

The background of the image is a dense pattern of fresh, vibrant green spinach leaves. The leaves are scattered across the frame, showing their characteristic shape and vein structure. The lighting is bright, highlighting the natural texture and color of the foliage.

GENTLE

DETOX

Menu

Upon Waking

Warm water with lemon and a pinch of Himalayan sea salt

Breakfast

Fruit based Kornerstone Juice--drink first wait a bit before eating Green Smoothie or berries and one apple sprinkled with 2 tablespoons hemp seeds, 2 tablespoons chia seeds

Lunch

Big Salad* recipes are for grain salads. If you want your detox to be all veg. Make a regular vegetable salad, add dark greens and herbs. Squeeze on lemon for dressing.

Dinner

Soup and sprouted grain bread (buy in the freezer section or from the bakery at Wegmans)

Snacks

Green Juice, Hummus and veggies, roasted veggies, nuts

Before bed

Banana

Magnesium supplement and warm water

Note: Drink at least 8 glasses of water and herbal tea. I don't recommend giving up coffee over these three days if it is a regular part of your diet.

Smoothies

Anti-inflammation Champion

- 3/4 cup blueberries
- 1/2 cup cherries
- 1.5 cups almond milk
- 2 tablespoons hemp seeds
- 1/4 teaspoon cinnamon
- 1 cup spinach.

Some people like to use frozen fruit. I microwave the frozen fruit because I don't like cold drinks and I think it brings out the flavor more. Up to you. Blend and serve. Makes two servings. You can save one for a snack or lunch, or have it the next day.

You can make lots of variations to this recipe. Use walnuts or almond butter instead of hemp seeds, use any kind of nut milk you like, add chocolate, add mixed berries, add a banana or an avocado for thickness, use kale instead of spinach.

Chocolate Power

- 1/2 frozen banana, chopped into chunks
- 1 scoop chocolate protein powder
- 1/2 cup frozen mixed berries
- 1/2 cup unsweetened almond milk
- 1 teaspoon almond butter
- 1 cup spinach

If you need something a bit more filling, this does the trick.

Smoothies

Veggie miso smoothie

- 1 avocado
- 1 apple
- 1 cup cilantro
- 1 cup parsley
- 1 cup spinach
- 1 red, yellow, or orange bell pepper
- 1 whole lemon or 1/2 cup lime juice (If too bitter for your taste or you don't have a high speed blender, juice lemon)
- 1/4 – 1/2 cup miso
- Pinch of cayenne
- 1 teaspoon spiraling powder a green algae)
- 1 teaspoon corella powder (a green algae)
- 1 tablespoon matcha powder (green tea)
- Filtered water

Great with or without the algae and matcha. Blend everything adding water to the desired consistency. This makes a few servings, but can be eaten all day.

Salad

Lentil Salad with optional egg

Serves 4

For the lentils:

1 cup green or puy lentils, rinsed

For the salad:

2 or 4 eggs (depending on how many you'd like on your salad)

2 Tablespoons butter, ghee, or coconut oil

1/2 pound asparagus, sliced on the diagonal (good for your liver so try to find this)

1 bunch radishes, rinsed and halved lengthwise

1 lemon, halved

8 cups mixed spring greens

Small handful of fresh parsley, chopped

Small handful of fresh chives, chopped

Extra virgin olive oil

Balsamic vinegar

Flaky sea salt

Freshly cracked black pepper

In a large pot, add the lentils and cover by about two inches with water. Bring to a boil, covered, and reduce heat to low, simmering until lentils are soft and cooked through, about 45-60 minutes. Set aside to cool in their liquid.

For the eggs, bring a small pot of water to a boil. Reduce to a simmer, add the eggs and set a timer for 7 minutes. (A little longer for a firmer yolk.) Remove the eggs and plunge into an ice bath to cool. Peel and set aside. * you can buy hardboiled eggs if you don't have a lot of time. Buy the ones that have omega-3s in them.

In the meanwhile, heat a large grill pan or sauté pan over medium heat. Add the butter, and let it melt and get frothy. Add the asparagus, radish, and lemon halves and sauté without disturbing to brown them a little. Toss and stir as needed to evenly cook.

To make the salad, combine 2 cups of cooked, drained lentils with the salad greens and fresh herbs. Add a generous glug of olive oil and vinegar and toss. Top each salad with half of the radishes and asparagus, and one half of each lemon. Finish with a generous sprinkle of flaky sea salt, freshly cracked pepper, and a squeeze of the lemon.

Salad

Winter Grain Salad

Serves 4

1 cup uncooked quinoa or brown rice

1/2 tbsp extra virgin olive oil

1 onion, quartered

2 garlic cloves in skin

1 apple, cubed

1 butternut squash, cubed

2-3 tbsp extra virgin olive oil, to taste, plus more for vegetables

pecans

3 tbsp apple cider vinegar

1/2 tbsp pure maple syrup

1/4 tsp fine grain sea salt & lots of pepper, to taste

1. Rinse quinoa in a fine mesh strainer and place into a medium pot. Add 1.5 cups vegetable broth (or water) and bring to a low boil. Reduce heat to low-medium, cover with tight-fitting lid, and cook for 15-17 minutes, or until fluffy and all the water is absorbed. Fluff with fork, remove from heat, and let sit covered for 5 minutes. Rice cooker is fine.

2. Preheat the oven to 475. Put onion, garlic, butternut squash or sweet potato and apple in a bowl coat with olive oil, salt and pepper, put on a cookie sheet and roast for about 15 minutes or until browned. If they still aren't done switch to broil for a few minutes.

3. Whisk together the dressing ingredients (olive oil, vinegar, maple syrup, and 1/4 tsp fine grain sea salt) to taste.

4. Discard skins from garlic. Assemble vegetables and rice/ quinoa over kale as desired. Top with pecans and top with dressing.

Soup

Red lentil and Kale Soup -from Oh She Glows

This is my favorite soup. I will be doubling it and eating this as my only soup for the detox.
Yield: 5.5- 6 cups

Ingredients:

- 1 tsp coconut oil (or other oil)
- 2 large garlic cloves, minced
- 1 sweet onion, diced
- 3 celery stalks, diced
- 1 bay leaf
- 1 & 1/4 tsp ground cumin
- 2 tsp chili powder
- 1/2 tsp ground coriander
- 1/4-1/2 tsp smoked sweet paprika, to taste
- 1/8th tsp cayenne pepper, or to taste
- 14-oz can diced tomatoes
- 5-6 cups vegetable broth, more if desired
- 1 cup red lentils, rinsed and drained
- fine grain sea salt and pepper, to taste
- 2 handfuls torn kale leaves or spinach

1. In a large pot, sauté the onion and garlic in oil for about 5-6 minutes over medium heat. Add in the celery and sauté for a few minutes more.
2. Stir in the bay leaf and the spices (cumin, chili powder, coriander, paprika, cayenne). You can add half the spices and add more later if you prefer.
3. Stir in the can of tomatoes (including juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.
4. Stir in kale or spinach and season to taste adding more spices if you wish.

Soup

Farmer's Market Vegetable Soup modified for fall

Serves 5

3 tablespoons olive oil

3 onions, white parts plus an inch of green, chopped and rinsed

3 medium to large carrots, diced

3 yellow waxy boiling potatoes, chopped

3 medium parsnips, peeled and diced

1 sweet potato, sliced into 1/2-inch rounds or chunks

3/4 pound green beans, tipped, tailed, and cut into 1-inch lengths (can use frozen add them at the end)

2 large ripe tomatoes, any color, peeled, seeded, and diced

2 garlic cloves, minced

Sea salt and freshly ground pepper

2 quarts vegetable stock or water

The Pesto:

3 cups loosely packed basil leaves, parsley leaves, kale leaves mixed

1 plump garlic clove, peeled

3 tablespoons pistachios

1/2 cup extra virgin olive oil

1. Warm the oil in a wide soup pot over medium heat. Add the onion and cook gently until translucent, about 10 minutes. Add the vegetables, including the juice from the tomatoes, the garlic, and 1 1/2 teaspoons salt. Cook for 5 minutes more, then add the stock. Bring to a boil, lower the heat, and simmer until the vegetables are tender, 20 to 30 minutes.

3. Make the pesto. Drop the leaves into boiling water for a second or two, then drain, rinse, and pat dry. Mash the garlic in a mortar with pistachios, then add the leaves a handful at a time. Grind them using a circular motion, until you have a fairly fine paste with very small flecks of leaves, then stir in the olive. Taste for salt. Or, to use a food processor, process the garlic, salt, and nuts until finely chopped, then add the basil and olive oil and puree until smooth.

4. Ladle the soup into bowls and stir a spoonful of pesto into each serving. Season with pepper. The soup need not be piping hot. In fact, it's better served a little more on the tepid side.

Snacks

Roasted vegetables

1 large box kale

1 head cauliflower--cut into florets

1 head broccoli--cut into florets

Olive oil or coconut oil

salt

pepper

For curried: curry powder

Preheat oven to 475

Mix each one separately with salt and pepper put in separate dishes then cover with curry if desired. Each one will cook in a different amount of time, so you will need to watch them.

Pantry Staples

Nuts

Almond Butter
Nut Milk
Coconut Milk
Raw Almonds
Raw Walnuts
Raw Pecans
Hemp Hearts

Sweeteners

Raw Honey—to be used on special occasions only
Maple Syrup (Grade B for the most nutritional value)
Coconut Sugar
Datest

As you alter your diet and start following recipes to support your health, these are some of the ingredients you will need on hand. You will go through a lot of these ingredients, so I always try to get them in bulk—they are usually fresher that way too.

Oil/ Vinegar/ Flavor

Olive Oil
Flavored olive oil and vinegar from Primo Olivera
Sesame Oil
Coconut Oil
Apple Cider Vinegar
Balsamic Vinegar
Red Wine Vinegar
Basil Pesto
Harissa
Olives
Sun-dried Tomatoes
Raisins
Miso—white, brown
Sardines
Lime Juice

Sunday Night

Sunday always seems like a good day to take stock and plan for the week. Here's what I try to do each Sunday.

Make a big pot of soup for the week

Make 8 cups of whole grains for the week

Make 8 cups of beans or lentils for the week

Make sure I have enough greens to cook a big batch every day

Make sure I have enough salad for two salads a day for three days

Chop up all the veg I'll use and store separately

Decide what my goal for the week is and schedule things that will help me achieve it

Basics Shopping List for Detox

not including recipes as you will each choose to make different things

Whole Foods, Feel Rite, Wegman's health food section

Himalayan Sea Salt

Large bag Hemp Seeds

Large container chia seeds

Turmeric

Curry powder

olive oil

whole pepper/ grinder

Frozen:

sprouted grain bread

organic berries

Produce:

Apples

Kale or other green

Spinach

Lemons

Bananas

Hummus

broccoli

cauliflower

THE 2017 DIRTY DOZEN LIST

For the Dirty Dozen list, Environmental Working Group singled out produce with the highest loads of pesticide residues

KEY FINDINGS



non-organic produce samples tested positive for pesticides



strawberries, spinach, peaches, nectarines, cherries & apples tested positive for at least 1 pesticide



A single sample of strawberries showed 20 different pesticides



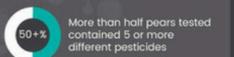
Scary Spinach
Spinach samples had, on average, 2X as much pesticide residue by weight than any other crop

These include:

- Mold & Mildew Killers
- Neurotoxic Bug Killer
- DDT



A Pear Problem
2X+ Pesticide residues on pears more than doubled since 2010



Common Fungicides Found on Pears

- Carbendazim**
Toxic to males & suspected hormone disruptor
- Diphenylamine**
Banned in Europe for links to cancer-causing nitrosamine creation during cooking or storage
- Acetamiprid & Imidacloprid**
Potent bee-killing chemicals

2017 DIRTY DOZEN



Strawberries



Spinach



Nectarines



Apples



Peaches



Pears



Cherries



Grapes



Celery



Tomatoes



Sweet Bell Peppers



Potatoes

This Underscores the Importance of Choosing Organic

2017 CLEAN 15

EWG's list of 15 produce items least likely to harbor pesticide residues.



Sweet Corn*



Avocados



Pineapples



Cabbage



Onions



Frozen Sweet Peas



Papayas*



Asparagus



Mangoes



Eggplant



Honeydew



Kiwi



Cantaloupe



Cauliflower



Grapefruit

* Buy organic to avoid GMO papayas and sweet corn

We Can't Wash & Peel Our Way Out of the Problem

Washing removes some residues
Systemic pesticides are inside the produce & can't be washed away
Always eat lots of veggies, but choose organic when possible, especially when it comes to Dirty Dozen items