

Gentle Detox Recipes

Living Well
ESSENTIALLY 

STEP 1: REPLENISH AND REHYDRATE IN THE MORNING

Drink lemon water first thing in the morning on an empty stomach.

Mix in fresh all-natural lemon juice or lemon slices to taste with an 8 to 12-ounce glass of water. You can also add a drop of peppermint oil or a sprig of fresh mint and raw organic honey if the lemon water is too bitter.



Note: You should aim to drink 64 oz of water or half your body weight in ounces per day.

STEP 2: FLUSH OUT YOUR LYMPHATIC SYSTEM

CELERY/APPLE BLEND DETOX

Ingredients:

- 1 bunch celery
- 1 apple (cored and sliced; remove skin if preferred)
- 1 cup of pineapple chunks in 100% juice or fresh pineapple
- 1-2 tablespoons of honey (to taste)
- 1 heaping teaspoon of spirulina
- Add water if too thick.



How to make smoothie:

In a large blender puree ingredients until mixture is the consistency of applesauce. Pour in 8 oz. cups or containers, lid, and freeze. Makes 4-6 servings (serving size may vary depending on the size of your blender and how much liquid you use.) Set in refrigerator the night before to defrost. Drink like a slushy.

Gentle Detox Recipes cont'd.

STEP 3: COMFORT HEALING FOOD FOR THE BODY, MIND, & SOUL

Healing Mexican Sweet Potato & Pumpkin Soup

Ingredients:

- 2 sweet potatoes, peeled and cubed
- 1 can of 100% pure organic pumpkin puree or make your own using 1 fresh baking pumpkin
- 2 celery stalks, sliced
- 1 medium to large onion, diced
- 2 cups of diced tomato (deseeded)
- 1 jalapeño (deseeded and chopped small) (optional)
- 3-4 garlic cloves
- 2 tablespoons of coconut oil
- 1 tablespoon of ground turmeric
- 1 tablespoon of ground cumin
- 1-2 tablespoons of ground chili powder (to taste)
- 1 cup of finely chopped cilantro (stems optional)
- Salt and pepper (to taste)
- 8 –10 cups of organic gluten free vegetable or chicken bone broth
- Juice from 1 –2 fresh limes (to taste)



How to make soup:

1. In a large stock pot melt the coconut oil over a medium high heat.
2. Add in ground turmeric, ground cumin, onions, garlic, celery, and jalapeño. Sauté until onions are tender. Stir often to avoid sticking.
3. Add in diced tomato and ground chili powder and sauté for 4-6 minutes until tomatoes start to break down.
4. Stir in pumpkin puree.
5. Pour in half of the vegetable broth and bring to a boil.
6. Once the soup has come to a boil then add in the sweet potatoes.
7. Let the soup come to a boil again, add in remaining broth and lower to a simmer.
8. Simmer for 1 –2 hours until potatoes are tender.
9. Add in cilantro and fresh lime.
10. Salt and pepper to taste.

Gentle Detox Recipes cont'd:



STEP 4: HEAL THE DIGESTIVE TRACT

Honey Ginger Lemon Tea

Ingredients:

- 1-2 Cups of water and your favorite tea.
 - 1 Fresh sliced lemon
 - 1-2 tablespoons of Raw Organic Honey (locally grown is best)
 - 1-2 tablespoons of fresh sliced ginger
- 1-2 tablespoons of unsweetened coconut milk (optional)

Instructions:

Pour water into small pot. Add in sliced lemon and ginger. Bring water to a boil. Add tea bag and steep for 10 minutes. Pour into a cup. Add honey and coconut milk to taste.

STEP 5: REMOVAL OF HEAVY METALS

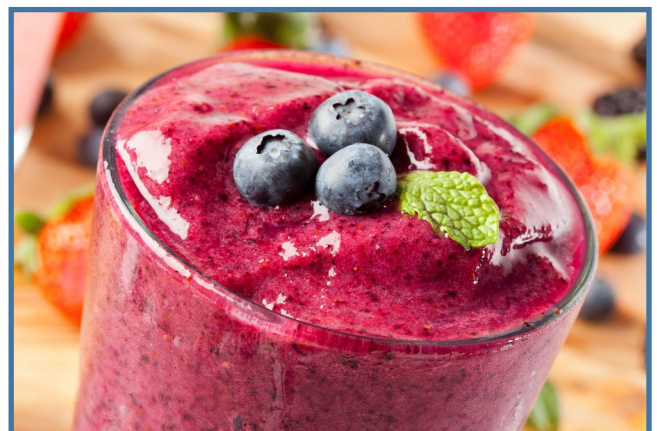
“Chocolate” Blueberry Protein Smoothie

Ingredients:

- 1 ripe banana
- 1-2 cups of fresh (or frozen) wild organic blueberries
- 1/3 cup of Organic Unsweetened Coconut Milk (preferably without guar gum)
- 2 scoops of Cacao Powder
- 1-2 scoops of a plant-based protein powder
- 1 cup of water
- 1 cup of ice

How to make smoothie:

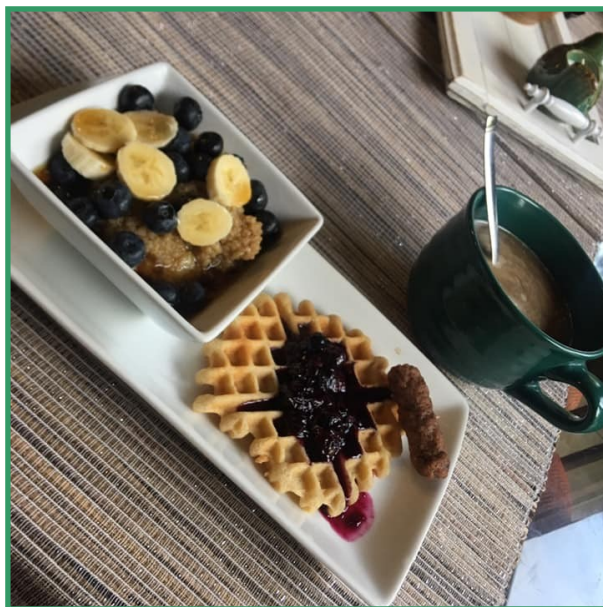
In a large blender, mix ingredients until smooth.



Banana, Cinnamon, & Maple Syrup Quinoa

Ingredients:

- 2 cups of prepared quinoa according to the package
- 1 can (13.5oz) of unsweetened coconut milk (No guar gum)
- 4-6 tablespoons of 100% maple syrup (to desired sweetness)
- Dash of ground cinnamon (to taste)
- 1-2 medium bananas diced



INSTRUCTIONS:

Bring coconut milk, maple syrup, cinnamon, and banana to a boil. Simmer for a few minutes until banana becomes soft. Pour over quinoa and mix thoroughly. Eat warm.

Pair with 1-2 Nitrate Free Turkey Breakfast Sausage Links

Top with a cup of fresh mixed berries like blueberries and raspberries.

Note: Approximately 1/2 cup is the serving size of the quinoa if you are going to eat the gluten free waffle (Breakfast Option #4) with it, if not you can do a full cup.

Not a fan of quinoa? Use your favorite gluten free steel cut oats instead!



Blueberry Muffins

INGREDIENTS:

- 1 can of unsweetened coconut milk (no guar gum)
- 1/4 cup of coconut oil
- 8 tablespoons of 100% maple syrup
- Juice from 1 fresh lemon
- 1 tsp of vanilla extract
- 2 teaspoons of aluminum free baking powder
- 1/2 tsp of baking soda
- 2 cups of 1-to-1 gluten free baking flour
- 1/2 cup of organic coconut flour
- 1 cup of fresh wild organic blueberries



INSTRUCTIONS:

1. Heat coconut oil on low heat until melted.
2. In large mixing bowl add coconut oil, coconut milk, maple syrup, lemon juice, vanilla, baking powder, and baking soda. Blend on low speed for a few seconds until thoroughly mixed.
3. Let sit for a minute while the lemon juice and baking powder/soda start to create a foam. Once the foam is created, slowly add in baking flour and coconut flour.
4. Fold in blueberries, careful not to crush them.
5. Spray muffin tin with coconut oil cooking spray. Fill cups 3/4 full.
6. Bake at 350 degrees for 20-25 minutes until toothpick comes out of middle muffin clean.



Sweet Potato Hash

INGREDIENTS:

- 4 - 6 LARGE, SWEET POTATOES (PEELED AND DICED INTO LARGE BITE SIZE CHUNKS)
- 1 1/2 LBS. OF GROUND TURKEY
- 1 SMALL ONION DICED
- 2-3 CLOVES OF GARLIC
- 1/2 CUP OF ORGANIC GLUTEN FREE CHICKEN/VEGETABLE BROTH
- 1 TABLESPOON OF COCONUT OIL
- 1/2 TABLESPOON OF THYME
- 1/2 TABLESPOON OF ROSEMARY
- SALT AND PEPPER TO TASTE



INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. In a small pot heat broth and rosemary together on a low heat while cooking the meat.
3. In a large cast iron skillet melt the coconut oil over a medium high heat.
4. Add meat and cook until almost brown and then add onion and garlic.
5. Once meat is browned and onions are translucent; add sweet potatoes, salt, pepper, and thyme. Stir and cook for a couple minutes on the stove top.
6. Pour broth over meat and potato mixture using a strainer to strain out the rosemary.
7. Stir and remove skillet from stove top and place on middle rack in the oven and bake for 30-40 minutes. Stir. Then bake for 15 more minutes or until meat starts to darken and potatoes are soft.
8. Season to taste.

Waffles with 100% Blueberry Maple Syrup

INGREDIENTS:

- 1 can of unsweetened coconut milk (without guar gum)
- 1/4 cup of coconut oil melted
- 8 tablespoons of 100% maple syrup
- Juice from 1 fresh lemon
- 1 tsp of vanilla extract
- 2 teaspoons of aluminum free baking powder
- 1/2 tsp of baking soda
- 2 cups of 1-to-1 gluten free baking flour
- 1/2 cup of organic coconut flour
- Add water until desired batter consistency is reached (I find a thicker consistency is best for making waffles)



Note: This same recipe can be used to make pancakes just add more liquid.

INSTRUCTIONS:

1. In large mixing bowl add coconut oil, coconut milk, maple syrup, lemon juice, vanilla, baking powder, and baking soda.
2. Blend on low speed for a few seconds until thoroughly mixed. Let sit for a minute while the lemon juice and baking powder start to create a foam.
3. Once the foam is created slowly add in gluten free baking flour and coconut flour and mix again.
4. Add a splash of water if batter is too thick.
5. Heat waffle skillet.
6. Spray with coconut oil cooking spray.
7. Using approximately 1/3 cup pour batter onto hot waffle skillet. Let cook for 4:00-6:00 minutes until desired golden brown.
8. In a small saucepan bring 1/2 cup of blueberries and 1/4 cup of 100% maple syrup to a bubbly boil. Lower heat and simmer for 15 minutes until mixture thickens.

Asian Beef Zucchini Noodle Soup

INGREDIENTS:

- 2 tablespoons of coconut oil
- 1 small onion, halved and thinly sliced
- 6 ounces of fresh portobella mushrooms sliced
- 2 cloves of garlic; mince or sliced
- 2 teaspoons of minced fresh ginger
- 5 cups of organic gluten free beef bone broth
- 2 tablespoons of coconut aminos
- 2 teaspoons of fish sauce
- 1 teaspoon of salt
- 1 package of zucchini noodles
- 12 ounces of boneless beef sirloin steak, thinly sliced across the grain
- Fresh cilantro for topping
- Fresh juice from 1 lime



INSTRUCTIONS:

1. Melt coconut oil over medium heat in a large stock pot.
2. Add onion and sauté until soft.
3. Add mushrooms and cook for about 3 minutes.
4. Add the garlic and ginger and cook for another 30 seconds.
5. Add the broth, coconut aminos, fish sauce, and salt. Bring to a boil; reduce the heat to medium low and simmer uncovered for 5 minutes.
6. Add the zucchini noodles to the simmering soup and cook for about 2 minutes.
7. Add sliced steak and cook for 1 minute.
8. Add in fresh lime juice and cilantro.



Chicken & Vegetable "Alfredo" and Quinoa Spiraled Noodles

INGREDIENTS:

- 1 cup of sliced Portobello mushrooms
- 1 box of quinoa noodles prepared per package instructions
- 2 cans of unsweetened coconut milk (*Cream only. To get cream only set the cans in the fridge for 20 minutes so cream rises to the top and starts to harden. Set liquid aside to use in other recipes where more liquid is needed; for instance, batters that are too thick.*)
- 2 heaping tablespoons of grass-fed ghee
- 2 - 3 free range, antibiotic free chicken breast cubed
- 2-3 cups of baby spinach leaves
- 1 small bag of organic frozen Normandy vegetable blend
- 2-3 cloves of garlic sliced
- salt and pepper
- 1 tablespoon of olive oil



Helpful Hint:

Rinse quinoa noodles with cold water when straining to stop the cooking process and to keep them from getting sticky.

INSTRUCTIONS:

1. COAT CHICKEN WITH ARROWROOT STARCH IN A LARGE MIXING BOWL.
2. HEAT GHEE AND OLIVE OIL OVER MEDIUM HIGH HEAT.
3. SAUTÉ DICED CHICKEN AND GARLIC IN GHEE UNTIL LIGHTLY GOLDEN BROWN AND SEASON WITH SALT AND PEPPER.
4. ADD IN CREAM ONLY FROM THE CANS OF COCONUT MILK. STIR AND COOK UNTIL COCONUT CREAM IS MELTED AND A CREAMY "ALFREDO" SAUCE FORMS.
5. ADD IN FROZEN VEGETABLES AND COOK FOR 3-4 MINUTES UNTIL TENDER CRISP.
6. ADD IN MUSHROOMS, STIR, AND COOK FOR ANOTHER 2-3 MINUTES.
7. LOWER HEAT AND ADD IN SPINACH AND COOK UNTIL WILTED.
8. TURN OFF HEAT AND TOSS IN PREPARED QUINOA NOODLES.
9. SEASON TO TASTE WITH SALT AND PEPPER.

Italian Turkey Meatball Soup

INGREDIENTS:

- 1 1/2 LBS OF TURKEY GROUND MEAT (OR PORK GROUND MEAT)
- 1 LARGE ZUCCHINI CUBED
- 1 LARGE YELLOW SQUASH CUBED
- 1 CUP OF BABY LEAF SPINACH
- 1 LARGE ONION DICED
- 8-12 ROMA TOMATOES DICED
- 1 SMALL CAN OF ORGANIC TOMATO PASTE
- 1 CUP OF MUSHROOMS SLICED
- 2-3 CLOVES OF GARLIC SLICED
- 2 STALKS OF CELERY SLICED
- 2 CARROTS PEELED AND SLICED
- 8-12 CUPS OF GLUTEN FREE BONE BROTH
- 1/2 TABLESPOON OF DRIED BASIL
- 1/2 TABLESPOON OF DRIED OREGANO
- 1/2 TABLESPOON OF DRIED THYME
- 2-3 BAY LEAVES
- 2 TABLESPOONS OF COCONUT OIL
- 2-3 TABLESPOONS OF RED COOKING



Instructions for making Meatballs: Place turkey ground meat in a large mixing bowl season with salt, pepper, garlic powder, and basil. With your hands mix the ground turkey with the seasonings and roll into 2 inch meatballs. Place meatballs on a cookie sheet covered with parchment paper and place in the refrigerator while preparing the soup.

Instructions for making Soup: In a large stock pot melt coconut oil on medium high heat. Add onions, celery, and garlic and sauté until onions start to soften. Stir in tomatoes, tomato paste, and red cooking wine. Cook until tomatoes begin to breakdown and soften. Stir often to avoid sticking. Add bone broth, squash, zucchini, mushrooms, and carrots. Bring to a boil. Fold in spinach. Let cook for 1-2 minutes until wilted. Drop in raw meatballs one at a time into pot. Add more broth if necessary. Bring to a boil. Add bay leaves, thyme, basil, and oregano. Season with salt and pepper to taste. Add agave to cut the bitterness if necessary or for a sweeter broth. Reduce heat to low and simmer for a couple of hours; stir occasionally.



Honey Garlic Shrimp & Broccoli

INGREDIENTS:

- 2 LBS OF LARGE WILD CAUGHT GULF SHRIMP
- 2 1/2 CUPS OF BROCCOLI FLORETS
- 4 TABLESPOONS OF COCONUT OIL
- 4 CLOVES OF GARLIC
- 1/4 CUP OF WATER
- 1/4 CUP OF COCONUT AMINOS
- 1/4 CUP OF HONEY
- 2 TEASPOONS OF ARROWROOT STARCH
- DASH OF RED PEPPER FLAKES
- SALT & PEPPER TO TASTE



Note: You can substitute the shrimp for chicken. You would coat the chicken with arrowroot starch, salt, and pepper and sauté first. Set aside while making the rest of the recipe and then add back in at the end.

INSTRUCTIONS:

1. HEAT 2 TABLESPOONS OF OIL IN A LARGE PAN OVER MEDIUM HIGH HEAT.
2. ADD THE BROCCOLI AND COOK FOR 4-5 MINUTES OR UNTIL TENDER.
3. REMOVE BROCCOLI FROM THE PAN; PLACE IT ON A PLATE AND COVER TO KEEP IT WARM.
4. WIPE THE PAN CLEAN WITH A PAPER TOWEL AND TURN UP THE HEAT TO HIGH.
5. ADD THE REMAINING OIL TO THE PAN.
6. SEASON THE SHRIMP WITH SALT AND PEPPER TO TASTE AND ADD THEM TO THE PAN. COOK FOR 3-4 MINUTES, STIRRING OCCASSIONALLY, UNTIL PINK AND OPAQUE.
7. ADD THE GARLIC TO THE PAN AND COOK FOR 30 SECONDS.
8. ADD THE BROCCOLI BACK TO THE PAN.
9. IN A BOWL WHISK TOGETHER THE WATER, HONEY, AND COCONUT AMINOS.
10. IN A SMALL BOWL MIX THE ARROWROOT WITH 2 -3 TABLESPOONS OF COLD WATER.
11. POUR THE COCONUT AMINOS MIXTURE OVER THE SHRIMP AND VEGETABLES; STIR TO COAT, AND COOK FOR 45 SECONDS.
12. ADD THE ARROWROOT MIXTURE AND BRING TO A BOIL. COOK FOR ONE MORE MINUTE UNTIL THE SAUCE HAS STARTED TO THICKEN.
13. SEASON WITH A DASH OF RED PEPPER FLAKES.

Mississippi Pot Roast

INGREDIENTS:

- 2 TEASPOON OF SALT
- 1 TEASPOON OF BLACK GROUND PEPPER
- 1/4 CUP ARROWROOT STARCH
- 3LBS OF BONELESS BEEF CHUCK ROAST, CUT INTO 2 INCH CUBES
- 2 TABLESPOONS OF EXTRA VIRGIN OLIVE OIL
- 2 TABLESPOON OF GHEE
- 8-12 PICKLED PEPPERONCINI
- 1 CAN OF USWEETENED COCONUT MILK (CREAM ONLY)
- 1 TABLESPOON OF APPLE CIDER VINEGAR
- 1/2 TEASPOON OF DRIED DILL
- 1/4 TEAPOON OF PAPRIKA



INSTRUCTIONS:

1. IN A LARGE BOWL, COMBINE SALT, PEPPER, AND ARROWROOT STARCH. WHISK WITH FORK TO COMBINE.
2. PAT THE MEAT DRY WITH PAPER TOWELS AND THEN ADD TO THE BOWL. COAT WITH SEASONED STARCH.
3. HEAT OIL IN A LARGE CAST IRON SKILLET OVER HIGH HEAT. PLACE BEEF IN SKILLET AND BROWN; FLIPPING TO BROWN EVENLY. AFTER IT BROWNS TRANSFER TO THE BOWL OF A SLOW COOKER.
4. ADD THE GHEE AND PEPPERONCINI. COVER WITH LID AND SET TO LOW.
5. IN A SMALL BOWL, COMBINE THE COCONUT MILK CREAM, APPLECIDER VINEGAR, DILL AND PAPRIKA. WHISK WITH A FORK.
6. REMOVE THE LID AND DRIZZLE THE ABOVE COCONUT CREAM MIXTURE OVER THE ROAST.
7. REPLACE THE LID AND COOK FOR 6-7 HOURS UNTIL IT SHREDS APART WITH A FORK. LEAVE SOAKING IN NATURAL GRAVY. SEASON TO TASTE IF NECESSARY.



THAI TOMATO BASIL COCONUT CURRY WITH BAKED SALMON

INGREDIENTS:

- 3 tablespoons of coconut oil
- 1/2 of medium red onion sliced
- 1 red bell pepper sliced
- 1 orange bell pepper sliced
- 1 red bell pepper sliced
- 2-3 cloves of garlic
- dash of red pepper flakes or sliced jalapeño
- 1 1/2 tsp. kosher salt, divided, plus more
- 1 small jar of Thai Kitchen red curry paste
- 1 tomato deseeded and diced
- 1 can of Native Forest Coconut Milk with Curry (no guar gum)
- 1 Can of Unsweetened Coconut Milk
- 1 tablespoon of coconut palm sugar
- Dash of chili powder
- 1-2 tablespoons of fish oil
- 4-6 large basil leaves
- 1 Tbsp. fresh lime juice
- 2-3 Baked Wild Alaskan Salmon Fillets (fresh or frozen)



Instructions for Baked Salmon:

Place salmon fillets on a cookie sheet lined with parchment paper. Drizzle generously with raw organic honey and toasted sesame oil. Sprinkle with a GF/DF jerk seasoning. Bake 325 degrees for 25 to 30 minutes, longer if using frozen fillets.

THAI TOMATO BASIL COCONUT CURRY WITH BAKED SALMON

Instructions for Soup:

1. In a large, deep skillet heat 1 1/2 tablespoons of coconut oil.
2. Sauté the onions, tomatoes, and bell peppers until tender crisp.
3. Push vegetables to one side of skillet and melt the rest of the coconut oil. Sauté the Thai red curry paste, palm sugar, and chili powder until fragrant and a bubbly paste forms (will only take about 30 seconds).
4. Mix vegetables with paste until covered thoroughly. Add in can of coconut milk with curry. Sauté until curry mixture is melted and creamy. Add in can of unsweetened coconut milk. Bring to a boil. Add water or a gluten free broth if more liquid is desired.
5. Turn heat down to a simmer and season to taste with remaining ingredients. Add in basil leaves. Gently shred or break up the baked salmon fillets with a fork. Be sure to remove from the skin if the fillets were not skinless. Add to sauce. Stir and let simmer for 5 or so more minutes until salmon is hot.

To Make GF/DF Jerk Seasoning Mix the Following:

- 2 tablespoons dried minced onion
- 2 ½ teaspoons dried thyme
- 2 teaspoons ground allspice
- 2 teaspoons ground black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 tablespoon of coconut palm sugar
- 1 teaspoon of smoked paprika

Store in a mason jar in cool, dry place.

