

# 3 Day Detox

## Meal Plan

### Day 1

**Breakfast:** Everyday Smoothie

**Lunch:** Kale & Avocado Salad

**Dinner:** Creamy Cauliflower Soup  
(save leftovers for Day 3 Lunch)

**Snack:** Broccoli, Carrots & Cukes

### Day 2

**Breakfast:** Beet & Cherry Smoothie

**Lunch:** The Lighter Waldorf Salad

**Dinner:** Roasted Vegetables &  
Quinoa Salad

**Snack:** Kale Chips

### Day 3

**Breakfast:** Everyday Smoothie

**Lunch:** Creamy Cauliflower Soup  
(leftovers from Day 1 Dinner)

**Dinner:** Roasted Brussels Sprouts  
& Pine Nuts

**Snack:** Broccoli, Carrots & Cukes



*Start your first day with a refreshing Spinach & Raspberry Smoothie. The almond milk and almond butter will keep you satiated throughout your morning.*

## Everyday Smoothie

- 1 cup fresh baby spinach
- 1 cup frozen raspberries
- 2 tablespoons almond butter
- 1 cup almond milk\*

Place all ingredients in a blender and blend until smooth.

\*Add more or less almond milk for desired consistency.

## Beet & Cherry Smoothie

- 1 small beet, peeled
- 1 cup frozen sour cherries, pitted
- 1 pear, core removed
- 1 cup water\*

Place all ingredients in a blender and blend until smooth.

\*Add more or less water for desired consistency.

## Kale & Avocado Salad

- 2 cups fresh kale, chopped into bite-size pieces
- 1/2 avocado, diced
- 2 tablespoons raw walnuts, chopped
- 1 tablespoon Go-To Dressing (page 3)

Toss kale in Go-To Dressing. Massage dressing into kale to season and tenderize. Add avocado and walnuts and toss again gently

## The Lighter Waldorf Salad

- 2 cups fresh baby spinach
- 1/2 apple, diced
- 2 tablespoons sliced celery
- 2 tablespoons raw walnuts, chopped
- 1 tablespoon Go-To Dressing (page 3)

*A Waldorf salad is traditionally dressed with a mayonnaise- or buttermilk-based dressing. Add 3 oz. chopped chicken breast for added protein.*



# Creamy Cauliflower Soup

2 1/2 cups low-sodium chicken broth  
1 head cauliflower, cut into florets  
Kosher salt and ground pepper  
8 small cauliflower leaves (or 2 large leaves, coarsely chopped)  
1/4 teaspoon extra-virgin olive oil

## Instructions

Preheat oven to 450 degrees. In a medium pot, combine chicken broth and cauliflower; season with salt and pepper. Bring to a boil, then reduce to a simmer. Cover and cook until cauliflower is very tender, about 20 minutes. Working in batches, puree cauliflower until smooth (thin it with broth, if necessary).

Meanwhile, on a small baking sheet toss cauliflower leaves with oil; season with salt and pepper. Roast until brown and tender, about 10 minutes. Serve as garnish on soup.

# Roasted Vegetables & Quinoa Salad

1 small red pepper, 1 inch diced  
1 small yellow pepper, 1 inch diced  
1 red onion, peeled and 1 inch diced  
1 small orange pepper, 1 inch diced  
8 oz mushrooms, thickly sliced  
1/3 c extra virgin olive oil  
1 1/2 t salt  
Garlic, if desired  
Black pepper if desired  
1 cup uncooked quinoa

Optional:

1 small eggplant, peeled and 3/4 inch diced, asparagus, zucchini, broccoli, cauliflower, etc.

Toppings:

4 scallions, minced  
1/4 cup pine nuts, toasted  
Fresh basil, julienned

## Instructions

Preheat oven to 425. Toss vegetables with olive oil, season with salt, pepper and garlic if using. Spread in a single layer on a cookie sheet. Roast veggies for about 40 minutes, turning once. Cook quinoa according to instructions. Combine veggies and quinoa in a large bowl (adjust the proportions to suit your preferences). Combine Go-To Dressing (pg. 1) ingredients and pour over veggies and quinoa. Allow to cool to room temperature. Check the seasoning and adjust, if necessary. Add the toppings. Serve at room temperature.





## Roasted Brussels Sprouts & Pine Nuts

1 lb. fresh Brussels sprouts, rinsed and ends trimmed.  
Cut larger sprouts in half for even cooking.  
3 cloves garlic, diced  
1 teaspoon fresh lemon juice  
2 tablespoons olive oil  
Kosher salt and black pepper to taste  
1/4 cup pine nuts

Preheat oven to 350. Toss Brussels sprouts with olive oil, garlic and lemon juice. Place in a single layer in a roasting pan, season with salt and pepper and roast for 30 minutes, turning half-way through. Remove from oven and sprinkle with pine nuts.

## Kale Chips

1 big bunch of fresh kale, torn into bite-size pieces, rinsed and dried  
2 tablespoons olive oil  
Sea salt and red pepper flakes to taste (optional)

Preheat oven to 500 degrees. Toss chopped kale with olive oil and seasoning, massaging leaves to coat well. Spread in a single layer on a cookie sheet. Bake for 5 minutes or until crispy BUT NOT BROWN.

## Broccoli, Carrots & Cucumber

1 head broccoli, chopped into florets  
1 small bag baby carrots  
1 cucumber, sliced in 1/8" thick slices  
4 tablespoons Go-To Dressing (this page)

Place all veggies in a plastic-zipper storage bag. Shake bag to evenly distribute dressing over veggies. Seal and bring along with you for a quick and tasty snack.

## Other Snack Ideas

Celery sticks & 2 tablespoons almond butter  
Apple slices & 2 tablespoons almond butter  
1/4 cup raw pumpkin or sunflower seeds  
1/4 cup raw almonds

## Go-To Dressing:

1/3 cup fresh lemon juice (2 lemons) or balsamic vinegar  
1/3 cup olive oil  
1 teaspoon salt

Whisk all ingredients together. Add your favorite fresh or dried herbs too. Fresh thyme and garlic are always a pleaser.

*Buy organic foods when possible. This is especially important during a detox but highly recommended as a lifestyle change.*

*Buy in-season produce for the best savings.*

## Grocery List

- ☐ 2 Bunches Kale
- ☐ 1 Cucumber
- ☐ 1 Package Baby Spinach
- ☐ 1 Head Cauliflower
- ☐ 1 Head Broccoli
- ☐ 1 Bunch Celery
- ☐ 1 Zucchini (optional)
- ☐ 1 Eggplant (optional)
- ☐ 1 Beet
- ☐ 1 Pear
- ☐ 2 Granny Smith Apples
- ☐ 2 Avocados
- ☐ 1 Small Bag Baby Carrots
- ☐ 1 lb. Asparagus (optional)
- ☐ 1 Red, Yellow and Orange Pepper
- ☐ 1 Red Onion
- ☐ 4 Scallions
- ☐ 1 lb. Brussels Sprouts
- ☐ 8 oz. Mushrooms
- ☐ Almond Butter (no salt or sugar added)
- ☐ Almond Milk
- ☐ 6 Lemons or Balsamic Vinegar
- ☐ Kosher Salt & Black Pepper
- ☐ Olive Oil
- ☐ 2 1/2 C Low Sodium Chicken Stock
- ☐ Raw Pine Nuts
- ☐ Raw Walnuts
- ☐ 1 C Quinoa
- ☐ 1 Head Garlic
- ☐ Fresh Basil
- ☐ Frozen Cherries
- ☐ Frozen Raspberries