

NOURISHING FOODS DETOX” for BEGINNERS

5 Days of Easy & Nourishing Foods for Your Mind, Body & Spirit

Recipe List [click to go to recipe:](#)

Veggie Kraut

Beverages

[Detox Hot Chocolate](#)

[Ginger Tea](#)

[Bone Tea “Latte”](#)

[Hemp Milk](#)

Breakfast

[Sweet Potato Breakfast Pudding](#)

[Hemp & Chia Porridge](#)

[Quinoa Breakfast Porridge](#)

[Berry Green Smoothie](#)

[Pear Smoothie](#)

[Just Greens Breakfast Smoothie](#)

[Instant Miso Soup](#)

Main Meals

[Asian Stir Fry with Garlic Sauce](#)

[Braised Swiss Chard w/White Beans](#)

[Mediterranean Lentils with Mushrooms](#)

[Roasted Sweet Vegetables](#)

Soups

[Creamy Cauliflower Soup with Dill](#)

[Mixed Mushroom Soup](#)

[Split Pea Soup with Celeriac](#)

[Thai Style Butternut Squash Soup](#)

[Miso Soup](#)

[Red Lentil Dhal](#)

Dressings

[Japanese Dressing](#)

[Tahini Dressing](#)

[Lemon Ginger Dressing](#)

[Raw Caesar Dressing](#)

[Avocado Shallot Dressing](#)

[Cosmic Hempini Gravy](#)

Salad

[Mixed Green Salad](#)

[Sautéed Tempeh](#)

[Steamed Vegetables with Cosmic Hempini Gravy](#)

[Thai Style Vegetables with Coconut Sauce](#)

[Winter Vegetable Stew](#)

Vegetables

[Swiss Chard with Ginger & Cumin](#)

[Cauliflower with Miso Sauce](#)

[Roasted Brussel Sprouts](#)

[Sautéed Kale with Butternut Squash](#)

[Turnips with Capers & Lemons](#)

[Water Sautéed Spinach with Garlic](#)

[Pan Steamed Broccoli w/Garlic & Olives](#)

Snacks

[Coconut Chia Pudding](#)

[Kale Chips](#)

[Sesame Nori Bites](#)

[Instant Miso Soup](#)