

Day 15

Breakfast- Shake

Mid Morning Snack-

Humus with sliced cucumbers.

Lunch-

Baby-greens salad with grapefruit dressing.
serving size: 12

ingredients 2 medium grapefruit 2 medium heads Belgian endive 1
tablespoon balsamic vinegar 1 tablespoon Dijon mustard 2 teaspoons
drained capers 1/2 teaspoon sugar 1/2 teaspoon salt 1/4 cup olive oil 1
pound mixed baby greens or mixed salad greens (about 24 cups loosely
packed)

Preparation 1. With knife, cut peel from both grapefruit. Holding
grapefruit, 1 at a time, over small bowl to catch juice, cut sections from
grapefruit between membrane. Place grapefruit sections on plate. Cut
endives lengthwise into matchstick-thin strips.

3. Add salad greens, grapefruit sections, and endive to dressing in bowl;
toss to coat.

2. In large serving bowl, combine balsamic vinegar, Dijon mustard,
capers, sugar, salt, and 2 tablespoons grapefruit juice (reserve any
remaining grapefruit juice for another use). With wire whisk or fork,
slowly beat in olive oil until mixture thickens slightly.

Nutritional informations (based on individual servings) Calories:
65 Total Fat: 5 g Saturated Fat: g Cholesterol: 0 mg Sodium: 175
mg Carbohydrates: g Fiber: g Protein: gram

Mid Afternoon Snack-

Kale Chips

Ingredients

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Dinner

Portobello Salad with spicy mustard dressing

Serving size

12

ingredients 2 medium grapefruit 2 medium heads Belgian endive 1 tablespoon balsamic vinegar 1 tablespoon Dijon mustard 2 teaspoons drained capers 1/2 teaspoon raw honey 1/2 teaspoon salt 1/4 cup olive oil 1 pound mixed baby greens or mixed salad greens (about 24 cups loosely packed)

preparation

1. With knife, cut peel from both grapefruit. Holding grapefruit, 1 at a time, over small bowl to catch juice, cut sections from grapefruit between membrane. Place grapefruit sections on plate. Cut endives lengthwise into matchstick-thin strips.

3. Add salad greens, grapefruit sections, and endive to dressing in bowl; toss to coat.

2. In large serving bowl, combine balsamic vinegar, Dijon mustard,

capers, sugar, salt, and 2 tablespoons grapefruit juice (reserve any remaining grapefruit juice for another use). With wire whisk or fork, slowly beat in olive oil until mixture thickens slightly.

Nutritional information (based on individual servings) Calories: 65 Total Fat: 5 g Saturated Fat: g Cholesterol: 0 mg Sodium: 175 mg Carbohydrates: g Fiber: g Protein: g

Day 16

Breakfast -Shake

Mid Morning Snack-

Kale Chips

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Lunch-

Mache and Pea-shoot salad with Chervil vinaigrette dressing

Serving size 4

Ingredients For the salad:

2 cups fresh mâche 2 cups pea shoots 2 whole tomatoes, sliced 3 leeks 1/4 pound Maitake mushrooms 3-4 Tokyo turnips, peeled 1/4 cup olive oil Salt and black pepper, to taste

For the dressing: 1/2 bunch chervil, finely chopped 1/4 cup olive oil 1/4 cup grapeseed oil 2 tablespoons white wine vinegar 1 tablespoon fresh squeezed lemon juice salt and freshly ground black pepper

Preperation 1. Make the dressing. In a medium bowl, whisk together oils, lemon and vinegar. Add chopped chervil. Season with salt and pepper to desired taste. Cover, and chill for one hour.

2. Warm grill or pre-heat oven to 375 degrees F. Using only the white portion of the leeks, cut the leeks lengthwise in half. Brush the leeks and maitake mushrooms with olive oil. Lightly season with salt and pepper. If using a grill, place the leeks and mushrooms on a sheet of aluminum foil. Grill on each side for about 1-2 minutes until tender. Remove and set aside. If roasting in the oven, place seasoned leeks and mushrooms on a baking tray. Cook on each side for 5 minutes. (Note: Mushrooms tend to cook faster than leeks, so please exercise caution and remove them when just slightly tender. If overcooked, they will lose consistency and flavor.) Remove from grill or oven and set aside.

3. Julienne the turnips or thinly slice using a mandolin. Set aside.

4. Place a 1/4 cup each of mâche and pea shoots on plate. Garnish with the tomatoes, leeks, maitake mushrooms and turnips. Dress with the chervil vinaigrette.

Mid Afternoon Snack

Sweet potato fries

Ingredients

- 4 sweet potatoes, cut into large French fries
- 1 tablespoon water
- 2 teaspoons Italian seasonings
- 1/2 teaspoon lemon pepper
- 1 pinch salt and pepper to taste
- 2 tablespoons olive oil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the cut sweet potatoes into a microwave-safe dish with the water. Cook on in the microwave for 5 minutes on full power.

Drain off liquid, and toss with Italian seasoning, lemon pepper, salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.

Bake for 30 minutes, turning once, or until fries are crispy on the outside.

Dinner

Salmon with Mint Salsa

1½ lbs. salmon, skin and bones removed, and cut into 4 pieces

2 tsp. fresh lemon juice

Salt and pepper to taste

Salsa:

1 Tbs. fresh mint, finely chopped

1 Tbs. fresh cilantro, finely chopped

1 Tbs. scallion, finely minced

1 tsp. fresh ginger, finely minced

1 medium ripe tomato, seeds and excess pulp removed, diced into ¼ inch pieces

3 medium cloves garlic, pressed

2 Tbs. extra virgin olive oil

3 Tbs. fresh lemon juice

Salt and white pepper, to taste

Preheat broiler on high and place a stainless steel skillet (with stainless steel handle) under the heat for about 10 minutes to get it very hot. Chop garlic and let sit for 5 minutes. Rub salmon with 2 tsp. lemon juice, salt and pepper. Using a hot pad, pull out the pan and place salmon in pan. Return to broiler. It will cook rapidly (usually 7 minutes for each inch of thickness). Mix together salsa ingredients in a bowl, and set aside. Serve on top of broiled salmon. 30 minutes preparation time. Makes 4 servings.

Day 17

Breakfast -Shake

Mid Morning Snack

Roasted Brussels sprouts

Serving size 6

Ingredients 1 pound baby carrots, scrubbed, stem trimmed
1 pound Brussels sprouts, ends trimmed and halved 1 1/2 cups pearl onions (fresh, peeled or frozen, thawed and drained) 3 garlic cloves, crushed 2 tablespoons olive oil Kosher salt and pepper

Preparation 1. Preheat oven to 400 degrees F. Combine carrots, Brussels sprouts, onions, garlic, rosemary and olive oil; the pan should be just large enough to hold the vegetables in one layer.

2. Roast in upper center of oven, stirring or shaking the pan periodically through roasting, until vegetables are brown tender, about 30 to 40 minutes total. Season with salt and pepper, and toss or stir to combine. Drizzle with extra-virgin olive oil if desired.

Lunch

Fresh Tomato and Avocado soup

Keep this soup well chilled, but not so much that the chill dulls its flavors.

Servings 4

Ingredients 1 pound tomatoes, chopped (about 4 tomatoes) 1/4 cup chopped red onion 1/4 cup chopped seedless cucumber 1/4 cup chopped red bell pepper 1 clove garlic, chopped 2 tablespoons extra-virgin olive oil 1 tablespoon red-wine vinegar 3/4 teaspoon salt 1/2 teaspoon cumin 1/8 teaspoon cayenne pepper 2 avocados, diced (about 2 cups)

Preparation Combine all ingredients except avocado in a large bowl. Mash lightly with a potato masher, stir in 1 cup water, cover, and chill for at least 1 hour or up to 6. Stir in the avocado and serve immediately.

Nutritional information (based on individual servings) Calories: 255 Total Fat: 23 g Saturated Fat: g Cholesterol: mg Sodium: 457 mg Carbohydrates: 15 g Fiber: 6 g Protein: 3 g

Dinner

Your own version of baked chicken with

Tomato, Cucumber, Melon salad

Servings 6

Ingredients 2 large red tomatoes, cut into 1-inch wedges (about 2 cups) 2 pounds melon, cut into 1/2- by 2 1/2-inch wedges 1 cucumber, peeled, seeded, and cut into 1/2-inch wedges 1/2 small red onion, thinly sliced (about 1/4 cup) 3 tablespoons red-wine vinegar 2 tablespoons extra-virgin olive oil 1 teaspoon salt 1/4 teaspoon fresh-ground pepper 1/4 cup fresh basil leaves, sliced

Preparations

Make the salad: Gently toss tomatoes, melon, cucumber, and onion together in a large bowl and set aside. Combine vinegar, oil, salt, and pepper in a small bowl. Pour vinaigrette over the melon mixture and toss to combine. Cover and refrigerate for up to 2 hours. Sprinkle with

basil and serve.

Nutritional information (based on individual servings) Calories:
100 Total Fat: 5 g Saturated Fat: g Cholesterol: 0 mg Sodium: 364
mg Carbohydrates: 13 g Fiber: 1 g Protein: 1 g

Day 18

Breakfast- shake

Mid Morning Snack

African Broccoli

4½ cups small broccoli florets

2½ cups small cauliflower florets

1½ cups sliced carrots

1 Tbs. olive oil

1 tsp. salt

1 tsp. cumin

½ tsp. ground coriander

½ tsp. nutmeg

½ tsp. crushed red pepper flakes (or to taste)

2 Tbs. cider vinegar

1 Tsp. agave nectar

½ cup green onions, thinly sliced

Steam the broccoli, cauliflower, and carrots until cooked but still crisp. Rinse under cold water. In a small skillet over medium heat, combine the canola oil, salt, ginger, cumin, coriander; nutmeg, and red pepper flakes. Cook for 2 minutes, until lightly browned. Stir constantly. In a large bowl, combine the spice mixture, vegan sour cream, vinegar, and agave nectar. Add the broccoli mixture and toss to coat. Stir in the green onions and serve immediately.

20 minutes preparation time. Makes 6 servings.

Lunch

Alice Walter's Lentil salad

Serving size 4

Ingredients 1 cup lentils (French green lentils or black Beluga lentils are the best varieties to use for lentil salads because they have lots of flavor and they hold their shape when cooked.) 1 tablespoon red wine vinegar Salt Fresh-ground black pepper 3 tablespoons extra-virgin olive oil 1/4 cup thinly sliced scallions or 3 tablespoons finely diced shallot 3 tablespoons chopped parsley

Preparations 1. Sort and rinse the lentils. Cover with water by 3 inches and bring to a boil. Turn down to a simmer and cook until tender all the way through (adding more water if necessary), about 30 minutes. Drain and reserve 1/2 cup of the cooking liquid.

2. Toss the lentils with the red wine vinegar, salt, and fresh-ground black pepper. Let sit for 5 minutes. Taste and add more salt and vinegar if needed.

3. Add the extra-virgin olive oil, scallions or shallot, and parsley. Stir to combine. If the lentils seem dry and are hard to stir, loosen them with a bit of the reserved cooking liquid.

Variations Add 1/2 cup diced cucumber.

Dice very fine 1/4 cup each of carrot, celery, and onion. Cook until tender in a couple spoonfuls of olive oil. Cool and stir into the salad in place of the scallions or shallots.

Garnish with 1/2 cup crumbled goat or feta cheese.

Toast and crush 1/2 teaspoon cumin seeds and add to the salad.

Substitute cilantro for the parsley.

Dice 1/4 cup flavorful sweet peppers, season with salt, and let stand to soften. Stir in with the scallions or shallots.

Mid Morning Snack

Asparagus Fries

Ingredients

2 bunches of asparagus olive oil salt and pepper

Cooking Instructions

Preheat the oven to 400 degrees.

Trim the tough bottom sections off of the asparagus. Rinse in water, drain, and pat dry with paper towels. Place the asparagus on a heavy, rimmed baking sheet and drizzle liberally with olive oil (a few tablespoons should be enough). Toss lightly to coat with the oil and then spread the asparagus evenly out on the sheet. Sprinkle lightly with salt and pepper.

Bake in the oven for about 10 minutes. Remove from the oven, and turn the asparagus spears over with tongs to prevent them from sticking.

Cook for another 5 minutes or so until the asparagus is crispy at the tips and slightly browned. Remove from the oven, season to taste with more salt and pepper if needed, and serve.

Makes 6 servings

Dinner

Tuna Salad

- 1 6-ounces of freshly cooked tuna
- 1-2 tsp. red onions, finely chopped
- 3 Tbs. fresh parsley, finely chopped
- 1 Tb. freshly squeezed lemon juice
- 3 Tbs. olive oil
- 1 celery stalk, finely sliced

Mix all ingredients thoroughly and serve on lettuce leaves with wedges of tomato. Or mix with mayonnaise, if preferred. 15 minutes preparation time. Makes 4 servings.

Day 19

Breakfast- Shake

Mid Morning Snack

Sliced Avocados and sliced red onions with your choice of dressing.

Lunch

Hearty Turkey Soup

serving size

6-8

Ingredients

2 quarts turkey stock or broth

1 turkey carcass, meat removed (or turkey breast with bone in) 1 whole carrot, 1 carrot sliced 1 whole stalk celery, 1 stalk diced 1 onion, peeled and halved, 1 onion peeled and diced 2 bay leaves 3 cups turkey meat (light and dark), diced 2 tablespoons olive oil 2 garlic cloves, peeled and chopped 3 cups leftover vegetables, diced (sweet potatoes, parsnips, carrots, green beans) 1 tablespoon chopped fresh sage creme fraiche, for garnish (optional) not on detox.

preparation

1. In a large stock pot, add the turkey broth, turkey carcass, whole carrot, whole celery stock, halved onion and one bay leaf. Bring to a boil and simmer for about 1 1/2 hours.
2. Remove the large bones and carcass from the broth. Strain the mixture through a fine mesh sieve or colander. Discard the solids and reserve broth hot.
3. In a separate large soup pot, heat the olive oil. Add the garlic and cook until translucent. Add the cut carrot, celery and onion and cook over medium-low heat until all are softened, about 8 minutes.
4. Add the turkey broth, the chopped sage and the remaining bay leaf to the soup pot. Bring to a simmer. Once simmering, add in the leftover vegetables and diced turkey meat. Bring it back up to a simmer and cook for 5 minutes. Turn off the heat, cover and allow to steam for about 8 minutes or until all the leftover vegetables are softened. Serve with a dollop of creme fraiche if desired.

Mid Afternoon Snack

Fresh endive leaves with hummus

Dinner

Chicken with Sweet and Sour Sauce

8 skinless chicken breasts
1 cup fresh orange juice
1 cup fresh lemon juice
1 cup vinegar
2 Tbs. fresh ginger, peeled and minced
2 Tbs. fresh garlic, peeled and minced
½ tsp. red chili pepper flakes
3 Tbs. extra virgin olive oil
2 cups chicken stock

Trim chicken breasts and pound lightly with small prong side of a meat hammer. Combine remaining ingredients (except olive oil and chicken stock) in a saucepan and bring to a boil. Reduce heat and simmer for several minutes. Allow to cool and stir in olive oil. Marinate the chicken breasts in this mixture for several hours or overnight. Remove from marinade and broil, about 7 minutes per side. Keep warm on a heated platter in the over while making sauce. Place marinade and stock in a saucepan and boil vigorously until sauce is reduced by half. To serve, slice the chicken breasts across the grain, arrange on individual plates and spoon sauce over. 30 minutes preparation time. Makes 8 servings.

Weekend Ideas

Sweet potato fries

Ingredients

4 sweet potatoes, cut into large French fries
1 tablespoon water
2 teaspoons Italian seasonings
1/2 teaspoon lemon pepper
1 pinch salt and pepper to taste
2 tablespoons olive oil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the cut sweet potatoes into a microwave-safe dish with the water. Cook on in the microwave for 5 minutes on full power.

Drain off liquid, and toss with Italian seasoning, lemon pepper, salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.

Bake for 30 minutes, turning once, or until fries are crispy on the outside.

Grilled Zucchini you own version

Braised Baby Artichokes with olives

16 baby artichokes

1/4 cup(s) olive oil

3 medium garlic cloves, sliced

1/2 teaspoon(s) sea salt

1 cup(s) water

1/2 teaspoon(s) coarsely ground black pepper

1/3 cup(s) oil-cured or Kalamata olives, pits removed and olives coarsely chopped

lemon wedges for garnish

Trim baby artichokes: Bend back the outer green leaves and snap them off at the base until leaves are half green (at the top) and half yellow (at the bottom). Cut off stems and across top of each artichoke at point where yellow meets green. Cut each artichoke lengthwise in half.

In 12-inch skillet, heat 1 inch water to boiling over high heat. Add artichokes and cook 5 minutes; drain.

Dry skillet. In same skillet, heat olive oil over medium-high heat. Add garlic and cook until lightly browned. Add artichokes; brown 2 minutes. Stir in salt, pepper, and 1 cup water; cook, covered, until artichokes are tender, about 5 minutes longer or until knife inserted in bottom of artichoke goes through easily. Stir in olives; heat through. To serve, spoon into bowl; garnish with lemon wedges.

Braised Baby Artichokes with olives

16 baby artichokes
1/4 cup(s) olive oil
3 medium garlic cloves, sliced
1/2 teaspoon(s) sea salt
1 cup(s) water
1/2 teaspoon(s) coarsely ground black pepper
1/3 cup(s) oil-cured or Kalamata olives, pits removed and olives coarsely chopped
lemon wedges for garnish

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In 12-inch skillet, heat 1 inch water to boiling over high heat. Add artichokes and cook 5 minutes; drain.

Dry skillet. In same skillet, heat olive oil over medium-high heat. Add garlic and cook until lightly browned. Add artichokes; brown 2 minutes. Stir in salt, pepper, and 1 cup water; cook, covered, until artichokes are tender, about 5 minutes longer or until knife inserted in bottom of artichoke goes through easily. Stir in olives; heat through. To serve, spoon into bowl; garnish with lemon wedges.

Avocado and Papaya salad with lime dressing

Serve this salad as an accompaniment to fresh crab or lobster or to start a meal. The avocado will color if it sits too long, so be sure to prepare the dressing first.

Servings 4

Total time 20

Ingredients 2 limes, juiced 1 tablespoon local honey (remember honey is used only in recipes not in any other part of the purification

program) 1/4 teaspoon salt 1/4 teaspoon freshly cracked black pepper 4 cups mixed baby lettuce greens 2 papayas 2 avocados

Preparations 1. Combine the lime juice, honey, salt and pepper; blend until smooth.

2. Peel the papayas and cut them in half. Using a spoon, remove the seeds; discard seeds.

3. Slice the papaya halves into thin wedges. Cut the avocados in half and remove the pits. Slice the flesh into thin strips.

4. Arrange the fruit slices on salad plates, alternating between papaya and avocado.

5. Combine the greens and dressing in a bowl and toss well to coat.

6. Mound a portion of the greens in the center of each plate. Drizzle with a few drops of dressing.

Nutritional information (Based on individual servings) Calories:

251 Total Fat: 4 g Cholesterol: 0 mg Sodium: 166 mg Carbohydrates: 30 g Protein: 4 g