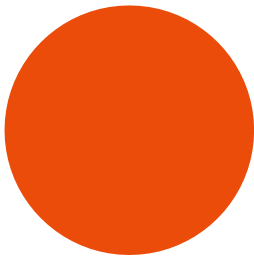
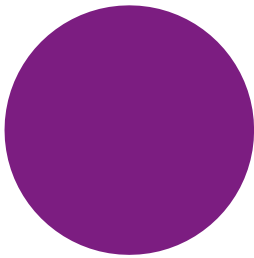


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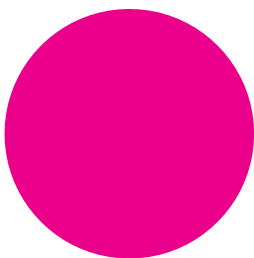
*sexy*



BONUS

3 Day Detox

Menu Plan



# DAY 1

**Breakfast:** Breakfast Quinoa

**Morning Snack:** 1 apple, sliced, with almond butter (1 Tbsp.)

**Lunch:** Spring-y Watercress Salad

**Mid-Afternoon Snack:** handful of celery and carrot sticks with hummus

**Dinner:** Portobello Steak with Spinach

## Breakfast Quinoa

### Ingredients:

½ cup cooked quinoa (make sure to cook quinoa according to package directions ahead of time; use rice cooker to make it easy)  
¼ cup coconut milk  
1 apple, chopped  
¼ cup raisins  
1 tsp. cinnamon

### Directions:

In a bowl, combine ingredients. Serve.

Serves 1

## Spring-y Watercress Salad

### Ingredients:

1 cup of watercress  
1 grapefruit, peeled and sectioned  
½ avocado, peeled, pitted and sliced  
1 Tbsp. extra virgin olive oil  
¼ tsp. sea salt  
1 Tbsp. of pine nuts

### Directions:

Top watercress on a plate. Add the grapefruit and avocado to the watercress. Drizzle with extra virgin olive oil and salt. Toss to combine. Top with pine nuts. Serve.

\*You can toast pine nuts in a pan for 1-2 minutes if desired.

Serves 1

## Portobello Steaks with Spinach

### Ingredients:

1 Portobello mushroom  
1 Tbsp. of extra virgin olive oil  
1 tsp. of oregano  
1 Tbsp. balsamic vinegar  
Sea salt and pepper  
1 cup spinach

### Directions:

Preheat the oven to 350 degrees. Cut off mushroom stems and wash both tops and stems. Mix oil, oregano and balsamic vinegar in a bowl. Place mushroom tops and stems in baking dish. Pour mixture over mushrooms and bake for 20 minutes. Meanwhile, steam spinach for 5 minutes. Sprinkle sea salt and pepper to taste. Serve.

Serves 1

**NOTE:** Hummus recipe included with shopping list.

# DAY 2

**Breakfast:** Sunshine Smoothie

**Morning Snack:** 1 apple, sliced, with almond butter (1 Tbsp.)

**Lunch:** White Bean Salad

**Mid-Afternoon Snack:** handful of celery and carrot sticks with hummus

**Dinner:** Fresh Pea Soup

## Sunshine Smoothie

### Ingredients:

1 cup kale  
1 orange, peeled  
1 mango, peeled and cut into chunks or ¼ cup of frozen mango  
2 cups coconut milk

### Directions:

Blend up all ingredients and serve.

Makes approximately 18 oz.

## White Bean Salad

### Ingredients:

1 Tbsp. extra virgin olive oil  
1 garlic clove, minced  
½ yellow onion, cut into wedges (¼ cup)  
1 fennel bulb, halved, cored, and chopped  
2 carrots, chopped  
1 15 oz. can of Great Northern Beans (rinse well)  
1 bunch arugula (1 cup)  
Sea salt and pepper

### Directions:

Preheat oven to 350 degrees F. In a baking dish, combine oil, garlic, onion, fennel and carrots. Roast uncovered for 15 minutes. Remove from oven, fold in beans and return to oven to roast an additional 10 minutes. Remove from oven, cover platter with arugula, top with bean and veggie mix. Add sea salt and pepper to taste. Serve.

\*In a time crunch? No need to roast the veggies. Throw all ingredients on top of arugula and go.

Serves 1-2

## Fresh Pea Soup

### Ingredients:

1 Tbsp. extra virgin olive oil  
1 leek, white and light green parts thinly sliced (1 cup)  
1 garlic clove, minced  
2 cups vegetable broth  
1 ½ cups fresh or frozen peas  
1 Tbsp. of fresh mint leaves, minced  
Sea salt and pepper to taste

### Directions:

Heat olive oil in saucepan over medium heat. Add leek and sauté for 5 minutes. Stir in garlic, vegetable broth and ½ cup of water. Bring to a simmer. Stir in peas and mint cook for 10 minutes. Let cool for about 10-20 minutes. Puree soup in blender until creamy. Season with salt and pepper.

Can be served warm or chilled.

**NOTE:** Hummus recipe included with shopping list.

# DAY 3

**Breakfast:** Ultimate Liver Cleanse Juice

**Morning Snack:** 1 apple, sliced, with almond butter (1 Tbsp.)

**Lunch:** Fancy Spinach Salad

**Mid-Afternoon Snack:** handful of celery and carrot sticks with hummus

**Dinner:** Zesty Rice Dish

## Ultimate Liver Cleanse Juice

### Ingredients:

1-2 beets, chopped into chunks  
(use stems for extra chlorophyll  
boost)

1 grapefruit, peeled and segmented  
½ lime, peeled

### Directions:

Juice up the ingredients and serve. Add 1/8 cup  
water if taste is too strong.

Makes approximately 12 oz.

## Fancy Spinach Salad

### Ingredients:

1 Tbsp. extra virgin olive oil  
1 Tbsp. apple cider vinegar  
1 cup spinach  
1 pear, thinly sliced  
¼ cup chopped pecans  
Sea salt and pepper

### Directions:

In a bowl, combine oil, vinegar, spinach, pear,  
and pecans. Toss well. Season with salt and  
pepper to taste. Serve.

Serves 1

## Zesty Rice Dish

### Ingredients:

½ cup cooked brown rice (make  
sure to cook rice according to  
package directions ahead of time)  
1 small tomato, chopped (¼ cup)  
½ avocado, peeled and diced  
1 celery stalk, finely chopped  
1 Tbsp. of sunflower seeds  
1 Tbsp. of lemon juice

### Directions:

Mix cooked brown rice, avocado, chopped  
tomato, celery, seeds and lemon juice.  
Combine and serve.

Serves 1-2

**NOTE:** Hummus recipe included with shopping list.

# Shopping List

## Tips:

- Measured quantities of items vary; use your judgment
- Make sure to get organic produce as much as possible
- May buy pre-cut, packaged organic veggies to save time.
- Best to buy greens no more than 3 days before you plan to eat them.
- Use sea salt. Do not use table salt. Brand to get: Celtic Sea Salt

## Greens:

- 2 bunches spinach
- 1 bunch kale
- 1 bunch arugula
- 1 bunch watercress

## Vegetables:

- 1 tomato
- 1 bag carrots
- 1 bag celery
- 1-2 Portobello mushrooms
- 1 yellow onion
- 1-2 beets
- 1 fennel bulb
- 1 leek
- 1 bag frozen peas

## Herbs:

- Oregano
- Mint

\*use other herbs if you wish. Herbs can give food an extra flavorful yum!

## Fruits:

- 4 apples
- 2 grapefruit
- 1 orange
- 1 mango
- 1 lime
- 1 pear
- 2 avocados

## Spices:

- Ground cinnamon (\* Add spices from your spice rack as you wish.)

**Suggested:** Make sure to look over the menu plan before shopping. Many of the items are going to be more than enough for the 3 days so I suggest extending your detox for an additional 3 days to use the grains and shelf items. You can also store extras for future meals.

## Hummus

### Ingredients:

- |  |                         |
|--|-------------------------|
| 1 15 oz. can chickpeas, rinsed and drained | ½ cup tahini            |
| ¼ cup extra virgin olive oil               | 2 garlic cloves, peeled |
| 2 Tbsp. of lemon juice                     | Sea salt to taste       |

### Directions:

In a blender or food processor, blend all ingredients. Add water as needed, 1 Tbsp. at a time, to create smooth consistency. Season with salt.

## Grains:

- 1 bag quinoa
- 1 bag brown rice

\*The bags will be more than you need for the grains. You can store the extra in airtight glass containers for future meals.

## Shelf Items:

- 1 8oz. jar raw almond butter
- 1 carton of vegetable broth
- 1 15 oz. can of garbanzo beans (chickpeas)
- 1 15 oz. can of Great Northern Beans
- Raisins (unsweetened, natural)
- Raw nuts and seeds: pine nuts, pecans, sunflower seeds

## Additional Items:

- 2 cans coconut milk (unsweetened)
- 1 bottle of tahini
- 1 bottle of lemon juice
- 1 bottle of balsamic vinegar

## Staples:

- Apple cider vinegar
- Celtic Sea salt
- Fresh ground pepper
- Extra virgin olive oil
- Garlic