

Vegan Meal Plans & Recipes

3 Day Vegan Liquid Cleanse

	Day 1	Day 2	Day 3
Upon Waking	Morning Detox Drink of Choice	Morning Detox Drink of Choice	Morning Detox Drink of Choice
Breakfast	Liver Lovin' Smoothie	Berry Fields Smoothie	Banana Chocolate Bliss Smoothie

Lunch	Roasted Garlic & Parsley Soup	Creamy Turmeric Squash Soup	Super Green & Bean Soup
Dinner	Creamy Cauliflower & Cashew Soup	Spiced Lentil Soup	Creamy Carrot Miso Ginger Soup (2 servings)

7 Day Post Liquid Cleanse Vegan Detox Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Waking	Morning Detox Drink of Choice	Morning Detox Drink of Choice	Morning Detox Drink of Choice	Morning Detox Drink of Choice	Morning Detox Drink of Choice	Morning Detox Drink of Choice	Morning Detox Drink of Choice
Breakfast	Warm & Nutty Chia Cinnamon Quinoa	Vegan Frittata	Leftovers: Warm & Nutty Chia Cinnamon Quinoa	Leftovers: Vegan Frittata	Breakfast Buddha Bowl	Coconut Yogurt Parfait	Leftovers: Breakfast Buddha Bowl
Lunch	Leftovers: Cup of Carrot Miso Ginger Soup with Brown Rice & Field Green Salad	Leftovers: Chickpea Pancake with Steamed Broccoli	Leftovers: Creamy Lentil Veggie Bowl	Leftovers: Creamy Garlic Baby Kale with Crispy Chickpeas & Sweet Potato	Leftovers: Veggie Spring Roll Buddha Bowl	Leftovers: Super Simple Dahl with Brown Rice & Field Green Salad	Leftovers: One Pan Salmon Dinner with Roasted Vegetables
Dinner	Chickpea Pancake with Steamed Broccoli	Creamy Lentil Veggie Bowl	Creamy Garlic Baby Kale with Crispy Chickpeas & Sweet Potato	Veggie Spring Roll Buddha Bowl	Super Simple Dahl with Brown Rice & Field Green Salad	Sheet Pan Roasted Veggie Buddha Bowl	Kung Pao Broccoli with Buckwheat Soba Noodles
Something Sweet	Coconut Chia Seed Pudding	Almond Butter Dark Chocolate Mousse	Golden Milk	Hasselback Baked Apples	Carrot Cake Bites	Toasted Dairy-Free Coconut Hot Chocolate	Apple "Nachos"

Morning Detox Drinks

Homemade Peppermint Tea

Yield: 1-2 servings

Peppermint is a **Detox Superfood** as it is very effective in reducing internal inflammation, supporting immunity, helping combat digestive symptoms of IBS like bloating or colic. Adding 1 to 2 cups of peppermint tea to your day will result in Improved digestion and frequent urination will improve liver function and even support weight loss! You can make homemade peppermint tea as directed below or check your local health food store for a good quality, organic peppermint tea instead.

Ingredients:

- 4 tablespoons dry peppermint leaf or fresh shredded mint or 1 tea bag
- 2 cups very hot water

Preparation:

1. Bring water to boiling
2. Pour into a mug and add the tea bag or steeping ball filled with fresh or loose dried leaves.
3. Allow to steep, covered, for 5 minutes.
4. Remove bag or steeping ball and enjoy!

Roasted Dandelion Root Tea

Yield: 1-2 servings

Dandelions are an unexpectedly nutrient-dense and anti-inflammatory plant. It is a diuretic (which helps your liver clear more toxins) as well as supporting the liver in its production of enzymes and bile (necessary for digestion). You can harvest fresh dandelions right from your front yard (if you haven't used a lawn pesticide in several years) or you find bulk roasted dandelion roots in your local health or herb store. Many health food stores also have good quality tea in bags. Cinnamon is also a **Detox Superfood** that helps to balance blood sugar and support digestion.

Ingredients:

- 1 ½ tablespoons roasted dandelion roots or 1 tea bag
- 1 pinch of ground cinnamon
- 2 cups very hot water

Preparation

1. Bring water to boiling
2. Pour into a mug and add the tea bag or steeping ball filled with loose dried roots
3. Allow to steep, covered, for 10-15 minutes.
4. Remove bag or steeping ball and add a pinch of cinnamon
5. Enjoy!

Hot Water with Lemon and Apple Cider Vinegar

Yield: 1-2 servings

Apple cider vinegar and fresh lemon are both **Detox Superfoods!** They both contain properties that “trick” the liver into producing more bile which in turns helps the body rid itself of toxins. Cayenne can be added to really get the blood flowing!

Ingredients

- 1 tablespoon raw, unfiltered apple cider vinegar
- 1 lemon; juiced
- 1/8 teaspoon cayenne pepper (optional)
- 1/2 tablespoon raw local honey (optional)
- 1 cup of hot water

Directions

1. Heat water to boiling
2. Add all ingredients (except water) to a mug
3. Pour hot water into the mug and stir
4. Enjoy!

Turmeric “Tea”

Yield: 1-2 servings

Turmeric is a **Detox Superfood!** It is a bright yellow herb that is famous for its anti-inflammatory properties. Turmeric contains the active ingredient curcumin which is a proven antioxidant with antiviral and antibacterial properties. Several studies also show that curcumin has a protective effect on the liver and aids in the production of bile (necessary for fat digestion). Black pepper has been shown to improve the absorption of curcumin! You can often find good quality organic turmeric tea in bags at your health food store! To make from scratch, see the recipe below!

Ingredients

- 1-2 cups hot water
- ½ teaspoon of ground, grated or powdered turmeric
- Pinch of fresh ground black pepper
- 1 tablespoon coconut/almond or cashew milk (optional)
- ½ tablespoon raw local honey (optional)

Directions

1. Boil 1-2 cups of water on the stove.
2. Add 2 teaspoons of turmeric and a pinch of ground black pepper and stir.
3. Simmer for about 5 to 10 minutes.
4. Strain the tea into a mug using a fine wire mesh strainer
5. Add in honey and your milk of choice to taste.
6. Enjoy!

Ginger Tea

Yield: varies depending on method

Ginger is a **Detox Superfood** that's massively anti-inflammatory as well as anti-bacterial, anti-viral and anti-microbial! In addition to reducing inflammation and supporting immunity, ginger also increases the production of gastric juices which can increase nutrient absorption. The more efficiently your digestive system is working - the more toxins its eliminating!

Slow Cooker Option

Yield: up to 16 cups of ginger tea

Ingredients

- 2 thumbs of fresh peeled ginger; coarsely chopped
- 4 cups of water
- 1 tablespoon of fresh lemon juice (optional)
- ½ tablespoon of raw local honey (optional)

Directions

1. Add the coarsely chopped fresh ginger to your slow cooker
2. Cover with 4 cups of water
3. Turn slow cooker on "low" and leave overnight (6-8 hours)
4. In the morning, pour the ginger concentrate into mason or other storage jars and store in the fridge for up to 2 weeks
5. To make ginger tea, add 1 tablespoon of the ginger concentrate to 1 cup of hot water. Add fresh lemon juice or raw local honey to taste.
6. Enjoy!

Kettle Option

Yield: 1-2 servings

Ingredients

- 1 tablespoon of fresh grated ginger
- 2 cups of hot water
- 1 tablespoon of fresh lemon juice (optional)
- ½ tablespoon of raw local honey (optional)

Preparation

1. Bring the water to a boil in the kettle
2. Add fresh grated ginger to a mug or glass measuring cup and add the boiling water
3. Let sit for 10 minutes
4. Strain out the fresh ginger and add fresh lemon juice or raw local honey to taste
5. Enjoy!

Water with a Pinch of Sea Salt and a Squeeze of Lemon

Yield: 2 servings

Lemon is a double whammy **Detox Superfood!** Fresh lemon juice helps to support increased production of gastric juices (aka better digestion) and the bitter oil from the rind acts to support optimal liver function and bile production. Sea salt is full of important electrolytes to ensure that your body is properly hydrated - that the water you're drinking is actually entering your cells and not just hanging out in between your cells. Ensuring your body is hydrated is KEY for supporting detoxification.

Ingredients

- 2 cups of filtered water
- Pinch of good quality sea salt
- 1 teaspoon of fresh lemon juice

Directions:

1. Add all ingredients into a glass measuring cup or large glass mason jar
2. Stir
3. Enjoy!

Nettle Tea

Yield: 1-2 servings

Tea made from stinging nettle leaves is best known for helping with allergies but those same properties also make it a great detox drink! Nettle anti-inflammatory, acts a diuretic which means it helps to flush out any water retention, helps to stabilize blood sugar (so your liver can kick it up a notch with other things,) helps with electrolyte balance and acts as a blood tonic.

Ingredients:

- 2 tablespoons dried nettle leaves or 1 tea bag
- 2 cups very hot water
- 1 tablespoon of fresh lemon juice (optional)
- ½ tablespoon of raw local honey (optional)

Preparation

1. Bring water to boiling
2. Pour into a mug and add the tea bag or steeping ball filled with loose dried leaves
6. Allow to steep, covered, for 5-10 minutes.
7. Remove bag or steeping ball and the fresh lemon juice or raw local honey to taste.
8. Enjoy!

Smoothies

Liver Lovin' Smoothie

Yield: 1 generous serving or 2 small servings

This is the green smoothie for people who hate green smoothies! The ginger, lemon juice, coconut oil and chia seeds are all **Detox Superfoods** and give you a light refreshing smoothies.

Ingredients

- ½ cup kale or spinach
- 1 small green apple, cored and roughly chopped
- ½ a medium sized English cucumber, roughly chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh grated ginger
- ½ tablespoon coconut oil
- 1 tablespoon chia seeds
- 4-5 ice cubes
- 2 teaspoons maple syrup (optional)

Directions

1. Place all ingredients except maple syrup and ice into a blender and blend on high until very smooth. Blend in ice and maple syrup (if using) to taste.
2. Enjoy!

Berry Fields Smoothie

Yield: 1 generous serving or 2 small servings

Coconut oil is a **Detox Superfood** as it will speed up your metabolism and improve your adrenal and thyroid health. It also contains lauric acid, which is anti-bacterial, anti-viral, and anti-fungal. Lemon rind is a **Detox Superfood** as its bitter compounds act to support the liver.

Ingredients

- ½ cup of fresh or frozen berries (raspberries, strawberries, blueberries or cranberries)
- ½ a frozen banana (or unfrozen if that's what you have on hand)
- 1 tbsp chia seeds
- 1 cup water
- 1 teaspoon grated lemon peel
- 1 teaspoon raw coconut oil
- ½ scoop good quality plant-based protein powder
- 2 teaspoons of maple syrup or raw local honey (optional)

Directions

Put all ingredients into a blender and blend well.

Banana Chocolate Bliss Smoothie

Yield: 1 generous serving or 2 small servings

Sea vegetables are a fabulous **Detox Superfood** and sneaking it into a chocolate banana smoothie means you won't even notice it's there! Sea vegetables are rich in elemental minerals and nourish our adrenals and thyroid. Of all the sea vegetables, dulse is the mildest in flavour and the highest in mineral content! Dried dulse can be found at most health food stores.

Ingredients

½ a frozen banana (or unfrozen if that's what you have on hand)
1 cup almond milk or ½ cup coconut milk and ½ cup water
1 tablespoon organic cacao nibs (or more to taste)
1 tablespoon chia seeds
1 teaspoon raw organic coconut oil
½ scoop good quality plant-based protein powder
2 teaspoons of dulse seaweed
2 teaspoons of maple syrup or raw local honey (optional)

Directions

Blend together and enjoy!

Soups

Vegan Vegetable Protein Broth

Yield: 8 cups of broth

This will be the broth that you will use as a base for all of your soups. It seems like a lot of ingredients but it's just chopping and tossing into the crockpot or instant pot! This broth is chock full of **Detox Superfoods** designed to nourish your body while it goes through this process of detoxification. Key ingredients are the kombu (go sea vegetables!) and the dried shiitake mushrooms which help support immune function. Dried shiitakes can be found at most asian grocery stores.

- 10 cups of filtered water
- 1 tablespoon coconut oil
- 2 small garlic cloves, finely chopped
- 1 knob ginger, finely chopped
- 1 onion, chopped
- 1 leek, finely chopped
- 2 celery sticks, chopped
- 2 carrots, chopped
- 1 cup of greens (kale, broccoli, or collards)
- 1 tablespoon apple cider vinegar (or juice of ½ a lemon)
- 2, 4-inch pieces of kombu (an edible sea vegetable)
- 1 cup dried shiitake mushrooms
- 2 teaspoons of turmeric powder
- ½ cup fresh parsley leaves
- 1 teaspoon sea salt
- ½ teaspoon of black pepper

Directions

1. Add all ingredients to a slow cooker and put on low heat for 6-8 hours. Alternatively, you can use an Instant Pot and choose the "soup" setting. On the stovetop, put all ingredients into a big pot and bring to a bowl and then turn down the heat and let it simmer for 2 hours.
2. After the broth is done, let cool and store in the refrigerator for use over the next few days. If you are making it ahead of time, freeze in 1 cup portions.

Roasted Garlic and Parsley Soup

Yield: 1 generous portion

Parsley is a **Detox Superfood!** It relieves bloating and gas, stimulates digestive and thyroid function. It supports bladder and kidney health, as well as being an anti-parasitic and an antioxidant with alkalizing properties.

Ingredients

- 1 tablespoon of avocado oil or coconut oil
- 6 cloves of garlic
- 1 cup of cauliflower; coarsely chopped
- 1 cup Vegan Protein broth
- ½ cup of filtered water
- 1 cup of fresh parsley
- 1 teaspoon sea salt
- Pinch of fresh ground pepper

Directions

1. Preheat the oven to 350°F.
2. Place the unpeeled cloves of garlic on an unbleached parchment lined baking tray with an oven-proof bowl over them.
3. Bake for 45 - 60 minutes, or until the centers of the cloves are oozing.
4. Remove from the oven to cool for 10-15 minutes.
5. Peel the garlic slowly to remove the soft cloves.
6. Add all ingredients to a pot and use an immersion blender to emulsify OR use a high speed blender.
7. Before serving, heat the soup in a pot on the stove for 10 minutes on medium heat or until the soup is steaming.
8. Add sea salt and fresh ground pepper to taste.

Creamy Cauliflower & Cashew Soup

Yield: 1 serving

Cauliflower is a key **Detox Superfood!** It is a good source of fiber which helps to bind to toxins. It contains antioxidants that support Phase 1 liver detoxification along with sulfur-containing nutrients important for Phase 2 detox activities. The glucosinolates in cauliflower also activate detoxification enzymes.

Ingredients

- 1 ½ tablespoons raw cashews
- 1 tablespoon diced red onion s
- 1 tablespoon chopped bell pepper
- ½ tablespoon avocado oil or coconut oil
- 1 tablespoon chopped celery
- 1 tablespoon chopped carrot
- 1 small clove garlic, minced
- 1 cup cauliflower, chopped
- 1 cup Vegan Protein Broth
- 1 sprigs fresh thyme, to taste
- 1 teaspoon sea salt (more or less to taste)
- Freshly ground black pepper

Directions

1. Preheat oven to 400F.
2. Place cashews in a bowl and cover with warm water. Set aside.
3. Toss the red onion, bell pepper, carrots, celery and cauliflower in oil and place on a baking sheet lined with parchment paper. Bake for 25-30 minutes or until veggies are golden and the cauliflower and carrots are tender.
4. Drain the cashews and place them in a high-speed blender. Add roasted vegetables, thyme, and Vegan Protein Broth. Blend until completely smooth.
5. Season with sea salt, pepper, and thyme to taste.
6. Heat and enjoy!

Creamy Turmeric Squash Soup

Yield: 1 serving

Believe it or not, squash is a **Detox Superfood!** All types of squash help support detox by adding fiber along with key vitamins and minerals like vitamin C, vitamin A and potassium.

Ingredients

- 3/4 cup cooked butternut squash
- 2 teaspoons shredded fresh ginger, peeled
- 1 tablespoon onion, diced
- 1 teaspoon coconut oil
- 1 cup Vegan Protein Broth
- 2 tablespoons coconut milk
- Sea salt and fresh ground pepper, to taste
- ½ teaspoon ground turmeric
- 1 tablespoon pumpkin seeds
- 1 tablespoon fresh cilantro

1. In a medium sized pot, saute the ginger and onion in coconut oil over medium heat until fragrant (about 3 minutes)
2. Add the vegan “bone” broth and bring to a boil.
3. Add the cooked butternut squash.
4. Stir in the coconut milk.
5. Add the salt, pepper, and turmeric.
6. Use an immersion blender to blend to a smooth puree or a high speed blender.
7. Serve with the pumpkin seeds and fresh cilantro as garnish
8. Enjoy!

Spiced Lentil Soup

Yield: 1 serving

Dark leafy greens are some of the most powerful **Detox Superfoods** on the planet. Greens like kale, collards and spinach have a bitter and astringent taste which stimulates the action of scraping excess toxins and moving them along to be eliminated. Greens are also rich in chlorophyll which oxygenates and alkalizes your blood.

Ingredients

- ½ tablespoon avocado oil or coconut oil
- ½ clove garlic minced
- ½ small white onion diced
- 1 small carrot sliced thinly
- 1 small stalk celery sliced thinly
- 1 teaspoon sea salt
- 1 teaspoon fresh ground pepper
- 1 cup Vegan Protein Broth
- 1 small spring fresh rosemary
- ¼ cup uncooked green lentils (washed and drained)
- ½ cup chopped kale (washed)

Directions

1. Sauté the onions in a small saucepan with the avocado oil or coconut oil until the onions begin to be see through. Add the minced garlic and fresh thyme and continue cooking for 2-3 minutes or until the garlic is fragrant.
2. Add the onions, garlic and all ingredients except the kale to a slow cooker. Put on low heat for 6-8 hours.
3. Thirty minutes before the time is up - add the kale to the slow cooker to wilt.
4. When the slow cooker is done, use an immersion blender or high speed blender to blend until smooth.
5. Reheat before serving and enjoy!

Super Green and Bean Soup

Yield: 1 serving

Herbs are some of the most powerful **Detox Superfoods!** Rosemary was used in ancient times to purify the air and for its antiseptic properties. It is a well-established antioxidant and has been shown to prevent mutations in your DNA particularly in the liver and the lungs.

Ingredients

- 2 tablespoons avocado oil or coconut oil
- ½ medium yellow onion, minced
- 1 teaspoon fresh garlic, crushed
- 1 teaspoon dried rosemary
- ½ a small lemon, juiced
- 1 cup Vegan Protein Broth
- ½ cup cooked cannellini beans (either soaked and cooked from dry or canned)
- ½ cup (loosely-packed) greens (spinach, baby kale or chard) without the stems and in small pieces
- Sea salt and freshly-ground black pepper, to taste

Directions

1. Heat 1 tablespoon avocado oil or coconut oil in a medium sized pot over medium heat.
2. Add the onion and cook until it is just starting to caramelize (brown)
3. Add the garlic and cook for another minute or two.
4. Add the remaining 1 tablespoon of oil and then add the rosemary.
5. Add the lemon juice followed by the Vegan Protein Broth and stir .
6. Put on a lid and bring to a boil. Then turn it on low and let simmer uncovered for about 15 minutes.
7. Add sea salt and pepper to taste. Season with salt and pepper, to taste.
Add the white beans and continue to simmer until warmed about 3-5 minutes.
8. Using an immersion blender or a standing blender, blend until smooth.
9. Add the leafy greens just before serving.

Creamy Carrot Miso Ginger Soup

Yield: 2 servings

Like we learned when making ginger tea, ginger is a **Detox Superfood**. It reduces inflammation and supports immunity while also increasing the production of gastric juices which can increase nutrient absorption. The more efficiently your digestive system is working - the more toxins its eliminating!

Ingredients

½ tablespoon avocado oil or coconut oil
2 large carrots, thinly sliced
½ large onion, finely chopped
2 garlic cloves, peeled and smashed
½ tablespoon grated ginger
2 cups Vegan Protein Broth
2 tablespoons gluten free miso paste, or more to taste
1 teaspoon of sesame oil (divided in two)
1 teaspoon finely sliced green onions (divided in two)
1 teaspoon of sesame seeds (divided in two)

Directions

1. Heat oil in a large saucepan over medium heat. Add carrots, onion and garlic and sauté for 7-10 minutes or until the onion begins to be translucent.
2. Add Vegan Protein Broth and grated ginger.
3. Cover and cook on low heat until carrots are tender when pierced which will be about 20 minutes.
4. When the soup is done, use an immersion blender or high speed blender to blend until smooth.
5. Separate into 1 bowl and 1 tupperware container for lunch tomorrow.
6. Garnish both with sesame oil, sesame seeds and green onions.

Breakfasts

Warm & Nutty Chia Cinnamon Quinoa

Yield: 2 servings

Warm and nutty cinnamon quinoa is a hearty, protein packed vegan breakfast to start your day and a nice alternative to oatmeal! The chia seeds add some good fat and protein to balance things out.

Ingredients

- 1/2 cup almond/cashew or coconut milk
- 1/4 cup of water
- 1 cups rinsed, cooked quinoa
- 1 cup fresh berries (blackberries, raspberries, strawberries or cranberries)
- 1/4 teaspoon organic ground cinnamon
- 1/4 cup chopped raw organic nuts (pecans, slivered almonds, walnut pieces)
- 1 teaspoons chia seeds
- 1/2 teaspoon raw local honey

Directions

1. Combine almond/cashew or coconut milk, water and quinoa in a medium saucepan.
2. Put on medium heat until most of the liquid had been absorbed and the quinoa is steaming.
3. Turn off heat; let stand covered 5 minutes.
4. Stir in the chia seeds and cinnamon.
5. Transfer 1 serving to a bowl and top with raw nuts and berries.
6. Drizzle a ¼ teaspoon of honey over this serving.
7. Put 1 serving of quinoa, nuts, cinnamon and berries aside in the fridge for breakfast in two days.

Vegan Frittata

Yield: 2 servings

The avocado is a **Detox Superfoods** in this dish! Avocados are full of monosaturated fat which helps support weight loss as well as tons of fiber which helps to bind to toxins and facilitate elimination.

Ingredients

- ½ tablespoon avocado oil or coconut oil
- ½ medium onion, sliced thin
- 1 medium zucchini, cut into small chunks
- ½ a red pepper, diced in large pieces
- Handful of baby spinach
- Sea salt & pepper to taste
- ¾ cups chickpea flour
- ¾ to 1½ cups water
- 1 teaspoon of tahini
- ½ a medium avocado; sliced

Directions

1. Preheat the oven or toaster oven to 350°F.
2. Heat avocado or coconut oil in a large cast iron (or any other oven friendly) frying pan at low-medium heat.
3. Add diced onion and cook for 3 min until they start to be see-through. Then add the zucchini and red pepper and cook until they start to soften and sprinkle with sea salt and pepper
4. Mix chickpea flour with 1/4 tsp salt and ¾ cup water. You want a relatively thin batter: if you spoon up some batter it should fall off the spoon easily. If the batter is too thick, add water ¼ cup at a time until you reach the desired consistency.
5. Add a handful of spinach to the mix, and let the greens wilt and cook down.
6. Add the chickpea batter, mixing the batter and the vegetables together until the batter starts to set.
7. Cover and let cook for about 3 minutes.
8. Once the batter has almost hardened all the way through, put the frying pan in the oven
9. Leave frittata in the oven for 5-10 minutes or until the liquid is gone (you can test this by sticking a fork in the center and seeing if there is liquid).
10. Remove to a plate, and let cool. Top with tahini and avocado, give an extra sprinkle of salt/pepper and enjoy!

Breakfast Buddha Bowl

Yield: 2 servings

Coconut oil is a **Detox Superfood** that will speed up your metabolism and improve your adrenal and thyroid health. It also contains lauric acid, which is anti-bacterial, anti-viral, and anti-fungal. Coconut oil is a terrific choice for frying as it supports high heat.

Ingredients

- 1 tablespoons avocado oil or coconut oil
- 1 medium sweet potato, cut into 1 inch cubes
- 2 cloves garlic, minced
- 1 small green bell pepper, coarsely chopped
- 1 small bunch broccoli
- ½ cup yellow onions, coarsely chopped
- ½ cup chickpeas (soaked overnight from dry and cooked on the stovetop or canned)
- 1 teaspoon hemp hearts
- 1 cup baby spinach
- 1 avocado, halved
- 2 teaspoons sesame seeds
- Salt and pepper

Directions

1. Preheat oven to 425 and line a large baking sheet with parchment paper.
2. Toss the sweet potatoes with the oil, garlic, bell pepper, salt and pepper, and spread in an even layer onto the left half of baking sheet.
3. Do the same with broccoli and chickpeas but place them separately onto right half of the pan.
4. Roast veggies for about 25 minutes, tossing halfway, until sweet potatoes are fork tender and the chickpeas are a bit crispy.
5. To assemble the bowl, add half of all ingredients in the following order - spinach, followed by sweet potatoes, broccolini, bell pepper, onions, avocado, chickpeas, and top with hemp hearts and sesame seeds and freshly cracked pepper.
6. Put the other half of the ingredients into a glass tupperware container and place in the fridge for breakfast in two days.

Coconut Yogurt Parfait

Yield: 1 serving

Chia seeds are a **Detox Superfood** and full of omega 3 fatty acids and lots of soluble fibre. Fibre is an important part of detoxification as it binds to the toxins and helps them pass through the intestinal tract. Berries are the best detox fruit choice as they are lowest in sugar and highest in fibre! Coconut yogurt can be purchased at most health food stores - just check the ingredients. The fewer ingredients the better!

Ingredients

- 1 cup of unsweetened plain coconut yogurt
- ½ cup of fresh or frozen berries (raspberries, strawberries, blueberries or cranberries)
- 2 teaspoons of chia seeds
- 1 tablespoon pumpkin seeds, sunflower seeds or sliced almonds (your favourite crunchy topping!)
- 1 teaspoon maple syrup (optional)

Directions

1. Place half a cup of the yogurt in a bowl or mason jar.
2. Add the 2 teaspoons of chia seeds.
3. Add the rest of the yogurt on top of the chia seeds.
4. Add the berries and nuts or seeds to the top of the dish.
5. Let sit for 10 minutes before serving.
6. Enjoy!

Main Dishes

Cooked Rice

Yield: 1 serving

Choosing complex carbohydrates like brown rice instead of simple starches like bread and pasta means more fiber and more stable blood sugar! And it also means your liver can focus on detoxification! This recipe can be followed for brown rice or wild rice. Same steps apply.

Ingredients

¼ cup rice
¼ cup water
Pinch of sea salt

Directions

1. Add both water and rice and sea salt to an Instant Pot or rice cooker and choose the “rice” option.
2. For the stovetop, bring the water to boiling, add rice and sea salt and cook over medium heat for 15 minutes or until the liquid has evaporated

Field Green Salad

Yield: 1 serving

Leafy greens are key **Detox Superfoods!** Adding a side salad to all your meals will immediately mean your body steps up its detoxification processes.

Ingredients

- 1 cup of greens (spinach, mixed greens, arugula, romaine etc)
- ½ tablespoon cucumber, chopped finely
- ½ tablespoon tomato, chopped finely
- ½ tablespoon raw pumpkin seeds
- 1 tablespoon olive oil or avocado oil
- ½ tablespoon fresh lemon juice

- Pinch sea salt

Directions:

1. Combine the first four ingredients in a bowl and set aside.
2. Add the oil, lemon juice and sea salt to a small measuring cup and whisk until emulsified.
3. Drizzle over the greens and vegetables.
4. Serve immediately and enjoy!

Steamed Broccoli

Yield: 1 serving

Broccoli is one of the BEST **Detox Superfoods** as it contains the dynamic trio of nutrients glucoraphanin, gluconasturtiin and glucobrassicin which neutralize and eliminate unwanted contaminants, leaving your body lighter.

Ingredients

1 ½ cups of broccoli

Directions

1. Cut the crowns away from the stems on the broccoli. Chop the crowns up into 2 inch sized pieces. Rinse the broccoli thoroughly.
2. Place ¾ to 1 inch of water in a saucepan bring to a boil. Add the broccoli and cover with a lid. Cook for 2 minutes or until the broccoli goes bright green.
3. Drain and set aside.

Roasted Sweet Potato

Yield: 1 serving

High fiber foods = **Detox Superfoods!** Sweet potatoes also help you feel full and satisfied.

Ingredients

- 1 cup chopped sweet potato
- ½ tablespoon avocado or coconut oil
- Pinch sea salt

Directions

1. Preheat oven to 425°F
2. Toss the sweet potatoes with the oil and sea salt and put on a parchment paper covered pan
3. Roast for 30-35 minutes.
4. Serve warm and enjoy!

Chickpea Pancake with Avocado, Salsa and Steamed Broccoli

Yield: 2 servings

When choosing an oil to cook with, always consider its smoke point! High heat can damage some oils which leads to more inflammation in the body. Avocado oil or coconut oil are both saturated fats which means they are the perfect stable cooking oil.

Ingredients

- ½ tablespoon avocado oil or coconut oil
- ¼ cup chopped green onion
- ¼ cup diced red pepper
- ½ cup chickpea flour
- ½ clove garlic finely diced
- ¼ teaspoon sea salt
- Pinch freshly ground black pepper
- ¼ teaspoon baking powder
- ½ cup + 2 tablespoons water
- 1 avocado peeled with the pit removed (divided into two)
- ½ cup fresh salsa (divided into two)
- 1 cup chopped broccoli (divided into two)

Directions

4. Cut the crowns away from the stems on the broccoli. Chop the crowns up into 2 inch sized pieces. Rinse the broccoli thoroughly.
5. Place ¾ to 1 inch of water in a saucepan bring to a boil. Add the broccoli and cover with a lid. Cook for 2 minutes or until the broccoli goes bright green.
6. Drain and set aside.
7. In a large saucepan, heat the avocado oil or coconut oil.
8. In a small bowl, whisk the chickpea flour, salt, pepper and baking powder.
9. Add the water and whisk well until the batter is smooth and stir in the chopped onions, red pepper and garlic.
10. When the skillet is hot, pour half the batter into the pan and spread it out to the corners of the pan.
11. Cook for about 5 minutes on one side or until the moisture in the middle of the pancake has cooked off and then flip the pancake carefully.
12. Cook for another 3 minutes, until lightly golden.

13. Repeat the process with the other half of the batter.
14. Once cool, wrap up one of the pancakes along with half the avocado (not chopped yet) and half the salsa and cooked broccoli. This will be lunch tomorrow!
15. Put the other pancake on a serving place and top with chopped avocado and salsa. Add half the broccoli to the plate.
16. Enjoy!

Creamy Lentil Veggie Bowl

Yield: 2 servings

This dish is made using polenta but you are welcome to substitute your favourite grain instead! It would be awesome with quinoa or brown rice as well.

Ingredients

- 1 cup coarse polenta (cornmeal)
- 4 cups water
- ¼ cup nutritional yeast
- 1 tablespoon coconut oil
- 1 cob fresh corn, removed from the cob
- 1 small red onion, diced
- 1 medium red bell pepper, diced
- 1 medium tomato
- 1 tablespoon chili powder
- 1 teaspoon salt
- 2 cups cooked green or brown lentils
- 1 cup cherry tomatoes; halved
- 1 sliced ripe avocado
- 2 tablespoons finely chopped fresh cilantro
- Dash of sea salt and freshly ground black pepper

Directions

1. Bring the water to a boil and pour the polenta into the boiling water.
2. Continue whisking until polenta is thickened and then cook on low heat for 30 minutes.
3. Stir in the nutritional yeast to the polenta.
4. Heat a large saute pan with coconut oil and add the corn, red onion, and red pepper, and cook for 7-8 minutes. Add the salt, chilli powder and cooked french lentils and stir well. Cook for a further 5 minutes until fragrant.
5. To serve, spoon 1 cup or so of cooked polenta in each dish and top with the lentil mixture, avocado, cherry tomatoes, and freshly ground black pepper.
6. Set aside half of the polenta, lentil mixture and vegetables in a tupperware container in the fridge for lunch tomorrow.

Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

Yield: 2 servings

Sea salt is a **Detox Superfood** as it contains important electrolytes to support proper hydration. If you are dehydrated, your detoxification pathways will not function properly.

Ingredients

- 1 clove garlic peeled
- 1 ⅓ cups chickpeas (cooked, drained and rinsed)
- 1 medium sweet potato (diced into half inch cubes)
- 3 teaspoon melted coconut oil (melted)
- 1 teaspoon organic curry powder
- 1 teaspoon garam masala
- 2 teaspoon chili powder
- ½ teaspoon paprika
- 3 tablespoons olive oil
- 1 small lemon, juiced
- 1 tablespoon dijon mustard
- 1 teaspoon black pepper
- Pinch sea salt
- 5 ½ cups chopped kale leaves

Directions

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. Place the chickpeas, garlic clove and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet.
3. Bake in the oven for 30 minutes or until chickpeas are starting to be crispy. Remove from oven and set aside.
4. Peel away the skin on the garlic clove. Add the remaining garlic flesh to the blender.
5. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
6. Set aside half of the chickpeas, sweet potato, kale leaves and dressing and store in a tupperware container for lunch tomorrow.
7. Place the remaining kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Top with the roasted chickpeas and sweet potato.
8. Enjoy!

Veggie Spring Roll Buddha Bowl

Yield: 2 servings

Cilantro one of the best herbs for detoxifying and can help reduce the buildup of heavy metals like mercury and lead in the body

Ingredients

Spring Roll Filling

- ½ head thinly chopped purple cabbage
- 2 cups sliced snow peas
- 5 medium sized shredded carrots, shredded
- 1 cubed avocado
- 4 sliced scallions
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon black sesame seeds
- 1 lime cut into wedges

Thai Sauce:

- ½ cup almond, cashew or peanut butter
- 1 tablespoon maple syrup
- ½ cup water
- 1 teaspoon red pepper flakes
- 2 tablespoons coconut aminos
- 1 small clove garlic
- 1 teaspoon minced fresh ginger
- Pinch of sea salt and fresh ground pepper

1. Arrange half of the Spring Roll Fillings on a plate and put the other half away in a tupperware container for lunch tomorrow.
2. Put all the Thai sauce ingredients in a blender and blend until smooth.
3. Drizzle half the sauce over the plated veggies and store the other half for lunch tomorrow.

Super Simple Dahl with Brown Rice & Field Green Salad

Yield: 2 servings

Cumin seeds (which are actually fruit seeds) are the **Detox Superfood** that speeds up metabolism, suppresses appetite, prevents bloating and supports the liver.

Follow the directions for the **Cooked Rice & Field Green Salad** recipes above and make sure to **double** the recipes to you have 2 servings of each. Plate one serving of rice and salad immediately and store the remaining rice and salad and dressing in a tupperware container for lunch tomorrow.

Ingredients

- ¾ cup cooked red lentils
- ½ cup Vegan Protein Broth
- ½ small onion diced
- 2 garlic cloves minced
- 1 green chilies sliced
- Small thumb of ginger grated
- 1 large tomatoes diced
- 1 tsp turmeric
- 1 tsp cumin seeds
- ½ tsp garam masala
- ½ tsp salt
- ½ tsp pepper
- 1 tablespoon avocado oil or coconut oil
- handful of cilantro chopped

Directions

1. Heat the avocado oil or coconut oil in a medium sized saucepan and cook the onion for 3 minutes.
2. Then stir in the garlic, chili, ginger, and spices, and cook for a further 2 minutes or until the cumin seeds begin to crack.
3. Add the mixture from the saucepan to a slow cooker. Add the tomatoes, broth, lentils and salt and pepper.
4. Cook on low heat for 6-8 hours.

5. When cooked, serve half the dahl immediately garnished with cilantro alongside the **Cooked Rice** and **Steamed Broccoli**.
6. Put the other half of the dahl with the remaining rice and broccoli in a tupperware container in the fridge for lunch tomorrow.

Sheet Pan Roasted Veggie Buddha Bowl

Yield: 2 serving

Nutritional yeast is an antiviral, antibacterial immune booster and a plant-based complete protein containing at least nine of the 18 amino acids that your body cannot produce.

Ingredients

- ½ cup quinoa, rinsed and drained
- ½ yellow onion diced
- ½ cup chopped purple cabbage
- 1 cubed red potato
- 1 cup cubed butternut squash
- 1 cup halved Brussels sprouts
- 1 tablespoon avocado oil or coconut oil
- Pinch sea salt and fresh ground pepper
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1 teaspoon dijon mustard
- 1 teaspoon maple syrup
- 1 tablespoon nutritional yeast
- 1 peeled and diced avocado
- 1 tablespoon minced fresh parsley

Directions

1. Preheat the oven to 400 degrees F. Line a large sheet pan with parchment paper.
2. Place the vegetables in a single layer on the sheet pan. Drizzle with avocado or coconut oil and season with salt.
3. Roast vegetables for 40 minutes or until tender. Add more salt and pepper if needed.
4. Meanwhile, cook the quinoa. In a small-medium saucepan, bring ¾ cup of water and the quinoa to a simmer. Add a pinch of salt, reduce the heat to low, and cover. Simmer covered for 15 minutes or until water has been absorbed and quinoa is cooked. Add in the nutritional yeast. Fluff with a fork.
5. In a small bowl, whisk together tahini, lemon juice, mustard, and syrup.

6. Spoon half the quinoa into a tupperware container and arrange half the roasted veggies on top. Add half the avocado and parsley and drizzle tahini sauce over. This is lunch tomorrow!
7. Layer the remaining quinoa and roasted veggies in a bowl and top with the avocado, parsley and dressing. Enjoy!

Kung Pao Broccoli with Buckwheat Soba Noodles

Yield: 1 servings

Soba noodles are made out of buckwheat flour and a great alternative to white flour noodles. Even though buckwheat has the word “wheat” in it... it’s actually not wheat at all! It’s not even a grain. The **Detox Superfood** buckwheat is a relative of the rhubarb plant (crazy right?!) and in many traditional medicine practices buckwheat is used therapeutically to promote detoxification, reduce inflammation, and reduce fevers.

Ingredients

- 1 teaspoon avocado oil or coconut oil
- 1 ½ cups chopped broccoli florets
- 2 teaspoons filtered water
- ½ arrowroot starch
- 1 ½ tablespoons coconut aminos
- ½ tablespoon red wine vinegar
- ½ tablespoon maple syrup
- 1 garlic cloves, minced
- ¼ cup chopped walnuts
- 1 teaspoons hemp hearts
- ½ tablespoon sesame oil
- 2 oz buckwheat soba noodles

Directions

1. Cook soba noodles as label directs. Drain and rinse with cold water.
2. Heat a large saucepan over medium heat and add the avocado or coconut oil
3. Add broccoli and cook for 4-5 minutes, or until bright green.
4. Combine water and arrowroot starch in a small bowl.

5. Add coconut aminos, vinegar, and maple syrup, and stir well. Add garlic to broccoli, and saute for 1 minute. Add coconut aminos mixture, and cook for 2 minutes more.
6. Top with walnuts, hemp hearts and sesame oil.
7. Enjoy!

Sweet Bites

Coconut Chia Seed Pudding

Yield: 1 serving

Coconut milk is full of good fat which helps to lubricate the digestive tract and chia seeds add all the soluble fiber to keep things moving! Detoxing = allll about the fiber.

Ingredients

- 1 ½ tablespoon chia seeds
- ½ cup coconut milk
- ½ teaspoon maple syrup
- Pinch ground cinnamon
- Pinch sea salt
- Toasted coconut flakes for garnish

Directions

1. Place chia seeds in a bowl.
2. Whisk coconut milk, maple syrup, cinnamon, and salt together in a bowl; pour over chia seeds and stir well.
3. Allow coconut milk-chia seed mixture to soak until thickened. This should take 30 minutes or you can cover and place in the refrigerator overnight
4. Enjoy!

Nutty Chocolate Mousse

Yield: 1 serving

Cacao powder definitely a **Detox Superfood**. It is high in the mineral magnesium which acts like nature's natural muscle relaxant. Helping your digestive and intestinal tract relax = increased detoxification!

Ingredients

- ½ can organic coconut cream
- 2 tablespoons maple syrup
- 1 tablespoon almond butter/cashew butter or peanut butter
- 2 tablespoons organic 70% dark chocolate
- 1 tablespoon coconut oil
- 2 tablespoons raw cacao powder

Directions

1. Combine coconut cream, syrup and raw cacao in a bowl.
2. Heat chocolate and oil in a saucepan over low heat and stir until smooth; pour into coconut cream mixture and stir.
3. Pour into a glass container and put in the refrigerator for at least
4. Drizzle your nut butter of choice over mousse before serving.
5. Enjoy!

Golden Milk

Yield: 1 serving

Turmeric is a **Detox Superfood!** Turmeric contains the active ingredient curcumin which is a proven antioxidant with antiviral and antibacterial properties. Several studies also show that curcumin has a protective effect on the liver and aids in the production of bile (necessary for fat digestion). Black pepper has been shown to improve the absorption of curcumin!

Ingredients

- ½ cup almond/cashew/coconut milk
- ¼ tsp turmeric
- ¼ tsp cinnamon powder
- pinch of ground black pepper
- ¼ tsp ginger powder
- 1 tsp raw local honey or maple syrup (optional)

Directions

1. Blend all ingredients together in a high-speed blender until smooth.
2. Heat in a small pot on the stove on medium heat until steaming.
3. Pour into a mug and enjoy!

Hassleback Spiced Baked Apples

Yield: 1 serving

It is important to make sure you get enough soluble AND insoluble fiber and apples are the perfect food for this! The skin provides the insoluble fiber and the flesh inside provides the soluble fiber. Add in some old-fashioned rolled oats (also full of soluble fiber) and you have a dessert PACKED with **Detox Superfoods**.

Ingredients

- 1 large firm, crisp-sweet apple, such as Pink Lady or Gala
- 1 tablespoon melted coconut oil (divided into two)
- 1 teaspoon maple syrup
- 1 teaspoon ground cinnamon
- 1 tablespoon old-fashioned rolled oats
- 1 teaspoon buckwheat flour, almond flour, coconut flour or rice flour
- ¼ teaspoon sea salt

Directions

1. Preheat the oven to 400 F and line a small pan with parchment paper
2. Cut the apple in half and using a spoon or melon scoop - scoop out the core.
3. Turn the apple flat-side down on a cutting board. Starting at the outermost edges, cut 1/4-inch slices most (but not all) of the way through each apple. Place apple halves, flat side down, on the prepared pan.
4. Drizzle half of the melted coconut oil over the apples and then put in the oven for 15 minutes.
5. In the meantime, in a small bowl, mix together the melted coconut oil, maple syrup, cinnamon, oats, flour and salt.
6. Take the apples out of the oven.
7. Using a small spoon, distribute the oat mixture between the slices of the apple.
8. Put the apples back in the oven for another 10 -15 minutes or until the oat mixture is brown and crispy.
9. Enjoy!

No Bake Carrot Cake Power Bites

Yield: 1 serving

This sweet dish contains the **Detox Superfood** cinnamon! This spice supports digestion, eases nausea and stimulates circulation. It's antiviral, antifungal and balances blood sugar.

Ingredients

- ¼ cup grated carrot (1 large carrot)
- 2 tablespoons almond meal (ground raw almonds)
- 2 pitted Medjool dates
- ¼ cup desiccated coconut (sulfite free)
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon nutmeg
- ⅛ teaspoon cardamom
- Pinch of sea salt

Directions

1. Using the finer side of the grater, grate the carrot.
2. When done, squeeze out the excess liquid from the grated carrots. You should have about ¼ cup of grated carrots.
3. Add the almond meal, coconut, spices, and salt to a high-speed blender or food processor. Pulse for 30 seconds.
4. Next, add the carrots, syrup and dates to the food processor/blender, and mix until everything has blended.
5. Using a cupcake tin lined with wax paper, place about 2-3 tbsp of mixture in each cupcake hole and press down.
6. Place in the freezer overnight.
7. Take each Power Bite out of the freezer at least 15 minutes before you plan on eating it.

Dairy-Free Coconut Hot Chocolate

Yield: 1 serving

Milk and other dairy products are some of the most difficult foods to digest and can be inflammatory and mucus-forming. This yummy drink uses coconut milk instead for a sweet luxurious treat.

Ingredients

- 1 tablespoons unsweetened raw cacao powder
- 1 tablespoons raw local honey or maple syrup
- ½ cup filtered water
- ½ cup coconut milk
- ⅛ teaspoon vanilla bean paste (optional)
- Pinch sea salt
- Pinch cinnamon

Directions

1. Blend all ingredients together in a high-speed blender until smooth.
2. Heat in a small pot on the stove on medium heat until steaming.
3. Pour into a mug and enjoy!

Apple “nachos”

Yield: 1 serving

Adding a sprinkle of the **Detox Superfood** hemp hearts can take a normal snack and make it a detox dish! Hemp hearts boost immune function, support digestive health, are a natural appetite suppressant and are good for the skin.

Ingredients

- 1 apple
- 1 tablespoon almond/cashew/peanut butter
- 1 tablespoon dairy free dark chocolate chips
- 1 tablespoon desiccated coconut (sulfite free)
- 1 tablespoon slivered almonds
- 1 teaspoon hemp hearts
- Dash of cinnamon
- ½ tablespoon lemon juice

Directions

1. Slice the apple into thin wedges.
2. Arrange the wedges in a circular fashion on a plate.
3. In a small saucepan, heat the nut butter.
4. Drizzle the nut butter over the apples and then sprinkle the chocolate chips, coconut, almonds and hemp hearts.
5. Sprinkle the cinnamon and lemon juice.
6. Enjoy!