

## Smoothies & Juices

Smoothies and vegetable juices are very healing and cleansing for the body. Because food is already broken down (predigested) they give the body easy-to-digest nourishment and a much needed break from the digestive process. They provide an easy way to get your greens.

**Use organic ingredients whenever possible. If you cannot use organic, peel the skin and/or wash the greens very well.**

### Chocolate Surprise Green Smoothie

- 2 cups chopped romaine or red leaf lettuce
- 1/4 bunch chopped dandelion greens
- Freshly-squeezed lemon juice (about 1/2 cup)
- 1 tsp. raw cacao nibs (optional)
- Pinch stevia, if needed (not recommended during the cleanse, so go lightly and wean yourself off it)
- Filtered water



Add all the ingredients to a high-powered blender. Add enough water to blend (about 1/2 cup).

### Green Blood Transfusion Smoothie (2 servings)

- 1 small green apple, cored and diced
- 1/2 medium cucumber, cubed
- 1 rib celery, broken into 1-2" pieces
- 1 large kale leaf
- 1 handful arugula
- 1 handful watercress
- 2 cubes frozen wheatgrass (found in the freezer section of Whole Foods) or a handful of fresh
- 1 1/2 - 2 cups filtered water

Add all the ingredients to a blender and puree until smooth. Let the mixture sit for 5 minutes so that the foam can rise to the top. When pouring into a glass or container, use a spoon to help hold back the foam and pour the smooth liquid from the bottom. The foam is caused by the apple. If you want to reduce the foam, add avocado which will help it bind together.

## Smoothies & Juices Continued...

### Nutty Irishman Smoothie (2 servings)

- 1 cup organic unsweetened almond milk
- 1 tablespoon almond butter
- 1 banana (not during Phase II)
- 2 kale leaves
- 1 handful arugula, spinach, or watercress
- 1 tbsp. chia seeds (ground or soaked overnight in water)
- (If you need to sweeten this, add 1 or 2 Medjool dates, but wait until after the cleanse.)
- 1 cup cold filtered water

Add all ingredients to a blender and mix until pureed.

### Mint Magic Green Smoothie

- 1/4 cup mint leaves
- 4-5 stalks celery
- 1/2 - 1 cucumber
- 1 scoop protein powder
- 1 tsp. coconut oil
- Optional: 1 scoop green powder
- Enough water for desired consistency

Blend all in blender until smooth.

### Green Cooler

- 1-2 cucumbers, peeled and chopped
- 1 fistful spinach
- 1 green apple, peeled and chopped
- Slice of ginger
- Quarter of a lemon

Juice all in juicer or blend in blender.

## Blender Soups

### Creamy Beta-Carotene Boost

- 1 large sweet potato
- 2 medium carrots
- 2 tsp. coconut oil
- 1/2 tsp. celtic salt (or to taste)
- 1/2 tsp. cumin
- 1/2 tsp. coriander



Cube sweet potato and place in a steamer basket in a pot with about 1/2 inch of water.

Lightly steam for 1-2 minutes.

Place in a high-powered blender with all the other ingredients, plus 1/4-1/2 cup of the steamed water and blend on high for about 2 minutes.

I like to add just a hint of fresh lemon to contrast the sweetness of this soup.

### Cold Cucumber Avocado Soup

- 1 1/2 cup fresh cucumber juice (2 large cucumbers)(if you don't have a juicer, just blend and strain the pulp)
- 1/4 cup fresh lemon juice
- 1 tbsp. green onion, chopped
- 1 tbsp. fresh parsley, chopped
- 1 large garlic clove, minced
- 3 sprigs fresh basil, chopped (optional)
- 1 tsp. wheat-free Tamari
- 1-2 tsp. curry powder, or to taste
- 1/2 tsp. ground cumin
- Sea salt to taste

Blend all ingredients in your high-powered blender, add avocado once ALL other ingredients are chopped up in the blender. The taste of avocado can slightly change when over processed, it will also slightly “dull” the vibrant green color.

## Blender Soups Continued...

### Velvety Spinach Soup

- 4 cups spinach, chopped
- 2 cups water
- 1 ripe avocado, pitted and peeled
- 1-2 tsp. lemon juice
- 2 tbsp. fresh basil, chopped
- 1/4 tsp. nutmeg



Place all ingredients in blender and puree until smooth.

## Cooked Soups

### Lentil Soup

- 1 onion, chopped
- 1 bag of organic mixed vegetables (peas, carrots, green beans)
- 1 tbsp. of Zaa'tar (a Lebanese seasoning mix of thyme, salt and sesame seeds. It is sold at international food stores. If you cannot find it, mix 3/4 tbsp. thyme, 1/8 tbsp. salt, 1/8 tbsp. sesame seeds)
- 2 cups dry lentils (one bag), rinsed and soaked overnight
- 4 cups water
- 4 cups chicken or vegetable broth
- Zest of one lemon
- 4 lemons squeezed for their juice
- 1/2 cup spinach or kale, torn into bite-size pie
- Salt and pepper to taste

Soak lentils overnight (see instructions in cooking tips workbook). In a large soup pot or crock pot, add onions, mixed vegetables, lentils, chicken broth, water, and lemon zest.

Cook on low until the lentils are cooked. If you are cooking this over the stove, simmer for at least 1 hour. Once the lentils are cooked, puree half of the soup either in a blender or use an immersion blender.

When ready to serve, stir in spinach or kale, and cook until it wilts. Stir juice of the 4 lemons, and season to taste with salt and pepper, add more lemon if desired.

Serves 6

## Cooked Soups Continued...

### Butternut Squash and Apple Soup

The original recipe is from the Barefoot Contessa and adjusted to fit into this program. It makes a lot of soup but freezes well. Store in serving size containers for future use.

- 2 tbsp. coconut oil/butter or ghee
- 4 cups yellow onions (3 large), chopped
- 2 tbsp. mild curry powder
- 5 lbs. butternut squash (2 large)
- 2 tsp. unrefined salt
- 1/2 tsp. freshly ground black pepper
- 2 cups water
- 2 cups organic apple cider, no sugar added
- 1 1/2 lbs. sweet apples, such as McIntosh (4 apples)



Warm the coconut oil or butter, onions, and curry powder in a large stockpot uncovered over low heat for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot.

Peel the squash, cut in half, and remove the seeds. Cut the squash into chunks. Peel, quarter, and core the apples. Cut into chunks.

Add the squash, apples, salt, pepper, and water to the pot. Bring to a boil, cover, and cook over low heat for 30 to 40 minutes, until the squash and apples are very soft. Puree it coarsely with a food processor fitted with an S blade or use a high speed blender.

Pour the soup back into the pot. Add the apple cider and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.

Makes 3 1/2 quarts

### Brown Rice Soup with Asparagus

This soup is thick with vegetables and rice so it can stand on its own with no real need for a side dish.

Asparagus is among the richest sources of folate, which helps to keep blood levels of homocysteine, an amino acid, in check. High homocysteine levels have been linked to atherosclerosis.

## Cooked Soups Continued...

### Brown Rice Soup with Asparagus Continued

- 3/4 cup brown rice (soaked overnight)
- 1/4 cup wild rice (soaked overnight)
- 2 tsp. salt or to taste
- 1 bunch asparagus
- 2 celery stalks, chopped fine (about 2/3 cup)
- 1/2 onion, chopped fine (about 1/3 cup)
- 1 small carrot, chopped fine (about 1/3 cup)
- 1/2 tsp. dried thyme
- 6 cups vegetable stock
- 2 tbsp. minced scallions or green onions
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. coconut amino acids
- Dash of cayenne pepper and freshly ground black pepper (to taste)
- Parsley sprigs, for garnish

Put the soaked rice with the salt in 3 cups of water in a medium saucepan. Bring it to a boil, reduce heat, cover, and simmer until the rice is tender and the water is absorbed, about 45 minutes.

Trim the tough ends off the asparagus stalks and discard. Steam the asparagus until tender yet crisp, about 2 minutes. Drain it in a colander, then rinse under cold water. Let the asparagus cool for a few minutes. When completely cooled, cut into 1-inch pieces, reserving 1/4 cup of tips for garnish.

Cover the bottom of a large pot with 1/2 inch water. Add the celery, onion, carrot, and thyme. Cover and cook over low heat for 4 minutes, stirring occasionally, until tender.

Add the vegetable stock and cooked rice and bring to a boil. Reduce the heat, cover, and simmer for 10 minutes. Remove from heat and let cool a bit. Carefully transfer small batches to a blender and blend until smooth. Return all the blended mixture to large pot. Stir in the asparagus, scallions, parsley, and coconut amino acids, cayenne, and ground pepper.

Return to a simmer for 2 minutes. Ladle into bowls and garnish with reserved asparagus tips and parsley sprigs.

## Cooked Soups Continued...

### Creamy Cauliflower Soup

- 1 1/4 tsp. unrefined sea salt
- 1/2 tsp. ground pepper
- 1 tbsp. minced parsley
- 1 tbsp. snipped chives
- 5 cups organic low sodium vegetable broth
- 1 medium head of cauliflower, broken into florets and thinly sliced
- 2 small leeks, white and pale green parts thoroughly washed and chopped (about 1 1/2 cups)



Heat water in the bottom of a large saucepan over medium heat. Add the leeks and cook, stirring occasionally for about 5 minutes, until soft. Add the cauliflower, broth, salt, and pepper. Bring to a boil. Reduce heat, cover and simmer for 20 – 25 minutes, until vegetables are soft.

Allow to cool slightly. Puree in batches in a blender until smooth. Return the soup to the pan and add the parsley and pepper (you could also use a red pepper). Heat the soup through and garnish with chives before serving.

## Salads

### Chopped Salad with Lemon and Dill

- 1 head of romaine lettuce, shredded (about 6 cups)
- 1/2 head of radicchio, shredded (about 2 cups)
- 2 scallions (white and green parts), chopped
- 1 tbsp. olive oil
- 2 tbsp. fresh lemon juice
- 1 tbsp. fresh dill, chopped, or 1 teaspoon dried
- Salt and freshly ground pepper to taste

In a large bowl, toss together the romaine, radicchio, and scallions. (Store if not using all at once.)

In a small bowl, whisk together the oil, lemon juice, dill, salt, and pepper. Pour the dressing over the salad, toss to coat evenly, and serve. If not eating all at once, store the dressing and toss as needed.

## Salads Continued...

### Rainbow Salad

- 1/2 cup shredded or finely chopped red cabbage or shredded beets
- 1/2 cup julienned or chopped yellow squash
- 1/2 cup shredded carrots
- 1/2 cup alfalfa or other sprouts
- 1 cup mesculin greens

Place cabbage, squash, carrots, and sprouts in little piles, forming a circle around the greens like a rainbow. Serve with carrot-ginger dressing (see Dressings).

## Dressings

### Cilantro Chelation Pesto

- 4 cloves garlic
- 1/3 cup Brazil nuts (selenium source)
- 1/3 cup sunflower seeds (cysteine source)
- 2/3 cup olive oil
- 4 tbsp. lemon juice (Vitamin C source)
- 2 tsp. Dulse powder
- Coconut Amino Acids
- 1/3 cup pumpkin seeds (zinc, magnesium sources)
- 2 cups packed fresh cilantro (coriander, Chinese parsley) (Vitamin A source)



Process the cilantro and olive oil in a blender until the cilantro is chopped. Add the garlic, nuts, and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a squirt of coconut amino acids to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year.

### Carrot-Ginger Dressing

- 2 1/2 cups baby carrots
- 3 tbsp. fresh ginger
- 1/3 cup raw apple cider vinegar
- 1/2 cup water
- 1 clove garlic
- 1/4 cup olive oil
- Cumin, coriander, or curry spice to taste



## Dressings Continued...

### Carrot-Ginger Dressing Continued

Blend all the ingredients except the spice (using only half the carrots) in a blender. Add the cumin, coriander, or curry to taste. As the mixture is blending, slowly add the additional carrots. You may need to add more water or vinegar to facilitate blending.

### Lemon Mustard Vinaigrette

- 1/3 cup raw apple cider vinegar
- 1/4 cup fresh lemon juice
- 1/4 cup vegetable broth (or filtered water)
- 2 tsp. minced or pressed garlic (1/2 tsp. powder)
- 2 tbsp. minced fresh parsley (2 tsp. dried)
- 1 tsp. dry mustard
- 1/2 tsp. paprika

Blend together well by hand or use a blender.

### Spicy Vinaigrette

- 2/3 cup raw apple cider vinegar
- 1/3 cup vegetable broth (or filtered water)
- 1 1/2 tsp. dry mustard
- 1 tbsp. fresh basil (1 tsp. dried)
- 1 tsp. dried oregano
- 1 tsp. paprika
- 1/4 tsp. garlic powder (2 tsp. minced fresh)
- 1/4 tsp. cayenne pepper

Blend well by hand or use a blender.

### Lemon and Olive Oil Dressing

- Juice and zest of 1 lemon (make sure it's organic)
- 2-3 tbsp. olive oil
- Dash cayenne
- Dried or fresh oregano and thyme, to taste

Blend well by hand, or use a blender.



## Sandwiches and Wraps

When reducing gluten and dairy from your diet, replace bread and tortilla wraps with lettuce, cabbage leaves, or grilled portabella mushrooms as the bread. Simply make the filling for your sandwich, burrito, or taco and place it in a lettuce cup, roll it in your favorite leaf, or build a sandwich in between two grilled portabella mushrooms.

### Portabella Sandwiches

- Avocado, red onion, arugula, and hummus
- Almond cheese, red onion, basil, and olive tapenade
- Bean/veggie burger, topped with hummus and cucumbers

### Lettuce and Cabbage Wraps

- Shredded carrots, cabbage, onions, fresh grated ginger
- Quinoa, guacamole, green onions, diced cucumbers, and shredded radish
- Black beans, avocado, chopped cilantro, sliced green onion, sliced black olives



## Vegetable Dishes and Entrees

### Roasted Vegetables

- Rosemary (fresh or dried)
- 1 sweet potato, cubed into 1-inch pieces
- 1 large or 2 medium parsnips, cut into 1-inch pieces (make them uniform)
- 1 large red onion, cut into 1/8ths (you want large chunks)
- 6 cloves of garlic, peeled and kept whole
- 1/2 small cabbage, cut into 1 1/2 inch chunks, or a bag of Brussels sprouts
- Coconut or olive oil to keep the vegetables from sticking to the pan, salt, pepper

Coat a large casserole or roasting dish with oil. Put in all the vegetables. Add rosemary, salt, and pepper to taste.

Cover and place in a 400 degree oven for 30 minutes. (Cover loosely with a wet piece of parchment paper, then aluminum foil.) Remove the covering after 30 minutes and let the vegetables brown for 10 – 15 minutes more.

## Vegetable Dishes and Entrees Continued...

### Cauliflower Mash

This recipe is my preferred mashed potato substitute. Super simple tip: You can also just steam the cauliflower and pulse in food processor with oil, salt and pepper.

- 1 medium head cauliflower, cut into florets
- 1 small yellow onion, chopped
- 1-2 cloves garlic, minced
- 1 tsp. fresh chives, chopped
- 1 tsp. fresh parsley or cilantro, chopped
- 1 tbsp. olive oil



In a medium pot, place cauliflower and onion in a steamer basket with an inch of water and bring to a quick boil. Cover and lower the heat to simmer. Cook for an additional 10- 12 minutes or until soft. Drain and transfer cauliflower to a bowl and mash. Blend in garlic, chives, parsley, and olive oil with the mashed cauliflower.

Alternately, place all the ingredients except fresh herbs in a food processor and process until smooth. Serve hot.

### Spring Fling Quinoa

- 1 cup cooked quinoa
- 2 cups chopped arugula
- 1/2 lb. raw asparagus, sliced thinly
- 1 medium cucumber or zucchini, cut into small cubes
- 1/4 cup minced red onion
- 2-3 radishes, sliced
- juice and zest of one lemon (be sure it's organic)
- 2-3 tbsp. olive oil
- dash cayenne
- dried or fresh oregano and thyme to taste

Combine the last 4 ingredients in a small bowl and whisk to blend.

Mix the first 6 ingredients together in a large bowl, toss with dressing and serve.

Top with sliced or diced avocado if you like. I also like to add sliced black olives

## Vegetable Dishes and Entrees Continued...

### Vegetable Curry

This dish pairs well with chicken and is very hearty on its own. You can also change the vegetables based on what you like and what is available.

- 1 onion, peeled and diced
- 1 tbsp. curry spice mixture
- 2 carrots, peeled and diced
- 1/2 cauliflower head, cut into small pieces
- 2 medium sweet potatoes, diced
- 2 cups summer squash, diced
- 2 cups garbanzo beans, preferably soaked overnight, if using canned, rinse very well
- 1 cup shredded chicken (optional, not during phase 2)
- 2 cups coconut milk
- 4 cups vegetable broth
- 2 bunches of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
- Salt and pepper to taste
- Fresh basil strips for garnish

Toast curry spice mix, then mortar and pestle it. In a large pot, water sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans (or chicken), and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, and then season with salt and pepper.

### Bok Choy, Mushroom, and Black Bean Stir-Fry

- 2 cloves garlic, minced
- 1 tbsp. Asian Five Spice powder
- 1/4 cup sunflower seeds or pine nuts
- 1 cup shitake mushroom caps, sliced
- 6 tbsp. wheat-free tamari, divided
- 1 head of bok choy, thinly sliced
- 1 can sliced water chestnuts, drained
- 1 tsp. toasted sesame oil
- 4 green onions, thinly sliced
- 1 can black beans, drained and rinsed
- 1/4 cup Thai basil, shredded

### Vegetable Dishes and Entrees Continued...

#### **Bok Choy, Mushroom, and Black Bean Stir-Fry Continued**

In a wok or large sauté pan, heat a few tablespoons of water on high heat. Add garlic, five spice powder, and sunflower or pine nut seeds. Stir fry. Add water as needed and continue to water sauté until the garlic begins to slightly toast.

Increase the heat and add mushrooms, add more water as necessary. Cook for 2 – 3 minutes. Cook the mushrooms the way you like them – some people like them well cooked, while others like them only just heated.

Add 3 tbsp. of tamari, the bok choy, and water chestnuts. Stir until the bok choy is wilted.

Add the remaining tamari, the sesame oil, green onions, and black beans. Stir fry for 1-2 minutes or until onions are al dente.

Toss basil in with vegetables and serve.

#### **Brown Basmati Rice Salad with Adzuki Beans**

This is from Dr. Mark Hyman and is a variation on classic red beans and rice. You should cook it in advance and let it sit for a couple of hours to enhance the flavor. It is a good accompaniment to food cooked on the grill during the summer. (I adjusted this recipe to fit the guidelines of the cleanse.)

- 3 tbsp. red onion, minced
- 1 tsp. garlic, minced
- 1 cup brown basmati rice, preferably soaked overnight
- 3 tbsp. olive oil
- 1 1/2 cups water
- 1/2 tsp. unrefined sea salt
- 2 cups adzuki beans, soaked overnight (if using canned, rinse very well)
- 1/2 cup celery, chopped
- 6 tbsp. parsley, finely chopped
- 6 tbsp. scallions, thinly sliced (about 6 medium)
- 2 1/2 tsp. thyme, minced
- 3 tbsp. raw red wine vinegar
- 3/4 tsp. freshly ground black pepper

### Vegetable Dishes and Entrees Continued...

#### **Brown Basmati Rice Salad with Adzuki Beans Continued**

Water sauté the red onion in 1/4 inch of water in a small sauce pan for 2 -3 minutes until translucent. Add the garlic and cook for 1 minute. Stir in the rice. Add 1 1/2 cups of water, 1/4 tsp. salt. Bring to a boil, reduce heat, cover, and simmer for about 35 minutes until the water is absorbed and the rice is done.

Place the rice in a medium bowl. Add the beans, celery, parsley, scallions, and thyme.

Mix the vinegar, olive oil, salt and pepper. Pour dressing over rice and mix. Serve at room temperature.

#### **Stuffed Roasted Acorn Squash (2 servings)**

You can also add animal protein to this dish. Some that work well include: grilled chicken breast, sweet Italian sausage, and raw goat or sheep's milk cheese.

- 1 acorn squash, cut in half with the seeds removed
- 1 bag of frozen onions or 1 onion sliced
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 1 cup of spinach or kale leaves (stems removed)
- 1 tbsp. coconut oil (or less)

Heat oven to 400 degrees. Lightly oil a pan and place the acorn squash cut side down. Cook for 30 – 40 minutes until the squash is cooked.

In a sauté pan, add 1 tbsp. coconut oil and sauté the mushrooms for 3 minutes. Add the onions and cook until light brown. Add spinach (or kale) and garlic. Season with salt and pepper.

If the vegetables start to stick, add some water to the pan to unstick them. Cook until the mushrooms have reduced by half and the onions have started to caramelize.

When the acorn squash is finished cooking, turn the halves over and stuff with the vegetable mixture. Top with salt, pepper and the rest of the coconut oil. Return the acorn squash to the oven and cook for 5 – 10 minutes until it reaches your desired consistency.

### Vegetable Dishes and Entrees Continued...

#### Gluten and Dairy Free Lasagna

- 3 large zucchini, sliced lengthwise (I use my mandolin)
- 3 large yellow squash, sliced lengthwise (I use my mandolin)
- 4 cups almond cheese (see recipe)
- 1 small onion, cut into quarters
- 1 bunch of fresh basil leaves
- 1 small bunch of fresh parsley
- 1 1/2 tbsp. Italian seasoning
- 4 cups mushrooms, sliced (optional)
- 1 large bag organic baby spinach
- 3 cups organic butternut squash soup
- freshly shredded basil for garnish

Preheat oven to 375 degrees.

Make the "ricotta" style filling

In food processor, pulse basil and parsley until coarsely chopped. Add the almond cheese and Italian seasoning. Mix well and put aside.

Sauté Vegetables

Sauté the mushrooms in 1/4 inch of water and a dash of salt for 4 minutes. Add onions and cook until onions are soft. Add the spinach and cook until it wilts. Add more water if needed to keep the cooking going.

Assemble the Lasagna

You need a lasagna pan - a 9x11 glass baking dish. Spread a thin layer of the butternut squash soup on the bottom of the baking dish. Create layers in the following order: zucchini, sautéed vegetables, "ricotta", yellow squash, butternut squash soup. Repeat one more time and end by covering with "ricotta" and butternut squash soup.

Bake uncovered for 1 hour or until hot and bubbly.

Garnish with shredded basil.

## Miscellaneous

### Almond "Cheese"

- 2 cups germinated or sprouted almonds
- 1 to 1 1/2 cups water (less water if almonds are still wet from soaking)
- 1/2 cup fresh lemon juice
- 2 tsp. unrefined sea salt
- 1/4 to 1/2 hot pepper (jalapeno or habanero)

Blend until smooth in high speed blender or food processor. This is a wonderful base for a variety of flavors from Thai to Indian to Italian. Play around and have fun with different veggies and spices!

### Creamy Spinach Dip

- 2 cups almond cheese
- 16 oz. bag organic baby spinach
- 1 medium sweet onion

Pulse spinach and onion together in food processor or hand chop coarsely. Fold in almond cheese and refrigerate for at least 2 hours before serving to allow the flavors to meld together. I find this recipe tastes best when made the night before.

### Spinach Rounds with Miso and Sesame

- 1 pack frozen spinach, thawed and drained of excess water
- 1 tbsp. yellow miso paste
- 1 tsp. sesame oil
- Sesame seeds as garnish

Defrost frozen spinach in hot water. Drain excess by squeezing through a colander. Next, squeeze in your hands by the handful, to get every last drop of water out. Add a spoonful of miso paste and sesame oil. Form into rounds. Sprinkle with sesame seeds. Super quick, delish, healthy and fun!

### Veggie Pasta

Purchase a veggie spiralizer and use zucchini to make "pasta." Super easy, fun and yummy topped with creamy spinach dip.

### Coconut Milk

Using a high speed blender, blend 2 cups shredded organic coconut with 4 cups hot water. Blend on high for 3 minutes. Strain with nut milk bag and store in fridge.