Reduce-Replace-Reinoculate-Repair Recipes

Wake: 24oz Warm lemon, lime, or ginger water or herbal tea

+Green drink & supplements

Watermelon Hydro Fries

1 small watermelon

Juice from 1 lime

Sprinkle of cayenne & a sprinkle of pink salt

Peel your watermelon, slice it into medium thick rectangular spears or use a french fry cutter and cut the watermelon into fries. Add everything to a large bowl and toss well. Option to do a mix of melons here.

Only eat Melons in the morning on an empty stomach at least 30 minutes after drinking your morning shake. Do not eat melons after lunch or dinner.

Liver Detox Smoothie 1 serving

⅔ cup frozen blueberries

½ cup of frozen dragon fruit

½ of a fresh orange

1 tsp mixed greens

1 celery stalk

1 /2 of a lemon with ¼ of the peel left on

2 tsp wild atlantic dulse

1 cup of coconut water

Gut Be Good Smoothie 1 serving

1 cup frozen apple (dice up apples and freeze in freezer bags)

1 thumb nail sized piece of ginger

½ tsp cinnamon

1 scoop vanilla protein powder + 1 tsp mixed greens

2 small dates or 1 large

2 oz aloe vera juice or 2 tbsp fresh or frozen aloe +1 cup coconut milk

Cinnamon & Honey Energy Balls

2 cups sprouted oats (blended into flour)

1/2 cup protein powder of choice

1/2 cup coconut butter(melted)

1/2 cup raw honey

1 teaspoon pure vanilla powder or extract

1 tsp cinnamon

Line the pan with parchment paper. Mix oat flour, protein powder in a large bowl. Add in coconut butter, syrup, and vanilla extract. Stir all ingredients together until a dough texture is reached. You can use your hands. If the mixture is too dry, add a splash of your favorite organic nut milk. Roll dough into balls and put them into the freezer for about 30 minutes. Store leftovers in the freezer in a freezer bag. Thaw for a few minutes before eating.

Rice Crispy Bars

10 pitted dates

½ cup sunflower seed butter

2 tbsp milk of choice

1 tbsp coconut oil

1 tsp cinnamon

3 cups lundbergs thin rice cakes crushed(the blue box)

Line an 8x8 baking dish with parch paper. Using a food processor or high speed blender, process dates, sun butter, milk, ghee and cinnamon. Blend to form a thick paste. Scrape the sides as needed. Transfer paste to a large sauce pot, heat over medium until soft & warm. Stir in a pinch of pink salt. Remove from heat, let cool a minute, then stir in the crushed rice cakes. Spatula the mixture into the baking dish. Press the mixture down with a piece of parch paper. Refrigerate at least 30 minutes to set up! Cut into squares and enjoy!

Nut Butter No Bake Cookies

1 cup sprouted rolled oat flour

⅔ cup dates

½ cup nut butter of choice

½ tsp pink salt

Add oats & salt to a high speed blender and blend into a flour.

Add the dates and pulse/blend for about 30 seconds. Add the nut butter and pulse again until a rough dough forms. Grab 2 tbsp of dough and form into balls. Place them on a large plate lined with parchment paper and flatten with a fork. Can top with a couple of fresh berries. (Travel well)

Apple Coconut Cobbler Serves 4-6

6 large diced apples

1 tsp cinnamon

1 tsp fresh grated ginger

1 cup melted coconut butter

Add the apples cinnamon & ginger to a large baking dish, top with the coconut butter, (if not melted, it's ok to add it crumbly, I just use a fork and scrape it out of the jar, spread it out evenly over the apples) Bake at 350 for 25 minutes. Let cool in the fridge so the coconut butter creates a shell on top of the apples. Drizzle a smidge of raw honey on top if you need more sweetness.

Pineapple Colon Cleanser Salad serves 1-2

1 cup fresh pineapple

½ of a green apple

1 cucumber

2 celery stalks

Juice from 1 lime

Dice all fruit/Veg small, slice the apple thin. Toss in a bowl with a sprinkle of cayenne, a sprinkle of pink sea salt & a few sprigs of cilantro. Can add a few fresh red onion slices.

Carrot Soup & Sauteed Veggies Serves 4-6

1 2# bag of carrots

1 small head of broccoli

1 small head of cauliflower

½ head of celery

1 small walla walla sweet onion

2 tbsp coconut aminos

1 tsp minced garlic

1 tsp crushed red chilies

2-4 cups Bone broth or water or a mix of both

Chop carrots into chunks, then boil the carrots in the bone broth for about 10 minutes on medium high heat. Remove from heat and let cool, then chop all other veggies smaller , and in a large pan, over medium heat saute onion & garlic for 5 minutes in avocado oil, then add a dash more avocado oil & other veggies, herbs, spices, and saute 10 more minutes. Blend the carrots and broth until smooth. Top the soup with the sauteed veggies or serve them on the side.

Butternut Squash Boats 4 servings

1 pound ground turkey browned

1 large butternut squash

1 large bell pepper

4 celery stalks

1 head broccoli

Juice from 2 limes

1 tsp Taco seasoning

Salt & pepper to taste

Wash the squash and cut it in ½. Deseed it and place it on a baking sheet. Bake for 20-30 minutes, at 500 or until tender. Brown the burger and set aside. Dice all veggies small, over medium heat, saute the celery, bell peppers & broccoli for 5 minutes in avocado or coconut oil then add the meat and the seasonings and mix to combine. Cook for 2 more minutes. Fill the Squash with the mixture. Serve with Basmati rice on top and then top the rice with fresh Cilantro, tomato slices & avocado.

Sweet Potato Hash

2 sweet potatoes any color
2 chicken breast seasoned with coriander, sea salt & pepper
4 celery stalks
½ head broccoli
½ tsp oregano
½ tsp dill
1 green onion & lemon juice for garnish
Pink salt & pepper to taste
Bake your Chicken, oil a glass baking dish with 2 tsp coconut oil and bake the chicken at 425, until the temp reaches 165 degrees (18-22 minutes)While chicken is baking, dice all veggies small, heat a large skillet over medium heat, add 2 tsp avocado oil or coconut oil once the skillet is hot. Then add the potatoes, saute over medium heat for 10 minutes, turn heat to medium low, add the rest of the ingredients and saute 5-10 more minutes, until tender. Chop the chicken and add it to your hash.Garnish with the green onion, cilantro & lemon. Use a couple tablespoons of plain coconut yogurt if desired.

Potato Nachos serves 4

1 pound ground beef or 2 large steaks
2 cups cooked kidney beans or canned beans
4 potatoes any color
6 celery stalks
1 large bell pepper
1 large avocado
Salt & pepper to taste
Grill & season your steak or burger with cumin coriander, chillies & lime juice until done to your liking. Slice the potatoes into thin chips, place on a greased baking sheet, bake at 350 for about 15 minutes. Chop veggies smaller. Cut avocado in 1/2., then with a butter knife slice the avocados into cubes. When you pull the potatoes out of the oven,toss up the potato slices on the baking sheet, then top the potatoes with the beans, all the veggies (even the avocado) and more seasonings. Bake at 350 for 10 more minutes. Serve with fresh green cabbage, cilantro, parsley, sliced tomato & green onions on top.

Green Curry Bowls serves 4-6

1 cup cooked Basmati rice

1 pound ground hamburger browned

1 small head of broccoli

6 celery stalks

2 large carrots

1 large sweet potato(skin on)

Water for steaming the veggies

Coconut milk to thin curry paste

Green Curry Paste:

1 small jalapeno deseeded

2 limes

1/2 bunch cilantro

1/2 small onion

1-2 clove garlic

1 tsp pink salt

4 tbsp water. Blend all ingredients in a single serve blender cup until smooth. Store in a glass mason jar with a lid.

Brown your burger.

Chop all veggies small or medium. If you have a steamer pot, use it to steam the VEG, if not, pour 2 inches of water into a large pot, Place all the VEG and frozen edamame into the pot and cover with a lid. Bring to a boil then turn to medium and steam for about 5-7 minutes, until broccoli is bright green. Add ¼ cup of coconut milk to a small dish with 1 tbsp of the curry paste and mix well, taste it and then decide if you want it thicker/thinner/ or need more curry paste. Layer your bowl: Rice on the bottom, then add the rest as you desire.

Cauliflower Cashew Bowls Serves 4-6

1 head of cauliflower

2 can of pinto beans

6 stalks of celery

1 large shredded carrot(use a large cheese grater)

1 bell pepper any color

6 large kale leaves de stemmed

1 small onion

1 tsp minced garlic

1 tsp pink salt or more to taste

2 tsp italian seasoning

½ cup nutritional yeast

2 cups plain coconut or cashew yogurt

1 cup cashews pieces

Preheat the oven to 350. Chop all veggies to desired size. Saute onion, celery and garlic over medium heat for about 7 minutes. Add all veggies & the beans to a large casserole dish.

Make the sauce in a bowl by combining the yogurt, nutritional yeast, salt, Italian seasoning, and cashews. Add about ½ cup water to the sauce and mix well. Pour sauce over veggies and mix well.

Pour Sauce over veggies & bake for 35 minutes.

If you do not have OR like something, or are allergic, swap it for something comparable or just leave it out

Top foods & herbs to focus on for gut repair & total body detoxing:

The Core 4
Wild blueberries/huckleberries
Aloe vera
Ginger
Greens, leafy greens, barley greens, spirulina, chlorella, etc.
Coconut in all forms
Sprouts
Apples
Pears
Radishes
Bone broth
Flax, chia, hemp
Sweet potatoes
Papaya
Pineapple
Celery & celery Juice
Chaga mushroom
L Glutamine
Magnesium
Methylated B12
Marshmallow root
Slippery elm
Milk thistle
Digestive enzymes & probiotics

PS. *Move your body everyday, make exercise a priority for the next 30 days, any exercise will do, even walking or stretching. We must help our body get rid of toxins by moving it.*
We also detox through our breath, so big deep breaths off and on throughout the day will help you on your detox especially if you are not feeling well the first week.