inches of water. Cover with a lid and heat until the water starts to boil. Reduce heat to medium low and add the greens. Cover, and steam to desired doneness — I like my greens crisp-tender, so this only takes a few minutes.

For the sauce — add the cashews, nutritional yeast, water, miso, lemon juice, garlic, and chipotle to a high speed blender. Blend until smooth, adding a bit more water for a thinner consistency.

If you have a Vitamix, you can keep running the blender for about 3 minutes to heat the sauce. Otherwise, remove the sauce to a small saucepan and heat gently on very low heat. The key is to heat gently, as the sauce will thicken quickly. This should only take a minute or two.

Season the sauce with salt and pepper.

To build the bowl, place the grains and beans mixture in the bowl. Add the steamed greens and other toppings, and drizzle with Chipotle Cheese Sauce. Enjoy!



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## SNACK: TAHINI DIP/DRESSING

Adapted from *10-Day Detox Diet* by Dr. Mark Hyman. Serve with carrot/celery sticks, red pepper strips, mini bell peppers, cucumber spears, etc.

### 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 five 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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## 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!



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## SPICED SEED MIX

This is excellent as a snack, or sprinkled onto any dish to give it more oomph. I like to scatter a couple of tablespoons on top of salads and soups. It also makes an excellent potluck/party snack — big crowd pleaser! Be careful not to overdo it, though — it can be a little addictive. This recipe is adapted from BonAppetit.com.

### INGREDIENTS

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

### INSTRUCTIONS

Preheat oven to 400° F.

Toss sunflower and pumpkin seeds with oil, cayenne, and salt (and cumin, if using) to coat. Transfer 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.



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## ANTS ON A LOG 2.0

Serves 1. My son adores ants on a log, and once exclaimed, “Thank you, whoever invented this. You made me so happy!” I feel the same way — Ants on a Log is a magical combination of crunchy, sweet, and even a teeny salty from the celery itself. The old standby makes a great snack, or you can update the ingredients a little to make it more grown-up. Either way, it’s delicious and full of fiber and healthy fat. Goji berries can be found in most natural grocery stores, and can also be ordered via Amazon — they’re high in beta-carotene (for healthy eyes and skin), vitamin C, and fiber.

### INGREDIENTS

- 2 stalks celery — slice into bite sized pieces if desired
- 2-3 tablespoons unsweetened almond butter
- ¼ cup of goji berries
- 1 tablespoon chia seed

### INSTRUCTIONS

Rinse celery and trim ends. Wipe dry so the almond butter will stick to the celery.

Spread nut butter onto celery stalks. Place goji berries on top of the nut butter, and add a sprinkle of chia seed for extra fiber and omega 3’s.