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7 Day Detox

Recipe Book

Smoothies - Soups - Salads



★ Ingredients:

1/2 Inch knob fresh peeled ginger
1 Handful parsley
1 Apple (cored)
1/2 Cucumber
2 Cups fresh leafy greens
Juice of 1/2 lemon
2 Tbsp pumpkin seeds
1 Dash turmeric
3/4 Cup water

Place everything in blender & blend well. Add more (or less) water if needed to desired consistency.

Serves 1

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 1

- ✓ **Lemons** are a powerful detoxifying agent, extremely alkaline, are high in vitamin C, and provide traces of calcium, potassium, and magnesium. They support liver function, purify the blood, destroy free radicals & flush out toxins.
- ✓ **Cucumbers** are full of B vitamins, silica, and electrolytes that help build clearer, brighter skin. The vitamin C, caffeic acid, and electrolytes in cucumbers makes them great at fighting puffiness and bloating in the body.
- ✓ **Parsley** detoxifies, aids digestion, removes toxins from the body, acts as a diuretic by flushing out the kidneys, and purifies the blood. It contains vitamin A, C, and E, folate, iron, and anti-oxidants.
- ✓ **Ginger** aids in digestion, eases nausea, helps maintain proper blood circulation, improves nutrient absorption, is anti-inflammatory, strengthens immune system, and fights common respiratory problems.

★ Ingredients:

- 3/4 Cup almond milk
- 3/4 Cup frozen pineapple
- 1 Beet
- 2 Stalks celery
- 1/2 Cucumber
- 1 Carrot
- 2 Cups leafy greens
- 2 Tbsp pumpkin seeds

Place everything in blender & blend well. Add water if needed to desired consistency.

Serves 1

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 2

- ✓ **Beets** are a powerful liver cleanser. Betanin and vulgaxanthin are two compounds in beets shown to provide antioxidant, anti-inflammatory, and detoxification support. They clean the toxins that have been removed from the liver, allowing them to be flushed out of the system instead of being reabsorbed by the body.
- ✓ During a detox, **coconut oil** can help combat candida, fungal infections, and viruses while supporting digestion.
- ✓ **Pineapple** contains bromelain, a powerful digestive enzyme which aids in digestion, has anti-inflammatory, anti-clotting and natural detox properties. It also contains potassium to balance electrolytes; vitamin c & manganese, which both protect cells from free radicals.

★ Ingredients:

- 1 Apple
- 1/2 Cup almond milk
- 3/4 Cup frozen pineapple
- 1/2 Cucumber
- 2 Cups leafy greens
- 1/2 Cup cilantro
- Juice of 1/2 lemon
- 2 Tbsp pumpkin seeds

Place everything in blender & blend well. Add water if needed to desired consistency.

Serves 1

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 3

- ✓ **Apples** contain pectin, which is a soluble fiber that helps to remove food, toxins & waste from your body.
- ✓ **Cinnamon** is full of iron, calcium, and manganese, which are fantastic at helping your body to process fats and keeping blood sugar in check.
- ✓ **Pumpkin seeds** are high in b-vitamins, tryptophan (which converts into mood boosting serotonin), and zinc, which promotes a healthy metabolism & helps fight free radicals. Zinc deficiencies can lead to fatigue and contribute to neuropsychiatric disorders such as ADHD, & depression.

★ Ingredients:

- 1 Cup dandelion greens
- 1 Cup kale
- 2 Stalks celery
- 1/2 Inch knob of peeled fresh ginger
- 1/2 Avocado
- 3/4 Cup water

Serves 1

Place everything in blender & blend well. Add more water (or less) as needed to desired consistency.

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 4

- ✓ **Celery** helps to lower high blood pressure & reduce bloating. It contains compounds which reduce inflammation & stress. Celery is also a powerful detoxifier & colon cleanser.
- ✓ **Avocado's** provide healthy fats to keep you sustained longer, and a decent amount of fiber, which is excellent for keeping your digestion flowing & cleansing the colon.
- ✓ **Dandelion greens** have compounds that promote good liver and kidney function and help these organs to flush toxins from the body. It also acts like a diuretic while having a slight laxative effect, helping to cleanse the body.

★ Ingredients

3/4 Cup almond milk

3/4 Cup blueberries

1/4 Cup goji berries

2 Cups leafy greens

1/2 Cup frozen pineapple

1 Tbsp coconut oil

1/2 Inch knob fresh peeled ginger

Dash turmeric

Dash cinnamon

Place everything in blender & blend well. Add water as needed to desired consistency.

Serves 1

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 5

✓ **Blueberries** contain compounds which help lessen tissue damaging effects of chronic inflammation. They have antiviral properties & are loaded with super-detoxifying phytonutrients while also acting as antibiotics by blocking bacteria in the urinary tract, helping to prevent infections.

✓ **Turmeric** helps boost liver's ability to detoxify. It also helps with inflammatory bowel disease, has antioxidant & cancer fighting properties, and there is promising research indicating possible protection against neurodegenerative diseases such as Alzheimer's.

★ Ingredients

3/4 Cup water

Juice of 1 lime

1 Cup leafy greens

1 Cup dandelion greens

3/4 Cup of frozen pineapple

1/2 Cucumber

1/2 Avocado

1/4 Cup of cilantro

1/2 Inch knob fresh peeled ginger

Dash Cinnamon

Place everything in blender & blend well. Add more (or less) water as needed to desired consistency.

Serves 1

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 6

✓ **Cilantro** helps detoxify heavy metals from the body by binding to toxics and loosening them from the tissue. It also contains two specific compounds which possess anti-arthritis and anti-rheumatic properties helping those with chronic inflammatory conditions.

✓ **Limes** can be a great flavor substitute for lemons giving your smoothie a fresh tangy taste. Like lemons, limes offer alkalizing, detoxifying benefits in the body, in addition to having a similar nutritional profile aside from being slightly lower vitamin C.

★ Ingredients:

- 1/4 Cup goji berries
- 1/2 Cup frozen raspberries
- 1/2 Inch knob fresh peeled ginger
- 1 Handful parsley
- 1 Apple (cored)
- 1/2 Cucumber
- 1 Tbsp coconut oil
- 2 Cups fresh leafy greens
- Juice of 1/2 lemon
- 1 Dash turmeric
- 3/4 Cup water

Place everything in blender & blend well. Add more (or less) water if needed to desired consistency.

Serves 1

OPTIONAL:

Feel free to add in your favorite plant based protein powder to your smoothies if you want to feel full longer, and have a bit more energy for the day.



Detox Smoothie Day 7

- ✓ **Goji berries** have been used in traditional Chinese medicine for thousands of years - they are rich in antioxidants and help to repair cellular damage.
- ✓ The **healthy fats** added to smoothies such as coconut oil and pumpkin seeds help the body absorb fat soluble vitamins such as vitamin A, E, D, and K. Other healthy fats perfect for smoothies are hemp seeds, chia seeds, & flax seeds.
- ★ Keep up with a smoothie a day after your detox ends & get creative! It is a fantastic way to get a high amount of health boosting vitamins and minerals.

★ Lunch & Dinner Recipes ★

Any of these meals can be eaten at lunch or dinner so they have been placed in the same category



Ingredients:

- 2 ½ Cups sliced red pepper
- 2 ½ Cups sliced green pepper
- 1 Cup sliced yellow zucchini
- 1 Cup sliced mushrooms
- 1 Cup sliced green zucchini
- 1 Sliced onion
- 1 Tbsp chopped fresh rosemary
- 2 Tsp fresh dill
- 2 Tbsp chopped parsley
- 1 Tbsp crushed garlic
- Dash of sea salt & black pepper
- 2 Tbsp Olive Oil



QUICK TIP:

Don't overcook. Maintain nutrients in the veggies by only lightly grilling - slightly tender but still slightly crisp



Grilled Rosemary Veggies

Mix together all ingredients and refrigerate for an hour or two. Place veggies on a grill pan over medium-high heat & cook for roughly 7 minutes until veggies are slightly tender but still crisp.

Ingredients:

2 Handfuls of leafy greens
Cucumber slices
Grated zucchini
1/2 Cup grated beet
Celery slices
Red onion slices
1/4 Cup grated carrot
Optional - fresh blueberries & chickpeas

***DETOX FRIENDLY DRESSING**

1/4 Cup olive oil
1/4 Cup apple cider vinegar
1 Tbsp fresh crushed garlic
1 Tsp turmeric
1 Tsp oregano
1 Tsp. thyme
1 Tbsp chopped yellow onion
1/4 Tsp sea salt

Process in food processor or blender until smooth.



Leafy Green Salad

Start with a large bed of leafy greens and add sliced cucumbers, grated zucchini, chopped green onion, 1/2 cup grated beet, celery slices, red onion slices, and 1/4 cup of grated carrots. Top with fresh blueberries & the detox friendly dressing. Salad is 1 serving.

Store dressing 3-4 days in fridge. ** Dressing makes 4 Servings'

Ingredients:

2 Large Yams
4 Cups Baby Kale
Bragg Sprinkle
1 Tsp Olive Oil

Dressing: (make & let sit while yams are roasting)

1 Garlic Clove
1 Tsp Apple Cider Vinegar
1 Tsp Olive Oil
Dash of ground sea salt
Dash of ground pepper
1/4 tsp Dried Thyme

Serves 2



Roasted Yam & Baby Kale

Scrub yams until clean, and cut into 1/2-1 inch squares. Toss in olive oil and lay flat on a baking pan lined with parchment paper. Roast yams at 375 for 20-35 minutes. Keep an eye on them, they burn easy! While yams are roasting, put all ingredients for dressing in a blender or grinder & blend until smooth. Set aside. When yams are cooked, pull out and top with baby kale. Put pan back in the oven & roast the yams and kale for additional 3 minutes. Place yams & kale in a large bowl, mix in the dressing, and serve.

Ingredients:

2 Tbsp olive oil
2 Tbsp chopped garlic
2 Cups chopped leeks (white parts only)
1 1/2 Teaspoons miso paste
1/2 Tsp dried thyme
1 Head cauliflower, chopped
6 Cups vegetable broth
1/4 Cup raw unsalted overnight soaked cashews
Juice of 1 lemon

Serves 4



QUICK TIP:

Remove the plastic cap in the blender top & cover the opening with a kitchen towel to allow steam to escape while you blend.



Creamy Cauliflower Soup

In a large saucepan, heat the oil over medium heat and saute the garlic & leeks for about 3 minutes until soft. Add cauliflower and saute for another 2 minutes. Add the vegetable broth, miso paste, thyme & lemon and increase the heat to high, bringing to a boil. Quickly reduce heat to medium & simmer for about 20-30 minutes, until cauliflower is tender. Remove from heat and allow the soup to cool slightly then stir in cashews. Pour the soup into a blender in batches & puree on high for 1 - 2 minutes until smooth and creamy.

Ingredients:

1 tablespoon coconut oil
1 medium onion, chopped
4 tablespoons finely grated fresh ginger root
3 cups carrots, chopped
3 cloves garlic, crushed
1/2 medium butternut squash
8 cups chicken or vegetable stock
3 large strips of zest from an organic orange
Salt to taste
Dash of nutmeg
Chopped fresh parsley or cilantro for garnish

Serves 4



Carrot Ginger Soup

Heat the oven to 350 degrees F (175 degrees C). Scoop seeds out of the butternut squash half, and place cut side down onto a greased baking sheet. Bake 30-40 minutes, or until softened. Allow to cool, then scoop the squash flesh out of the skin using a large spoon and set aside. Discard skin. Heat coconut oil in a large pot, add the onion, 1/2 the garlic and 1/2 the ginger, and sauté, stirring, just until the onion is translucent. Add the carrots, stock & zest. Bring to a boil, cover, reduce heat and boil gently until the vegetables are tender, about 20-30 minutes. Remove zest and discard. Add the remaining raw garlic & ginger, the nutmeg, and optional sherry. Purée the soup in batches in a blender or food processor.

Ingredients:

- 1 Tbsp olive oil
- 1 Medium yellow onion, diced
- 1 Leek chopped (white part)
- 2 Large carrots, peeled and chopped
- 2 Celery stalks, chopped
- 2 Zucchini (diced)
- 4 Garlic cloves, minced
- 1/2 Purple cabbage (chopped)
- 1/2 Cauliflower (chopped)
- 4 Cups vegetable stock
- 1 1/2 Tsp dried oregano
- 1 Tsp dried basil
- 1/2 Tsp dried thyme
- 1 Tsp sea salt
- 1/2 Tsp black pepper
- 1 Tsp Bragg Sprinkle
- 4 Cups of kale, stemmed and chopped
- 1/2 Cup fresh parsley, chopped

Serves 4



Hearty Veggie Detox Soup

Heat up a large pot over med-high heat and add olive oil. Add onion, carrots and celery and cook for 3-5 minutes or until onions are translucent. Add in garlic & cook for 1 more minute. Pour in the vegetable stock and spices stirring well. Add chopped cabbage, cauliflower, & zucchini. Bring to a boil and then let simmer, uncovered over med-low heat for 25 minutes. Add in kale & parsley and cook for 5 more minutes until wilted.

Ingredients:

2 Avocados
3 Garlic cloves
1/4 cup cilantro
Juice of 1 lime
Dash of pepper
Dash of Himalayan sea salt

Serves 2



Quac-o-licious!

Put everything in a food processor, or use a blending wand and process until smooth - or whatever texture you prefer.

Easy peasy!



QUICK FACT:

| Store bought guacamole often |
| contains chemicals, coloring, |
| inflammation causing oil, |
| modified starches, and gums. |

Ingredients:

- 1 – 19oz or 540ml can of chick peas
- 1 – 2 Cloves of garlic
- 1/4 Cup water
- 2 Tbsp apple cider vinegar
- 2 TBSP extra virgin olive oil
- Dash sea salt

Serves 2



Best Ever Hummus

Add all ingredients into a food processor and process until very smooth, scraping down a few times. The longer you process the dip...the more smooth and creamy it gets.

Store in refrigerator for up to 1 week.



QUICK FACT:

- | Chickpeas help balance blood
- | sugar, lower cholesterol, blood
- | pressure & help reduce
- | inflammation, & cancer risk