

HEALTHY EATING PROGRAM : ONE WEEK CLEANSE

Liquids:

- In the morning: herbal tea – try detox tea
- Before bed: chamomile lavender tea
- 2 quarts water daily – have a quart mason jar with you and try to refill it twice

Before Meals:

- Have a spoonful of apple cider vinegar.
- Take burdock root tincture to cleanse the liver.

Snack:

- Zoom Ball or Cookie

Saturday

Breakfast: Coconut blueberry pudding

Lunch: Leftovers from this past week

Dinner: Coconut green bean soup with amaranth flatbread

Sunday

Breakfast: Coconut blueberry pudding

Lunch: Coconut green bean soup with amaranth flatbread

Dinner: Salmon with broccoli and wild rice

Monday

Breakfast: Almond sweet potato quinoa

Lunch: Salmon with broccoli and wild rice

Dinner: Lentil squash soup with baked zucchini and amaranth flatbread

Tuesday

Breakfast: Almond sweet potato quinoa

Lunch: Lentil squash soup with baked zucchini and amaranth flatbread

Dinner: Carrot soup with tahini crème and cauliflower flatbread

Wednesday

Breakfast: Sweet potato bars

Lunch: Carrot soup with tahini crème and cauliflower flatbread

Dinner: Frittata with quinoa

Thursday

Breakfast: Sweet potato bars

Lunch: Frittata with quinoa

Dinner: Greek-Style Fennel Quinoa Soup

Friday

Breakfast: Coconut blueberry pudding

Lunch: Greek-Style Fennel Quinoa Soup

Dinner: Leftovers!

COOKING AND PREP TIME

Saturday

Morning – Make a double batch of breakfast. Food shopping! Pick up necessary ingredients for the week.

Afternoon – Make zoom balls, cookies and a double batch of golden milk.

Evening – Make and serve soup and flatbread.

Sunday

Afternoon – Make artichoke spread. Make lentil squash soup and baked zucchini for dinner tomorrow night.

Evening – Make and serve salmon, broccoli and wild rice. Make cauliflower flatbread for Tuesday dinner.

Monday

Morning – Make a double batch of breakfast. Pack a lunch!

Evening – Serve soup and zucchini with amaranth flatbread.

Tuesday

Morning – Pack a lunch!

Evening – Make carrot soup and serve with cauliflower flatbread.

Wednesday

Morning – Make a double batch of breakfast. Pack a lunch.

Evening – Prepare and serve frittata and quinoa. Add artichoke sauce.

Thursday

Morning – Pack a lunch!

Evening – Prepare Greek-style fennel quinoa soup. Make another batch of chia pudding for breakfast tomorrow.

Friday

Morning – Pack a lunch!

Evening – Enjoy leftovers from the past week.

SHOPPING LIST

Produce:

Apples
Onions
Carrots – 2 pound bag
Celery
Sweet potatoes – 6 medium
Delicata squash – 4 medium
Beets
Rutabagas
Broccoli
Spinach – 1 large bag full
Kale – 3 bunches
Avocados - 2
Lemons – 2
Fennel – 1 bulb
Garlic – 3 heads
Ginger – plenty of fresh root
Zucchini
Green beans – 1 pound
Avocado
Cauliflower

Frozen:

Blueberries

Refrigerated:

Eggs
Califia Farms Coconut Almond Milk
Chicken legs/thighs – 2 pounds
Salmon – 1 pound
Sauerkraut
Kombucha
Coconut yogurt (unsweetened)

Grocery:

Whole grain mustard
Olive oil
Coconut oil
Apple cider vinegar
Tahini
Almond butter
Sunflower seed butter (organic – no sugar added)
Coconut milk
Unsweetened applesauce
Artichoke hearts – glass jar
Burdock root tincture
Bee pollen

Bulk / Grocery:

Kombu
Quick oats
Quinoa
Amaranth
Wild Rice
Coconut flour
Millet flour
Chia seeds
Red lentils
Almonds
Dates
Shredded coconut
Baking soda
Curry powder
Nutmeg
Oregano
Thyme
Cumin
Coriander
Cayenne
Cloves
Cinnamon
Allspice
Ginger
Turmeric
Paprika
Unrefined sea salt
Fresh cracked black pepper
Maple syrup
Raw honey

BREAKFAST

Coconut Chia Blueberry Pudding

You will need:

- 1 cup full fat organic coconut milk
- 2 teaspoons vanilla extract
- 1 teaspoon each: cinnamon and cardamom
- pinch of salt
- 1/3 cup blueberries, fresh or frozen
- 3 tablespoons chia seeds
- 1/4 cup almonds, chopped

Combine coconut milk, water, cinnamon, cardamom and vanilla in a small saucepan and bring to a boil. Reduce to a simmer, cover, and let cook for 2 -3 minutes.

Add chia seeds, almonds and blueberries and mix well. Let stand for 5 minutes before eating.

Almond Sweet Potato Quinoa

You will need:

- 1/2 cup almond milk
- 1/2 cup water
- 1/2 cup uncooked quinoa
- ½ cup roasted sweet potatoes
- 1/2 teaspoon vanilla extract
- 1 teaspoon each: cinnamon, nutmeg, ginger
- ½ teaspoon each: cloves and allspice
- Pinch of salt
- 4 tablespoons chopped almonds

Bring milk and water to a boil in a small to medium sized saucepan. Add quinoa, cover, reduce heat to simmer, and let cook 15 minutes. Remove from heat and let stand 5 minutes. Uncover and fluff with a fork, then stir in the sweet potato, spices, almonds and salt.

Sweet Potato Breakfast Bars

For the crust:

- 1 cup quick rolled oats
- a pinch of salt
- 1 teaspoon cinnamon
- ½ cup walnuts
- 1 tablespoon maple syrup
- 2 tablespoons olive oil

For the topping:

- 1 pound orange fleshed sweet potatoes
- 3 tablespoons maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon each: cinnamon, ground ginger, nutmeg and allspice
- 2 tablespoons flaxseed meal
- 1/4 cup almond milk

Chop and boil the sweet potatoes. Keep the skin on for maximum nutritional benefit. Drain them and allow them to cool.

Preheat oven to 375 degrees.

Lightly oil an 8-inch square-baking pan with olive oil. Place all topping ingredients in a food processor bowl and pulse until mixture reaches a coarse meal that's evenly moist.

Transfer the mixture to the prepared pan and press it evenly and firmly into the bottom. Bake the crust for 15 minutes or until set. Remove from oven.

Place all the topping ingredients in the food processor and blend until smooth. There's no need to wash the processor between the crust and the topping.

Pour the mixture onto the crust and smooth the top evenly with a spatula. Bake about 25 minutes. Allow to cool for 15 minutes before slicing. Store in the refrigerator.

MEALS

Coconut Green Bean Soup

You will need:

2 tablespoons coconut oil

1 onion, diced

2 garlic cloves, crushed

2 celery stalks, chopped

1 turnip, sliced

2 carrots, sliced

1 pound green beans, trimmed

4 cups chicken stock

1 cup coconut milk

1 teaspoon each: salt, black pepper, cumin, coriander and thyme

½ teaspoon nutmeg

½ cup cashews

Melt the oil in a medium saucepan over medium heat. Add the onion, garlic, celery, carrot and turnip, and cook, stirring occasionally, for 10 minutes or until softened.

Add the green beans and spices. Cook for a further 5 to 10 minutes.

Pour in the stock and bring to a boil, then reduce the heat and simmer, covered, for 30 minutes or until beans are cooked through.

Stir in the coconut milk and cashews, reserving a little of each as garnish for serving.

Remove from the heat.

Purée in a food processor or blender until the consistency is to your liking.

Drizzle with reserved coconut milk, top with a few cashews, and serve.

Red Lentil and Squash Soup

You will need:

2 tablespoons extra-virgin olive oil
1 yellow onion, diced
Sea salt to taste (1 teaspoon or so)
2 carrots, diced
2 celery stalks, diced
1 medium delicata squash, peeled, seeded, and cut into 1/2-inch cubes
1 teaspoon each: cumin and coriander
½ teaspoon each: turmeric and cinnamon
1 cup red lentils, rinsed well
8 cups chicken or vegetable broth
1 cup chopped kale

Heat the olive oil in a soup pot over medium heat. Add the onion and a pinch of salt and sauté until translucent, about 5 minutes.

Add the carrots, celery, delicata squash, and another pinch of salt and sauté until all of the vegetables are just tender, about 5 minutes.

Add the spices and lentils and stir to coat.

Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

Add the rest of the broth.

Increase the heat to high and bring to a boil.

Decrease the heat to low and add the kale.

Cover and simmer until the lentils are tender, about 20 to 25 minutes.

Greek-Style Lemon Soup with Fennel and Quinoa

You will need:

1 head garlic
2 quarts chicken or vegetable stock
1 inch kombu seaweed, chopped
1/2 cup quinoa
1 bulb fennel, thinly sliced
1 teaspoon each: coriander, cumin, black pepper and salt
½ teaspoon cayenne pepper
½ cup fresh lemon juice
½ cup coconut yogurt (unsweetened)
¼ cup chopped fresh fennel fronds

Chop the garlic and fennel.

Add to a soup pot along with the chicken stock, quinoa, fennel, kombu, and spices. Bring to a boil. Cover, and simmer over medium-low heat for 15 minutes, or until the quinoa is cooked. Remove the pot from the heat.

Whisk together the lemon juice and yogurt.

Add the fennel fronds. Add the lemon yogurt mixture and serve immediately.

Simple Amaranth

Combine 1 cup amaranth with 2 1/2 cups water in a pot and bring to a boil. Reduce heat, cover and simmer for up to 20 minutes, until grains are fluffy and water is absorbed.

Amaranth Flatbread

Take 2 cups cooked amaranth (1 cup dry amaranth) and mix in a bowl with:

2 Tablespoons flaxseed meal

¼ cup coconut flour

2 Tablespoons coconut oil

1 cup shredded carrots

1/2 teaspoon each: nutmeg, cinnamon, salt

Preheat oven to 350 degrees.

Oil a cookie sheet with coconut oil. Spread batter in a thin layer on cookie sheet.

Bake at 350 degrees for 20 minutes.

Cool before slicing.

Carrot Soup with Tahini Crème

For the soup:

6 medium carrots, chopped

2 tablespoons olive oil

2 cups chicken or vegetable stock

one 3 by 3 inch piece of kelp/kombu seaweed

1 teaspoon each: cumin, coriander

1/2 teaspoon each: turmeric, cinnamon, nutmeg

Salt and freshly ground pepper to taste

For the tahini crème:

¼ cup tahini

2 tablespoons water

1 teaspoon lemon juice

pinch salt

1 handful fresh parsley, minced

1 handful fresh basil, minced

For the soup: Put carrots, seaweed, oil, broth, and spices into a medium pot and bring to a simmer over medium heat. Reduce heat to medium-low and simmer until liquid has evaporated and carrots are very soft.

Purée carrot mixture with immersion blender and season to taste with salt and pepper. Serve with crème.

For the crème: Mix all ingredients together in a blender or food processor. Serve a spoonful as garnish.

Cauliflower Flatbread

You will need:

- 1 head cauliflower
- 3 Tablespoons olive oil
- 1 teaspoon each: salt, black pepper, cumin and coriander
- 1 cup almond milk
- 1 cup millet flour
- 2 tablespoons flaxseed meal

Preheat oven to 400 degrees.

Chop cauliflower and place in a baking dish with olive oil, salt, and spices.

Roast for 25 minutes at 400 degrees.

Remove from oven, mix with milk, and blend well in a blender or with an immersion blender. Add flour and egg. You may need to add more flour if you chose a larger head of cauliflower.

Reduce oven temperature to 375 degrees.

Place dough on an oiled cookie sheet and bake for 15 minutes.

Add mushroom spinach sauce and bake for 5 more minutes.

Frittata with Greens and Beets

Chop 1 large yellow onion into crescents. Heat vegetable oil in a skillet and add onions.

Turn down the heat to medium low. Add salt, cover and simmer for 5 minutes.

Wash and chop 2 beets into bite-sized cubes. Add to skillet with ½ cup water.

Add 1 teaspoon each: salt, coriander, and turmeric.

Add a bunch of greens (chard or spinach) and simmer for 10 more minutes.

Preheat oven to 375 degrees.

Grease a pie dish with vegetable oil (olive or sunflower).

Once beets are soft when poked with a fork, place vegetables in the dish.

In a bowl, beat 6 eggs, salt, pepper, and a splash each of water and lemon juice.

Add a generous handful of fresh minced flat-leaf parsley if it's available.

Pour egg mixture over the top of the vegetables and bake for 40 minutes.

Artichoke Spread

Open one glass jar artichoke hearts and drain water out. Place artichoke hearts in blender.

Add:

- ¼ cup olive oil
- ½ Tablespoon lemon juice
- ½ teaspoon sea salt
- ½ Tablespoon dry thyme

Blend at highest speed for 2 minutes.

TREATS

Creative Cookies

You will need equal parts of:

Any nut or seed (I like roasted almonds, walnuts, or sunflower seeds)

Dates, pitted

Shredded coconut

Unsweetened applesauce

GET CREATIVE: add cinnamon; use dried apricots instead of dates.

Preheat oven to 350 degrees.

Oil a cookie sheet with sunflower or coconut oil.

Place all ingredients in a food processor or high-powered blender.

Blend until a thick dough results.

Coat the palms of your hands with a bit of oil to prevent sticking.

Roll small balls of dough between your palms and place them on the cookie sheet.

Once all the dough is rolled, wash your hands.

Using the back of a fork, flatten each cookie.

Bake for 15 minutes.

Zoom Balls

based on a recipe by Rosemary Gladstar

You will need:

1 cup tahini (roasted sesame seed butter)

1 cup almond butter

3 tablespoons raw honey (more or less to taste)

1 teaspoon each: cinnamon and cardamom powders

1/3 cup coconut flour

¼ cup cacao nibs

2 oz unsweetened shredded coconut

Mix tahini, nut butter and honey until smooth.

Add coconut and nuts - mix in well. Mix in enough coconut to make dough thick.

Roll the dough into small balls. You can also spread the mixture onto a baking sheet and cut into squares.

Store the balls in baking tins in a cool place. They will last for 3 weeks.

Congratulations!

You have made it through a week of healthy eating.

Please keep using these recipes if they resonate or search my blog for more.