



NEW RECIPES  
INCLUDED

# 10 DAY SUPERFOOD LIVER DETOX PROGRAM

*The All Natural Plan to Improve Your Health, Lose  
Weight, Have Glowing Skin, Improve Your Immune  
System and Increase Energy -  
PLUS Recipes*

By Jackie Parker



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## **Forward**

*Let me start by thanking and congratulating you for downloading the book "Superfood Liver Detox Program."*

***In this guide, you will find scientifically proven ways to cleanse and heal your liver.***

*You will see how eating clean, fresh, healthy, natural, organic, foods that are full of healthy fats can launch your metabolism into repair mode.*

*We are going to start by explaining why cleansing your liver is the key to achieving health, weight loss and increased energy levels and all the benefits you stand to gain.*

*The second part of the book contains the most **delicious recipes** that will cleanse your liver and renew your life, literally! We are also going to have a 10 day sample meal plan to ease you into the liver cleanse diet, complete with a shopping guide to help you know exactly what you need to buy.*

*Let us embark on this health journey together!*

## *Introduction*

No doubt you have followed other diets, crossing your fingers to get your dream body... Maybe you've literally tried everything there is to lose weight. So what option are you left with?

Should you just throw in the towel and let being overweight be your new normal even though you don't know why you can't seem to lose weight no matter how hard you try?

To answer the first question we are going to unveil the reason why losing weight is such a problem for most people in the first section of this book. And for the second question; ABSOLUTELY NOT!

"The Superfood Liver Detox Program" helps you see exactly what you are doing wrong and teaches valuable insights to help you lose the excess weight once and for all. Additionally, this diet provides you with immense healing properties that result from clean and healthy eating.

In your mind, you are probably wondering why you should give weight loss another shot, especially after all your past disappointments. The truth is, you will never really know until you give it an honest try.

Here, you have an opportunity to finally bid farewell to your stubborn excess fat and achieve greater health.

Look at it this way, there is nothing to lose but a lot to gain!

## Does liver cleansing really work?

In a nutshell – YES!

Of course, don't expect a one night miracle where you will wake up to a slimmer, energized and healthier version of yourself. We are going to dive into the root cause of sluggishness, chronic fatigue and weight gain, what you should do to eliminate it once and for all and how to maintain your fabulous new self by cleansing your liver.

Liver cleansing has also been proven to fight off cancer. There's proof that cancer cells feed on sugar, therefore the liver cleanse diet which eliminates carbs and sugar is effective in preventing and fighting cancer.

There is also evidence that the liver cleanse diet is a natural treatment for dementia and Alzheimer's disease. This is attributed to the high healthy fat content of the liver cleanse diet which boosts your brain's nerve system.

## Detox Your Liver the Natural Way

We live in a world that's chockfull of toxins be it in the air we breathe, our food, our water... so much so that their entrance into our bodies has become unavoidable.

Your liver and kidneys play a vital role of filtering toxins out of your body. But your liver has an additional function of breaking down the present toxins in order to expel them from your body.

This enzymatic process occurs in two phases – breaking down the toxins and bonding these broken parts to other molecules that destroy the toxic substances and expel them from your body through sweat, urine and fecal matter.

While following a nutrient dense diet supports your liver, cleansing takes it a step further by helping eliminate the stored toxins. This is what allows your liver to reboot and rejuvenate.

## The Liver Cleanse – The Weight Loss Secret You Never Heard

If you can't seem to shrink down your waist line no matter how clean you eat or how much you train, the problem may not be your waistline but another organ.

Most of us are guilty of not giving much thought to our livers, except maybe when contemplating that third shot of tequila. But its health is essential to your general health and weight.

Your liver is perhaps the most worked organ in your body. It filters out toxins such as alcohol and medication as well as by-products of the digestive process such as ammonia; it plays a role in regulating glucose, blood sugar, blood pressure, insulin, immunity, blood cholesterol and testosterone; it helps in digestion by generating bile which helps breakdown fat and absorb fat particles and water soluble minerals and vitamins.

Because of this extensive to do list, your liver is in need of some tender loving care.

**When it gets overworked, toxic compounds start building up which triggers inflammation. Inflammation is the main culprit behind weight gain and obesity.**

Fat accumulation around the belly is usually a sign of a stressed out liver. **This means that no matter how much you reduce your caloric intake, for as long as you don't eat liver cleansing foods, weight loss is mostly impossible.**

## The 1, 2, 3's Of Cleansing Your Liver

Do you experience chronic fatigue, weight gain, digestive problems, and regular skin breakouts, insulin imbalances which cause excessive cravings, low energy, extreme thirst and urination?

Well, it's advisable that you first visit your doctor to ensure that you don't have an underlying medical problem.

Once you are on the clear, you can embrace the following lifestyle changes to help restore your liver and shed excess stubborn weight!

1. If you are a smoker, stop!
2. Don't drink alcohol.
3. Take medication only when necessary. Taking something like Tylenol when you don't really need it can have severe consequences for your liver.
4. Eat clean, healthy, natural and organic foods and avoid all processed and refined food products. They tend to burden your liver for no good reason.
5. Add cruciferous veggies such as cabbage, broccoli, Brussel sprouts, cauliflower, lettuce, kale and collards and cilantro to your diet. These veggies are endowed with glucosinolates, compounds that bind and eliminate toxin molecules.
6. Season your food with herbs and spices and limit your intake of salt which often leads to water retention thus stressing your liver even more.
7. Exercise for at least 30 minutes every day to help your liver in burning fat and also boost your metabolism.
8. Prepare your food from scratch so you know the exact ingredients that are going into your food.



## Natural Therapies for Your Liver

Picture this: a swimming pool with a mechanized water filter. If the filter is clogged with debris, the entire swimming pool gets contaminated with the same debris.

The liver is your body's filter and your body is the swimming pool.

Thankfully, you can cleanse your liver using natural herbs then continue eating fresh and healthy foods to ensure your liver remains fully functional.

Some of the most effective liver cleansers include:

- **Milk Thistle Seed**

Milk Thistle contains Silymarin, which protects the liver and promotes liver cell regeneration. It has been used since time immemorial to heal the liver and gallbladder. It helps with the detoxification and elimination of poisons such as alcohol and medicine, stimulation of bile production, improved digestion and renewal of damaged liver tissue.

- **Hot Lemon Water**

Squeeze the juice of half a lemon into a cup of hot water and drink it **every single** morning first thing after waking up. Remember, this is not lemonade, so don't add any sugar or sweetener. The hot water helps to flush your digestive tract. And the lemon helps your liver produce more enzymes that help it function better.

- **Avocado**

This is the ultimate superfood and it does a great job of helping your liver eliminate toxins. In particular, avocado protects your liver from galactosamine, a very powerful toxin that is the leading contributor of liver damage.

- **Garlic**

Thinly slice garlic and add it to your salad or use it in your cooking. Garlic is naturally endowed with Sulphur compounds that boost the production of enzymes in your body. Additionally garlic has two compounds, allicin and selenium, which are good for protecting your liver.

- **Turmeric**

This is one of the 'cure all' spices and it certainly does an amazing job of protecting your liver from toxin damage and also boosts the regeneration of liver cells. It also encourages natural bile production.

- **Cilantro**

The best thing about cilantro is that you can add it to your breakfast smoothie, lunch salad or main dish. It does a great job of eliminating heavy metal toxins from your body therein lightening the burden on your liver.

Liver cleansing is crucial to your health and you should always help your liver whenever you can. All the recipes we are going to look at in the second part of this book will help you carry on with liver cleansing.

## Why Should You Cleanse Your Liver?

Many people disregard liver cleansing by saying that the human body is self-sustaining. While this is true, we cannot assume the fact that every day we see people suffering from obesity, heart diseases and other chronic illnesses that are mostly triggered by inflammation, which is your body's way of responding to foreign material in your body that it's not able to eliminate.

**With the increased levels of toxic content in our environment, we have no choice but to help our bodies eliminate the excessive buildup.**

By cleansing your liver, you are empowering it to deal with all kinds of toxins head on. Here are some of the benefits you stand to gain from cleansing your liver regularly.

- **Sustainable Weight Loss**

Bile is essential to the breakdown of fats in your body. Cleansing your liver encourages bile production which optimizes the fat-breakdown process.

- **Increased Energy**

Some byproducts made by the liver are actually nutrients that your body uses.

However, when you have too much toxic content or liver stones, these prevent essential nutrients from making it into the bloodstream. When this happens, you start experiencing unexplained fatigue and sluggishness.

Cleansing your liver helps nutrients to go in and out of your liver without being blocked by any toxins. When this happens you start experiencing improved energy levels.

- **Boost Your Immune Function**

Since your liver mainly eliminates toxins from your body, it only makes sense that improving its function by helping it eliminate toxins will also improve your overall

immunity function. It means it doesn't have to keep fighting off toxins and it can now focus on protecting your body from disease.

- **Supports Your Entire Body's Detoxification**

Cleansing your liver doesn't just stop at your liver, it cleanses your entire body from toxin accumulation. Remember that your liver's job is to eliminate toxins. This means that the toxins in your liver are usually fewer than those in your whole body. Therefore, by cleansing your liver, you are helping it to better at eliminate your body's toxic buildup.

- **Increased Vitality**

Removing toxins from your liver restores it to peak efficiency. Probably the first thing you are going to notice is a new spring in your walk.

With increased bile production and improved fat breakdown, you will find it easier to lose weight through exercise and healthy eating and the new joy you are going to experience will know no boundaries.

Other benefits of liver cleansing include healthy and younger looking skin and hair, improved health and an appreciation and better understanding of how your body works.

The moment you notice that by taking good care of your liver, you feel so much better about yourself, you will never want to stop.

Of all the basic tenets of our lives, health is perhaps the most important. Embrace the liver cleanse diet today and reap the fruits of pure health!

## The 10-Day Liver Detox Meal Plan

### General Healthy Liver Diet Rules

- ✓ Drink a warm glass of warm lemon water immediately after waking up and before going to bed.
- ✓ Drink at least 8 glasses of water during the day.
- ✓ No wheat, corn, dairy, soy, sugar, fat-free or “diet foods” or alcohol.
- ✓ Avoid processed/packaged food, corn syrup, trans fats, hydrogenated fats, dried or canned fruit, juices, and gluten.
- ✓ Make sure to incorporate at least one option from the superfood list mentioned previously with each meal.
- ✓ You must eat five times a day. That’s three meals and two snacks per day. No skipping.
- ✓ You must drink half your body weight in fluid ounces of water every day.
- ✓ Eat organic whenever possible.
- ✓ Meat choices must be nitrate free.



DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME SNACK
DAY 1	1 Serving Gluten-Free Muesli	Sliced Avocado + 1 glass lemon water	1 Bowl Chickpea Salad w/ Zucchini & Avocado Mayo	1 Serving Guacamole w/ Vegetables	1 Serving Orange-Cranberry Crusted Salmon	1 grapefruit
DAY 2	1 Bowl Buckwheat-Pumpkin Power Porridge	1 Serving Sesame Crackers	1 Bowl Broccoli Detox Soup	Handful of Pecan nuts 1 Pear	Cajun Chicken w/ Detox Salad & Mango Salsa	1 glass lemon juice
DAY 3	1 Serving Superfood Granola	1 glass grapefruit juice	1 Bowl Lemony Asparagus & Tomato Salad	1/2 cup blueberries	1 Serving Shrimp Salad w/ Grapefruit and Avocado	2 tbsp. Toasted mixed seeds: Sesame, pumpkin, sunflower, and linseed)
DAY 4	2 Superfood Detox Pancakes 1 glass of orange juice	1 glass (250ml) lemon Juice	1 Bowl Serving Green Super Detox Salad	1/2 cup pineapple chunks	1 Serving Vegetarian Curry	2 tbsp. roasted Cashews

DAY 5	1 Serving Beet Quinoa w/Orange	1 Serving Roasted Asparagus	1 Serving Roasted Power Bowl w/ Lemon Tahini Dressing	1 glass Lemon Juice	1 Serving Vegan Beet Burgers	1 Serving Sesame Crackers
DAY 6	2 Gluten-Free Sugar-Free Muffins	1 Glass Liver Detox Juice	1 Bowl Carrot and Goji Berry Soup	Handful Brazil nuts  1 apple sprinkled with cinnamon	1 Serving Shrimp & Zucchini w/ Herbed Quinoa	1 Serving Kale Chips
DAY 7	Detox Breakfast Smoothie Bowl	1 Serving Roasted Asparagus	1 Swiss Chard Wrap	1 glass grapefruit juice	1 Serving Turkey & Quinoa Salad	1 serving Veggie Snack
DAY 8	1 Serving Avocado Superfood Tapenade & Egg Toast  1 glass lemon juice	1 Serving Roasted Balsamic Beets	1 Serving Superfood Sushi	1 Serving Veggie Snack	1 Serving Cauliflow er Pizza	1 glass Liver Detox Juice
DAY 9	1 Bowl Apple & Cinnamon Porridge	1 Apple	1 Bowl Avocado Grapefruit Edamame Salad	1 glass Liver Detox Juice	1 Serving Superfood Salmon Salad	1 glass lemon juice

DAY 10	1 Serving Avocado Toast w/ Poached Egg  1 Glass grapefruit Juice	1 Serving Kale Chips	1 Bowl Kale Avocado Salad with Orange	1 pomegranate	1 Serving Beetroot and Carrot Burgers	1 glass Grapefruit Juice
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## Quality Food Matters

When it comes to nourishing food, quality matters. Always aim for organic and well-sourced food when possible.

If you're like so many others, you're probably constantly on the lookout for convenient ways to eat healthier without breaking the bank.

That's why I love online grocery shopping at [Thrive Market](#).

Think of Whole Foods meets Costco online. Here you'll have access to a warehouse filled with foods and other products in the recipes below.

Companies like Earth's Best Spectrum Natural, Bob's Red Mill, Eden Foods, Garden of Life and Annie's Homegrown, among many others. They are all available at warehouse prices, typically 25-50% lower than those grocery store tags.

And better yet, Thrive Market is offering **an exclusive 25% off your first order + Free Shipping on your first order.**

Just click this link: [THRIVE MARKET 25% OFF + FREE SHIPPING](#)

The best part is, they deliver to your door in just a day or two. (You can read a full review on [Thrive Market HERE](#).)

## The Shopping List for the 10-Dy Liver Detox Program

During the ten day detox, you'll shop twice for perishables: shopping for the first five days and the last five days of the detox period as follows:

### The First Five Days' Shopping List

<b>Fruits</b>	<b>Veggies</b>	<b>Nuts &amp; Seeds</b>	<b>Grains</b>	<b>Meats, Poultry, Fish &amp; Seafood</b>	<b>Herbs and Spices</b>	<b>Extras</b>
Avocados Lemons Grapefruits Limes Oranges Dates Prunes Pineapples Mixed dried fruit Pears apples Banana Berries (goji berries, blueberries, raspberries, and strawberries) Dried cranberries	Asparagus Broccoli Beets Kale Spinach Cucumbers Cabbage Cauliflower Zucchini Collard leaves Sprouts Sweet potatoes Chickpeas Cherry tomatoes Celery Parsnip Carrot Onion (yellow, red, and spring) Garlic Radishes Yellow zucchini Canned pumpkin(1/2 cup)	Almonds Walnuts Pecans Cashew nuts Chia seeds Sesame seeds Pumpkin seeds Sunflower seeds Hemp seeds Linseeds Flaxseeds Flax meal (ground flax) Pistachios	Buckwheat Almond flour Rolled oats Quinoa	Shrimp Salmon filets Chicken Free range eggs	Parsley Black pepper Chilli Ground coriander Ground cumin Smoked paprika Turmeric Ginger Cayenne Nutmeg Onion powder Garlic powder pepper Sea salt Gluten-free Mustard Vanilla extract Cinnamon Pumpkin pie spice	Extra virgin olive oil Coconut oil Coconut milk Rapeseed oil Grapeseed oil Coconut flakes Chili oil Olive oil cooking spray Non-dairy milk (coconut, almond, cashew, hemp) Cacao nibs Baking powder Tomato paste Apple cider vinegar



## The Last Five Days' Shopping List

<b>FRUITS</b>	<b>VEGGIES</b>	<b>NUTS &amp; SEEDS</b>	<b>GRAINS</b>	<b>MEATS, POULTRY, FISH &amp; SEAFOOD</b>	<b>Herbs and Spices</b>	<b>EXTRAS</b>
Avocados Lemons Grapefruits Limes Olives Oranges Pomegranates Red apples Banana Goji berries Blueberries Raisins Currants	Asparagus Swiss chard leaves Alfalfa sprouts Cucumbers Heirloom tomatoes Edamame Green peas Portobello mushrooms Beets Kale Spinach Cabbage Cauliflower Zucchini Celery Carrots Onion (yellow, red, and spring) Shallots Garlic Canned pumpkin	Almonds Brazil nuts Walnuts Pecans Cashew nuts Chia seeds Sesame seeds Pumpkin seeds Sunflower seeds Hemp seeds Linseeds Flax meal (ground flax)	Quinoa Buckwheat flour Gluten-free loaf Oatmeal	Shrimp Turkey Wild caught Salmon filets Free range eggs	Parsley Basil Chives Black pepper Nutmeg Tarragon Chile peppers Yellow and red bell peppers Red Chili Cayenne pepper Thyme Rosemary Dill Cumin Turmeric Ginger Garlic powder Sea salt Cinnamon Jalapeno peppers	Extra virgin olive oil Coconut oil Nutritional yeast Spriluna powder Protein powder Coconut milk Tamari Sherry vinegar Balsamic vinegar Rice vinegar Tahini Wasabi paste Soymilk Apple cider vinegar Baking powder Honey

# The Recipes

## Superfood Detox Breakfast Recipes

### Gluten-Free Grain-Free Muesli

Yield: 4 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

#### Ingredients

- ½ cup unsweetened coconut flakes
- ½ cup mixed dried fruit (apple, cranberry, and apricot)
- 3 cups mixed seeds (pumpkin, sunflower, chia, and hemp)
- ½ cup non-dairy milk (coconut, almond, cashew, or hemp)
- 1 banana, sliced
- ½ cup fresh berries (raspberries, blueberries, or strawberries)

#### Directions

Combine the dry ingredients in a large bowl; mix thoroughly. Stir in milk until well combined. Top your cereal with sliced banana and fresh berries. Enjoy!

#### Nutritional Information Per Serving:

Calories: 203; Total Fat: 11.2; Carbs: 26.9 g; Dietary Fiber: 8.3 g; Protein: 3.5 g;  
Cholesterol: 0 mg; Sodium: 16 mg

## Superfood Detox Pancakes

Yield: 1 Serving

Total Time: 15-17 Minutes

Prep Time: 5 Minutes

Cook Time: 10-12 Minutes

### Ingredients

- 1/3 cup rolled oats  
1/2 teaspoon cinnamon  
1/2 teaspoon baking powder  
2 tablespoons ground flax  
1/2 medium ripe banana  
3 large egg whites  
2 cups spinach  
1/2 teaspoon vanilla extract

### Directions

Set a nonstick skillet over medium heat; coat with olive oil cooking spray.

In a food processor or blender, blend the oats into fine flour; transfer to a bowl and stir in the remaining dry ingredients.

In a blender, combine banana, egg whites, spinach, and vanilla and blend until very smooth.

Add the banana mixture into the dry ingredients and stir to form batter.

Spoon batter onto the heated skillet, forming four pancakes. Cook for about 6 minutes per side or until browned.

Transfer the pancakes to a plate and top with fresh fruit and nuts.

### Nutritional Information Per Serving:

Calories: 306; Total Fat: 6.8 g; Carbs: 41.2 g; Dietary Fiber: 10.1 g; Protein: 19.4 g;  
Cholesterol: 0 mg; Sodium: 156 mg

## Buckwheat-Pumpkin Power Porridge

Yield: 2 Servings

Total Time: 15 Minutes

Prep Time: 5 Minutes

Cook Time: 10 Minutes

### Ingredients

- 1 cup unsweetened almond milk
- 1/2 cup buckwheat groats, soaked
- 1 ripe banana, sliced
- 1 teaspoon vanilla
- 1 teaspoon cinnamon + more for topping
- 1/2 cup canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- Dried fruit, chia seeds, and nuts for topping

### Directions

Place buckwheat groats in a pot and add enough almond milk to cover the groats. Stir in banana slices and cook over medium heat for about 7 minutes or until all the milk has been absorbed.

Stir in vanilla, cinnamon, pumpkin, and pumpkin spice; continue cooking to your desired texture.

Divide the porridge between two serving bowls and sprinkle with toppings. Enjoy!

### Nutritional Information Per Serving

Calories: 245; Total Fat: 3 g; Carbs: 50 g; Dietary fiber: 9 g; Protein: 7.5 g;  
Cholesterol: 0 mg; Sodium: 97 mg

## Superfood Granola

Yield: 5 Cups (6 Servings)

Total Time: 3 Hours 20 Minutes + Soaking Time

Prep Time: 20 Minutes

Cook Time: 3 Hours

### Ingredients:

- 1 1/2 cups soaked almonds and walnuts
- 1 cup soaked sunflower seeds or a mix with pumpkin
- 2 cup soaked whole buckwheat ( minimum 4hrs) preferably sprouted for 1-2 days
- 3 grated apple, (strain some of the juice from the grated apple)
- 1/2 cup pureed dates soaked for about 15 minutes
- 1/4 cup dried prunes
- 1/2 cup goji berries soaked for min minutes
- 1/2 cup dry coconut flakes
- 1 teaspoon vanilla
- 3 teaspoons cinnamon
- 1/3 teaspoon salt
- 1 tablespoon cacao nibs
- 1 tablespoon of hulled Hemp seeds

### Instructions

Soak buckwheat for a minimum of 4 hours and rinse thoroughly.



Soak all the nuts and seeds a minimum 4 hours and rinse.

Soak dates in water enough to cover for a minimum of 15 minutes or until soft.

Soak the Goji berries in sufficient water to cover.

Chop or lightly put through your food processor the nuts and seeds. Maybe leave some whole or until your desired consistency.

Once all ingredients are soaked, rinse and add all together in a large bowl and mix well, use your hands for easiest method.

Take the mixture and spread evenly over a baking trays and cook for 2-3 hours at 200°F/95°C, or until dry. You may use a higher temperature for a quicker cook. To make this recipe raw, you may use a dehydrator at 105° F/55°C for 12-15 hours (turning over when the top is totally dry).

Once completely dry you can store in airtight container for a couple of weeks.

Serve with a nut or seed milk or eat as a snack dry.

### **Nutritional Information Per Serving**

Calories: 509; Total Fat: 24.3 g; Carbs: 67.5 g; Dietary fiber: 17.8 g; Protein: 12.2 g; Cholesterol: 0 mg; Sodium: 160 mg

## Avocado Toast w/ Poached Egg

Yield: 1 Serving

Total Time: 9 Minutes

Prep Time: 5 Minutes

Cook Time: 4 Minutes

### Ingredients:

- 1 avocado
- 1 egg
- Gluten-free toast of your choice
- 1/4 of red chili or chili flakes
- Lemon (optional)
- Sea salt and black pepper, to taste

### Instructions

Slice your avocado and spread over your toast. Squeeze a little lemon over the avocado, top

with poached egg. Sprinkle a little chile on top and serve.

How can something so simple be so good?

### Nutritional Information Per Serving

Calories: 268; Total Fat: 24.1 g; Carbs: 9 g; Dietary fiber: 6.7 g; Protein: 7.5 g; Cholesterol: 164 mg; Sodium: 78 mg

## Beet Quinoa w/ Orange

Yield: 2 Serving

Total Time: 35 Minutes

Prep Time: 10 Minutes

Cook Time: 25 Minutes

### Ingredients

- ½ red onion thinly sliced
- 1 tablespoon apple cider vinegar
- 2-3 beets
- 1 cup quinoa
- 1 stalk celery, thinly sliced
- 1 teaspoon grated ginger
- Extra virgin olive oil
- Juice of 1 lemon
- 1 small orange, thinly sliced
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper

### Directions

Combine sliced onion and apple cider vinegar in a bowl; let soak for at least 10 minutes.

In the meantime, bring a pot of water to a gentle boil over medium heat. Rinse the beets and add to the boiling water; boil for about 10 minutes or until tender cooked, but not mushy.

Transfer the beets to a plate and reserve the cooking liquid; peel the cooked beets and chop thinly.

Follow package instructions to cook quinoa using the reserved beet liquid. Season with salt while cooking. When cooked, remove the quinoa from heat and set aside to cool.

In a large serving bowl, mix beets, quinoa, ginger and celery. Remove onion from the vinegar and stir into the bowl with the quinoa mixture.

Drizzle with extra virgin olive oil and lemon juice. Add orange slices and toss to mix well.

Season with salt and pepper to serve.

### **Nutritional Information Per Serving**

Calories: 460; Total Fat: 12.6 g; Carbs: 74 g; Dietary fiber: 10 g; Protein: 14.7 g;  
Cholesterol: 0 mg; Sodium: 561 mg

## **Detox Breakfast Smoothie Bowl**

Yield: 4 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

### **Ingredients:**

- 2 cups frozen blueberries
- 1 teaspoon spirulina powder
- 1 scoop protein powder
- Juice of 1 lemon
- 1 cup organic coconut milk

### **Topping:**

- 1 tablespoon goji berries
- 2 tablespoons milled flax seed
- 1 tablespoon chia seed

### **Directions:**

Combine smoothie ingredients in a blender and blend until very smooth. Serve the smoothie in a bowl topped with your favorite topping and enjoy!

### **Nutritional Information Per Serving**

Calories: 226; Total Fat: 16.3 g; Carbs: 15.9 g; Dietary fiber: 4.1 g; Protein: 8.5 g; Cholesterol: 16 mg; Sodium: 29 mg



## Apple & Cinnamon Porridge

Yield: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

### Ingredients

- 1 apple, peeled, cored and chopped
- 1 teaspoon stevia
- 3/4 Cup porridge oats or oatmeal
- 1 3/4 Cup soy milk
- 800ml water
- 1 teaspoon ground cinnamon
- Pinch of salt
- Raisins or currants, to serve

### Directions

Combine apple, stevia and a splash of water in a pan over medium heat; cook for about 10 minutes or until apple is tender cooked. Transfer to a bowl along with the cooking liquid and set aside.

Add oats, soymilk, and cinnamon to the pan and bring to a gentle boil, stirring continuously.

Reduce the heat to medium low and simmer for about 7 minutes or until it reaches your desired consistency.

Cover with a lid and allow to rest for five minutes, then stir in the apple puree.

Serve topped with sugar, extra milk and a few currants or raisins.

### Nutritional Information Per Serving

Calories: 290; Total Fat: 5.2 g; Carbs: 52.2 g; Dietary fiber: 7.3 g; Protein: 17.6 g; Cholesterol: 0 mg; Sodium: 102 mg

## Gluten-Free Sugar-Free Muffins

Yield: 12 Muffins

Total Time: 45 Minutes

Prep Time: 15 Minutes

Cook Time: 30 Minutes

### Ingredients

- 1/2 cup buckwheat flour
- 1 teaspoon ground cinnamon
- 2 teaspoon baking powder
- 1/4 teaspoon coarse salt
- 4 free-range eggs
- 1/2 cup honey
- 1 banana, mashed
- 1/2 cup chopped walnuts
- 1 sweet apple, peeled and diced

### Directions

Preheat your oven to 350°F.

Line a standard muffin pan with paper liners and set aside.

Whisk together buckwheat flour, cinnamon, baking powder, and salt in a large bowl.

In a separate bowl, whisk together the eggs, honey, and banana; pour the wet ingredients into the dry ingredients and fold in walnuts and apple.

Scoop batter into the lined muffin cups and bake for about 30 minutes or until a tester comes out clean. Let the muffins cool on the wire rack before serving.

### Nutritional Information Per Serving

Calories: 401; Total Fat: 14.9 g; Carbs: 62.1 g; Dietary fiber: 4.9 g; Protein: 12.5 g; Cholesterol: 186 mg; Sodium: 197 mg

## Avocado Superfood Tapenade & Egg Toast

Yield: 2 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

### Ingredients

- Gluten-free toasts
- 2 teaspoons tahini
- 1 ripe avocado, peeled and cut into slices
- 2 free range eggs, poached
- 2 teaspoons chia seeds
- 2 teaspoons pumpkin seeds
- 2 tablespoons superfood tapenade

### For the tapenade

- 2 teaspoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 garlic clove
- ½ teaspoon spirulina
- 1 teaspoon pumpkin seeds
- ½ cup green pitted olives
- 1 cup fresh kale leaves
- A pinch sea salt

### Directions

Drizzle tahini sauce over the toasts and add avocado slices; top with poached egg.

In a blender, pulse the tapenade ingredients until very smooth and store in an airtight container; add two tablespoons of the tapenade over the toast and garnish with chia and pumpkin seeds. Serve right away.

### Nutritional Information Per Serving

Calories: 549; Total Fat: 41.6 g; Carbs: 37.1g; Dietary fiber: 8.2 g; Protein: 12.6 g; Cholesterol: 0 mg; Sodium: 207 mg

## Superfood Detox Lunch Recipes

### Swiss Chard Wrap

Try using the greens for the wraps and the white bottoms thinly sliced added to the filling, for added nutrition with your wrap.

Total Time: 20 Minutes

Yield: 4 Servings

Total Time: 20 Minutes

Prep Time: 20 Minutes

Cook Time: 0 Minutes

### Ingredients

- 4 large swiss chard leaves
- 1 red bell pepper
- 1 avocado
- ¼ -1/3 cups alfalfa sprouts
- 1 carrot
- 1 cucumber
- ½ lime
- 1/4 cup raw pecans
- 1 tablespoon tamari (gluten-free soy sauce)
- 1 teaspoon cumin
- ½ teaspoon minced garlic
- ½ teaspoon grated ginger
- 1 teaspoon olive oil
- Handful of alfalfa sprouts

\*\*any other vegetable in season, I also used asparagus for this.

### Directions

To prepare Swiss chard, wash leaves, cut off stiff white stem at the bottom and slice thinly to be added to each wrap. Or Juiced! Dry the leaves off with paper towels and using a knife thinly slice down the central root (to make it easier to bend the leaves for wrapping).

Thinly slice all vegetables.

In a food processor, combine pecans, tamari, cumin, garlic, ginger and olive oil. Pulse until combined.

Place a collard leaf in front of you and layer nut mix, red pepper slices, avocado slices, cucumber, carrot and a drizzle of lime juice and alfalfa sprouts. Then wrap up the sides. I sometimes use a toothpick to keep the wrap together if it decides to unwrap.

**Nutritional Information Per Serving**

Calories: 265; Total Fat: 22.2 g; Carbs: 16.9 g; Dietary fiber: 7.8 g; Protein: 5.1 g; Cholesterol: 0 mg; Sodium: 372 mg

## Avocado Grapefruit Edamame Salad

Yield: 3 Servings Total Time: 15 Minutes

Prep Time: 10 Minutes Cook Time: N/A

### For the Salad

- 1 small (or half of a large) ripe avocado, peeled and sliced
- 2 celery stalks, sliced
- 1 cup shelled edamame
- 1 blood orange, segmented
- 1 grapefruit, segmented
- 2 cups leafy greens

### For the Dressing

- 1/4 cup plus 1 tablespoon extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon gluten-free mustard
- 1 tablespoon raw honey
- 3 tablespoons diced shallots
- Sea salt and cracked black pepper, to taste

### Directions

Combine all salad ingredients in a medium bowl.

Combine extra virgin olive oil, vinegar, mustard, raw honey, shallots, salt and pepper in a jar with a tight fitting lid; seal and shake until well blended.

Pour enough dressing over the salad and season with salt and pepper. Serve right away!

### Nutritional Information Per Serving

Calories: 452; Total Fat: 25.6 g; Carbs: 29.6 g; Dietary fiber: 8.3 g; Protein: 8.1 g; Cholesterol: 0 mg; Sodium: 192 mg

## Superfood Sushi

Yields: 4 Rolls   Total Time: 35 Minutes

Prep Time: 35 Minutes

Cook Time: 0 Minutes

### Ingredients

#### Sushi

- 4 Nori sheets
- 4 asparagus spears, tried and cut into 1/4's , and marinated in tamari
- 1/2 small red bell pepper, julienned
- 1 inch piece fresh ginger, grated
- 1 carrot, julienned
- 1/4 cucumber, julienned, and wet center removed
- 1/2 red or green chili, finely chopped

#### Cauliflower Rice

- 1/4 of a large cauliflower
- 1 teaspoon coconut oil, melted
- 1/4 cup ground cashew nuts, optional
- 1-2 teaspoons rice vinegar
- Sea salt

### Directions

#### Cauliflower Rice:

Grind the cauliflower in a food processor or grate finely or purchase Riced Cauliflower from Trader Joes.

Put in a bowl and toss with a little (1 teaspoon) melted coconut oil. Add the other ingredients and mix well.

#### Wasabi sauce

- 1 large soft avocado
- 1 teaspoon of wasabi paste
- 1 teaspoon lemon juice
- A little water to required thickness (thin enough to drop off spoon)
- Sea salt and cracked black pepper, optional

Mix all ingredients until smooth

## **Making the sushi roll**

Take a sushi rolling mat, place the Nori sheet shiny side down Spoon enough of the rice onto the sheet and smooth out to make an even layer, leave a 2cm gap at the top and bottom Place thin strips of the vegetables across the sheets, placing the fillings tightly next to each other and slightly on top of each other.

Drizzle a line of the wasabi avocado sauce on top of the vegetables

Pick up the near side of the mat and roll the sheet on to itself, with your hands on the mat pull back to yourself to form a tube, move your fingers along to make a firm tube.

Take the near side end of the mat and roll it away from yourself. Stick the far side edge to the roll using small amount of water, dip fingers in a bowl and lightly wet the edge. Roll the roll onto and leave for a few seconds.

Take a very sharp knife and cut off the ends, about 4cm from the end. Cut into about 6 equal pieces  
Serve with my Asian cucumber salad.

## **Nutritional Information Per Serving**

Calories: 224; Total Fat: 10.7 g; Carbs: 19.3 g; Dietary fiber: 6.1 g; Protein: 6.9 g;  
Cholesterol: 0 mg; Sodium: 277 mg



## Carrot and Goji Berry Soup

Yield: 4 to 6 Servings      Total Time: 55 Minutes

Prep Time: 20 Minutes      Cook Time: 35 Minutes

### Ingredients

- 1¼ cups fresh carrot juice
- 1 inch ginger, juiced with carrots
- ½ inch turmeric, juiced with carrots
- 1 cup carrots
- 1 cup pumpkin
- 2 tablespoon Goji berries
- 2 tablespoons coconut oil
- 1 cup onion, chopped
- 1 red jalapeno pepper-seeds removed
- 2 cups water
- ½ cup light coconut milk
- 1 clove garlic
- Sea salt and cracked black pepper to taste

### Directions

Juice 1 ¼ cups worth of carrots with the turmeric and ginger. Once done, soak the goji berries in the juice for roughly 20 minutes.

Heat coconut oil in a pot and add the onions; sauté for about 4 minutes or until soft, and then add the jalapeno pepper and garlic cook for 1 minute more. Stir in the chopped carrots and water and bring to a boil. Once boiling, reduce heat to a simmer and cook, covered, for about 20 minutes. Cool slightly and transfer the mixture to the blender and add the coconut milk; blend to a thick puree. Strain the goji berries from the carrot juice and set aside.

Add this juice to the puree and continue pureeing until smooth. Season with salt and pepper to taste.

To serve, garnish each serving with of the goji berries.

### Nutritional Information Per Serving

Calories: 138; Total Fat: 9.6 g; Carbs: 13.3 g; Dietary fiber: 3.4 g; Protein: 1.6 g;  
Cholesterol: 0 mg; Sodium: 115 mg

## Cleansing Detox Soup

Yield: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

### Ingredients

- 1/4 cup water
- 2 cloves garlic, minced
- 1/2 of a red onion, diced
- 1 tablespoon fresh ginger, peeled and minced
- 1 cup chopped tomatoes
- 1 small head of broccoli, florets
- 3 medium carrots, diced
- 3 celery stalks, diced
- 6 cups water
- 1/4 teaspoon cinnamon
- 1 teaspoon turmeric
- 1/8 teaspoon cayenne pepper
- Sea salt
- Freshly ground black pepper
- juice of 1 lemon
- 1 cup purple cabbage, chopped
- 2 cups kale, torn in pieces

## **Directions**

Bring a large pot of water to a gentle boil over medium heat. Add garlic and onion and cook for about 2 minutes, stirring occasionally. Stir in fresh ginger, tomatoes, broccoli, carrots, and celery and continue cooking for 3 minutes more. Stir in cinnamon, turmeric, cayenne pepper, sea salt and black pepper.

Add in ½ cup water and bring the mixture to a rolling boil; reduce heat and simmer for about 15 minutes or until the veggies are tender. Stir in lemon juice, cabbage, and kale during the last 2 minutes of cooking. Serve hot or warm.

## **Nutritional Information Per Serving**

*Calories: 74; Total Fat: 0.4 g; Carbs: 16.1 g; Dietary fiber: 4.1 g; Protein: 3.2 g; Cholesterol: 0 mg; Sodium: 83 mg*

## Green Super Detox Salad

Yield: 2 Servings

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: 0 Minutes

### Ingredients

- 1 tbsp. extra virgin olive oil
- juice from 1 lemon
- 1/2 avocado
- 2 large cucumbers
- 1/4 cabbage
- 1/4 cup chopped celery
- 1/8 cup pistachios
- 1/4 head broccoli
- Sea salt and pepper

### Directions

In a large bowl, combine extra virgin olive oil, lemon juice and avocado; mash with a fork until smooth; season with salt and pepper and set aside.

Using a spiralizer or a veggie peeler, make the cucumber noodles.

Chop the remaining ingredients and toss them in a bowl with the cucumber noodles; add the avocado dressing and toss to combine well. Enjoy!

### Nutritional Information Per Serving

Calories: 229; Total Fat: 19 g; Carbs: 15 g; Dietary fiber: 7.2 g; Protein: 4.4 g;  
Cholesterol: 0 mg; Sodium: 65 mg

## Chilled Green Goddess Soup

Yield: 6 Servings

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: 0 Minutes

### Ingredients

- 6 cups cucumber
- 2 stalks celery chopped
- 1-2 cups water (depending how thin you want it)
- 2 tablespoons fresh lime juice
- 1 cup watercress leaves
- 1 cup rocket leaves
- ½ cup mashed avocado (roughly 1 avocado)
- 1 teaspoon wheatgrass power or a mixed green powder, optional
- Sea salt to taste
- 

### Directions

Blend all ingredients except the avocado in a blender until a broth forms. Strain the liquid through a cheesecloth or fine sieve. Then return to blender and add the avocado and blend until smooth.

Garnish with a few watercress leaves and cracked black pepper.

### Nutritional Information Per Serving

Calories: 90; Total Fat: 6.7 g; Carbs: 8.1 g; Dietary fiber: 3 g; Protein: 2.6 g;  
Cholesterol: 0 mg; Sodium: 53 mg

## Cauliflower Couscous Salad

Yield: 4 Servings

Total Time: 25 Minutes

Prep Time: 25 Minutes

Cook Time: N/A

### Ingredients

- 1 large head cauliflower, cut into florets
- 3-4 green onions, thinly sliced
- 2 garlic cloves, finely minced
- 1 jalapeño, seeds and ribs removed, minced
- 1 cup shredded carrots
- 1 cup diced celery
- 1 cup diced cucumber
- 1 green apple, diced
- Juice of 1 lemon
- 1 tablespoon extra virgin olive oil
- Sea salt
- Freshly ground black pepper

### Directions

Working in two batches, pulse cauliflower florets in a food processor until finely chopped.

Transfer to a bowl and add the remaining ingredients; toss until well combined. Serve immediately.

### Nutritional Information Per Serving

Calories: 97; Total Fat: 3.8 g; Carbs: 15.7 g; Dietary fiber: 4.3 g; Protein: 2.4 g; Cholesterol: 0 mg; Sodium: 122 mg

## Broccoli Detox Soup

Yield: 2 Servings

Total Time: 20 Minutes

Prep Time: 5 Minutes

Cook Time: 15 Minutes

### Ingredients

- 1 teaspoon coconut oil
- 2 garlic cloves, crushed
- 1 onion, diced
- 2 cups broccoli florets
- 1 carrot, chopped
- 1 parsnip, chopped
- 2 celery stalks, diced
- 2 cups filtered water
- 1 cup greens (beet greens, spinach, kale, or any other available)
- Juice of ½ lemon
- 1 tablespoon chia seeds
- ½ teaspoon sea salt
- 1 teaspoon coconut milk, to serve
- Toasted mixed seeds and nuts, to serve

## **Directions**

Heat coconut oil in a soup pot set over low heat; stir in garlic, onion, broccoli, celery sticks, parsnip, and carrot; cook for about 5 minutes, stirring frequently.

Stir in water and bring the mixture to a gentle boil; cover and simmer for about 7 minutes or until veggies are tender.

Stir in the greens and transfer to a food processor or blender; add lemon juice, chia seeds, and sea salt and pulse until very smooth.

Stir in coconut milk and sprinkle with toasted seeds and serve right away.

## **Nutritional Information Per Serving**

Calories: 204; Total Fat: 9.7 g; Carbs: 30.9 g; Dietary fiber: 9.4 g; Protein: 7.6 g; Cholesterol: 0 mg; Sodium: 563 mg



## Roasted Power Bowl w/ Lemon Tahini Dressing

Yield: 8 Servings

Total Time: 45 Minutes

Prep Time: 15 Minutes

Cook Time: 30 Minutes

### Ingredients

- 1½ pounds sweet potatoes, diced
- 3 tablespoons olive oil, divided
- 1 teaspoon kosher salt, divided
- 1 head cauliflower, cut into florets
- Fresh ground pepper
- 1 to 1½ cups quinoa
- 15-ounce can chickpeas (1½ cups cooked), drained and rinsed
- 1 beet, thinly sliced
- ¼ head red cabbage (we used a combination of savoy and red), thinly sliced
- 12 cups salad greens
- ⅓ cup sunflower seeds

### Lemon Tahini Dressing

- 1 tablespoon extra virgin olive oil
- ½ cup freshly squeezed lemon juice
- ½ cup tahini
- ½ teaspoon kosher salt

## **Directions**

Preheat your oven to 450°F.

Place sweet potatoes in a large bowl, add 1½ tablespoons of extra virgin olive oil and ½ teaspoon of sea salt; toss to coat well.

Transfer the sweet potatoes to a parchment paper lined baking sheet, pushing them onto one half of the sheet. Pour cauliflower florets onto the other half of the sheet and sprinkle with pepper; roast for about 30 minutes or until tender.

In the meantime, follow package instructions to prepare quinoa.

In a bowl, mix chickpeas with a drizzle of extra virgin olive oil and sea salt.

Peel and thinly slice the beet. Thinly slice the red cabbage.

### **Make the dressing:**

Combine extra virgin olive oil, lemon juice, tahini, and salt in a small bowl; whisk to combine well.

Divide the salad greens among the four serving bowls and top each with small piles of each component. Pour the dressing over each serving and scatter with sunflower seeds.

### **Nutritional Information Per Serving**

Calories: 483; Total Fat: 18.9 g; Carbs: 68.3 g; Dietary fiber: 15.1 g; Protein: 16.3 g; Cholesterol: 0 mg; Sodium: 708 mg

## Lemony Asparagus & Tomato Salad

Yield: 2-3 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

### Ingredients

- 1 pint cherry tomatoes, halved
- 1 large bunch of asparagus, thinly sliced
- Juice of 1 lemon
- 3 tablespoons extra virgin olive oil
- Sea salt and black pepper
- 2 tablespoons freshly chopped parsley

### Directions

In a medium bowl, combine tomatoes and asparagus.

In a small bowl, whisk together lemon juice, extra virgin olive oil, sea salt and pepper; pour the dressing over the salad and toss to coat well. Top with parsley and enjoy!

### Nutritional Information Per Serving

Calories: 244; Total Fat: 21.7 g; Carbs: 12.8 g; Dietary fiber: 5.2 g; Protein: 4.8 g; Cholesterol: 0 mg; Sodium: 17 mg

## **Kale Avocado Salad with Orange**

Yield: 2 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

### **Ingredients**

#### **Salad**

- 2-3 handfuls kale, rinsed and chopped
- ½ cup green peas
- ½ avocado, sliced
- ½ cucumber, sliced
- 1 orange, sliced
- 2 tablespoons almond slices
- 2 tablespoons hemp seeds, shelled

#### **Vinaigrette**

- 2 tablespoons extra virgin olive oil
- 3 tablespoons lemon juice
- Pinch garlic powder
- Sea salt
- Black pepper

## **Directions**

Place chopped kale in a bowl. In a small bowl, whisk together extra virgin olive oil, lemon juice, garlic powder, sea salt and pepper; using your hands, massage the lemon vinaigrette into the kale for about 2 minutes or until kale begins to soften.

Divide the between two serving plates and add peas, avocado, cucumber, and orange slices.

Top with almond slices and hemp seeds; drizzle with lemon juice and sprinkle with cracked pepper. Enjoy!

## **Nutritional Information Per Serving**

Calories: 391; Total Fat: 29.3 g; Carbs: 34.2 g; Dietary fiber: 9.9 g; Protein: 9.7 g; Cholesterol: 0 mg; Sodium: 40 mg

## Healthy Detox Soup

Yield: 4 Servings

Total Time: 1 Hour

Prep Time: 5 Minutes

Cook Time: 55 Minutes

### Ingredients:

- 4 cloves garlic, crushed
- 2 medium leeks, chopped
- 1 serrano pepper, thinly sliced
- 4 celery stalks, chopped
- 4 carrots, diced
- 3 rutabagas, peeled and diced
- 8 cups water
- 2 cups pinto beans, cooked with cooking liquids
- 3 tomatoes, diced
- 3 zucchini, diced
- 2 bunches kale, thinly sliced
- 3 tablespoons lemon juice
- Sea salt
- Freshly cracked black pepper

### Directions

Heat a pot over medium heat; add garlic, leeks, and serranos. Cook for about 5 minutes, stirring. Add celery, carrots, and rutabagas; cook for about 3 minutes more and stir in water, pinto beans, and tomatoes; simmer for about 30 minutes or until the beans are cooked through. Stir in zucchini and kale, 15 minutes before serving. Remove from heat and stir in lemon juice; season with sea salt and black pepper and serve.

### Nutritional Information Per Serving

Calories: 538; Total Fat: 2.4 g; Carbs: 105.3 g; Dietary fiber: 27.6 g; Protein: 28.8 g; Cholesterol: 0 mg; Sodium: 178 mg

## The Ultimate Kale Salad

Yield: 4 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A Minutes

### Ingredients

- 1 head kale, rinsed and finely chopped into strips  
¼ white cabbage, thinly sliced  
1 handful pumpkin seeds  
1 spring onion, chopped  
2 sundried tomatoes, chopped

### For the dressing

- 2 ounces of almond butter  
1 tablespoon ground nut oil  
1 tablespoon tamari  
Juice 1 lime  
Pinch sea salt

### Directions

Place the kale into a large bowl, add cabbage, pumpkin seeds, spring onions and sundried tomatoes.

Make the dressing: Combine all dressing in a bowl and mix until well blended.

Pour the dressing over the salad and massage thoroughly with your hands to blend flavors. Serve and enjoy.

### Nutritional Information Per Serving:

Calories: 339; Total Fat: 26.6 g; Carbs: 17.3 g; Dietary Fiber: 3.8 g; Protein: 13.9 g;  
Cholesterol: 0 mg; Sodium: 477 mg

## Chickpea Salad w/ Zucchini & Avocado Mayo

Yield: 4 Servings

Total Time: 2 Hour 15 Minutes

Prep Time: 15 Minutes

Cook Time: 2 Hours

### Ingredients

- 3.5 ounces chickpeas
- Juice ½ lemon
- 1 teaspoon rapeseed oil
- 4 chives, chopped
- Handful parsley, chopped
- 3.5 ounces cherry tomatoes, halved
- 5 radishes, chopped
- 2 spring onions, sliced
- Handful cashew nuts, toasted
- Pinch sea salt
- Pinch black pepper
- 1 yellow zucchini, cut into strips

### For the avocado mayonnaise

- 1/2 avocado
- 3 chives, chopped
- Juice ½ lemon
- 1 teaspoon rapeseed oil
- Pinch sea salt
- Pinch black pepper



## Directions

Soak the chickpeas in water for at least 8 hours or overnight.

When ready to use, drain the chickpeas and transfer to a pan. Cover with double the amount of water and bring to a rolling boil. Lower heat and simmer for about 2 hours or until tender; drain and let cool.

Transfer the cooked chickpeas to a bowl and stir in lemon juice, rapeseed oil, chives, parsley, tomatoes, radishes, spring onions, toasted cashew nuts, sea salt and pepper; set aside.

**Make the mayonnaise:** In a food processor, combine avocado, chives, lemon juice, oil, sea salt and pepper; pulse until you achieve the consistency of mayonnaise. Transfer the avocado mayo to a bowl and mix in the yellow zucchini.

Place the zucchini in a bowl and top with chickpea salad; add a dollop of avocado mayo and garnish with fresh chili. Enjoy!

## Nutritional Information Per Serving:

Calories: 364; Total Fat: 22.7 g; Carbs: 33.5 g; Dietary Fiber: 9.1 g; Protein: 14.3 g; Cholesterol: 0 mg; Sodium: 150 mg

## Superfood Detox Dinner Recipes

### Shrimp Salad w/ Grapefruit and Avocado

Yield: 2 Servings

Total Time: 20 Minutes

Prep Time: 10 Minutes

Cook Time: 10 Minutes

#### Ingredients

2 tablespoons chili oil

1 cup shrimp

½ teaspoon salt

½ teaspoon pepper

1 avocado, cubed

1 grapefruit, cubed

¼ cup lemon juice

#### Directions

Heat chili oil in a saucepan set over medium heat; add shrimp and cook until opaque and lightly browned.

Remove the pan from heat and season shrimp with sea salt and pepper.

In a serving bowl, pack avocado slices as tightly as possible, and then top with a layer of shrimp, grapefruit, and drizzle with lemon juice. Serve while shrimp are still hot!

#### Nutritional Information Per Serving

Calories: 488; Total Fat: 35.8 g; Carbs: 16.5 g; Dietary fiber: 7.7 g; Protein: 28.2 g; Cholesterol: 237 mg; Sodium: 868 mg

## Orange-Cranberry Crusted Salmon

Yield: 4 Servings

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: 0 Minutes

### Ingredients

- Olive oil cooking spray
- 4 salmon filets
- Salt & pepper to taste
- 2 tablespoons extra virgin olive oil
- ¼ cup dried cranberries, chopped
- ½ cup walnuts, chopped
- 1 teaspoon orange zest
- 1 tablespoon Dijon mustard
- 2 tablespoons parsley, chopped

### Directions

Preheat your oven to 370°F. Lightly coat a baking sheet with olive oil cooking spray. Generously season the fish filets with sea salt and pepper and arrange them on the baking sheet.

Mix the remaining ingredients in a small bowl until well blended; press onto the filets and bake in the reheated oven for about 20 minutes or until the topping is lightly browned.

Remove from oven and serve.

### Nutritional Information Per Serving:

Calories: 400; Total Fat: 27.4 g; Carbs: 2.6 g; Dietary Fiber: 1.6 g; Protein: 38.5 g; Cholesterol: 78 mg; Sodium: 124 mg

## Turkey & Quinoa Salad

Yield: 4 Servings

Total Time: 50 Minutes

Prep Time: 20 Minutes

Cook Time: 30 Minutes

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 1½ cups quinoa, rinsed
- Kosher salt
- 1 pound turkey cutlets
- 3 tablespoons chopped fresh tarragon and/or parsley
- Freshly ground pepper
- ½ small red onion, halved and sliced
- 1½ pounds assorted heirloom tomatoes, chopped
- 1 chili pepper, seeded and chopped
- 4 Persian cucumbers, chopped
- 2 tablespoons sherry vinegar

### Directions

In a large skillet set over medium high heat, heat ½ tablespoon of extra virgin olive oil; stir in quinoa and cook, stirring continuously for about 4 minutes or until lightly toasted. Stir in salt and 4 cups of water; bring to a gentle boil, lower heat and simmer for about 15 minutes.

In a mixing bowl, toss together turkey, half of herbs, a pinch of sea salt and pepper; set aside.

In a bowl, soak the sliced onion in cold water for at least 10 minutes.

In a separate bowl, toss together, cucumbers, chili, tomatoes, the remaining herbs, 1½ tablespoons extra virgin olive oil, vinegar, sea salt and black pepper.

Drain onion and stir into the tomato mixture.

Heat the remaining oil in a nonstick skillet set over medium high heat. Add turkey, in batches, and cook for about 3 minutes per side or until golden; drain on paper towels. Cut the cooked turkey into bite-sized pieces.

With a fork, fluff the cooked quinoa and divide among serving bowls; top each with turkey and tomato mixture.

**Nutritional Information Per Serving:**

Calories: 552; Total Fat: 15 g; Carbs: 64 g; Dietary Fiber: 9 g; Protein: 41 g;  
Cholesterol: 45 mg; Sodium: 438 mg

## Superfood Salmon Salad

Yield: 2 Servings

Total Time: 15 Minutes

Prep Time: 5 Minutes

Cook Time: 10 Minutes

### Ingredients

- 7 ounces wild caught salmon fillets, skinned
- 7 ounces broccoli
- 1 tablespoon extra virgin olive oil
- 2 spring onions, thinly sliced
- ½ red chili, deseeded, chopped
- 1 tablespoon mixed seeds (sesame seeds, sunflower seeds, pumpkin seeds, and linseeds)
- 1/8 cup chopped nuts (almonds or brazil nuts)
- Juice of 1 orange
- 1 orange, zested

### Directions

In a skillet, bring water to a gentle boil. Add fish and broccoli and cook 3 minutes or until fish is cooked through and broccoli is tender.

Remove from heat and let cool a bit; drain the broccoli and set aside.

Heat extra virgin olive oil in a pan; add onions, chili, seeds and nuts and fry for about 4 minutes or until golden.

Stir in orange juice and zest and season with sea salt and cracked black pepper.

Flake the fish into small pieces and mix with broccoli. Serve topped with nut and chili mixture.

Flake the salmon into pieces, mix with the broccoli and sprinkle the chili and nut mixture over the top.

### **Nutritional Information Per Serving**

Calories: 337; Total Fat: 19.7 g; Carbs: 21.6 g; Dietary fiber: 8.1 g; Protein: 25.7 g; Cholesterol: 44 mg; Sodium: 82 mg

## Shrimp & Zucchini w/ Herbed Quinoa

Yield: 1 Serving Total Time: 45 Minutes

Prep Time: 15 Minutes

Cook Time: 30 Minutes

### Ingredients

- 1 cup water
- 2/3 cup quinoa
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1½ cups thinly sliced zucchini
- 3 ounces cooked shrimp
- 1/4 cup thinly chopped fresh chives and basil
- Juice of 1 lemon

### Directions

Combine water and quinoa in a skillet; bring to a gentle boil, cover and simmer for about 15 minutes or until all the water is absorbed.

In a pan, heat extra virgin olive oil; add garlic and sauté for about 2 minutes or until fragrant. Add zucchini and cook for about 6 minutes or until tender. Stir in shrimp and cook for 3 minutes more or until warmed through.

Using a fork, fluff the cooked quinoa and toss with shrimp, zucchini and fresh herbs. Serve, drizzled with fresh lemon juice.

### Nutritional Information Per Serving

Calories: 680; Total Fat: 22.9 g; Carbs: 81.7 g; Dietary fiber: 10.2 g; Protein: 38.2 g; Cholesterol: 179 mg; Sodium: 247 mg



## Cajun Chicken w/ Detox Salad & Mango Salsa

Yields: 4 Servings

Total Time: 32 Minutes

Prep Time: 20 Minutes

Cook Time: 12 Minutes

### Ingredients

- 1 teaspoon extra virgin olive oil
- 1 garlic clove, crushed
- 1 teaspoon crushed dried chili
- 1 tablespoon ground coriander
- 2 tablespoons ground cumin
- 1 tablespoon smoked paprika
- 4 chicken breasts, boneless, skinless

### For the salad

- 1 tablespoon rapeseed oil
- 5 ounces spinach, chopped
- 1/4 red onion, roughly diced
- A handful fresh parsley
- A handful fresh coriander
- A handful fresh mint
- 2 avocados, sliced

## For the mango salsa

- 4 cherry tomatoes, diced
- 1 mango, diced
- 1 fresh red chili, seeded and finely chopped
- Juice of 1 lime
- A handful of fresh coriander, finely chopped
- Sea salt
- Black pepper

## Directions

**Make the marinade:** In a large bowl, mix together extra virgin olive oil, garlic, all spices, and salt. Add the chicken and turn until well coated with the marinade.

Heat a grill pan or griddle over medium heat.

In the meantime, working with one at a time, transfer the chicken breasts on side of a large cling film sheet and fold over to seal in the spices; with a rolling pin, gently bash the chicken until flatten to about 1 cm thick. Transfer the chicken breasts to a griddle pan and cook over medium heat for about 6 minutes per side or until cooked through.

**Make the salad:** In a large mixing bowl, mix rapeseed oil, spinach, red onion, parsley, mint, and coriander. Gently fold in avocado slices and season with sea salt and black pepper.

**Make salsa:** In a separate bowl, mix together all the salsa ingredients; with your hands, squeeze the tomatoes until a chunky, juicy salsa is formed.

Serve one chicken breast with a heaping of spinach salad, topped with mango salsa.

## Nutritional Information Per Serving:

Calories: 363; Total Fat: 23.3 g; Carbs: 17.3 g; Dietary Fiber: 12.5 g; Protein: 38.7 g; Cholesterol: 130 mg; Sodium: 152 mg

## Vegetarian Curry

Yield: 2 servings

Total Time: 45 minutes

Prep Time: 15 minutes

Cook Time: 30 minutes

- 2 tablespoons coconut oil
- 1 large yellow onion, finely diced
- 4 medium cloves garlic, minced
- One 2-inch piece fresh ginger, peeled and finely grated (1 tbsp.)
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon cayenne
- 2 tablespoons tomato paste
- 3 cups vegetable broth
- 1 cup light coconut milk
- One 3-inch cinnamon stick
- Fine sea salt and freshly ground black pepper
- 1 small cauliflower, broken into 1½-inch florets (about 4 cups)
- 1 lb. sweet potatoes, peeled and cut into 1-inch chunks (about 3 cups)
- 2 medium tomatoes, cored, seeded, and coarsely chopped (about 1½ cups)
- 2 large carrots, peeled and cut into ½-inch chunks (about 1 cup)
- 2 zucchini, cut into ½-inch chunks
- One 15½-oz. can chickpeas, drained and rinsed
- ½ cup baby spinach (about 4 lightly packed cups)
- 3 tablespoons fresh lime juice
- 2 teaspoons finely grated lime zest
- 3 tablespoons chopped fresh cilantro

## **Directions**

In a large heavy-duty pot, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until beginning to brown, 2 to 3 minutes. Reduce the heat to medium and add the garlic and ginger; cook, stirring, for 1 minute to blend the flavors. Add the coriander, cumin, turmeric, and cayenne; stir for 30 seconds. Add the tomato paste and stir until well blended, about 1 minute.

Add the broth, coconut milk, cinnamon stick, 1 tsp. salt, and 1/4 tsp. pepper and bring to a boil.

Reduce the heat to medium low or low and simmer for 10 minutes.

Add the cauliflower, sweet potatoes, tomatoes, and carrots. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 15-20 minutes.

Stir in the chickpeas, spinach, zucchini, lime juice, and zest; cook until the spinach has wilted, about 3-5 minutes more. Serve garnished with the cilantro.

## **Nutritional Information Per Serving:**

Calories: 456; Total Fat: 23.2 g; Carbs: 56.5 g; Dietary Fiber: 12.8 g; Protein: 11.9 g; Cholesterol: 0 mg; Sodium: 672 mg

## Cauliflower Pizza

Yield: 2 Servings   Total Time: 45 Minutes

Prep Time: 15 Minutes

Cook Time: 30 Minutes

### Ingredients for the base:

- ½ head cauliflower florets
- 1 egg
- 1 teaspoon chopped rosemary
- 1 teaspoon chopped thyme
- Pinch of Cayenne Pepper
- Salt and freshly ground black pepper to taste

**Ingredients for topping:** (You can be as inventive as you like! Use whatever you wish.)

Examples:

- Vegan Pesto (see p. for recipe)
- Sun Blushed Tomatoes

### Instructions:

Pre-heat your oven to 400F. Chop the cauliflower into little florets and then blend in food processor until it looks like flour. You then want to steam the 'flour' for about 5 minutes. Once you have steamed the cauliflower, place it in a muslin cloth or a clean tea towel and string out all the water.

There will be a lot, so you want to make sure you get as much out as possible! Next, you want to take your cauliflower and all in your egg and seasoning of choice. Make sure the cauliflower is cool before adding the egg. Mix together with your hands, and it should be almost dough-like!

With your dough roll out on to a baking dish, into a shape of your choice... round, rectangle or even heart! Place in the oven and cook for roughly 30 minutes or until golden. Remove and place on your toppings. Put it back in the oven for a further 10 minutes. Take out, and enjoy your guilt-free pizza!

### Nutritional Information Per Serving:

Calories: 30; Total Fat: 5.2 g; Carbs: 7.2 g; Dietary Fiber: 3.1 g; Protein: 4.3 g;  
Cholesterol: 41 mg; Sodium: 26 mg

## Beetroot and Carrot Burgers

Yield: 8 (90g/3.2 ounces) Burgers

Total Time: 505 Minutes

Prep Time: 20 Minutes

Cook Time: 30 Minutes

### Ingredients:

- 1 cup grated beetroot
- 1 cup grated carrot
- 3.5 ounces [½ cup] of oatmeal
- 3 Eggs (or you can substitute with flax 'eggs')
- 1 Shallot finely chopped
- 6 tablespoons chopped dill/parsley or any herbs
- Oil (for frying), I use coconut oil
- 8 Portobello mushrooms
- 2 cups fresh spinach
- 1 garlic clove
- 1 pinch of cayenne
- 1 tablespoon hemp seeds

### Instructions

Before mixing the ingredients together, make sure you have squeezed out some of the liquid from the beetroot and carrot. (This is a perfect carrot/ beetroot juice to have while cooking!).

Combine the beetroot, carrot, oatmeal, eggs, shallot, hemp seeds, dill and parsley in a bowl and mix well. Season with salt and cayenne pepper. Press together form a ball, cover and keep chilled in the fridge for 1 hour, or longer.

Pre-heat the oven to 350°F.

Then divide your mixture into roughly 8 burgers (around 90g each). Roll each ball together and then flatten slightly.

In a pan, heat a little oil and once hot, fry the burgers until each side is sealed and browned (about 2 minutes per side).

Place on a baking sheet and bake at the same time as the mushrooms. In a separate pan, cook the garlic with some oil until soft. Pour this mixture evenly on each of the mushrooms, and then bake upright.

Cook burgers and mushrooms in the oven for 20-25 minutes.

To wilt the spinach either cook briefly in hot water or in pan with a little oil. Or just put raw on top of the mushroom before serving with the beet root.

Serve alongside the burgers with a tomato chutney or sweet chili jam!

**Nutritional Information Per Serving:**

Calories: 278; Total Fat: 15.2 g; Carbs: 32.2g; Dietary Fiber: 6.4 g; Protein: 14.1 g;  
Cholesterol: 123 mg; Sodium: 124 mg

## Vegan Beet Burgers

Yield: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 30 Minutes

### Ingredients

- 3/4 cup of water
- 1/4 cup ground flax seeds
- 3 carrots
- 1 medium beet
- 3 stalks of kale
- 1/2 bunch of parsley
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ cup plus 2 tablespoons gluten-free mustard
- 1 teaspoon cayenne pepper
- 1 teaspoon sea salt
- ½ cup sprouts
- 1 bunch collard leaves



## **Directions**

Preheat your oven to 350°F.

In a bowl, combine water and ground flax; refrigerate until the mixture gels into “flax eggs”.

Run the carrots, beet, kale and parsley through a juicer.

Mix the veggie juice with “flax eggs”, onion powder, garlic powder, cayenne pepper, sea salt and 2 tablespoons gluten-free mustard.

Form small patties from the mixture and arrange them on a paper-lined baking sheet; bake for about 15 minutes, flip the patties over and bake for 15 minutes more.

Serve each patty inside one collard leaf and top with the remaining gluten-free mustard and sprouts; wrap like a burrito and enjoy!

## **Nutritional Information Per Serving**

Calories: 90; Total Fat: 6.7 g; Carbs: 8.1 g; Dietary fiber: 3 g; Protein: 2.6 g;  
Cholesterol: 0 mg; Sodium: 53 mg

## Superfood Detox Snacks

### Liver Detox Juice

Yields: 1 Serving

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: N/A

#### Ingredients:

- 1 organic beet, peeled
- ½ organic lemon, peeled
- ½ inch ginger root
- 2 organic red apples, chopped
- 3 organic carrots, peeled
- 6 organic kale leaves

#### Directions:

Place all the ingredients in a juicer and juice. Stir to mix well and serve with ice *cubes*.

## Guacamole w/ Vegetables

Yields: 2 Servings

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: N/A

### Ingredients

- 1 avocado
- Juice of 1 lime
- Zest of lime
- 1 clove garlic, peeled, minced
- 1/4 red onion, peeled, diced
- Fresh cilantro, chopped
- Sea salt
- Veggies (peppers, celery, cucumber etc.) for serving

### Directions

In a bowl, mash together all ingredients to your desired consistency. Garnish with cilantro sprigs and store, covered, in a plastic wrap.

### Nutritional Information Per Serving:

Calories: 221; Total Fat: 19.7 g; Carbs: 14.8 g; Dietary Fiber: 7.7 g; Protein: 2.4 g;  
Cholesterol: 0 mg; Sodium: 15 mg

## Kale Chips

Yields: 6 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

### Ingredients

- 6 ounces kale
- 1 tbsp. extra virgin olive oil
- 2 tbsp. nutritional yeast
- Sea salt

### Directions

Preheat your oven to 300°F.

Wash and pat dry kale, and then remove tough center ribs and stems; cut into large pieces.

In a large bowl, toss together the chopped kale with extra virgin olive oil and sea salt; arrange the leaves in a single layer on a baking sheet and bake until crisp, for about 20 minutes. Transfer the baking sheet to rack to cool the kale chips before serving.

### Nutritional Information Per Serving:

Calories: 46; Total Fat: 2.5 g; Carbs: 4.5 g; Dietary Fiber: 1.3 g; Protein: 2.4 g;  
Cholesterol: 0 mg; Sodium: 14 mg

## Roasted Balsamic Beets

Yields: 4 Servings

Total Time: 1 Hour 30 Minutes

Prep Time: 15 Minutes

Cook Time: 1 Hour 15 Minutes

### Ingredients

- 2 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 3-4 medium beets
- ½ tsp. sea salt

### Directions

Scrub the beets and wash well; cut into 6 wedges and place them in a baking dish.

Drizzle the beets with extra virgin olive oil, vinegar and salt and bake, covered, at 375°F for about 1 hour. Uncover and continue baking for 15 more minutes or until almost tender.

### Nutritional Information Per Serving:

Calories: 61; Total Fat: 7 g; Carbs: 0 g; Dietary Fiber: g; Protein: 50 g; Cholesterol: 0 mg; Sodium: 234 mg

## Veggie Snack

Yields: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: 0 Minutes

### Ingredients

- 1 yellow pepper
- 5 stalks celery
- 5 carrots

### Directions

Scrub the carrots and rinse under running water.

Rinse celery and yellow pepper; deseed the pepper and chop the veggies into small sticks.

Combine in a bowl and serve.

### Nutritional Information Per Serving:

Calories: 189; Total Fat: 0.5 g; Carbs: 44.3 g; Dietary Fiber: 10.5 g; Protein: 5 g;  
Cholesterol: 0 mg; Sodium: 282 mg

## Sesame Crackers

Yields: 96 Crackers

Total Time: 32 Minutes

Prep Time: 20 Minutes

Cook Time: 12 Minutes

### Ingredients

- 1 cup sesame seeds
- 2 tbsp. grapeseed oil
- 2 large free range eggs, beaten
- 1½ tsp. sea salt
- 3 cups almond flour, blanched

### Directions

Stir together sesame seeds, almond flour, oil, eggs and salt in a large bowl until well combined.

Divide the dough into two portions.

Place each into two baking sheets lined with parchment papers and cover with parchment paper.

Spread the dough between the papers to cover the entire baking sheet and remove the top paper.

With a pizza cutter or knife, cut the dough into 2-inch squares and bake at 350°F until golden brown, for about 12 minutes. Cool before serving.

### Nutritional Information Per Serving:

Calories: 178; Total Fat: 15.6 g; Carbs: 6 g; Dietary Fiber: 3.3 g; Protein: 6.1 g;  
Cholesterol: 20 mg; Sodium: 184 mg

## Healthy Spiced Nuts

Yields: 4 Servings

Total Time: 20 Minutes

Prep Time: 10 Minutes

Cook Time: 10 Minutes

### Ingredients

- 1 tbsp. extra virgin olive oil
- ¼ cup walnuts
- ¼ cup pecans
- ¼ cup almonds
- ½ tsp. sea salt
- ½ tsp. pepper
- ½ tsp. cumin
- 1 tsp. chili powder

### Directions

Put the nuts in a skillet set over medium heat and toast until lightly browned.

In the meantime, prepare the spice mixture; combine black pepper, cumin, chili and salt in a bowl.

Coat the toasted nuts with extra virgin olive oil and sprinkle with the spice mixture to serve.

### Nutritional Information Per Serving:

Calories: 221; Total Fat: 22 g; Carbs: 4.8 g; Dietary Fiber: 3.2 g; Protein: 4.9 g;  
*Cholesterol: 0 mg; Sodium: 241 mg*



## Roasted Asparagus

Yield: 4 Servings

Total Time: 15 Minutes

Prep Time: 5 Minutes

Cook Time: 10 Minutes

### Ingredients

- 1 tbsp. extra virgin olive oil
- 1 pound fresh asparagus
- 1 medium lemon, zested
- 1/2 tsp. freshly grated nutmeg
- 1/2 tsp. kosher salt
- ½ tsp. black pepper

### Directions

Preheat your oven to 500°F. Arrange asparagus on an aluminum foil and drizzle with extra virgin olive oil; toss until well coated. Spread the asparagus in a single layer and fold the edges of foil to make a tray. Roast the asparagus in the oven for about 5 minutes; toss and continue roasting for 5 minutes more or until browned. Sprinkle the roasted asparagus with nutmeg, salt, zest and pepper to serve.

### Nutritional Information Per Serving:

Calories: 55; Total Fat: 3.8 g; Carbs: 4.7 g; Dietary Fiber: 2.5 g; Protein: 2.5 g;  
Cholesterol: 0 mg; Sodium: 293 mg

### Parting Words...

The human body is astoundingly adept at making do with whatever type of food that you provide it with.

You have an uncanny ability to survive on a variety of diets and this has been a very vital adaptation for mankind, a species that evolved under strenuous conditions where food was scarce and its availability unpredictable.

In contrast, today calories are plentiful and very cheap –perhaps too much so. The key is in understanding what each basic macronutrient has to offer to your body to help you make better choices when it comes to what you eat.

Our delicious superfood recipes are a healthy way to nourish your body and help you not only detoxify your liver and the entire system, but also lose weight once and for all. Remember to keep it natural and preferably organic. Your health should be your number one priority and these recipes are a great first step in getting the body of your dreams and achieving pure health.

Good luck!

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