



Eat Right for Your Blood Type

lymph reset

recipes



with **Lisa Levitt Gainsley**
The Lymphatic Message

Green Juice

In a blender, combine 1 cucumber, 1 celery stalk, $\frac{1}{2}$ cup spinach, $\frac{1}{4}$ green apple, $\frac{1}{2}$ teaspoon ginger (minced), juice of $\frac{1}{2}$ lemon, $\frac{1}{3}$ cup water. Blend until smooth. Enjoy.

*You can vary the green drink by adding mint, basil and/or lime any time.

Lemon Water

Every morning of the Lymph Reset (I highly recommend continuing this as a morning ritual), squeeze some fresh lemon juice into room temperature or warm water and drink first thing! This will aid your digestion, support your Lymphatic system in removing metabolic waste and help carry nutrients to your cells. Please continue to drink plenty of water throughout the day as it will help increase metabolism, lubricate your joints and is one of the building blocks to glowing skin!



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Breakfast Smoothies

Recipes for all Types.

Type O

- 1/4 of a medium pineapple
- a handful of blueberries
- a splash of pineapple juice
- a splash of almond milk
- 2 tablespoons of protein powder

Type B

- 1/4 of a medium pineapple
- a splash of pineapple juice
- a splash of milk
- 2 tablespoons of protein powder

Type A

- 1/4 of a medium pineapple
- a handful of blueberries
- a splash of pineapple juice
- a splash of soy milk
- 2 tablespoons of soy protein powder

Type AB

- 1/4 of a medium pineapple
- 1 kiwi
- a splash of pineapple juice
- a splash of soy milk
- 2 tablespoons of soy protein powder



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Asparagus and Egg Chopped Salad

Right for all Types.

INGREDIENTS:

- 1 baby gem lettuce, leaves separated into individual “cups”
- 1 baby gem lettuce, finely sliced
- 8 oz fine asparagus, chopped; tips reserved
- 3 hard boiled eggs, chopped
- ½ red onion, finely minced
- 2 tsp chives, finely minced
- 1 lemon, zest
- 3 tbsp olive oil
- 1 tsp salt

INGREDIENTS for the DRESSING:

- 2 eggs, hard boiled OR scrambled
- 4 tbsp yogurt, right for your type (see whether dairy, almond, soy or rice yogurt will be best for you)
- 1 tsp celery salt
- ½ - 1 tsp turmeric, ground
- ½ tsp coriander, ground
- 1 tbsp olive oil, optional



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Asparagus and Egg Chopped Salad

INSTRUCTIONS:

- 1.To prepare the chopped salad, mix the sliced gem lettuce, asparagus, red onion, chives and lemon zest in a bowl with the olive oil and salt. Reserve.
- 2.To prepare the dressing, pulse 2 eggs, yogurt and spices in a food processor until smooth and creamy. For a looser consistency add a little olive oil or more yogurt, and pulse to combine. Keep refrigerated.
- 3.To plate the salad, spoon the chopped vegetable mixture into lettuce “cups” and top with the creamy turmeric dressing, asparagus tips and 1 chopped or scrambled egg.



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Citrus Snap Pea Salad

By Abundance & Co

Right for all Types. Feel free to adjust!

INGREDIENTS:

- Handful of Snap peas
- 2 large pink grapefruits, segmented, pith removed
- 2 little gems, sliced
- Handful of arugula
- 1 bulb fennel, cored and finely sliced
- 1 shallot, finely sliced
- 1 bunch cilantro, chopped
- ½ cup toasted pumpkin seeds
- avocado (optional)

FOR THE DRESSING:

- 1/3 Cup apple cider vinegar OR white wine vinegar
- 2/3 Cup extra virgin olive oil
- 1 Tsp salt

INSTRUCTIONS:

On a large platter, layer the little gems, arugula, snap peas, avocado, citrus, fennel and shallots. Top with pumpkin seeds and chopped cilantro. In a small bowl, add apple cider vinegar and salt. Slowly whisk in the olive oil until combined. Pour the dressing over the salad and serve immediately.



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Kale & White Bean Minestrone Soup

By Pamela Salzman.

Right for all Types.

INGREDIENTS:

- 3 Tablespoons unrefined cold pressed extra-virgin olive oil
- 1 onion chopped
- 2 carrots peeled and chopped
- 2 stalks of celery chopped
- 6 cloves of garlic chopped
- 1 teaspoon fresh rosemary chopped (measure the rosemary, then chop)
- 3 ½ cups of cooked white beans such as Cannellini or Great Northern or 2 15-ounce cans, drained and rinsed* [click here to learn how to make your beans from scratch](#)
- 2 teaspoons sea salt. You will need about 3 teaspoons of salt if your stock is unsalted.
- 6 cups of chicken or vegetable stock preferably homemade or 4 cups stock + 2 cups water
- 6 cups of stemmed coarsely chopped kale or Swiss chard leaves



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Kale & White Bean Minestrone Soup

INSTRUCTIONS:

1. Warm oil in a large pot over medium heat. Add chopped onion, carrots, celery and garlic and sauté until tender and translucent, about 6-8 minutes.
2. Stir in theroosemary and cook for 2 minutes, or until fragrant.
3. Add the white beans and salt. Try to mash a few of the beans in the pot. This will help thicken the soup later.
4. Pour in the stock. Raise the heat to high and bring soup to a boil. Lower heat so that soup gently simmers and partially cover the pot. Simmer for 20 minutes (or longer if you want), or until vegetables are tender.
5. Stir in kale leaves and simmer another 8 minutes or until kale is tender. Taste for seasoning and serve with or without desired accompaniments.



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Rice Bowl with Eggs

Right for all Types.

INGREDIENTS:

- 2 tsp olive oil
- ½ cup Basmati or round rice (short-grained), rinsed
- ½ cup water
- 1 tsp sea salt
- 2-3 mushrooms, sliced thick
- 1 clove garlic, crushed
- 2 tbsp tamari (*Type O non-secretor omit*)
- 6-8 broccoli florets, steamed
- 2 eggs (boiled, scrambled, whichever you prefer)
- 3-4 sprigs fresh cilantro

OPTIONAL VEGETABLES:

- Carrots, thinly sliced or cut in ribbons with a peeler
- Zucchini, sliced or cut in batons
- Onions, thinly sliced

OPTIONAL TOPPINGS

- Spring onions for all blood types
- Sesame seeds for blood types O & A
- Chili flakes for blood types O, A non-secretor, B & AB
- Pickled ginger for blood type B
- Alfalfa sprouts for blood types A, B & AB



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Rice Bowl with Eggs

INSTRUCTIONS:

1. Heat 1 tsp of oil in a saucepan over medium heat. Add the rice and stir to coat in the oil. Add the water with the salt and mix well. When the water comes to a boil, reduce the heat to low, cover and cook for 20 minutes. When the rice is cooked, reserve.
2. In a non-stick dry pan over medium heat, cook the mushrooms until they lose some of their moisture (about 5 minutes), then add the remaining oil with the crushed garlic and cook for another 10 minutes until the mushrooms are crispy around the edges. Add the tamari and mix well. Add steamed broccoli florets. You can mix to coat with the tamari dressing or leave plain according to your preference.
3. Prepare your eggs however you prefer!
4. To plate, divide the rice in two shallow bowls. Top with broccoli and mushrooms and eggs.
5. Sprinkle the cilantro and toppings of your choice.



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Salad Jars

SALAD BASE INGREDIENTS FOR ALL TYPES:

- 1/4 cup kale, washed and chopped finely
- 1/4 cup romaine lettuce, washed and chopped
- 1/4 cup carrots, peeled and shredded
- 1/4 cup broccoli florets, washed
- 1/4 cup red onion, slices

PROTEIN (by Type):

- Type O: Roast beef, thinly sliced turkey breast, chicken, eggs
- Type A: Thinly slices turkey breast, eggs, chicken
- Type B: lamb, eggs
- Type AB: Thinly sliced turkey breast, eggs

TOPPINGS (by Type):

- Type O: Artichokes, pomegranate seeds, lima beans, tomatoes
- Type A: Avocado, chicken, sesame seeds, black beans, radish
- Type B: Shiitake mushrooms, kidney beans, oranges, sweet potatoes, cabbage
- Type AB: Tomatoes, green olives, pine nuts, edamame, lamb

INSTRUCTIONS:

1. In a mason jar, layer the kale and romaine lettuce at the bottom, followed by the carrots, broccoli and red onion.
2. Add your (pre-cooked) protein on top.
3. Finish with toppings of your choice.
4. Make the Right 4 All Types lemon salad dressing!



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Zesty Lemon Salad Dressing

Right for all Types.

INGREDIENTS

- the zest of 1 lemon
- the juice of 1 lemon
- 2-3 tbsp olive oil
- 1 clove garlic, crushed
- 1 tsp ground cumin
- 1 tsp paprika
- a pinch of sea salt

Mix together and add to your salad! Enjoy!



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White Bean Hummus

Right for all Types.

INGREDIENTS

- 1 cup canned white beans
- 2 to 4 cloves garlic (chopped)
- 2 tablespoons of fresh parsley (chopped)
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- 1 teaspoon sea salt

INSTRUCTIONS:

1. Put all ingredients except parsley in food processor and blend them together.
2. Add parsley at the end and chill for one hour before serving.



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Simple Salmon

Right for all Types.

INGREDIENTS

- 2 wild Alaskan salmon filets
- 7 oz broccoli
- 2 scallions, chopped in 1 inch lengths
- 1 garlic clove, thinly sliced
- Juice of a lemon + 2 slices
- ¼ cup olive oil
- 1 tablespoon chopped walnuts
- 6 Lettuce leaves, for serving
- A handful of fresh cilantro, for garnish

INSTRUCTIONS:

1. Preheat your oven to 325° F.
2. Lightly oil a skillet or oven tray. Place the salmon, broccoli, scallion, sliced garlic clove and (optional) chili flakes in the skillet/oven tray. Top salmon with lemon slices and drizzle some lemon juice and olive oil over the dish.
3. Bake for 20 minutes - depending on the thickness of your salmon fillets.
4. When your dinner is cooked, plate it over the lettuce leaves, and garnish with cilantro and walnuts. Enjoy warm!



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Sautéed Greens with Mushrooms

Adjust to your Type.

INGREDIENTS:

- kale bunch
- handful of spinach
- mushrooms, e.g. shiitakes and/or cremini, oyster, enoki
- handful of broccoli florets
- purple cabbage, cut in thin slices
- onion
- garlic
- ginger

DIRECTIONS:

Cut up half an onion and begin sautéing in a pan with olive oil. Chop up your veggies and add to the pan. Then add sea salt, minced garlic and ginger. Enjoy!



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Borscht

For Blood Type O.

INGREDIENTS:

- 1 pound beets (beetroot), peeled and grated
- 2 medium onions, thinly sliced
- 2 large carrots, peeled and grated
- 10oz white radish, grated
- 2 tablespoons extra virgin olive oil
- 5 cups vegetable stock
- Juice of 1/2 a lemon
- Salt to taste
- Finely chopped parsley to garnish

DIRECTIONS:

1. Wash and peel the vegetables as required.
2. Cut the onions in half, finely slice and set aside.
3. Shred the carrots, radishes and the raw beets separately and set aside.
4. Pick the leaves off the parsley sprigs and reserve.
5. In a large pot, bring the vegetable stock to the boil.
6. In a separate pot, heat the olive oil and sauté the onion until translucent.
Add the carrots and beets and stir over a medium fire, adding a little salt to taste in the process. Stir for about 5 to 8 minutes until the vegetables are cooked.
7. When the vegetables are soft, stir through the shredded radishes and ladle in the hot stock. Bring to a boil and simmer for 15 to 25 minutes, until the vegetables are tender.
8. Season to taste with some salt, a squeeze of lemon juice and a sprinkle of chopped parsley.



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Borscht

For Blood Type A.

INGREDIENTS:

- 1 pound beets (beetroot), peeled and grated
- 2 medium onions, thinly sliced
- 2 large carrots, peeled and grated
- 10oz white radish, grated
- 2 tablespoons extra virgin olive oil
- 5 cups vegetable stock
- Juice of 1/2 a lemon
- Salt to taste
- Sour cream (optional: avoid for type A non-secretor)
- Finely chopped parsley to garnish

DIRECTIONS:

1. Cut the onions in half, finely slice and set aside.
2. Shred the carrots, radishes and the raw beets separately and set aside.
3. Pick the leaves off the parsley sprigs and reserve.
4. In a large pot, bring the vegetable stock to the boil.
5. In a separate pot, heat the olive oil and sauté the onion until translucent.
Add the carrots and beets and stir over a medium fire, adding a little salt to taste in the process. Stir for about 5 to 8 minutes until the vegetables are cooked.
6. When the vegetables are soft, stir through the shredded radishes and ladle in the hot stock. Bring to a boil and simmer for 15 to 25 minutes, until the vegetables are tender.
7. Season to taste with some salt, a squeeze of lemon juice, a sprinkle of chopped parsley and a dollop of sour cream.



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Borscht

For Blood Type B.

INGREDIENTS:

- 1 pound beets (beetroot), peeled and grated
- 2 medium onions, thinly sliced
- 2 large carrots, peeled and grated
- 3/4 pound white cabbage finely sliced
- 2 tablespoons extra virgin olive oil
- 5 cups vegetable stock
- Juice of 1/2 a lemon
- Salt to taste
- Sour cream (optional)
- Finely chopped parsley to garnish

DIRECTIONS:

1. Cut the onions in half, finely slice and set aside.
2. Shred the carrots and the raw beets, set aside.
3. Thinly slice the cabbage and set aside.
4. Pick the leaves off the parsley sprigs and reserve.
5. In a large pot, bring the vegetable stock to the boil.
6. In a separate pot, heat the olive oil and sauté the onion until translucent. Add the carrots and beets and stir over a medium fire, adding a little salt to taste in the process. Stir for about 5 to 8 minutes until the vegetables are cooked.
7. When the vegetables are soft, stir through the sliced cabbage and ladle in the hot stock. Bring to a boil and simmer for 15 to 25 minutes, until the vegetables are tender.
8. Season to taste with some salt, a squeeze of lemon juice, a sprinkle of chopped parsley and a dollop of sour cream



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Borscht

For Blood Type AB.

INGREDIENTS:

- 1 pound beets (beetroot), peeled and grated
- 2 medium onions, thinly sliced
- 2 large carrots, peeled and grated
- 3/4 pound white cabbage finely sliced
- 2 tablespoons extra virgin olive oil
- 5 cups vegetable stock
- Juice of 1/2 a lemon
- Salt to taste
- Sour cream (optional)
- Finely chopped parsley to garnish

DIRECTIONS:

1. Cut the onions in half, finely slice and set aside.
2. Shred the carrots and the raw beets, set aside.
3. Thinly slice the cabbage and set aside.
4. Pick the leaves off the parsley sprigs and reserve.
5. In a large pot, bring the vegetable stock to the boil.
6. In a separate pot, heat the olive oil and sauté the onion until translucent.
Add the carrots and beets and stir over a medium fire, adding a little salt to taste in the process. Stir for about 5 to 8 minutes until the vegetables are cooked.
7. When the vegetables are soft, stir through the sliced cabbage and ladle in the hot stock. Bring to a boil and simmer for 15 to 25 minutes, until the vegetables are tender.
8. Season to taste with some salt, a squeeze of lemon juice, a sprinkle of chopped parsley and a dollop of sour cream.



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Kale, Broccoli & Apple Slaw

Right for all Types.

INGREDIENTS FOR THE SLAW:

- 1 medium broccoli head, stem and florets separated
- 1 red apple (*Apples are an Avoid for Type O non-secretor, substitute pears.*)
- 1 tbsp chia seeds
- The zest and juice of 1 lemon
- 1 cup cilantro or cilantro sprouts
- 1 tbsp sea salt

INGREDIENTS FOR THE DRESSING:

- 1 tbsp mustard powder + 1 tbsp water
- 3 tbsp olive oil
- 3 tbsp fresh apple juice (*Apple juice is an Avoid for Type O non-secretor, use pear juice.*)
- 1 garlic clove, crushed
- 1 tsp salt

INSTRUCTIONS FOR THE DRESSING:

1. In a small bowl, prepare the mustard by mixing the mustard powder and water into a paste.
2. Whisk in the olive oil, juice, garlic clove and salt and mix until combined.
3. Taste and adjust seasoning to your preference. If desired, loosen the dressing with a little more olive oil.
4. Reserve in a container, and refrigerate if needed for up to a week.



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Kale, Broccoli & Apple Slaw

INSTRUCTIONS FOR THE SLAW:

1. Grate or chop the broccoli stem into matchsticks. Reserve half of the florets and refrigerate the second half for use in another recipe.
2. Core and quarter the apple or pear, slice thinly and mix in a bowl with the lemon zest and juice to avoid browning. Strip the kale leaves from their stems.
3. Transfer the broccoli, kale, fruit and lemon juice mixture and cilantro in a large bowl, add the dressing and mix well. Sprinkle the chia seeds over the slaw. Refrigerate until ready to serve.



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Tuna Nicoise Salad

Adjust to your Type.

INGREDIENTS

For the tuna and potatoes:

- 1 lb piece of skinless tuna
- 1 lemon, sliced
- 5 baby potatoes, halved (*Types O and A: avoid potatoes!*)
- 1/3 cup olive oil
- 1 teaspoon salt

For the salad:

- 6oz cannelli beans
- 2 eggs
- 1/3 cups cherry tomatoes, halved
- 2/3 cup black olives
- 1 can anchovies in olive oil, drained (optional)
- 1 head butter or romaine lettuce

For the dressing:

- 1 shallot, chopped
- 1 tablespoon mustard
- 1/4 cup tablespoon apple cider vinegar
- 2/3 cup extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon honey



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Tuna Nicoise Salad

Adjust to your Type.

DIRECTIONS:

1. Preheat oven to 320F.
2. Oil a baking sheet well.
3. Season the tuna piece with salt and pepper on both sides.
4. Drizzle the tuna with half the olive oil and place the lemon slices on top of the tuna. Toss the potatoes in the remaining olive oil and salt and scatter around the salmon.
5. Cook for 25-30 min until the tuna is beginning to flake and just cooked through. Remove the tuna from the oven, leaving the potatoes in the oven. Turn the heat up to 400F and continue to roast the potatoes until they are well crisped.
6. Meanwhile, bring a pan of water to boil. Once it is boiling, add the eggs and cook for 8 minutes. Remove (but do not drain the water) and when cool, peel the eggs and slice in half.
7. Make the dressing by whisking all the ingredients together until well amalgamated.
8. Assemble the salad. On a large platter, layer the lettuce leaves, tomatoes, olives, anchovies, beans, eggs, and potatoes. Flake the tuna into large flakes and lay on top. Pour over the dressing and scatter over the chopped chives.



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Broccoli & Northern Bean Soup

Right for all Types.

INGREDIENTS:

- 1 tbsp olive oil
- 1 cup white onion, diced
- 2 heads broccoli
- 1 clove garlic, minced
- 1 can (15-oz) northern beans, drained and rinsed
- 2 cups vegetable stock
- 4 sprigs fresh thyme
- Sea salt, to taste
- 1 zucchini
- ¼ cup pine nuts (*Blood type B (secretor and non-secretor) swap for chopped almonds or walnuts*)

INSTRUCTIONS:

1. Heat 2 teaspoons olive oil in a large stockpot over medium heat, and sauté onion, 5 to 6 minutes.
2. Trim woody stems off broccoli and discard. Rough chop broccoli.
3. Add broccoli to the onions along with zucchini, garlic, beans, stock, and thyme. Bring to a boil, reduce heat, and simmer for 15 minutes, until vegetables are tender and easily pierced with a fork but not falling apart.
4. Puree soup using an immersion blender, or in batches using a stand blender. Soup should be thick and creamy, but easily run off a spoon. Add water or additional stock if you prefer a thinner consistency. Season with sea salt, to taste.
5. Heat remaining 1 teaspoon olive oil in a small skillet over medium heat. Toast pine nuts for 2 to 3 minutes, or until golden brown.
6. Serve soup hot, topped with toasted pine nuts.*



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Tuscan Fennel Salad

By Elissa Goodman.

Adjust for your Type!

SALAD INGREDIENTS:

- 3 cups of fennel
- 2 cup radicchio
- 5 cup arugula
- 2 cups of white beans
- 1/2 cup parsley, chopped
- 1/2 cup dill, chopped
- 2 cups artichoke hearts, quartered (*Substitute artichokes for green beans for B & AB Blood Types!*)
- 2 T pine nuts

CITRUS VINAIGRETTE INGREDIENTS:

- 2 lemons zest and juice
- 1 tsp apple cider vinegar
- 1 clove garlic
- 1 tsp honey
- 1/2 tsp Dijon mustard
- pinch Herbarmare seasoning
- 1/3 cup extra virgin olive oil

INSTRUCTIONS:

Slice the fennel bulb thin on a mandolin or with a sharp knife. Place half the herbs, radicchio and arugula in a bowl. Divide the salad and evenly distribute the fennel, 1/4 cup artichokes (or green beans), 1/4 cup white beans, and 1/2 tbs pine nuts. Add the lemon, apple cider vinegar, garlic, honey, dijon mustard, herbarmare, and olive oil into a blender and emulsify. Toss the salad with the citrus vinaigrette!



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Mushroom Soup

Right for all Types.

INGREDIENTS:

- 2 tablespoons ghee
- 2 tablespoons olive oil
- 1 medium onion, diced (about 1½ cups)
- 4 garlic cloves, minced
- 1 pound right-for-your-type, fresh mushrooms, wiped clean and sliced thin (about 5 cups)
- 2 tablespoons and 1 teaspoon of fresh thyme leaves
- Salt
- 4 cups right-for-your-type broth (chicken, beef or vegetable)
- 3 tablespoons dry sherry, if desired
- ¼ cup right-for-your-type milk (soy, almond or rice)



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Overnight Quinoa

Right for all Types.

INGREDIENTS:

- ½ cup quinoa
- 1 cup water
- 1-2 tbsp chia seeds
- berries
- 1 cup almond milk (*Type O non-secretors substitute with rice milk*)
- 1 tbsp agave syrup
- Fresh vanilla bean (*Vanilla bean is an avoid for Type O non-secretors*)

Suggested toppings that are right for all types include fresh figs, walnuts or a drizzle of Carob extract. If you are Type O or B, banana goes particularly well with this recipe.

INSTRUCTIONS:

1. Rinse the quinoa in a fine sieve under running water.
2. Cook the quinoa in a saucepan with the water, for 12-15 minutes over medium heat.
3. In a resealable bowl, mix together ½ cup of cooked quinoa, chia seeds, almond milk and agave syrup until combined. Seal and refrigerate overnight.
4. To serve, layer the overnight quinoa mix with your favorite berries and enjoy!



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Turkey Burgers with Garlic Spread

Right for all Types.

INGREDIENTS FOR BURGERS:

- 20 oz lean ground turkey
- 1 tsp cumin seeds, ground
- 2 tsp sweet paprika
- 1 tsp coriander seeds, ground
- 1 garlic clove, crushed
- 1 tsp sea salt
- 1-2 tbsp olive oil for grilling
- 2 tsp garlic spread (see recipe below). You may want extra spread for serving.
- Optional: Hamburger buns made from right-for-your-type flour, or use large lettuce leaves to wrap your burger.

INGREDIENTS FOR GARLIC SPREAD:

- The cloves of a whole garlic bulb
- 2 tsp sea salt
- $\frac{3}{4}$ cup fresh lemon juice and zest (approximately 4 lemons)
- $\frac{3}{4}$ cup extra-virgin olive oil
- 2 tsp sweet paprika
- 1 tbsp fresh oregano, chopped



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Turkey Burgers with Garlic Spread

Right for all Types.

INSTRUCTIONS FOR BURGERS:

- Preheat your grill to 400°F.
- In a bowl, knead the ground turkey, cumin, paprika, coriander, garlic and sea salt until fully combined.
- Shape 4 burger patties, about 5 oz. each.
- With a spoon or a brush, slather about ½ tsp of the garlic spread (recipe below) evenly across each burger.
- Lightly brush the surface of the grill with olive oil. Cook covered for 4-5 minutes on each side. Check the internal temperature of the burgers with a meat thermometer. When it reaches 165°F, they are ready to eat.
- Serve with right-for-your-type bread buns or lettuce wraps. Top with extra garlic spread. Enjoy with onion slaw and other sides of your choice.

INSTRUCTIONS FOR GARLIC SPREAD:

1. Peel the garlic cloves and place on a cutting/chopping board. Sprinkle with salt. Use the flat blade of a knife to crush the cloves. Then press them against the board in a circular motion to puree.
2. When completely mashed, scrape the garlic into a bowl and slowly mix in the lemon juice, zest and olive oil until combined.
3. Add the paprika and oregano and mix well.



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Other Food Notes

Coffee

Feel free to drink black organic coffee (no milk or sugar) during the Cleanse if that's your regular habit unless you are trying to give it up, have negative reactions when you drink it. Studies have shown regular, long-term coffee consumption may have a protective effect on liver enzyme levels in people.

Tea

Green Tea has beneficial polyphenols and an aid in digestion. Feel free to have green tea in the afternoons.

If you want to make your own herbal tea blend, I recommend using: dandelion, turmeric, burdock, milk thistle, and other immune boosting herbs.

Nuts

May be another simple way to keep the liver healthy. Nuts generally contain unsaturated fatty acids, vitamin E, and antioxidants. These compounds may help reduce inflammation and oxidative stress and prevent NAFLD (non alcoholic fatty liver disease primarily caused by obesity, type II diabetes, dyslipidemia, and insulin resistance).

THE BOOK OF LYMPH Pages 20-279 contain more info on beneficial foods & herbs for The Lymphatic System. Get the book [**HERE**](#).



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*May you be in good
Lymphatic Health always,*

Xx Lisa Levitt Gainsley

