

# Detox Week Recipes

## Blueberry-Chard Smoothie

1-2 c water  
½ bunch Swiss chard  
1 banana  
1 ½ c frozen blueberries  
1 scoop BCAAs (opt)  
1-2 pkt stevia (opt)  
2 tsp flax seeds  
½-1 scoop vanilla protein powder (opt)

## Apple-Pear Smoothie

1-2 c water  
1 apple, cored and cut up  
2 pears, cored and cut up  
5-10 oz spinach  
2 tsp chia seeds  
½-1 scoop plain or vanilla protein powder (opt)  
1 pkt stevia (opt)

## Prepped Cooked Meals:

### Rice

1 c rice  
2 c water or low-sodium vegetable/chicken broth  
\*Simmer rice 15 minutes. Remove from heat and let stand 5-10 minutes.

### Quinoa

1 c quinoa  
¾ c water or low-sodium vegetable/chicken broth  
\*Simmer quinoa for 15 minutes. Remove from heat and let stand 5 min.

### Sweet Potatoes

3 small sweet potatoes, cut up into 1" cubes  
\*Steam over 2" of water until fork tender, about 7-10 min.

Allow all of these to cool, then add ½ cup to the bottom of a food storage container/mason jar. Layer on top ½ c canned beans of choice, then fill the rest of the way with the frozen veggie. Put the lid on and put all of them in the freezer except the ones you will use over the next 2 days. Thaw the frozen ones overnight in the fridge and you'll always have your cooked meal ready to eat! I like to add ¼ avocado and some salsa to the rice and the quinoa meals, so add a little extra herbs and spices as you desire. Just keep them low- or no-sodium.

## **Chocolate Oatmeal**

Adapted from [www.chocolatecoveredkatie.com](http://www.chocolatecoveredkatie.com)

\*I LOVE this stuff!!!!!!!

- 1/2 cup rolled oats
- 1 1/2 cups milk of choice or water
- 1/4 tsp salt
- 1 tbsp cocoa powder or raw cacao (or carob)
- 1/4 tsp pure vanilla extract
- 1/2-1 scoop protein powder (opt- chocolate is awesome!)
- sweetener of choice (stevia, maple syrup, sugar, etc.)

Combine oats, liquid, and salt in a saucepan. Heat on the stove until most—but not all—of the liquid is absorbed. Cover pot and go workout. When you come back, add your vanilla, sweetener, cocoa and protein powder.

## **Grapefruit-Cucumber Smoothie**

- 1/2-2 c water or coconut water
- 1-2 grapefruits, peeled
- 1-2 cucumbers
- 1 Tbsp flax seeds
- 1-2 pkts stevia (opt)

## **Mango-Pineapple Smoothie**

- 1-2 c water
- 1 cup fresh or frozen mango
- 1 cup fresh or frozen pineapple
- 1 banana
- 1 head romaine lettuce
- 2 tsp hemp seeds (or chia)
- 1 pkt stevia (opt)

## **Rainbow Salad**

- 1 head greens of choice
- Cut up veggies: peppers, cucumbers, tomatoes, mushrooms, etc.

## **Tomato-Ginger Dressing**

Adapted from Fully Raw Kristina

- 1 container cherry tomatoes
- 1-2 Tbsp sesame seeds
- 1 small thumb of ginger
- 1-2 celery stalks
- 1 Tbsp lemon juice
- 1 clove garlic

\*Blend all ingredients up in your blender until smooth and creamy!

## **Strawberry-Beet Smoothie**

2 c water  
1 beet with greens, cut up  
2 handfuls frozen strawberries  
1 banana  
2 tsp chia seeds or hemp seeds  
½-1 scoop vanilla protein powder (opt)  
1 scoop BCAAs (opt)

\*You can add stevia, but I personally think it was sweet enough on its own, even before adding the “Jolly Rancher BCAAs.”

## **Banana-Celery Smoothie**

2 c water  
2-3 bananas  
2-6 stalks celery  
2 tsp flax seeds  
½-1 scoop vanilla protein powder (opt)

\*Blend until smooth and creamy!

\*This is a great “recovery” smoothie to replenish sodium and potassium. I often drink this after a long run on a Saturday morning.

## **Purple Oatmeal** (my kids' favorite version of oatmeal)

1½ c water  
½ c rolled oats  
pinch of salt  
1/8 tsp vanilla  
1 c blueberries  
2 Tbsp pure maple syrup (or some type of sweetener)

Bring the water, oats, and salt to a boil over medium heat; simmer for 10 minutes, stirring frequently. Remove from heat and stir in the vanilla, blueberries, and maple syrup. Cover and let stand for 10+ minutes. Reheat if necessary.

\*I love to make this before a workout and let it sit until I get back. Using 3 parts water to 1 part oats makes this look like a much bigger serving than usual. It's wonderfully filling and sustaining...and very warming on a cold, winter morning!

## **Orange-Pineapple-Ginger Smoothie**

2 c water  
1 orange, peeled and quartered  
1-2 c pineapple (fresh or frozen)  
1 head romaine, spinach, kale, or other green  
1 thumb ginger, peeled  
1-3 stalks celery  
2 tsp flax seeds

\*Blend all ingredients in a blender until smooth.

## **Cranberry-Kale Cooler**

2 c water  
1 bunch kale, de-stemmed  
1 c fresh or frozen cranberries  
1 banana  
½-1 tsp cinnamon  
1-2 pkts stevia  
2 tsp chia seeds  
½-1 scoop vanilla protein powder (opt)  
1 scoop blue-raspberry BCAAs (opt)

\*Blend all ingredients in a blender until smooth.

\*This is a little tart, so I used 1 pkt stevia and the BCAA's. I put the BCAAs in my smoothies because I hate how they taste on their own. It's like drinking an overpowering Jolly Rancher... I did not put protein powder in mine, but if you do, you probably won't need as much stevia.

## **Mango-Cabbage Smoothie**

½-1 c water or non-dairy milk  
1-2 c mango (fresh or frozen) OR frozen Festival Blend  
1 banana  
1-3 c chopped cabbage (start low and increase to desired taste)  
2 tsp chia seeds  
½-1 scoop vanilla protein powder (opt)  
1 pkt stevia (opt)

\*It's amazing how the mango masks the cabbage flavor!

## **Apple-Cinnamon Oatmeal**

½ c rolled oats  
1 c water  
pinch salt  
½ -1 apple, chopped  
½ tsp cinnamon  
¼ tsp vanilla  
stevia, honey, maple syrup or brown sugar to taste  
½-1 scoop protein powder (opt)

Bring water, oats, salt, cinnamon and raisins to a boil over medium heat and simmer for 5 minutes. Cover and turn off the heat for 10 minutes or longer (while you workout is perfect). Stir in the vanilla, sweetener, and protein powder if desired. Enjoy!

\*Note: cooking it with extra water makes it voluminous and more filling!

## **Orange-Pepper Smoothie**

- 1-2 c water
  - 2 oranges, peeled and quartered
  - 1-2 bell peppers
  - 1 c pineapple (opt)
  - 1 thumb ginger (opt)
  - 2 tsp chia seeds
- \*This also makes a great salad dressing!

## **Mango-Pineapple Smoothie**

- 1 c unsweetened almond or coconut milk
  - 1 banana
  - 1 c mango (fresh or frozen)
  - 1 c pineapple (fresh or frozen)
  - 1 c cabbage
  - ½-1 scoop protein powder (opt)
- \*Blend in a high-powered blender until smooth and creamy!

## **Zucchini Spaghetti**

- 2 yellow squash (or zucchini)
- 1 jar spaghetti sauce
- OR
- ½ Tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 3-4 large tomatoes, diced
- 6 sundried tomatoes
- 1 Tbsp dried basil
- ½ tsp dried oregano
- ¼ tsp salt
- 1/8 tsp black pepper

- Spiralize, grate, or julienne the yellow squash.
- In a large pan, heat the oil over medium heat; add onion, salt and pepper. Cover and allow to sweat for about 5 minutes, until the onion is translucent. Stir in the garlic, basil, and oregano and sauté for 30 seconds.
- Stir in tomatoes and simmer for 15-20 minutes, stirring often, until the sauce is thickened.
- In a food processor or high-powered blender, add sundried tomatoes and half of the tomato sauce; process until smooth. Stir this back into the pan.
- Serve sauce over squash noodles.
- Alternatively, you can add the squash noodles to the sauce and heat gently until the “noodles” are slightly cooked, about 3-5 minutes.