

Sample Menu Recipes – Winter Cleanse

These recipes are written for 2-4 people. The food is delicious so you can share them with your family even if they are not doing the cleanse with you. They are good size portions as this is not a calorie restrictive cleanse. Left overs can be eaten the next day or as a snack. You may not need to cook the last night if you have enough left over. If you need snacks the easiest thing to do is buy some of the recommended snacks so you don't have so much food prep. Zucchini Hummus is a great snack too if you want to prepare it on Sunday.

Sunday Prep Recipes

Tahini Ginger Dressing

Makes 2 cups

1 cup raw tahini (you can use roasted also if you can't get the raw)
1 Tb grated fresh ginger
1/4 cup lemon juice
2 dates (soak the dates in warm water for a few minutes if they are dry) or
1 TB raw honey
1/4 cup wheat-free tamari
2 cloves garlic, minced
3/4 -1 cup purified water, more or less for desired thickness.

- Place all ingredients into a blend, blend until smooth.
- Store in a glass jar for up to a week

Creamy Dill & Hemp Seed Dressing

Makes 2 1/2 cups

1 cup hemp seeds
1/2 cup water
1/2 cup olive oil
Pinch cayenne, or to taste
4 Tb lemon juice
1 Tb nutritional yeast
2 clove garlic

4 drops stevia or 2 tsp raw honey
2 Tb wheat free tamari
1/2 tsp sea salt
1/4 tsp black pepper

1/2 cup fresh dill

- Place all ingredients except dill in a high-speed blender and blend until smooth. Add more water if it is too thick
- Add dill and blend until you see flakes of green. Do not over blend. You want to see the dill leaves.

Mixed Greens Alkaline Soup

4 servings

2 Tb olive oil
1 large onion chopped
2 stalks celery chopped
1 carrot chopped
1/4 tsp Celtic sea salt
3 cloves garlic chopped
2 cups cauliflower chopped into medium pieces (you will blend it so it doesn't have to be pretty)
4 cups stock, chicken or vegetables
3 large kale leaves, stems and leaves separated and chopped (about 1/2 cup stems, 1 cup leaves)
2 large Swiss chard leaves stems and leaves separated and chopped (about 1/2 cup stems, 1 cup leaves)
1 tsp dried rosemary leaves
1 Tb wheat free tamari
Fresh pepper

- Heat a medium soup pot. Add olive oil. Add onions, celery and carrots. Season with salt. This is known as a *Mirepoix*. It is a combination of chopped carrots, celery and onions used to add flavor and aroma to stocks, sauces, soups and other foods.
- Cover and sauté the vegetables on low heat for about 8 minutes until onions are translucent.

- Add garlic, sauté 1 minute.
- Add cauliflower, kale stems, Swiss chard stems and stock. Bring to a boil. Cover and simmer on medium-low for 15 minutes until the cauliflower is soft.
- Let stock cool for a few minutes. Blend until smooth and put back into the pot.
- Add the chopped kale, Swiss chard leaves and rosemary.
- Simmer on medium until the greens are tender about 4 minutes.
- Add tamari. Season with fresh pepper. Taste to adjust seasoning.
- Serve and enjoy!

Thai Style Butternut Squash Soup

4 servings

2 Tb coconut oil or ghee

1 med onion thinly sliced

2 Tb chopped fresh ginger

2 Tb Thai Red curry paste (Thai Kitchen is a good brand use less if you don't like it spicy)

1 butternut squash peeled, seeded and cut into 2" chunks (about 5 cups)

2 ½ cups water

1 can unsweetened lite coconut milk

1 stalk lemon grass white part only cut into 2" pieces (optional, the soup will taste better with it but if you can't get it don't worry)

1 tsp lime juice

Celtic sea salt

- In large pot melt ghee or oil.
- Add onion and ginger sauté on medium-low until onion is soft about 5 minutes. Don't let it get brown.
- Add curry paste and cook stirring 2 minutes.
- Add squash and water, bring to a boil.
- Cover and simmer 25 minutes.

- Add the coconut milk, lemon grass cook for 30 minutes.
- Remove the lemon grass. (Count how many pieces you put in to make sure you get them all out).
- Blend the soup in a blender in batches. Add salt to taste and lime juice.
- Serve

Zucchini Hummus

4 servings

¼ cup sesame seeds ground into a powder, if you don't have a spice grinder soak the sesame seeds for 4 hours in water and drain

½ -1 tsp Celtic sea salt (start with ½ you can always add more)

2 cloves chopped garlic (2 tsp)

2 cups chopped zucchini

1/2 cup tahini

¼ cup lemon juice

1 ½ tsp ground cumin

2 Tb olive oil

Pinch cayenne

- Put sesame seeds, sea salt and garlic into a food processor.
- Process into small pieces.
- Add the rest of the ingredients and process until smooth.
- Serve with celery sticks, endive or flax crackers

Grain-Free Breakfast Porridge

adapted from Andrea Nakayama

1 serving (Make 2x for sample menu)

1 Tb raw flax seeds

2 tsp chia seeds

2 Tb shredded coconut

1 Tb raw pumpkin seeds
6 walnuts
1/2 tsp cinnamon
1/2-3/4 cup very hot filtered water
7-10 drops plain or vanilla stevia liquid
2-4 Tb almond or coconut milk, to your taste
1/2 cup chopped apple or fresh berries

- In a coffee grinder, grind flax seeds, chia seeds until they are a fine powder
- Add the coconut, pumpkin seeds and walnuts.
- Grind until to a bread crumb like texture (I don't like it too fine but if you want to make it finer that is ok too.)
- Transfer to a bowl and cover with the hot water.
- Let sit for 5 minutes to thicken.
- Add stevia, coconut milk, fruit and stir well.

Note: you can make a large batch of this cereal in advance without the water, stevia, nut milk or fruit and store it in single servings in the freezer so it's ready to go when you need it: defrost overnight in the refrigerator and enjoy.

Beverages

Cacao Maca Latte

1 serving

1 Tb raw cacao powder
1 tsp maca
1/2 cup water
1/2 cup almond milk
7-12 drops vanilla crème or plain liquid stevia or 1 tsp. raw honey
1/4 - 1/2 tsp cinnamon

- Place cacao powder and maca into a cup.
- Heat water to a boil. Pour the water into the cup. Stir to dissolve the cacao and maca.
- Heat almond or coconut milk through but do not boil. Pour into the cup.
- Add stevia or raw honey
- Mix thoroughly to dissolve
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as **“pulling”**. I learned this in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.
- Sprinkle with cinnamon

Red Rooibos Chai

1 serving

½ tsp ground ginger

¼ tsp cinnamon

1/8 tsp nutmeg

1/8 tsp ground cloves

1/8 tsp ground cardamom

¼ cup warmed coconut milk (use full-fat Native Forest)

¾ cup hot brewed rooibos tea

A few drops of vanilla liquid stevia

- Add all spices to an 8 ounce tea cup. Pour in the warmed coconut milk making sure to dissolve any clumps.
- Add liquid stevia. Pour in the hot tea.
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as “pulling in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.

Breakfast Recipes

Green Apple Smoothie

2 servings

2-4 Tb ground flax seeds

1 cup water or nut milk (the nut milk makes it more filling)

4-6 romaine leaves

3 apples, chopped peel if not organic

1 ½ scoops of vegan or whey vanilla protein powder (I used Tera's Whey)

1½ teaspoons of cinnamon

Blend all ingredients in a blender until smooth. Add more water if necessary to get desired consistency.

Pear Coconut Green Smoothie

2 servings

2 Tb chia seeds soaked in 1 cup water for 30 minutes

1/2 cup coconut milk – canned full fat (Native Forest is a good brand)

1 large handful of spinach

2 ripe pears

1 scoop protein powder

¼ tsp vanilla extract

¼ tsp cinnamon

- Place all ingredients into a blender
- Blend until smooth
- Add more water to get desired consistency

Dinner Recipes

Day 1

Thai Style Vegetables with Spicy Coconut Sauce

This is a rich, satisfying vegan dish full of vibrant flavors and colors. There is lots of ginger which is anti-inflammatory. The coconut milk adds good fat into your diet which will give you energy and help curb sugar cravings. You can substitute different vegetables according to what is available in the market. I have made it with cauliflower instead of broccoli and spinach instead of kale. It is a very flexible dish.

2 servings

1 Tb coconut oil

2 clove garlic

1 onion chopped

½ tsp red pepper flakes

¼ cup chopped ginger

1 cup mushrooms sliced

1 Tb red Chili paste or to taste (Thai Kitchen is a good brand)

1 cup lite coconut milk (I like Organic Native Forest)

1 cup broccoli cut into florets

2 carrots sliced

1 cup kale, leaves cut into 1" strips (remove the stems, save for juice)

Celtic sea salt to taste

- Heat oil in a large sauté pan.
- Add garlic and onion, sauté for a few minutes on low heat until they start to soften.
- Add ginger, red pepper flakes and mushrooms.
- Sauté on medium heat for 3 minutes until mushrooms brown a little
- Add chili sauce, sauté 1 minute.

- Add the coconut milk, stir to combine evenly.
- Add broccoli and carrots, to the pan. Simmer on low heat until the vegetables have lost their rawness and are starting to soften up a little 2-3 minutes.
- Add the kale you may have to put add it in batches until it wilts. Mix to coat with the coconut mixture. Sauté 3 minutes until kale is tender but still green.
- Add salt to taste.

Day 2

Raw Kale Salad with Tahini Ginger Dressing

The great thing about kale salad is it will hold up for hours. The kale may wilt a little but it gets even tastier

1 bunch Tuscan kale, ribs removed (aka lacinato or dinosaur kale)
 ¼ cup sauerkraut, squeezed dry

- Wash and dry the kale leaves.
- Stack the leaves and slice them very thinly crosswise.
- Transfer the greens to a large salad bowl
- Add enough dressing to coat. Toss gently to combine

Moroccan Chick Pea Tagine with Greens

2-4 servings

1 tsp ground cumin seeds (use whole seeds for best flavor)
 1 tsp ground coriander seeds (use whole seeds for best flavor)
 ½ tsp red pepper flakes (adjust for your own taste)
 1 tsp turmeric
 1 tsp cinnamon
 ¼ tsp black pepper

½ tsp celtic sea salt
2 Tb olive oil or ghee
½ cup shallots sliced
4 cloves garlic chopped
2 Tb tomato paste
3 cups vegetable or chicken stock
2 cup carrots peeled and diced
1 cup turnips cut diced
1 Tb lemon zest
½ cup green olives pitted and sliced
1 cup of organic canned chick peas rinsed and drained
¼ cup golden raisins
2 cups kale or Swiss chard chopped into bite size pieces
3 Tb parsley
1 Tb lemon juice

- Toast the cumin and coriander seeds for 1 minute in a dry pan. Grind if using whole seeds and measure. If using already ground spices roast for a minute. Then put the spices in a small bowl and mix with the turmeric, cinnamon, red pepper flakes, black pepper and sea salt.
- Heat a large cast iron pan or deep skillet. Add the oil, shallots and garlic. Cook on medium until the shallots begin to get soft about 3-4 minutes.
- Turn down the heat to low, add spices, tomato paste, stock, carrots, lemon zest, turnips and chick peas. Cover and simmer 10 minutes until the turnips are tender.
- Add the olives and raisins. Simmer for about 5 minutes to reduce the liquid.
- Add the kale or Swiss chard and simmer until greens are tender, 3 minutes.
- Add parsley and lemon juice. Cover and remove from the heat.
- Let sit for a few minutes to allow flavors to develop. Taste and adjust salt if needed.
- Serve in bowls by itself or with millet or quinoa when not on the cleanse.

Day 3

Braised Greens with Tempeh

3-4 servings

8 oz package tempeh sliced ¼" thin and then in half

2 Tb wheat-free tamari mixed with 1 Tb water

4 Tb olive oil

2 cups chopped leeks, cleaned well, use white and light green parts only

3 cloves of garlic, coarsely chopped

4 cups kale thinly sliced (if the stems are thick chop them separately)

4 cups Swiss chard coarsely chopped chard (if the stems are thick chop separately)

1 ¼ cups vegetable or chicken stock

1 ½ " piece of ginger cut into thin matchsticks

2 Tb miso (For this dish I like the darker miso like red miso or chick pea miso)

- Mix the tamari and water together on a plate large enough to hold the sliced tempeh in one layer. Add the tempeh turning to coat both sides. Let marinate while you prepare the vegetables.
- Heat a large cast iron skillet or sauté pan. Add 2 Tb oil. Add tempeh.
- Sauté on medium-low until golden on both sides.
- Remove the tempeh from the pan, set aside on a plate.
- Add 2 Tb olive oil to the pan.
- Add the leeks, sauté until they begin to soften and turn golden, 2 minutes
- Add ginger, garlic and any kale or chard stems you may have chopped. Sauté 2 minutes
- Add kale, mix using, tongs until wilted.
- Add chard, mix until wilted.
- Add cooked tempeh and 1 cup of stock. Mix so the stock coats the greens.
- Simmer uncovered until the greens are tender about 7 minutes. Add more broth if needed so that the mixture doesn't stick to the bottom of the pan.
- Dissolve miso in ¼ cup of stock. Add to greens. Mix and turn off the heat
- Taste to adjust seasoning with salt and freshly ground pepper.

Radicchio and Cauliflower Salad

2 servings

small head radicchio (about 1/3 lb)
1/4 cup extra-virgin olive oil
Celtic Sea Salt
1 small cauliflower cored and cut into 1-inch florets (about 4 cups)
1 medium clove garlic
1 Tb apple cider vinegar
1 Tb fresh lemon juice
2 tsp Dijon mustard
Freshly ground black pepper
1/2 cup coarsely chopped fresh flat-leaf parsley

- Remove any damaged outer leaves from the radicchio, quarter it, remove the core, and cut each quarter crosswise into 1-inch widths.
- Bring a large pot of water to a boil over high heat. Cook the cauliflower in the boiling water until just tender, about 3 minutes.
- Drain, spread on a plate to cool, and set aside at room temperature.
- Put the garlic in a mortar, add a pinch of salt, and pound to a paste with a pestle. Or mince and then mash to a paste with the side of a chef's knife.
- Combine the garlic, vinegar, lemon juice, and mustard in a small bowl.
- Let sit for 5 to 10 minutes. Whisk in olive oil until emulsified. Taste with a piece of radicchio and season with more vinegar or salt if necessary.
- Put the cauliflower in a large bowl and season with salt and pepper. Gently toss with just enough vinaigrette to lightly coat.
- Add the radicchio and parsley, season with salt and pepper, and toss again with just enough vinaigrette to lightly coat. Taste and add more salt or vinaigrette if necessary.
- Pass around the remaining vinaigrette when you serve it.

Vegetable Hash

You can serve this dish for breakfast (with poached eggs when not on the cleanse) or for dinner with a salad. In the picture, I used celery, parsnips and turnips along with the sweet potatoes. I serve it with the Radicchio and Cauliflower salad. The sweet vegetables were a good contrast to the bitter radicchio.

1 Tb olive oil

1/2 cup red onion, chopped

2 cups mixed vegetables, celery, parsnips, turnips, kolrabi chopped into 1/2" cubes (choose vegetables you have available, you don't need them all)

2 cups sweet potatoes, peeled chopped into 1/2" cubes

1/4 - 1/2 tsp Celtic sea salt

1 tsp smoked paprika (if you don't like the smoky taste use plain paprika)

1 tsp ground cumin

1/2 cup chicken stock, vegetable stock, or water

1 Tb tomato paste (optional)

3 cups well chopped greens (spinach, chard, or kale)

Freshly ground pepper

- Heat cast iron skillet, (or other heavy-duty pan), over medium heat.
- Add olive oil and chopped onion. Sauté until they begin to soften, 2 minutes.
- Add sweet potatoes, season with salt, sauté 3 minutes.
- Add cumin, paprika and tomato paste. Mix to coat the vegetables and sauté 1 minute
- Add 1/2 cup of stock, cover and simmer on low, stirring occasionally, for 8–10 minutes or until vegetables are tender.
- Add chopped greens and fresh pepper to taste.
- Sauté until greens are soft. The time will depend on the type of greens you use. Spinach will be about 1 minute, kale about 3 minutes.
- Turn off heat. Taste for seasonings.

Stir Fry Vegetables with Kelp Noodles

- 1 bag kelp noodles rinsed, drained and dried
- 1 Tb olive oil or organic cold pressed sesame oil
- 1 shallot thinly sliced
- 2 cloves garlic minced
- 1 Tb minced fresh ginger
- 1 cup string beans cut in half crosswise
- ½ of small red pepper, stem and seeds removed, thinly sliced (1 cup)
- 1 cup carrots julienned
- 1 ½ cup zucchini julienned
- ¼ tsp Celtic sea salt
- ¼ tsp red pepper flakes (optional)
- 1 cup red cabbage thinly sliced
- 1 Tb wheat free tamari
- 1 Tb tsp dark sesame oil
- 1 Tb apple cider vinegar
- 2 scallions thinly sliced

- Soak Kelp noodles while you prepare the rest of the dish.
- Heat oil in a large sauté pan. Add ginger, garlic, and shallots, sauté on medium-low for a few minutes until shallots begin to soften.
- Add sting beans, cook for 2 minutes until they begin to soften.
- Add sliced red peppers. Cook 1 minute.
- Add carrot, zucchini and cabbage. Add 1 vegetable at a time and stir after each addition.
- Sprinkle with sea salt and red pepper flakes. Sauté, stirring frequently, for 5 minutes until they are crisp tender.
- Add apple cider vinegar, tamari, dark sesame oil and toss to coat all vegetables well.
- Drain, rinse and dry the kelp noodles. Cut them into 2" pieces by laying them on a cutting board and making a few cuts.

- Stir in them into the vegetables and turn off the heat. Taste to adjust seasonings
- Serve garnished with sliced scallions.